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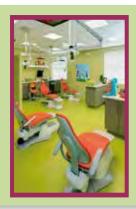


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#### **EXTRACURRICULAR ACTIVITIES**

There is a fine line between too much and not enough extracurricular activities for your child. Once you find the right balance, the positives are overwhelming.

ndicators of successful participation in school extracurricular

activities include consistent attendance, academic achievement and aspirations for continuing education beyond high school, according to the National Center for Education Statistics.

#### Take It Easy

Too much scheduled time can be stressful, especially for young children. Consider your child's age and your family's schedule when signing up your kids for activities.



Quantity does not beat out quality, so make sure you're putting your kids in the music, sports and art functions in which they show the most interest.

If you have multiple children, you know the challenge associated with managing overlapping schedules or varying locations. All of this should be factored into your decisions.

You can overcome some of these issues by selecting activities where you have someone with whom you can carpool.

If there are after-school activities available that take place mostly at the school, those also can be great activities if you're looking to minimize driving.

Most importantly, remember that the main point of your children being involved in extra activities is that they have fun. Putting too much pressure on them — or yourself — can turn what is supposed to be an enjoyable experience into a stressful hassle.

#### **Athletics**

Sports are popular extracurricular activities because they build leadership qualities and teamwork skills. Even individual sports such as golf, tennis or ice skating can develop mental toughness and a love for competition.

Many sports can be enjoyed outside of school during the summertime to help prepare your student for a strong in-school athletic experience. Here is a list of popular sports, some of which may not be available in your area.

#### Spring & Summer Sports

Baseball Golf Biking

Softball Tennis Fishing Surfing

#### Fall & Winter Sports

Basketball Volleyball Skiing
Football Hockey Snowboarding

Ice Skating

#### THE FAMILY TIMES

MONMOUTH



MIDDLESEX

Home19	
Education 20	
Family 22	
Activites24	
Food26	
Health28	
Stuff We Like29	



THE MILLSTONE TIMES

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# Questions to Ask When Visiting Universities

By Mia Ingui

oing off to college, the most thrilling yet also most terrifying part of a teenager's life. Although they have passed their high school classes and receive their diplomas, high school was just the beginning for many students who plan to continue their education in college. But, how is one high schooler supposed to make the hefty decision on where to live and study for the next couple of years? A way to facilitate the daunting process is to visit universities and ask questions. Most universities offer tours for incoming

students or those who could possibly be interested in attending the school. These tours are about two hours long and will take the student and their family through a tour around the campus. Tour guides, who are usually currently enrolled students, provide information about everything there is to know about the school, from the food courts to the dorm rooms to the football stadiums. When the tour concludes, this is the time to ask any questions that have been unanswered. Some good questions to ask about include...

- Any questions that apply specifically to you, for example, a question about a specific class or major that you are interested in.
- The standardized test score required to be accepted to the school.
- 3) To see a specific building or classroom, for example, the theater or the qum.
- 4) What your the tour guide likes/ dislikes about the school.
- 5) Scholarships or financial aids that are given out.

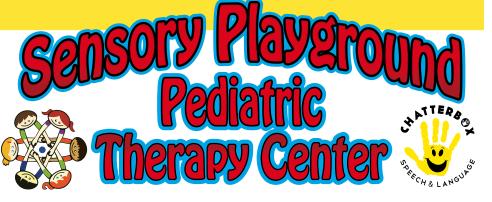
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### **Smart Shopping Tips**

# Go shopping early. Make a list. Go to the store prepared. You already know those back-to-school shopping tips, right?

Here is a list of smart strategies that will help you save money while also making your kids happy with their updated wardrobes.

#### **Take Inventory**

Treat your child's closet like the stockroom at a major retailer.

- Grab a pencil and notebook, and make a complete list of all school-quality clothes your child possesses. Maybe some of her summer clothes will still work for the fall before the weather turns.
- Assess the list and make a new one of items needed.
- Go over your updated list with your child and welcome feedback on certain styles and types of clothing he or she would like to see in their school selections.
- Take your child shopping with you to help make tough decisions on which items to sacrifice when the budget starts running out. This will teach personal discipline and financial responsibility — two invaluable traits for any age.

#### **Check the Rules**

Schools have gotten more strict with wardrobe rules over the years. And with standards varying across states, districts and schools, it's always a good idea to have a handle on what your student can and can't wear.

There are certain articles of clothing that should be a given. Student appearance can be regulated if it is vulgar, indecent, obscene, insulting or if it carries message that encourages inappropriate behavior, the Education Commission of the States states.

But this rule isn't always cut and dry. According to a 2014 CNN report, a 5-year-old student in the Oklahoma City public school district was told to turn his University of Michigan T-shirt inside-out because it violated school rules.

The dress code only allows college shirts from Oklahoma institutions in an effort to deter gang activity. Even if you don't necessarily agree with them, policies like this can be adhered to with just a little bit of research on your part.

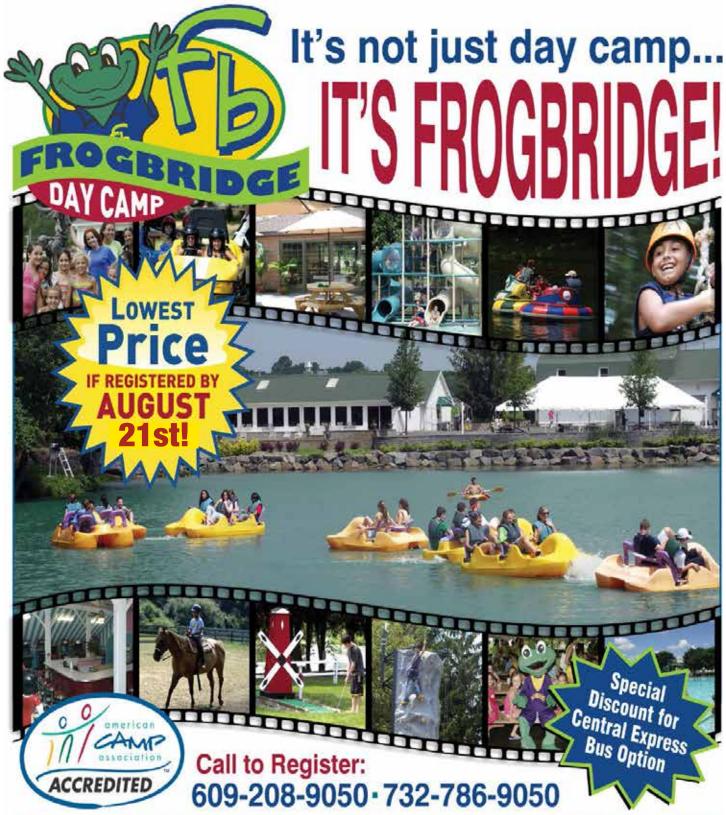
#### **Trust Your Teen**

For high school students in need of new school clothes, you can enlist their help to make the shopping experience a bit easier on you.

Your teen may even ask if he or she can go shopping alone this year or with a group of friends. Set clear standards if you choose to allow this. Have your teen build a detailed list of wants and needs, and talk them through the importance of staying under or on budget.

You can even keep the majority of the budget yourself and have your teen pick out a few T-shirts or some tennis shoes. Any shopping power you hand over can help teach your teen the importance of choosing quality, affordable items.



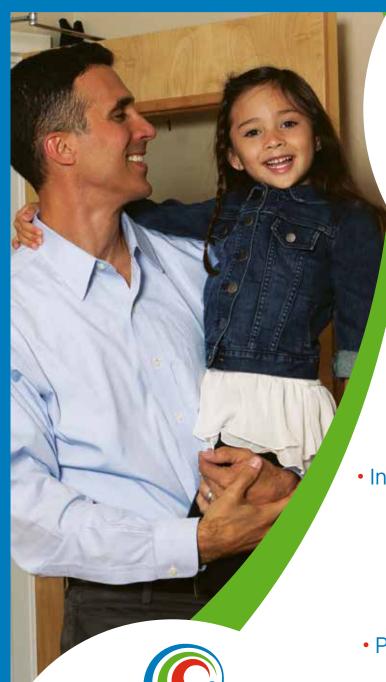


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#### Proactive Parenting: How do I know if my child needs therapy?

Trust yourself. Trust your instincts. If you feel that your child is struggling with strong emotions or behavior problems, you are probably right. Nobody knows your child better than you do.

There are many reasons that parents reach out for professional guidance. Some kids need help dealing with school stress, such as homework, test anxiety, bullying, or peer pressure. Others need help dealing with feelings about family issues, particularly if there's a major transition or life event, such as death of a family member, divorce, move, or serious illness. Still other parents reach out because they are worried about serious risky behaviors.

Whatever your concerns, take special notice if your child exhibits any of the following because these behaviors could indicate underlying issues that may need attention.

- Significant changes in mood or behavior
- Changes in friends and/or social isolation
- Inappropriate anger/defiance
- · Bullying or being bullied

- Decreased interest in previously enjoyed activities
- Development of or an increase in physical complaints
- Learning or attention problems
- Excessive school refusal/absenteeism
- Drop in grades
- Changes in sleep/eating patterns

Nothing is more difficult and painful than watching your child struggle. As a result, it can be hard for some parents to make the first phone call. Try to get past any fear or anxiety that may get in the way of obtaining support for your child. As your child's biggest advocate, you are in the best position to get the assistance needed so that you and your child can navigate through difficult times. You do not have to go through it alone.

Compassionate psychological services are available. For more information about counseling for children, teens, and families contact: Dr. Suzette J. Sularski at Advanced Perspectives.

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#### **HIP JERSEY SHORE MOMS** Don't let go...too much.

By Stefanie Hilarczyk

"Mom, I can't. I'm scared." Just like that the escalator continued to move with me on it and his little hand let go of mine. His little scared eyes looking at me as I got further away. I continued down the stairs feeling empty.

Yes, this happened to me a few weeks ago in the Freehold Mall. As, I was muttering all the way down for having to make yet another trip up to get my son that kept insisting he could totally do it himself without any of mommy's help. And my daughter so eloquently put it, "Mom why did you listen to him?"

I stopped and thought, well isn't this how life truly is. They let go. They become little people with thoughts, opinions and personalities. These little beings we made start to have voices. They start to think they don't need us. They can do it without us.

The joys of being a mother. We become pregnant and instantly...we worry. We love. We are changed. Before we know it our days, nights and moments are nothing what they used to be. Our days, nights and moments are now consumed with thoughts of them. Then all of sudden these little people we made aren't so little anymore, they are graduating from kindergarten, moving into middle school, graduating high school, or moving out and into a college dorm.

We are watching their last dance recitals, their last

high school football games and from that moment the worry still doesn't go away; it grows heavier.

In that moment I rounded the corner in Nordstrom, his little eyes were like he hadn't seen me in years. He ran and gave me the biggest hug and said, "Mom, I was worried you wouldn't come back."

Mommies always come back, because our children are too afraid to admit they need us. Our children will always come back because they always need their

Enjoy these last few weeks of summer, hold that hug a little longer, take those moments of genuine and unconditional love in their eyes and soak it up. As, you walk them to the bus stop, get ready to see them walk out the door to high school, or drop them off at college next month, remember they'll be back. They always do. For we made them that way

Places to try in Monmouth County this month:

Sweet Tease, Belmar, NJ has everything a sweet treat and fun loving heart needs. Stop by on a Friday evening for family board game night and try a delicious scone. Owner Kate and her friendly staff have some famous tea or coffees to pair up with a cupcake or new creation they've been working on. Her simple homemade waffles dusted with powered sugar, a mountain of fresh fruit topped with a drizzle of local

honeu bring you back to your childhood. The selection of old time favorite board games to new cool tea party games entertain your



kids while you enjoy some local chats or hand holding with your hubby over a good cup of cappuccino. Believe me you won't be sorry you checked this out!

Mr. Prime Old Time Butcher, Manasquan, NJ. You are greeted by a warm helping hand from this husband and wife duo! This is not their first shop, and their products will have your taste buds coming back for more. With old blue eyes singing on their jut box to their old NY flair, this is not a place to miss! He's got delicious meats like steaks aged to perfection, kabobs and sausage to great side dishes like sautéed mushrooms and pasta salads! Your taste buds will

\*\*\*\*\*\*\*Stefanie is a mother of two. She loves writing to music and eating chocolate, especially if it's from the Chocolate Bar in Mansquan. You can find her on the beach or teaching at one of her mommy and me music schools throughout NJ. She's currently working on her first children's book coming out late fall. You can find her on Facebook at "Hip Jersey Shore Moms.\*\*\*\*\*\*





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### Is your dog a Chubba Wubba?

By Susan Heckler

When The Green Leaf Pet Resort built their state of the art facility two years ago, they included an indoor pool both for dogs at the resort to enjoy but also to give dog owners an additional way to exercise their dogs. During the cold winter and hot summer months it can be uncomfortable for owners and dogs alike to go for walks, so the pool is the perfect solution!

As our pets become more and more a part of the family, it's easy to spoil them in ways that are not always in their best interest health-wise. A few treats here and there can really add up over time. Obesity in dogs is becoming more prevalent more than ever before as well as other health concerns such as cancer and diabetes. Having an overweight dog can lead to an array of health issues and possibly a shorter life span than that of a fit, healthy dog.

It is for this reason The Green leaf Pet Resort has introduced their weight loss program for dogs.

The program runs for 4 weeks at a time, 2 sessions per week. Over the course of the four weeks there are weekly weigh-ins to keep track of progress and the lucky pups will each receive a free Kong toy, courtesy of Kong for extra pool time fun.

#### Why choose swimming your dog?

The benefits of swimming for dogs are similar to those for humans:

- Increases muscle strength and tone, endurance, flexibility, balance and coordination
- Encourages healthy cardiovascular & respiratory systems
- Offers and excellent, low-impact aerobic workout
- Lessens stress on joints & ligaments

#### Stars of the program:





Abby & Cody are three year old Yellow Labs. They first learned how to swim with the instructors at The Green Leaf Pet Resort as puppies. After reviewing and adjusting their diet, they began the weight loss program on March 19, 2015. Abby's starting weight was 89 pounds and after a few months of doggy paddling with Talina, the instructor, she is a trimmer 82.2 pounds. Cody's starting weight was 109.8 pounds and currently weighs 101.6 pounds. Both dogs have lost the equivalent of an Oven Stuffer and have over- all improved health and fitness after three four-week rounds of the program. The loving owners are thrilled with their progress and have signed them up for a fourth round as well as exercising the pups at home.

If your dog has never swam in a pool Talina will be more than happy to evaluate your pup in the pool.

For more information on the weight loss program, or for information on swimming in general, give Green Leaf a call at 609-259-1500 or stop in for a tour at 23 Burnt Tavern Road in Millstone.



#### **Boarding Your Dog**

Have a big family vacation coming up? If you can't bring Fido, you may consider boarding your dog while you're away. Your veterinarian's office or a quality kennel can provide your dog with the necessary grooming, exercise and overall care for an extended period of time.

Leaving your dog at a kennel can be challenging, especially if this is your first time doing so. You may have concerns about your dog's emotional well-being within a new environment. Maybe you're worried about his ability to get along with other dogs or kennel staff.

Bring up these and other concerns when inquiring about local kennel pricing and policies to ensure your dog is left in the best care possible during your trip.

#### Don't Just Call...Visit

There is only so much you can find out about a local kennel through a phone call. Visiting the kennel can be a much more effective way of helping guide your decision. Here are some things to look for during your visit:

- Cleanliness: Check both the indoor and outdoor areas for a sneak peek into how well the kennel staff keeps up on messes.
- Odors: Are there any overwhelming odors? Is there proper ventilation?
- Security: This especially pertains to the outdoor areas. Are all fences secure and tall enough to keep your dog safely within the designated area?
- Temperature: Is the inside climate-controlled? Conditions that are too hot or too cold can make for an uncomfortable experience for your dog.

#### **Make Things Comfortable**

You can help make give your dog a little touch of home while you're away by leaving behind a few of his favorite toys or snacks. Also try to make the drop-off a positive experience for both you and your dog.

If you're having emotional issues leaving your dog in someone else's care, try not to pass off any of your upset feelings to your pooch. Try not to linger around and make sure to use a positive, upbeat tone to say your goodbyes.









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#### **Getaways Kids Will Love in NJ**

By Mia Ingui

chool is out for the summer, the kids are now home all day, everyday...and they're bored and restless, of course. They want to go out and have a blast. So, what you need is the perfect guide to all the fun getaways to take with the kids for the day or a weekend in New Jersey. When the weather consists

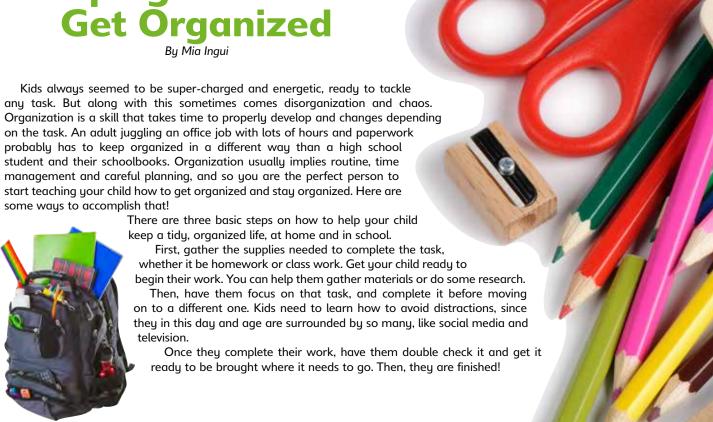
of clear, sunny skies, some great places to visit are the Cape May Zoo, Sahara Sam's indoor and outdoor water park, and Six Flags Great Adventure. The Cape May Country Zoo has free admission, is open seven days a week, and is open from 10:00 am to 4:45 pm every day. It is home to many amazing animals that the kids can learn all about and get up close and personal with. Sahara Sam's water park in West Berlin, NJ takes

the fun indoors and outdoors, with tons of slides, rides, and a huge bucket that dumps gallons of water onto all the kids! Six Flags Great Adventure is a great day trip for younger and older kids. It has some of the world's most famous rollercoasters, like Kingda Ka and El Toro, plus other rides for those who don't like

> riding rollercoasters. But, if the forecast calls for showers and storms, Rebounderz trampoline park and the movies can provide fun indoors for Rebounderz is hours. covered wall to wall with huge trampolines to jump and stunt on, and for when the kids get tired, there is a huge selection of arcade games to try with prizes up for grabs. With all of these great places to visit this summer, the kids will never have a dull moment!



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#### 10 Ways to Help Your Child Succeed in School

Parents undoubtedly play a huge role in the success of their child in school. It is with their support and motivation that a child can fly high once classes begin, so here are 10 ways to help your child be their best in school.

- Take an interest. Your kids will feel more comfortable talking to you about school if they know that you want to know about what they are doing and learning.
- 2. Get to know their teachers and their school life. If you are familiar with the environment that they are in every day, you'll be equipped to help them if they need.
- Support completion of homework/studying. Keeping on top of your child's homework assignments and upcoming tests and 3. projects will keep them on the right track. Also, if you are able to, offer to help. Although kids think they know everything, sometimes they get stumped, and could use a helping hand.
- Keep them on a healthy schedule. Make sure they get enough sleep and eat a good breakfast.
- 5. Help them get and keep themselves organized.
- Get involved. Volunteering at your child's school is a great way to show your interest in their education!
- 7. Attend any parent-teacher conferences to check the progress of your
- Help to teach them good study skills. 8.
- 9. Enforce the importance of good attendance.
- 10. Support all of their academic decisions, and make the time to discuss school often.



### Battling Butterflies When Going Back to School

By Mia Inqui

very one of us at one time or another has felt the back-to-school jitters when preparing to start a new school year. No matter what age or grade they are, kids always will feel stressed about how many notebooks to buy, what teachers they will have, how to make new friends during the year, and more. As a parent, all you hope for your is for your child to succeed in the upcoming school year and for them to find a way to calm their nerves before entering a new year. You play a key role in your child maintaining a healthy, happy mindset, so here are some ways to put their nerves to rest. First, make sure your child is taking care of the basics. Make sure they are eating right and are on a good sleeping schedule, since anxiety often causes children to not focus on these things. About a

week before school, have your child start getting on a set routine, much like the way it will be once school starts. Next, talk to your child about their fears, and assure them that it's okay to be nervous. Be open with your child and let them know that they can come to you for advice. For when the first day is almost here, try and motivate your child by maybe planning out their first day outfit or getting their supplies ready. The first day of a new year can be daunting, but with your help, your child will be able to have a great year!







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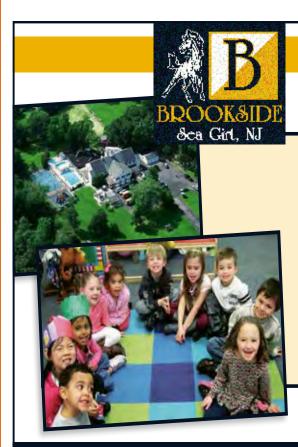
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#### **Organize Your Home**

It may sound silly, but your home's layout can actually be the difference between a smooth school day and a rough one.

Think about the logistics required to pull off breakfast, bathroom time and homework. A house with a smaller kitchen, only one bathroom and no designated spot for studying can lead to challenges both before and after school.

Get started now on equipping your home with the right tools to make this the smoothest school year ever.

#### The Homework Spot

Do you have a family room or a quiet area of your home? You can designate this as

a study area for your younger children. Older children can have the option of studying in their room, if they've proven their ability to maintain good grades and on-time homework completion.

Having a dedicated spot for homework can help you children stay in a nice routine for finishing it. Choose a well-lit spot away from distractions such as TV, radios and even phones, for an optimal learning environment.

#### The Coat Spot

Nothing can drive an organizational mother mad like a coat or laundry room in disarray. Don't allow scattered shoes, backpacks and lunchboxes to simply land where they may.

Overhaul your laundry room to include a bench with multiple cubbies underneath for shoes, and hooks above it for jackets, backpacks and umbrellas.

You can find easy online building blueprints that you can follow with a few pieces of lumber and some simple tools. You'll have an extremely organized laundry room before you know it.

#### **Overcome Morning Madness**

Add sleepy kids and a deadline-driven environment and you've got the ingredients for a hectic morning. Nothingsays "good morning" like stress and chaos.

Surely you'd like to send your kids off to school in a calm, collected manner. You just may not be sure how to do it.

The key is in the planning. Load up your evenings with preparation-type responsibilities, such as packing lunches, gathering lunch money, signing permission slips, ironing clothes and writing yourself a to-do list. By the time 7 a.m. comes around, you'll be sipping your coffee in peace while your children calmly wait for their school day to get started.



#### **Re-establish Your Routine**

If your kids are like many others, they have slipped into summertime habits that may need to be broken as the school time nears — going to bed later, sleeping later and watching more TV, to name a few.

For parents, that means getting a little more strict in these areas a couple weeks ahead of the first school bell. The sooner you start preparing your child for his new schedule, the smoother the transition will be for everyone involved.

#### **Bedtime & Wake-Up Time**

Wake-up time and bedtime are interrelated. The longer your child stays up at night, the longer he likely will sleep in. That's why trying to get back on schedule should start with the evenings.

Talk with your child, especially if he is still relatively new to the school experience, about the benefits of school routines and how proper rest can lead to better grades and positive attitudes about school.

For younger children, make sure you pick back up on the in-school habits that may have been broken during the summer, such as pre-bed reading and no TV time. Encouraging your child to play quiet games or have conversations with you both at night and in the mornings can keep your child focused and energized for school.

#### Homework

When is the best time for homework? Right after school? Right before bedtime?

Many experts say neither, suggesting you give your child ample time to wind down at both of these times. Help your child by setting a deadline to have homework done before dinnertime.

That way she can focus on clearing her mind and getting mentally prepared for the next day after she eats. This deadline also should give her a couple of hours after school to catch you up on her day or hang out with friends.

#### Freeze Dinners

Students aren't the only ones who will be a bit thrown off come school time. Parents also can help achieve a smooth transition by preparing dinners ahead of time.

Use a chunk of your weekend to prepare casseroles or soups that can be easily reheated for meal options during the week.

This strategy will be especially useful during the first few weeks of school, when tensions are higher and your new schedule seems tough to keep.



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# AUGUST

## **Keep Your Parents Busy**

i	Sunday	Monday	Tuesday	Wed
	Carracy	Wionay	laccacy	
	Electric Adventure Bloom - Music Festival Atlantic City Oceanfront Boardwalk at North Albany Avenue Atlantic City, NJ	Check out Adventure Aquarium in Camden!	Go see the movie Pixels PG-13	One Direction @7:00PM MetLife Stadium East Rutherford, NJ
	9 39th Annual Ocean Township Italian Festival- Sample the great taste of Italy's delicious food, rides, games, music, & fireworks (Friday), the festival is a great summer tradition and has something for the entire family. Joe Palaia Park Corner of Deal and 200 Whalepond Rd., Ocean Twp	Keyport Fireman's Fair! Fun, food, entertainment and more. Fireman's Park West Front Street, Keyport 6-10pm	Go see the movie Ricki & the Flash PG-13	The Shots Beach Area National Sandy Hook
	Maroon 5, Nick Jonas & Matt McAndrew 4:00PM On the beach Atlantic City, NJ	I7 Ice Cream Taste Test – visit the local ice cream eateries and try a new, zany flavor	18 Chicago - The Band & Earth, Wind & Fire @7:30 PM PNC Bank Arts Center Holmdel, NJ	Freehold Idol 7:30PM at the Hall of Records
] \ ( 	Againpie Fest 2015: The Family Stone, Rick Derringer, Mitch Ryder & the Detroit Wheels, Badfinger featuring Joey Mollan. Count Basie Theater, Red Bank Colts Neck Fair: Food, entertainment, vendors, rides & games. Slim Chance & The Gamblers: Bucks Mill Recreation Bucks Mill Road, Colts Neck	Trenton Thunders are playing home against Akron	Tuesday Tribute Bands at Woodbridge High School, 25 Samuel Lupo Place, Woodbridge. Classic rock tribute bands perform Tuesdays, 7:30pm. Beatles Faux Sale	2015 World Cuisine Food Beverage The largest food products U.S.!
	30 Blues on the Beach A Sunday night music series featuring local bands blaying jazz and blues 7-8:30pm West End Park Brighton Avenue, Long Branch	BBQ & Craft Beer Festival - Oceanport, New Jersey Featuring the tastings from the best craft breweries plus an outrageous array of smokin' hot barbecue to go with it, along with exciting live entertainment, crafters and plenty of fun activities for the kids.		

Please check with all venues to confirm dates

# 2015



nesday	Thursday	Friday	Saturday
			Happy Together Tour @7:00 PM Paramount Theatre at Asbury Park Convention Hall Asbury Park, NJ
5	Freehold Summer Concert Series at Hall of Records Brian Kirk & the Jirks 7:30PM	iPlay After Dark This event occurs weekly, on Friday. Teens are invited to enjoy a responsible and safe way to have a night out with their friends. The night will be filled with unlimited games, rides, lights, rotating DJs, and giveaways.	FREESTYLE MUSIC FESTIVAL Six Flags Great Adventure, Jackson, New Jersey
perform at 6PM E Gateway Recreation Area Unit	AIDA at the Pollak Theatre 400 Cedar Avenue, West Long Branch	How to Succeed in Business Without Really Trying; a tune-filled comic gem that took Broadway by storm in 1961. Spring Lake Community Theatre 300 Madison Avenue, Spring Lake	Collingswood Crafts and Fine Art Festival Downtown , Collingswood, New Jersey
19	Freehold Summer Concert Series at Hall of Records British Invasion 7:30PM Colts Neck Fair; The fair will feature food, entertainment, vendors, rides and games. Feature entertainment: August 20-Matt O'Ree Band, Bucks Mill Recreation Area Bucks Mill Road, Colts Neck	Colts Neck Fair; The fair will feature food, entertainment, vendors, rides and games. Feature entertainment: August 21- Moroccan Sheepherders Bucks Mill Recreation Area Bucks Mill Road, Colts Neck	The Beach Boys! Ocean Grove Auditorium Central Ave., Ocean Grove 8PM Colts Neck Fair; The fair will feature food, entertainment, vendors, rides and games. Feature entertainment: August 22- Rock of Ages Band/ Constantine Maroulis, Bucks Mill Recreation Area Bucks Mill Road, Colts Neck
of the Latino Products and Trade Show. Latino market and show in the Meadowlands	27 24th Annual Great Tomato Tasting Pittstown, New Jersey Snyder Research and Extension Farm. Taste over 80 tomato varieties (including heirlooms and hybrids), farm grown produce, stroll through demonstration garden, and take a wagon tour.	Season three winner of the voice, Cassadee Pope, mentored by Blake Shelton, has performed soaring vocals. iPlay America 110 Schanck Road, Freehold 8pm	Rock The Farm 2pm-11pm Music Festival / Fundraiser for CFC Loud & Clear in Farmingdale

and times in case changes were made after print.





# Fun With Phonics "LE" Vocabulary Words Write a sentence using each of the "le" words below.

cable					
able					
fable					
adorable					
beetle					
bendable					
cable					
table					
cattle					
doodle					
dribble					
male					
*Challenge: Put the above words in alphabetical order					

# Health, Wellness & Regeneration Non-Invasive Pain Treatment,

No Surgery — No Cortisone



Dorota M. Gribbin, MD

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

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

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

#### REGENERATE RATHER THAN REPLACE! STEM CELLS, PLATELETS RICH PLASMA (PRP) AND PLATELETS POOR PLASMA (PPP)

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PRP/PPP is also used in aesthetic medicine to erase scaring, 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.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

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.

#### **PROLOTHERAPY**

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage

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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.

#### RADIOFREQUENCY:

A Revolutionary Modality in the Treatment of Painful Conditions and in Body Regeneration & Rejuvenation.

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 experiened 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 surery 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.



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#### **FAMILY DEAL**

1 Large Pizza, 12 Buffalo Wings, 1 2-Liter Soda

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#### **DINNER SPECIAL**

1 Large Pizza, 1 Large Antipasto, Dozen Garlic Knots, 1 2-Liter Soda

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#### **HUNGRY MAN SPECIAL**

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#### Celebrate National Food Holidays in **August That the Kids Will Love**

By Mia Inqui

An entire holiday devoted to food? Who wouldn't love to celebrate that! Your kids will love celebrating their favorite foods during all of the National Food Holidays that take place throughout the month of August. There are some foods that are honored throughout the entire month, such as peaches, sandwiches, and brownies, but almost every day in August is devoted to a different food, whether it be sweet, salty, or savory. Starting at the beginning of the month, many fun foods that kids love to eat are celebrated. August 2nd is National Ice Cream Sandwich day, and a new way to enjoy this classic treat would be to make your own! Assist your kids in baking their favorite kind of cookie, then they can sandwich their favorite ice cream in between two of them. August 6th is National Root Beer float day, a great dessert if you need to cool off by the pool, and August 10th is National S'mores Day, a great DIY over the grill or campfire. National Cherry Popsicle day comes later in the month on August 26th, and when celebrated right, every tongue in the room will be stained cherry red! Enjoy these fun summer treats with the whole family in August.



#### **Peach Smoothie**

Quick and easy to prepare, this smoothie recipe is packed with refreshing summer fruits and MUFAs (monounsaturated fatty acids) which is the Flat Belly Diet powerhouse ingredient that specifically targets belly fat. This creamy smoothie is perfect for breakfast, lunch, or a snack.

#### **INGREDIENTS**

1 c skim milk

1 c frozen unsweetened peaches

2 tsp cold-pressed organic flaxseed oil (MUFA)

#### **DIRECTIONS**

Place milk and frozen, unsweetened peaches in blender and blend for 1 minute. Transfer to glass, and stir in flaxseed oil.

This 1 serving meal has only 213 calories and 9 grams of protein. It is low in sodium and sure to target unwanted belly fat and bloat.





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#### **More Fruits and Vegetables**

What your child eats and drinks for snacks can either propel them or hold them back, especially in terms of school performance.

The American Academy of Pediatrics recommends that the majority of snacks served to students should be fruits and vegetables, since most kids do not eat the recommended amount of five to 13 servings per day.

Fruits and vegetables increase the amount of vitamins A and C and fiber in your child's diet and are less costly than junk food. According to the U.S. Department of Agriculture, the average cost of a serving of fruit or vegetable (all types — fresh, frozen, and canned) is 25 cents per serving. That's a steal of a deal compared to a \$1 candy bar or bag of chips.

#### Commit Earlu

A snack food diet is hard to break if it has dominated your child's eating habits throughout the summer. You can maintain a healthy variety of fruits and vegetables for snacking during the summertime in various ways:

- Make fruit a regular evening occurrence. Instead of offering ice cream cones or cake after dinner, provide your kids with a variety of berries.
- Mini yogurt bars can be a charming way of encouraging your kids to eat more fruit. Set up a fruit station on your counter with strawberries, grapes and banana slices. Give your child a bowl full of yogurt and let them customize their snack.
- Salad makes for a healthful side item with a summer barbecue or cheeseburger. Opt for a bowl of leafy goodness over French fries and chips.

#### Turn Back the Trends

Choosing plenty of fruits, vegetables and water during snack periods is important to providing good nutrition, supporting lifelong healthy eating habits, and helping prevent heart disease, cancer and obesity.

Just as important is cutting back on the consumption of other foods found to be harmful if depended upon as too large a portion of a child's normal diet.

University of Illinois researchers reported this year that pizza is the secondleading source of calories in America's children, trailing only desserts. The study found that pizza consumption was associated with higher intake of calories, saturated fat and sodium.



# Young Adult Reading!

#### In the Unlikely Event

by Judy Blume

In her highly anticipated new novel, Judy Blume, the New York Times # 1 best-selling author of Summer Sisters and of young adult classics such

as Are You There God? It's Me, Margaret, creates a richly textured and moving story of three generations of families, friends and strangers, whose lives are profoundly changed by unexpected events.



# **Best Crafts** for Kids!



Jennifer Gardner's line, We Made It is a line of Do-it-yourself craft kits for kids. Jo-Ann Fabric Craft Stores is donating 75K to Save The Children . We Made It by Jennifer Garner is more than 100 durable, high quality choices designed to last as long

as your memories. Kids learn to garden, make costumes & dress up, paint, sew, craft, bake sweet treats & more.



#### Best Book For Kids Of Any Age

### This is Emma Perez, and I'm ON THE AIR!

by Ida Siegal

WNBC reporter Ida Siegal makes her debut as a chapter book author with a hilarious look at one girl's journey into journalism, mystery-solving, and fame -- or at least two out of those three!



# Homemade & Hot- Chocolate Chip Cookies

### August 4th is National Chocolate Chip Day!

To celebrate National Chocolate Chip Day, treat yourself to any pastry, dessert or beverage that contains chocolate chips.

Ironically, chocolate chip cookies were invented before chocolate chips. In 1937, Ruth Graves Wakefield of Massachusetts added chunks of a Nestlé chocolate bar to a cookie recipe. Her cookies became a huge success. She contacted Nestlé, and the company

agreed to print her recipe on the semisweet chocolate bar's packaging in exchange for a lifetime supply of chocolate. In 1940, Nestlé started to produce and sell chocolate in chip form.



#### **School Bus Safety**

### Nothing says school is back in session like seeing the bright yellow buses out and about in your town.

American School Bus Council estimates that 480.000 buses provide transportation for children every school year. In the most recent study of its kind, the National Highway Traffic Safetu Administration 1,236 fatal school reported transportation-related crashes from 2001 to 2010.

These numbers serve as reminders to stay safe at bus stops and on the roadways this school year.

#### **Safety Tips**

The National Safety Council recommends students and parents follow the following precautions when heading out for the bus stop:

- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building;
- Remind your child to wait for the bus to completely stop before approaching it from the curb;

- Make sure your child walks where she can see the bus driver:
- If your child's school bus has lap or shoulder seat belts, make sure your child uses one at all times.

#### **Share the Road**

Remember that school buses stop at all railroad tracks. They do this for the safety of your children, so give them the space to do so.

Also, when you see a school bus approaching you from the opposite lane, be on the lookout for flashing lights and extending stop sign, which mean the bus is slowing for a student drop-off. Be sure to come to a complete stop in your lane and don't hit the gas until the bus has disengaged the stop sign and turned off the flashing lights.

#### **Bullying Behavior**

The school bus is a prime spot for bullying because of the limited view the driver has of all the passengers. Here are some signs of bullying, from the The U.S. Department of Health and Human Services and what the department recommends doing about them.

#### **Signs to Look For**

- Unexplained injuries;
- Changes in eating habits;
- Frequent nightmares;
- Frequent stomach aches or headaches; and
- Declining grades or interest in school.

#### **Actions to Take**

- Encourage open, honest discussions with your child about the subject;
- Set a meeting with your child's teacher or principal;
- Offer your child actions to take that are an alternative to fighting or verbal abuse;
- Give your child positive and affectionate attention; and
- Keep a close eye out for injuries or worsening attitudes toward school.







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#### A MAN AND HIS DOG A Tribute to Cooper

By Pam Teel

or the past five years, Walter D. has been delivering the Ocean and Monmouth Family Times for Gunther Publishing Enterprises, Inc., in Freehold, Toms River, and Brick Township. Walter wasn't alone in his endeavor as he dropped newspapers off to various places. Sitting beside him in the front seat was his best friend, Cooper, a pedigreed chocolate lab.

Walter and Cooper were a team. Cooper loved the routine of going on a car ride, anxiously anticipating a treat here and there from business owners who got to know him well. Cooper knew when he was within a mile of the places where he would get a treat. He would get all excited and if he wasn't already in the front seat, he would hop to the front in anticipation.

Sadly, Cooper passed away in June, quickly after being diagnosed with liver disease. Walter and his wife noticed the symptoms three months earlier when Cooper first lost his appetite. Their vet noticed that his blood levels were elevated and after a thorough examination and a biopsy, she found that Cooper had cerossis spots, which can be genetic in labs. There was essentially nothing that they could do for him at that point but to make sure that he was comfortable. Though his disease was manageable, it wasn't curable. His veterinarian, Dr. DeMarco, who works at Garden State Veterinarian Hospital in Tinton Falls, saw to it that Cooper was comfortable and not in a lot of pain. Her overwhelming compassion for Cooper helped Walter and his wife see their

dog through his ordeal. Walter isn't quite sure how Cooper got the disease, but he and his wife



miss Cooper more each passing day. "It was like losing a child," Walter stated. "Cooper was a great dog and a great friend. He loved riding in the car and sometimes I would just take him out for a ride a just because of how much he loved car rides." It's not easy losing a beloved pet. Our sympathies are with you and your wife Walter. Cooper will surely be missed.

Sometimes liver disease can be a result of aging in dogs. In some cases it can be genetic, but it can also be brought on by infection or trauma to the area. Other causes of liver disease in dogs may include: eating some plants and herbs such as ragwort, certain mushrooms, blue -green algae, molds that grow on corn, untreated heartworm, diabetes, pancreas issues, fatty foods and some medications.

Symptoms to look out for are: Loss of appetite, weight loss, vomiting or diarrhea, increased thirst, an unstable walk, increased need to urinate and confusion, yellowish tongue or gums, signs of weakness, blood in the urine or stool, seizures, and ascites- a buildup of fluid in the belly.



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# Do you need a lawyer in Municipal Court?

By John Bazzurro

As indicated on our website, there are numerous charges that are heard in the Municipal Courts in the State of New Jersey. These range from low level motor vehicle violations such as going through a stop sign, careless driving, failure to maintain your lane and other charges that generally carry very low fines and two or less motor vehicle points. If you have been charged with any motor vehicle violation that carries more than two motor vehicle points upon a conviction, we suggest that you obtain the advice of counsel before going to court. The purpose of this article is to provide the reader with some information as to whether or not they need legal representation in Municipal Court on a low-level motor vehicle violation that carries two or less motor vehicle points.

As most citizens of New Jersey know, municipal prosecutors will, generally, as a matter of course offer a "no point" or "zero point" violation as part of a plea bargain if you are charged with one of these low-level motor vehicle violations. The monetary cost of these "no point" or "zero point" violations are rather excessive in that you are required to pay a \$250.00 surcharge for this "privilege." The statute which provides this "no point" plea is called the unsafe driving statute. The basic theory in accepting a "no point" or "zero point" plea bargain is to potentially avoid motor vehicle points on your license in order to keep your auto insurance premiums lower and, potentially, to avoid the suspension of your driving privileges where you are in danger of accumulating 12 motor vehicle points which will result in a temporary suspension of driving privileges.

However, it should be pointed out that there are a number of situations in which your acceptance of such a "no point" or "zero point" plea bargain may adversely affect your rights without your knowledge. One such situation is where you have already previously pled guilty to unsafe driving on more than one occasion. Your third guilty plea to unsafe driving within a certain period of time will subject you to four motor vehicle points when you may be under the mistaken belief that you will not be receiving any motor vehicle points. Another such situation where you potentially will need legal representation is where the low-level motor vehicle violation is the result of a motor vehicle accident.

The bottom line is that, regardless of what type of motor vehicle violation you are charged with, you should seek the advice of an attorney before appearing in Municipal Court by yourself and entering into a plea bargain which may subject you to other legal ramifications of which you were not aware.

Typically, when we receive a call for a motor vehicle violation, we initially attempt to obtain as much information as possible from the potential client to determine whether or not they will require legal representation given their individual circumstances.

Accordingly, please feel free to contact us to discuss your individual situation to determine whether or not legal representation is required.

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# The Millstone Township PTO & PTSA are gearing up its first ever

# Color-a-Thon on Sunday, October 18, 2015!

The Millstone Township PTO/PTSA will be holding its first ever Color-a-T hon on Sunday, October 18, 2015! The event will take place at the Millstone Township Middle School located at 5 Dawson Court. It's our first community wide partnership. Participants can walk, run or dance through a 2.5 mile course and get color-blasted in safe, eco-friendly, plant based powdered dye at every zone...turning them into a moving target of fun! "There will also be a shorter course which is perfect for junior runners and the entire family, my kids are so excited to take part in this event," said Event Chair Christina Baldino. Registration begins at 8am and participants can take part in free pre-race activities while they wait for the race to begin at 9am.

All the participants will line up behind a giant inflatable archway at the starting point. The 2.5 mile course was mapped out by Mr. Joseph Muni, the Middle School Athletic Director. "Part of the terrain is the middle school cross country course and part of it is a very scenic route through the woods," said Muni. "This course proves to be a lot of fun during the cross-country season and promises to be just as exciting for the upcoming Color-a-Thon."

After the race, participants can jam out to music at the After Blast Party! We will count down to when everyone rips open their color packets to share a blast of color with family, friends and everyone around. The result is a once in a lifetime experience all while exercising and having fun running alongside classmates, teachers,

administrators and members of the community. There will also be a food truck, activities for the youth and plenty of vendors.

Non-millstone students and members of the community can register by logging onto http://shop.schoolathon.org/EventIndex. asp?EID=181331 Students will receive a pledge packet come September where they will get a chance to earn tons of free prizes to use on race day!

"This is not only a great opportunity to support the children of Millstone Township but it's also a great opportunity to advertise your business," said Kristen Saker, Co-President of the PTSA. Event sponsors include Tom and Kristen Saker from Saker ShopRites, and Dr. Michael Baldino from Baldino Dental Arts. There are many other sponsorship opportunities available including prominent signage along the course and family sponsorships as well. For more information please contact Kristen Saker at wiffysaker@optonline.net

The event is expected to draw hundreds of families from Millstone Township and the surrounding towns. All of the proceeds from the event will go directly to the students in grades PreK-8 of the Millstone Township School District.

The Millstone PTO/PTSA is a 501(c) (3) organization that operates independently from the school district. All donations are tax-deductible to the extent allowed by law.

For more information about the Color-a-T hon please contact Christina Baldino at christinabaldino@gmail.com





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#### **AFTER SCHOOL CARE**

### For working parents, finding care for children after school can be a bit of a juggling act. It also can be a hit to the wallet.

After-school programs and professional babysitters each have their advantages, so be sure to do your research before settling on one for your child.

#### **After-School Programs**

Look for staff familiarity first when you're deciding on whether or not to use an after-school program. These may be offered either in your child's school or at a local community college. Either way, it's important that you have a comfort level for the staff members who will be teaching and caring for your children.

Some of the best characteristics of an after-school specialist are energy and enthusiasm, as your student will be coming off a long day of school and could be harder to keep entertained. Some programs will offer homework clubs that help your child get caught up on his lessons and assignments.

These features can be helpful for busy parents who work hard to pull off dinner, homework and baths after work.

#### Finding the Right Babysitter

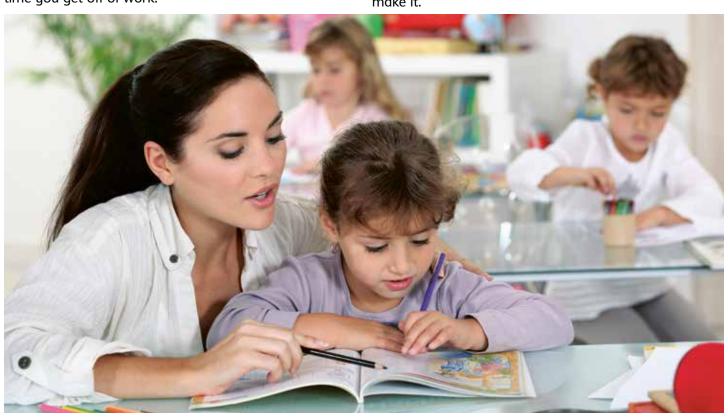
If you're children aren't old enough to stay by themselves yet, you may be looking into babysitting services to help bridge the gap between the time school lets out and the time you get off of work.

The good news is, you will probably be able to find a good deal compared to paying for an all-day service. The bad news is it can be difficult to find a center or professional offering such abbreviated hours.

When you do, it's important to check a few things before entrusting them with your children.

- Check References: This is an absolute must, as any professional babysitter should be ready to hand over a list of positive references. Call on each one to make sure you're hiring the right person for your needs and also for the personality types of your children.
- Ask the Right Questions: When you call on these references, make sure you're asking relevant questions, like "does the sitter show patience when handling kids," "would you use him or her again if you had to hire a babysitter" and "what are some of the sitter's weaknesses, if any."
- The Comfort Level: Following your gut can be your greatest determining factor in you decision to choose one babysitter over another.

You know best what type of discipline style or house setup will benefit your child the most. Trust your judgment and try to consider all aspects of your decision before you make it.





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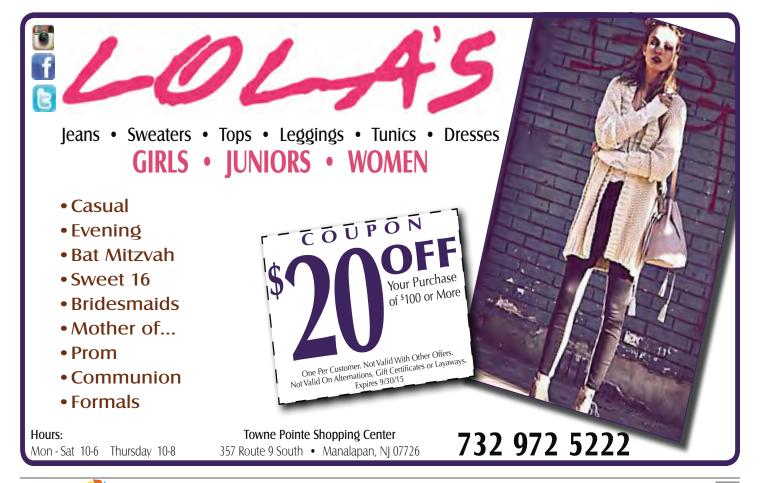
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#### WHAT IS THE BEST SUNSCREEN FOR MY CHILD?

With all the sunscreens available these days (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing the right one for your kids can be tricky. But what matters most when picking a sunscreen is how well it protects skin from UV rays.

Mary L. Gavin, MD Senior Medical Editor for KidsHealth.gov and Nemours Center for Children's Health Media suggests:

ook for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

#### Other things to consider;

Don't use sunscreens with PABA, which can cause skin allergies. For sensitive skin, look for products with the active ingredient titanium dioxide.

If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.







#### **How to Use**

For sunscreen to do its job, it must be used correctly. Be sure to:

Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.

Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.

Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body.

Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.

Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.

Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns.

And remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage and teach your kids good sun sense.



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