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Meet Perry Herman, M.D.



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About The Seminar

Basic Sports Nutrition 101

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- ▶ What is the right amount of carbohydrates?
- ▶ How much fat and what types of fat?
- ▶ Pertinent information about reading food labels as it relates to athletic performance.
- ▶ Hydration for athletes.
- ▶ Energy sources.
- ▶ Food, supplements and food products worthy of consideration.
- ▶ Foods and food products athletes should avoid.
- ▶ The female athlete triad-anorexia, amenorrhea and osteoporosis.

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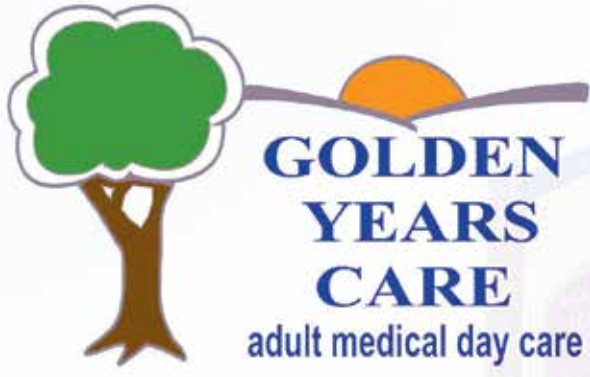


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Millburn High School Pays to Settle Bullying Case

By Fran Kirshner

In an unprecedented action, the Millburn School District, Millburn, NJ, agreed to pay Omari George, a 2014 graduate of Millburn High School, \$435,000 to settle his lawsuit in which he claimed he was a long term victim of bullying.

The George lawsuit alleged that, though the multiple acts of bullying were reported to school officials, those claims were ignored and that the school officials failed to take action to address the physical and emotional bullying.

The settlement was reached on the first day of the trial, heard in the New Jersey federal court as the George Complaint claimed his civil rights were violated and that Millburn failed to comply with the New Jersey law on bullying.

The law requires that when school officials are made aware that a student is being bullied, they must conduct an investigation and take effective action to address the harmful behavior.

"During my freshman and sophomore years at Millburn I was tormented by other students both physically and emotionally. I was the victim of frequent racial slurs and physical abuse and though I reported these, the school administrators ignored me," said Omari.

Since Omari's Millburn High School experience, the New Jersey law was changed to put more teeth into what school administrators must do to address bullying. The new law places responsibility directly on the school to take affirmative action to address allegations of bullying, including cyberbullying.

Millburn High School is frequently recognized as one of the finest schools in New Jersey.

George's lawyer, Harry Levin of the law firm of LevinCyphers, Toms River, said, "Millburn's handling of the complaints of bullying was abysmal. They failed to recognize that bullying was a huge problem in their student population. Omari and other minority students routinely faced racist statements and physical intimidation."

Prior to the George lawsuit, Millburn contracted for a Diversity Study to be performed. The Study disclosed pervasive evidence of a lack of sensitivity to minorities, including that there was not a single African American or Latino teacher at the school.

Levin said, "Our children need to be safe while they are in school and free from harassing behavior, especially when it's based on race, gender or sexual preference. Teaching children the importance of tolerance and acceptance is as important as the three R's."

Omari George, the son of Reverend Daryl and Brenda Barnes-George, a reading teacher, is now a sophomore at Morehouse College in Atlanta. He plans on a career in education and has created his own school for marshal arts. "I want to teach my students the skills necessary to protect themselves if they become a victim," Omari noted.

Levin commented, "Hopefully the real benefits of this case will be that parents make sure their children are not terrorized by other students, and that effective programs to address bullying must be implemented for New Jersey schools."

For further information or inquiries please contact Harry Jay Levin, Esq., at LevinCyphers, 700 Hooper Avenue, New Jersey. (732) 240-0909.

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What You Need

Books from bookstores, garage sales, flea markets, used book stores, and sales at your local library

A bookcase, a cardboard box, or other materials to make a place for books

What to Do

Pick a special place for your child's books so that she knows where to look for them. A cardboard box that you can decorate together might make a good bookcase. Or you might clear one of the family bookshelves and make a special place for her to put her books.

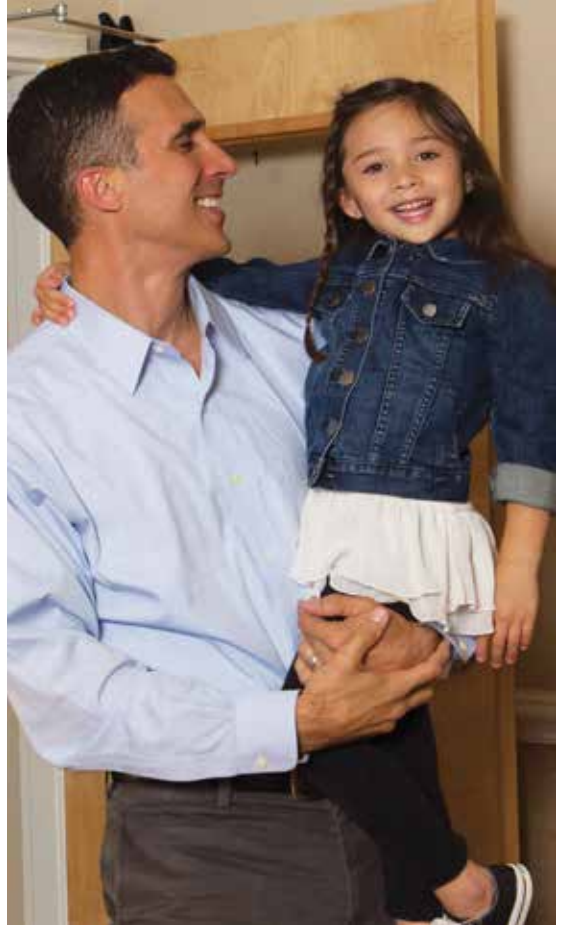
Help your child to arrange her books in some order—her favorite books, books about animals, holiday books. Use whatever method will help her most easily find the book she's looking for.

Borrow books from your local library. Go to the children's section and spend time with your child reading and selecting books to take home and put in her special place. You might even have a box or space just for library books, so that they don't get mixed up with your child's own books.

Encourage family members and friends to give books to your child as presents for birthdays and other occasions.

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How Can I Persuade My Daughter to Drink Milk Instead of Diet Soda?

She Thinks Milk Will Make Her Fat.

Soft drinks tend to displace calcium-rich beverages in the diets of many children and adolescents. In fact, research has shown that girls who drink soft drinks consume much less calcium than those who do not.

It's important for your daughter to know that good sources of calcium don't have to be fattening. Skim milk, low-fat cheeses and yogurt, calcium-fortified juices and cereals, and green leafy vegetables can all fit easily into a healthy, low-fat diet. Replacing even one soda each day with milk or a milk-based fruit smoothie can significantly increase her calcium intake.



My Son Has Asthma and Takes a Steroid Medication to Control It. His Doctor Said This Might Affect His Bones.

Is There Anything We Can Do About This?

Asthma itself does not pose a threat to bone health, but some medications used to treat the disease can have a negative effect on bones when taken for a long time. Corticosteroids, a type of anti-inflammatory medication, are often prescribed for asthma. These medications can decrease calcium absorbed from food, increase calcium loss from the kidneys, and shrink a child's bone bank account.

Kids with asthma need to take special care of their bones, making sure to get enough calcium and weight-bearing exercise. Some health care providers recommend extra calcium each day. Many people think milk and dairy products—great sources of calcium and vitamin D—trigger asthma attacks, but this is probably true only if your child is allergic to dairy foods. Unfortunately, this misconception often results in an unnecessary avoidance of dairy products, which is concerning, especially during the bone-building years.

Because exercise can often trigger an asthma attack, many people with asthma avoid weight-bearing physical activities that strengthen bone. Kids with asthma may be able to exercise more comfortably in an air-conditioned place, such as a school gym or health club.

Talk to your child's doctor for more information about protecting his bones while he is taking asthma medications.



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ACTIVITY: Fun With Family Stories For children ages 3 to 6

Telling family stories lets your child know about the people who are important to him. They also give him an idea of how one thing leads to another in a story.

What to Do

This activity works well with younger children. As your child grows older, it is important to share family facts and stories.

Tell your child stories about your parents and grandparents or about others who are special to you and your family. You might put these stories in a book and add old photographs.

Think out loud about when you were little. Make a story out of something that happened, such as a family trip, a birthday party, or when you lost your first tooth.

The storyteller's voice helps your child to hear the sounds of words and how they are put together to make meaning.

Have your child tell you stories about what he did on special days, such as holidays, birthdays, and family vacations.

If you go on a trip, write a trip journal with your child to make a new family story. Take photographs of special events. Writing down special events and pasting photographs of the events in the journal will tie the family story to a written history. You can also include everyday trips, such as going to the grocery store or the park.

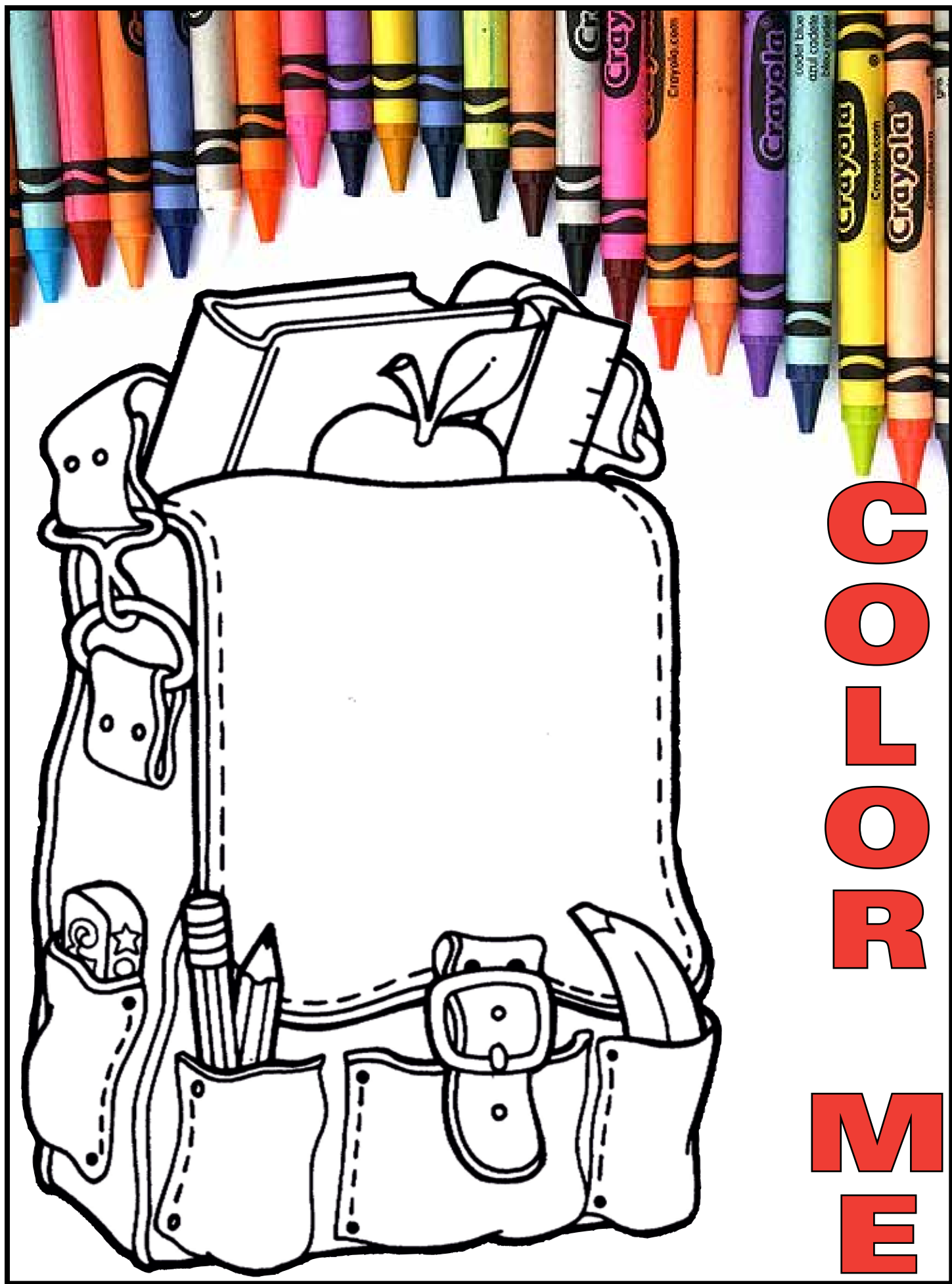
Write On!

Does This Baby Make Me Look Fat?

By Stefanie Maglio

Being pregnant should be a happy time that is to be celebrated. A child is on the way and there are many things to be excited about. However, many expecting women do dread certain things about being pregnant. One of the main things that comes along with pregnancy is gaining weight. This weight does not just go to the stomach area, but to the hips, thighs, arms, and face as well. Women tend to be insecure about how they look during some point of their lives. Some struggle with this more than others. However, being pregnant and heavier than you'd normally be, this can take a toll on a woman's self-esteem. Luckily, there are tips and tricks to look and feel slimmer while pregnant! Try to maintain your health as best as you can. You will be gaining weight, but don't try to yield to the food cravings. Instead, embrace them and try to eat as healthy as possible. Also, try to exercise. By eating healthy and staying active, not only will you feel better but you will look better in your own eyes as well as other's. It can be difficult to keep up with the exercising and healthy eating, especially later in the pregnancy. However, there are ways to create the illusion of a slimmer body with certain clothing. As a matter of fact, wearing clothes that are tighter around the stomach will make you look slimmer. It'll hug all the right places while making it more obvious that you are pregnant, rather than fat. Wear maternal pants that fit your size perfectly to stay comfortable. If your breast become larger, wear v-neck collars to enhance your assets and slim down your shoulders and chest. Also, wear pants that flare at the end to balance your shape and make your stomach appear smaller. Lastly, highlight any facial features you may be particularly confident about. Jewelry, scarves, or even a new pair of shoes can help boost your confidence, and not only you, but everyone else will notice that healthy and happy glow!





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Sticky Baked Chicken Wings

INGREDIENTS

For the wings:

2 pounds chicken wings
1 tbsp. toasted sesame oil
1 tbsp. soy sauce
1 tbsp. lime juice

Sauce:

3 tbsp. honey
1 tbsp. soy sauce
1 tbsp. sesame oil
1 tbsp. lime juice
1 clove smashed garlic

DIRECTIONS

Using a resealable bag, marinate the wings in the sesame oil, soy sauce, and lime juice mixture for three hours in the refrigerator. After they have marinated, preheat the oven to 450 degrees. Pour the wings into a large baking dish and spread them out evenly. Bake for 20 minutes. Make the sauce by combining the honey, garlic, sesame oil, soy sauce, and lime juice, and pour into a saucepan. Let simmer for 5 minutes. Brush the sauce over the wings and toss to coat well, and bake for another 10 minutes.



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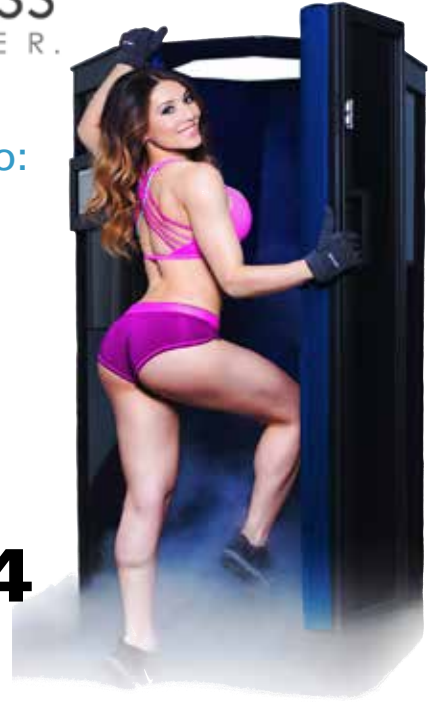
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Little things you can do to burn fat

When trying to lose weight, the main goal of any exercise program should be to increase your metabolism enough to where it is burning more calories than you are consuming.

Not only is your metabolism involved in this procedure, but the type of food you eat is just as important. Your metabolism can burn the calories very quickly, but if you are taking in 5,000 calories per day, it's not going to make a difference.

What if you're running short on time, though? There are many simple ways to burn fat quickly and efficiently that don't take a lot of time and effort.

It is important to remember that your sole purpose in trying to burn fat is to get your metabolism to a point where it is burning large amounts of calories even when you are sitting or sleeping.

Dr. James Pendergraft, M.D., founder of the Orlando Women's Clinic, defines what a good metabolic rate can do for your body.

"It depends upon the activities that you engage in, and some activities can really make our metabolism rates to increase and thereby burn fat in our body faster."

It's important to note that he is not referring strictly to exercise but other, simpler forms of daily activity that can help us in the weight and fat loss process.

Here are a few of them:

Drink Water

Drinking plenty of water is the first step toward burning off fat quickly and efficiently. It is very important that you have enough water in your body at all times due to the fact that a lack of water can ultimately cause your body to store more fat in order to help your body temperature to stay at normal levels.

When your metabolism is up to speed and is working diligently to help you burn calories, your body will naturally stay warm. Keeping the levels of water in your body high enough to achieve this state is very important in the weight loss process.

Eat Protein

Having ample amounts of protein in your diet is also another good habit to get into and does not involve much physical exertion.

Dr. Pendergraft points out that "protein can help in increasing the metabolism rate in human beings two to three times more than that of carbohydrates."

Foods that are commonplace in today's world are usually saturated with carbohydrates, and we always get plenty of those, but it is actually the protein in our food that ultimately helps us lose weight quickly and efficiently.

Get Enough Sleep

You want to make sure that you are getting good amounts of sleep at night in order to give your metabolism the break that it needs from working all day.

According to Dr. Pendergraft, "like every human being, the metabolism process in our body also needs some rest. So it is advisable that you do take in good sleep at regular intervals so as to maintain the metabolism rates in our body."

Your body is able to burn a lot of calories when it is in a resting state, so you don't want to deprive it of its capabilities to function sufficiently.

Watch Your Diet

In addition to the above suggestions, you also will want to include the regular weight loss suggestions of eating a healthy diet and making sure to get plenty of exercise, but it is also very important to listen to your body.

When your body is telling you that it is tired, you should rest. If you feel a burst of energy throughout the day, go outside for a jog, as your metabolism is just begging to be used.

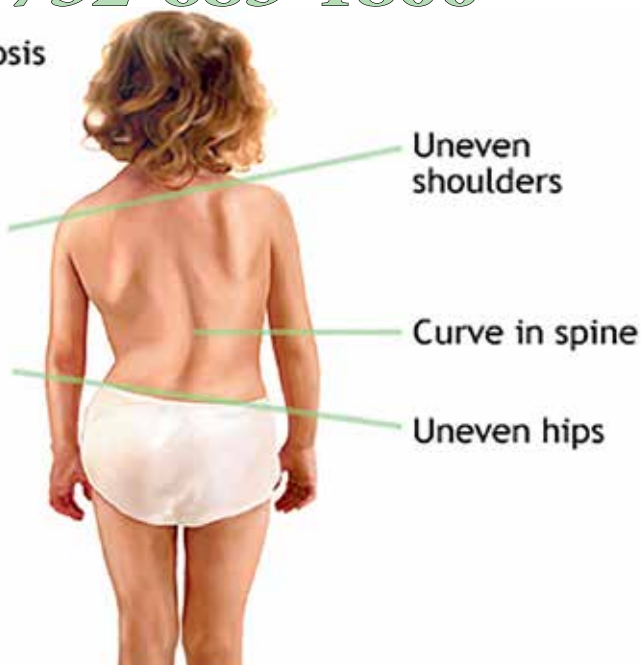
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The best way to help your kids develop healthy habits for life is to be a good role model.

Research suggests that active children have active parents. If you make physical activity a priority and try hard to maintain a healthy diet, including plenty of calcium, chances are your positive lifestyle will “rub off” on them along the way. Here are some things you can do:

Be a role model. Drink milk with meals, eat calcium-rich snacks, and get plenty of weight-bearing exercise. Don't smoke.

Incorporate calcium-rich foods into family meals.

Serve fat-free or low-fat milk with meals and snacks.

Stock up on calcium-rich snacks that are easy for hungry children to find, such as:

cheese cubes and string cheese
single-serving puddings
yogurt and frozen yogurt
cereal with low-fat milk
broccoli with yogurt dip
calcium-fortified orange juice
individual cheese pizzas
calcium-fortified tortillas
almonds

Limit access to soft drinks and other snacks that don't provide calcium by not keeping them in the house.

Help your kids to find a variety of physical activities or sports they enjoy participating in.

Establish a firm time limit for sedentary activities such as TV, computers, and video games.

Teach your kids to never start smoking, as it is highly addictive and toxic.

Look for signs of eating disorders and overtraining, especially in preteen and teenage girls, and address these problems right away.

Talk to your children's pediatrician about their bone health. If your child has a special medical condition that may interfere with bone mass development, ask the doctor for ways to minimize the problem and protect your child's bone health.

Talk to your children about their bone health, and let them know it is a priority for you. Your kids may not think much about health, but they are probably attracted to such health benefits as energy, confidence, good looks, and strength.



PREGNANCY:

Frequently asked questions about GBS and the GBS test

What is GBS?

It is a common type of bacteria. GBS is often found in the vagina and rectum of healthy women of all races and ethnicities. In fact, about 1 in 4 women in the United States carry this type of bacteria. These bacteria can come and go naturally in the body.

If you have GBS bacteria in your body, you would not feel sick or have any symptoms. GBS is usually not harmful to you. Other people in the house, including kids, are not at risk of getting sick from GBS.

GBS can be passed on to babies during childbirth, and that's dangerous for them.

What is the GBS test?

This is a test that is recommended for all pregnant women to get at 35–37 weeks to find out if they have GBS bacteria in their body.

Should I be tested for GBS before I am 35 weeks pregnant?

The GBS test is recommended between 35–37 weeks of pregnancy. If you think you might go into labor early, talk with your doctor or midwife about making a GBS plan.

Is there any risk to getting the GBS test?

There are no risks to being tested for GBS.

How does the doctor or midwife do the GBS test?

The test is an easy swab of the vagina and rectum that should not hurt.

What does it mean to “test positive” for GBS?

If you test positive, that does not mean you have an infection. It only means that you have these bacteria in your body. Testing positive for GBS does not mean that you are not clean. It does not mean that you have a sexually transmitted disease. The bacteria are not spread from food, sex, water, or anything that you might have come into contact with.

I tested positive. Why isn't my doctor or midwife giving me antibiotics immediately?

The antibiotic is only given during labor — you do not need to worry about getting it before you go into labor. Taking the medicine before you begin labor does not prevent the bacteria from spreading to your baby during childbirth. This is because the bacteria can grow back very fast.

How will my doctor or midwife protect my baby?

You will get antibiotics during labor by IV (through the vein).

Your baby's doctor will check on the baby once he or she is born. The baby likely won't need extra antibiotics or other medicine after birth, unless the doctor tells you that they are needed.

Will I need a GBS test only for my first pregnancy, or for every pregnancy?

Each time you are pregnant, you need to be tested for GBS. It doesn't matter if you did not have this type of bacteria before — each pregnancy is different.

Can I breastfeed if I tested positive for GBS?

Yes, it is safe to breastfeed if you tested positive for GBS.

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My Daughter Is Constantly Dieting. Should I Be Concerned?

Maintaining proper weight is important to overall health, but so is good nutrition. If your daughter is avoiding all milk and dairy products and severely restricting her food intake, she is probably not getting enough calcium. She needs a more balanced diet that includes low-fat milk products and other calcium-rich foods. Calcium supplements may also be helpful to ensure that she gets enough of this essential nutrient.

You should discuss your concerns with your daughter's doctor. If your daughter is one of up to 3 percent of American girls and young women with eating disorders, the problem is even more serious. Eating disorders, especially anorexia nervosa, can lead to missed or irregular menstrual periods or the complete absence of periods, known as amenorrhea. These are signs of low estrogen, a hormone that is essential for developing bone density and reaching peak bone mass. Girls with anorexia nervosa will often have fractures as a first sign of the disease. Furthermore, reduction in estrogen production in adolescence can increase your daughter's risk of osteoporosis and fracture later in life. In severe cases, girls with eating disorders may even develop osteoporosis in their twenties, and they may find the damage to their bones cannot be reversed later in life.

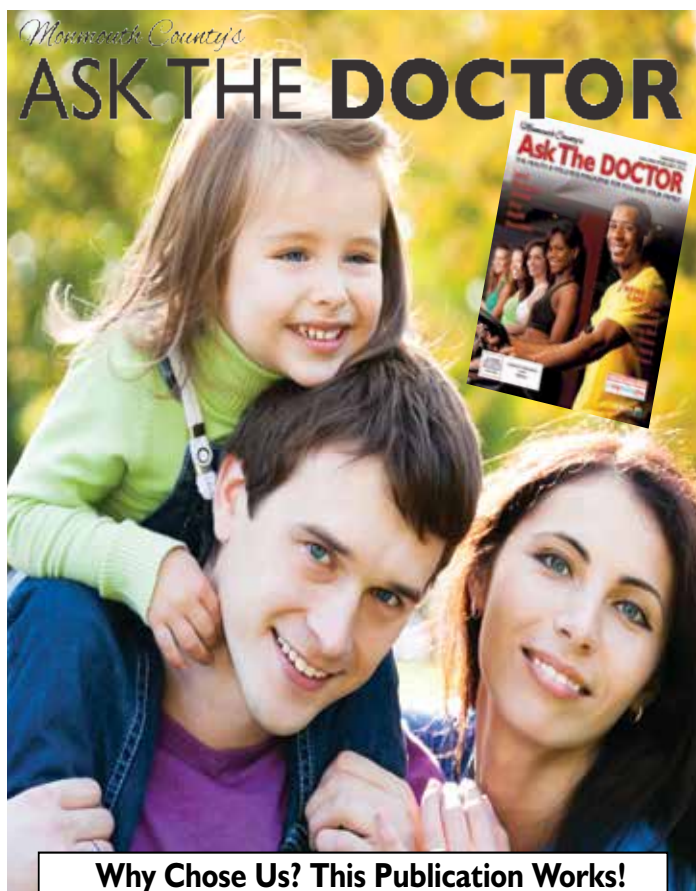
Look for the following signs and see your daughter's physician if you think your daughter has, or is at risk of developing, an eating disorder:

- missed menstrual periods after having had them regularly for at least several months
- extreme and/or unhealthy-looking thinness
- extreme or rapid weight loss
- frequent dieting practices such as
- eating very little
- not eating in front of others
- trips to the bathroom following meals
- preoccupation with thinness
- focus on low-calorie and diet foods
- overtraining or excessive exercise.



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5 Hours, 15 Minutes and 15 Seconds: Guinness World Record For Holding A Plank

By Jordan Titinigin

If holding a plank for a minute sounds a bit tough, imagine doing it for five hours, 15 minutes and 15 seconds.

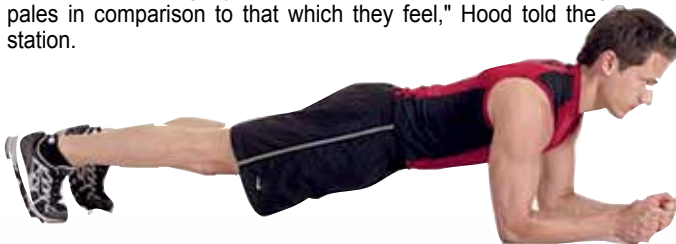
A former U.S. Marine from Carlsbad, CA, did just that this past May and set a new Guinness Book World Record. George Hood, 57, held an abdominal plank at the Junior Seau Oceanside Pier Amphitheater in Oceanside, CA, on May 31, 2016.

Hood broke the previous Guinness World Record for planking that was set by a Chinese police officer at four hours and 26 minutes, according to the The San Diego Union-Tribune.

Hood's family and friends kept him company during the plank and offered welcome distractions from the pain of holding his body up hour after hour.

Hood said he wasn't there just to beat the Guinness World Record, but also to raise money for the Semper Fi Fund, a charity that supports injured U.S. Service Members.

"There are injured Marines that come back from the fight, who have suffered life-altering injuries and the discomfort that I feel right now pales in comparison to that which they feel," Hood told the station.



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



Dr. Steven Linker, OD

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

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

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

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

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

Symptoms of learning-related vision problems include:

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

Headaches or eye strain

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

Omitting, repeating, or confusing similar words

Persistent reversal of words or letters
(after second grade)

Placing the book very close to your face

Poor eye-hand coordination

Short attention span during visual tasks

Slow reading speed or poor reading comprehension

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

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

I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

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Preschool & Kindergarten Math Milestones

Your child's developmental process is unique. To guide you, education experts have mapped a few basic Pre-K & kindergarten math skills to help you track your child's development in different mathematical areas.

Numbers

During their third year, many children can tell their age and hold up that many fingers to demonstrate.

During the fourth year, many can accurately count up to five items, some can count up to 10, and a few can count to 20.

Many four-year-olds can tell what number comes after a given number in a sequence up to 10. For example, if asked "What comes after 1-2-3-4-5-6?" many four-year-olds can answer "7," and so forth.

Given two numbers between one and 10, many five-year-olds can tell which of the two is larger.

Geometry: Shapes & Space

During the third, fourth and fifth years, children physically explore and gain understanding of the directional words "up," "down," "front," "back," "over," "under," "above," "on," "beside," "next to," "in front," "behind," "inside," "outside," "between," "left," "right," etc. By the fifth year, they can accurately use the words in a sentence.

During the fourth year, many children can recognize and name shapes with different sizes and orientations (for example, circles, squares, rectangles, and triangles).

Many four-year-olds will naturally make shapes that show symmetry without necessarily understanding the concept. For example, they might make a structure with blocks where one side of the structure is identical to the other because it appeals to them.

When asked, some four- and five-year-olds can copy a shape from memory after looking at it for several seconds.

Some four- and many five-year-olds can use a simple, two-dimensional picture map to find an object hidden in an actual, three-dimensional room.

Measurement

During the third and fourth years, many children figure out how to compare two different objects. They might take two pencils and put them side by side and then tell you which is longer.

During their fourth year, many children will be able to compare objects using words such as "bigger" and "smaller," "longer" and "shorter," "heavier" and "lighter," and "faster" and "slower."

During the second half of the fourth year, most children will understand that, when given a group of items (like a handful of cookies), if they give one away, they will have less. Or, if you give them another item, they will have more.

During the second half of their fourth year, many children will understand different time concepts, such as morning, afternoon, night, earlier, later, and soon. Some children can name the days of the week, and some can name the months and the seasons.

By the end of their fourth year, some children may figure out how to measure an object (like a book) by using a number of identical smaller objects, such as paper clips lined up end to end. For example, they might measure and describe their favorite picture book as 35 paper clips long.

By the fifth year, most children will be able to look at different-sized containers of the same shape and tell which holds more or less.



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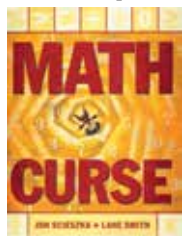
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Math Curse

by Jon Scieszka

A girl discovers how everyday problems can be conquered with math.

Ages: Third-grader

Themes: Nonfiction, Letters and Numbers

Types: Read Aloud



Pigs on a Blanket: Fun with Math and Time

by Amy Axelrod

In a story that explores the mathematical concept of time, a pig family has so many delays in getting to the beach, that the beach is closed by the time they are finally ready to swim.

Ages: Kindergarten, First-grader, Second-grader

Themes: Fantasy

Types: Read Aloud, Read to Self



Hotel Animal

by Keith Duquette

This book explores math from a different perspective as two tiny lizards check into an oversized Hotel Animal.

Ages: Kindergarten, First-grader, Second-grader, Third-grader

Themes: Fantasy

Types: Read Aloud, Read to Self



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Choosing a School

Parents have a growing array of options in choosing a school, though the extent of the options varies from state to state. The enactment of the landmark No Child Left Behind Act of 2001; the rapid growth of the charter school movement; the increasing number of states enacting scholarship and tax credit programs for students to attend private schools; the expansion of privately funded scholarship programs for low-income children; and the growing acceptance of home-schooling have all increased the choices available to families. Parents can exercise choice in many ways. The most common way may be in choosing where to live based on the public school district or neighborhood schools. In many areas, parents can choose from neighborhood schools, charter schools or other public schools of choice, or transfer their child to another public school (in or out of district). They can also select a private school (religious or secular) or teach their child at home. Choosing a School for Your Child offers step-by-step advice on how to choose among the schools available to your child. It identifies important factors you may want to consider before making a decision. As you and your child visit different schools, you may want to consider the questions in each section of this booklet. Why Should You Choose Your Child's School? No one cares more about your child's welfare than you do. No one else will be more careful to see that your child is well educated and well treated in school. You know your child's personality, strengths and weaknesses. You know the interests that light up your child's eyes. You know the values that your family wants a school to respect. Choosing your child's school may also make you more confident that she will be taught effectively and treated fairly. Choosing your child's school carefully is an important way you can help your child achieve all that he can be. This is a head and a heart decision. Don't be afraid to heed your own informed and intuitive wisdom.

Know Your Options

Under the No Child Left Behind Act for Children in Public Schools That Are "In Need of Improvement" Parents of children in public schools designated as "in need of improvement" can choose another public school or supplemental educational services (free tutoring). If your child's public school receives federal Title I funds, it must let you know how well the students in the school are learning. The school district must contact you if the school does not meet the academic standards set by the state for two consecutive years. You can find out how well your school is doing by looking at the school's report card. If your child's school has been identified by the state as in need of improvement, the school district must give you the choice of keeping your child in that school or sending him or her to another public school. If your child attends a school that has needed improvement for more than a year, your school district is required to give you a list of organizations and institutions that provide tutoring or extra help outside of the regular school day. This extra help is called "supplemental educational services." If your child is eligible for this help, and your income is low, the school district may pay for these extra services. Such services may include before- and after school tutoring in reading, other language arts, or math. If you have not heard from your public school about whether the school is "in need of improvement" and whether your child qualifies to receive supplemental educational services, contact the school or the school district and ask for the person(s) in charge of choice and supplemental services programs. You can also go to your state department of education's Web site for a list of schools in need of improvement and approved supplemental educational services providers. If you have difficulty finding these lists, call the U.S. Department of Education at 1-888-814-6252 for help in reaching your state contact, or go to the U.S. Department of Education's Web site at <http://www.ed.gov/about/contacts/state/index.html> for a list of contacts in your state.



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Benefits Of Landscaping For Birds

Among the fondest and most memorable moments of childhood are the discoveries of songbirds nesting in the backyard. The distinctive, mud-lined nests of robins and their beautiful blue eggs captivate people of all ages. Likewise, the nesting activities of house wrens, cardinals, chickadees, and other common birds can stimulate a lifelong interest in nature.

As people learn to enjoy the beauty of bird-life around their home, they may wish to improve the "habitat" in their yard so that more birds will visit their property. You can attract birds by placing bird feeders, nest boxes, and bird baths in your yard, and by planting a variety of trees, shrubs, and flowers. These can provide good nesting sites, winter shelter, places to hide from predators, and natural food supplies that are available year-round.

Increased Wildlife Populations

You can probably double the number of bird species using your property with a good landscaping plan.

Energy Conservation

By carefully arranging your conifer and hardwood trees, you can lower winter heating and summer cooling bills for your house.

Soil Conservation

Certain landscape plants can prevent soil erosion.

Natural Beauty

A good landscaping plan will contribute to a beautiful, natural setting around your home that is pleasing to people as well as birds.

Wildlife Photography

Wildlife photography is a wonderful hobby for people of all ages.

Bird-watching

A fun hobby is to keep a list of all the birds seen in your yard or from your yard. Some people have counted over 190 species of birds in their yard!

Natural Insect Control

Birds such as tree swallows, house wrens, brown thrashers, and orioles eat a variety of insects.

Food Production

Some plants that attract wildlife are also appealing to people. Cherries, chokecherries, strawberries, and crabapples can be shared by people and wildlife.

Property Value

A good landscaping plan can greatly increase the value of your property by adding natural beauty and an abundance of wildlife.

Habitat for Kids

Some of the best wildlife habitats are the best "habitats" for young people to discover the wonders of nature. A backyard habitat can stimulate young people to develop a lifelong interest in wildlife and conservation.

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A dog's love is unconditional, and that is why they have been a favorite human companion for hundreds of years. Before you decide to bring a dog into your home, there are many things to know and understand to ensure a positive experience for both you and the animal.

As an owner or possible owner, we tend to only consider the fun and rewards of having a dog, but we also have to consider the lifelong responsibilities. It takes serious dedication of time, money and love. Your dog should be compatible with your lifestyle in regards to energy level, grooming needs and temperament. That's because if you bite off more than you can chew with a new dog, you may end up becoming frustrated with the responsibilities of ownership. If you have children, it is imperative that your dog loves kids, although you should always supervise play with children, especially very small children.

DOG CARE/HEALTH Dogs depend on us for their welfare for their entire life. We have to provide basic needs such as proper food, water and shelter from the elements, as well as regular bathing and grooming. Dogs require regular checkups from their veterinarian for required vaccinations and prevention of flea and heart worm infestations. These can be big expenses for the dog owner, so be sure to consider your financial flexibility when deciding whether or not to own a dog.

KEEPING TABS ON YOUR DOG Safety and training go hand in hand when it comes to responsible dog ownership. Your dog should wear an identification tag with your name, address and phone number at all times. Permanent microchips and tattoos are options, too. Consider also keeping a current picture of your dog on hand. You never know when it could come in handy. All of these steps are important in case your dog gets lost. Dogs are living creatures that feel pleasure and pain just like a child, and they deserve the best of care. If you think you are not up to the task, delay the decision about buying a dog for a while. Further down the road, your life circumstances might change enough to allow for dog ownership. If you already have a dog, evaluate how you care for your dog and readjust if necessary.



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MOVIES TO CATCH IN SEPTEMBER

By Joely Phenex

Miss Peregrine's Home For Peculiar Children

When Jake discovers clues to a mystery that spans alternate realities and times, he uncovers a secret refuge known as Miss Peregrine's Home for Peculiar Children. As he learns about the residents and their unusual abilities, Jake realizes that safety is an illusion, and danger lurks in the form of powerful, hidden enemies. Jake must figure out who is real, who can be trusted, and who he really is.

Storks

Storks deliver babies...or at least they used to. Now they deliver packages for global Internet giant Cornerstore.com. Junior, the company's top delivery stork, is about to be promoted when he accidentally activates the Baby Making Machine, producing an adorable and wholly unauthorized baby girl. Desperate to deliver this bundle of trouble before the boss gets wise, Junior and his friend Tulip, the only human on Stork Mountain, race to make their first-ever baby drop – in a wild and revealing journey that could make more than one family whole and restore the storks' true mission in the world.



Reasons You Should Encourage Your Child To Love Music

Whether dancing around the living room on a rainy day or singing along to the radio, school-age kids love listening to and participating in music.

And there are loads of good reasons to encourage this enthusiasm. Research shows that kids who are actively involved in music who play it or sing it regularly:

- do better in reading
- learn coordination, goal-setting, concentration, and cooperation
- are more likely to do better in math and science because music helps build reasoning skills and cognitive development, which are important to both
- get along better with their peers and have higher self-esteem
- are more likely to go to college

One study showed that second-grade students who were given keyboard training while also using math software scored higher on proportional math and fractions tests than students who used the software alone. And students who've been involved in public school music programs score higher on their SATs than those who haven't been.

But the best reason to encouraging a love of music might just be that it's fun. Kids (and many adults) enjoy few things more than singing, dancing, and listening to music.

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Being the New Kid at School

By Stefanie Maglio

There are several challenges that people must deal with in life. At one time or another, we all come across something that can be rather uncomfortable because it is new or unfamiliar. One of those things may be being the new kid at school. Being the new kid at school can seem like a scary thing, but it doesn't have to be. There are several ways to make it a much easier and pleasant experience.

First of all, the person must realize and accept that this sort of thing doesn't happen right away. It shouldn't be rushed or forced. Go with the flow, and take one thing at a time. Put yourself out there. Sit next to new people at lunch. Be friendly to everyone. Those who reciprocate the kindness will be worth your time, and those who don't will not be worth your time. Most importantly, give yourself time to adjust to your new surroundings and your new schedule.

Once you're comfortable and adjusted, start getting involved! If you have a passion for sports, try out. If you're into chess, join the chess club. The point is to do what you love. If you aren't sure, then try something new. Hopefully the school has plenty of clubs, sports, add any other groups to offer. Go for something that catches your attention and give it a try! Guaranteed you'll make friends along the way.

It may also be a good idea to become friendly and familiar with your teachers. After all, they are there to help you. If you're struggling with something in class, seek out your teacher for some one-on-one help. Not only will it help you, but the teacher will appreciate the effort that you have shown. This will also be beneficial when it comes time for recommendation letters, scholarships, and college applications. In no time, this new school won't be so new anymore and you'll fit right in!

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 blog post 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 lowlevel 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 to discuss your individual situation to determine whether or not legal representation is required.

JOHN T. BAZZURRO, Esq.

Board Certified Civil Trial Attorney

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BACK TO SCHOOL WORD SEARCH

Find and circle all of the words from the word list below.

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PLAYGROUND

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READING
RULER
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C	R	A	Y	O	N	S	R	W	X	O	B	W	E	W
S	R	T	Q	F	Q	Z	R	E	F	M	O	E	E	P
T	W	P	M	U	S	I	C	F	A	E	S	K	M	L
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T	A	E	P	H	W	B	N	R	U	L	E	R	I	D
I	F	R	P	O	M	E	N	A	F	G	Y	M	D	O
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Helping Your Child Become a Reader By Visiting The Library

Libraries offer more than books. They are places of learning and discovery for everyone. Ask at the library about getting a library card in your child's name and, if you don't already have one, get a card for yourself.

The Librarian

Introduce yourself and your child to your librarian. Librarians can help you to select the best books that are both fun and suitable for your child's age level. They can also show you the other programs and services the library has to offer.

Books...and More

In addition to a wealth of books, your library most likely will have tapes and CDs of books, musical CDs and tapes, movies, computers that you can use, and many more resources. You also might find books in languages other than English, or programs to help adults improve their reading. If you would like reading help for yourself or your family, check with the librarian about literacy programs in your community.

Supervised Story Times

- **Babies and toddlers.** Many libraries have group story hours that are short and geared to the attention spans of the children. During story hour, child sits in your lap, and both of you can join in the story. The storyteller also may show you finger plays and rhythm activities. The storyteller also may give you tips and handouts that you can use for your own home story hours.

- **Preschoolers.** The library may offer these story hours more than once a week. For these story hours, you and your child usually read several books on the same topic. You might play games, sing songs, use puppets, or do other activities that are connected to that topic. You also may get ideas for books to read and other things to do with your child at home.

- **Families.** Families can read together, or they may join in a story told by the library storyteller. Some libraries also set up family activities around the readings, including crafts and art projects and watching movies.

Summer Reading

After the school year is over, some children may forget what they have learned about reading. Libraries help keep children interested in reading by offering summer programs. Children from early elementary school to high school read books on their own. A teacher or librarian may give a child a diary or log in which he writes what he read during the summer. And, because reading aloud is so important to promoting a love of reading, many libraries offer "Read-to-Me" clubs for preschool and younger children.

Learning with Computers

Computers can't replace the reading and writing activities discussed earlier in this booklet. But computers can support what these activities teach your child.

Many computer programs (also called software) offer activities that can both grab your child's interest and teach good lessons. Children as young as 3 years old, though they can't read yet, may still have fun using some of the colorful, action-filled programs with characters. Computer reading programs let your child:

- Hear stories, read along and read by herself.
- Play with objects and characters on the screen that teach the alphabet, simple words, rhyming words and other skills important to learning to read.
- Command the computer with her voice, record herself reading and play back the recording so that she can hear herself.
- Write simple sentences and make up stories.
- Add pictures and characters to her stories and have them read back.
- Make and print her own books.
- Make slide shows.
- Gain praise and see improvement in her language abilities.

The Best Way to Protect Your Kids Online is to Talk to Them.

While kids value the opinions of their peers, most tend to rely on their parents for help on the issues that matter most. Start early. Young kids see their parents using all kinds of devices — and also might be playing games or watching shows on them. As soon as your child starts using a phone, mobile device, or computer, it's time to talk to them about online behavior and safety. Initiate conversations. Even if your kids are comfortable approaching you, don't wait for them to start the conversation. Use everyday opportunities to talk to your kids about being online. For example, news stories about cyberbullying or texting while driving can spur a conversation with kids about their experiences and your expectations. Communicate your expectations. Be honest about your expectations and how they apply in an online context. Communicating your values clearly can help your kids make smarter and more thoughtful decisions when they face tricky situations. For instance, be specific about what's off-limits — and what you consider to be unacceptable behavior. Be patient and supportive. Resist the urge to rush through these conversations with your kids. Most kids need to hear information repeated, in small doses, for it to sink in. If you keep talking with your kids, your patience and persistence will pay off in the long run. Work hard to keep the lines of communication open, even if you learn your kid has done something online that you find inappropriate. Listening and taking their feelings into account helps keep conversations afloat. You may not have all the answers, and being honest about that can go a long way.

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CULTIVATING YOUR JEWISH FUTURE THROUGH EDUCATION, FRIENDSHIP, AND COMMUNITY

Your ADHD Offensive Line

Five People to Recruit in Your Child's Fight Against Attention Deficits

By Michael Ginsberg

The school year has started and as you feared, your child's teachers suspect he has ADHD. The good news is that you're not alone in tackling it! We've assembled a starting line-up of specialists on the ADHD front. Enlist their help to address the challenges of ADHD for your child and your family:

Cognitive-behavioral therapist

What they do: Help set up behavior modification programs. Establish goals, rewards, and consequences for behavior at home and at school. They can be a liaison between family and teachers. Helps the student understand their thoughts and feelings and how they impact behavior.

Advantages: Often provided at no or low cost through family's insurance. Can help families and teachers work together to maintain consistency in approaches being used for the student.

Disadvantages: Does not address the root cause of the ADHD. Not always covered by insurance. Can require a significant time commitment.

Nutritionist

What they do: Can help evaluate and adjust the student's diet to eliminate those things which may be exacerbating the ADHD, such as food dyes, caffeine, and other additives. Offer advice on other health-related factors that may be contributing to symptoms, such as low blood sugar, dehydration, and food allergies.

Advantages: Often covered by insurance with a referral from a doctor. Can offer advice on meal planning and budget-friendly foods.

Disadvantages: Does not necessarily address the root cause of weak attention skills, but rather nutritional contributions to hyperactivity and low energy.

Pediatrician

What they do: Conduct physical exams, noting family history, on-site behavior and parental concerns/observations on symptoms and behavior at school and home. He/she may also be able to help rule out vision problems (or provide a referral to a specialist). Many doctors have extensive knowledge on ADHD and will be able to discuss factors like sleep, exercise, and multiple treatment options.

Advantages: Can diagnose ADHD. Works with insurance companies. Able to prescribe medication.

Disadvantages: Some pediatricians are quick to prescribe stimulant medication, which can have side effects and does not address the root cause of ADHD.

Educational specialist

What they do: Work with teachers to create accommodations at school. Inform families about assistive technology. Help create and teach techniques to the student for school success.

Advantages: Familiar with ADHD and helpful accommodations at school. Can recommend ideas to parents seeking to continue accommodations at home.

Disadvantages: Accommodations may "enable" the ADHD by working around the child's needs rather than addressing the root cause.

Personal brain trainer

What they do: Assess the student's cognitive skills then create a brain training program to fit. (A cognitive skills assessment can pinpoint weak skills, which studies show are responsible for a majority of learning struggles.) Using one trainer

per student, brain training targets any weak cognitive skills (which, in children and teens with ADHD, are often the skills of divided, selective, and sustained attention).

Advantages: One-on-one brain training is a form of cognitive skills training that incorporates immediate feedback, intensity, and loading, among other features, to target the weak skills frequently associated with ADHD and other learning struggles. Effective brain training customizes programs based on the results of an initial cognitive skills assessment and uses exercises founded on years of clinical and scientific research.

Disadvantages: Not always covered by insurance. Requires a time commitment from the child and family.

If you're ready to build your team to help your child or teen navigate the challenges of ADHD, start with the key players above. They'll help you create a game plan that will be right for you and your family.

Michael Ginsberg is the Owner and Executive Director of LearningRx Brain Training Centers in Marlboro and Red Bank, NJ. LearningRx specializes in one-on-one brain training. They train cognitive skills through game-like exercises that are both fun and challenging—and 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 or by calling 732-444-8579.

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Coach's Corner

By Jill Garaffa

Dear Jill,

There's a pattern that repeats every year when I write my list of "New Year's Resolutions" or any other time of year when a milestone has been reached (like my birthday or anniversary) and I'm hoping you can help me break it. Each year, I look at all the areas of my life that need fixing. I look at my bad habits that I want to change. The first week or so things are fine. Then, I start to slip and eventually completely give up. The following year, the list of things I want to change is discouragingly similar to the year before, so it always looks like I'm trying to fix the same thing.

How can I break out of this pattern and get some momentum going in the right direction?

Frustrated,
T.J. in Holmdel, NJ

Dear T.J.

Thank you for your courage to ask about a topic to which so many people can relate! There are a few things I can offer from a coaching standpoint to help you move forward.

First, take a look at your language. Anytime your focus is on "fixing" or "changing" something about yourself you will actually end up repelling the very thing that you say you want. The secret is to be grateful and celebrate where you are in this very moment. What accomplishments have you already achieved? Why is this area of your life not worse? (It could always be worse, right?) You are doing something right. What is it?

Coming from a place of gratitude & celebration in an area of life you'd like to transform provides more power than when you come from a place of judgment. You are either blessing or cursing the very thing you want by your intention around it.

Next, true and lasting change comes from the inside out. In order for a goal to come alive, it must be connected to something you deeply value and believe is possible. Why is this goal important to you? What is worth the sacrifice you will be making to achieve this goal?

Last, in order to create momentum, connect your goal to a clear vision & action plan. See yourself a year from now, succeeding. If this goal is a reality in one year, what actions would you need to take right now? This allows your future to pull you forward and your goals to come alive!

Wishing you clarity, focus & power!
Jill

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

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

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How Does Physical Activity Help My Kids' Bones?

Muscles get stronger when we use them. The same idea applies to bones: the more work they do, the stronger they get. Any kind of physical exercise is great for your kids, but the best ones for their bones are weight-bearing activities like walking, running, hiking, dancing, tennis, basketball, gymnastics, and soccer. (Children who tend to play outside will also have higher vitamin D levels.) Swimming and bicycling promote your kids' general health, but are not weight-bearing exercises and will not help build bone density. Organized sports can be fun and build confidence, but they are not the only way to build healthy bones.

The most important thing is for your kids to spend less time sitting and more time on their feet and moving. Alone or with friends, at home or at the park, one of the best gifts you can give your kids is a lifelong love of physical activity.



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PARENTS' CORNER:

Quick facts about applying for a child's passport

Valid for 5 years (unlike adult passports that are valid for 10 years)

Costs less than an adult passport

Requires two parent consent

Cannot be renewed by mail

Requires the DS-11 application whether a first time applicant or a returning applicant

A passport card is wallet sized and a great form of identification for minors.

Applying for a passport book and passport card at the same time will save you money

Passport applications for children under 16 must be submitted in person at an authorized passport acceptance facility. Both parents or guardians must appear with the child. If both parents/guardians cannot be present, fill out the parental consent form online for additional document requirements.

What You Need to Apply

A completed DS-11 form

One 2"x2" passport photo

Evidence of child's U.S. citizenship

Evidence of relationship between child and parent(s)/guardian(s)

Parent(s) or guardian(s) identification and photocopy of identification

Provide parental consent

Pay applicable fee

Tips for taking pictures of your baby for a passport.

Lay your baby on his or her back on a plain white or off-white sheet. This will ensure your baby's head is supported and provide a plain background for the photo.

Make sure there are no shadows on your baby's face, especially if you take a picture from above with the baby lying down.

You can also cover a car seat with a plain white or off-white sheet and take a picture of your child in the car seat. This will also ensure your baby's head is supported.

A READING CHECKLIST

Helping Your Child Become a Reader

There are many ways that you can encourage your child to become a reader. Here are some questions that you can ask yourself to make sure that you are keeping on track:

For Babies (6 weeks to 1 year)

Do I provide a comfortable place for our story time? Is my child happy to be in this place?

Am I showing my child the pictures in the book? Am I changing the tone of my voice as I read to show emotion and excitement?

Am I paying attention to how my child responds? What does she especially like? Is she tired and ready to stop?

For Toddlers (1 to 3 years)

All of the questions above, plus:

Does my child enjoy the book we are reading?

Do I encourage my child to "pretend read," joining in where he has memorized a word or phrase?

When I ask questions, am I giving my child enough time to think and answer?

Do I tie ideas in the book to things that are familiar to my child? Do I notice if he does this on his own?

Do I let my child know how much I like his ideas and encourage him to tell me more?

Do I point out letters, such as the first letter of his name?

For Preschoolers (3 and 4 years)

All of the questions above, plus:

Do I find ways to help my child begin to identify sounds and letters and to make letter-sound matches?

For Kindergartners (5 years):

All of the questions above, plus:

Do I find ways to help my child begin to identify some printed words?

Do I let my child retell favorite stories to show that she knows how the story develops and what's in it?



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