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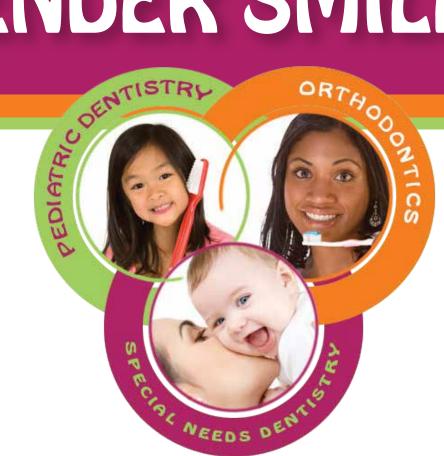


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OCTOBER 2014 Features & Departments

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Columbus Day word search

Cleaning up facts about teen acne

Dealing with an unfair teacher

Having happy kids

Are time outs not working?



THE MILLSTONE TIMES THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

Publisher Cami Gunther

Art Director

Julie Weinberg

Marketing Consultants Elizabeth Newman Sheila Lidz Jolene Conoscenti

Denise Payne Lynda Koch

Networking Events Jolene Conoscenti Writers Susan Heckler

Event Coordinator

for the Millstone

Pam Teel Intern

Brianna Siciliano

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Editor Elizabeth Newman

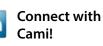
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Improving Educational Skills Via Artistic Activities? Try Origami!

t may sound a bit crazy but you can help your child learn to enjoy the process of learning through some well chosen activities. The secret is in the enticement and fun offered in many artistic venues that your child may be attracted to. He or she doesn't have to be the next Walt Disney, Pablo Picasso or Frank Lloyd Wright; only a child that loves working with her hands, or enjoys creating with color or 'making things' with clay, paper or anything within reach. One of the most enticing art forms is origami. Here a child (or adult) starts with a flat square of paper. Before long this one dimensional sheet is transformed into an amazingly de-

tailed 3-dimensional object though a series of folding. There's no cutting or gluing—only a series of folds created in a specific order. It's quite amazing to watch—it may start out with a little difficulty, but due to it's repetitive nature, it's easy to catch on within a short period of time. It's so exciting for the child as he realizes he 'gets it' and gets more adept as he goes along. She may then become increasingly interested in trying more difficult configurations.

Some highlights from an article on the internet (www.library.thinkquest. org) help point out the benefits:

Origami gives the folder the opportunity to make creative designs and figures; but, in recent years people have found many ways to use origami in other areas. For example, teachers have discovered that it is a wonderful teaching tool with many educational benefits. In addition, paper folding is being used in physical therapy, in mental health programs, and as a source of entertainment and enjoyment. Origami is becoming a very important activity that has many useful benefits. Schools have begun to realize the educational value of origami. It is a great hands-on activity and a wonderful resource that teaches students how to follow directions, encourages cooperation among students, improves motor skills, and it helps develop multi-cultural awareness.

Math teachers have found that they canuse origami to develop math lessons ingeometry, fractions, and problem solving.

Language Arts teachers have found that they can use origami to introduce units in literature, poetry, and creative writing.

Science and social studies teachers are using origami to introduce lessons as well. As you can see, origami has become a very useful teaching tool in education.

Many therapists use paper folding in their fields of medicine. Physical therapist use origami as a fun way to exercise hand muscles that they are trying to rehabilitate.

Psychologists are using origami in their medical field. They have found that the coordinated work of both hands when folding origami helps with the development of motor skills, as well as attention, memory, and imagination processes. The folding of origami can also be helpful to some people because it can be a tool by which they can relieve stress.

Origami classes are held at many places: check local art schools, libraries, recreation centers, park systems and other local sources. There are also so many wonderfully illustrated books for those who are self-motivated. If on a tight budget, recycle magazine paper, heavy weight wrapping paper or colored printer paper. There are amazing special origami papers at craft stores for a really special looking project. Give it a try—it can be a great parent-child activity to share!



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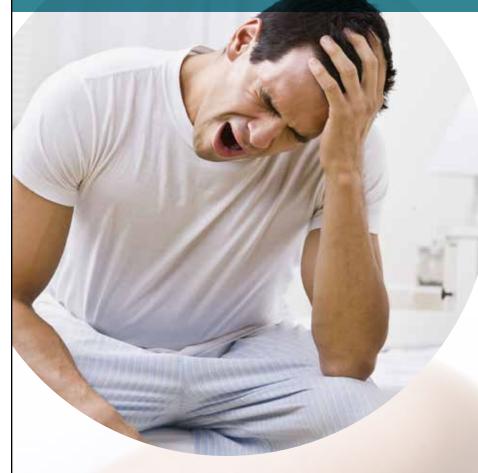


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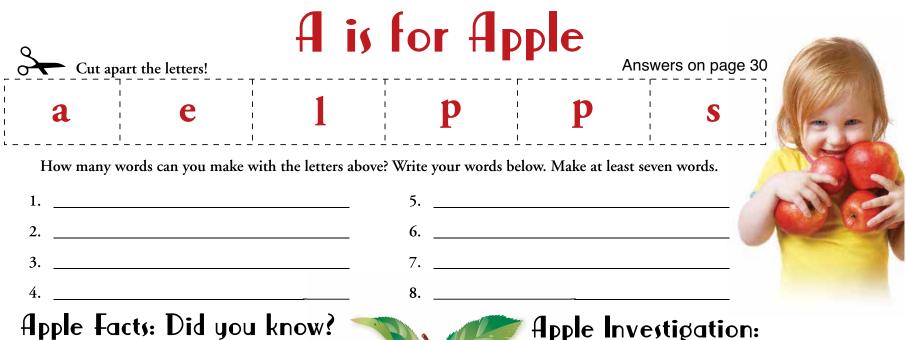
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Let Your Weekend End Your Week

By Susan Heckler

Do you ever measure what you manage to accomplish each day? Are you impressed or incredibly stressed?

For most people, Monday through Friday is a tight schedule, cramming in the obligations at work with your responsibilities at home. Between your killer commute, long hours at the office, managing your home, shopping for the basics, caring for your kids, volunteer work for the schools or religious organizations, and managing the children's after-school activities... You barely got all of the fires under control so you can get a breather for the weekend.

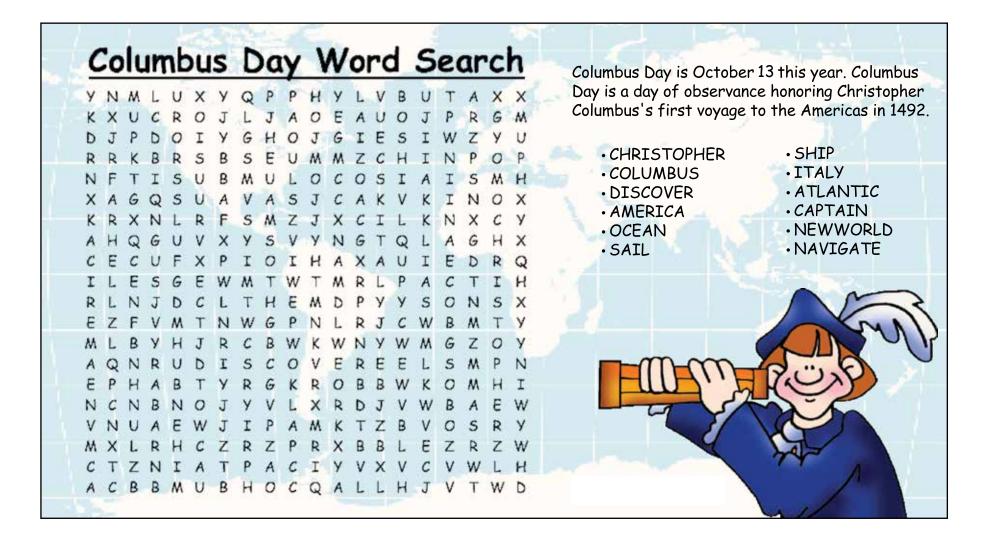
Your work week is coming to an end; you successfully passed Hump Day and are closing in on TGIF. Can you look forward to a few days of R&R?

Weekends get slotted in for home-based projects. Clean-ups, clean-outs, projects for you or your kids... It never ends. Your children's after school activities spill into your weekend, especially if they are on sports teams. Your mind never stops and the body is in perpetual motion. All of this is a drain on your energy and takes a toll on your body.

There are certain shortcuts we can all take which will free up some time and let us transfer our energy to where it is needed most.

- **Prep work your prep work**—spend a little time throughout the week doing maintenance to avoid a bigger job on the weekend. Maybe throw a load of laundry in here and there so you don't have a massive pile up on Saturday. Sort the mail in as it comes so you don't have to sort it before doing the bills. Clean the kitchen after each meal to avoid a major cleanup.
- *Enlist the list*—have everyone in your family pitch in to their ability.
- *Make a plan and stick to it*—plan some leisure or social time and allow yourself a reward.
- **Delegate outside the box**—find things outside of your family that may save you time and sanity such as drop and fold laundry services, dry cleaning delivery, restaurants that deliver, websites with free delivery instead of going to get it yourself, and pet groomers.
- *Keep it real*—make your expectations realistic or there is no way you will get it all done.
- *Quality counts*—when it comes to your children it isn't just the quantity of time spent together, it is the quality that they crave.

- *Whether there is weather*—plan outdoor chores for the beautiful weather and do the indoor projects on the less desirable days.
- *Minimize the mind games*—If you don't need to be in touch with work on the weekends, minimize your stress and avoid contact. Try to stay in Me Mode.
- *Picky is good*—turn down invitations except the ones you really want or can't avoid.
- *Reboot*—plan activities that will invigorate you. You should have time to relax, rejuvenate and be able to start your work week in a better place.
- *Combine forces*—make use of friends and family; carpool and babysit for each other to free up everyone's load.
- *Centralize your errands*—find a place that has everything in one place instead of running from town to town.
- *Max out your Sunday*—this is the last day of your weekend and should leave you relaxed, refreshed and happy. Plan your Sunday evening to do all of this for you.
- Life is good, now it is your job to keep it that way.



Get rid of pimples and get rid of excuses that hold you back! Everyone feels their best when they look their best. It's time to rid pimples from our lives and start feeling great!

Clearing Up the Facts About Teen Acne

By Brianna Siciliano

Egles with less than perfect skin. In today's world, we are constantly taking and sharing photos of ourselves with each other. The pressure to have clean and clear skin is always on, and when our skin is not clear, our self-esteem lowers. Pimples can be painful and embarrassing, but clearing up our skin and raising our self-esteem and

confidence is possible. It is time to rid pimples from our lives!

Studies have shown that the majority of young people, varying from ages 12-18, suffer from acne. In some cases, acne can start very early, between the ages of 8 and 11. The good news is that treatments for acne are available and affordable. Acne can be controlled and cleared up, allowing teens to feel great in their own skin.

Before searching for the perfect treatments, it is important to understand how acne is caused. During puberty, hormones are going through big changes and oil production from glands on the face, chest, and back are increasing. Excess oil combines with naturally shedding skin cells, and this combination ends up clogging pores or causing blackheads and whiteheads. The oil can also provide "food" for acne-causing bacteria (which lives on skin's surfaces). These bacteria multiply inside pores and create red, swollen pimples when the "food" traps them in facial pores.

To keep skin healthy, it is important to avoid popping or picking at zits. Popping and picking squishes the materials that are trapped in the pore into skin that surrounds the pimple, which ends up causing more swelling and redness. Instead of irritating the skin, teens need to was their faces in the morning and before bed time with gentle cleansers. It can also be very beneficial for teens to apply a sunscreen (UVA/UVB, SPF 30 or higher) to their faces in the morning, no matter what season of the year it is. Make sure that all the products being used on the skin—whether they are moisturizers, sunscreens, or make-up products—are labeled as oil-free, acne-free, or non-comedogenic.

If your teen is looking to get rid of a few whiteheads, blackheads, or pimples, try an over the counter acne wash that contains salicylic acid or benzoyl peroxide once a day. If there is no improvement within two months, if the washes are irritating the skin, or if the acne is leaving scars or causing pain, talk to your doctor right away.

Keeping skin picture-perfect, and getting rid of pimples, is possible. Do not let pimples hold your teens back!



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In the Classroom

Engage Your Student with These Exciting Games

By Krusha Vaidya

ooking for new ways to engage your students with fun and exciting games? Look no further! Games like Yarn Web and Hula Hoop Pass not only involve students in new games but provide a great pass time. Both games, especially Yarn Ball, could be used as icebreaker activities that will help younger kids break out of their shell.

In the activity Yarn Ball, students should sit in a circle and one person, preferably the teacher, starts with an introduction and tells one fact about themselves. Then holding the loose part of the yarn, they throw the yarn ball to a student. The game continues until all students have participated and the ball is thrown back to the person who started. While it may seem like a blasé activity, students will appreciate the intricate design the yarn ball makes.

Hula Hoop Pass is another group activity that involves everyone and is more fun with students of different heights. The class must form a large circle and hold hands. Students must use teamwork and leadership skills to pass the hula hoop around the circle while continuing to hold hands. This activity provides lots of laughter and smiles while at the same time helping kids utilize teamwork abilities.

Dealing with an Unfair Teacher

Do you feel like one of your teachers is treating you unfairly? Read on to learn how you can deal with an unfair teacher in a responsible and adult manner.

Do you currently have a teacher who just doesn't understand you? Are you constantly getting in trouble or struggle to get your teacher's attention? If you're not getting along with your teacher and it's getting annoying, then continue reading this article to gain some tips that can help you deal with your frustrating situation.



TALK TO YOUR PARENTS

Tell them about your irritation. Be detailed with the actions your teacher has made that bother you. For example, if you get in trouble for talking, but it was really the other kids around you, or perhaps you always have to wait longer than other students to have your questions answered.

The more specific you are with your worries and problems, the easier it will be for your parents to understand where you are coming from. By sharing your problems with your parents, you are able to relieve your stress instead of getting mad at

someone at school (which as we all know can result in big trouble!).

MEET WITH THE GUIDANCE COUNSELOR

Guidance counselors can give you good advice about how to deal with unfair or mean teachers. Your guidance counselor knows the different teachers in your school so they will know if it is a personality conflict or some other problem behind you and your teacher's differences.

Your parents can also come in for this appointment if it makes you more comfortable. The purpose of your counselor is to provide you with help with your classes or other school related problems and they are willing to invite parents or make other adjustments to make your appointments with them as comfortable as possible.

MEET WITH THE TEACHER

You could also have your parents schedule a meeting with your teacher. You can join them in the meeting or just have your parents discuss your concerns with the teacher. If you join the meeting you will be able to tell your teacher what has been bugging you, but this can be uncomfortable for a lot of students. Either way is usually effective because it alerts the teacher that he or she has been making students feel uncomfortable. Many times a teacher will not realize that he or she has been misjudging a student or treating them differently than other kids.

GIVE YOUR TEACHER A BREAK

No matter what you do, remember your teacher is supposed to be there to help you learn. Being mean and being a demanding teacher are two very different things. If your teacher is just trying to teach you new and difficult skills, this is not a good reason to dislike them. Perhaps you not liking a teacher is really a sign that the class is too tough and you need help with your homework. Think through your reasons for disliking a teacher before you ask to make an appointment with your guidance counselor or teacher because the real purpose of the appointment may change.









Give Loved Ones Experience Gifts

By Brianna Siciliano

Special occasions are always creeping up on us, and we often feel confused about what gifts we should give. Giving presents to loved ones can be challenging. We do not want to give the people we care about gifts that they do not like, so most of the time, we end up gifting them with money, an outfit or two, or a bottle of their favorite wine. To spice things up, gift someone an incredible once-in-a-lifetime experience.

Do you have a a thrill-seeking loved one who has a special occasion coming up? If so, why not gift them a certificate to go skydiving, drive a race car, or learn how to fly? Most thrill-seekers have activities like these on their bucket lists, and gifting them a chance to jump off a plane, fly a plane, or drive a race car will show that you care about their passions.

Do you have a loved one who enjoys music or theatre? There are endless experience options of gifts for these kinds of people. If you know someone who enjoys Broadway, gift them with a pair of tickets to see a Broadway play. If your loved one enjoys a certain band or singer, gift them with a pair of tickets to that entertainer's concert.



Do you have a loved one with a passion for creativity? Treat them to a class that they will enjoy the most, whether it is an art class, a photography class, or a cooking class. If that does not sound appealing, why not treat your loved one to a tasting, whether it may be a wine tasting, martini tasting, cheese tasting, or a chocolate tasting. Your loved one will have plenty of happy memories because of your thoughtfulness.

Different people enjoy different things, so why should you continue to gift the same presents to every person you care about? Try to personalize gifts for everyone you care about and enjoy the lifelong memories that you are creating.





Fire Prevention Week is Celebrated October 5-11, 2014

- 1. Get under the smoke, crawl on your hands and knees to the nearest exit.
- 2. What to do if your clothes catch fire.
- 3. Plan two ways to get out of every room in hour house
- 4. Plan a place to meet your family after leaving the house
- 5. Feel the door. If it is hot, don't open it.
- 6. Practice your escape plan to make sure everyone can get our of the house and to the meeting place
- 7. Change the batteries twice a year.



Answers: 1. crawl low 2. stop, drop and roll 3. escape route 4. meeting place 5. check doors 6. fre drills 7. smoke detectors







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Having Happy Kids

You do not have to look very far to learn how to be happy. Happiness is one of the most valuable lessons parents can teach their kids. Do your kids see you as a happy person? If you are looking for happiness notice who around you seems to be happy all day? That's right- kids! Laughter is a natural thing with kids. If you spend some time playing with them, it is contagious!

While there are moments that kids get upset, you find that you can learn a thing or two from them about forgetting their anger and moving on. The saying "kids make us face ourselves" lives true in the art of happiness. It is also possible that you start to remember a time when you used to be a kid and how life seemed so easy and without responsibilities and worries. Living daily in each moment is a wonderful way to lead by example for your children. Explaining to your kids to enjoy what they are doing at the very moment they are doing it is the key to a happy lifestyle. Teaching our kids not to hold grudges and to get rid of negative emotions is a great tool for success in life. Talk to your kids often about what makes them happy or unhappy. Help them achieve the goals they set forth for themselves and help them conquer the discomforts in their life. Teaching your kids that every problem has a solution is a gift you can give them that will make them happy and healthy adults.



When we look at children we see that they are the happiest when they are doing and acting on what they love. Children are always happy because they find joy in little things. They get excited when they see a friend, jump over a puddle or get to go to the park. They do not over analyze situations and do not assume the worst in people or situations. They keep things simple. One way to remind yourself and your kids to stay happy is by keeping a journal. Use the journal to write down the many happy moments that you enjoy in your life. Make it a priority on a regular basis, do something small that makes you happy like reading one chapter of a book you like, exercising or spending time with friends. Simple acts that you do everyday show your children that you have faith and that everyone is responsible and has a choice for their own happiness or not. If your child sees you complaining about a bad part of your day tell them also about a good part of your day.

Make it a daily ritual to reconnect with your inner child. Spend time with your kids and pretend you are five again! Look at the world through the eyes of a child and gain some joyful and trusting qualities and happiness will be with you always as well as always with your children.

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Are Time Outs Not Working? Try These Alternatives!

By Brianna Siciliano

every young child acts out for attention, whether it was a temper tantrum in a restaurant, an argument with their sibling that becomes physical, or

a normally cooperative child becoming uncooperative. Parents often wonder what to do in these situations, wondering if a time out is the best option. Sometimes, children find time-outs as a joke. Every child is different; some kids can care less about being forced to sit in a chair for ten minutes. In cases like that, time-outs are not punishments at all.

The ultimate goal parents have with disciplinary strategies is to change the way their child acts, not to make their child miserable. If time-outs are not successful discipline strategies for your child, try matching their punishment with the crime. If you are going to the park with your child,

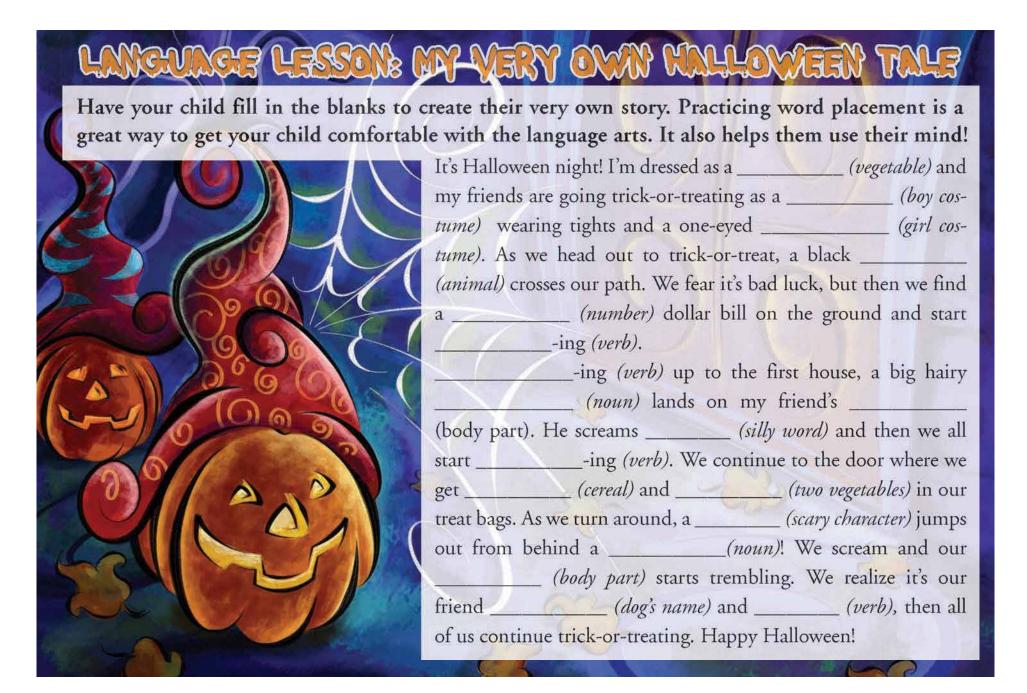
for example, warn your child that if they stray too far from the playground area, you will take them home right away and end their play date. Your child may wander off the first few times, so that they can see how much power that they have, but when you take them home, they will learn their lesson that they need to listen. It is very important to discipline the child directly after they misbehave. Do not tell your child that "next time" he will go home right away;

grab him and buckle him into the car. Take him home right away.

Another effective disciplinary strategy is taking away some of your child's privileges. It is important to determine which privilege your child enjoys the most—whether it is watching television, playing with a certain stuffed animal or toy, going to bed thirty-minutes later than usual, or listening to a favorite book—and take it away from him or her if he or she misbehaves. Do not take away the privilege for too long; for children under 9, it is more beneficial to take the privilege away for a day rather than a week. This way, when the

child gets the privilege back, they must make the choice to behave and keep their privilege, or misbehave and lose it once again.

There are many ways to discipline children. Find the disciplinary strategy that works best for you and your child.





Hazing Versus Team Building: How Can Parents Prevent the Abuse?

By Brianna Siciliano

When involved in sports, people often find themselves trying to "prove that they deserve to be on the team." Many people who perpetrate hazing feel that new teammates need to be aggressive so that they can be initiated

made fun of, shut out, and bullied. Imagine feeling isolated and tormented by other teammates, and imagine wanting to quit the team because of the bullying. Every player on every sports team should feel safe. It is not okay for

into the group. Hazing, however, is the worst way to handle a situation like this. Team building and hazing are very, very different.

Team building promotes respect, dignity, pride, and integrity while creating lifelong, positive memories. Hazing, on the other hand, is a power trip that humiliates, degrades, and shames players. It creates division and lifelong nightmares to players that are being abused.

As parents, it is important to think about your childhood. Did you undergo some sort of hazing when you were younger? If not, imagine what it would be like if you were a victim to hazing. Imagine being in your child's shoes, repeatedly being teased, pushed around,



teammates to bully one another.

Preventing hazing and promoting team building is a shared responsibility for administrators, coaches, parents, and players. The best way to prevent hazing is by informing children what hazing is and what the consequences are. If you are trying to think of healthy, bullyfree ways for the children to bond, try having team dinners, movie nights, or ice cream outings so that the kids can bond in a healthy environment. Children on sports teams should never have to prove that they have the right to be treated with dignity and respect; mutual respect should be a number one goal for every sports team.









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Get in the Spooky Spirit-Create a Dry Ice Bubble

By Brianna Siciliano

Pry ice is a frozen carbon dioxide, which is the same gas that we exhale out when breathing. When dry ice reaches temperatures above -69.5 degrees Fahrenheit, it changes directly from a solid to a gas, without ever being in liquid form. When dry ice is put in water, it accelerates the process of transformation from a solid to a gas, creating clouds of fog that fill up a dry ice bubble until the pressure becomes so great that the bubble is forced to explode. When the bubble explodes, fog spills over the edge of the bowl.

The most important thing to remember when working on this experiment is being careful! Dry ice can be very dangerous if it is not used safely. Adults who will be handling the dry ice should wear gloves to protect their skin. Also, do your best to avoid directly breathing in the vapor that the dry ice gives off. It is recommended to preform this exciting experiment outside, so the vapors are not inhaled by adults or children.

Materials needed to create a dry ice bubble are:

- Water
- Safety gloves
- Dish soap
- A piece of scrap material that is about 1" thick by 10" long
- A bowl and a cup
- Dry ice (can be purchased in grocery stores)

The first step needed to create a dry ice bubble is: put a chunk, or a small piece, of dry ice into the bowl. The bigger the bowl you use, the bigger the bubble! After putting the chunk of dry ice in the bowl, add water to the bowl—fill the bowl up to 1/2 or 3/4 of the way full. When you do this, you will notice that the dry ice will be changing forms from solid to gas.

Next, pour some soap into the cup or glass that you have set aside. Dilute the cup of soap with water and make sure to mix the soap and water well. Then, put the piece of material in the soapy cup and let the material soak up the soapy water. When the material is soaked in the soapy water, pull the material out of the cup and use it to coat the rim of your bowl with the soapy water mixture. After you do this, quickly dip the material back into the soapy water and hold the material out with two hands. Run the material across the entire bowl (make your way from one end of the bowl to the other). Once this is done correctly, you will see the beginning of the bubble forming. Wait for the bubble to get bigger and bigger. If it does not work the first time, add a little more soap to your soapy water mix and try it again. If all the steps are followed correctly, all that is left to do is stand back and watch your bubble grow in size!





Should Schools Start Later in the Day?

By Susan Heckler

Waking up a school age child at any time is not an easy task. Let's face it, they all want to stay up late and they all require lots of sleep. In actuality, waking a sleepy parent up to wake a sleepy student up is a double whammy.

Research from the 1990's shows that it is nature telling our kids how to sleep and their sleep patterns are biologically determined. There is evidence suggesting that teenagers are seriously sleep deprived. A recent poll conducted by the According to the National Sleep Foundation, 60% of children under the age of 18 complained of being tired during the day, according to their parents, and 15% said they fell asleep at school during the year. A growing brain and maturing bodies need on average 8.5-9.25 hours of sleep per night. Due to shifting circadian rhythms (your internal body clock), many teens can't fall asleep before 11pm even if they wanted to (which they don't).

School times vary within communities. In our part of Western Monmouth County, many schools stagger the start times within the district to maximize the use of their school transportation. If all schools started and ended at the same time, you would need to increase the amount of busses and drivers to accommodate it.

A 2005 congressional resolution introduced by Rep. Zoe Lofgren (D-CA) recommended that middle schools nationwide start at 9am or later. The theory is that if schools start later, the student will have more time to sleep in, leaving them more rested and able to concentrate on lessons which may increase student achievement. The theory goes on to state that earlier start times will not mean earlier bed times for students, especially once adolescent hormones kick in.

Mary Carskadon, PhD, a renowned expert on adolescent sleep, cites several advantages for teens to get the sleep they need:

- Less likelihood of experiencing depressed moods
- Reduced likelihood for tardiness
- Reduced absenteeism
- Better grades
- Reduced risk of drowsy driving
- Reduced risk of metabolic and nutritional deficits associated with insufficient sleep, including obesity.

According to Phys.Org, a recently published article by the American Psychological Association where the research was led by Peggy S. Keller, a UK associate professor in the Department of Psychology in the College of Arts and Sciences, she found that earlier school start times were associated with lower standardized test scores, poorer attendance, lower school rank and school under-performance.

For those of you with high school drivers, here is something to think about. A 2011 study found that the weekday crash rate among high school students in Virginia Beach, where classes began at 7:20-7:25 a.m. was significantly higher than in adjacent Chesapeake, VA, where classes started at 8:40-8:45. For students too young to drive themselves, waiting for a school bus in the dark, at any age, is not a good idea.

School hours are set by each district; it is not mandated by government at any level. If your district is in favor of a change, they have the power to do it without legislation. The question to parents would be if they would be willing to pay higher school taxes to cover the increased cost of transportation if it meant a well-rested student with a better chance at succeeding.





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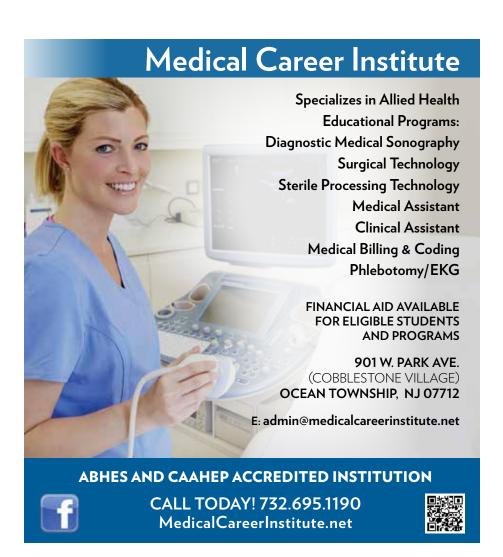
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Fun-Filled Halloween Events in Central Jersey

By Brianna Siciliano

alloween is a time for pumpkin picking, hayrides, corn mazes, and frightful attractions. The month of October is a great time to get together with friends and family and embrace the upcoming holiday. There are many Halloween events and activities to help you and your family get in the Halloween spirit.

If your family is looking for kid-friendly activities, why not visit A. Casola Farms located in Holmdel? From September 20 until October 31, A. Casola Farms offers a delicious food court, pick-your-own pumpkins, and daytime events, including face painting, pony rides, and a petting zoo. On the weekends, the farm offers a corn maze and a wild west show. In the night time, A. Casola Farms offers haunted hayrides, a corn walk of terror, and a house of horrors for thrill-seekers to enjoy from October 3 to October 31. For more information on A. Casola Farms, visit their website at www.acasolafarms.com or call 732-332-1533.



There are loads of different Halloween events to get your family into the Halloween spirit, including pick-your-own pumpkins, going on a hayride, walking through a corn maze, or visiting a haunted house.

If your family is near the Freehold area, and you are looking to pickyour-own pumpkins and apples, or enjoy a hayride (offered on weekends only), pay a visit to Battleview orchards. Battleview orchards has acres of fresh pumpkins and apples for your family to pick at, and if you visit their website at www.battlevieworchards.com, your family can try creating one of the farm's easy, delicious family recipes, including pumpkin pie, pumpkin cookies, pumpkin ice cream, pumpkin bread, roasted pumpkin seeds, apple pie, apple crumb cake, and apple crisps. For more information about Battleview orchards, visit their website or call 732-462-0756.

Families who are looking for family-friendly pumpkin picking, corn-mazes, and hayrides should check out K & S Farm's Sunshine Acres, located in East Windsor. Sunshine Acres is open to the public on Saturdays and Sundays in October from 10 in the morning until 5 in the afternoon. The farm also sells cider, assorted fruits and vegetables, carmel apples, cornstalks, straw bales, and other fall decorations. At night, Sunshine Acres offers a friendly flashlight maze, night pumpkin picking, and a "safe zone" play area. If your family has members who love being scared, then K & S Farm's Field of Terror is perfect for you! Your family can choose from four terrifying events, including the Killer Kornfield, Zombie Attack: Haunted Hayride, The Unknown Barn, or Dementia 3D: Haunted House. For more information on Sunshine Acres and the Field of Terror, visit the farm's website at www.fieldofterror.com.

Halloween is one of the only times set aside for fun and scares. Don't let this October fly by without having some Halloween fun!

Become an Egg Donor at Morgan Fertility and **Reproductive Medicine**

magine the lifetime of joy you might be able to give to someone by helping them realize their dream of becoming a parent. Imagine all the "firsts" they might experience because of your generosity—Baby's first smile, first step, first day of school, first everything.

> At Morgan Fertility and Reproductive Medicine, we have been creating families for over 20 years. Part of what we do is connecting young healthy women with patients who for whatever reason are unable to use their own eggs to conceive.

Egg donation is safe and anonymous.

Our egg donor program is run on the principle that our responsibilities are the same to recipients and donors. As an egg donor you will receive the same kind of individualized attention and clinical vigilance from our medical staff as our recipient couples. All egg donors remain completely anonymous throughout the process.

The process is pretty simple, actually.

It all starts with a simple visit to our practice where you will meet with someone from our medical staff to review the entire process. There is no obligation. You are free to ask as many questions as you need to. If you feel you are ready to commit to becoming an egg donor, the process from there is comprised of 3 steps:

Step 1: Application

You will be asked to fill out an egg donor application disclosing information about your family history, personal health history, sexual activity, medical background, drug and medications use, and child bearing history among other things.

Step 2: Matching

If your application is approved, you will then wait to be matched with a recipient. Getting selected can happen very quickly, or it can take months or years. However, once a match is made between you and a recipient, things move quickly to the actual egg donation cycle. We have recipients waiting for suitable donors right now!

Step 3: Egg Donation Cycle

Once a match is made with a recipient, you will undergo some physical and psychological screening, then the actual egg donation process starts. It takes about 3-5 weeks to synchronize your cycle with the recipient's cycle and retrieve your eggs at just the right moment.

You would be giving the gift of joy.

Without the help of special women like you, some couples may never have the opportunity to build a family. As an egg donor, you will be responsible for a lifetime of joy and happiness for a couple who would otherwise never know the joy of being parents. For your time and commitment, you will receive up to \$8,000 upon completion of your retrieval.

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If you are a healthy woman between 20 and 30 years old, you might be eligible to become an egg donor. It all starts with a phone call to our office at 732-363-4777 to schedule an egg donor screening appointment. You would be helping someone realize their dream of parenthood. If this appeals to you, end the wait for a struggling couple. Make the call today.

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Advice to Help Your Student Athlete Find the Perfect College

By Brianna Siciliano

When searching for the perfect college match for a student athlete, it is important to keep all the factors that colleges have to offer in mind. Student athletes are still students, after all; they will still have to pay attention academically, complete homework assignments, and study for tests while pursuing their athletic dreams. Being a college athlete takes motivation, organization, and dedication, and the transition from a high school student and athlete to a college student and athlete can be tough. To find the perfect school for your student athlete, do your best to keep all of this in mind.

As you research different colleges, try to focus on every factor that students need to look for. Research different school sizes, retention rates, diversity, locations, sports, and clubs. Above all, look for a school that offers your child's sport(s) and major. Is your child unsure of the major that he/she wants to pursue? If so, look for colleges that offer a wide variety of majors. Your child will have a much better chance of finding the right college for him or her when there are many options available.

Are you afraid to look into schools that have not vet reached out to your son or daughter? Don't be! Student athletes need to get their name out and initiate their interests of schools and teams. Are you ruling



When your student athlete attends a college, make sure that the college is the perfect school for them. The school will be his or her home for their next few years, after all!

out schools because they are not D1, D2, or D3? Try not to! It is more important to focus on the schools that want your athlete to attend their school and be a part of their team. Student athletes are looking for chances to improve, excel, play in games, and get the most out of their college experience.

When doing your research on the schools, try to avoid "party schools." Seek out schools where teammates and coaches will motivate your student athlete, and where peers and coaches will inspire your athlete to dream big for not just his or her athletic career, but for his or her life overall!

> A great way to find the perfect school for your student athlete is to have them write down their athletic life goals and their nonathletic life goals. After finalizing their list, have your soon-to-be college student assess the colleges that he or she is interest in based on how they will help him or her achieve both their athletic and non-athletic goals. Remember that the college your child chooses to attend will be their home for the next few years. It is important that your athlete feels comfortable on the school grounds that he or she will soon be a part of. Keep all of these helpful hints in mind when searching for the perfect college.



Our Picks for Pumpkin Picking in Central NJ

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Happy Day Farm 97 Daum Road, Manalapan

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213 Heyers Mill Road, Colts Neck 732-772-1772

Red Wagon Farm Market 42 Old Church Road, Monroe 609-468-7611

Von Thun's County Farm Market 505 Ridge Road, Monmouth Junction 732-329-8656 Additional Activities: Hayrides, Corn Maze

Wemrock Orchards Highway 33 & Wemrock Road, Manalapan • 732-431-2668 Additional Activities: Hayrides, Corn Maze, Munchkin Fun Patch



David Caserta to Perform Haunted Illusions on Oct. 18

iPlay America will welcome magician/comedian David Caserta for a special show on Saturday, Oct. 18, just in time for some Halloween fun for the family.

Caserta's Haunted Illusions show offers an evening of mind-blowing magic and comedy that gets the whole audience into the act. Families will be stunned and amazed as master illusionist Caserta has people levitating, disappearing and reappearing right before their eyes, and promises a captivating evening filled with dazzling spells, uproarious comedy and audience participation for all the ghosts, goblins and ghouls who attend.

"We are really excited for this show," said Jessica Schwartz, director of marketing for iPlay America. "Mr. Caserta has promised that he will perform never-before-seen illusions created just for this appearance! His show fits perfectly with our mission to provide family-friendly entertainment and fun."

For more information and to get tickets call 732-577-8200, ext. 203.





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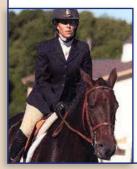
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Kateri Halloween Night Hike in Marlboro

M arlboro Township: Kateri Environmental Center will present The Story of Irish Jack on Friday October 24 and Saturday October 25, 2014. For the twenty-eighth year Kateri will present this enchanting live drama that tells the origins of Halloween. The woodland trails are lit with over 250 Jack O'Lanterns. Visitors walk through the woods and meet the characters along the way as the story unfolds.

The event is for children ages 5 through 12 and the accompanying adults. The early bird ticket price is \$15 per person, after October 15 the price is \$18 (non-refundable donation) The event usually sells out so please call soon to reserve a hike time. Please call 732-946-9694 to purchase tickets.

Imagine walking through the woods on a crisp autumn night; the trail is lit with hundreds of glowing Jack O'Lanterns. Along the way you stop to meet the characters in a drama that unfolds along the path. Since 1987, children have marveled at the adventures of Irish Jack and the first Jack O'Lantern, an original drama performed along the winding woodland trails at Kateri Environmental Center.

This truly innovative approach to both education and theater was developed before Halloween productions were widespread throughout the county. While other Halloween programs are designed to frighten, this is designed to educate and enchant. We help the children to feel comfortable in the outdoors, and hope to engender a feeling of awe and respect for nature, all while having fun.

Kateri Center is part of Collier Youth Services located at 160 Conover Road, Wickatunk, NJ. Our phone number is 732-946-9694. Visit us on the web at www.katerinighthike.com.

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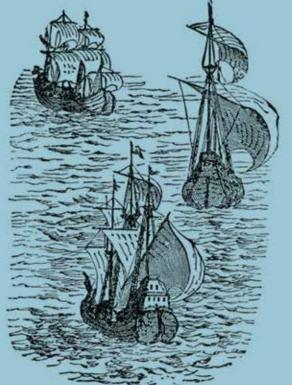
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Happy Columbus Day

Columbus Day is celebrated in the USA on the second Monday in October. It is a day in which we celebrate Christopher Columbus' trip from Spain to North America in 1492. He was sent by King Ferdinand II and Queen Isabella of Spain. Columbus' crew sailed on 3 boats. The names of the boats were: the Niña, the Pinta, and the Santa Maria. Columbus was looking for a faster route to the far east (Asia) in order to trade for valuable spices. Instead, he found North America, after sailing for five weeks. The Santa Maria ship sank, but the Niña and the Pinta both made it back to Spain.



Columbus Day Synonyms

Find synonyms for each of the Columbus Day related words.

In 1942, on orders from the King Christopher Columbus' ships sailed across the sea on a long difficult voyage from Europe without a map, discovering the land they called the New World.	America Lengthy Boats Ocean Charts Place Finding Ruler Hard Trip			
1. voyage				
2. ships				
3. map				
4. land				
5. king				
6. long				
7. difficult				
8. discovering				
9. sea				
10. New World				

Answers: 1. trip 2. boats 3. charts 4. place 5. ruler 6. lengthly 7. hard 8. finding 9. finding 10. ocean 11. America



Managing and Avoiding Tantrums in Public

By Brianna Siciliano

All parents try their best to prevent tantrums, but there will always be times when little ones lose their cool. When parents take their children to the park, they often find themselves wishing that no other children were there. Other children bring their own shovels, toys, snacks, and worst of all—parents. When your child wants to use another child's shovel, and the other child says no, your child makes a huge scene and the other parent watches with disapproval as you attempt—and fail—to tell your little one what is right and what is wrong. To prevent scenarios like this, you will need to follow some helpful tips.



To first way step to avoiding tantrums in public is to start off smart. Before going in public with your little one, role play different scenarios. Give your children a chance to practice responding in various situations. For example, if your child has her eye on a toy that belongs to someone else, who refuses to share, what should your child say or do? Talk with your little ones and explain what is right and what is wrong. Stress to your child that not every little one will share. If you continue to prepare your children before you take them out in public, then there will be a better chance for them to remain well behaved.

The second step towards managing and avoiding tantrums is to set expectations before you leave the house. To make your point more clear, repeat your words to your child over and over. It can also be helpful to have your child rephrase your words for you. For example, if you are going to a grocery store with your little one, you can tell your child, "We are going to the store to buy milk, bread, eggs, and yogurt. We are not going to buy cookies or toys." Keep discussing and repeating the information to your little one, and have him/her repeat the information back to you. Eventually, your little one will understand your point.

The third step towards avoiding and managing tantrums in public is being prepared. If you know that all the other parents bring snacks and shovels to the park, pack a snack and shovel for your child. If you are going to a restaurant, make sure the restaurant you are going to does not take an hour to bring out appetizers. You are looking for trouble if you bring your little one out in public without toys or snacks for distractions.

The fourth step is to be consistent and not give in. If your child throws a tantrum while your shopping, do not give in to your child's bad behavior. Ignore your child's negative behavior (to an extent). Do not respond to your little one as he screams about the toys that he wants you to buy; instead, continue do-

ing what you intended to do. Tantrums often become major problems when parents give in to the child too soon or too often, which teaches the child that throwing tantrums is an effective way to get what they want, when they want it. Finish doing what you need to do, take your child home, and let him or her know how disappointed you are. By handling tantrums effectively at home and in public (by not giving in), the tantrums will eventually lessen. This seems like it is easier said than done, but one day you will notice all of your hard work to avoid and manage tantrums has paid off.

One of the most important things to remember is to ignore judgmental strangers. Keep in mind that strangers do not really matter. Who cares about what strangers think? It is not like you will ever see them again. Put them out of your mind and concentrate on your child. Do not make excuses for your child's behavior. Do not apologize for having a child. Do not allow strangers to make rude comments about your parenting. Strangers are not your problem.

As long as you do everything possible to work on these steps with your child, you will begin to see results. Temper tantrums will stop happening as often, and eventually, they will stop happening at all. Do yourself a favor and start practicing these steps sooner rather than later!



Date Ideas for Tweens and Teens

By Brianna Siciliano

Puppy love is very beneficial for tweens and teens; it's a great time to test out and discover what type of partner your child is looking for, it can boost their self confidence, and it can help them learn how to be both assertive and compromising. Teens and tweens involved in relationships are always looking for romantic and affordable plans. Luckily, there are tons of creative date ideas for young people.

If your teen is looking for classic date ideas, they might consider going bowling, roller skating, ice skating, miniature golfing, or seeing a concert together. Sometimes, these dates are more fun and memorable if two or three couples go on these dates with your teen and



their partner. If your teen is involved in an artsy or creative relationship, he or she might want to carve pumpkins, paint pottery, or visit an art museum with their partner.

Almost every adventurous teen enjoys go-karting. Teens can race their dates while go-karting and see who has the best lap time around the track.

To make it interesting, the one with the second fastest time will have to buy the winner a dessert. If this does not sound appealing, why not allow your teen to go on a date at a local arcade? Local arcades can be loads of fun, especially when they bringing out people's competitive sides. Who wouldn't want to beat their date in laser tag or skee ball?

Seeing a movie is always a great date idea, whether the movie is seen at the theater or on a couch at home. To make a movie date interesting, write a couple of movie names on little pieces of paper and put them in a hat. Whatever movie name is selected will be the movie your teen, and their date, will watch. Young teens and tweens can have tons of

fun together when they spice up their date ideas. Puppy love is a great time for your teens to be creative. Dates that young couples go on can make lifelong memories.







How to Get Your Kids Out the Door to School

Will your child do just about anything to get out of going to school? Will he or she complain of a stomach ache right before going to school? Do their symptoms reappear often? Do they beg to stay home? If so, you are not alone.

Many children refuse to go to school, often because of four main reasons: 1) Your child could be bullied by, or have a hard time getting along with, peers. 2) Your child could be struggling academically, which makes him/her think of school as a negative experience. 3) Your child may have a problem listening to his/her's instructors rules. 4) Your child may be experiencing some sort of anxiety whether it be separation anxiety, anxiety over tests, anxiety over what is happening at home, or anxiety over the chances that he/she will not be included in activities with his/her peers. It is possible to turn things around and find a way for your child to love school, but in order for that to happen, you need to follow a few steps.

To begin, do your best to get to the heart of your child's issue. Find out why your child is refusing to go to school. If you never know what his or her problem is, then you will never be able to come up with a proper solution. With this in mind, make sure that you have an open-mind through

By Brianna Siciliano

the entire process of approaching your child. Asking questions like, "When do you have the toughest time in school?" can lead your child to his/her first baby-step to enjoying school.

Next, do your best to work on solutions at home and at school. When your child is at school, he.she does not have the chance to rely on you for help. Instead, he/she has to rely on teachers for help. Most teachers share a similar goals with parents about school: they want the children to be cared for, learn, and grow both academically and personally. By talking to your child's teachers, and working as a team to come up with a plan for both home and school life, you will help your child feel more comfortable outside of your home environment.

In addition, it is extremely important to coach your child through every step of this changing process. It is not likely that your child will make a complete turnaround and start tolerating or liking school in the blink of an eye. Be patient with your child's teachers, and if you notice that the plan you created is not working, come up with new ideas. Make sure that you are coaching your child through this changing process; for example, if one of your son's peers says something offensive to your son, teach him to use statements like the XYZ statements: "In situation x, when you do y, I feel z." To follow-up his statement, teach your son to end with a request (which can be as simple as "Please Stop"). Talk with your child often to see if school life is getting any better.

Most importantly, be supportive and positive. Acknowledge the progress that your son or daughter is making, even if the progress is only as small as "baby steps." Let your child know that you can see the effort he or she is giving, and that you are very proud of him or her. To keep your child's incentive going, why not try to reward him or her for her positive behavior? "For each day that you [blank], you will get an extra 15 minutes of iPad time." or "If you go to school everyday this week, we can [blank] this weekend." Offering rewards will give your son or daughter incentive to get out the door and go to school. They will be looking forward to their rewards.

If your child does not respond to these strategies after a week or two, then it is time to reach out for some support. School is supposed to be a fun and safe environment for children, not a place that makes your child feel afraid, lonely, or miserable.

Our Picks for Apple Picking in Central NJ

Going apple picking, drinking fresh apple cider and baking crisp apple chips come to mind when thinking about this beautiful season. Enjoy a Fall day with your friends and

Battleview Orchards

91 Wemrock Road, Freehold 732-462-0756 Peach picking also available until mid-September.

Eastmond Orchards

169 County Road, Colts Neck 732-542-5404 Peach picking also available until mid-September.

Giamarese Farms

155 Fresh Ponds Road, East Brunswick 732-821-9494 Peach picking also available until mid-September.

Lee Turkey Farm

201 Hickory Corner Road East Windsor 609-448-0629 Pear and Raspberry picking also available.

Longmeadow Farm

561 Blairstown Road, Hope 908-459-5351

Terhune Orchards 330 Cold Soil Road,

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Von Thun's County Farm Market 505 Ridge Road. Monmouth Junction 732-329-8656

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ON YOUR MIND

• I am a word that means both pleasing and kind. My last three letters are very cold! What am I?

2. I am a poem that expresses melancholy. My second, third and fourth letters are an appendage. What am I?

3. I am a compound word and a popular snack. My first word means bust or explode. My second word is also edible. What am I?

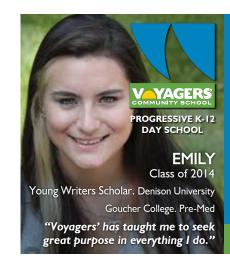
4. I was a ruler of Rome. Remove my first three letters then add a new one and you have a word which means ruler. Who am I?

5. I am the basis for every language. My first five letters means the beginning. What am I?

Answers: 1. nice 2. simile 3. popcorn 4. Caesar 5.alphabet



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