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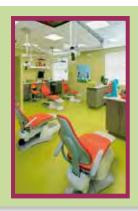


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THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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Is Occupational Therapy Right For My Child?

By Mia Ingui

As parents, we hope to make the right choices for our children to help them to grow and flourish, and one of these choices may be

to consider occupational therapy for some our children. Occupational therapists quite simply assist people in doing useful tasks through the therapeutic use of everyday activities, or occupations. Some examples of occupational therapy include helping people recovering from injury to regain skills, support for children with disabilities to develop the skills for school and social situations, and focusing on cognitive as well as physical changes in some older adults. "A child's life is made up of different, "occupations," or daily activities," says the AOTA (American Occupational Therapy Association). "These occupations include playing, learning, and socializing. Occupational therapy practitioners work with children and their families to help them succeed in these activities." Every plan is personalized to whoever is being assisted and includes customized activities to ensure that they are going to reach their goals. If you are noticing signs that your child may benefit from occupational therapy, (such as difficulty developing motor skills, difficulty playing with other children, or possibly handling transitions), you could contact an occupational therapist to see if it is right for you and your child. For more information on if occupational therapy is right for your child, visit www.aota.org.





Local Pumpkin Picking in Monmouth, Ocean, and Middlesex Counties

By Mia Inqui

ow that the summer has come to a close, it's time to start embracing the beautiful fall season here in New Jersey! The possibilities for fun activities are endless: haunted hay bale rides, going to Starbucks to grab that Pumpkin Spice Latte, apple picking, and of course, pumpkin picking. Here are the best pumpkin patches here in Central Jersey for great pumpkins and a great experience.

Middlesex County;

Cheesquake Farm Market: 2095 US Highway 9, Old Bridge, NJ. Cheesquake Farm has provided quality pumpkin and other winter vegetable picking, as well as a great experience for the family. They have a "funky" pumpkin room filled with gourds and pumpkins, and antique hay wagon rides to the pumpkin patch.

Etsch Farms: 556 Buckalew Ave, Monroe Township NJ. If you want fun for the whole family, this is the place to go. Along with a great pumpkin picking selection, Etsch Farms has activities all throughout the fall season, including outdoor movies and a huge corn maze. Every fall, they create a new theme for their 8-acre cornfield, and they have a Bakery Barn home to their fresh pies and donuts.

Monmouth County;

Battleview Orchards: 91 Wemrock Road, Freehold, NJ. Battleview Orchards is the destination for all kinds of seasonal fruit picking: apples, peaches, cherries, and pumpkins. Hayrides start on the weekends in September, and pumpkin picking season runs from September 19th to October 31st.

Happy Day Farm: 97 Daum Road, Manalapan, NJ. This farm is a great destination for kids to have a good time and pick pumpkins! Filled with tons of fun, this farm is far more than just a pumpkin patch. Their 60'x60' pumpkin patch is definitely impressive, but this farm also has hay rides, a 13 acre corn maze, pig races, pedal carts, playgrounds, and more!

Ocean County:

Emery's Farm: 346 Long Swamp Road, New Egypt, NJ. A great sized pumpkin patch and two hay mazes (one is kiddie sized). This is THE destination in Ocean County for a great Farmer's Market as well, filled with lots of varieties of pies, donuts, and more.



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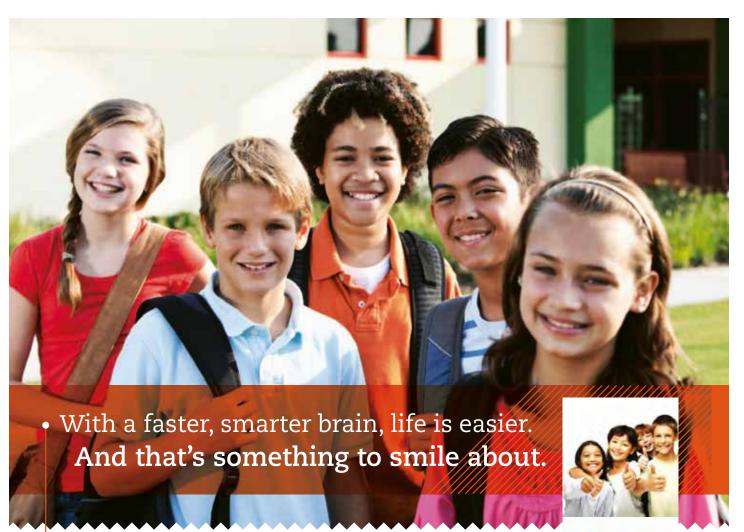
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0 zero

1 uno

2 due

3 tre

4 quattro

5 cinque

6 sei

7 sette

8 otto

o otto

9 nove

10 dieci



ciao - hello, goodbye

salve - hello

addio - goodbye

grazie - thank you

spiacente - I'm sorry

signore - sir, mister, mr.

signora - madame, Mrs.







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Fun Crafts to Make with Autumn Leaves

By Mia Inqui

Bring the outdoors inside and embrace nature by making these beautiful crafts using fallen autumn leaves!

EASY; **DIY** Autumn Leaf Wreath;

Materials: A paper plate, white glue, scissors, ribbon, and leaves of course.

Start by going outside and gathering about twenty or so leaves of different colors. The variety will add interest to your wreath.

Then, cut out the middle of the paper plate by folding the plate in half and cutting along the rim, leaving the outside ring of the plate intact. Glue each leaf onto the ring.

Finally, using the scissors, snip off the stems of the leaves that are hanging in the middle of the ring.

If you would like, attach a ribbon to the top of the ring so that you can hang it up.

MEDIUM: Fall Leaf Prints

Materials: Dried and pressed autumn leaves, multiple colors of paint (watercolor paint works best), rolling pin, sheets of paper Gather your leaves.

Put any color paint that you would like onto one side of the leaf. You could even put multiple colors onto one leaf.

Place the leaves onto a piece of paper, paint side down. Place another sheet of paper on top, sandwiching the leaves, and gently run a rolling pin over it.

Take off the top sheet and the leaves to reveal a beautiful leaf print!

HARD; DIY Autumn Lamps

Materials: leaves, Mod Podge glue, sponge brush, a candle, and a Mason jar.

To dry the leaves, it takes about two weeks using this method. Lay the leaves onto a newspaper, and cover them with more sheets of newspaper and for good measure, books. This will dry and press the leaves and make them useable for your project.

Once the leaves have dried, they need to be coated in Mod Podge and set out to dry for about an hour. This will make them flexible and colorful! When the leaves have dried and you are ready to begin the project, coat the Mason jar in Mod Podge using the sponge brush.

Then, begin placing the leaves around the Mason jar and sticking them on. Tip: when gathering leaves to use, pick ones that aren't too dry and crumbly. They aren't going to be easy to glue onto the jar. Cover them with more Mod Podge.

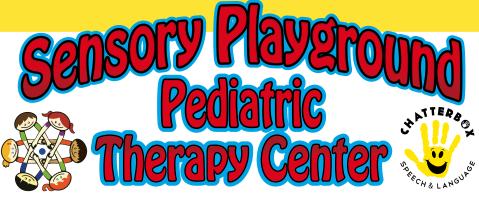
Let dry, and once dried, insert the candle and light up your jar.











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COLUMBUS DAY CELEBRATION

Christopher Columbus asked for help, requesting ships and sailors and was told "NO!" by what King?

- a) King Liam of Ireland
- b) King Henry of Portugal King
- c) Edward of Tarabithia

He didn't give up though...He kept searching until he found someone who agreed to help him. What was the first name of the Queen of Spain who gave Columbus money for ships and a crew to sail them?

(hint: It rhymes with Cinderella!)

- a) Oucen Anna Maria
- b) Queen Katarina
- c) Queen Isabella

In 1492 when Columbus landed in America it was referred to as

- a) The New Land
- b) The New World
- c) The New Nation

Columbus was brave and determined, however, like most people, he had a not-so-nice side and mistreated what people?

- a) Aboriginals and Native American Indians
- b) The Greek People
- c) The Peasants of Scotland

In 1906 Columbus Day became an official state holiday in what state?

- a) South Dakota
- b) Colorado
- c) New Mexico



When You're Finished Hold Up This Answer Key in the Mirror to Retrieve Your Answers and Make Corrections!

ANSWERS

- LB King Henry of Portugal
 - 2.6 Queen Isabella
 - 3.B. The New World
- 4.A. Aboriginals and Native American Indians
 - 5 B- Colonsdo



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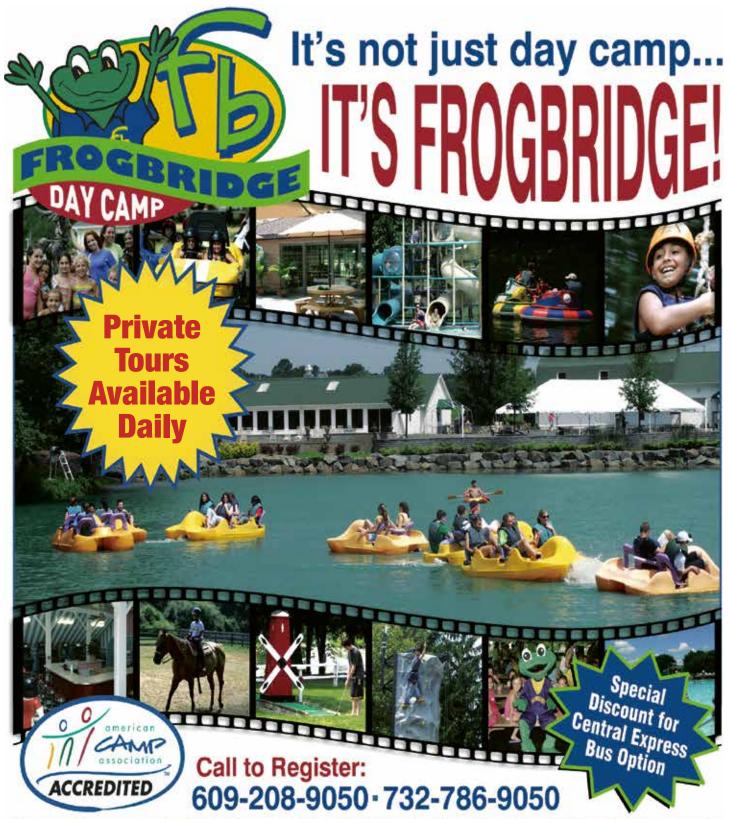
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Halloween is a day for trick-or-treating, costume parties, haunted houses, jack-o-lanterns and candy! This activity will help build

creative writing skills

Pretend you are a pumpkin in Miss Orange's pumpkin patch and that a group of school aged children came to pick a pumpkin to take home and carve

aged children came to pick a pumpkin to take home and carve.
Write and describe your experience as one of the pumpkins who got picked.
me one or mer panapame mae got pratum
and the second of the second o
3

HIP JERSEY SHORE MOMS By Stefanie Hilarczyk

Ahhhh, the crisp morning air, the sudden change in the leaves, and of course the pumpkin lattes that make our diets and work outs a thing of the past. These are just some clues that Fall

Here's a list of 10 things to do with your child apples and oranges. This is a great way to over the next month to really make Fall FUN and also educational! I'm always looking for ways to ever so discretely throw in something to learn but also have fun doing it.

One) LEAF Jumping! It's a Fall MUST! Bring that pile into a safe place and let them have at it! This is a great way to practice those "jumping skills." Did you know that jumping skills start emerging around 2-3 years old? It takes a lot of coordination to get both feet to move at the same time and push off the ground. What better way to practice than by doing it in some leaves.

Two) Cuddle up under a tree and do some Bark Tree Rubbings: all you need is paper and a pencil. Once you find your perfect tree, take your paper and put it against the bark of your liking, then rub your pencil on the paper and you'll have an instant tree rubbing of the bark. You can each do one, label with your names and many moms have been asking recently what different color pencils and make a collage perfect for your family wall of masterpieces. See if you or your child can name the different trees you see and find.

Three) This one is just plain old fun! Bob for Apples! Yes every kid needs to do this just once!

Four) Get those smells of summer (sadly) out have a day you of the house and start bring those fall scents in. Get some apples and oranges because we are going to make pomander apples and oranges. Have your children poke small holes into the review some letters and numbers. Making each apple or orange a different letter/number. Then take whole cloves and stick them into each hole you've made. Spread them around the house and start sniffing.

Five) Get lost in a Corn Maze. There are some great sites for the best corn mazes in New Jersey. My family loves to find one with clues and stories along the way. We each take turns reading -especially the kids. Great way to throw in some extra reading points.

Six) Collect and paint pinecones. You can sort, shape and size.

Seven) Another great sorting and collect is acorns. You could also take a permanent marker and make silly faces on them and place them in

Eight) I love this and I think you will too. So they could do to show their young child a way of giving back to their community. An easy one is donating canned food to a food bank near you. Google local food bank for one near you. You could even make it a neighborhood/block thing you do together. Some food banks even

could help sort and sock shelves. This is great with older kids too.

Nine and Ten) Make a real Fall

meal! Get those favorite Chili recipes

out and a dessert you can make in a Mason jar. This one is my fave:

Mini Apple Pies:

Pie crust Cinnamon

Sugar

Apples

Nutmeg

Brown sugar

Apples

Slice your apples in thin slices, no skin and place in a bowl with a coating of cinnamon, sugar, brown sugar, nutmeg.

Then take you pie crusts and cut them in round pieces so they fit the tiny mason jars you found. Place the first pie crust inside the jar; then take your apple filling and fill the jar. Then take another piece of the pie crust and close the jar. Make pretty fork lines to close the crust all along the edge. Beat one egg and brush some on the pie crust, and pop in the oven until brown and apples are soft. Try with ice cream and enjoy!

Stefanie Hilarczyk - Owner and Center Director of Little Goose Music Time Licensee of Kids' MusicRound 732-213-5869 • www.kidsmusicround.com Jackson ~ Scotch Plains ~ Roselle Park ~ Springfield



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Dorota M. Gribbin, MD

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

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

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

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Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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



iPlay America Celebrates Spooky Spooktacular

Halloween with Unparalleled Opportunities for Fun Oct. 2-Nov. 1

Freehold, NJ — iPlay America will transform in October to iPlay America's Spooky Spooktacular Halloween!

All month long, Oct. 2-Nov. 1, guests will experience a Halloween celebration unparalleled in Central New Jersey, featuring free live performances every weekend, a trick-or-treat trail, spooktacular décor, costumed characters and other free Halloween themed activities.

"We're offering over-the-top Halloween experiences that are fun for all ages and not so scary for the little ones," said Jessica Schwartz, director of marketing for iPlay America. "iPlay America is the best place for the whole family this Halloween — with great rides, shows, concerts, and prizes and special Halloween themed kids meals at Game Time Bar and Grill."

Oct. 2, 9, 16, 23, 30

Every Friday night, iPlay America hosts Full Moon After Dark starting at 7 p.m., complete with the interactive dance party with prizes and fun for the whole family at 8 p.m.! A cast of your favorite Halloween characters will get the party started with familiar songs like "Thriller," "Time Warp," Weird Science," "Werewolves of London," and more! Guests will be encouraged to sing-along and will have the chance to win prizes.

Oct. 3-4, 10-11, 17-18, 24-25, 31-Nov. 1

FREE shows every Saturday and Sunday. Families can enjoy:

- The Jack-O-Lantern Jamboree Show. Every half hour, iPlay America's Jack-O-Lanterns will sing favorite Halloween songs on the jumbo screen above the Welcome Center.
- The haunting sounds of the Phantom of iPA's organ! The Phantom will perform in the alcove near the mini-bowling alley at 1:30 p.m., 4:30 p.m. and 7:30 p.m.
- "Everybody Scream!" This family friendly live stage show features the residents of Halloweentown who aren't scary, they're just different. Show times are 3 p.m. and 6 p.m. in City Square

Oct. 4, 11, 18, 25, 30-31, Nov. 1

From noon-4 p.m. every Sunday through November 1 and on Friday, Oct. 30, and on Halloween, guests can follow a trick-ortreat trail all around the park with the purchase of a trick-or-

treat bag for \$5. The bag includes a trail map to guide guests around the park. After trick or treating, participants may fill out the entry form on the map and enter to win an iPlay America birthday party! iPlay America Kids Clubs members get a free trick-or-treat bag! To join the iPlay America Kids Club, visit iPlayAmerica.com/KidsClub.

Oct. 2-Nov. 1

Families are welcome to visit the park any day of the week to participate in free Halloween fun:

- Snap some photos at special cutout stations throughout the park. Those who upload their photos to Instagram and Facebook and tag @iPlayAmerica and use #iPlayHalloween will be entered to win ride passes and game cards.
- Participate in the "Where's Danny" contest. Guests may
 pick up a "Where's Danny" tally sheet at the Welcome
 Center and search the park for hidden pictures of Danny
 iPlay's face dressed like a pirate. Once finished, participants
 may fill out the entry form on the bottom of the tally sheet
 and enter to win in a weekly prize drawing!

Head to Game Time Bar & Grill for a special Halloween themed kids menu with appetizers, entrées and desserts and special Halloween themed cocktails for adults. Every Friday, all kids meals are half price from 6-8 p.m. Families may enjoy dinner and stay for Full Moon After Dark and the dance party.

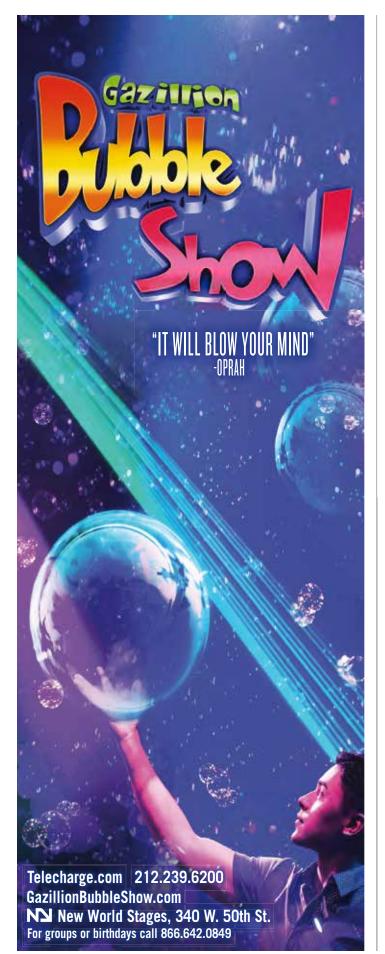
For more information, visit iPlayAmerica.com/Halloween.

From the moment guests step inside iPlay America, they enter a world of fun like no other. iPlay America, the indoor city, recreates the Jersey Shore from the Boardwalk and mid-way style games people loved as kids, to the asphalt city streets complete with two-story buildings, mailboxes, fire hydrants, benches and more to create the feel of downtown. ALWAYS free to enter, guests can access affordable play packages for all of the rides and attractions iPlay America has to offer in their 115,000 square feet of space! Visitors can race on the iPA Speedway go karts, challenge their friends to an epic battle of laser tag in the two-level Cosmic Battle Laser Tag Experience (largest in Central New Jersey!), spin around in the bumper cars and take flight on Kite Flyer, as well as other favorite rides! The 4-D Theatre is a multi-sensory movie experience not to be missed and the HUGE Arcade has something for everyone with over 200 of the newest and hottest games including classics like skee-ball and air hockey! To satisfy everyone's appetite, iPlay America offers Boardwalk style fare from hot dogs and pizza, to cotton candy and funnel cakes as well as Broadway Sweets, the BEST candy store in Central New Jersey! Sit and relax on the Game Time Bar & Grill porch that overlooks city square. Enjoy delicious favorites

on its American menu, specialty cocktails, and signature creations by Executive Chef Joe Raiola, a season five "Chopped" champion. Guests can watch their favorite team play on over 20 different flat screen TV's and 3 large screen projectors! iPlay America also offers a special discount to veterans and active military personnel. No matter who wants to have fun — or how they want to play — iPlay America is the place to Get Inside the Fun!

iPlay America is located on Route 9 at 110 Schanck Road in Freehold, New Jersey. iPlay America won New Jersey Monthly's 2014 Best of New Jersey Kids Destination, Central, and Best of New Jersey Amusement Parks, Central. iPlay America also received a 2013 Trip Advisor Certificate of Excellence and won the Asbury Park Press Best of Monmouth County honors for Best Indoor Theme Park and Best Candy Store.





What's Your Style?

here have been 999 billion parenting books written over the past decade alone. OK, that may be a slight exaggeration, but the act of parenting is a complex one that often leaves fully capable adults desperately seeking external guidance.

The truth is this: There are no easy answers to the many questions that accompany parenting.

Many of the biggest lessons are learned "on the job" and through trial and error. During this process, you will develop your own parenting style that will be driven by your expectations, temperament and communication skills.

Child development researchers have pinned down three styles of parenting and how they affect children. What's your style?

Authoritarian

This group of parents can be described as extremely strict and highly controlling of their child's behavior. There is not a lot of give-and-take exercised within this approach, as children are expected to remain obedient in all settings and situations.

Researchers have found that children raised by authoritarian parents are slow to develop their own sense of self and expression. They are generally well-behaved and reliant on the voice of authority to drive their life decisions.

Authoritative

Described as a more moderate approach to parenting, authoritative adults still expect a lot out of their children, but are more willing to compromise on some issues.

They set limits but rely on natural consequences for children to learn from making their own mistakes. Authoritative parents foster more collaboration with their child, encouraging them to discuss their points of view and how they are feeling about certain situations.

Children raised by this style of parents have been found to be independent and respectful of others.

Permissive

Also labeled indulgent, this set of parents treat their children like peers. They are warm and accepting of their child's feelings and needs and exert little or no control over their behavior.

They generally allow children to set their own limits, schedules, bedtimes and eating habits. They are submissive in nature, especially compared to authoritarian and authoritative parents, and depend more on their children to make and follow rules.



OBER Parents Busy

2015

The play, The Adventures of Sherlock Holmes. takes the stage at **Monmouth University** in West Long Branch, NJ

iPlay America: Spooky Annual Asbury Park Spectacular Halloween, Zombie Walk, 110 Schanck Rd, Freehold, NJ

at 4 p.m, Convention Hall in Asbury Park, NJ

Experience Diggerfest at Diggerland, USA, which includes a fullday admission ticket with access to the DiggerFest hay maze & ride, pumpkin launching The perfect way & stunt show!

Moderate yoga and meditation at the Garden of Healing Yoga and Wellness center in New Brunswick, 27 Bayard St! 6:15 pm-7:15. to destress.

Bo Burnham, 18-yearold stand-up comedian, Botanical Gardens 8pm, at the Count Basie Theater in Red Bank, NJ

11th Annual NJ **Harvest Fest Craft** Fair- 10 am-5 pm, Ridgewood, NJ

Make tonight Family Bowling Night at Colonial Bowling Center Pan, is released in in Lawrenceville, NJ. **Tonight is Family Game** Night at the bowling center from 6-8pm.

MOVIE: The new movie Allentown Fall Festival, Pan, based off of Peter Allentown, NJ theaters!

Columbus Day Parade and Italian Festival. 10am- 8pm, Seaside Heights, NJ

Columbus Dayeniov the day off of school to remember who sailed the ocean blue in 1492.

Mercer County **Community College** is holding their 2nd **Annual Culinary HRIM** Tasting event, 6-8pm.

National Bring Your Teddy Bear to School/ Work Day.

UNLIMITED Laser Tag tonight from 5-8 pm at Bonkerz Family **Entertainment Center** in Princeton, NJ

MOVIE: Goosebumps comes out today!

Greenleaf Pet Hotel-Pet Halloween Parade, from 12 pm-3pm.

Fright Fest is taking place every weekend in October at Six Flags **Great Adventure**, enjoy the spookiness this Sunday!

ABC Family's "13 Nights of Halloween" begins tonight, with both installments of the final Harry Potter, Hocus Pocus, and Tim **Burton's Corpse Bride.**

America's Got Talent LIVE, 8 pm, at the Count **Basie Theater in Red** Bank, NJ

Celebrate National **Pumpkin Cheesecake** Day today. Buy one, or bake one from scratch!

Go apple and pumpkin picking today at Battleview Orchards in Freehold, NJ! Open from 10 am-5 pm.

Come out to see Howell Come and see Monroe High School's fall play, The Anatomy of Gray, tonight at 7pm.

Township High School's Jenkinson's Boardwalk production of Showcase in Point Pleasant, 2015-a show full of musical numbers, plays, maze, trick or treating, and lots of laughs, at 7pm, in MTHS Performing Arts Center.

Boo at the Boardwalk, at NJ. 12-4 pm, beach pumpkin patches, face painting and more!

Today is the official National Pumpkin Day -if you haven't gotten your Pumpkin Spiced Latte or bakes a pumpkin pie, today is the day!

The Monmouth Museum Fall Festival at A. for kids, on Tues. they have planetarium shows havrides/ nightime & science trivia for kids 7 & older! 765 Newman Springs Rd, Lyncroft, campus of Brookdale Community College.

Castola Farm-daytime haunted greenhouse, shopping, petting zoo, pumpkin picking, and more. 178 Highway 34, Holmdel, NJ

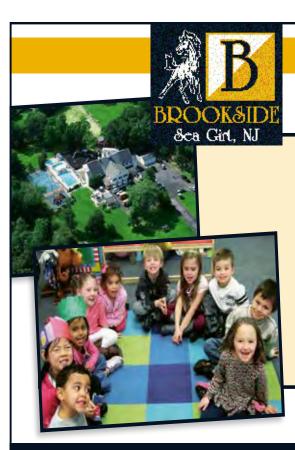
Get in the Halloween mood- go to the Field Of Terror this Thursday night, 831 Windsor-Perrineville Rd, East Windsor, NJ

Plain White T's perform at 7 at iPlay America's event center.

> Halloween-go out and get your candy!

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





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Online Courses On the Rise

Saving Money

Building your bank account while you complete a degree may seem like an unattainable goal, but it can be done. A little self-awareness and a few personal goals can help you leave college with a small nest egg.

And every little bit of savings will matter when you're feeling the pressure of finding a good job when you graduate.

Make Good Choices

One of the biggest fiscal challenges to overcome during college is not overspending on social events. Going out on the town is, after all, a way to blow off steam after a difficult test or meet new people from your school.

One way to stay financially afloat during the college years is to set goals. Try promising yourself you won't make purchases unless you have the cash to do so. This will prevent you from compiling up credit card debt that can haunt you later in life.

Work Full-Time

Finding 40 hours of free time to work may not be an option for you. Maybe your course load is too heavy. Maybe transportation is an issue. Whatever the case may be, any time you can devote to work in a business setting can benefit you both financially and professionally.

For students not facing time or transportation barriers, working full-time is a great way of socking away money during college. In a college town, many local businesses actually depend on student employees.

You will likely find open spots for part-time work around every corner. Prove yourself as a hard worker and you may be given a chance for full-time employment.

Start a Business

The Internet has made starting your own business a breeze. Considering today's college students are digital natives, no generation has had so much potential at their fingertips.

If you're looking to generate a few hundred dollars a month for your savings account. Consider your skill set. Do you knit scarves that your friends rave about? Are you an excellent guitar player with a natural gift for teaching others? Start your own website and promote your product or service to the masses. Use flyers, social media and your local newspaper to get the word out. You'll be bringing in extra cash in no time.











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Chocolate Spiderweb Cookies

Go Kalloween and go healthy with these low fat chocolaty cookies. For the spiderweb glaze, snip a very small hole in the corner of the plastic bag.

Ingredients

1 cup all-purpose flour

1/3 cup unsweetened cocoa

1/2 teaspoon baking soda

1/8 teaspoon salt

1/3 cup vegetable shortening

2/3 cup granulated sugar 1 teaspoon vanilla extract 1 large egg white

Cooking spray

2 cups powdered sugar,

sifted

3 tablespoons 2% reducedfat milk

Preparation

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, baking soda, and salt, stirring well with a whisk. Place shortening in a large mixing bowl; beat with a heavy-duty mixer at medium speed until light and fluffy. Gradually add the granulated sugar, 1 tablespoon at a time, beating until well blended. Add vanilla and egg white; beat well. Add flour mixture; beat until well blended.

Turn dough out onto wax paper; shape into a 6-inch log. Wrap log in wax paper. Freeze 2 hours or until very firm.

Cut log into 24 (1/4-inch) slices, and place slices 1 inch apart on baking sheets coated with cooking spray. Bake at 350° for 10 minutes or until set. Remove from pans; cool completely on wire racks.

Combine powdered sugar and milk in a medium bowl; stir well with a whisk until smooth. Spoon into a small zip-top plastic bag; seal. Snip a tiny hole in 1 corner of bag. Working with 1 cookie at a time, pipe 3 concentric circles onto each cookie. Starting at center circle, pull a wooden pick through other circles at regular intervals to create a "web."

Spinach and Pea Risotto

Serves 4

INGREDIENTS

- 2 tablespoons unsalted butter
- shallot, chopped kosher salt and black pepper
- 1/2 cup dry white wine
- 3 cups low-sodium vegetable or chicken broth
- 1 cup Arborio rice
- 1 cup frozen peas
- 4 ounces flat-leaf spinach, roughly chopped (about 2 cups)
- 1/4 cup grated Parmesan (1 ounce), plus more for serving



DIRECTIONS

Heat oven to 425° F. Heat the butter in a medium Dutch oven or ovenproof pot over medium-high heat. Add the shallot, ½ teaspoon salt, and ¼ teaspoon pepper and cook, stirring often, until soft, 3 to 5 minutes. Add the wine and cook, stirring, until almost evaporated, 2 to 3 minutes. Add the broth and rice and bring to a boil.

Cover the pot and transfer to oven. Cook until the rice is tender and creamy, 20 to 25 minutes.

Add the peas, spinach, Parmesan, ½ teaspoon salt, and ¼ teaspoon pepper to the pot and stir to combine. If the risotto is too thick, stir in up to ¼ cup hot water. Sprinkle with additional Parmesan before serving.

Can I Feed My Baby Honey?

Q: Is it safe to feed my baby honey?

A: This is a very common question. Many new moms have heard that honey is unsafe for their babies to eat. This is partially true. If your infant is less than one year old, it could be unhealthy to feed them honey or any products that contain honey, and here is why. A bacterium called Clostridium botulinium specifically attaches itself to soil, dust, and some foods...particularly honey. If a baby consumes honey containing these bacteria, they could contract infant botulism, a rare but potentially very harmful disease. This causes breathing problems and muscle weakness in your infant, which shows through signs such as a weak cru, constipation, and decreased muscle tone. Older children better can process the bacteria, but before age 1, it is too difficult for their digestive systems to defend themselves against it. So, until after you child's first birthday, keep them away from any food products that contain honey to try and keep them at their healthiest.

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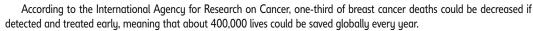
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Early Detection Plan

While researchers continue to make strides toward more frequent early detection of breast cancer in the United States, cases in developing countries are still being diagnosed in later stages. Research has shown that the earlier breast cancer is found, the more treatable it is.



The lower survival rates in less developed countries can be explained mainly by the lack of early detection programs, resulting in a high proportion of women presenting with late-stage disease, as well as by the lack of adequate diagnosis and treatment facilities.

Why Early Detection Matters

Breast cancer begins in the breast tissue that is made up of glands for milk production, called lobules, and the ducts that connect the lobules to the nipple. The remainder of the breast is made up of fatty, connective and lymphatic tissues.

Breast cancer typically produces no symptoms when the tumor is small and is most easily cured at this stage. That's whu annual mammograms for women over the age of 40 are so important, according to the National Cancer Institute.

Don't Ignore the Signs

When breast cancer has grown to a size that can be felt, the most common physical sign is a painless lump.

Sometimes breast cancer can spread to the underarm lymph nodes and cause a lump or swelling, even before the original breast tumor is large enough to be felt.

Less common signs and symptoms include breast pain or heaviness; persistent changes

to the breast, such as swelling, thickening or redness of the breast's skin; and nipple abnormalities such as spontaneous discharge, erosion, inversion or tenderness. Pain or lack of pain, it is worthy of note, does not indicate the presence or the absence of breast cancer; hence, any persistent abnormality in the breast should

be evaluated by a physician as soon as possible.





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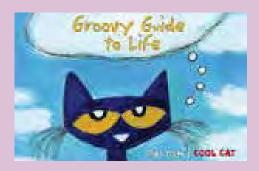
Since 1966 families have gathered to watch this classic as the Peanuts gang celebrates Halloween. The legendary author shares the deepest personal story of her life: her relationship with her mother.

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Age 6-8

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By James Dean



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THE FAMILY TIMES PAGES PAGES







The Family Times Pet Pages



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How Do I Conquer My Dog's Separation Anxiety?

By Mia Ingu

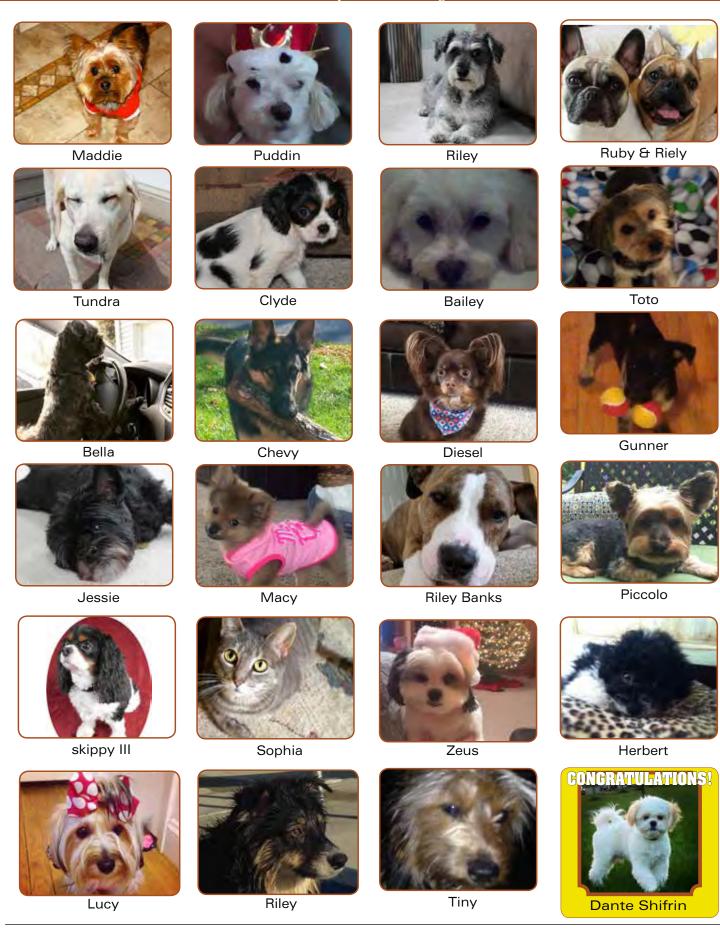
s every pet owner knows, leaving our pets for the week, weekend, or even just for the day can be heartbreaking. We love them so much that it makes it hard to be separated from them! And this feeling between you and your pet is mutual. If you have a dog

at home, you most likely have felt separation anxiety from them, and they begin to feel the same exact way. Conferring with my friends and family who own a dog or multiple dogs at home, everyone came to the consensus that their dog begins to behave very strangely when they are about to leave them. They know and can sense when you are about to be separated. "When I was about to leave for Europe for the summer, my dog sat on top of my suitcase. She knows what the suitcase means," said one of my friends. So, therefore, it is apparent that dog owners need to find a solution to ease their dog's separation anxiety. Here are some tips to ease the separation:

- 1. Ease your dog into it. It will be too much of a shock to them if they are smothered with love and kisses the day that you are leaving, and then all of the sudden, you leave them. Say goodbye to your dog long before you leave, and keep the feeling when you are about to leave more like, "business as usual," that way, your pooch won't feel so shocked in your absence.
- 2. Stay calm, but assertive. If you are sad and mushy about leaving your dog, your dog will feel the same way back, which makes for a sticky situation when it comes time to leave. Stay firm and confident with them, so that way they know that everything will be okay.
- **3. To practice leaving your dog,** start off with leaving them alone for just small periods of time, like 5-10 minutes. Then, gradually, leave them for longer and longer lengths of time, like 20 minutes to an hour. As they become accustomed to being without you, they will be more familiar with the feeling of being alone; therefore, they can be separated from you and still feel healthy and happy.



The Family Times Pet Pages



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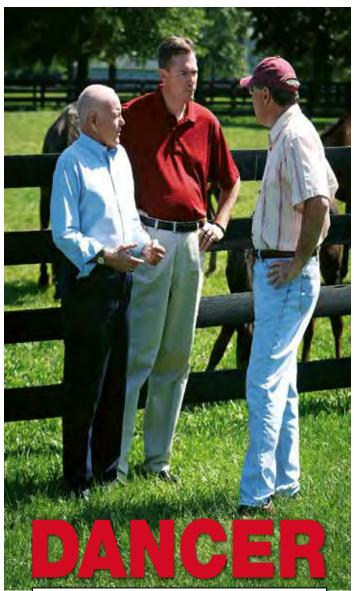
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A Clever Way to Limit Your Child's Candy

By: Mia Ingui

Scenario: you have succeeded in keeping your New Year's resolution of making healthier lifestyle choices and eating clean, healthy foods. That isn't easy as is! But throw in a house full of kids committed to their own diets of sugar and salt, and it can be tough trying to run a healthy household. Then that dreaded candy filled holiday comes around, and your kids come inside after trick or treating and dump a pillowcase full of candy onto the counter. How can you keep them from overdosing on sugary sweets? There are some clever ways to monitor the candy intake in the house by you and your kids. First, the candy could become a reward and incentive for the kids. Keep it all stored away, and when the kids are on their best behaviors and are doing a good job of keeping organized and responsible, then they can indulge in their Halloween stash a bit. Or, maybe let your kids make a swap with you for some of their candy. Make a trade-off. If they give you some candy, give them a small toy or an allowance. Or, let them keep their favorite candies, but you could get rid of the excess so that there isn't any unneeded temptation in the house. Ultimately, Halloween is a night to have some fun and enjoy the huge amounts of candy, so let your child enjoy themselves, but monitoring the amount of candy they eat is key to keep them healthy.

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Does 15 Minutes Really Save you 15% on Car Insurance?

By John Bazzurro

The purpose of this article is to inform the public about a phenomena that I have come across in my personal injury practice concerning the "bargain" automobile insurance companies that advertise "discounted" insurance rates.

Did you ever wonder how these "bargain" insurance companies allow consumers to save "15% or more" on car insurance? Well, it has been my experience in my handling of a number of cases in my personal injury practice that the insurance coverage these companies are providing for the lower premium is really not the same insurance coverage that you may have had with your prior insurance company. Specifically, what I have seen on numerous occasions is that these "bargain" automobile insurance companies reduce the medical expense benefits coverage on these newly opened policies from the "normal" coverage in the State of New Jersey of \$250,000.00 for medical expenses arising out of the motor vehicle accident to only \$15,000.00 in medical expense coverage without specifically advising the insured individual or family members. Thus, although they are providing insurance coverage at reduced premiums, they are not providing the same insurance coverage that you may be giving up and this can be detrimental to those injured in a motor vehicle accidents.

What this means is that, in the event of a motor vehicle accident where you or a family member require medical attention, you will only have medical coverage available for you or family members in the amount of \$15,000.00 as opposed to the "normal" coverage of \$250,000.00 . As you can imagine, given the high costs of medical treatment, the \$15,000.00 in medical coverage does not go a long way in providing much-needed treatment and, as such, individuals injured in auto accidents who have this minimal medical coverage often have no means of obtaining medical treatment.

Obviously, unless you have a motor vehicle accident and require medical treatment, you will not even realize that your medical expense coverage has been reduced from your prior policy limits of \$250,000.00 to the minimal medical expense coverage of \$15,000.00. This scenario (the absence of a motor vehicle accident for which you need medical attention) is exactly what these bargain insurance companies are banking on so that you never find out that they have reduced your coverage without informing you of same.

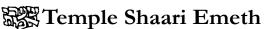
Accordingly, in light of the above, it is important for you to insure that the policy limits in your new "bargain" insurance policy are the same policy limits that you had in your prior policy. Of course, it may be difficult for a layperson to decipher exactly what coverages are contained in their new or old policies. I invite anyone to submit their new and old declaration pages for my review so I may advise you accordingly. A quick review of your automobile insurance policy now could save a great deal of time laterespecially if you require medical treatment the cost of which exceeds your policy limits.



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The Tooth Fairy — The legend of the Tooth Fairy is a prized one in American culture, Children are so excited when they loose a tooth because they are excited to know the Tooth Fairy will be paying them a visit. The Tooth Fairy comes in the middle of the night when a child has lost a tooth. The child is to leave the tooth under his/her pillow so the Tooth Fairy can take it during her visit. Once she has taken the tooth, she leaves money under the pillow. Many children leave a note for the Tooth Fairy. Keep this safe so your child will have his/her very own personal stationary for when he or she looses their tooth.

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