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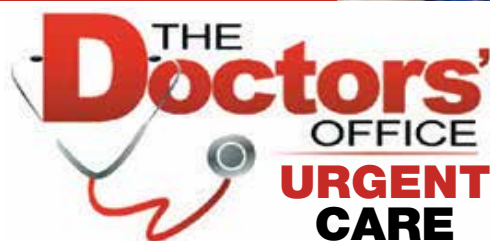
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## THE MONMOUTH & OCEAN FAMILY TIMES

Food .....	10
Health .....	12
Education .....	18
Home .....	22
Pet Pages .....	25

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# Exciting Reads On Health

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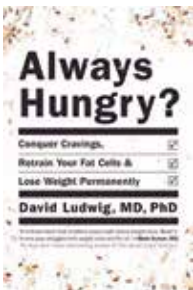
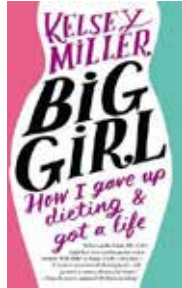
Pick up a copy of these informative and inspiring books!

## Big Girl:

### How I Gave Up Dieting and Got a Life

Kelsey Miller

As the creator of the wildly popular Anti-Diet Project column on Refinery 29, Kelsey Miller has become a poster girl for the movement away from fad diets and body shaming and towards balanced, holistic living and body positivity. Her new book details the personal journey that inspired the column as well as the struggles and triumphs she encountered committing to her new, no-diet, balanced lifestyle. It's written in a witty, relatable voice that makes it feel like your best friend telling you a story (or many).



### Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

David Ludwig, MD, PhD

Renowned endocrinologist and Harvard Medical School professor Dr. David Ludwig lays out a diet and lifestyle plan that he says can reprogram fat cells to diminish hunger and cravings and speed up metabolism, leading to lasting weight loss. This is likely to be this year's Wheat Belly.

# Talk to the Doc: Keeping my Teen's Piercing Clean

By Stefanie Maglio

Whether you get your ears pierced as an infant in the doctor's office, or you're getting your nose pierced with a friend at sixteen, it's crucial that they are kept clean in order to prevent a nasty and irritable infection. However, teens aren't always focusing on the importance of keeping a piercing clean until it's too late. They are typically more excited just to have the piercing itself. That's why it's important for parents to understand how to do this as well. There are a few ways to keep a piercing clean. One way is to wash it out with a saline solution. The solution can be applied to the pierced area with either a cotton swab, cotton ball, or cotton pad. As long as the entire area is cleaned with the solution daily, the piercing should be safe. Generally, you want to clean the piercing twice a day: once in the morning and once before you go to bed. Another way to clean it would be to simply use soap and water. A perfect time to do this would be while taking a shower. Although keeping the piercing clean is important, it's also important not to fiddle with it too much. This could cause bleeding and irritation as well as scabbing, bumps, or infection. So, if you notice your teen playing with the piercing often, remind them not to do it in order to keep things nice and healthy. And of course, if anything of major concern pops up, contact your child's physician as soon as possible.

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# MOVIE OF THE MONTH

By Jordan Tinitigan

**Grab your Family and some Popcorn and Enjoy these Parent-Approved Movies**

## Middle School: The Worst Years of My Life

**Release Date:** October 7th, 2016 PG

Imaginative quiet teenager Rafe Katchadorian is tired of his middle school's obsession with the rules at the expense of any and all creativity. Desperate to shake things up, Rafe and his best friends have come up with a plan: break every single rule in the school and let the students run wild.

**Cast:** Griffin Gluck, Lauren Graham, Rob Riggle, Thomas Barbusca, Andy Daly, Adam Pally, Retta, Efen Ramirez

## Blinky Bill the Movie

**Release Date:** October 7th, 2016 PG

With help from another koala (Robin McLeavy) and a frill-necked lizard (David Wenham), Blinky Bill (Ryan Kwanten) embarks on a journey through the Australian Outback to find his missing father.

**Cast:** Ryan Kwanten, Rufus Sewell, Toni Collette, David Wenham, Deborah Mailman, Richard Roxburgh, Robin McLeavy, Barry Otto



# TRENDY MOMS: Top Ten Trends for Fall 2016

By Stefanie Maglio

Being a mom doesn't mean that you can't keep up with the latest fashion trends. It can be expensive to always go shopping for new additions to the wardrobe. Not to worry, there are ways you can make the clothing you already have seem fresh and new. Sometimes all it may take is adding a scarf to an outfit to complete the look, or even a pair of earrings. Here are some of the fashion trends for fall 2016:

1. Try out different materials such as suede. A pair of suede boots just may be the finishing touch on an outfit you already have.
2. A button-down silhouette with a skinny scarf instead of a tight sweater will look chic and stylish this fall.
3. Instead of patterns, it's all about the material. Try dark colors like black or maroon. Go for a material like velvet. As for length, go for longer clothing pieces.
4. Believe it or not, wearing the same material throughout your outfit is totally in. A jean jacket with your favorite pair of jeans and an eye-catching accessory will be a hit this fall.
5. Instead of a coat with a bright pattern, try a pair of overalls with a cool pattern.
6. Anything silky or with bright and colorful embroidery is a good idea.
7. A darker shade such as gray or brown and a ribbed texture are great qualities to look for when trying to get that put-together look this fall.
8. Instead of ripped blue jeans, go for the straight-legged darker pair of jeans.
9. Go for something bold such as a large bow or pattern that stands out on a skirt.
10. Boho embellishments will help create a casual and laid-back, yet stylish, look this fall.

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# Family Fun Events

By Stefanie Maglio

Fall is such a fun time of the year. Plenty of great, festive activities to get involved in and enjoy at places near you. Halloween is right around the corner, which has the kids all excited too. Go out and do something fun with the family this October and make a day out of it! Here are some upcoming events:

**October 01, 2016 - October 30, 2016**

**10:30am - 04:00pm**

## **Pumpkin Festival**

[www.oasisfamilyfarm.com](http://www.oasisfamilyfarm.com)

Oasis Family Farm, Robbinsville, NJ

**October 7th**

## **iPlay After Dark**

turns down the lights for five hours of Friday night fun. Admission includes unlimited go carts, rides and laser tag plus a live DJ, music, dancing, giveaways, half price kids meals, chances to win prizes and a \$10 game card.

**September 23, 2016 - October 29, 2016**

**5:30pm - 10:00pm**

## **Oasis Island of Terror**

[www.oasisislandofterror.com](http://www.oasisislandofterror.com)

Oasis Island of Terror, Circle Drive, Trenton, NJ

**April 19, 2016 - December 27, 2016**

**4:00pm - 12:00am**

## **Grandparent Tuesdays**

<http://www.iplayamerica.com/special-event/grandparent-tuesdays>

110 Schanck Road, Freehold, NJ

732-577-8200

**Friday, October 7**

and runs every Friday, Saturday & Sunday in the month of October. Advanced tickets required.

## **THE GLOW**

A Jack O' Lantern Experience, a quarter mile walk-through event featuring thousands of jack o' lanterns.

Food and drink will be available.

*Fall is in the air at Monmouth Park Racetrack and with it comes one of the brightest events of the season!*

**October 8, 2016**

**10:00am until 4:00pm**

## **Fall Arts and Crafts Festival**

Main Ave. and Pilgrim Pathway Ocean Grove, NJ

**October 14, 2016 to October 22, 2016**

**6:00pm until 9:30pm**

## **Haunted Hay Rides & Haunted Village**

The Historic Village at Allaire 4263 Atlantic Avenue Farmingdale, NJ

**October 22, 2016**

**9:00am until 3:00pm**

## **Special Olympics NJ**

## **Dodgetoberfest**

Robbinsville Fieldhouse, 153 West Manor Way, Robbinsville, NJ

# Fun Halloween Party Games

By Stefanie Maglio

Halloween isn't just for trick-or-treating, but it's also for super fun parties with friends and family. Along with all sorts of decorations, snacks, and costumes, party games are key when it comes to throwing the perfect Halloween bash. Here are some fun party games to consider:

**1. Pin the tail on the Black Cat:** This is exactly what it sounds like- a Halloween version of the classic game "Pin the tail on the Donkey".

**2. Pass the Pumpkin:** This game is geared towards a younger crowd, similar to Hot Potato. Gather some mini pumpkins and have the players sit in a circle. Have one less pumpkin than players. Start the music, and when it stops whoever doesn't have a pumpkin is out, but they may take a pumpkin with them. Last person left in the circle wins a prize!

**3. Mummy Wrap:** Divide the players up into pairs. Give each pair a roll of toilet paper. First pair to use up the whole roll by wrapping their partner wins the round. Give each pair two rolls (one for each person) for extra fun!

**4. Guess the body part:** Set up several different buckets. In each, put food in to represent a body part. For example, spaghetti for intestines, baby carrots for fingers, a tomato for a heart, olives for eyeballs, etc. Have each guest put their hand in the bucket without looking and guess the body part. If they get it right, they deserve a prize!

**5. The Classic Bobbing for Apples:** A Halloween party wouldn't be complete without this classic game. Put fresh apples in a large bowl with water. Whoever picks up the most apples with just their mouths wins.



## SOLO PARENTING: Breaking the News to Your Kids

By Stefanie Maglio

Typically, divorce is a difficult thing to go through. It only becomes ten times harder when there are kids involved. Breaking the news is hard enough to do in general, but it can be most difficult when trying to explain it to a child. However, it is crucial that the parent makes two things clear: that the divorce is between mom and dad and is in no way the child's fault, and that even though mom and dad no longer love each other, they will never stop loving their child. Children can often believe that this is happening because they failed to do something. They may make promises to walk the dog more or clean their room. When this begins to happen, remind your child that nothing they have done is the reason for the divorce. Remind them that this is not their fault no matter how angry mom or dad may get. Also let your child know that there is nothing they can do to change the fact that mom and dad are getting a divorce, especially because it was never their fault to begin with. If your child is older, they may begin to wonder what would happen if mom got into an accident and passed away? They may wonder who would take care of them. It's important to let your child know that in a situation like that of course their dad would step in and take care of them. However, make sure to not bring this up unless the child does first. Solo parenting can be difficult, but making sure that the child is loved and well taken care of is what matters most.

# family recipe eating together matters

## Shrimp and Quinoa Dinner

15 Minute

*Tasty, simple and satisfying makes this meal the perfect weeknight dinner for easy entertaining. The blend of shrimp, quinoa, and onions is a great source of high-quality protein and potassium, which is always a plus.*

### INGREDIENTS

1/2 cup low-sodium soy sauce  
1/4 cup balsamic vinegar  
1/2 teaspoon pepper  
1 clove garlic, finely minced  
2-4 dashes hot sauce (optional)  
1 cup quinoa  
1 tablespoon olive oil  
1 red onion, thinly sliced  
1 cup raw shrimp (fresh or frozen and defrosted)



### DIRECTIONS

In a medium sized bowl, combine soy sauce, balsamic vinegar, pepper, garlic, and hot sauce (if using). Stir until well blended and set aside.

Combine quinoa and 1 3/4 cups water in a pot. Bring to boil, cover, and reduce to a simmer for 10 minutes, or until quinoa is cooked and tender. Remove from heat and set aside.

While quinoa is cooking, begin cooking shrimp: Heat oil in a frying pan over medium-high heat. Add onions and shrimp. When shrimp begin to turn pink, add sauce and continue to cook, stirring frequently.

When shrimp is cooked through, add quinoa, and stir until well combined. Drizzle with soy sauce or fresh lime juice.

## Chicken Crust Pizza

*This recipe gets five stars. It is quick and easy to make, gluten free, and tastes amazing!*

### INGREDIENTS

1 Pound of Ground Chicken  
1/4 Cup Parmesan Cheese  
1/4 Cup Shredded Mozzarella Cheese  
1/4 Teaspoon Black Pepper  
1 Teaspoon Italian Seasoning Blend (or just a bit of Oregano and Basil)  
Sauce and toppings of your choice such as leftovers like; grilled veggies, grilled chicken, or whatever it is you are craving.



### DIRECTIONS

Pre-heat the oven to 400°

In a medium bowl combine the ground chicken, cheeses and spices. Line a pizza pan or cookie sheet with parchment paper sprayed with non-stick cooking spray.

Place the ground chicken mixture onto the pizza pan. Then place a piece of parchment paper or plastic wrap on top of the chicken mixture. Evenly press the mixture into the pizza pan with a rolling-pin to get it nice and even. Remove the parchment/plastic wrap once done.

Bake in the oven for 20 min or until the crust, is golden.

Place whatever sauce, toppings and cheese you like on the chicken crust, then return to the oven to bake for an additional 10 min until the cheese and toppings are melted to your taste preference.



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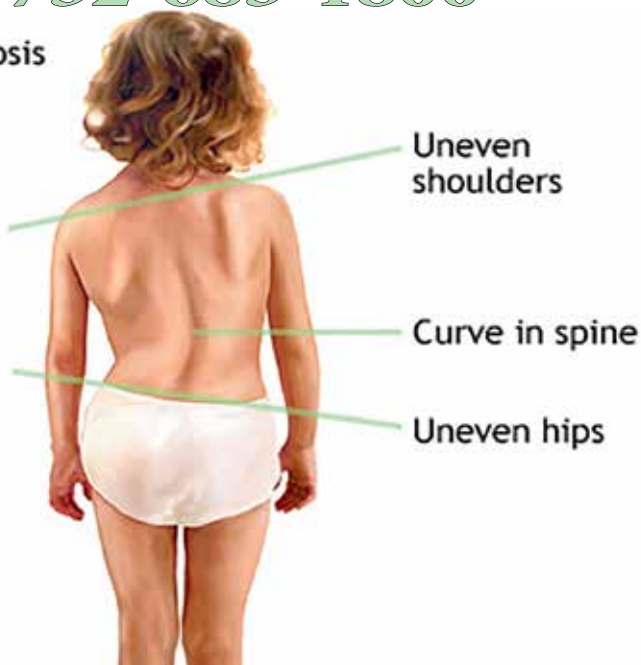


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## Pregnancy Weight Gain Calculator

### Pregnancy Weight Gain Intro

You should gain weight gradually during your pregnancy, with most of the weight gained in the last 3 months. Many doctors suggest women gain weight at the following rate:

1 to 4 pounds total during the first 3 months (first trimester)

2 to 4 pounds per month during the 4th to 9th months (second and third trimesters)

The total amount of weight you should gain during your pregnancy depends on your weight when you became pregnant. Women whose weight was in the healthy range before becoming pregnant should gain between 25 and 35 pounds while pregnant. The advice is different for those who were overweight or underweight before becoming pregnant.

To learn how much weight you should probably gain, visit <http://www.choosemyplate.gov/pregnancy-weight-gain-calculator>.

If you gain too much weight during pregnancy, it can be hard to lose the weight after your baby is born. Most women who gain the suggested amount of weight lose it with the birth of the baby and in the months that follow. Breastfeeding for more than 3 months can also help you lose weight gained during pregnancy. If you gain too little weight during pregnancy, you may have a higher risk for a premature delivery and a low birth weight infant. Follow your Daily Food Plan for Moms to choose the right amounts from each food group. In addition, visit your health care provider regularly so they can check on your weight gain. If you are gaining weight too slowly or too fast, change the amount you are eating:

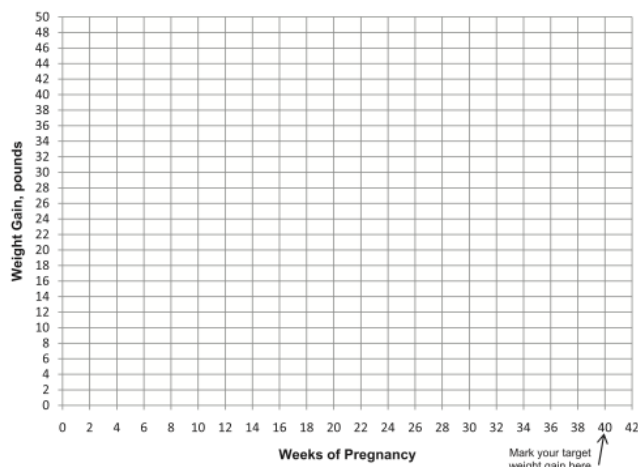
If you are gaining weight too fast, cut back on the calories you are currently eating.

The best way to eat fewer calories is by decreasing the amount of "extras" you are eating.

"Extras" are added sugars and solid fats in foods like soft drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low-fat, fat-free, unsweetened, or with no-added-sugars.

If you are not gaining weight, or gaining too slowly, you need to eat more calories. You can do this by eating a little more from each food group.

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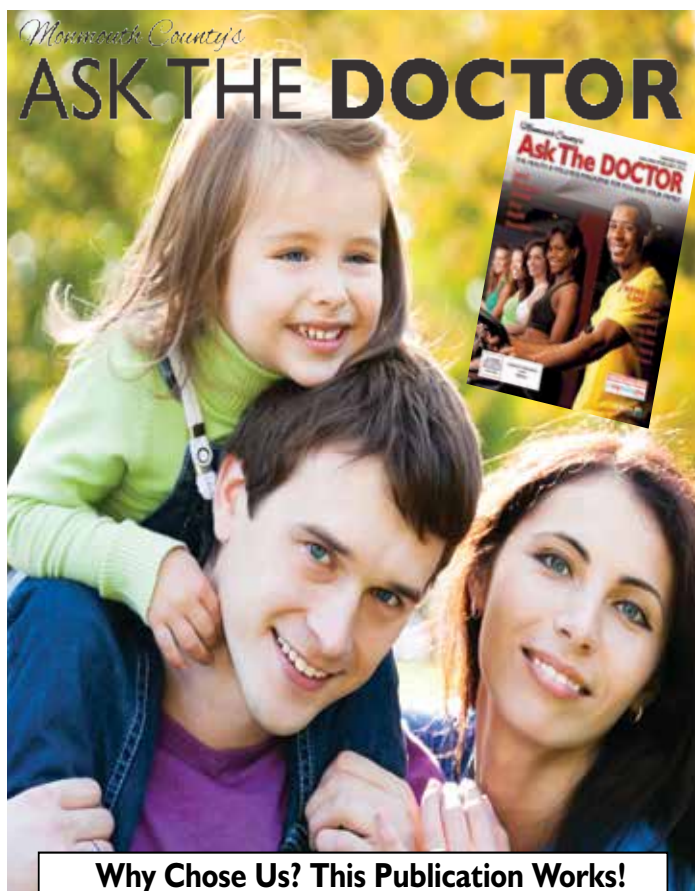
## Is It Possible to Get Too Much Exercise?

For most people, including children and teens, the challenge is to get enough physical activity. However, excessive exercise and overtraining, often coupled with restrictive eating, can be a problem, especially for some female athletes and dancers, as well as girls who become obsessive about weight loss. Overtraining, like eating disorders, can result in decreased estrogen and eventually lead to thin bones that break easily.

Years ago, it was not unusual for coaches and trainers to encourage athletes to be as thin as possible for many sports, including dancing, gymnastics, figure skating, running, and diving. Fortunately, many coaches now realize that being too thin is unhealthy and can negatively affect performance as well as lifelong health.







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## Coach's Corner

By Jill Garaffa

## Overcoming Overwhelm

Dear Jill,

I tend to get overwhelmed with all the things that I need to get done in a day. I constantly feel like there is not enough time and I have too much to do. This causes me so much stress and I'm always exhausted. Can you help?

Signed, Overwhelmed

Dear Overwhelmed,

Thank you for writing in with your question. You are not alone! There are few experiences that cause upset like the pressure of having too much to do and not enough time to get it done. There are a few coaching strategies that may help to regain some control and order in your day.

First, Reframe your thinking: In any given moment, your brain can only focus on one thing at a time. This is true. Multi-tasking is a myth. You can have many things happening at once, but in reality, your attention is only ever on one thing. Use this to your advantage. Once you start a project, finish it. Consider setting a timer for the amount of time it should take to finish and be on guard for distractions and interruptions. Also, it may feel like everything has to be done "now," however, in reality, some things can wait—or be delegated.

Second, Refresh your environment: There is a saying "out of sight, out of mind". It is also true: "In sight, in mind". A messy, cluttered environment is distracting. Losing or misplacing items can also contribute to overwhelm. Take the time to tidy up and get yourself organized. Also, consider turning off your phone or keeping it away altogether to avoid the temptation to check it for texts, email and other applications that waste time.

Last, Renew your spirit: If you are saying "yes" to a task out of guilt or obligation and the activity will bring you no joy, consider saying "no" (saying no is an option, really). Take time to reconnect to your inner self through prayer & meditation. Ask yourself, "What do I need right now?" Doing so will give you a sense of peace and control. Also, when taking on the planning of a new project, ask yourself, "Am I the only one that knows how to do this? Or "Should I be the only one that knows how to do this?" If the answer is "no", then delegate it or teach someone else how to do it. At home, this is where teenagers and kids thrive. Little kids want to learn new skills, while teenagers need to learn new life skills. There are some activities only you can do given your talent and passion. For all the rest, delegate.

Life coaching is a process that can help you become clear on what really matters to you. Understanding your core values and needs is a starting point to create the life you want. For more information, check out [www.seedsofchangeoaching.com](http://www.seedsofchangeoaching.com) or go to Facebook and "Like" Seeds of Change Coaching Facebook page.

Wishing you peace & purpose,  
Jill

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

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

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



**Dr. Steven Linker, OD**

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

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

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

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

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

## **Symptoms of learning-related vision problems include:**

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

Headaches or eye strain

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

Omitting, repeating, or confusing similar words

Persistent reversal of words or letters  
(after second grade)

Placing the book very close to your face

Poor eye-hand coordination

Short attention span during visual tasks

Slow reading speed or poor reading comprehension

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

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

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

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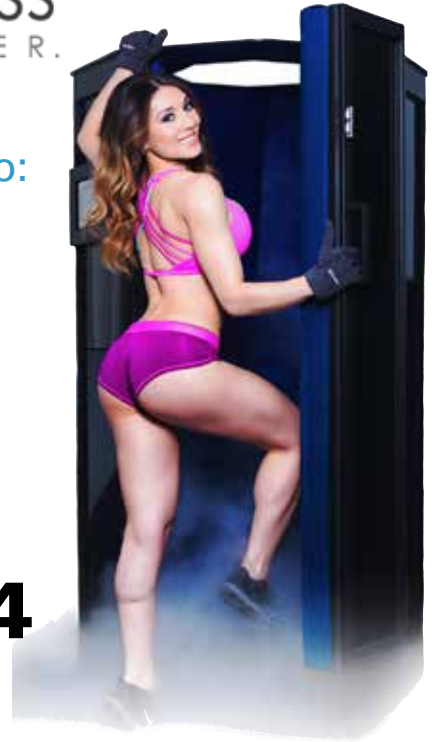
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## DIABETES: Choosing the Right Glucose Meter

*By Stefanie Maglio*

**B**lood glucose meters are small, computerized devices that measure and show your blood glucose level. This information then allows you and your doctor to figure out how food, exercise, medications, stress, and other things can affect your blood glucose. This is fairly important as it will help to create a better treatment plan for the individual.

There are all sorts of meters that are available. Some meters are more basic, while others are more advanced with memory for storing information. Costs of these meters vary, and some insurance companies may not always provide coverage. It's important to find out what meter is best for you based on how simple or complex it may be, as well as what is best for you financially. When choosing a glucose meter, see if your nurse educator or doctor suggests one in particular. If they do, it would be best to start looking in that direction. It's also important to find out what your insurance covers when selecting a meter. Your insurance company may have a list of pre-approved meters that it covers. Also find out if your insurance covers the cost of supplies and testing strips. After checking with your insurance company, it'll be easier to see how much you will actually have to spend on a meter. It is also important to find out how easy it is or isn't to use the meter you're considering purchasing. Are numbers easy to read? And how much blood is necessary for a reading? How long does it take to get the reading? Maintenance is also an important thing to consider. Is it simple to clean? Can the meter be set correctly for new strips quickly and easily? Lastly, it may be a good idea to find out if you're looking for any special features in the meter such as storing memory. Some meters keep logs as well. It all depends on the preference of the individual. However, these are all important qualities to consider when purchasing a glucose meter.





# Important questions to ask on college tours

By Stefanie Maglio

When it comes time to start thinking about applying to different colleges, it's important that you know which ones would be best for you. The best way to discover if a college is right for you is to visit the campus itself. Colleges tend to have all sorts of tours and open houses all the time. Go online to the school's website and find out when their next tour is. While on the tour or attending the open house, it's important that you get as much out of the visit as you possibly can. The way to do this is by not being afraid to ask any questions that you may have. Chances are that the tour guide or really any of the staff members are happy and more than willing to answer your questions. Some questions you may want to consider asking are: What is the average class size of introductory classes? Do you have an honors college? Do you have a learning community or other freshman experience? Not only should you be asking academic questions, but questions regarding financial aid as well. For example: What is your average financial aid package? What is the average merit award? What is the average college debt that students leave with? What work-study opportunities are there? Also ask about student life regarding dorms and activities on campus. Depending on where the student is attending college, questions regarding student parking and other forms of transportation should be asked as well.

Lastly, ask about outside opportunities like internships. After all, outside opportunities will only help when it comes to getting a job after college, which is the ultimate goal.

# Things you should know about the SAT's and ACT's

By Stefanie Maglio

It can be a hectic and scary when it comes time for your teen to take the SAT or ACT. Parents want the best for their children and want them to succeed in life more than anyone else. Taking these tests is just the beginning of a long path to success. It is important to know all the facts before jumping right in, to ensure that your child will do the best that they possibly can. When it comes to signing up for the test, log on to collegeboard.com or make an account if you don't already have one. Once you are logged on there will be an option to sign up for an upcoming test. You can pick your testing location and decide whether or not you'd like to purchase a preparation book along with your admission ticket. While online, you may want to check out how these tests are scored. For example, a new scoring system for the SAT has recently been introduced. The top score is no longer 2400, but rather 1600. Also know that the SAT consists of math, reading, and writing components. The ACT includes other subjects and is found to be an easier test to take for some students. Have your child set a goal. Most people take the SAT at least two times. It's important to try to keep improving. Find out what potential colleges your teen might attend and see what scores they are looking for. Keep in mind that colleges aren't just looking at test scores though. It's about how well-rounded the student is. Most importantly, don't stress. Get a goodnight sleep the night before the test and eat a healthy breakfast. All that matters is that you give it your best.



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# HALLOWEEN WORD SEARCH

Find 20 hidden words related to Halloween. Words in this puzzle maybe found from top to bottom, bottom to top, left to right and right to left.



1. amusement
2. apples
3. autumn
4. boo
5. candy

6. cat
7. costumes
8. dracula
9. frankenstein
10. frighten

11. games
12. ghosts
13. monster
14. october
15. orange

16. prank
17. pumpkins
18. safe
19. spooky
20. treat



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# Baby-proofing Your Home on a Budget

By Gina DiRusso

Baby-proofing your home is a constantly evolving process. As the wee ones gain experience, they learn to find the weakest link in your strategy. This stage can lead to a "How did they do that?" question on a daily basis.

Our nine tips for baby-proofing your home on a budget will help you stay ahead of the curve. You can also take these suggestions on the road because you'll eventually visit a hotel or relative's house that does not have the standard safety applications in place.

1. Before bath time, put a laundry basket in the bathtub, insert the baby and then turn on the water. The basket will keep your tadpole safe from potential slipping injuries. Laundry baskets also make marvelous toy transporters while traveling.

2. Use a chalkboard as a fireplace cover. Toddlers instinctively gravitate to the most dangerous areas of the house, so cut them off at the pass with constructive use of their curiosity. If you have a hearth, make sure to cover the sharp edges with a guard.

3. Cover a doorknob with a sock and secure the foot-warmer with a rubber band. This is an instant safety mechanism as well as a use for that one rogue sock that has lost its mate.

4. Adhesive hangers are your friend. Install one on your wall by the curtain or blind pulls. Save your toddler from the temptation to pull on window treatment cords.

5. Hang dish towels on a wall or the underside of cabinets, not over the door. Youngsters can open oven doors with the help of a towel or two.

6. Plastic cookie cutters work as cabinet locks if you have two cabinet door pulls close together. Another solution is a magnetized lock and key system for cabinets. The magnetic locking part goes on the inside of the door, and a key turns the lock from the outside. No unsightly zip ties with this solution.

7. While we're on the topic of magnets, replace small refrigerator magnets with big magnetized clips or remove them altogether as they can slide down to grabbing height.

8. Outlet covers can be tricky, but they are a necessary safety feature for your home. We did find one by Guardian Angel that is more expensive but claims to be shockproof and allows access to sockets without hassle.

9. Drawers on dressers are fun to pull and push if you're a curious child, not to mention the sheer joy of slinging all the contents on the floor, right after you match, fold and put away all the socks. Adjustable lock straps that you can use in your kitchen to keep the knife drawer secure will also work on a dresser drawer.

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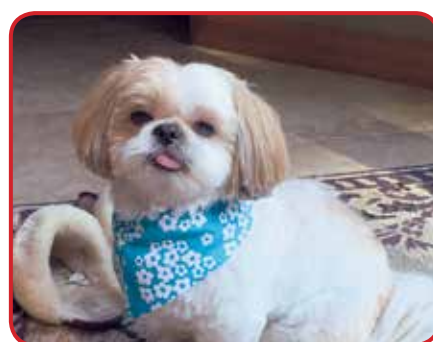
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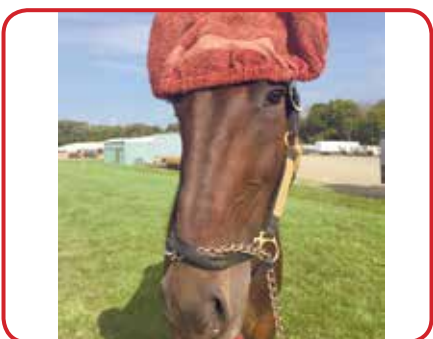
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- Follow the directions exactly. If the product is for dogs, don't use it on cats or other pets. If the label says use weekly, don't use it daily. If the product is for the house or yard, don't put it directly on your pet.

- Keep multiple pets separated after applying a product until it dries to prevent one animal from grooming another and ingesting a drug or pesticide.

- Talk to your veterinarian before using a product on weak, old, medicated, sick, pregnant, or nursing pets, or on pets that have previously shown signs of sensitivity to flea or tick products.

- Monitor your pet for side effects after applying the product, particularly when using the product on your pet for the first time.

- If your pet experiences a bad reaction from a spot-on product, immediately bathe the pet with mild soap, rinse with large amounts of water, and call your veterinarian.

- Call your veterinarian if your pet shows symptoms of illness after using a product. Symptoms of poisoning include poor appetite, depression, vomiting, diarrhea, or excessive salivation

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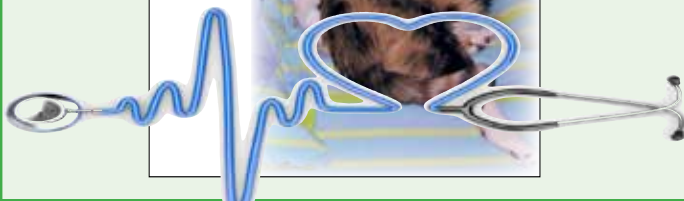
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# How to tell if your child's Halloween candy is safe

By Stefanie Maglio

Halloween is an exciting holiday, especially for children who are going trick-or-treating because this means candy. This is great and all, but safety is still of number one concern. It's important to take precaution and keep your child safe from candy that could have potentially been tampered with, or candy that is simply old. Before taking your child trick-or-treating, make sure that they are well fed, this way they will not ask to eat candy until you return home where it can be thoroughly checked. Once you do return home, take all the goodies your child received and inspect it under a bright light. Any candy that has already been opened should obviously be thrown away. Also if any candy doesn't look or feel right, throw it away. It is better to be safe rather than sorry. Any candy or other treats that have been repackaged into a plastic bag from someone you don't know should really be thrown out too. The same goes for any homemade or baked goods such as cookies or brownies from people you don't know or trust. If your child receives any fruit while trick-or-treating be sure to wash it and then slice it up into smaller pieces. Check carefully for any sharp blades or pins. This is scary, but people can be dangerous. It is always better not to risk anything. Call the police immediately and report any candy that you think has been truly tampered with. Lastly, make sure your child doesn't go overboard with the sweets. Moderation is key for a happy and healthy lifestyle.

# Top Halloween Costumes for 2016

By Stefanie Maglio

Halloween is just around the corner and people of all ages are getting into the spirit. Whether going trick-or-treating, attending a party, or simply giving out candy, dressing up is a great way to be festive. Of course going to the store or ordering a costume online might be the easier route to take, but making your own costume can be even more fun and rewarding. Whatever you decide to do, here are some of the top Halloween costumes for this season:

Small children:

Baby Joker, Baby Harley Quinn, Baby Where's Waldo, Baby Chase Coverall (Paw Patrol), Despicable Me Minion, Princess Moana, Cozy Polar Bear

Kids-Preteen:

The Joker, Harley Quinn, Pineapple, Cotton Candy, a Ghostbuster, Popcorn

Teen-Adult:

Jack and Rose, Snapchat Butterfly Filter, "Netflix and Chill", Kylie Jenner, The Joker and Harley Quinn (adult version), Regina George

These are just a few of the new costumes that are out there. However, these are not your only options. Companies are constantly creating new designs for new costumes as well redesigning classics. Some of the classics include the Scream mask, a witch, a princess, a cat, or even a zombie. There are many different versions of these as well as creative ways to make your own costume unique. Stores such as Party City, Spirit Halloween, or Halloween Express are fairly local. They are great for buying costumes as a whole as well as buying different accessories to create your own. Whatever you decide to do, have fun with it and have a happy Halloween!

# Ideas for Halloween Decorations

By Stefanie Maglio

Of course we love the costumes and the candy, but a lot of the Halloween fun comes from getting to decorate! Depending on where you go for decorations, prices can vary. However whether you're shopping online or at the store, there is no hiding the fact that a lot of Halloween decorations are expensive. That's why it's a great idea to get inspired and create some of your own! Here are some do-it-yourself decorations as well as some quality dollar store additions:

1. Black Cat Pumpkins: These are fairly simple. All you need is a pumpkin, some black paint, googly eyes, and any other simple craft pieces that can be easily purchased at your local dollar store.
2. Milk Jug Ghosts: You will need an empty milk jug, a battery-operated candle, and either a black sharpie or some paint to create a spooky face.
3. Candy Corn Candles: Brighten up your porch with hurricanes filled with candy corn, and place a small battery-operated candle on top of the candy. A battery-operated candle is the safer way to go. A pillar candle is an option as well, just make sure to blow it out before it burns below the candy.
4. Ghost Draperies and Fake Spider Webs: These are more difficult to create yourself, but you dollar store will most likely sell cheap packages contains these decorations. These are an easy way to cover a larger area outside or inside the house, and they really stand out.
5. Creepy Wreath: You will need a wire hanger, some construction paper, glue, googly eyes, fake spiders, and anything else you'd like to add. Bend the hanger into a circle and cover it with the construction paper. Once secured, begin gluing on creepy accessories and before you know it you'll have the perfect Halloween wreath. They're not just for Christmas you know!





# Hay Rides and other Halloween Activities

By Stefanie Maglio

Summer has come to an end, but that doesn't mean the fun has to stop! There are plenty of cool activities to do during the fall leading up to Halloween with friends and family. Here are some to consider going to or keeping an eye out for:

- **Haunted Scarehouse in Northern NJ, Morris County.** One of the largest and scariest haunted houses returns for the 2016 Halloween Season!
- **Field of Terror Sunshine Acres in Mercer County.** Sunshine Acres offers fun activities during the day for kids, while Field of Terror is for brave teens and adults at night.
- **The Dark Carnival in Ocean County**
- **Fairfield Farms: Family Fun in Essex County** includes hay rides, pumpkin picking and a corn maze
- **iPlay America Spooky Spectacular Halloween in Monmouth county** includes 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 iPlay's organ! See the Phantom perform in a hilarious interactive musical show. Also participate in the Trick-or-Treat Trail.
- **Cicconi Farms in Ocean County** is hosting kid-friendly Halloween activities from 11-4pm every weekend throughout October.
- **Corner-Copia Family Fun Maze in Mercer County**
- **Halloween at Happy Day Farm in Monmouth County** includes pumpkin picking, a hay ride, and one of New Jersey's largest corn maze's
- **Etsch Farms in Middlesex County** has an eight-acre maze, a hay ride, and is open on weekends throughout September and October.
- **Halloween in Ocean Grove, Monmouth County.** Come out for the Fall Harvest Festival Oct. 10th and Halloween Parade on the 31st.

## 10 Ways to Shop Your Own Closet

By Stefanie Maglio

Many people enjoy shopping, but everyone loves getting a great deal when they go shopping. Specifically for clothing, everyone is always trying to stay up on the latest trends while still feeling comfortable. That's why it's so important to understand what you already have, determine what you may want or need, and then proceed from there. Here are some tips for shopping your own closet:

1. Shopping your own closet is a great way to stay within whatever budget you may have.
2. Shopping in a store is difficult when the clothes are unorganized. This same issue occurs in your own closet. Make sure to clean up your closet. This will make it easier to see what you do and do not have.
3. Try getting inspired! Window shopping is one way to do this, however make it even simpler by going on Pinterest and creating a board of clothing pieces and outfits that you like. You may even find similar items in your closet.
4. Take inventory and find out what you do or do not have. You may discover a dress or top you never even wore!
5. Get a second opinion and see what a friend thinks. They may give you that extra confidence boost that you may need.
6. If you happen to have some clothing items that you love but need adjustments, consider hiring a tailor or making a trip to the dry cleaners. This will definitely be cheaper than trying to purchase a whole new wardrobe.
7. Mix and match different pieces to create new outfits! Try something that maybe you normally wouldn't wear.
8. Layering different items may be a great option as well. This can help you to create new looks in addition to mixing and matching.
9. Spicing up your wardrobe may be as simple as accessorizing. Adding a scarf or a belt here or there could really help to make the perfect outfit look complete.
10. Make a list of anything that you don't have, and that you may want or need. This way next time you're at the mall you'll know exactly what to get and not waste any time or money.



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# CAN YOUR NEIGHBOR TAKE YOUR LAND?

By John Bazzurro

Pursuant to New Jersey law, the short answer to this question is yes. Depending on the circumstances, your neighbor may be able to claim title to a portion of your property. This doctrine is called Adverse Possession.

Under the doctrine of adverse possession, a person who openly, notoriously, continuously and exclusively utilizes another person's property for a certain period of time may file a cause of action with the Superior Court in the county in which the property is located seeking a declaration from the court that they are the properly titled owner to such property. The basis of such a claim under New Jersey law is the failure of the true property owner to file an action for ejectment of the "adverse possessor" within the period of time designated by statute.

Typically, these cases arise when a landowner's fence encroaches onto their neighbor's property or when one landowner builds and continuously uses a structure (such as a driveway, walkway, etc.) which is situated either totally or partially on the neighbor's property. The requirement that the use of the land be open and notorious is to give the rightful landowner the opportunity become aware of the improper use and take action to correct it. Thus, where a fence or driveway only encroach upon the neighbor's property by an inch or two, such an encroachment may not be considered "open and notorious" because such a minor encroachment would not put a reasonable landowner on notice that its property is being encumbered. Other factors which relate to the "open and notorious" requirement include whether or not the adverse possessor consistently acted as if it were the owner of the land in question.

The present statutory timeframe for which the adverse possessor must "occupy" the subject property in order to achieve adverse possession is generally 30 years for developed land and 60 years for undeveloped land. As indicated above, such possession of another's property must be "continuous and exclusive" for these statutory periods. Thus, any attempt by the rightful landowner to exert control over the subject property or any abandonment by the adverse possessor during the applicable time frame will generally defeat a claim for adverse possession. It should be noted, however, that the applicable time frame may be satisfied by the "adverse possession" of more than one titled owner. Thus, if four successive owners openly, notoriously, continuously, and exclusively use their neighbor's land for the applicable time frame, the last titled owner may seek adverse possession based on the time accrued by three prior owners' adverse use. This is called "tacking."

What does all of this mean in practical terms? Basically, if you own real property, you should regularly check your property boundaries to ensure that none of your neighbors are improperly asserting any type of control over it. If you believe one of your neighbors is doing so, we would suggest seeking legal advice as soon as possible and potentially obtaining a survey to determine the nature and extent of the encroachment or use. Similarly, when you purchase a home, you should go over the survey with the surveyor in order to determine whether or not any of your neighbors' fences or improvements (driveways, etc.) do not exist within your property lines. If such condition exists, you should immediately discuss this issue with the attorney who is representing you in that real estate transaction so that your rights may be fully protected.

The bottom line is that, in the event you believe any of these issues potentially affect you, you should seek legal advice as soon as possible given the legal nuances involved.

**JOHN T. BAZZURRO, Esq.**

Board Certified Civil Trial Attorney

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## Teaching Yourself and Your Kids How to Recognize Manipulation

By Stefanie Maglio

It's important that from an early age in life, parents teach their children that healthy relationships are based upon respect for one another, trust, and security. Everyone has their moments of selfishness, but anyone who is healthy-minded will generally be able to recognize when they're being completely unreasonable. This should be followed with some sort of fair negotiation or apology. However, life doesn't always work that way. When people are self-centered they want everything to go their way, no matter the cost. This means that they turn to manipulative behaviors. Here are a few red flags to look out for when trying to spot a manipulator:

They twist your words around for their benefit. Manipulators do not own up to their actions. If you call them out on something, they always have a way of turning it around on you so you feel bad or guilty.

They may say something but later deny it. For example if they say yes to a request or make some sort of commitment to you, they pretend to forget it ever happened later on. Their lies come before your "bad memory" unless you have some way to prove it.

They use guilt trips. These are fairly self-explanatory. For example, "You go ahead to the movies without me. It's fine. I'll stay home and finish the laundry."

They make you feel like your problems aren't as important as theirs.

They use aggression and anger to keep control of a situation.

Once you are able to recognize these behaviors, it's important to know and to let your kids know that it's completely unacceptable. We teach people how to treat us, and by allowing this behavior to go on the manipulator only becomes stronger. Put a stop to it as soon as possible.



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# Special Needs Halloween Activities

By Stefanie Maglio

Halloween is meant to be a fun and exciting holiday for whoever wishes to participate. For some, this may mean trick-or-treating, for others this may mean parties. It may even be just staying inside and enjoying some candy. No matter who you are, you should be able to have fun on Halloween if you'd like to. This includes special needs children. A disability shouldn't get in the way of someone's enjoyment and happiness. If you're child isn't capable of going trick-or-treating, there are several other Halloween activities to consider.

- Create some spooky treats with the help of an adult
- Print out some ghost, scarecrow, and jack-o-lantern coloring sheets
- Stay in and watch Halloween movies on Disney Channel or whatever else you can find
- Do some Halloween crafts with special accommodations or skills for kids with disabilities
- Go apple picking with family and friends
- Make apple pie
- Buy some Halloween storybooks and have story time
- Create a Milky-Way cake with leftover Halloween candy
- Tell ghost stories
- Have a family game night
- Host a bonfire
- Go to a local trunk-or-treat
- Have a scavenger hunt

Keep in mind that it doesn't matter what you are doing, as long as you're being safe and having fun. Have a wonderful Halloween!

# Intimate Partner Violence Advocate (IPVA) Certification Program Starts in September

## Series Designed to Enhance Response to Victims of Domestic Violence

A Partnership for Change (APFC) is a New Jersey non-profit organization dedicated to ending domestic violence through the provision of education and prevention programs that reach high school students, law enforcement professionals, nurses, social workers, human resource managers and other human service professionals.

Registration is now open for our Intimate Partner Violence Advocate (IPVA) Certification Series, a comprehensive educational opportunity valuable to social service and healthcare professionals, school counselors, nurses and educators, or anyone who works with families.

One in 4 women and 1 in 3 teenage girls will experience intimate partner abuse in her lifetime; therefore it is likely that human service professionals will have a client or patient who is affected, yet many don't know about the risks, how to develop a safety plan, or where to refer victims for help.

Co-founders of APFC, Allison Bressler and Gloria Sgrizzi, developed the series to fill a gap in domestic violence educational services for professionals in New Jersey. "IPVA is designed to give people on the front lines practical tools and information on how to provide safe and effective support," says Ms. Sgrizzi.

As the lead trainer for APFC, Ms. Bressler brings her 16+ years of experience of working with victims to each class: "We answer the questions so many people have concerning risk assessment, safety planning, resources, navigating the legal and community-based systems in our state, the effects on children who witness abuse, teen dating violence and more."

IPVA is praised by former attendees – 100% of whom said on confidential evaluations that they'd recommend the program to colleagues. One person wrote, "This is the only program that SHOWS us how to do the work."

APFC is authorized to reward continuing education credits for professionals; we ask that you contact us for details.

Participants may register for all five classes to obtain the IPVA certificate, or they may take classes individually. Go to [www.APartnershipforChange.org](http://www.APartnershipforChange.org) and click on the IPVA link for full class descriptions.

## Topic & Dates for IPVA Series:

- 1) **DV101: Domestic Violence Introduction:** Wed., Sept.21, 2016
- 2) **DV102: Understanding the Victim/Survivor:** Tues., Oct. 18, 2016
- 3) **Effects of Domestic Violence on Children:** Thurs., Nov .3, 2016
- 4) **Teen Dating Abuse:** Tues., Dec. 13, 2016
- 5) **DV103: Advocacy & Community Response:** Tues., Jan. 10, 2017

**Location:** Prevent Child Abuse NJ Training Facility,  
 103 Church Street, New Brunswick, NJ.

**Time:** All classes run from 10AM to 4PM

**Cost:** \$110 per class OR \$500 for the series  
 (includes materials, certificate and light refreshments)

## REGISTRATION REQUIRED.

Seats go fast; email us to reserve a spot at:  
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# Question: How does Art Help Us?

Drawing stimulates the brain to grow in the areas that learn how to observe. Some children are born 'artistically gifted' and love to spend time more time drawing than others, but these habits can be nurtured and developed in most children. For all children (and adults) art can be used as a means to increase intellectual capacity to observe and express. Art is made of memories, imagination, observations. Memories are the inspiration, imagination helps provide the material for constructing art and observations help the artist make sense of the project, giving it direction and meaning.

Children who routinely practice drawing, painting, building with clay, cutting out shapes for collages etc. often discover how to make observations and drawings that seem advanced for their age. Drawing and other observational art projects such as collages and collections encourage an eye for detail, awareness of differences and similarities. Drawing strengthens memory and promotes fine motor skills, spatial understanding, better handwriting and manual dexterity. Handwriting and drawing can definitely be improved when correct grip, pressure and posture are encouraged and monitored.

Drawing is the natural and best 'beginner art' for young children and can be enjoyed and improved as the child matures. Younger children are less apt to compare their drawings to others and are less self-critical and more tolerant of their own work. While most children benefit by early instruction and practice in observational drawing, not all are ready for instruction. Some may get frustrated when their drawings are not recognizable, and become resentful when help is offered. Show them how help, and practice can make a positive difference. Give them time and try a few months later, eventually most children will accept help. To keep the child's interest going, make it a fun activity with praise for effort.

Children naturally love the arts - painting, drawing, music, the theater. Unfortunately, when schools cut back on budgets, the arts are usually the first to go. It seems that schools do not appreciate the importance of art in building child's brain. Physiologically, the human brain consists of two parts, the left and right hemispheres. The left brain is used in logical thinking and analytical processes. This is typically what is trained in school work that consists of math, reading and science. The right brain is used in emotional perception, intuition and creativity. It is the right brain that is mainly used when a person is involved in creative endeavors such as making art. Sadly, it is this part of the brain that typical school environment neglects to train.

It is shown that when gifted kids solve problems in their areas of giftedness, there is increased electrical activity in both hemispheres. It appears that for the brain to be efficient, the two hemispheres of the brains must work together. By stimulating and exercising the right hemisphere of the brain, the arts strengthen the connection between the hemispheres. Kids should be exposed to the arts as their cognitive skills mature so that their right brain will be as developed as the left, and both hemispheres work in tandem, thus achieving the full potential of the mind. Give your child a great start - give your child the gifts of art.

Marlene Bohnyak - Owner / Instructor, Artisan Studio

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# Typical Language Accomplishments for Children, Birth to Age 6

## Helping Your Child Become a Reader

Learning to read is built on a foundation of language skills that children start to learn at birth—a process that is both complicated and amazing. Most children develop certain skills as they move through the early stages of learning language. By age 7, most children are reading.

If you have questions or concerns about your child's progress, talk with the child's doctor, teacher, or a speech and language therapist. For children with any kind of disability or learning problem, the sooner they can get the special help they need, the easier it will be for them to learn.

### From birth to age 3, most babies and toddlers become able to:

- Make sounds that imitate the tones and rhythms that adults use when talking.
- Respond to gestures and facial expressions.
- Begin to associate words they hear frequently with what the words mean.
- Make cooing, babbling sounds in the crib, which gives way to enjoying rhyming and nonsense word games with a parent or caregiver.
- Play along in games such as "peek-a-boo" and "pat-a-cake."
- Handle objects such as board books and alphabet blocks in their play.
- Recognize certain books by their covers.
- Pretend to read books.
- Understand how books should be handled.
- Share books with an adult as a routine part of life.
- Name some objects in a book.
- Talk about characters in books.
- Look at pictures in books and realize they are symbols of real things.
- Listen to stories.
- Ask or demand that adults read or write with them.
- Begin to pay attention to specific print such as the first letters of their names.
- Scribble with a purpose (trying to write or draw something).
- Produce some letter-like forms and scribbles that resemble, in some way, writing.

### From ages 3-4, most preschoolers become able to:

- Enjoy listening to and talking about storybooks.
- Understand that print carries a message.
- Make attempts to read and write.
- Identify familiar signs and labels.
- Participate in rhyming games.
- Identify some letters and make some letter-sound matches.
- Use known letters (or their best attempt to write the letters) to represent written language especially for meaningful words like their names or phrases such as "I love you."

### At age 5, most kindergartners become able to:

- Sound as if they are reading when they pretend to read.
- Enjoy being read to.
- Retell simple stories.
- Use descriptive language to explain or to ask questions.
- Recognize letters and letter-sound matches.
- Show familiarity with rhyming and beginning sounds.
- Understand that print is read left-to-right and top-to-bottom.
- Begin to match spoken words with written ones.
- Begin to write letters of the alphabet and some words they use and hear often.
- Begin to write stories with some readable parts.

### At age 6, most first-graders can:

- Read and retell familiar stories.
- Use a variety of ways to help with reading a story such as rereading, predicting what will happen, asking questions, or using visual cues or pictures.
- Decide on their own to use reading and writing for different purposes;
- Read some things aloud with ease.
- Identify new words by using letter-sound matches, parts of words and their understanding of the rest of a story or printed item.
- Identify an increasing number of words by sight.
- Sound out and represent major sounds in a word when trying to spell.
- Write about topics that mean a lot to them.
- Try to use some punctuation marks and capitalization.



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