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**News for Parents** • Activities for Kids

#### **NOVEMBER 2014**

#### **INSIDE:**

- Great Gifts for All Ages
- Delicious School Lunches
- Fall Crossword Fun
- Thanksgiving Movie Night



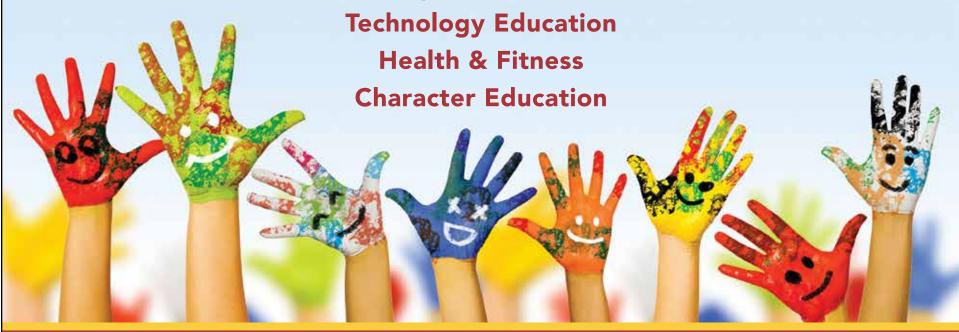
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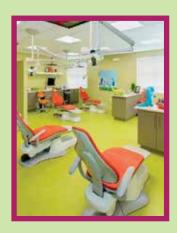
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#### **NOVEMBER 2014 Features & Departments**

The Best Gifts for This Holiday Season

**Kids-Eat-Free Restaurant Promotions** Near You!

A Fun Approach to Teaching Music to Kids

School Lunch Can Be a Delicious Meal, Too...Right?

How Well Do You Know Your Friends?

Parents, Antibiotics Aren't Always the Answer

Fall Crossword Fun



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#### **Specialized Classes @ Artisan Studio**

By Marlene Bohnyak, Owner /Instructor

Reading and drawing has always been a complete pleasure and obsession for me as a child. It provided a place to escape and fantasize as I read the *Madeline* adventures with their incredibly charismatic illustrations of French culture. The style of Ludwig Bemelmmans' illustrations was so stylized, energetic and exciting to my young eyes. I couldn't wait to read the next book to see what kind of situation Madeline would be in next!



If I Were Going was my most memorable book of all in elementary school. It took me all over the world through its illustrations and descriptive paragraphs. Pen and ink with water-colored washes captivated and inspired my imagination. Later it was the Nancy Drew mysteries, Bobbsy Twins adventures and the like. As I grew older my interests grew broader as I consumed endless stories of animals: Lassie Go Home, Old Yeller and other classics. As paperbacks became more available, it lessened my trips to the library, and had more interestingand colorful covers with illustrations,

lettering and other details to attract me. There was nothing I liked better than to crack open the first page of a book and smell the fresh ink and paper!

With these memories of creative writing and illustration, I have created our Cover 2 Cover classes. Students ages 7-12 learn to explore writing techniques and styles to tell their stories which will greatly improve their abilities, and carry over into their schoolwork. Using different mediums they will learn how to structure and create their artwork to complement and enhance their writings.

Fashion Illustration was my major at the High School of Art and Design, and my concentration at Pratt Institute. Loving illustration in general, I pursued fashion illustration as a potential career. Fashion dominates the media and is all around us. Many of our students wish to focus on this and so we have created our Fashion Design & Illustration classes.

Our instructor, Ms. Gail has been a dear friend of mine for over 45 years, (classmates in high school), and more importantly, had a long and successful career in fashion illustration in NYC.

Now semi-retired and still free-lancing, she has been at Artisan for the past two years inspiring our young 'fashionistas'! Each week Ms. Gail shares her knowledge and passion for fashion as she inspires her students, ages 7-12. They learn about fabrics, patterns, color coordination and how to create outfits and accessories that are age appropriate, fun and beautiful! Using croquis, fabrics and trend boards, students get a hands-on experience and sampling of what fashion is all about.

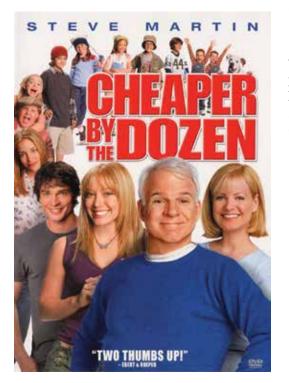
Please visit us at artisanstudio9.com for more info about our other specialized and traditional classes!



#### **Thanksgiving Movie Night**

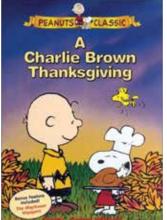
#### By Krusha Vaidya

Thanksgiving is about three things, turkey, football, and most importantly, family. This Thanksgiving, watch a movie with your family that shows them just how much you appreciate them.



#### Cheaper by the Dozen (2003)

2 parents, 12 kids, and 1 dog, what could go wrong? A lot apparently. Join the Baker's as they handle 12 kids and a move far away from home. This movie is suitable for kids 7 and up.



#### The Blind Side (2009)

Although this movie focuses on difficult issues, it is a great movie for thanksgiving. Based on actual events, a Southern woman takes in a homeless football prodigy who eventually becomes a first-round draft for the NFL. Due to some of the powerful material in this film, this movie is better suited for ages 8 and up.

#### A Charlie Brown Thanksgiving (1973)

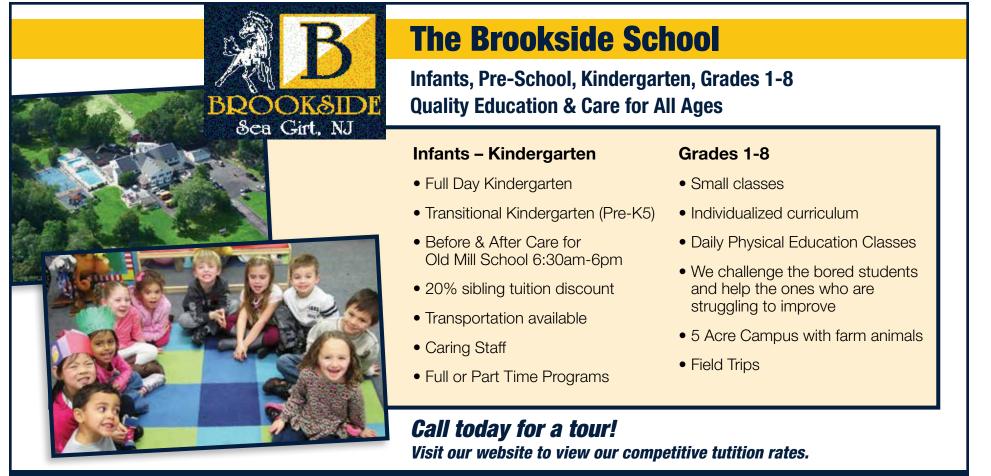
When Peppermint Patty and her friends persuade Charlie Brown into serving a traditional Thanksgiving dinner, it's up to Woodstock and Snoopy to make it a successful one. Charlie Brown is a classic that lifts your heart anytime of the year. Because of the light full nature of this movie, it is best for ages 3 and up.

#### Winnie The Pooh's - Season of Giving's (1999)

A collection of memorable holiday adventures as Winnie, Piglet, and Tigger venture out to find the right ingredients for winter while Rabbit learns how to make a Thanksgiving dinner and features a special visit from a new friend and a great number of songs for singing along. Great for ages 3 and up.

#### Alvin and the Chipmunks: Alvin's Thanksgiving Celebration (2008)

This hilarious comedy features the most adorable rascals, Alvin, Theodore, and Simon as they host a Thanksgiving dinner for their relatives and at the same time try to keep Alvin out of mishaps! Recommended for ages 3 and up.



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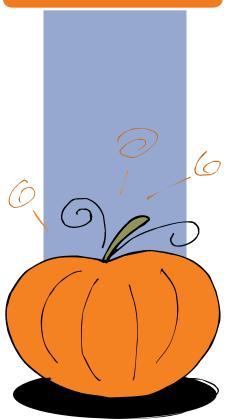
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#### Thanksgiving Word Search



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#### The Best Gifts for This **Holiday Season**

By Brianna Siciliano

very year we feel pressured to give the best gifts possible to the people we love the most. What is the point of spending time and money on gifts that people won't enjoy? As gift givers, our goal is always the same: purchase the trending items that

Razor Crazy Cart

kids really want. There are tons of gifts in the market right now for all ages, thankfully, which means you have a chance to get the perfect gifts for the kids on your list! Check out the trending items that are listed below and get ready to see the smiles on your loved one's faces!

Are you looking for holiday gifts for babies and toddlers on your list? If so, you should consider toys that will get their brains working in fun and creative ways. Does the little one your shopping for love animals? Look into the Safari Sounds Musical Learning table! This table grows with little ones (it can be used from a seated or standing position) and provides hours of exploration and learning, and it features an alphabet flip book, piano, rattle



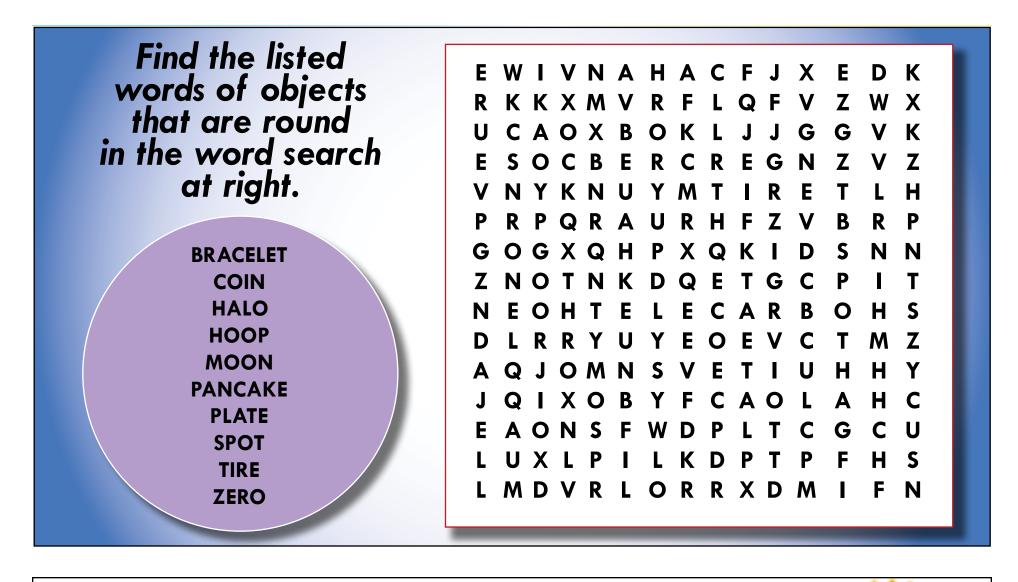
spinner, peek-a-boo surprise, and much more! If that does not interest you, then maybe the Fisher-Price Laugh & Learn Smart Stages Crawl Around Car will! This toy features smart stages technology and includes over 75 sing-along songs, tunes, and phrases, an interactive dashboard with lights, sounds, and busy activities, a light-up

baby "GPS," shapes and colors to sort, and much more. The toy is perfect for learning, music, and imagination.

Looking for gifts for toddlers or pre-schoolers? If so, check out the VTech Sit-To-Stand Learning Walker. The walker comes with five piano keys-all of which play musical notes, three colorful spinning rollers, three shape sorters and light-up shape buttons, an open/close barn door, spinning gears, and a telephone handset. The walker will keep your little one's mobility on track while teaching him or her shapes, colors, animals, music, and more. Are you looking for a gift that will help your little one gather their own ideas to support and expand their learning? Then look into the Leapfrog LeapPad2 Learning Tablet Custom Edition! The LeapPad2 Custom Edition comes with 10 sticker skins (one that the child can color), digital wallpapers to change up, nine apps, 4GB memory, and loads of other exciting features. Children are able to take pictures and videos with the front and back cameras, play, draw, and write on the 5-inch touch screen with the included stylus. Buying this tablet will have your little one learning in no time!

Are you searching for the perfect gift for a young child who is fascinated with photography, clocks, and voice recording? If you answered yes, then the VTech Kidizoom Smartwatch should be on the top of your shopping list! The VTech Smartwatch comes in blue, green, pink, or white and features a camera with photo effects, video recorder, voice recorder, touchscreen, timer, alarm clock, 4 learning games, and over 50 clock face designs. Looking for the perfect gift for the princess in your life? Well, consider gifting her

Continued on page 22





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By Brianna Siciliano

ave you been looking for a fun, affordable way to spend time with your family while munching on delicious foods? Well, there are many restaurants in Monmouth, Middlesex, and Ocean counties that offer kids-eat-free promotions for you family to enjoy. When you visit your favorite restaurant on a kids-eat-free night, you will not have to worry about overspending on the meals that are hardly touched. Check out some of these kids-eat-free restaurants with your family and enjoy the fun memories and bonds that you will be creating.

Are you in the Toms River area, looking for a restaurant where kids can eat free on a Friday (or even a Wednesday) night? If so, bring your family to the Perkin's Restaurant and Bakery on Route 37 East anytime from 4 p.m. to close. Your children will love the idea of eating breakfast foods for dinner. If your family lives



near Wall Township, then check out your local Perkin's Restaurant and Bakery on Highway 35 any-day of the week. Kids eat free everyday from 4 p.m. to closing time with every purchase of an adult entree.

Are you big on Hibachi and sushi? Why not take your family to Arirang Hibachi Steakhouse and Sushi Bar located on Route 9 South in Parlin on a Monday or Tuesday night? On Monday and Tuesday afternoons, children under 10 eat free with an adult entree of \$17 or more. Eating at Arirang is an event where the entire family is fully entertained. For more information on Arirang, and to reserve yourself a table for an upcoming Monday or Tuesday night, call 732-525-3551.

Do you live near the Freehold area? Well, if you are looking for a tasty meal on a Monday or Tuesday night, why not visit the TGIF's on Highway 9? The restaurant offers a kids-eat-free with every adult meal purchased promotion on those two nights.

Kids-eat-free restaurants allow you to enjoy restaurant dinners more often at more affordable prices. Take advantage of local restaurants who offer kids-eat-free promotions and enjoy the family bonding that dining out will bring!



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### A Unique Boutique for Your Child's Room

By Susan Heckler

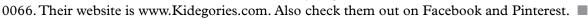
Kidegories is a specialty children's furniture and nursery furniture boutique located in nearby Shrewsbury. You step through their doors into every child's dream. Their children's furniture is unique, with many hand painted furniture pieces and room accessories. Your child is one of a kind and their room can be one of a kind too. Their bedroom and playroom can reflect their personality and uniqueness.

Their products are great from tots to teens. You name it; they can do it...from furniture to accessories, to bedding to amazing gifts. They sell specialty and personalized gift i t e m s that will be treasured keepsakes for years to come.

In business for over 20 years and in their current Shrewsbury location for over 10, they also offer a wide selection of luxury baby blankets, baby hats, handmade sweaters, designer diaper bags, and plush toys. They also offer personalized products from wooden hanging letters, fabric hanging letters, name puzzle step stools, personalized rocking chairs and much more.

It can be tempting to surf the web for items for your children's rooms. With Kidegories, you can come in to touch and feel the item and hand pick what your child will grow with. Shopping locally means your hard earned dollars stays close to home. You are supporting local businesses that, in turn, support your local economy.

According to owner Eileen Buriani, "We always appreciate shopping local. We hope to make your shopping experience wonderful! Come see us for the holiday and leave time for special orders of outstanding items." Kidegories is open 7 days a week. Visit them at 468 Broad Street in Shrewsbury or give them a call at 732-530-



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#### A Fun Approach to Teaching Music to Kids

By Susan Heckler

A re you considering encouraging your child to play a musical instrument? No matter what instrument, there are benefits that you may not be aware of and should be considering.

There is evidence that musicians have organizationally and functionally different brains than non-musicians. If you think about it, when you play an instrument you are using (and exercising) the parts of your brain that control motor skills, coordination, memory and cognitive skills. Studies suggest a 7 point increase in IQ for those that play an instrument as well as improved scores in school.

For those that play a band or orchestra instrument, playing helps build team work skills and social skills in general. For kids going to a new school, meeting fellow musicians allows them to be a part of a group rather than walking into a potentially overwhelming situation.

Learning an instrument helps with time management. It teaches patience, perseverance, and also helps sharpen your concentration as well as a feeling of accomplishment. With confidence comes better social skills. It also opens their eyes culturally and is a great means of self-expression, as well as a stress reliever.



According to Michael Basile, owner of The School of Rock Monmouth County NJ located at 256 Route 79 in Marlboro, music is the great equalizer. They have taken a new approach in teaching music. Using an inclusive group setting in the curriculum, rather than the traditional method of starting with fundamentals taught from a boring book, the School of Rock starts with the music. "For vocalists, teaching 3 part harmonies is really tough, especially the music theory behind the concepts which makes up a harmony. We teach a Queen song which is chock full of harmonies. The students have fun, and then we go back to the book and back into the theory behind the music. Using this method, the kids learn at exponential rates. I became a believer in the approach."

For more information about School of Rock, contact Michael at 732-290-0666. ■



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#### School Lunch Can Be a Delicious Meal Too...Right?

By Brianna Siciliano

The new school year has begun, and like all years, we are hoping to make this year the best it can be for the students in our lives. School supplies have already been purchased and taken care of, but do you have anything else to worry about school wise? School lunches!

Preparing school lunches for your children is often a challenge. Lunches

salad, or a chicken-hummus dunk. Did you bake your daughter's favorite pasta dish last night? Let her enjoy that pasta one more time! Does your child love making his/her own lunch? Pack different ingredients for him/her to put together, for example: steak tacos. Pack thinly sliced steak, tortilla shells, and your child's favorite fixings into little zip block packs for your child to as-

should be tasty enough for the students to enjoy, but healthy at the same time. Packing a peanut butter and jelly sandwich with a side of fruits and vegetables can be fun the first time, but after that, students look forward to eating exciting and creative foods.

To make sure that your kids are sent to school with a healthier, creative, lunches made with love and care, start making extra plates of dinner every night. That's right, make too much dinner and allow last night's leftovers become the building blocks for today's lunch.

Using leftovers for lunch is quick and easy. Did your son absolutely love last night's chicken? Use the chicken leftovers as a base for his lunch by creating a chicken sandwich, a chicken



semble at lunch.

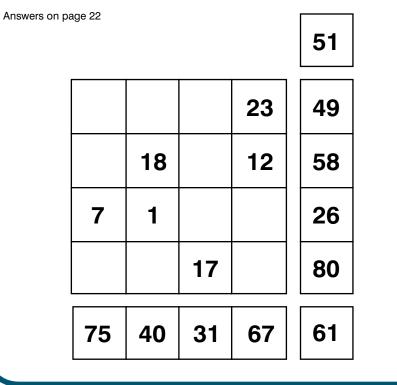
By taking your child's preferences into account and mixing up different lunch options for him or her, you will begin to notice that your child will be excited for school days. Spice up your child's school life with delicious foods and enjoy the smiles that will be heading your way.



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#### SUDOKU

Try to fill in the missing numbers. The missing numbers are integers between 0 and 25. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.



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How Well do You Know Your Friends? First, answer the questions below about your friend(s). Then, ask your friend the questions and see how well you know your friends!

- 1. My favorite midnight snack is?\_
- 2. The TV show I watched last was?\_
- 3. Scary movies are fun. True or false?\_\_\_\_\_
- 4. The candy I enjoy the most is?\_\_\_\_\_
- 5. The food I hate the most is?\_\_\_\_

- 6. The chore I hate the most is?\_\_\_\_\_
- 7. My favorite celebrity is?\_\_\_
- 8. I love roller coasters. True or false?\_\_\_\_\_
- 9. My hardest subject at school is?\_\_\_\_\_
- 10. The song I play over and over is?\_\_\_\_





#### Parents, Antibiotics Aren't Always the Answer

By Brianna Siciliano

Antibiotics do not fight infections caused by viruses like colds, flu, most sore throats, bronchitis, and many sinus and ear infections. Instead, symptom relief might be the best treatment option for viral infections.

Get smart about when antibiotics are needed—to fight bacterial infections. When you use antibiotics appropriately, you do the best for your health, your family's health, and the health of those around you.



Taking antibiotics for viral infections, such as colds, flu, most sore throats, bronchitis, and many sinus or ear infections:

- Will not cure the infection
- Will not keep other people from getting sick
- Will not help you or your child feel better
- May cause unnecessary and harmful side effects
- May contribute to antibiotic resistance, which is when bacteria are able to resist the effects of an antibiotic and continue to cause harm

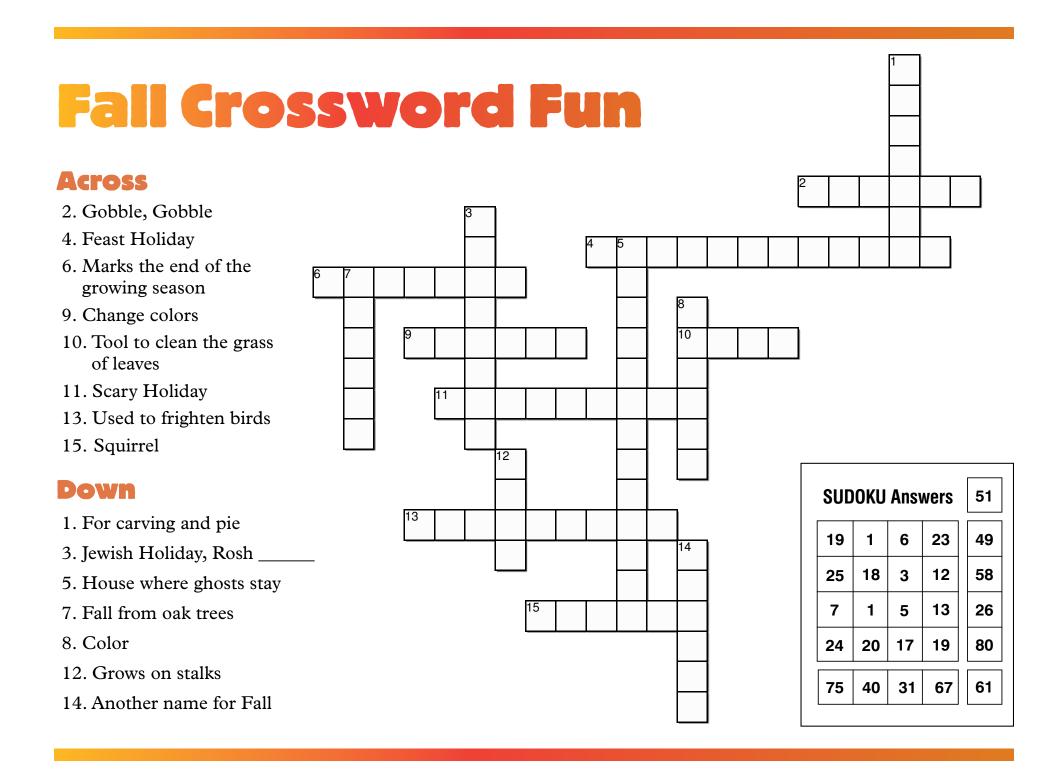
Rest, fluids, and over-the-counter products may be your or your child's best treatment option against viral infections.

#### WHAT NOT TO DO

- Do not demand antibiotics when your healthcare professional says they are not needed.
- Do not take an antibiotic for a viral infection.
- Do not take antibiotics prescribed for someone else. The antibiotic may not be right for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to grow.

When your child is sick, antibiotics may not be the answer. Work with your child's doctor or nurse to learn how you can help your child feel better.





#### The Best Gifts Continued from page 10

Disney's Frozen Snow Glowing Elsa. When you raise Elsa's arm, her dress and necklace magically light up, and when you touch her magical snowflake necklace, you can hear Elsa say 15 phrases from Frozen. The Elsa doll can even sing the hit song "Let it Go." Are you shopping for an adventurous little boy? Well, check out the Blue Air Hogs Zero Gravity Laser Racer, which features patented wall climbing technology, 5 directional control and infrared sensors, and LED lights that change colors. This race car defies the laws of gravity and is able to drive along the floor, up the walls, and even on the ceiling. The air hogs laser racer is definitely at the top of the list for this holiday season.

Looking for a fun gift for a child who is nine and up? Well, the Razor Crazy Cart might be the perfect gift for you! The razor crazy cart supports riders up to 140 pounds and it features 360-degree plus steering capability for tight turns, a variable speed foot pedal acceleration (no brake), and a drift bar that

allows drivers to completely control their drifts, spins, and cornering. The cart speeds up to 12 miles per hour and is bound to be a major hit this year.

If you are looking for gifts for tweens and teens, try to think about what they enjoy the most. Do they like certain sports teams? Musicians? Actors or Actresses? Do they enjoy working out, baking, or watching movies at home? Do they have a favorite hobby or sport? Keep in mind the things that these tweens and teens love the most when you shop for them. Buy him or her a season of their favorite television show on DVD, their favorite football player's jersey, or the newest workout gear for teens their age.

By purchasing any of the gifts that have been listed above, you are bound to receive a big smile and two thumbs up. Good luck with your holiday shopping!

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