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Dorota M. Gribbin, MD

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

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PROLOTHERAPY

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Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

"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

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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..."

25% Dextrose (Solution of sugar with a local anesthetic). Is injected to tendon/ligament area this method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

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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 experienced 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 surgery 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.

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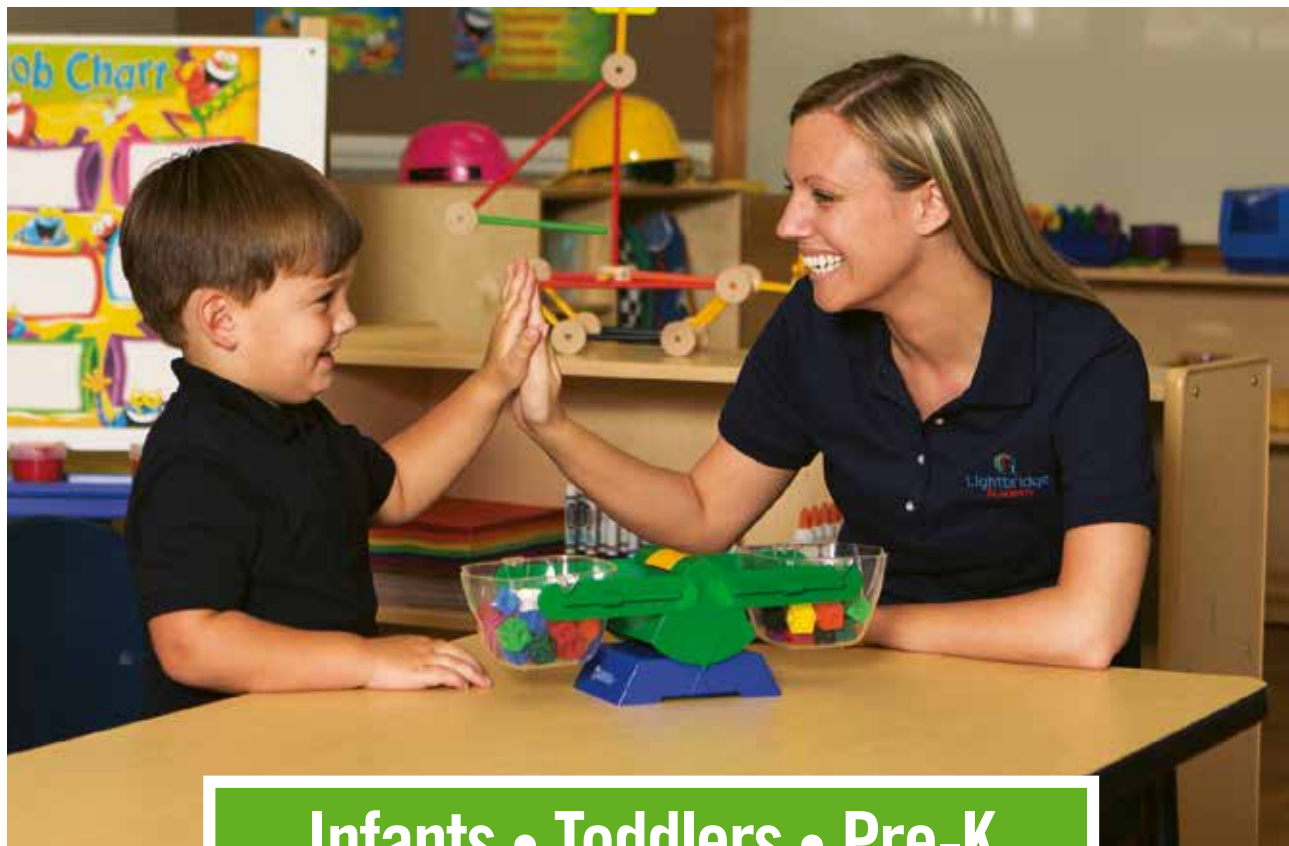
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Eight Myths About Learning Difficulties (and Why They're False)

By Michael Ginsberg

It's not your fault. You've taken the advice of well-meaning parents, seen your own math struggles in action, and heard that tutoring helped your neighbor's daughter after she missed two weeks of school due to appendicitis. And you're not alone. The myths you've believed about learning difficulties have been perpetuated for years (with no ill intent!) because we didn't know better! But now, thanks to advances in medical technology, cognitive remediation programs, and genetic research, we're being enlightened on the formerly misunderstood intricacies of the brain and learning.

To keep you up to speed, here are 8 of the more common myths surrounding learning difficulty and why we now know they're false.

1. Accommodations are the best options for students with learning struggles.

Why it's false: In many cases, accommodations at school simply "enable" the learning difficulty by working around the child's need, rather than addressing the root cause. A child with slow processing speed, for example, may regularly be given extra time to complete tests. Likewise, a child with attention struggles may be allowed to work in a separate room from his class to avoid being distracted by other students. These accommodations do nothing to help the child prepare for academics down the road (or adulthood) where teachers, professors, and bosses don't cater to the individual's needs.

2. Tutoring is the best approach to help with learning difficulties.

Why it's false: Much like accommodations, tutoring doesn't get to the root cause of learning difficulties. So when a child struggles in school and the parents turn to tutoring, it usually doesn't provide any permanent "fix." Why? Tutoring only teaches temporary academic material; it's a rehashing of information. But if the child has weak brain skills, no amount of tutoring is going to "sink in" and create lasting change.

Tutoring can be effective for a child who has missed a lot of school due to an illness, injury, or family move. Essentially, it provides a way for a student to "catch up" on material that they've missed due to an extended absence. But because tutoring teaches WHAT to learn, not HOW to learn, it doesn't address underlying learning struggles.

Learning disabilities/difficulties are rooted in weak cognitive skills, so the best way to address the learning struggles is with cognitive skills training.

Also known as "personal brain training," cognitive skills training gives children the tools necessary for further learning to become easy.

The first step is a noninvasive assessment that identifies which cognitive skills are weakest. Once those skills are identified, a one-on-one brain training program is customized to address the student's specific needs. After completing the program, learning ANY subject becomes easier, faster, and more efficient.

Best of all, the results of personal brain training are lasting, as well as measurable.

Personal brain training helps address cognitive deficits for anyone: children, teens, adults, seniors, and even people who have experienced a loss of brain skills due to illness or injury.

3. Smart kids can't have a learning disability.

Why it's false: Have you ever wondered how your child can be so funny, creative, and smart, but still struggle with school? If so, you're not alone. That's because it's not only possible—but even common—for intelligent children to have a learning disability.

A learning disability affects the way children of average to above average intelligence receive, process or express information. It impacts their ability to learn the basic skills, like reading, writing, or math.

Did you know that Albert Einstein had ADHD? Or that Thomas Edison had dyslexia? Because IQ is simply a measure of cognitive abilities, it's easy to see how a very smart child could still have a learning disability. Just imagine a child whose cognitive skills are all very strong, except one. A bright child who struggles with selective attention, that is, the ability to remain focused on a task while being subjected to distractions. Or a brilliant teen whose memory skills are so weak that he can't remember what his homework assignments are.

4. IQ can't be changed.

Why it's false: We now know about neuroplasticity – the brain's ability to change at any age.

With our better understanding of neuroplasticity comes the realization that our IQ isn't set in stone from birth. Our intelligence is measured by the strength of our brain skills. These include things like visual processing, logic & reasoning, auditory processing, memory, attention, and processing speed. Unlike subject matter exams, which test your knowledge of specific content, such as history facts and math formulas, IQ tests measure the strength of the brain skills needed to learn, process, remember, recall, and apply those facts and formulas. So to increase IQ, you simply need to strengthen one or more cognitive skills.

5. ADHD symptoms are the same in boys and girls.

Why it's false: When people think of ADHD, they often think of boys bouncing off the walls. While hyperactivity is a common symptom of attention struggles—especially among boys—it's often accompanied by things like impulsivity and an inability to multitask. But ADHD is now the generally accepted umbrella term for the three types of ADHD: Inattentive Type, Hyperactive/Impulsive Type, and Combined Type. For girls, ADHD tends to manifest differently, often as inattentiveness and disorganization. Because these symptoms aren't as disruptive to class, ADHD in girls is often missed.

6. Dyslexia is about seeing letters backwards.

Why it's false: The most basic symptom of dyslexia is not seeing "reversed letters" as many people believe. The truth is that 88 percent of learning-to-read difficulties are caused by weak phonemic awareness—the cognitive ability to blend, segment, and analyze sounds.

The word dyslexia actually means "poor with words or trouble with reading." This could mean reading fluently, out loud, reading new words, and/or pronouncing words correctly. Some of the most common symptoms include:

1. Difficulty transferring what is heard to what is seen and vice versa.
2. Struggles pronouncing new words.
3. Poor at distinguishing similarities/difference in words (no, on)
4. Weak at letter sound discrimination (pin, pen)
5. Low reading comprehension

7. Genetics are the main reason kids are bad at math.

Why it's false: There's no such thing as someone being born bad at math, and it's certainly not a pre-determined destiny.

Although genetics can play a role, most people with dyscalculia ("trouble with numbers") have poor visual processing and memory skills. For example, weak visual processing skills might cause someone to transpose numbers (68 becomes 86). When working memory is weak, someone doing mental math (say, $23 + 28$) might forget that they "carried the one," leading them to answer 41 instead of 51.

Many experts now agree that we do our kids a disservice by steering them away from the challenges of math to alleviate their fears. Instead, we should be eradicating those fears by strengthening the fundamental building blocks to learning math: strengthening the brain skills needed to do any type of math.

8. The effects of concussions are the same for boys and girls.

Why it's false: Although female athletes may suffer fewer concussions, the effects on girls may last longer. This may be because male athletes have greater neck strength and a higher BMI, making them more resilient. One study found that eight days after the concussion, girls' symptoms—including fatigue, headache, and reduced cognitive skills (e.g., visual and verbal memory)—were worse than boys' symptoms¹.

Now that we've dispelled some of the myths about learning disabilities, you can take the information you've learned and apply it—when appropriate—to your child's struggles. After all, you'll always be on the front lines of your child's fight against learning struggles!

Michael Ginsberg is the executive director of LearningRx centers in Marlboro and Red Bank, NJ. LearningRx brain training specializes in addressing the cause—not the symptoms—of learning struggles. In 2015, LearningRx celebrated its 90,000th student completing the cognitive skills training program. To learn more or to schedule a cognitive skills learning profile test you can call 732-444-8579.

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Join a 'Shop Local' Movement

It's easier than ever to find a local movement supporting the act of shopping locally. Joining one is even easier!

In most cases, the best way to show love for your local business is to buy from them. And the holidays are a great time to give back to your small business community by spending your hard-earned dollars there.

But what happens when you go beyond the purchase? How much can you achieve by becoming an actual voice in the conversation promoting the act of shopping locally into the mainstream?

Join the Mission

Community-focused organizations like Independent We Stand or the Small Business Administration are continually seeking volunteers to help get the word out on their efforts.

The websites of both organizations offer guidance on how to become involved in their activities. Choosing to devote your time or resources toward the overall growth of the small business landscape can have a big impact on your community.

City & Town Movements

Many of the nation's largest cities – and small ones in between – have put together strong 'shop local' campaigns to motivate and mobilize their community members. These initiatives can range from a simple one-day event or a full-fledged, year-long effort to publicize the importance of shopping locally during the holiday season.

Does your community sponsor a small business board in addition to its chamber of commerce? Do you have opportunities to promote your favorite small businesses to your own customers, partners or management teams?

Become an Advocate

If there are no major movements in your area, you can still become an advocate for your favorite local shop. And you can do so in creative ways.

Many national organizations conduct large-scale contests to award the most innovative small businesses across the country. Grant money, new equipment or free advertising can be among the prizes doled out for winning entries.

Be on the lookout for such promotions and alert your small business owners when you find one.

You can also take your message or positive purchasing experience to social media. This is another way of promoting your favorite small business to the masses.

Authentic, unforced customer referrals can be the best form of advertising for a small business, so share often.



NOVEMBER

Keep Your Parents Busy

2015

The Price is Right LIVE is coming to the Count Basie Theater today, at 7 pm!

The Lion, The Witch, and The Wardrobe takes the stage tonight at Monmouth University.

Today is National Sandwich Day-go out or make your favorite to celebrate!

Octoberfest is now taking place in Monroe Township! Crafts, rides, music, food, and more.

Visit the Princeton Farmer's Market today, which happens every Thursday until November 19th.

MOVIE: The Peanuts Movie comes out today!!!!

Explore the night sky under a planetarium dome. Planetarium at Raritan Valley College, 118 Lamington Rd, Branchburg, NJ.

Tonight the Big Apple Circus comes to The State Theatre in New Brunswick, NJ, putting on a performance that is specially crafted for children with autism.

Presented by 98.3, Meat Loaf performs tonight at the State Theater in New Brunswick, NJ.

Celebrate National Young Reader's Day today by visiting your local library or bookstore.

Freehold Mall Art & Craft Fair

Fun fact: Today is National Pizza with the Works Except Anchovies Day.

Peter Pan takes the stage tonight at the Count Basie Theater in Redbank, NJ, at 8 pm!

20th Annual Turkey Trot, a 5K run in Colonial Park, Franklin, NJ.

Take a complimentary yoga class today at the Lululemon store in the Freehold Raceway Mall.

Today is National Fast Food day-to celebrate, go enjoy your local drive-thru!

So You Think You Can Dance LIVE tonight at 7:30 pm in Toms River!

Fall Food Truck Fiesta! In West Windsor, NJ.

Disney On Ice: 100 Years of Magic at the Prudential Center in Newark, NJ- your favorite Disney characters come to life on ice!

MOVIE: The much anticipated last installment of the Hunger Games trilogy, Mockingjay: Part 2, comes out today!

Vonhuns Farm Fall Festival, pick-your-own pumpkins and apples and other family activities every weekend throughout the fall.

Santa Run at Six Flags Great Adventure! Dress up like Santa and run a 5K through the park!

Today is National Eat a Cranberry Day-right in time for Thanksgiving!

Take today to start prepping for Thanksgiving: make your last minute runs to Shop Rite, bake the pies, and set the table. The greatest holiday in the world is in two days.

MOVIE: Pixar's The Good Dinosaur comes out today!

Thanksgiving Day-give thanks and gobble up lots of food!

Black Friday- starting earlier and earlier each year. Some deals are beginning at 10pm on Thanksgiving Day, so get on out there to steal some deals!

Disney LIVE! opens tonight at the State Theater in New Brunswick, NJ.

The Bradley Beach tree lighting ceremony is tonight at 5pm... tis the season!

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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. ■

Can I Feed My Baby Honey?

By Mia Ingui

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 botulinum* 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 cry, 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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- Is your child struggling with learning? Reading? Homework? If so, you're probably seeing the impact of those struggles on your child's confidence, attitudes at home and school, even dreams for the future.

Fortunately, there's a fixable problem behind most learning struggles. In fact, 80% of all learning struggles are caused by one or more weak cognitive skills. At LearningRx, we identify weak cognitive skills and make them stronger. In other words, if your child is struggling with learning, reading, homework—even attention—we can find the cause and fix it.

Best yet, our innovative one-on-one brain training programs get results that are unmatched by any other program out there, including brain training websites, digital products or tutoring. In fact, our programs raise IQ an average of 15 points and improve some mental skills by an average of 30 percentile points.

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Standing up to Duchenne Muscular Dystrophy Meet four-year-old Jamesy

By Pam Teel

Four-year-old James Anthony Raffone has a long struggle ahead of him. Diagnosed two years ago with Duchenne Disease, James is fighting an uphill battle with a disease that right now has no cure. Until a cure is found, his family and friends will sadly watch as he loses his leg muscles and becomes dependent on a wheelchair, then loses the ability to control his breathing, eventually leading to being put on a ventilator. In time, it will also affect his heart muscle. Without a cure, this little boy and so many like him with Duchenne Disease will die slowly and painfully.

Duchenne muscular dystrophy (DMD) is a recessive X-linked form of muscular dystrophy, affecting around 1 in 3,600 boys, which results in muscle degeneration and premature death. The disorder is caused by a mutation in the gene dystrophin, located on the human X chromosome, which codes for the protein dystrophin. Dystrophin is an important component within muscle tissue that provides structural stability to the dystroglycan complex of the cell membrane. While both sexes can carry the mutation, females are rarely affected.

During Jamesy's first years of life, the Raffone's never noticed any kind of symptoms relating to this disease warning them that there was something not exactly right with Jamesy. It was in preschool when Jamesy's teacher noticed that his motor skills weren't quite equal to others in his class. This observation concerned his mom, who took him to the doctors for evaluation. When the doctors couldn't find anything wrong, Jamesy's mom insisted on more testing. Jamesy was given a genetic blood test and it was then that they realized that he had Duchenne Disease. Duchenne is a devastating muscle disease in children. Most boys who have it do not survive beyond their mid-twenties and those that do are wheelchair bound by age 12. Duchenne affects about 300,000 boys worldwide and 20,000 kids in the U.S. alone.

Right now, Jamesy is a happy four-year-old, going off to preschool and playing with his two older sisters. Without a cure, sadly his quality of life will begin to fade away, year by year. This is why funding for research for a cure is so important and why the Raffone family set up the Jar of hope Organization. "JAR" standing for James Anthony Raffone's initials.

Currently there are only 120 known cases of Jamesy's mutation of Duchenne. Not much attention will be given to find a cure for only 119 other boys. Big pharmaceutical companies will not produce a cure for such a small demographic. The Raffones, like many others, have been waiting for the FDA to approve the Exxon skipping trials, but they have been halted. Due to red tape, these boys are rapidly declining in health because the drugs that were helping them produce the muscle building protein essential to maintain what muscle they currently have, has ended. Based on current scientific knowledge, Duchenne could be treatable for this generation of boys. The limiting factor of treating these children right now is funding, not science. The Raffone's mission

for the JAR of Hope is dedicated to bringing awareness and raising funds directed to find a cure and provide funding for treatment and medical needs. Their HOPE is to be able to end Duchenne Disease.

The Raffones, along with family and friends have raised over \$107,000 dollars for research to help find a cure for this disease. They have held many fundraisers throughout the years in hopes that one day children like Jamesy can live a somewhat normal life. Many businesses and corporations have helped out and sponsored events for Jamesy in the past. Molino's Italian Kitchen on Gordon's Corner Road in Manalapan donated enough food to feed 600 people during one fundraising event.

UPComing Events- The New York City Marathon. Once again, JAR of Hope will have a contingent of runners participating under the "Teamjamesy24/7" banner to bring awareness to this dreaded disease. Come and join the Teamjamesy NYC Marathon Team of 2015. This year the team will be running on 11/1/2015 and attempt to raise \$40,000.00. Please help support the runners. To donate to their efforts for running the New York City Marathon, please go to <http://www.crowdrise.com/run2015>

The JAR of Hope Gala, Friday, November 20th, 2015 at the Battle-Ground Country Club in Manalapan. All proceeds go to JAR of Hope, in honor of James Raffone. This will be JAR of Hope's first annual dinner dance gala. The annual event will be held to raise awareness and funds to help the 1000's of boys suffering from Duchenne, the most common muscle disease in children.

Their MISSION: to raise awareness and fund the most aggressive therapies and drug trials available that will lead to a cure for this fatal disease.

If you wish to sponsor the event or take an advertisement out at their gala for your business or one of the Honorees, please call Karen at 732.546.8744.

To help Jamesy's cause or for more information on JAROFHOPE, its fundraisers, future events, or how you can get involved, please go to: www.jarofhope.org. Find them on facebook too!








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Coach's Corner

By Jill Garaffa

Dear Jill,

I am feeling so stressed out. I have so much going on at work and at home that I don't know where to begin. My days at work are very long and then I come home and there's more work to do at home. I'm up till 2am sometimes finishing projects and I can't seem to sit still and turn my brain (and body) off from constantly being busy. I feel so exhausted and drained. How do I shift gears relax?

Signed,
Stress Head
Manalapan, NJ

Dear Stress Head,

I am hearing a value for you around accomplishment and productivity. Our values stem from our belief system and are the drivers of our actions and behaviors. While we all value many things, we generally have only a few very deep core values from which the rest of our values stem. In other words, we may keep ourselves very busy accomplishing things and checking off items on a "to do list," but the reason we do this is because our deeper values are centered on happiness and peace. We believe that if we accomplish more things it will make us happier and we will finally be at peace when everything is finally done... Except that is usually not how things turn out.

The problem with this line of thinking is it can trap us into developing long standing habits that lead us very far away from happiness & peace. We get buried under piles of projects and our calendar becomes stuffed with activities and obligations that bring us everything but happiness and peace.

From a coaching standpoint, the first question I would invite you to explore is: at the core of your being: at the end of your day, what really matters to you? At the end of your life, as you look back, what are the moments that will bring you the deepest sense of fulfillment? Steven Covey, in his best-selling book "The Seven Habits of Highly Effective People," suggests that we all "begin with the end in mind." That said, consider ultimately how you want your life to end and then plan your days accordingly. On their death bed, most people do not look back and think "Gee, if I only spent more time at work."

From a practical standpoint I'm hearing that you currently have a really busy schedule and not enough rest. I suggest taking an honest inventory of all the things that you are currently managing: appointments on your schedule, projects, emails, voice mail, and piles on your countertops and folders in your office. Ask yourself "what is producing fruit?" Any business that does not take inventory will eventually go out of business. Consider that you are the "CEO" of your life. Consider the simple things that truly bring you a sense of joy, fulfillment and happiness. Then ask yourself: What needs to go? What needs to stay?

Our days are made up of hundreds of small choices and ultimately; those choices make up the quality of our life. A life coach is someone that can help you sort through what truly matters and support you with designing a lifestyle that aligns more with your deeper values.

Wishing you clarity, peace & joy,
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.seedsofchange coaching.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@seedsofchange coaching.com or visit www.seedsofchange coaching.com and click "contact us" to be featured in a future column.

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Go with Local Gift Cards

A gift card to a massive box store? We think you can do better than that. A gift card to a local exotic pet store? Now we're talking!

Gift cards are becoming the go-to holiday present for shoppers everywhere. The National Retail Federation says nearly \$30 billion will be shelled out for Christmas presents this year.

Gift cards are simple, easily available and allow your recipient to buy something he or she actually wants.

They can also be extremely thoughtful if you put some energy into buying one.

Know Your Recipient

If you're considering buying some gift cards as Christmas presents this year, it's important to know the tastes of who you're buying for.

Does your recipient have a favorite local music shop or furniture store? Then this will be easy! If you're not sure where he or she likes to shop locally, consider their hobbies and interests.

Golf shops, restaurants, pet stores, gun smiths – there are numerous locally owned businesses to help you find the perfect gift card for any kind of person on your list.

Perfect for Decorations

Maybe you're considering buying some decorative pieces for your friend's home or office, but you're not quite sure if they'll like what you have in mind. Get them a gift card!

You can find local boutiques, florists and specialty shops with a plethora of decorative options for the home – and ones your friend can pick out herself.

Match It with Other Gifts

Versatility is one of the signature advantages of going with a gift card for your friends and family members. Let's say you have an animal-lover in your family and are thinking of buying him a fish tank. You can purchase the tank from your local pet shop and add on a gift card for your recipient to pick out his own fish.

The same concept can apply for any coffee fanatics. Select a new coffeemaker from your local coffee store and load a gift card with \$20 for your friend to buy her favorite kinds.

Recipients love this because it feels like the gift that keeps on giving. Small business owners love it because it's like two transactions and it brings more traffic back into their store.



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*If you like to shop with young kids or elderly family members,
then the madness that accompanies Black Friday or even
Thanksgiving night shopping at major retailers probably isn't for you.*

A stroll down to your friendly downtown establishment for a more laid-back experience may be what you're looking for this year. Shopping locally provides this.

Even in the hustle and bustle of the holiday season, you are likely to find friendly, personalized service at the local business level. This is because you probably know your small business owner by name and can even tell people about their background.

The typical small business in America depends on this kind of connection with its customers. What better way to teach your children about the hard work, communication and store loyalty than by taking them to your favorite local store and talking shop with the owner?

Teach the Value of Money

Here is shopping exercise to try with your youngsters:

- Give them \$10 to buy a locally produced, locally sold item for a sibling or friend.
- Provide a list of five local businesses from which they are allowed to make their purchase.
- Take them to the store and let them pick out the item.
- Prompt them to donate the remaining change to any local charity or support effort the business is promoting.
- Discuss all of the important lessons that can be learned from the experience, including supporting your local economy, providing more jobs and contributing to causes.

Children can learn through your example of shopping locally. And who knows? You may just be creating another community-minded, small business customer for life.

A Better Shopping Experience

If you're taking an elderly adult out shopping with you this season, one of the best options to give them a positive experience is by shopping locally.

If they have been in your community for a long period of time, undoubtedly they will run into friends, neighbors or family members while you're out on the town.

Slow down and have a leisurely morning of shopping. Stop by your local coffeehouse before you make your trek downtown. Take in some conversation while you peruse the aisles of your favorite boutiques. Work together to whittle down your shopping list while also wrapping yourselves up in the spirit of shopping locally for Christmas.



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Nouns are words that identifies a person, place or thing.

Read each word. Decide if it is a noun or a verb. If it is a noun, circle it. If it is a verb, leave it alone.

backpack	carry	radio
listen	fill	add
earmuffs	package	window
crawl	coming	winter
pillow	wish	bedroom
draw	talk	number
mix	call	chalk
scissors	spin	

Answer-Verbs: listen, crawl, draw, mix, carry, fill, wish, talk, call, spin, add

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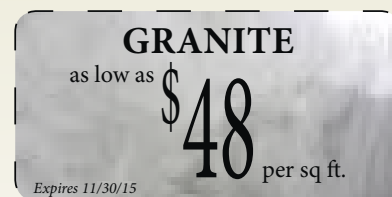
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Volunteer for Your Health

Helping others is one of the best ways to help ourselves in terms of mental and physical health. It gives us feelings of satisfaction to donate time and money to our favorite causes.

There is the camaraderie of working with others toward a common goal, the feeling of commitment toward an important cause and the positive relationships that come from volunteer work — all enough reason to sign up today with an organization making a difference in your community.

The Corporation for National and Community Service reports the following five benefits to volunteering:

- Solving problems;
- Strengthening communities;
- Improving lives;
- Connecting to others; and
- Transforming our own lives.

Benefit Your Health

The CNCS performs annual research on the state of volunteering in America and recently issued "The Health Benefits of Volunteering: A Review of Recent Research." The study's findings report a strong correlation between volunteering and health, stating that those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

The volunteering sweet spot seems to be about 100 hours per year, according to the CNCS, as volunteers in this range are most likely to exhibit positive health outcomes. Age group comparisons also show that older volunteers are the most likely to receive greater benefits from volunteering.

Start Slowly

You want volunteering to remain an enjoyable experience, so try not to take away too much of your family or work time in doing so. Know how much free time you have during the week and carve out some time for volunteering.

The last thing you want to do is experience burnout that leaves you stressed out and overtired. Especially if you're trying to fit volunteering into a packed schedule of full-time work, kids and extracurricular activities, it's best to start slow with volunteering and gradually invest more time as you can.





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Navigating High School

If you're waiting until after your senior year of high school to get ready for college, you're going to be behind the curve.

Now more than ever before, it is important to start preparing from your freshman year forward. The proof is out there. It's possible for high school students to concurrently graduate with their diploma and an associate degree.

What student wouldn't want a two-year head start on her college career?

Even high school may not be soon enough to start making your college plans. Many schools begin preparing their eighth-graders for high school by building coursework plans and schedules. If you're the parent of an eighth-grader, check in with your school's principal to see what is offered in terms of early preparation.

Freshman/Sophomore Years

It's never too early to become involved in community activities. Volunteering at your local food pantry or helping non-profit organizations plan for an upcoming event make great additions to your resume. They also open your eyes to new responsibilities and help you make new connections.

In terms of coursework, opt for elective classes that match your interests. If you plan to work as a chef or restaurant owner, take home

economics classes whenever they're offered.

And don't be afraid to venture into new and unfamiliar subject matter. Getting out of your comfort zone can help expand your educational horizons.



Junior Year

One of the most crucial tests you'll take as a high school junior is the ACT test. According to ACT, Inc., many of our high school students are ill prepared for the test.

Only a quarter of the 1.8 million graduates who took the ACT college entrance exam in

2013 met readiness benchmarks in all four core subjects, according to annual reports by the corporation. Those four subjects are English, math, science and reading.

That 25 percent mark was down from 2012's 31 percent measurement. As a student or parent of a student, you should be alarmed by these numbers. You also should choose to do something about it.

If you're in your third year of high school, you should have plenty of the core subjects in class by now. One of the first steps to preparing for the ACT test is to know if you have a shortcoming in one of the subjects. Extra tutoring and problem-solving exercises can go a long way in readying you for test time.

Senior Year

Senior year is not all about visiting campuses and having a summer job. Students should be concerned with partaking in career-related internships that could get their foot in the door with a target company.

Before senior year starts, look at past ACT or SAT scores to find where you could improve. Taking courses in these areas can help bolster your knowledge and prepare you for college classes.

Storage Solutions

One aspect of decorating that can be easy to overlook is storage. Where will you keep all of the giant outdoor inflatable Santas when the New Year comes?

Fortunately, there are many tips and tools out there that can help you stow away your holiday decorations in a clean, safe location. Your first step should be measuring the space where you'd like to store your pieces.

Having dimensions will help you map out what can go where, making the cleanup process a breeze this year.

Containers

If your organizational plans consist of throwing your decorations in a few boxes and placing them in the attic, it may be time to consider alternatives.

Plastic, airtight containers can help keep your decorations in pristine condition.

And what's more important, considering how many times throughout the years you'll be breaking the decorations back out?

Gift Wrap

Wrapping paper has gotten expensive. And given how much you'll likely have left over at the end of the gift-giving season, you'd be fiscally wise to hold onto it for future use.

Instead of sending it under your bed to collect dust, purchase a gift wrap organizer unit that can hang from the back of a closet door.

If you're set on keeping the wrapping paper under your bed, opt for a thin, box that can be closed and hold all different sizes.

Tree Storage

When choosing a tree storage solution, be sure to consider where you want to place it for the rest of the year.

Doing so can keep you safe when transferring it. For example, if you're placing your tree in a large box that is not easily maneuvered, you may reconsider battling your attic stairs. Instead, the garage or extra storage closet are probably your best bets. This goes for any type of decoration. If you can't safely move the item, rethink your storage plan.



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Think Small with Dessert

Once the appetizers have been served and the main course finished off, you guests will be looking for dessert. Don't let them down. Convenient and cute, appetizer-sized desserts are the perfect way to keep your guests happy. It's even better if you can translate holiday favorites into mini versions, like the two ideas below.

Gingerbread Cupcakes

Ingredients

For the cookies:

1 stick butter
8 ounces sour cream
2 cups all-purpose flour
3/4 teaspoon baking soda
1 1/2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves

For the frosting:

68 ounces softened cream cheese
1 stick softened butter
1/2 teaspoon pure vanilla extract
1/2 cup sugar

Directions

Heat oven to 425 degrees Fahrenheit.

Preheat oven to 350 degrees F. Line a muffin pan with paper liners.

Combine butter with sour cream in mixer.

Meanwhile, sift flour, baking soda, ginger, cinnamon and cloves into a small bowl. With the mixer on low speed, slowly add flour mixture to butter and sour cream mixture until smooth.

Divide batter into muffin pan liners. Bake on middle rack of oven for 25 to 30 minutes.

For the frosting, mix cream cheese, butter and vanilla in a bowl. Add sugar and mix until smooth.

Mini Cheesecakes

Ingredients

3 tablespoons butter
6 whole graham crackers
1/2 cup sugar
1 large egg
One 10 1/2-ounce log fresh goat cheese, softened
1/2 cup plus 2 tablespoons crème fraîche (5 ounces)

Directions

Preheat oven to 325 degrees F. Line a muffin pan with paper liners.

In a food processor, grind the crackers with the melted butter and 1 tablespoon of sugar.

Pack the crumbs into the paper liners, pressing to compact. Bake for 10 minutes for crispiness and let cool.

Beat the egg, salt and remaining 1/2 cup sugar at medium speed for 2 minutes. Add goat cheese and beat until smooth. Fold in crème fraîche.

Spoon mixture into molds and smooth tops. Bake for about 30 minutes. Let cheesecakes cool, then refrigerate them until chilled, at least 1 hour.



Cookies with the Kids

Cooking is a holiday tradition that should be enjoyed by people of all ages — even the kids. And depending on the age of your children, there are plenty of cooking activities to which they can lend a hand this year.

All it takes to get them involved is some clean hands and plenty of patience on your part.

You can assign different tasks to your children depending on their age. This will help keep them organized and focused on their own specific roles.

It also will ensure that the appropriate jobs are being handled by the appropriately aged children. Mixing and beating, for example is probably not a job for your 2-year-old toddler, while adding sprinkles to cookies may very well be.

Here are some ideas of how you can involve your children in the cooking process, depending on if they're younger (ages 2 to 5) or older (ages 6 and above).

Younger Children

Youngsters love cracking eggs. And as long as you're there to supervise to make sure they're not ingesting them, this can be a fun, educational experience for your toddler.

You also can enlist your youngest children to pour ingredients into a mixing bowl after you have measured them out.

The most fun step for children of any age may be frosting the desserts, so step back and let them have a little fun.

Other roles can include:

- Rolling cookie dough into balls;
- Flattening the cookie dough balls with their fingers;
- Rolling balls of cookie dough in sugar; and
- Transferring cookie balls onto a baking sheet.

Older Children

If you trust your older children to use hand-held electric mixers, they can help you take care of this step while you combine other ingredients.

You may want to step in when the time comes to add messy items such as flour, sugar or softened cream cheese.

Here are some other roles that are perfect for the grade-schooler:

- Stir in chocolate chips, raisins or other ingredients;
- Cut out cookie shapes from the rolled dough;
- Unwrap and press chocolate kisses into the tops of cookies;
- Frost and decorate cookies by themselves;
- Dip cookies in melted chocolate or drizzle the chocolate over the cookies; and
- Pipe frosting features on gingerbread men and other desserts.



Keeping the Stress Away

With the big game or test coming up, now is the perfect time to speak with your child about dealing with stress. All children can experience stress at times.

How you address and recognize the things they may be dealing with can make the difference in helping them cope.

What is Stress?

Stress is a condition that can present symptoms of physical or emotional tension. It can be positive or negative and can impact different people in different ways. Children may be dealing with stress without really knowing what is causing it. That's where parents, siblings, family members and teachers come into the picture.

Be on the lookout for these common reactions to stress, compiled by the Centers for Disease Control and Prevention (CDC):

- Disbelief, shock, and numbness
- Feeling sad, frustrated, and helpless
- Fear and anxiety about the future
- Feeling guilty
- Anger, tension, and irritability
- Difficulty concentrating and making decisions
- Crying
- Reduced interest in usual activities
- Wanting to be alone
- Loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Recurring thoughts of an event
- Headaches, back pains, and stomach problems
- Increased heart rate, difficulty breathing
- Smoking or use of alcohol or drugs

Ways to Cope

Communication can be the key to children dealing with stress. Encourage them to share their feelings with you, friends, teachers, doctors or a pastor. Open communication lines can make children feel supported in their feelings and help them realize that there are ways to deal with stress.

The CDC offers these tips — and recommends adults following the same guidelines:

- Eat healthy, well-balanced meals and find time for regular exercise. If you can find friends or family members to exercise with, you can get social benefits out of it, as well.
- Avoid drugs and alcohol because of their long-term impact on stress and the additional problems they can create.
- Take a break if your stress is caused by a national or local event. Don't become obsessed with the news coverage. Talk about the issues with friends and family members instead and find ways you can help.
- Seek professional help from a psychiatrist or physician. The CDC offers these numbers as resources: Disaster Distress Helpline: (800) 985-5990; National Suicide Prevention Lifeline: (800) 273-TALK; Youth Mental Health Line: (888) 568-1112; Child-Help USA: (800) 422-4453.



Indoor Air Quality

As Americans, we are taking huge steps toward improving the world around us. We are working in our communities to improve our roads, parks and wildlife.

We are shopping local, eating healthy and conserving water to make a positive impact on the world around us.

We also are shifting our focus on health to the inside of our homes. Smart interior design can make a world of difference on our everyday health and wellness. Where we shop for our products, what types of materials we use and how we clean our homes all play a role.

Consider the Facts

Some of research on our indoor air quality is alarming. Consider these facts from the Environmental Protection Agency:

- Indoor air pollution is among the top five environmental dangers;
- The quality of indoor air can be up to 100 times more polluted than the worst outside air; and
- Allergies, asthma, lung cancer and heart problems have all been linked to poor indoor air quality.

Design with VOCs in Mind

Volatile organic compounds (VOCs) are present in furniture components such as adhesives, finishes and sealers. They also are emitted from various flooring and cleaning materials — and we take them into our bodies without even noticing.

When choosing your materials for a new home or a remodeling project, it's up to you to choose low- or no-VOC options.

More companies have turned their attention to eliminating VOCs from their products, so be sure to conduct some research before settling on home materials.

Inquire about VOC levels within your fabrics, bedding, upholstered furniture and case goods.

The more work you put in on the front end, the healthier you can make the indoor air for you and your family.

Add Houseplants

Houseplants offer multiple benefits for both indoor air quality and overall health. According to recent NASA research, plants are able to effectively remove environmental airborne toxins, helping reduce stress, increase work performance and reduce symptoms of ill health.

The NASA study concluded that in an 1,800-square-foot house, occupants should incorporate 15 to 18 houseplants in 6- to 8-inch diameter containers to improve air quality.

Not only are indoor plants soothing, calming and healthful, they are beautiful elements that can help enhance your home's interior design.



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Best Book For Teens

The Best Teen Writing of 2015

By Michaela Coplen

The Best Teen Writing of 2015 showcases stories, essays and poetry by teen authors who earned a National Medal in the Scholastic Art & Writing Awards



Best Book For Toddlers

Lenny & Lucy Brown

By Philip C. Stead



Peter and his father are moving to a new house beyond the dark unfriendly woods. When they arrive at their new home, Peter wants to turn back. Fortunately, he has Harold for company, but Harold is just a dog and can't help Peter.

Best Book For Babies

Paris: A Book of Shapes (Hello, World)

By Ashley Evanson

Introducing Hello, World, an exciting new board book series that pairs early learning concepts with colorful, stylish illustrations of cities around the world.



Helping Cats with Allergies

Is your cat sneezing more often than purring? Scratching more frequently than cuddling?

Allergies may be to blame. The quicker you identify and eliminate the culprit behind your cat's reactions, the sooner she will be back to her cute old self.

When a cat has allergies, her immune system is overly sensitive and susceptible to everyday substances. Most of these allergens are common in most environments, but they can have major impacts on the comfort level and overall health of your favorite feline.

Symptoms

You may notice your cat sneezing or coughing more often when it is struggling with allergies. Increased scratching is also a telltale sign of an irritation that may be caused by an allergic reaction. A food allergy can cause vomiting and diarrhea, as well.

If you notice these symptoms – along with any paw chewing or swollen paws – it is important to retrace the past few days of your cat's activities. This will help you identify potential causes and prepare you for a conversation with your veterinarian.

Causes

According to the American Society for the Prevention of Cruelty to Animals, the following substances are usually to blame for allergic reactions in cats:

- Pollens from trees, grass or weeds
- Certain types of food
- Cleaning products used around the home
- Certain fabrics, rubber or plastic materials
- Mold, mildew and dust spores
- Fleas and/or topical flea-control products
- Cigarette smoke



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Action

At the onset of any behavior you think may be linked to allergies, visit your veterinarian for a checkup.

Just like a human trying to get to the bottom of an allergic reaction, your cat will undergo a physical examination and possibly skin or blood tests to find the cause.

Your veterinarian may also recommend a special elimination diet, restricting certain aspects of your cat's daily food intake to identify and mitigate any dietary issues that may be triggering the reactions.

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Feeding Your Dog

Size, energy level and pet breed. All of these factors and more play vital roles in determining the appropriate way to feed your dog.

With so many breeds, shapes and types of dogs, there isn't a one-size fits all feeding strategy. It is important to consult with your veterinarian to determine the best times of day to feed your dog and the healthiest types of food to offer.

Free-Choice Feeding

This option for feeding your dog may be the easiest one for both owner and dog, but it can also lead to obesity issues if your dog isn't disciplined enough to eat appropriate portions.

Your dog may be overeating if you choose to simply fill up the food bowl every time you notice it's empty. This can lead not only to an unhealthy eating habit, but also a money-draining method that sends you back to the pet store more often than necessary.

Remember, you are in charge of your dog's eating schedule. Many dogs can function just fine off two meals a day spread out across eight to 12 hours. This will not fit the needs of every dog, however, so again make sure to consult your vet for expert guidance.

Earning Dinner

One of the best ways to keep the weight off your dog is to make him earn his dinner. Set up a regular walk either before or after the final meal of the day. This can help offset his food intake while also getting him the workout needed to maintain the best health possible.

Putting the exercise before his meal can make a fun payoff for the end of his workout. No matter when you decide to offer the food, be sure to monitor your pet's eating habits to properly adjust the amount you put in the bowl.

Limit the Treats

Treats should always be given in moderation and should represent 5 percent or less of a dog's daily food intake, according to the American Society for the Prevention of Cruelty to Animals. The rest of your dog's diet is recommended to come from a nutritionally complete dog food.

Treats can be a highly effective method of training your dog to learn new behaviors or tricks. But instead of giving Fido an entire treat, break it into smaller pieces. This will help make the treat last longer and get a little extra training out of your dog.



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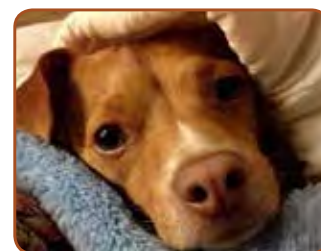
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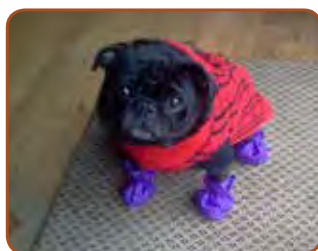
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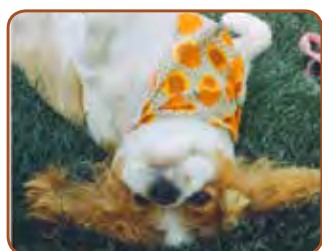
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Avoid Being Pulled Over by The Police

By John Bazzurro

Obviously, the easy way to avoid being pulled over is to refrain from violating any traffic violations. However, in my practice, I have recently seen a number of people pulled over for reasons other than moving violations under the traffic code. Because the first defense for attorneys in representing individuals in municipal court is to challenge whether or not the officer had appropriate cause under New Jersey law to actually make the stop in the first place, any "legal" reason that an officer has to effectuate a traffic stop makes the attorneys' defense of any case much more difficult.

Other than moving violations, the four most used violations by officers to validate a potential, otherwise "illegal" traffic stop have to do with simple equipment violations that can be resolved rather quickly and inexpensively.

The first equipment violation relates to the "improper" covering of a license plate by a license plate frame. License plate frames are generally the plastic "frames" that are given out by most car dealers or that can be bought in any automotive store. New Jersey law prohibits a motor vehicle from having a license plate frame which conceals or otherwise obscures "any marking" on the license plate. Thus, if a portion of the words "New Jersey" or "Garden State" is obscured on your license plate in any way, a police officer has the legal right to effectuate a traffic stop.

The second violation relates to items hanging off of your rearview mirror and other obstructions of the windshield and front side windows. New Jersey law prohibits the operation of any vehicle which is "constructed, equipped or loaded" so as to "unduly" interfere with the driver's vision. New Jersey case law has held that items hanging from the rearview mirror could fall under the language of this statute. However, the statute also includes the existence of stickers, signs, radar detectors, navigation systems or any other device or mechanism attached to the front windshield.

The third violation relates to tinted windows. The same statute that restricts the hanging of anything from the rear view mirror also has been construed to hold that tinted windows constitute such an obstruction of view and, as such, the tinting of any three of your front windows would constitute appropriate cause for a law enforcement officer to pull you over even where you have not committed a moving traffic violation.

The fourth violation relates to broken lights on your vehicle such as headlights, taillights, brake lights and signal lights. Even where you have not committed a moving traffic violation, a law enforcement officer has appropriate cause to effectuate a traffic stop where he observes that one of your lights is not operational.

It should be noted that the fines and penalties for these violations, in and of themselves, are not excessive. However, as is often the case, the law enforcement officers, upon effectuating a traffic stop will then observe that the driver or passengers in the vehicle have violated other motor vehicle and/or criminal statutes such as driving while intoxicated (DWI), driving under the influence (DUI), possession of controlled dangerous substances (CDS), possession of drug paraphernalia, open containers of alcohol in a vehicle, possession of a weapon or any other offenses which the officer may observe during a traffic stop. Once you are pulled over for a valid reason, it is difficult for an attorney to challenge the traffic stop on the basis of articulable suspicion or probable cause.

Accordingly, in light of all of the above, it is prudent to make sure that your motor vehicle complies with all of the above statutes in order to prevent being pulled over by law enforcement even where you have not actually committed a moving traffic violation. limits.

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Movie Night

Many people have turned going to the theater into a Christmas Day tradition. Hollywood has taken notice, holding many major blockbusters for around the holiday season.

But if you aren't excited about any of this year's releases, why not host a holiday movie night from the comfort of your own home? From the Griswolds to Charlie Brown and his friends, we all have our favorite Christmas movie characters.

Enjoying the classic holiday films of our time is a great way to spend time together with friends and family members.

Here's how to throw an amazing holiday movie party that will surely turn into an annual event:

Step 1. The Movies

You can't have a memorable holiday movie party without great holiday movies. Plan to play two to three movies during your get-together. If guests can't stay for that long, choose one.

Poll your guests ahead of the party to gauge their interests in film options. Are they in the mood for slapstick holiday humor or a sentimental tear-jerker. Keep the movie list a surprise.

Keep your guests waiting in anticipation until you hit play and watch their faces as they start quoting their favorite parts before the movie even starts.

Step 2. The Food

Popcorn and soda are the traditional snack options for a movie, but why not get fancy with your menu? Treating your guests to more substantial treats, such as grilled steak tips or chicken wings, will help satisfy their cravings while they take in the flick.

You also can go with more of a potluck style, asking guests to bring along their favorite appetizers and drinks. Just make sure you plan accordingly with the amount of food needed for the number of guests.

Step 3. The Trivia

Every great holiday movie has great trivia associated with it. Consider turning your viewing party into a game of sorts, full of pauses to answer questions about upcoming scenes or about factual tidbits on the movie's star actor.

Divvy up your guests into teams and have them battle it out for a prize. Add a scoreboard on a dry-erase board to keep track of points.

Your friends and family members will admire your creativity, and your holiday movie party will become a must-attend for years to come.

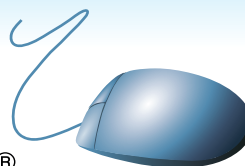


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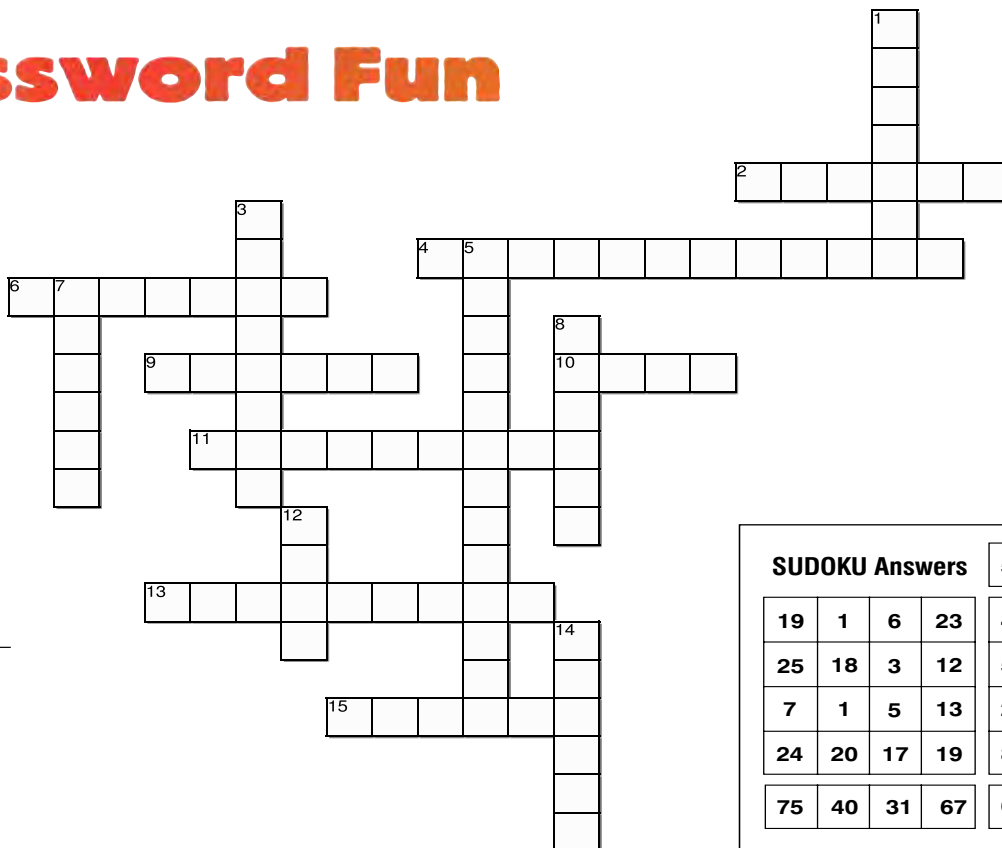
Fall Crossword Fun

Across

2. Gobble, Gobble
4. Feast Holiday
6. Marks the end of the growing season
9. Change colors
10. Tool to clean the grass of leaves
11. Scary Holiday
13. Used to frighten birds
15. Squirrel

Down

1. For carving and pie
3. Jewish Holiday, Rosh _____
5. House where ghosts stay
7. Fall from oak trees
8. Color
12. Grows on stalks
14. Another name for Fall



SUDOKU Answers

19	1	6	23	51
25	18	3	12	49
7	1	5	13	58
24	20	17	19	26
75	40	31	67	80
				61

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Get the picture?

Use the pictures as clues and find words hidden in the word Find below. Look up, down, sideways, backwards and diagonally.



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L	B	H	A	T	O	H	O
O	T	E	D	I	O	A	B
B	R	N	D	U	L	I	N
E	A	A	S	T	A	R	I
H	R	E	E	L	P	P	A
P	E	N	C	I	L	O	R

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Salad Choices

CAESAR SALAD

HOMEMADE CROUTONS, ANCHOVIES & PECORINO ROMANO.

TOSSED HOUSE SALAD

CRISP LETTUCE, TOMATOES & CUCUMBERS.

Appetizer Choices

MOZZARELLA IN CARROZZA

FRESH MOZZARELLA, HOMEMADE BREAD CRUMBS. LIGHTLY FRIED AND SERVED WITH A MARINARA DIPPING SAUCE.

SHRIMP COCKTAIL

FOUR OCEAN FRESH SHRIMP SERVED WITH COCKTAIL SAUCE.

EGGPLANT NEAPOLITAN

MADE TO ORDER. THIN SLICES OF BREADED EGGPLANT TOPPED WITH FRESH MOZZARELLA & MARINARA SAUCE.

Entrée Choices

1 1/2 COLD WATER HARD SHELL LOBSTER

SERVED WITH DRAWN BUTTER, LEMON & COCKTAIL SAUCE.

8OZ FILET MIGNON

GRILLED TO PREFERRED TEMPERATURE AND TOPPED WITH A PORT WINE DEMI GLAZE.

CHICKEN SALTIMBOCCA

THINLY POUNDED AND TOPPED WITH PROSCIUTTO, MOZZARELLA & SPINACH.

PENNE ALLA VODKA

RICH PINK SAUCE . FINISHED WITH PECORINO & BASIL.

Dessert Choices

HOMEMADE CHEESECAKE TOPPED WITH FRESH WHIP CREAM

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Movies to catch in November

By Joely Phenex

As the weather gets colder, the movies can be a great pastime for the whole family. This November there are a bunch of movies coming out that are sure to be worth the trip to your local movie theater.

The Peanuts Movie

Charles Schulz's classic "Peanuts" comic strips come to life in "The Peanuts Movie" on Friday, November 6, 2015. This 3-D computer generated animation is a more contemporary version of "Peanuts," but still features the same characters we grew up with. Fans everywhere will love watching Charlie Brown in this movie as he falls head over heels for the new girl in town. The movie is rated G and is perfect for all-ages, because who doesn't love "Peanuts," right?



The Hunger Games; Mockingjay, Part 2

The final installment of the popular "Hunger Games" series will be released on Friday, November 20, 2015. This epic finale features the strong-willed Katniss Everdeen (Jennifer Lawrence) as she leads a rebellion against her government. Katniss seeks to end, once and for all, the brutal tradition of The Hunger Games. Fans will love this exciting conclusion despite how sad they are to see the series come to an end.



Brooklyn

"Brooklyn," based on the novel of the same name by Colm Tóibín, tells the story of a young Irish immigrant named Ellis Lacey finding her way in Brooklyn during the 1950s. Homesick at first, Ellis soon forgets her troubles after meeting a handsome young Italian man named Tony at an Irish dance. As their romance grows, Ellis finds herself having to make a difficult choice between her life with Tony and her life back in Ireland. This PG-13 romantic comedy will be out on limited-release on Friday, November 4, 2015.



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Fun With Phonics “LE” Vocabulary Words

Write a sentence using each of the “le” words below.

cable _____

able _____

fable _____

adorable _____

beetle _____

bendable _____

cable _____

table _____

cattle _____

doodle _____

dribble _____

male _____

***Challenge: Put the above words in alphabetical order**

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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