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# MOVIE OF THE MONTH

By Jordan Tinitigan

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

## Trolls

**Release Date: November 4th, 2016 PG**

This hilarious film transports audiences to a colorful, wondrous world populated by the overly optimistic Trolls, with a constant dance in their step and a song on their lips, and the comically pessimistic Bergens, who are only happy when they have trolls in their stomachs.

After the Bergens invade Troll Village, Poppy (Kendrick), the happiest Troll ever born, and the overly-cautious curmudgeonly Branch (Timberlake) set off on a journey to rescue her friends. Together, this mismatched duo embark on a rescue mission full of adventure and mishaps - trying to tolerate each other long enough to get the job done.

## Moana

**Release Date: November 23rd, 2016 PG**

In the ancient South Pacific world of Oceania, Moana, a born navigator, sets sail in search of a fabled island. During her incredible journey, she teams up with her hero, the legendary demi-god Maui, to traverse the open ocean on an action-packed voyage, encountering enormous sea creatures, breathtaking underworlds and ancient folklore.



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## Moms Just Wanna Have Fun with their Daughters

*By Stefanie Maglio*

There is nothing like building a strong relationship between a mother and her daughter. Not only is a mom a parent to her daughter, but a mother is someone the daughter should be able to go to in a time of need, trust no matter what, feel safe with, and be able to have fun with. Communication is key when it comes to strengthening any relationship, especially between a mom and her daughter. The best way to get the communication going is through having fun with one another. Here are some fun activities for moms and daughters to do together:

Go out for a spontaneous ice cream trip, don't worry about the calories and indulge yourselves.

Take a cooking class together. This is a great idea especially with the holidays coming up. Moms and daughters can work together to create a fantastic feast!

Have a spa day together! It's a perfect time to distress from a long week.

Take an art class together and explore your more creative sides.

Volunteer somewhere in your community such as a local soup kitchen. Bonding together while helping out your community would be a great experience.

Get active! Take a trip to the gym, or go for a walk or hike in the park together. Getting some fresh air while doing something active is great for the mind and body.

Have a night out at the movies together. Maybe even bring grandma along! Whether it's a romantic comedy, or horror film, you're bound to have a great time together!



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A new musical version of the classic movie comes to the stage for the holiday season. The story takes place in the 1940s in Indiana and focuses on a child named Ralphie, a daydreamer who spends his days counting down to Christmas. He wants a Red Ryder BB Gun, but as his parents and teachers warn him, "You'll shoot your eye out!"

All of the movie's best-loved moments are here, including the Old Man's leg-shaped lamp, the tongue-on-a-flagpole scene, the bunny suit, the Santa slide and all of Ralphie's extravagant daydreams. It's a big Broadway musical, complete with dazzling dance numbers and gorgeous sets.

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## Maple Mustard Roasted Salmon

### INGREDIENTS

2 Tablespoons Dijon mustard  
2 Tablespoons finely chopped fresh cilantro  
1 Tablespoon light mayonnaise  
2 Teaspoons maple syrup  
Four 5-ounce skinless center-cut salmon fillets  
Kosher salt and black pepper



### DIRECTIONS

Preheat the oven to 400 degrees. Line a baking sheet with aluminum foil.

Mix together the mustard, 1 tablespoon of the cilantro, the mayonnaise and maple syrup in a bowl. Put the salmon fillets on the baking sheet and sprinkle with 1/4 teaspoon each salt and pepper. Spread some of the mustard mixture evenly over each fillet.

Bake until just cooked through, 10 to 12 minute. Sprinkle with the remaining 1 tablespoon cilantro and serve.

## Frozen Chocolate Banana Pops

### INGREDIENTS

4 Large ripe bananas  
3 Tablespoons unsweetened cocoa powder  
3 Tablespoons heavy cream  
3 Tablespoons maple syrup  
1/2 cup salted, roasted peanuts, finely chopped



### DIRECTIONS

Note: You will need an ice pop mold for this recipe.

Directions:

Break the bananas into chunks, and puree in a food processor until the mixture is smooth and creamy. Add the cocoa powder, cream and maple syrup, and puree until combined. Spoon the banana mixture into ice-pop molds, and freeze until firm, 8 hours or overnight.

Spread the peanuts on a plate. Run hot water over the ice pops to help loosen them, then unmold, roll them in the peanuts and serve (or keep them frozen on a parchment-lined baking sheet until ready to serve).



# Do you have the right Automobile Insurance?

By John Bazzurro

In my day-to-day practice, I generally see two or three new clients per week that have been involved in automobile accidents. Unfortunately, about 90% of these people carry a policy of automobile insurance that does not allow them to sue for personal injury resulting from a motor vehicle accident. The purpose of this article is to educate the public with respect to its rights as they relate to automobile insurance policies and to inform the public of its options with regard to what type of car insurance they should obtain.

The State of New Jersey is one of many states that have a "no-fault" system of automobile insurance. This basically means that your own automobile insurance company pays your medical bills arising out of a motor vehicle accident regardless of who was at fault in causing the accident. In many states that have a "no-fault" system, there is generally a "tort threshold" in insurance policies or within the state's statutes. New Jersey is a state that contains a "tort threshold" in its statute. This is generally called the "verbal threshold" or the "limitation on lawsuit" threshold.

What does this "threshold" term mean as it relates to your rights as a citizen? Basically, because of this statute, in order to obtain damages for an injury from an injury sustained in a car accident, you must prove that your injury fits into one of several categories. Generally, in such cases which involve spinal injuries, an injured person must prove that they have a permanent injury to an organ or body part that "has not healed to function normally and will not heal to function normally with further medical treatment" before they will be entitled to money damages.

Insurance companies use the above statutory language in an attempt to convince a judge or jury that such injuries are not related to an accident and, even if such an injury was related to the accident, the spine now "functions normally." Oftentimes, juries "buy into" these arguments and refuse to find that a permanent injury has occurred. Once a jury reaches that conclusion, the injured party is not entitled to receive a monetary award even where the injured party has sustained rather significant life-changing injuries.

What can you do to protect yourself and your family against such a unfair outcome? Fortunately, in the State of New Jersey, you have a choice as to whether or not you want this "limitation on lawsuit" option to apply to your policy. Of course, it is better if this limitation does not apply to your policy. Unfortunately, you must pay an extra insurance premium to have this limitation taken off of your insurance policy. Once you pay the extra premium, the limitation described above will not apply to you or any family members living in your household.

If you do not know whether or not the "limitation on lawsuit" applies to your automobile insurance policy, please feel free to contact us so that we may advise you appropriately. If you do have this limiting option on your car insurance policy, we suggest that you immediately contact your insurance company or agent to have the limitation removed. Generally, the increased premium will be no more than a few dollars per month but will provide you with an unlimited right to sue in the event you are injured in an accident.

Should you have any questions with regard to the above or other questions concerning automobile insurance as it relates to personal injury law, please feel free to contact our office.

**JOHN T. BAZZURRO, Esq.**

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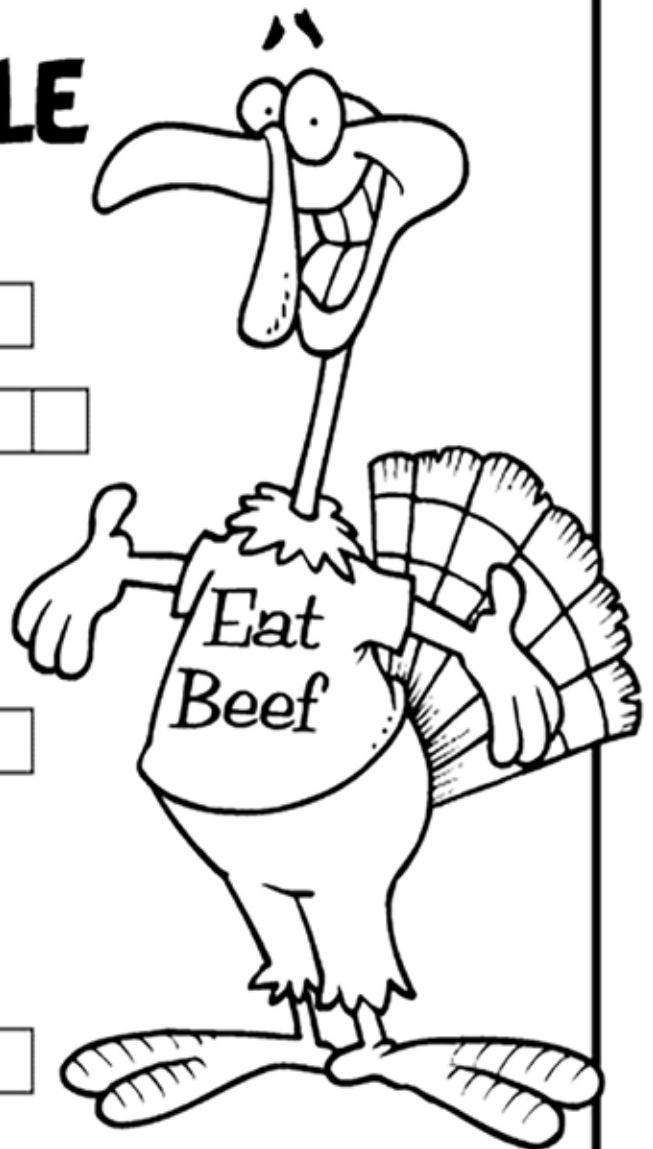
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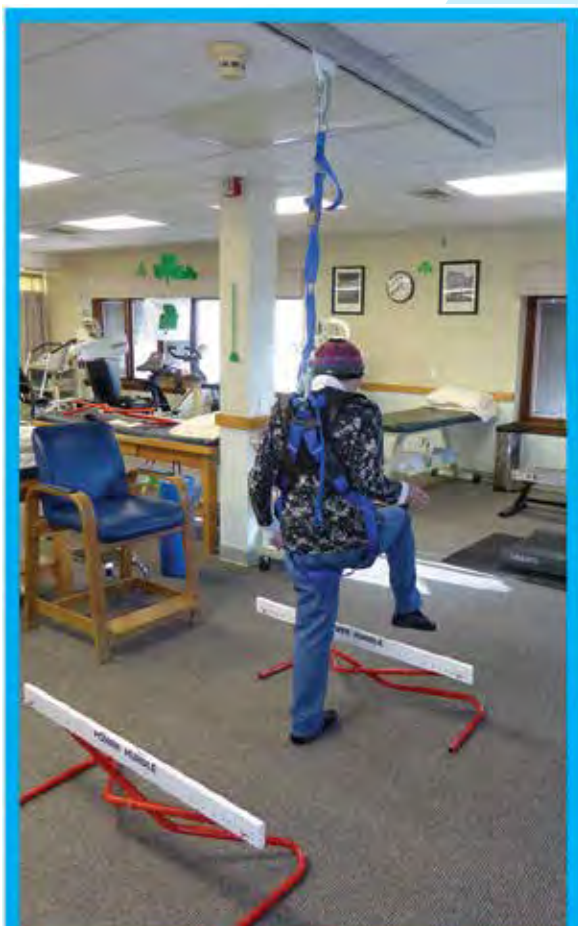
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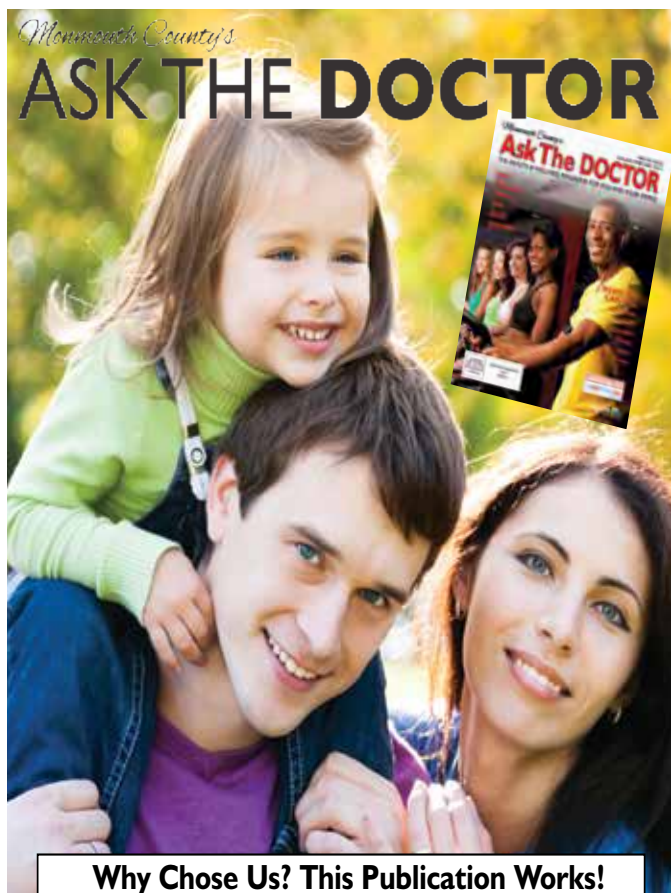
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## Coach's Corner

By Jill Garaffa

## Reaching Your Goals

Dear Jill,

There's a pattern that repeats every year when a milestone has been reached like my birthday or anniversary and I'm hoping you can help me break it. Each year, I look at all the areas of my life that need fixing. I look at my bad habits that I want to change. The first week or so things are fine. Then, I start to slip and eventually completely give up. The following year, the list of things I want to change is discouragingly similar to the year before, so it always looks like I'm trying to fix the same thing.

How can I break out of this pattern and get some momentum going in the right direction?

Frustrated,

T.J. in Holmdel, NJ

Dear T.J.

Thank you for your courage to ask about a topic to which so many people can relate! There are a few things I can offer from a coaching standpoint to help you move forward.

First, take a look at your language. Anytime your focus is on "fixing" or "changing" something about yourself you will actually end up repelling the very thing that you say you want. The secret is to be grateful and celebrate where you are in this very moment. What accomplishments have you already achieved? Why is this area of your life not worse? (It could always be worse, right?). You are doing something right. What is it?

Coming from a place of gratitude & celebration in an area of life you'd like to transform provides more power than when you come from a place of judgment. You are either blessing or cursing the very thing you want by your intention around it.

Next, true and lasting change comes from the inside out. In order for a goal to come alive, it must be connected to something you deeply value and believe is possible. Why is this goal important to you? What is worth the sacrifice you will be making to achieve this goal?

Last, in order to create momentum, connect your goal to a clear vision & action plan. See yourself a year from now, succeeding. If this goal is a reality in one year, what actions would you need to take right now? This allows your future to pull you forward and your goals to come alive!

Wishing you clarity, focus & power!

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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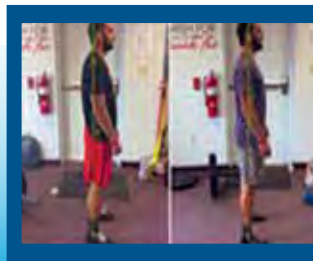
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## Top Safe Baby Teething Remedies

By Stefanie Maglio

No parent wants to see his or her baby in pain. Unfortunately this happens to come along with teething. Luckily, there are many different options to consider when it comes to relieving the pain, but avoiding potentially harmful chemical remedies is very important especially with babies. Here are some safe ways to help your baby while they are teething:

A gentle gum massage with a clean finger can help to relieve a lot of pain.

Gently pressing a refrigerator-chilled spoon to the baby's gums. This works best when the child has yet to have any teeth break through the surface to avoid any accidental chipping.

Allowing the baby to chew on a cold, and or wet washcloth has been said to help with the pain of teething.

Chilled foods such as applesauce or yogurt can help soothe gums. Plush teething toys specifically from organic brands have fruit flavor and are machine washable.

OTC Pain reliever is also an option. Just make sure to check with your pediatrician before giving some to the child.

Baby Orajel Naturals is a product to use for pain relief.

Wooden teethingers may sound dangerous but they are actually an effective option for relieving pain.

Rubber teethingers that are BPA free.

Sometimes all it may take is a simple distraction such as some bath time fun.

If the baby is six months of age or older, introducing a small sippy cup with cool water can be soothing as well.

## Top Holiday Gifts

By Jordan Tinitigan

With the winter holidays right around the corner, most parents need to start shopping as soon as possible; but what do my kids want? What are some of the most popular toys? 2016 has been an amazing year for kids, so here are some of the best gifts for your children...

**1. For the future artist: Crayola Easy Animation Studio**

This product pairs with a cool app to allow your child to see their creation come to life!

**2. For family fun: Zing Wet Head Game** This is a fun water roulette board game for your kid(s) to play with their friends, cousins, or even you!

**3. For anyone that loves Star Wars: Star Wars Furbacca**

That's right! Furbies are making a comeback. Not only is this product homage to your childhood, but also it takes the furry skin of Chewbacca from Star Wars.

**4. For the future superhero: Paw Patrol Zoomer**

**Marshall** Paw Patrol is a wildly popular Nickelodeon TV show that almost every kid loves. This toy allows your child to have their very own interactive pup to solve missions, have fun, and save the day!

**5. For the Shopkins collector: Shopkins Tall Mall**

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# My Life as a Senior

By Jordan Tinitigan

## Q: What is your favorite part about being a senior?

**A:** My favorite part, personally, is being able to have the freedom of driving to and from school, as well as having the opportunity to leave early to gain experience for my soon-to-be career!

## Q: Are your classes harder this year?

**A:** Senior year could go either way...you could either take all AP courses, or you could take easier classes. I guess it all depends on the kind of learner you are and how much you want to challenge yourself. Personally, it's not any harder than the past three years have been.

## Q: What is the most stressful part about being a senior?

**A:** Applying to colleges!!! This process is very tedious and requires a lot of hard work and writing. Having to realize that my entire life is in my hands this year is very stressful and I often wonder where the time has gone, but as stressful and scary as it is, it is equally exciting!

## Q: Any advice for underclassmen?

**A:** Do as much as you can! Join a club, play a sport, do anything! Whether it be in school or not, being occupied with activities other than video games and sleeping will totally benefit you in the long run! Also, keep up with your grades. Every single homework assignment since freshman year may not make or break your GPA, but your marking period grades might!

## Q: Do you feel any different than you did throughout your high school years?

**A:** Yes, actually. The stereotypes about being a senior are partially true. Obviously we don't bully the freshmen and steal lunch money, but everybody is a bit more spirited than ever before. I guess being a senior opens our minds to the fact that we are so close to becoming adults and we will never get to experience high school again after this year. Overall, I feel like everyone is growing closer as the year goes on and I'm glad they are.

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# Ways to Fix Rude Behavior in Your Kid

By Stefanie Maglio

All children act out at one time or another. It is only natural that children are not perfectly behaved at such a young age. However it is crucial that certain behaviors are nipped in the bud as soon as possible. For example, rude behavior in children should be stopped by parents in order to prevent this behavior from growing into a larger issue in adulthood. There are certain things to be aware of when trying to stop rude behavior in children. It is important not to let the behavior slide. Hold the child accountable for their words. Let them know rude behavior has consequences. Help build your child's conscience. It is important that they learn to understand the other person in the situation and show respect and courtesy to others. While doing this, the parent should teach the child to respect them as well. This will give them a feel for respecting those of authority. It won't be good enough to just do these things once or twice. Putting a stop to rude behavior greatly depends on consistency from the parents. For example if certain punishments for certain degrees of rude behavior are put into place, they should be enforced. Overall, it is most important that parents convey proper moral values and judgment to their children. Once they understand that their words can be hurtful and come with consequences, they will learn that certain behaviors are really not kind or appropriate.

## How to Make a Gift Stand Out

Birthdays, holidays, baby showers, condolences. There's always a reason or a season to give. But what makes a gift stand out? The person that's giving it? The gift itself? *Actually, it's both!* And a personalized gift can put you above the rest. **How?**

- **You can say it your way.** Gifts that include a personal message let you say exactly what you want to say. Many companies let you get super specific by printing a funny phrase directly on the gift or on the packaging it comes in.
- **It builds relationships.** Personalized gifts enhance your connection with everyone from loved ones to friends to clients. They show you took the time to put thought into the gift rather than just choosing something anyone can buy.
- **You leave an impression.** Any image or message on the gift or packaging is a lasting reminder of the person or business that gave it. A company logo, a throw-back photo, an inside joke. Whatever it is, the uniqueness will stick with them.

### You know what else stands out?

The chance to sit back and enjoy a delicious treat!

An edible gift is something everyone will enjoy. Just picture it... an assortment of ooey-goey chocolate chip cookies. A platter of chocolate-dipped pretzels or flavored popcorn. Or how about a giant fortune cookie with your own personalized message? If you can imagine it, it exists – and chances are it can be personalized, too! The best part? The person receiving your creative creation will enjoy it in more ways than one!

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# Best Ways to Be Neighborly

By Stefanie Maglio

Whether you're moving into a new neighborhood, or someone has just moved into your neighborhood, it's important to make others feel welcome and get comfortable yourself as well. It's all a part of being a good neighbor. Given some people prefer more privacy than others, there are different things one can do to show that they are trying to be neighborly in a kind and respectful way. No matter the situation, always introduce yourself. Get to know the person. It's always a good idea to offer homemade goods or surprise someone with a batch of homemade cookies or a pie. Also, talking with a neighbor about good places to eat or find some entertainment in the community is a great way to bond. Perhaps if both people are comfortable enough, inviting one another over for dinner is a great way to be neighborly as well. When getting to know a neighbor, consider their lifestyle too. This way it'll be easier to avoid any conflicts such as loud noise or certain pets. Depending on where the person lives, be aware of shared walls. It's especially important to be conscious of loud noises in living situations such as these. If you plan on having a party, let the neighbor know. This way they can get a heads up about any possible noise or extra cars around the homes. Parking etiquette is also key to being neighborly. Be sure not to be blocking anyone's way. Also, lending a helping hand during a snowstorm always can make for a great neighbor! Overall, it's important to communicate with your neighbor to make sure everything and everyone is happy and on good terms.

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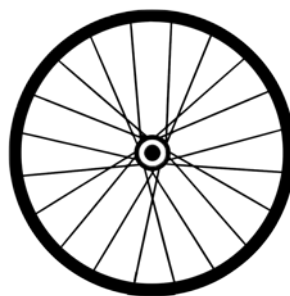
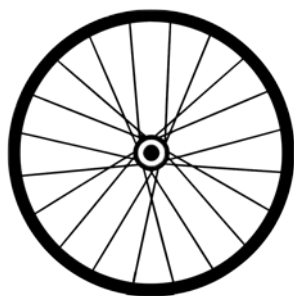
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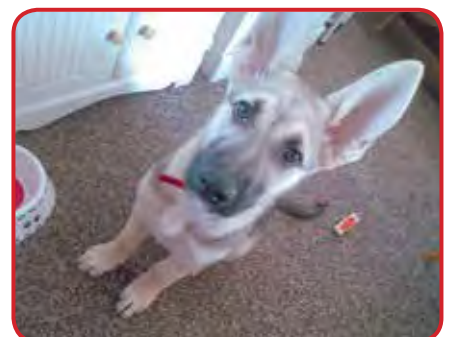
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# Popular Plants Toxic to Your Pets

By Pam Teel

**T**his list was put together using information compiled by Cornell University and the ASPCA as a guide as to what plants and flowers to keep your eyes open for. There are a number of other toxic plants around, but these are the top offenders; plants that can be found in your own back yard.

In order to prevent poisoning by cut flowers or houseplants, avoid placing toxic ones in your home where pets may be able to access them. Try to purchase ones that aren't poisonous especially if you have animals that have a habit of chewing on the leaves.

For dogs, if your pet has a habit of chewing on plants, the animal science department at Cornell University suggests adding bran flakes to his food or switching the diet to one higher in vegetable fibers to deter cravings for vegetation. Keep an eye out on your dog's behavior when walking outside and try to prevent them from munching on vegetation. When you see symptoms such as vomiting, diarrhea, difficult breathing, abnormal urine, salivating, weakness, take your pet to the veterinarian because they might have been poisoned.

**Aloe Vera**- great for burns but toxic to cats and dogs. Indoor plant-make sure to keep it out of reach of your pets. Symptoms include vomiting, diarrhea, abdominal pain, hyper salivation, anorexia, and tremors.

**Amaryllis**- a popular potted bulb for holidays. Toxic to both cats and dogs. The bulbs contain the most toxins. Symptoms- vomiting, depression, diarrhea, abdominal pain, anorexia, tremors

**Azalea/rhododendron**- toxic to cats and dogs as well as horses, goats and sheep. Ingesting just a few leaves will cause serious problems. Symptoms- excessive drooling, loss of appetite, frequent bowel movements, depression, weakness, leg paralysis, weak heart rate. Animals could become comatose and die.

**Baby's breath**- causes vomiting and diarrhea

**Begonia**- toxic to cats and dogs. Tubers are the most toxic part. Symptoms include oral irritation, intense burning, excessive drooling, vomiting, difficulty swallowing.

**Carnations**-they aren't the most poisonous, but can cause gastrointestinal problems, mild dermatitis.

**Castor bean**- a popular plant used in many parks and public spaces. Keep an eye out for it on dog walks. Symptoms include abdominal pain, drooling, vomiting, diarrhea, excessive thirst, weakness, and loss of appetite. Severe cases can cause muscle twitching, dehydration, tremors, seizures, coma and death.

**Chrysanthemum**- not so poisonous, but can cause depression, loss of coordination, vomiting, diarrhea, hyper salivation.

**Cyclamen**- these pretty flowers in the garden are toxic to both cats and dogs especially in the root section. Can cause gastrointestinal irritation, intense vomiting and fatalities.

**Daffodil**- toxic to both cats and dogs. Causes vomiting salivation, diarrhea, and large ingestions can cause convulsions, low blood pressure, tremors and cardiac irregularities.

**Gladiola**- the corm (bulb) is the most toxic to dogs and cats and cause salivation, vomiting, drooling, lethargy and diarrhea.

**Hosta**- toxic to both cats and dogs can cause vomiting, diarrhea, depression

**Ivy**- ivy foliage is more toxic than its berries. Symptoms include vomiting, abdominal pain, hyper salivation, and diarrhea.

**Lilies** - extremely dangerous to cats. Members of the liliun family are considered to be highly toxic to cats even in small portions. Tiger, Asian, Japanese show, Easter stargazer, casa blanca, daylilies- can cause kidney failure in cats.

**Morning Glories**- can cause hallucinations- symptoms include gastrointestinal upset, agitation, tremors, disorientation, anorexia.

**Oleander**- highly poisonous. Can affect cats, dogs, and horses. All parts contain a highly toxic glycoside. Symptoms include colic, diarrhea, sweating, shallow breathing, muscle tremors, cardiac failure and death.

**Poinsettia**- can cause discomfort. It's irritating to the mouth and stomach and can cause mild vomiting. Not as deadly as first thought.

**Pothos**- not the most toxic plant on the list but a popular house plant that can have adverse reactions to chewing or ingesting it. Symptoms include oral irritation, intense burning, irritation of mouth and tongue, excessive drooling, vomiting, difficulty swallowing.

**Tomato plant**- although not so lethal to your pet, it can provide a lot of discomfort. Severe gastrointestinal upset, diarrhea, drowsiness, confusion, behavioral change, weakness, slow hear rate, dilated pupils.

**Tulip/ Narcissus**- the bulb of these plants have a high concentration of toxins. If you have dogs that like to dig, be cautious. Symptoms include intense gastrointestinal irritation, drooling, loss appetite, depression of the central nervous system, convulsions, and cardiac abnormalities.

**Yew**- The bark and leaves of this popular evergreen provided the basis for the cancer treatment drug paclitaxel but general ingestion of any part of the tree except the flesh of the berry can be very dangerous to animals, especially horses. Symptoms include- central nervous system effects such as trembling, incoordination, difficulty breathing, cardiac failure, gastrointestinal irritation and death.

It's best to keep all houseplants high and away from cats and dogs. Know the path your dog takes in the yard, especially if he is left on his own. Know what plants are within his reach. It could mean the difference between life and death.







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## Top Baby Names of 2016

The top 10 most popular names for newborn babies are...

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|--------|----------|
| Noah   | Liam     |
| Ethan  | Lucas    |
| Mason  | Emma     |
| Olivia | Ava      |
| Sophia | Isabella |



## Boy or Girl?

By Jordan Tinitigan

Are you dying to know the sex of your child, but feel it's too early for doctors to tell? Well, an interesting way to reveal the sex of your unborn child before seeing your doctor may be by using the Chinese calendar. The predictor uses the mother's age and the month the child was conceived to predict whether it is a boy or a girl. Supposedly, it can predict the sex with almost a 93% accuracy! The Chinese have been using this method for over 700 years now, and it is a possible tool to aim for a specific gender in particular. There are many quizzes and generators available online for anyone to use, so if you think this may appeal to you...check it out!

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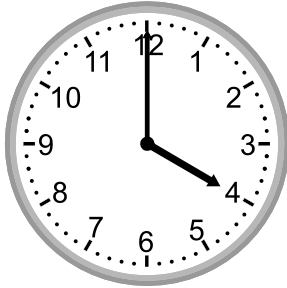
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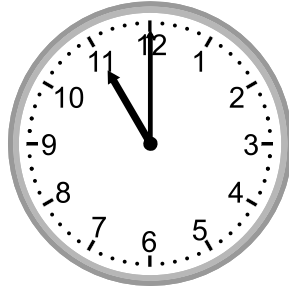
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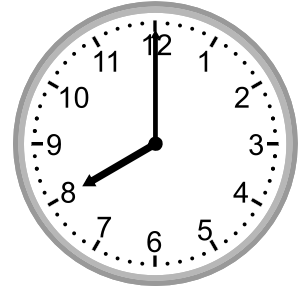
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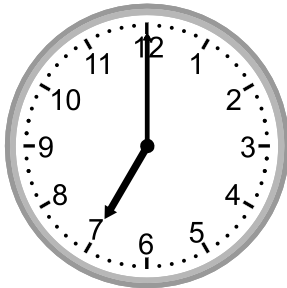

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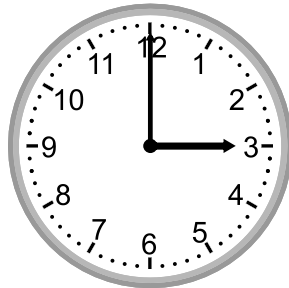

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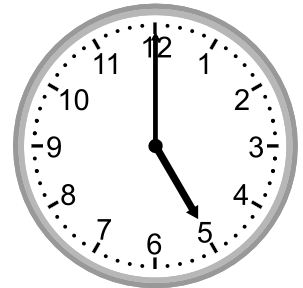

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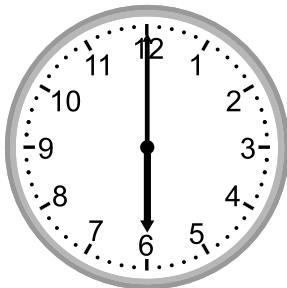

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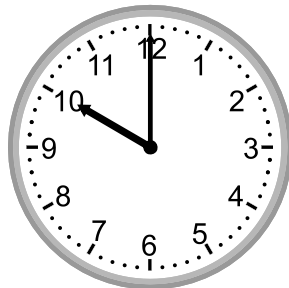

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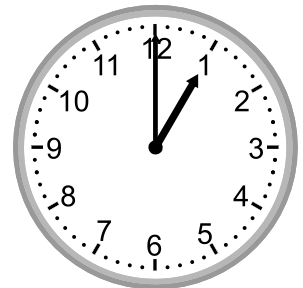

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# THE “5 Second Rule” Is Not So Safe

By Stefanie Maglio

Whether from a friend, a parent, school, brother, or sister everyone at one point has heard about the five-second rule when dropping food. Although it is just five seconds, a lot can happen to the food in that amount of time especially under certain circumstances. Therefore, it really may not be as safe as people seem to think. Many studies, including one done by Rutgers, have proven that no matter how fast the food is recovered from the floor, bacteria is still transferred. Through this same study, it was found that moist foods attract even more bacteria while on the floor than food that is dry in comparison. Rutgers conducted this test with foods such as watermelon (being the most moist), bread, bread and butter, and gummy candy. Rutgers claimed that bacteria could contaminate food instantaneously. According to KidsHealth.com, a clean-looking floor isn't necessarily clean. Bacteria aren't visible to the naked eye. Of course the faster the food is picked up, the safer it may be. However there will still be some bacteria. Therefore no matter how fast you move, it may not be enough. If you are unsure about whether or not it's safe to eat food that fell on the floor, toss it out. It is much better to be safe rather than sorry, especially when it comes to your own health in this case.



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## Avoid Child Identity Theft And Keep Social Security Numbers Secure

When your child is born, along with getting a birth certificate, parents also are tasked with getting a Social Security card and number for their child. A stolen Social Security card can be used to open everything from a bank account to a cell phone to a bank loan, so, keeping it safe is critical. If it falls into the wrong hands, someone could potentially set up an account in your child's name. Parents magazine recommends parents and guardians be very cautious to whom they release that private information, and don't provide it to organizations that don't actually need the information. The fewer groups and people who know the number, the less likely it is to be stolen. Another step that can be taken is to mail anything featuring a Social Security number from the post office, instead of leaving it in the mailbox where it could be stolen. The report notes a crafty thief could see the red mailbox flag as the perfect opportunity to steal information. If you want to take it a step further, you can require a signature for those letters via certified mail.

Protect Their First Bank Account. It's not uncommon for parents to open a bank or savings account in the name of their child, to start everything from a future piggy bank to a college fund. If the account details fall into the wrong hands, that data could cause major problems. Bank statements typically come via snail mail. A potential identity thief could get his hands on that number and use it to open a loan or drain the money from the account. Opt out of mailings for special offers and account statements, or have them switched to an adult's e-mail address. If you do receive credit card or loan offers in the mail linked to the account, be sure to shred them immediately — don't just throw them in the trash, where they can be found.



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## Tips and Unique Ways on How to Ask Your Child, "How was school today?"

By Stefanie Maglio

Every parent knows all too well that it's not always easy to get a dialogue about school going with their child. The older the child, the more vague the answer to "How was school today," becomes. Often when kids hear that question it goes in one ear and out the other. They may respond with "good" or "okay." However, that isn't exactly a great start to a conversation about school. There are other ways to simply find out about your child's school life without asking the same old question. Try some of these instead:

Where in school do you hang out the most? Asking this will help parents understand where their child fits in most comfortably at school.

Tell me one thing you learned today that you thought was interesting. This is a good way to see if your child is focusing in school, but it's also a great way to start conversation.

If today had a theme song what would it be? This is a more fun approach to talking about how your day went.

What are the top 5 things you hear people say in the hall? This is a more casual way for parents to go about finding out about the behavior of other students surrounding their child and influences they may be subjected to.

If you had to go to only one class everyday, what would it be? This is a great way to possibly get a feel for what really interests your child most at school.

## How Friendship Makes You Healthier

By Stefanie Maglio

Many people don't consider the fact that friendship can be beneficial to a person's health on many levels. Friendship is a great type of relationship that promotes positive physical and emotional benefits. Having an active social network is good for the mind and soul. Actually, in one study it was shown that people who are more socially involved had fewer colds than those who were socially isolated. In addition to the physical aspect of one's health due to friendship, it was found that those who had more friendships slept better at night. This was because those who had fewer friends were lonely. Loneliness is said to lead to restless sleeping. Mentally, having social support reduces the risk of cognitive decline. Also, in a study conducted in 2010, it was found that those who had stronger social connections lived longer. Friendship is truly a blessing people should participate in and receive. It may not seem like it at first, but when thinking about it a little deeper, it actually makes sense that friendship makes people healthier. It is truly beneficial for the mind, body and soul. Humans need to have other interactions with other humans. People need to be social just as much as they need other necessities of life such as food and rest. Friendship has a positive effect on people emotionally, which then in turn cause a positive effect on our physical bodies.

# NOVEMBER EVENTS

# 2016

**National Family  
Literacy Day**



**Ancients to Astronauts:  
How We Communicate  
@ Monmouth Museum**

**Discovery Den  
@ NJ State Museum**

**National Candy  
Day**



**Ultimate Dodgeball  
@ Rebounderz**

**Stroll & Roll  
@ Echo Lake Park**

**Curious George Exhibit  
@ Liberty Science  
Center**

**Grandparent Tuesdays  
@ iPlay America**

**Miranda Sings @  
Prudential Center**

**National Vanilla  
Cupcake Day**



**Full Moon Friday's @  
Plainsboro Preserve**

**Special Olympics  
Thanks4giving New  
Jersey Plunge @  
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**National Pickle Day**



**America Recycles Day**

**National Fast  
Food Day**

**Homemade Bread Day**



**Lego League Challenge  
@ Old Bridge Library**

**Where the Wild Things  
Are @ State Theatre in  
New Brunswick**

**Holiday Express  
Performance  
@ Six Flags**

**Keris Tree Farm &  
Christmas Shop,  
Open House**

**Early 19th Century  
Thanksgiving  
@ The Historic Village  
at Allaire**

**Happy Birthday to the  
Hulk!**

**National Eat a  
Cranberry Day**



**Happy Thanksgiving!  
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Parade on ABC**

**Happy Black Friday!  
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## THINKING OF SELLING?

Please accept this letter of wholehearted recommendation for Carol Fleres.

I met Carol because my elderly parents, 88 and 89 years old, had engaged her to help them sell their home. I have bought and sold several homes myself, and am familiar with the process and challenges of selling a home, particularly in this market. I am also an attorney admitted to practice in the New York and California bars, and was a Senior Vice President for more than a decade at The Walt Disney Company; my Disney experience taught me the importance of great service, and that it should be cherished when you find someone who understands it. Simply put, Carol meets the highest standards of excellence I have ever seen; indeed, she of ten surpasses those standards.

My parents are lovely people, but their age and the challenges in the real estate market made selling their home a real project. Carol was unbelievably professional throughout, incredibly astute in her understanding of the market in which she worked, completely unflappable in the face of all of those challenges that arise when selling a home (in our case, a surprise septic problem oil tank problem), and perseverant beyond belief. She got the home sold at about the asking price in less than a month. That was amazing enough. What was even more so to me was how she handled my folks (they are ready to adopt her themselves). At their ages, the stress of selling their family home for 50 years and moving was particularly tough; but whatever was happening, Carol always had a smile, was incredibly patient with them, and just did what was right and good. I cannot praise her highly enough, and I am so grateful; if she has not been there, I am not sure the house would be sold. Carol has my highest recommendation.

*Very truly yours,*

**Valerie A. Cohen**

**Attorney for Michael Eisner**



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Dr. Michael Chung attended New York University, Columbia University School of Dental Medicine, and Saint Louis University Center for Advanced Dental Education. He has served as an assistant dental instructor at Columbia University, and Southern Illinois University dental schools. Dr. Chung is an Invisalign Preferred Provider and a PROPEL system provider.

