

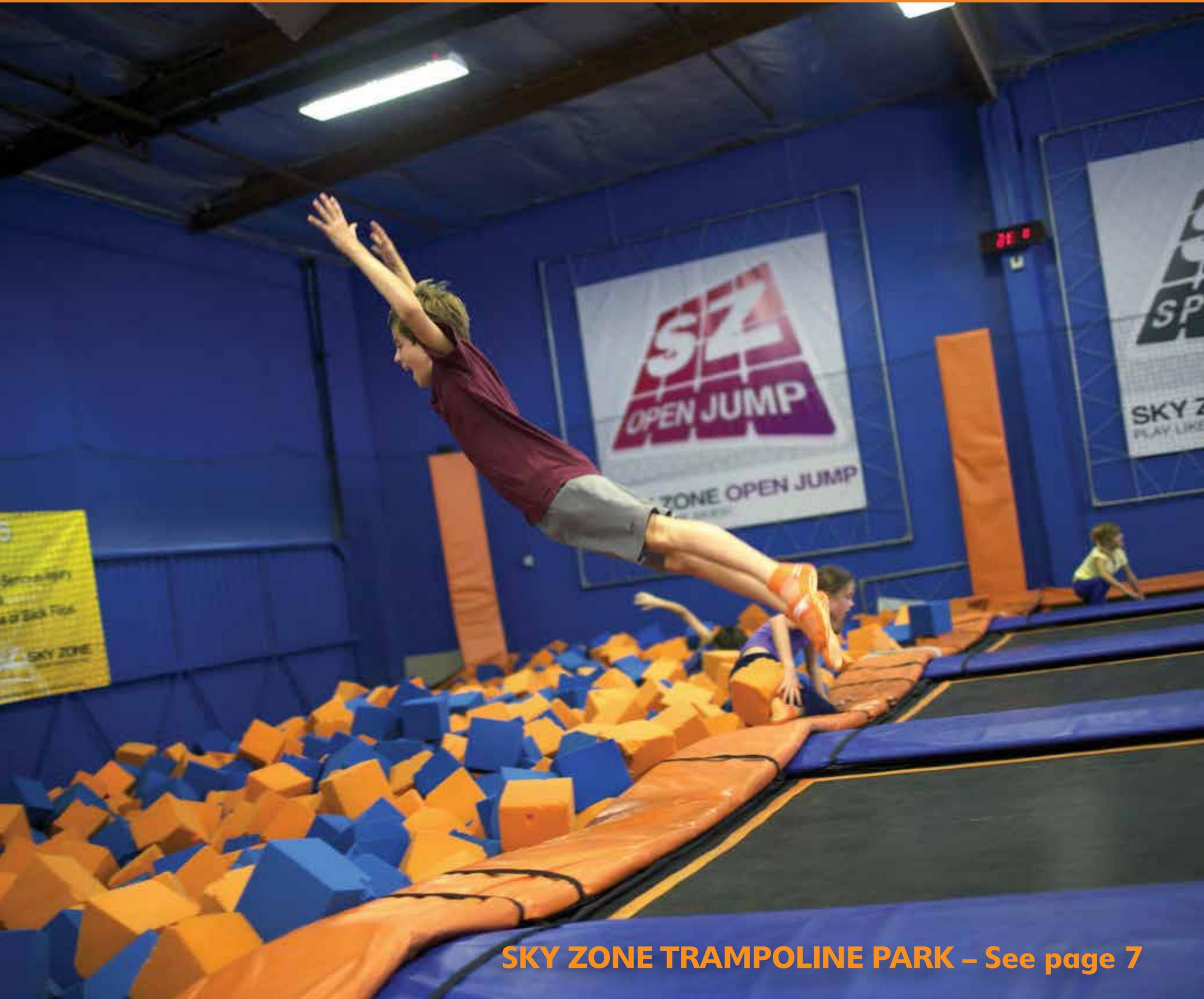
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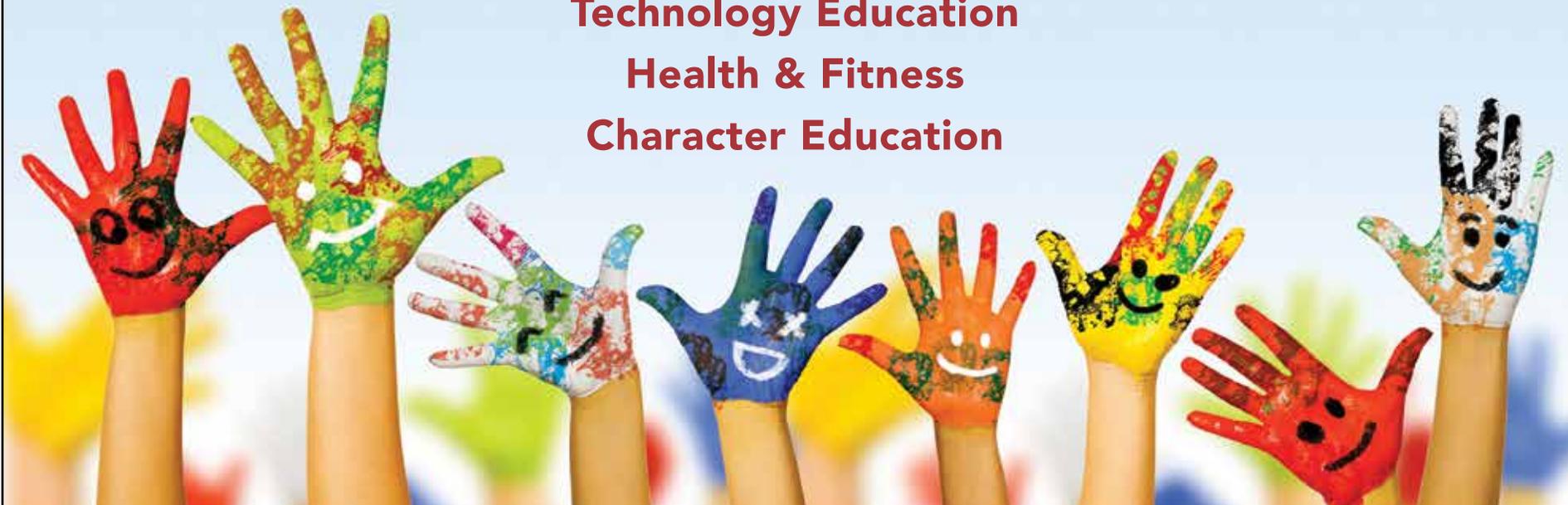
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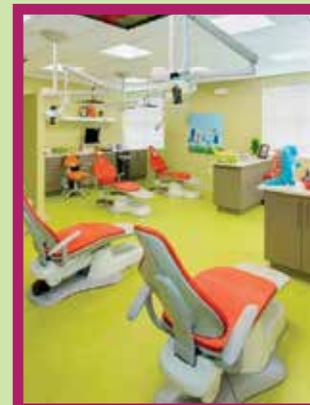


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THE MILLSTONE TIMES

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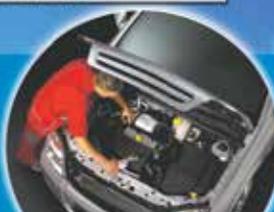
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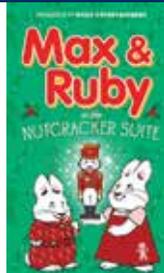
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Sky Zone Trampoline Park Opens in Ocean Township

Creator of the World's First Trampoline Park Opens New Location for High-Flying, Active Fun

Sky Zone Trampoline Park will open its doors in Ocean Township to offer a thrilling experience for the whole family atop a court of connecting trampolines. Specializing in Active Fun, the creator of the world's first trampoline park has a variety of gravity defying activities that will get people of all ages jumping for joy. Beginning November 26, residents are welcome to hop into Sky Zone Ocean to check out the wildly popular activity that has the whole country bouncing off the walls.

Sky Zone's wall-to-wall trampoline courts are designed as a fun and fit outing for all ages, shapes and sizes. The innovative trampoline park offers a variety of activities for everyone to enjoy including Open Jump, allowing guests to leap, bound and soar, Ultimate Dodgeball, a friendly and healthy dodgeball competition and Ultimate Volleyball, a new activity taking the popular sport to the next level. In addition, fitness fiends in Monmouth County can feel the burn at Sky Zone's original SkyRobics fitness class, which combines advanced calisthenics with a three-dimensional cardio and strength training program. This brand new park is the ideal venue for groups seeking unforgettable events such as birthday parties, corporate team building, field trips and much more.

"Since Sky Zone was founded in 2004, over 80 locations have opened across the United States, Canada, Mexico and Australia, and I look forward to bringing the unique concept to Monmouth County," said Barbara Glazer,

owner of Sky Zone Ocean Township. "The key to a healthy lifestyle is finding an enjoyable activity that keeps both kids and adults coming back for more. Sky Zone offers a one-of-a-kind experience for all ages, which helps encourage Active Fun."



Sky Zone Ocean is partnering with the Juvenile Diabetes Research Foundation, Central Jersey Chapter, for its Grand Opening celebration on December 4 from 12pm to 9pm, and will donate a portion of each jumper's entrance fee to the Foundation. Donations collected will be used towards Kids Programming to educate students about diabetes and to fund further research for a cure. Sky

Zone is also hosting a special First Responders Day on December 2 from 3pm to 9pm to thank the community's first responders and let them be among the first to enjoy the trampoline park. For the special event, all police officers, members of the fire department, EMTs and their families are welcome to jump at Sky Zone for 50% off the regular jump price.

The new Sky Zone Trampoline Park is located at 2355 State Route 66 in Seaview Square Mall Ocean Township, NJ 07712. Operation hours are Tuesday through Thursday from 3pm to 9pm, Friday from 11am to 11pm, Saturday from 10am to 11pm, and Sunday from 10am to 9pm. For more information on Sky Zone Ocean Township, please visit www.skyzone.com/Ocean or call 732-200-4344. ■



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The Sky Zone Indoor Trampoline Park playing courts are protected by U.S. Patent No. 5,624,112. Sky Zone location is an independently owned and operated franchise.

Frogbridge Day Camp Hosts 16th Annual Halloween Party and Toy Drive

Frogbridge Day Camp was the home once again to a private Halloween party and fundraiser offered only to their campers, families and friends, along with the students and families of the Tadpole Village Preschool, which is also found on the Frogbridge property. This annual event, known as the FROGTOBERFEST, is most importantly an annual toy drive, helping to raise awareness and toys for local children in need this holiday season. The day features fun and goodies for kids young and old, from ages 3 to 93! There are magic shows throughout the day, a petting zoo, Halloween themed ice cream and toppings at Ribbits Ice Cream Parlor, pumpkin picking and decorating, and churros and hot chocolate at Frogaritas. But the fun and excitement certainly does not end there.

Among the best festivities found at the event was a live haunted house featuring a dozen of the camp's team members dressed in the spookiest costumes imaginable. Appropriately known as "the scariest place in camp", the haunted house is over 300 feet long and takes its guests through some of the darkest and narrowest halls and tunnels you will find anywhere. The crew at Frogbridge turns the camper's locker rooms into an asylum, where the patients freely roam the halls and come at you from everywhere—including from above! "We warn even the bravest of visitors that this is very much a scary place, made to rival any of the haunted houses and attractions throughout the country." Designed by JR Pugliese and built by our on-site general contractor

Over at "Windows on the Water," the facilities on-site catering hall, guests were treated to an endless buffet fit for a king or queen, or more appropriately on this day, a ghost or goblin for that matter. It featured pasta stations, barbeque stations, pizza, chicken specialties, and even filet mignon with vegetables for children and adults of all ages! There was even a dessert station, which included freshly baked assorted cookies, ice cream, coffee and hot chocolate,



and his team of craftsmen, this attraction takes over one month to build. "The feedback was incredible this year. Guest after guest confirmed that this year's attraction was the scariest of our 16 year history by far!"

Also featured is the "Not-So-Haunted Hayride." This decorated ride takes its guests for a tour of our property, riding along the lakeside and through the open fields until they are greeted by some not so scary team members along the way. "These characters are much friendlier and manage to get a smile from all of our riders!" says Frank Pugliese, the camp's owner. "We wanted to create something for everyone, and the hayride gives the younger and less thrill seeking guests a chance to explore the grounds while at the same time getting a friendly spook from time to time."

all graciously offered by the Windows on the Water Catering Team.

But the very best part of the day without question was the fundraising aspect of it all. The price of admission to the day's festivities is nothing more than a new, unwrapped toy, which will be donated to local groups and charities that don't receive the recognition of the bigger national toy drives. Throughout the camp season Frogbridge teaches its campers about giving back to those less fortunate than themselves all summer long as part of its "Campers Helping Kids" campaign. To read more about all of the groups that the campers and their families have raised money, awareness and even food donations for, visit their website at www.frogbridge.com.

The Frogtoberfest is something that Frank Pugliese and his son JR offer to their Frogbridge Family members as a way of saying thank you for choosing Frogbridge this summer. The food, the staff and all of the giveaways are all donated by the Pugliese family as a token of their appreciation to the families that have chosen to call the Tadpole Village Preschool and the Frogbridge Summer Day Camp as their home. "Parents are faced with many challenging questions and have several options to choose from when making their children's summer plans, and we truly appreciate the trust they have put in us," Pugliese explained. "The Frogtoberfest represents yet another event that is unique to Frogbridge and at the same time keeps the campers and their friends connected throughout the school year. It's our way of giving back to the community while at the same time raising awareness about the hundreds of local families in need this holiday season. Today, we collected over 500 toys for children to help put a smile on the faces of hundreds of kids that otherwise may not have had much to smile about this December!" ■

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Can Drinking Milk Be Harmful? Dairy Facts Revealed

By Brianna Siciliano

People always wonder about the health benefits and concerns with dairy. In the past, there have been drastic trending weight-loss programs designed to exclude dairy products from daily diets, like the Paleo Diet. Many people on the program lost weight, but in the long-run, their bones suffered. Dairy products are essential for bone health, as most of us already know, but can dairy be harmful?

In the '80s and '90s, experiments were conducted in Sweden to examine the relationship between bone fractures and mortality in men and women. Three large countries in Sweden participated in the study, including about 61,433 women aging from 39-74 and about 45,339 men aging from 45-79. The people who ran this study concluded that higher milk intake was associated with higher fracture rates in women and higher death rates in men and women. Is this experiment a reliable source to follow? That is questionable. No two people are exactly alike. Some of the people who took the experiment could have been intolerant to lactose, some of the people could have genetically inherited bone issues that caused fractures, and some of the people could have suffered health issues that had absolutely nothing to do with their dairy intake.

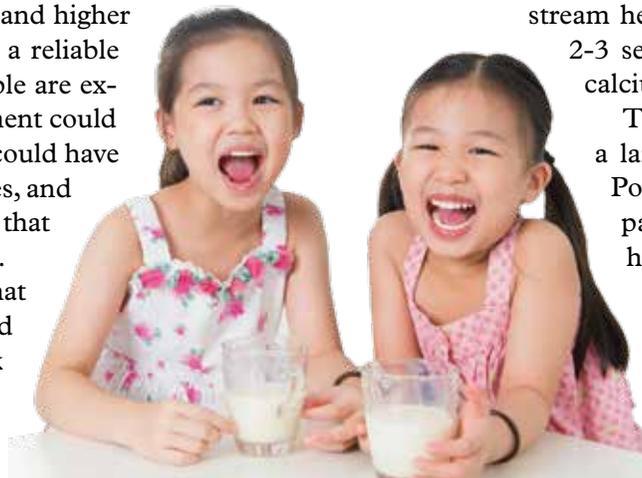
Although the Swedish study is trying to prove that dairy is bad for our diets, we have to keep in mind how nutritious dairy is for our bodies. Cow's milk contains all the proteins, fatty acids, and micro-nutrients needed to nurture a growing calf. Human muscles, cells, and organs are very similar to a

calf's, which means that dairy products are a great of a source of nutrients for humans as they are for baby calves. A single cup of milk (244 grams) contains Calcium, Vitamin D, Riboflavin (B2), Vitamin B12, Potassium, Phosphorus, Vitamin A, Vitamins B1 and B6, Senium, Zinc, and Magnesium. All of these nutrients come in a glass that is filled with about 146 calories, 8 grams of fat, and 13 grams of carbs. Do the pros outweigh the cons calorie wise? Absolutely.

If the vitamins and minerals are not convincing enough, consider the fact that dairy is the best source of calcium. Many people, especially women, lack the proper amount of calcium in their diets. Including dairy products in your everyday diet will lower your risk of calcium deficiencies. With this said, it seems logical that dairy is extremely beneficial for bone health. Many main-

stream health organizations recommend that people consume 2-3 servings of dairy per day in order to provide enough calcium for their bones.

The bottom line is dairy products are known to have a large impact on health. Can dairy products kill you? Possibly. If you intake too much dairy, like some of the participants in Sweden's study did, you will face major health concerns. At the same time, if you intake too much of any food, no matter what kind of food it is, health concerns will rise. The key to great health is knowing what your body can and can't tolerate. Balancing every food group—including dairy—in your daily diet in moderation is the key to a long, healthy life. ■



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THE SEASON OF GIVING

Give to the Ronald McDonald House!

By Brianna Siciliano



The holiday season is known as the time of giving. It always feels incredible knowing that the gifts you give make others happy. Wouldn't it be great to know that this winter, you could change a family's life? Wouldn't it be great to help an ill child and his or her family celebrate their lives—and the holidays—united and supported? We think so!

The Ronald McDonald House of Long Branch and New Brunswick has been a safe haven for families of seriously ill children who receive care at local medical facilities. By providing a "home away from home," the Ronald McDonald House offers a supportive, welcoming, loving environment for family members during a stressful and scary time of uncertainty. To save money and time, families have the chance to stay together in a comfortable home (with private rooms and facilities) for the time that their child is being treated.

The Ronald McDonald Houses operate through your fundraising, support from businesses, organizations, and schools, and your generosity! Helping

families during times where they need help most is very rewarding, so this season, try to help out!

There are many available options to help make a family's stay at a Ronald McDonald House a little easier, including collecting pop tabs, volunteering, and donations. For every pound of aluminum pop tabs collected, the Ronald McDonald Houses can make money. If you have soda drinkers in your house, collecting aluminum can tab tops is a simple and efficient way to help out the Ronald McDonald House!

Volunteers are always welcomed at the Ronald McDonald Houses. There are lots of volunteer options available; for example, you can volunteer individually or as a group to assist in a variety of roles, like cooking meals, gardening, and assisting in the office. Volunteers have the incredible satisfaction of seeing their time and hard work directly benefitting families with seriously ill children.

Donations help provide care, comfort, and supplies to families when they need it most. The Ronald McDonald House relies heavily on the generous support that people can provide. Anything that you can gift is greatly appreciated.

Life is precious and priceless. Give from your heart and make a difference this holiday season. You will change a family's lives for the better, and you will not regret your decision. To learn more about helping the Ronald McDonald House of Long Branch and New Brunswick, visit www.rmh-cnj.org. ■

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By Susan Heckler

Central New Jersey is home to many young families. Our area has become a magnet for people who appreciate the beauty, commutability, and wide variety of choices for families with preschoolers.

The Malvern School was founded in 1998 with a philosophy to deliver high quality educational programs for children between the ages of 6 weeks and 8 years. The Malvern School Mission Statement included “The Malvern School is dedicated to educating young children through diverse and innovative programming.”

Malvern schools are open year round with full and half day enrollment options. Their 23 locations in Pennsylvania and New Jersey include schools which have opened recently in Freehold, Marlboro and Jackson. Unlike many preschools, Malvern schools boasts degreed teachers who focus on your child’s physical, emotional, and cognitive growth. Their developmentally-appropriate curriculum is aligned with State Learning Standards and is designed to meet or exceed the standards established by the National Association for the Education of Young Children (NAEYC), the nation’s largest early childhood accrediting organization. They are making every effort for all of The Malvern Schools to achieve NAEYC accreditation, with 12 already accredited.

They have created two age-appropriate, custom designed rooms where your child will have daily unlimited opportunities to see, touch and do through hands on learning stations. To satisfy a child’s curiosity and need for adventure, the learning stations focus on sensory exploration, arts and crafts, reading, manipulative play and dramatic play. The Fascination Station is a favorite among First Step and Toddler children, and the Discovery Room is a special place for the Get Set through After School students. When you walk into these rooms, you will see children thinking, learning, listening, experimenting, drawing, building, creating, laughing and especially smiling. They have the opportunity to work in small groups with children from other classrooms for a different experience.

The schools adhere to best practices for health and safety of their students and staff. They have stringent qualifications for their staff, including background checks and licensing requirements and even offer tuition reimbursement for continuing education. They stress communication with parents and use Tadpole software to keep parents informed with daily reports and photos of their youngsters.

You have a choice of programs to meet different stages of development and the needs of your family. Their programming ranges from infant to toddler, the Get Set program for ages 2½ to 3, Preschool for the 3 to 4 year olds, Pre-Kindergarten, after school programs for 5-8 year olds, and Summer Camp to keep the children active year round.

They offer a rolling admission so your child can come in at any time. For more information about the schools in our area call 1-877-MALVERN or email info@malvernschool.com. Their website is extremely user friendly and informative: www.malvernschool.com. ■



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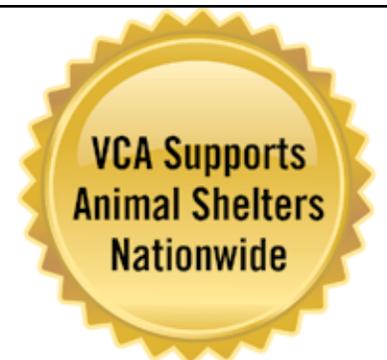
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Preschool Perfection – Kiddie Academy of Brick

By Susan Heckler

Choosing a preschool is not what it used to be. There are so many new features available to parents and students which make the preschool years that much more formative. Back when my no-longer-teens were that age, we looked for a clean building with a good staff where your child would be safe and learn a little something with their peers.

At Kiddie Academy of Brick, they learn a lot of something. In a conversation with director Lindsay Colavito, she explained their Life Essentials Curriculum which gives their students the tools they need for school and life. Each month they focus on a different quality to build character...October is Character Education and November will focus on Self-Reliance.

They provide breakfast, lunch and snack for the kids and even use family style mealtime as a learning experience.

The school provides individualized lesson plans up to the age of two so allow the child to grow and learn at their own pace. After the age of two, the teachers do a group lesson plan that incorporates activities to meet all the student's needs. They supplement their already wonderful curriculums with outside ones. On Monday they have Broadway Bound which is a



song and dance lesson leading to their own productions. Thursday is Amazing Athletes where people come in to the school to teach the fundamentals of different sports. Friday is ABC Music which is a specialized preschool music program where the kids get music education and introduction to instruments.



They even have a divided outdoor playground based on age and an indoor village for those nasty weather days.

Your child's safety and your peace of mind are essential. The school is equipped with safety doors which remain locked at all time. There is a Welcome Vestibule allowing visitors to check in and

out before entering where students are. They also have the Watch Me Grow program where parents can log in and view their child on video from any computer or smart phone.

The school is open year round and accepts new students at any time. For more information, contact them at Kiddie Academy of Brick at 920 Cedar Bridge Avenue in Brick, 732-262-3600, brick@kiddieacademy.net, www.kiddieacademy.com/brick. ■

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+		+		+		+
8	+	6	+	1	=	
+		+		+		+
9	+	1	+	5	=	
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Answers on page 30

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Fashionable Trends That Will Keep You Warm This Winter

By Brianna Siciliano

Dressing in the winter can be tough; we want to dress comfortable, warm, and fashionable all at once. As the temperature drops and the snow begins to fall, we worry about the winter taking our confidence away. Well, this holiday season, your entire family can feel comfy and trendy at the same time.

This winter, women have tons of trendy outfit options available. Women can never go wrong by wearing a fashionable jacket with a pair of black pants on cold days and nights, nor can women go wrong by wearing an oversized sweater with a pair of leggings. Winter is the perfect time to add layers to your outfits and get creative! Do you feel like today is a scarf kind of day? Then pick out the perfect patterned scarf to match your solid outfit, or vice versa! This winter, you will see loads of stripes, nature-inspired prints, and animal prints on the shelves. That's because these patterns are the go-to patterns of winter 2014/2015. Shoe wise, you cannot go wrong with wearing knee high leather boots. Knee high boots can edge up any outfit, whether you are wearing skinny jeans and a simple top or a pencil skirt ensemble. Women have it great clothing selection this winter season!



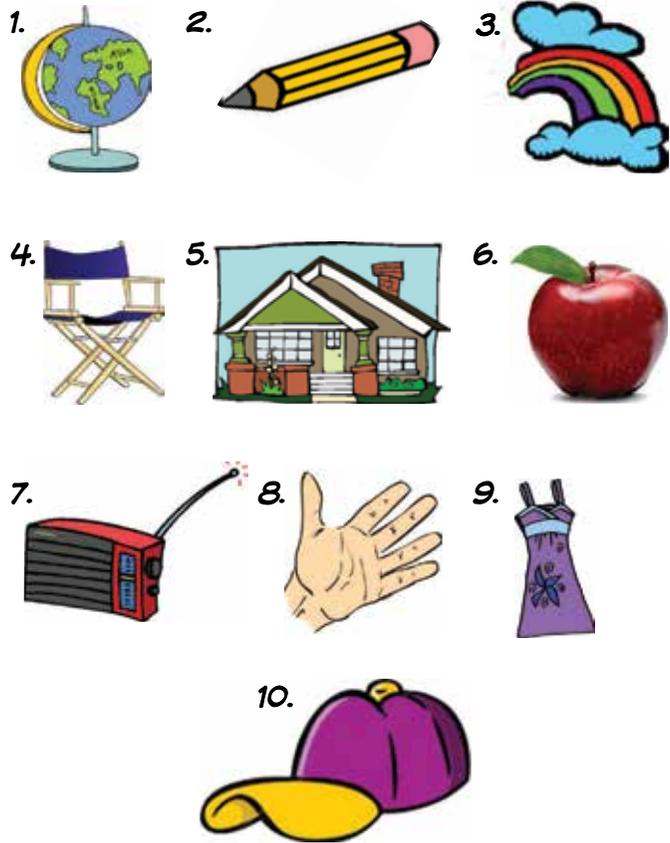
This winter, you will see loads of stripes, nature-inspired prints, and animal prints on the shelves.

In the winter, men can show that they have a great sense of fashion by wearing dress pants, a solid color sweater, a black winter pea coat, and a warm scarf that matches their sweater color to a tee. If sweaters are not your thing, don't worry! There are still tons of options! Are you a leather kind of man? This is the season for you! Leather jackets are not only comfortable and slim-fitting, but also attractive and trendy. These jackets can be worn with a basic tee shirt, a dress shirt and a tie, jeans, or dress pants. Leather is an option to take advantage of this winter!

Dressing your children warm, cozy, and fashion-forward has never been easier! Your little girl can be dressed in a sweater and legging ensemble, a dress (or a dress and leggings, depending on the outfit), or a sweater and jeans ensemble. Along with these outfit options, you can always dress your daughter in an oversized sweater, poncho, or pea coat. If you are wondering what to dress your son in, you cannot go wrong with jeans or khakis and a vest, sweater, or sweatshirt.

Boys and girls can wear similar trending outfits that men and women are wearing this season, too! There are endless outfit options to try this winter. Good luck selecting what outfit you'll want to wear first! ■

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



G	S	S	E	R	D	C	W
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
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Holiday Movie Night

By Krusha Vaidya

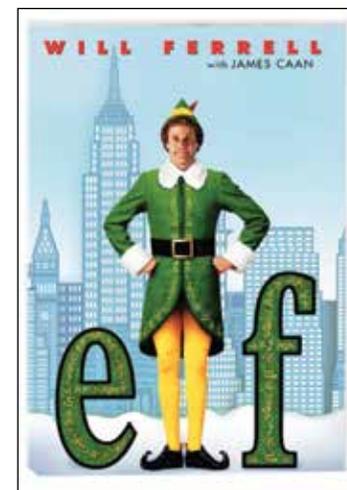
Finally it's time to start hanging mistletoe and putting up the Christmas tree. But with the weather getting chillier, it's nice to sit back and relax with a nice hot chocolate and these feel-good holiday movies.

How the Grinch Stole Christmas

After the Grinch attempts to steal Christmas, he'll steal your heart as he learns to love the Whos in Whoville. Make it a double feature by watching the old animated version followed by the newer version starring Jim Carrey.

Elf

This hilarious family comedy starring Will Ferrel who plays an elf named Buddy who sets out to find his real family in the great city of New York after he learns he's really a human.



The Nightmare before Christmas

This refreshingly spooky animated movie will ignite your imagination as you follow the adventure of Jack Skellington. As the king of Halloween Town, Jack has grown tired of Halloween, and when he stumbles into Christmas Town, he is suddenly inspired. But trying a new holiday isn't an easy task for Jack's family and friends.

The Polar Express

This heart-warming animated film is about a young boy who stays awake the night before Christmas morning listening for Santa's sleigh bells, but what he hears is something completely different!

Miracle on 34th Street

In this Christmas classic, an old man fills in for Santa in the Macy's Thanksgiving Parade and surprises everyone by claiming he really is Santa Claus! This leads to a court case trying to determine his mental health and most importantly, his authenticity.

A Christmas Carol

Ebenezer Scrooge, an old man who hates any joyful occasion and most importantly Christmas, embarks on a journey of a lifetime where he learns the importance of family and most important compassion. (The 2009 animated version is more recommended for kids).

A Charlie Brown Christmas

In this touching holiday classic, Charlie Brown and the Peanuts gang undergo a good amount of grief to learn the true meaning of Christmas, by brushing aside materialism.

Arthur Christmas

Ever wonder how Santa did his job? Let your imagination run wild with this animated comedy that reveals Santa's intricate operations in the North Pole.

Santa Claus 1, 2 & 3

A three movie series with Tim Allen starring Santa Claus, is the perfect comedy to satisfy kids in hopes of bringing a joyous mood in the home.

It's a Wonderful Life

This classic movie of importance of family tells the tale of a depressed and suicidal man who attempts suicide and sees what the lives of his loved ones would be like if he hadn't existed. A film that is sure to bring tears and smiles to everyone in the room. ■

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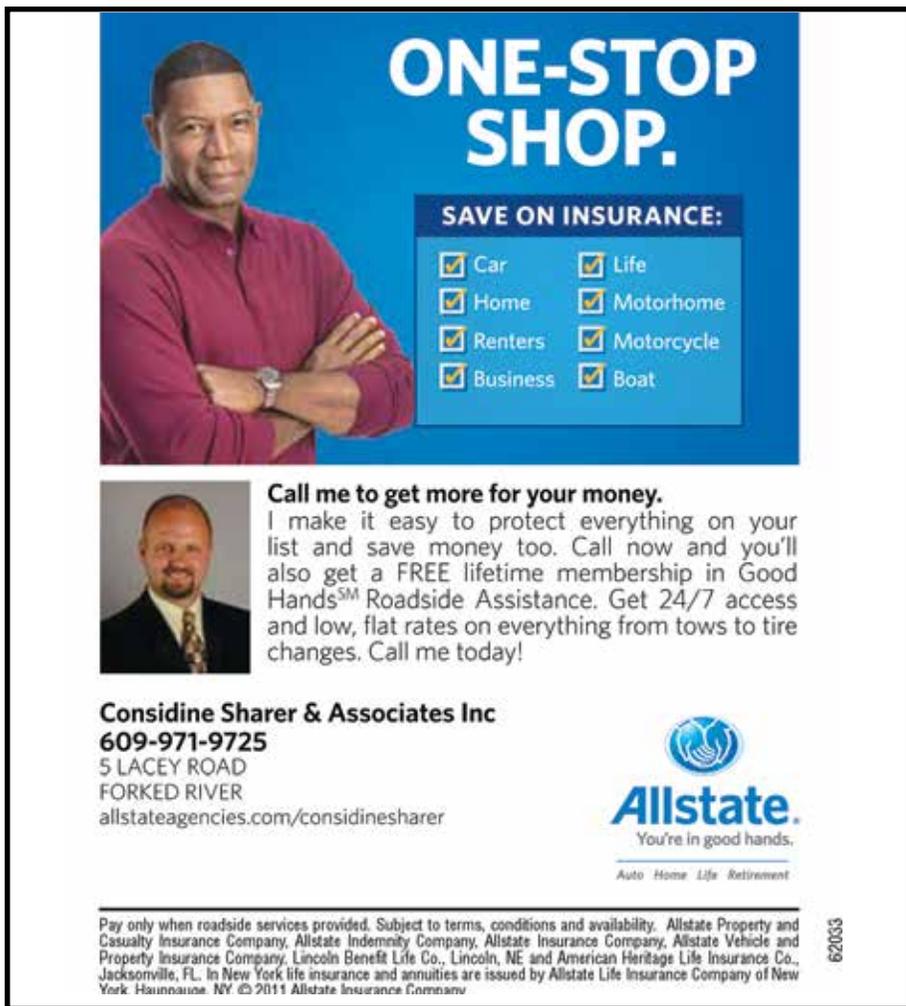
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Medication Safety for Children

By Jennifer Cochran

Giving kids medicine safely can be complicated. It maybe frightening to give a young child certain medications knowing that too much or too little can cause serious side effects. But with a little knowledge and a lot of double-checking, you can give your kids medicine safely and prevent dangerous reactions. Using medications safely means knowing when they're necessary –and when they're not. Always check with the doctor if you're unsure whether symptoms require treatment with medication.



ADMINISTERING MEDICATION

To ensure the safe use of prescription or over-the-counter (OTC) medicines, discuss your child's symptoms with your doctor and pharmacist.

When giving your child medicines, you'll need to know:

- The name and purpose of the medication
- How much, how often, and for how long the medicine should be taken.
- How the medicine should be administered (whether it should be taken by mouth; breathed into the lungs; inserted into the ears, eyes, or rectum; or applied to the skin)
- Any special instructions, like whether the medicine should be taken with or without food
- How the medicine should be stored
- How long the medicine can safely be stored before it needs to be discarded (asthma inhalers, for example)
- Common side effects or reactions • Interactions with other medications your child may be taking
- What happens if your child misses a dose

DID YOU KNOW?

tbsp = tablespoon
tsp = teaspoon
oz = ounce
ml = milliliter
mg = milligram

If the prescribed dose is in a different form other than your measuring syringe, cup, or spoon, don't try to convert it, and don't use a regular spoon. Instead, head out to your local convenience store or pharmacy where you will find a measuring instrument that will provide an accurate dose. ■

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Pink Eye in Newborns

A newborn baby who has symptoms of pink eye should see a health care provider. Pink eye in newborns can be caused by an infection, irritation, or a blocked tear duct. It can be very serious because it may cause long-term eye problems or lead to infection of organs other than the eye.

Neonatal pink eye can also be caused by sexually transmitted infections, like gonorrhea or chlamydia, and be passed from mother to baby most commonly during birth. If you are pregnant and think you may have a sexually transmitted infection, visit your health care provider for testing and treatment. If you don't know whether you have a sexually transmitted infection but have recently given birth and your newborn shows signs of pink eye, visit your child's health care provider right away.

Most hospitals are required by state law to put drops or ointment in a newborn's eyes to prevent pink eye. For more information, visit www.cdc.gov/conjunctivitis/newborns.html. ■



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Is Writing a Lost Art?

By Marlene Bohnyak, Owner/Instructor



Not at Artisan Studio where we treasure the arts of writing and illustration ... for kids! Do you remember going to the library and actually taking out a book, a physical, tangible object that you could hold, smell, feel and enjoy? Turning back a page because it was either a bit vague and you needed to reread it... or better yet, it was so fantastically well written that you needed to enjoy it one more time!

Remember the beautiful illustrations on the cover, at the beginning of a new paragraph or randomly scattered throughout the story? These were my favorite memories long after the words were gone months and years later ... but the illustrations, whether watercolor washes or pen inkings, they were deeply etched into my memory forever.

Those days are long gone but a child's opportunity to create these memories are alive and well at our studio! Our COVER 2 COVER classes help our students tap into their imagination and express their ideas. Their writings are accompanied by various forms of illustration from the start at the cover, through the story, to its end and the back cover. We inspire them to think outside the box as they explore all the wonderful possibilities.

At Artisan, we have always encouraged our students to read, go to the library, search the internet or other source for imagery and/or information to inspire and inform themselves for a chosen project, whether an artistic purpose or additional knowledge. They will fully understand the subject when there are cross-information sources for deeper inspiration and understanding.

We focus on content and structure in the writing process, from brainstorming through the completed story...It's their tale to tell, we give them the needed encouragement and tools. In the illustration area we will engage them in many different techniques with various materials to enhance their creations. The finished product is a uniquely bound book with a well written story accompanied by beautiful artwork!

Skills learned in COVER 2 COVER will carry over into your child's schoolwork as she/he learns to structure sentences, improve grammar and vocabulary, spell better and write in a clearer manner. The process of writing has many steps; like many of our other classes; it shows our students that a process requires patience, and patience is often rewarded with better results... and grades. We have received so many comments from parents who notice the change, and get positive feedback from the teachers in school who see improvement as well!

Our COVER 2 COVER classes are for kids ages 8 and older who enjoy reading and writing stories, poetry and graphic art forms. We present our lessons in a very positive, fun and engaging manner sure to please your budding author/illustrator. Do you have a potential Maurice Sendak, Shel Silverstein, Eric Carle, Crockett Johnson or Dr. Seuss in your family? Give us a call! ■

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December 14th!



Super Similar Words

Many words mean the same thing as another word. Circle the two words that are most alike in meaning.

- | | | | |
|----|------------|-------------|------------|
| 1. | heroic | animal | creature |
| 2. | big | tiny | colossal |
| 3. | horrifying | frightening | funny |
| 4. | bad | sad | melancholy |
| 5. | tremendous | tree | large |
| 6. | enormous | little | large |

Answers: 1. animal, creature
 2. big, colossal
 3. horrifying, frightening
 4. sad, melancholy
 5. tremendous, large
 6. enormous, large

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Q: Is it true that most earthquakes happened between midnight and 4am?

A: No, Earthquakes can happen at any time of the day or night.

Q: If you fell into a crack in the earth caused by an earthquake where would you land?

A: Cracks in the Earth caused by earthquakes are not very deep. If you fell into one, chances are that you could just stand up and climb out and it is absolutely less likely that you would get injured.

Q: Are there more earthquakes under the sea than on land?

A: Areas of subduction, where an oceanic plate is sinking down into the Earth, are the sources of much of the World's earthquakes. Therefore, more earthquakes occur under the sea than under the land.



Grinch Approved Holiday Gifts

By Brianna Siciliano

The holiday season will be here before we know it, and right now we are all on the search for the best holiday gifts for everyone on our lists. This time of the year can be very stressful, but getting an early start on your list-making and shopping can relieve anxiety and be very rewarding.

When searching for gifts for family and friends, keep in mind their likes and dislikes. For example, if your brother is a photographer, a great present idea would be customizing a pillow, blanket, or canvas with one of their favorite pictures that they have ever taken. If your best friend is a teacher, and she absolutely loves her job, you might want to gift her with a crystal apple keepsake that has an engraved message or quote. Customizing gifts for loved ones is a memorable and affordable way to show loved ones that you care.

If you are looking for gifts for adults, think about what they enjoy. Do they enjoy decor? Pick out beautiful vinyl wall decals, wall canvases, or customized photo afghans that scream their name. Are you searching for gifts for adults who are home-bartenders? You

would make your loved ones feel very special if you gifted them with personalized beer mugs, personalized wine glasses, wine chillers, wine stoppers, or coaster sets. Is your loved one an electronic lover? Don't rule out gifts like portable chargers, kindles, or sonos music systems. There are endless options of gift-giving. You just need to clear your mind and think about what your loved ones enjoy the most.

When shopping for teens and young adults, it is always good idea to purchase covers and accessories for their electronics, for example customized cases for their phones, iPods, iPads, tablets, and laptops. It's also a great idea to think about purchasing trendy wallets, clothes that are in style, or concert tickets for their favorite musician's upcoming tour. Young boys usually love the newest sneakers and video games, while girls enjoy beautiful handbags and jewelry pieces.

Children can be challenging to shop for. You can never go wrong with gifting children pajamas and clothes. Although they don't always appreciate clothes on the spot, you'll notice that they look for the cute and cozy pajamas on cold winter nights. If you are looking to buy children toys and gadgets, think about what things they already have. Does little Johnny have an iPad? Why not gift him the latest high-tech wireless headphones? Does Sophia love cookies and sweets? Think about buying her an easy-bake oven. If you know that a little girl you are shopping for loves princesses, get her princess accessories, princess dolls, or a princess themed tea set. If she loves baby dolls, then get her a baby doll. If a little boy you are shopping for loves super heros, then look for action figures and capes. If he loves toy helicopters and cars, then gift him one of those! Sometimes when we are going holiday shopping, we think too hard about what to buy. It is important to take a deep breath and relax before preparing for this upcoming joyous holiday season! ■





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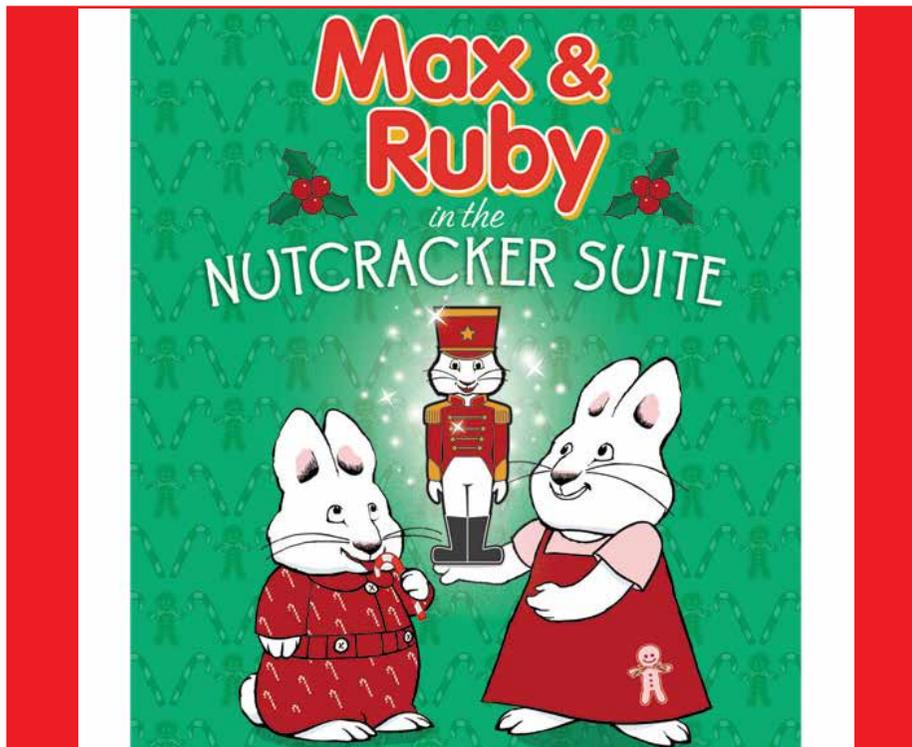
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Kids' Cartoon Favorites Max & Ruby Take the Stage at iPlay America on December 14

Beloved cartoon bunny siblings Max & Ruby will bring to life a Christmas tradition in two live shows at iPlay America on Dec. 14.

Inspired by one of the greatest musical scores ever composed—Tchaikovsky's *Nutcracker Suite*—Koba Entertainment presents "Max & Ruby in the Nutcracker Suite."

The story begins on Christmas Eve as Ruby decorates the tree and Max chases the delicious scent of Grandma's freshly baked gingerbread cookies. A knock at the door reveals a huge package. Each toy in the package is from the story of the Nutcracker Ballet, so Grandma reads the story. Max & Ruby's imaginations whisk them away to a magical land where they become characters in the beloved ballet.

Dancing, singing and delicious treats follow, as the bunny pair experiences the wonder and excitement of the classic Nutcracker story. Whether it was the sweets, or their lively imaginations, the bunny siblings head to bed with visions of candy canes dancing in their heads! Max & Ruby's adventure, guided by the classic notes of Tchaikovsky's masterpiece, is full of delectable dance and holiday magic perfect for the whole family.

Limited VIP tickets are available and include a meet-and-greet with the characters and front row seating. Tickets may be purchased at iplayamerica.com/maxandruby. Shows are scheduled for 1 p.m. and 5 p.m.

Families can make a day of it and enjoy a bite to eat in iPlay America's Game Time Bar & Grill and play in the indoor boardwalk and arcade before or after the show.

"We are thrilled to bring the beloved children's characters Max and Ruby to iPlay America this holiday season," says Jessica Schwartz, director of marketing for iPlay America. "We love to help families establish traditions and create memories."

For more information, contact Jennifer Quinn at jenniferq@iplayamerica.com or 732-577-8200, ext. 226 or visit iplayamerica.com. ■

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from page 17.



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+		+		+		+
8	+	6	+	1	=	15
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9	+	1	+	5	=	15
=		=		=		=
24	+	17	+	16	=	57

9	+	7	+	10	=	26
+		+		+		+
9	+	7	+	5	=	21
+		+		+		+
1	+	9	+	9	=	19
=		=		=		=
19	+	23	+	24	=	66

RULES AT HOME



All families have rules. The first step in becoming more responsible is knowing them. The most important rules to follow are those that keep you safe. There are also rules that might help you and your family. Some areas where rules might help are homework; chores; caring for sisters and brothers; and using the telephone, TV, and computer.

What are some rules at your house?

1. _____
2. _____
3. _____
4. _____
5. _____

What kind of rules do you need if you are taking care of yourself until an adult comes home? Here are some ideas to talk about:

- **What should I do if things don't look right when I get home?**
- **What foods may I eat and when?**
- **May I leave the house?**
- **Is it okay to have friends over?**
- **May I use the telephone?**
- **How much homework should I do?**
- **What chores should I do?**
- **How much TV may I watch?**
- **What should I do if the telephone rings?**
- **What should I do if someone comes to the door?**

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How Much Do You Know About Diabetes During Pregnancy?

By Brianna Siciliano



Diabetes can affect women during their childbearing years. Diabetes is a disease in which blood glucose (blood sugar) levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help

glucose get into the cells of our bodies.

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should.

Having diabetes during pregnancy can impact the health of both the mother and her unborn baby. If a woman has poor control of her diabetes during pregnancy, which means that her blood sugar levels are often above normal, this increases the chances for problems for her baby, such as a baby growing too large, which may lead to complications during delivery. It also can cause serious complications for the woman. Working to keep blood sugar in control (in the normal range) before and during

pregnancy can help prevent these problems. We don't know all the causes of gestational diabetes. Many—but not all—women

with gestational diabetes are overweight or obese before getting pregnant. It is important for women with type 1, type 2, and gestational diabetes to keep their blood sugar in control. Keeping blood sugar in control before and during pregnancy increases the chance of having a healthy baby and reduces the chance for other

problems. Work with your doctor to make a plan to keep your blood sugar in control. Following

this plan can help you have a healthy pregnancy and baby. It also can help you and your baby stay healthy after birth. ■

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When I grow up I want to be a/an _____

People that have this job have to _____

I want to do this because _____

I hope that doing this will _____

I think that this job is amazing because _____

To have this job I have to _____

Now that you know all about your job, try your hardest in school and you are halfway there! Keep in mind that you can be anything you want to be in life, as long as you always try your best!

Make Spaghetti Art

When your child smells the spaghetti simmering on the stove, he/she will naturally think it's dinner time. But, surprise your child instead with this fun craft that encourages imagination and creativity by using spaghetti to create art. You will only need spaghetti noodles and a few craft supplies, and you and your child are on your way for a truly different art experience! This is a great activity to do together while you both enjoy playing with your food! Who would have thought that spaghetti could teach your child about shapes, lines and patterns? And best of all, there's no sauce required!

What You Need:

Cooking Pot

Water

Spaghetti Paper

Paper Towels

Markers

What to Do:

Boil a pot of water with enough liquid to cook a good amount of spaghetti (about half of a 1 lb. box.) Drain and rinse the spaghetti and place on a paper towel to dry. Pat the noodles with the paper towels to be sure they are completely dry. Spread out sheets of paper—on a table for your child to start creating his/her masterpiece.

Encourage your child to use the glue to draw out their designs

on the paper. Place the spaghetti on top of the glue so it stays in place (even though the spaghetti will be quite sticky on its own.)

For ideas, encourage your child to create a shape, for instance, a large square, and then a small square inside of it, or a spiral or a squiggle! See how many shapes can fit inside the other shapes. Talk about straight lines versus curvy lines. Discuss why a curvy line may be the same length as a straight line, even though it may look shorter.

Make Spaghetti Art! For more ideas, have your child use markers to create pictures of family members. Have her draw in her family members' faces and use the spaghetti for the hair. Or, try the reverse, and use the spaghetti to create the face and draw the body.

The most important thing is to let your child have fun with the noodles and be creative with food! Encourage your child to play with shapes, designs and most importantly, imagination! ■





Chanukah on Ice 2014

Are you looking for a spectacular Chanukah experience this season...what could be more delightful than a combination of sparkling ice and a Giant Menorah?

On Sunday December 21, 2014, from 3-4:45pm, men, women and children from Northern Monmouth County will get together at the Middletown Sports Complex, in Middletown, New Jersey for the area's ultimate celebration of Chanukah—"Chanukah on Ice." A family event you would not want to miss!

Our program will begin with open skating where children and adults can skate to contemporary Jewish music and classic Chanukah songs. To add to the skating experience there will be exciting Chanukah crafts and other fun filled activities for all ages to enjoy.

Guests will be invited to watch a giant Chanukah Menorah being lit accompanied by the traditional melodies sung during the kindling. Delicious refreshments will be served and hot latkes and donuts will be enjoyed by all.

"We want to bring the spirit of the Chanukah holiday alive for everyone—adults and kids alike," says Rabbi Ephi Carlebach, Chabad of N.M.C's Director. "These are outstanding moments that they shall live with forever."

For more information please visit us on the web at www.chabadnmc.com, 732-858-1770, email: Rabbi@chabadNMC.com. A Project of Chabad Lubavitch of Northern Monmouth County.

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Line 6 (thank them for making you feel special) _____



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