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*Dorota M. Gribbin, M.D.*



*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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PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

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Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

### PROLOTHERAPY

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage

**C**ountless 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.

### RADIOFREQUENCY:

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Surgery should be the last resort. Most painful conditions are treated conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve "turns off" a small nerve, which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

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.



# TENDER SMILES



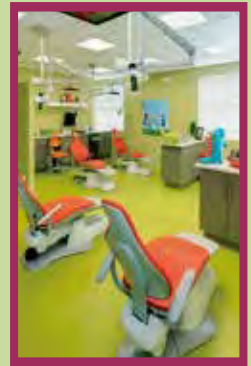
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# Kickin' It Kids AntiBullying & Leadership Center Manalapan, NJ

By Pam Teel

**K**ickin' It Kids" Antibullying and Leadership Center is a place where children can go and feel good about themselves. The center was created to build character and respectful social behaviors and provide a safe environment for children to just be themselves and develop into strong, independent, healthy members of society.

School is the most common environment where bullying takes place, but it doesn't end there. With all the new technology available, bullying can be carried onto the Internet to millions of people in just the click of a button leaving the target embarrassed, powerless, scared, hopeless and depressed. It has even led to children taking their own lives, and the sad part of it is the people who could have helped them, might not even have known about the bullying in the first place.

The Kickin' It Kids Center is a part of the "Bullying -We're Kickin' It" National non-profit organization to help eradicate bullying behavior and to encourage positive behavior amongst our youth and one another. Kickin' It is a unique course of action designed to reduce bullying behavior, improve overall school and social climate, provide youth with the strategies to balance self-confidence, take responsibility of their own actions, and positively intervene to help each other. This powerful 501c3 organization provides school projects, intervention strategies, faculty and bus driver support, and in-service workshops in helping schools to create peaceful classrooms, parent guardian groups, student mentoring programs, and social media support.

The Kickin' It Kids Center is also a learning academy that provides programs and has an accredited curriculum from pre-school through high school. The center concentrates on building character, learning respectful social behaviors and character qualities that are necessary for life-long success. It provides character education, positive outlet programs and life skill workshops

within its accredited curriculum. The center provides free community resources, pre-school, homeschooling, after school programs, summer camp and more. Their core curriculum reinforces values, manners, etiquette, direct access to positive healthy outlets and life skills workshops.

The home school division provides an accredited curriculum where families can select a faith based or non-faith based curriculum. Home schooled children can also attend the positive outlet programs or life skills workshops held at the center. Some positive outlet and life skills programs include music, art, dance, animal care, culinary arts, health, sewing, yoga, science, photography, visual arts, and more.

The afterschool program allows students of all ages to participate in positive outlet programs, animal care programs, life skills workshops, as well as the opportunity to become positive peer leaders and mentors through the leadership program.

The center is the first of its kind, embracing all youth from toddlers through college, offering a safe and healthy environment for young adults to commune and be themselves. High school and college students can hold club meetings, game challenges, and many other youth related activities at the center. With a lush four-acre country setting, there are plenty of outside activities to choose from. Adults can also take advantage of the center using it for group meetings, guardian workshops or they too can attend one of the family programs offered at the center.

The center recently held its fifth year celebration on their four acre grounds with many celebrities who support the Kickin' It Kids program in attendance. The event showcased a chili challenge with celebrity guests from Hell's Kitchen and the Food Network in attendance, a multi-celebrity autograph signing and musical performances. This was the first year at the present facility, which was purchased in June of

this year. With a lot of work behind them and still some more to do, the center is beginning to take shape thanks to supporters like Everything Natural Too, Tic Tac, and the Home Depot, who donated much needed items necessary for the facility to function.

Donations of playground and sports equipment, basketballs, indoor gym equipment, musical instruments, art supplies, gardening tools, microscopes, computer, photography equipment and items necessary for the culinary kitchen are always welcome!

The next Kickin' It Kids event is scheduled for January 22-24. Kickin' It is the charity partner for the Action Martial Arts Hall of Honors annual event held at Tropicana, Atlantic City, NJ. For more info about the event go to: ([www.hohmega.com](http://www.hohmega.com))

During events and promotion specials the center offers preschool and afterschool programs for a fraction of the price because being a charity, they have supporters that help offset the costs; the supporters naturally wanting the children to benefit from their unique programs. The specials are monthly and the next special will be taking place the week of December 14th thru 18th. All families will have the opportunity to take advantage of the special rates. What a great secure and nurturing place to send a child for schooling, especially one who is having bullying issues in a larger school.

If you would like to make a donation or set up an appointment to visit the school, you can reach the Kickin' It Kids center at: 732-446-3636, or [office@werekickinit.org](mailto:office@werekickinit.org), <http://www.kickinit.org/> Check them out on facebook too. 100 percent of all donations collected go directly to support the Kickin' It Kids Center and program.

The center is located on 337 Iron Ore Road, Manalapan. Not far from Route 33.



Superbowl Champ Plaxico Burress, UFC Athlete Eddie Alvarez, Boxer Ray Mercer, Boxing champ Bobby Czyz with some Kickin' It Kids



To Left- former heavy weight boxing champion Ray Mercer with Manalapan police officer and UFC Featherweight Phillipe Nover



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## Race, Fly, Ride, Play and Celebrate! iPlay America Plans Family-Friendly New Year's Eve Bash 2016

Freehold, NJ — iPlay America, home of New Jersey's original indoor boardwalk, invites families, couples, teens, — and everyone looking to ring in this New Year — to have a blast during the Fifth Annual New Year's Eve Bash from 7:30 p.m.-1 a.m. Thursday, Dec. 31.

"You can expect a spectacular evening of over-the-top fun for everyone!" said Jessica Schwartz, director of marketing. "It's our fifth New Year's Eve party, and we are making sure it's the best one ever!"

iPlay America's New Year's Eve Party Pass includes unlimited rides and attractions, a \$10 game card, party favors, spectacular prizes and giveaways throughout the evening, a confetti cannon, light show and great music pumping through the entire park, with a live D.J., all for just \$39.99! Revelers may purchase tasty a la carte treats at Sonny's Boardwalk Grill, Boardwalk Bites, Rob's Pizza, The Grind Coffee Co. and Mixx Frozen Yogurt throughout the celebration.

The New Year's Eve Party and Prix Fixe Dinner pass is just \$79.99 for adults and \$54.99 for children age 12 and younger. This pass includes everything in the New Year's Eve Party Pass plus a champagne toast for adults 21 and older, and an incredible three-course meal created by talented Executive Chef Joe Raiola, a season five "Chopped" champion! Chef also designed a very special menu for younger partygoers!

### BUY EARLY AND SAVE \$5!

iPlay America is offering an early-bird discount on the New Year's Eve Party and Prix Fixe Dinner Pass through Dec. 15, 2015. Save \$5 off each party and dining pass plus receive a \$5 Game Card and 250 arcade tickets per pass purchased!

Dinner reservations begin at 7:30 p.m. and are for 90 minute seatings with staggered seatings every 15 minutes. Toddlers are FREE! Reservations are required to 732-577-8200. Visit [iPlayAmerica.com/NYE2016](http://iPlayAmerica.com/NYE2016) to view the menu options and purchase party passes.

For revelers looking to do something extra-special to celebrate this New Years, iPlay America is offering a limited number of VIP Suite packages! Packages are base priced for groups of 12 and, depending on the size of the Suite booked, can accommodate up to 24 guests. Packages include special food and drink options and are designed for those seeking a more intimate, private party experience. Availability is limited, but the knowledgeable party planners at iPlay America are ready to listen and provide their guests with their BEST New Year's Eve experience ever! Book Now! Call iPlay America at 732-577-8200 to reserve a VIP suite.

Join us for New Year's Eve and watch the ball drop on one of iPlay America's multitude of big screen monitors!

GET INSIDE THE FUN! Race, Fly, Ride, Play and Celebrate your way into 2016 at the No. 1 indoor boardwalk amusement park in New Jersey! iPlay America's fifth annual Ultimate New Year's Eve Bash is family FUN at it's finest! Make your reservations today and have the BEST NEW YEAR'S EVE EVER! Visit [iPlayAmerica.com/NYE2016](http://iPlayAmerica.com/NYE2016).



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# DECEMBER

## Keep Your Parents Busy

# 2015

**Fancy Nancy:**  
A Spendiferous Christmas! takes the stage at the Count Basie Theater in Red Bank, NJ, today at 4 pm.

**Happy Hanukkah!**  
This holiday begins today.



**The Nutcracker,** a Christmas ballet classic, is on stage at the Count Basie Theater, today at 10 am.

**National Chocolate Covered Anything Day-**so get creative!



**Rudolph the Red Nosed Reindeer: The Musical!**  
Today at 3 pm at the State Theater.

**Joseph and the Amazing Technicolor Dreamcoat,** today at 2, at the State Theater.

**A Christmas Story** opens tonight at 7pm at the Papermill Playhouse in Millburn, NJ.

**Go out and find that perfect Christmas tree today!** Have fun decorating and making that special popcorn garland.

**Winter Wonderland Hike** at Plainsboro Preserve in Cranbury, NJ, at 2 pm.

**Take today to go see the Rockefeller Christmas Tree** in Rockefeller Center, NYC.

**Pick up your last minute Christmas gifts today!**



**National Make Cutout Snowflakes Day-**you know what to do!

**Robert Irvine LIVE** tonight at 8, at the State Theater in New Brunswick, NJ.

**Today is National Brownie Day!**  
Enough said.



**National Ice Cream Day-**enjoy your favorite!



**MOVIE: Star Wars VII- The Force Awakens** in theaters today!

**MOVIE: Alvin in the Chipmunks: The Road Chip,** comes out today!!

**At The Camden Aquarium's Christmas Celebration** is here- meet and greet with iconic characters like Rudolph and the Abominable Snowman! Today, 10 am-5pm.

**Today is National Cookie Day!** Bake some holiday cookies.



**Gingerbread Wonderland and Craft Show,** 353 East Hanover Ave, Morris Township, NJ, from 10 am-4:30 pm.

**A Christmas Carol** comes to life on stage today at the Count Basie Theater, today at 8 pm.

**Mercer County Ice Rink** in West Windsor, NJ is having Skate With Santa tonight from 5-7 pm!!

**Merry Christmas Eve!**



**Off for Winter Break!** Take advantage of the time off and go to Rebounderz in Edison, NJ. \$2 Tuesdays- \$2 jump hours, pizza, and socks!

**Downtown Freehold** is holding a Breakfast with Santa today, from 9am-12:30 pm. Sweet Lews, 6 East Main Street.

**Festival of Trees** in Princeton, NJ, from 9 am-5pm.

**From 6:30-7:15,** enjoy a spectacular light display at The Christmas Show House in Wall Township, NJ. [www.TheChristmasLightShow.com](http://www.TheChristmasLightShow.com)

**MOVIE: The last installment of the Hunger Games trilogy, Mockingjay pt. 2,** in theaters today.

**Merry Christmas!**



**Go ice skating today** in Rockefeller Center!

**Have a fun and safe New Year's Eve!**

Please check with all venues to confirm dates and times in case changes were made after print.



# Vocabulary Lesson: Lose or Loose

***Lose is a verb meaning to misplace or no longer posses.  
Loose is an adjective meaning not firm, tight or contained.***

Fill in the correct word below.

1. I think your pants are too \_\_\_\_\_ on you.
2. Find some \_\_\_\_\_ quarters in my bag and we can take them to the arcade.
3. Don't leave any money on the counter because you may \_\_\_\_\_ it.
4. Good luck at your football game. I am sure you do not want to \_\_\_\_\_.
5. Please let the dog \_\_\_\_\_. He should not be tied up.

Answers: 1. loose 2. loose 3. lose 4. lose 5. loose



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# Nasal Balloon Can Treat Youngsters For "Glue Ear"

By Mia Ingui

**For kids with a common hearing problem, a simple procedure may be an alternative to antibiotics or drainage tubes.**

A simple procedure using what's known as "nasal balloon" can treat hearing loss in children with a common middle-ear problem, preventing unnecessary and ineffective treatment with antibiotics, according to a new study.

Many young children develop a condition in which the middle ear fills with thick fluid -- so-called "glue ear." Often, children have no symptoms and parents seek medical help only when they notice that youngsters have hearing problems.

Dr. Jordan Josephson is an ear, nose and throat specialist at Lenox Hill Hospital in New York City. He said that kids are much more prone to glue ear because "the eustachian tube -- which is the tube that connects the ear to the back of the nose -- gets clogged," often during a sinus infection, allergy or even pollution-linked inflammation.



Right now, treatments such as "antibiotics, antihistamines, decongestants and intranasal steroids are ineffective and have unwanted effects, and therefore cannot be recommended," wrote a team of British researchers led by Dr. Ian Williamson of the University of Southampton in England.

In the new study, Williamson's team assessed another glue ear treatment -- "auto-inflation" with a nasal balloon -- in a group of 320 children aged 4 to 11 years. During the treatment, the child blows through each nostril into a nozzle to inflate the balloon.

The children were randomly assigned to either use the balloon treatment three times a day for one to three months, or to undergo standard care.

Compared to those in the standard-care group, children who used the balloon treatment were more likely to have normal middle-ear pressure at one month (about 36 percent versus 47 percent, respectively), and at three months (about 38 percent versus 50 percent, respectively). They also had fewer days with symptoms, the researchers reported.

"Auto-inflation is a simple, low-cost procedure that can be taught to young children in a primary-care setting with a reasonable expectation of compliance," according to the study authors, who believe the treatment should be used more widely in children over age 4.

The nasal balloon "has been around for decades," Josephson said. "When I treat children with these problems, I tell the parents to have the child blow up balloons and squeeze their nose and try to pop their ears," he explained.



# Don't get Bitten by the Actions of your Dog

By John Bazzurro

Many of us own dogs as pets and companions. As such, we should all be familiar with the state of the law in New Jersey as it relates to the liability of dog owners for their dog's actions.

New Jersey, like many other states, has a "strict liability" dog bite statute. Basically, this means that, if your dog bites someone, you will be automatically responsible to that person for any damages that the person receives as result of the dog bite. That statute, N.J.S.A. 4:19-16 imposes liability upon a dog's owner where the dog actually "bites" someone and the bite occurs while that person is either in a public place or lawfully in a private place, including the property of the dog owner. Thus, under New Jersey law, even if a dog owner has no previous indication of a dog's propensity to be vicious or to bite, the owner will be responsible in damages to a person who is bitten by their dog under the above circumstances.

Of course, in addition to actual biting, dogs can also cause injuries in many other ways. For instance, a dog may jump up on someone and knock them down, cause serious scarring as result of scratches, or cause a motor vehicle accident by darting into the street. When damages are suffered by individuals as result of these types of actions by a dog, general negligence principles, as opposed to the above statute, will apply to determine whether or not the dog owner is ultimately responsible for damages. For instance, if a dog owner knows that its dog likes to jump up on people but fails to prevent the dog from jumping up on a stranger, etc. and the dog ultimately knocks that person down, it is likely that the dog owner will be responsible in damages. Similarly, if a dog owner knows or has reason to know that its dog routinely gets out of its yard or house and runs in the street, that owner it may be responsible for a car accident caused by the dog's darting out into traffic. Under these circumstances, however, the improper actions of the injured party, if any, will be compared to the dog's owner and any damages that the injured party would otherwise be entitled to would be adjusted accordingly.

Interestingly, there have been cases which discuss the dog owner's knowledge of its dog's "dangerous propensity" based, not on the prior specific actions of that individual dog but, instead, on the dog owner's knowledge of the "dangerous propensity" of a certain type of breed. So far, in the State of New Jersey, courts have rejected this theory of liability and, as such, an injured party, under these circumstances, must prove that the specific dog was engaged in prior vicious acts.

The good news for dog owners is that a typical homeowners' policy of insurance will often cover claims resulting from dog bites or injuries caused by dogs. However, as you can imagine, not all homeowners' policies of insurance are the same and some homeowners' policies may specifically exclude coverage for such dog related claims. Therefore, it is important that, if you own a dog, you contact your insurance company to ensure that you have appropriate coverage. Further, it is similarly important that, when filling out an application for insurance, you inform the insurance company of all animals that live in your home.

Of course, because there are many different factual scenarios in these types of cases, is important to contact a lawyer to discuss the specific facts of your individual case whether someone has made a claim against you or whether you have been injured by someone's else's dog. We invite you to contact our office to discuss any issues or questions you may have with respect to this article.

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# Tips on Surviving the Holidays as Separated Parents

By Joely Phenes

The holidays can be an especially hard time for families of divorce. The time of year can be very stressful for parents in terms of planning. If you are a divorced or separated parent, here are some tips on surviving the holidays:

**Split the holidays up:** If you and your ex-spouse live close-by, you can try splitting the holidays up. For example, have the kids spend Christmas Eve with one parent and Christmas Day with the other. However, if you live far apart, it can be difficult to transport the kids back and forth. Instead, you can take turns hosting the major holidays like Thanksgiving and Christmas.

**Spend the holidays together:** If the two of you are on good enough terms, you may want to spend the holidays together. Although this is probably not your ideal situation, the kids will be happy to be with both parents. However, if this creates arguments and negativity, this may not be the best option.

**FaceTime:** Sadly, not all parents live close enough to their children to see them during the holidays. Thankfully technology allows you to spend time with people who may be hundreds of miles away. FaceTiming your loved ones certainly does not replace seeing them in person, but it is a good substitute.

**Traditions:** Just because your family is not the same as it always was does not mean you have to give up old traditions. You can still decorate your Christmas tree together, play some games of dreidel, or do whatever you have always been doing. But if your current situation doesn't allow for these traditions, don't force them. Try and come up with new traditions; they will help you and your children get used to the new family situation and feel optimistic about future holidays.







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# The Smart Mom's Toy Box

## 15 Award-Winning, Brain-Boosting Toys Under \$25

By Michael Ginsberg



Buying toys for Christmas doesn't need to break your bank OR make you feel guilty. We've put together a list of award-winning toys that can help build your child's cognitive skills—like memory, auditory and visual processing, attention, logic & reasoning, and processing speed—for less than \$25\*! Best of all, your kids will have fun without even knowing they're learning!

### 1. *Compose Yourself by Think Fun (\$14.99)*

Create a world-class composition in minutes. No musical experience required!

Ages: 6+

Cognitive skills: Visual and auditory processing

Awards: 2015 Major Fun Award, 2015 Play Advances Language Award, 2015 FamilyFun Magazine Toy Fair Favorites, 2015 BSCKids Bestie Awards

### 2. *Clumsy Thief by Melon Rind (\$14.99)*

A fast-paced card game requiring a mix of strategy, addition skills, and luck!

Ages: 8+

Cognitive skills: Strategy, planning, math computations, attention

Awards: Tillywig Toy Awards Best Family Fun, 2013 Dr. Toy's Best Picks, Academics Choice Brain Toy Award Winner, Major Fun Award

### 3. *Distraction by ThinkFun (\$9.99)*

Memorize the numbers on the cards as the sequence of digits continues to grow. Draw and answer a Distraction card before reciting the cards' numbers in order. The player who gets rid of their cards first wins.

Ages: 8+

Cognitive skills: memory, attention

Awards: 2012 Oppenheim Toy Portfolio, 2012 Parents' Choice Recommended Game, 2012 Dr. Toy's 10 Best Games, 2012 Dr. Toy's 100 Best Children's Products, 2012 Creative Child Preferred Choice Award, 2012 Major Fun Award

### 4. *STARE! Junior Game by Game Development Group (\$21.99)*

Take turns staring at fun images on the cards until the timer runs out. Then answer questions about what you remember!

Ages: 8+

Cognitive skills: Memory, attention, visual perception

Awards: Teachers' Choice Award, National Parenting Publications Awards Nappa Honors, The National Parenting Center seal of approval

### 5. *Quiddler by SET Enterprises Inc. (\$4.99)*

Combine your hand into one or more words trying to use the highest point value letters.

Ages: 8+

Cognitive skills: Sound blending, visual processing, attention, segmenting

Awards: Parents' Council Award, Educational Clearinghouse A+ Award, MENSA Select Award, Dr. Toy's Best Vacation Winner, Creative Child's Preferred Choice Award, and more

### 6. *Five Crowns Junior by SET Enterprises Inc. (\$10.43)*

Match all five cards in your hand by either number or color to win a treasure chip. Avoid earning Robby chips or you could lose your treasure!

Ages: 5+

Cognitive skills: Visual processing, attention

Awards: Family Choice Award, Creative Child's Travel Fun of the Year Award

### 7. *Blokus by Mattel (\$16.74)*

Place your pieces on the board so that they touch another piece of the same color, but only at the corners.

Ages: 7+

Cognitive skills: Strategy, logic & reasoning, visual processing, processing speed, planning

Awards: Mensa Select Award, Teacher's Choice Award

### 8. *SET by SET Enterprises Inc. (\$10.97)*

Be the first to call out a set of three from the cards dealt. The one with the most sets when the cards are done wins.

Ages: 6+

Cognitive skills: Visual processing, processing speed, attention, spatial reasoning skills

Awards: Winner of over 35 Best Game Awards

### 9. *Back 2 Back by SmartGames (\$10.75)*

A challenging grid-based puzzle game that's played on both sides.

Ages: 7+

Cognitive skills: Planning, visual processing, attention

Awards: Oppenheim Toy Portfolio Gold Seal Award

### 10. *Wordplay for Kids by Game Development Group (\$17.45)*

Build words that fit the category and include the letters required as you race to the finish.

Ages: 8+

Cognitive skills: Phonemic awareness, sound blending, visual processing, processing speed, attention

Awards: Teacher's Choice Award

### 11. *Telepathy Jr. by LMD (\$23.99)*

Through the process of elimination, guess your opponent's secret square.

Ages: 6+

Cognitive skills: Deductive reasoning, logic, problem solving, memory, visual processing

Awards: National Parenting Center Award

### 12. *CUBU by Funnybone Toys (\$9.78)*

Try to follow color numbers and color sequences to get to 100 points first.

Ages: 10+

Cognitive skills: Visual processing, processing speed, attention

Awards: Creative Child Magazine 2012 Preferred Choice, Family Review Center Best of 2012

### 13. *Arrazzles by Funnybone Toys (\$17.49)*

Imagine, build, connect, and play with these metallic color cards.

Ages: 4+

Cognitive skills: Planning, visual processing

Awards: Creative Child Magazine 2013 Top Toy of the Year Award, Academics' Choice Brain Toy Gold Award

### 14. *Stomple by Spin Master Games (\$15.95)*

Use strategy to stomp your opponent's marbles before they stomp yours.

Ages: 8+

Cognitive skills: Planning, strategy, visual processing

Awards: Mensa Select National Competition Winner, More Fun Award

### 15. *Tapple by USAopoly (\$13.00)*

Choose a category card and name a word matching the category within 10 seconds, then press the first letter of the word on the wheel. Can't think of a word in time? You're out! The player that collects the most cards wins!

Ages: 8+

Cognitive skills: Processing speed, memory, attention

Awards: National Association for Gifted Children 2013 Toy List, Mom's Choice Gold Award, Major Fun Award, Tillywig Toy & Media Awards' Top Fun Award, and more

"We now know that, thanks to neuroplasticity, our brains can change, adapt, and grow at any age," explains Tanya Mitchell, co-author of "Unlock the Einstein Inside: Applying New Brain Science to Wake Up the Smart in Your Child" ([www.unlocktheeinsteininside.com](http://www.unlocktheeinsteininside.com)). "The fastest and most effective way to strengthen your cognitive skills is through personal brain training, which produces measurable and lasting results. But on a smaller scale, parents can help strengthen their children's brain skills by choosing games and activities that use these essential skills."

Ready to head to the store (or online!) to do your holiday shopping? Take this list, or download a free Games for Skills Chart at: [www.unlocktheeinsteininside.com](http://www.unlocktheeinsteininside.com).

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.

\*Prices based on Amazon.com at the time of compilation.

# Teen Health: How to Stay Healthy

The teenage years are a period of intense growth and development, and teens need to adopt a healthy lifestyle in order to stay fit.

Healthy living should include plenty of good nutrients, adequate calories, sleep and regular exercise. Here are a few things teens can do to keep themselves healthy throughout their teenage years and beyond:

1. Develop a good relationship with parents. Teens may not think it sounds like the best idea in the world, but being able to discuss things with parents will actually help them make the right choices as they grow up.

2. Think about the diet. Most teens love junk food of all kinds, and many of them eat far too much of it. Try to limit the amount of junk food you keep in the house. Don't skip breakfast, and try to teens eat with the family whenever possible. Research suggests that teens who eat regularly with their families are less likely to develop eating disorders and are more likely to have healthier diets when they are older.

3. Get plenty of sleep. Teens are notorious for staying up late at night and lying in bed in the morning. It is very important to adopt a healthy sleeping regime, as sleep deprivation can lead to attention and behavioral problems. Teens should try to get into the habit of going to bed and getting up at the same time every day — even on weekends.

4. Exercise regularly. Regular exercise is actually very important, and teens don't have to do anything too strenuous. They can try walking or cycling instead of taking the bus, or go swimming with their friends.

5. Avoid alcohol, cigarettes and drugs. These are all vices which are best avoided. Many teens may be tempted to try at least one of these substances, but unfortunately they can easily become addicted.

It isn't always easy being a teenager, but making the right choices at this stage of life can certainly help teens stay healthy and feel much happier.



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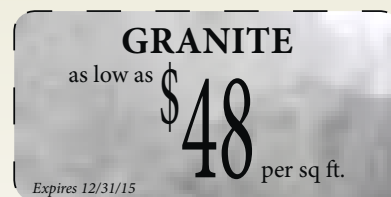


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# Movies to catch in December

By Joely Phenex

Over the years, the movies have become very popular on Christmas, and some of the best movies of the year are released during this time. If your family plans on going to the movies this holiday season, here are some great choices:

## Star Wars; The Force Awakens

More than 30 years after the release of Return of the Jedi, fans everywhere will finally get another glimpse of the Star Wars universe on Friday, December 18, 2015. The Force Awakens is the beginning of a new trilogy starring John Boyega and Daisy Ridley (don't worry, Luke Skywalker, Han Solo, and Princess Leia will all be present as well). Whether you can quote every line from every Star Wars movie or you have never seen one before, The Force Awakens (in 3D!) is sure to be exciting adventure that will hook you from start to finish.



## Krampus

Based on an ancient legend, Krampus is the story of a young boy who loses his holiday spirit, causing an evil demonic force to be released on his home. This thrilling fantasy will be released on Friday, December 4, 2015 and is rated PG-13. If you frighten easily, this may not be the film for you!



## Alvin and the Chipmunks; Road Chip

The fourth installment of the Alvin and the Chipmunks franchise will be released on Wednesday, December 23, 2015. In Road Chip (PG), Alvin and the gang need to make it to Miami in three days in order to stop Dave from proposing to his girlfriend. Otherwise they risk losing Dave and gaining a horrible step-brother. If you loved the first three movies, go join Alvin, Simon, and Theodore on this crazy adventure!



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## Choosing a Major

Business administration or law enforcement? Teaching or technology? Nursing or web developer? Choosing a college major is one of the most important — and challenging — task for the new student.

And doing so before you start your first college class can play a major role in keeping you on schedule for graduating.

A college major is a specific field in which you will specialize. Most students will go through two years of general studies before taking on industry-specific coursework, but knowing which route you'd like to take can help you get involved in related clubs or organizations.

### Assess Yourself

As a high school student, your guidance counselor likely prompted you to complete a skills assessment test. These types of tests ask you questions about your personality, and give you a list of career options for which you may be suited.

You also can take these tests on your own online. Share your test results with your guidance counselor or collegiate advisor to discuss major options. You may just open up some doors you never knew existed.

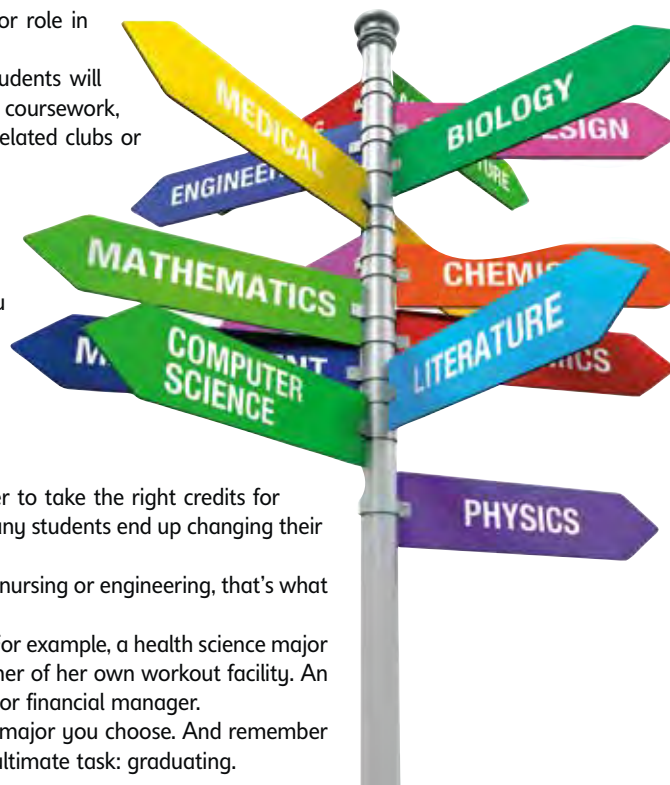
### Make a Choice

It is important that you commit to a major early in your college career to take the right credits for graduation, especially if your alternate strategy is sitting out a semester. Many students end up changing their majors, but you can at least stay on track by staying enrolled full-time.

Sometimes the choice is made for you. If you specialize in a field such as nursing or engineering, that's what you'll major in because you're learning a specific trade.

Other majors prepare you to enter a range of careers after graduation. For example, a health science major can use her degree to become a physical trainer, athletic consultant or owner of her own workout facility. An accounting major can choose to become a full-fledged CPA, a bookkeeper or financial manager.

You are rarely pigeonholed into one specific career role because of the major you choose. And remember if you choose to change majors that it's important to stay focused on the ultimate task: graduating.



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# Winter Organization

*Has cabin fever set in for you yet this winter? Are you feeling all cooped up and ready for that first springtime walk around your neighborhood?*

Put that energy to use organizing your home.

Winter is a great time for cutting through the clutter and setting yourself up for a smooth transition into spring.

## Start Small

The first step to organizing the items in your home is taking inventory of what you have lying around. Go through all your closets and clothes with three separate bags — keepers, donations and recyclables. Donate shirts, pants and shoes that are still in good shape but don't regularly make it into your wardrobe choices.

Recycle old shoe boxes and other paper or plastic items that are simply taking up space. For items that you're too attached to for donations or recycling, make sure to re-organize them once you have cleared out space.

## In the Kitchen

The kitchen can quickly turn into a disorganized mess depending on how often you use it and how much time you devote to keeping its contents streamlined. Filter through your spices and throw away any expired items.

Pull out the cans and boxes from your pantry and reorganize them in a way that makes sense both visually and functionally for your daily usage. Donate any non-expired canned goods that you don't anticipate using soon to your local food bank.

Consider an updated storage system for pots, pans and cooking

utensils. These items are best stored on hanging racks or drawers that are conveniently within your reach. Donate any items you haven't used in more than a year, or store them in another room to give you more space.

## The Home Office

More Americans than ever are choosing to work from home or start home-based businesses. If you fall into this category, you know that documents and supplies can build up, leaving your office space a central point of clutter in your home.

Take a half day off of work to systematically go through all your home office papers, to-do lists, contracts and files. Organize them in a way that makes it easy for you to access them when necessary. This wintertime home office cleanup will leave you refreshed and ready for your spring workload.



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For more information please email Sheryn Cohen at Sheryn1@aol.com by December 14<sup>th</sup> with check to: TSE Sisterhood, Attn: Mah Jonggukah (on memo line), 400 Craig Rd., Manalapan 07726

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## JOIN A GYM, GET IN SHAPE

When it's too cold for most typical outdoor activities, it could be the perfect time to join a local gym to stay active during the winter months.

Many gyms run winter specials for membership drives, and depending on what type of gym you join, it could offer up some nice (warm) activities to keep you active. Plus, if you pick the right gym, you could even get some bonus features to help keep you entertained until the spring.

### Make the right choice

It might seem obvious, but do some research before signing up for six months or a year. Find out what the gym offers, pricing and any special perks for members. Many chains offer access to any of the gym's locations across the country, so if you travel for work, you can still plan your workout and check out a different facility in a new city for no extra fee. Plus, many gyms offer classes such as yoga, spin and aerobics for members at a discounted rate or free. Also be sure to know all the physical amenities available. Some gyms might include indoor and outdoor pools for members (many of which are sometimes rarely used) that could make for a nice, warm swim on a cold day.

### Get fit

With many holidays falling in the fall and winter months, it's easy to slack off on the fitness regimen and add a few extra pounds around the holidays. A gym membership can easily help combat that urge.

It might be too cold to take off down the sidewalk for an evening run, but there are always warm and toasty treadmills and weight benches available at the gym. Getting in shape in the summer, then letting it all lapse in the winter, makes it harder with each passing year to get back in shape. Stop taking the winter break, and you'll never have the pain and soreness of starting over.



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## Warning Signs of a Hearing Problem with my Child

*By Joely Phenex*

About two to three out of every thousand children in the United States are born with mild to severe hearing loss. Hearing loss can cause serious problems with a child's language development so early treatment can be very beneficial. Unfortunately, symptoms can be hard to spot early on. Although most states test newborns, hearing loss is usually discovered around two years old.

The following symptoms are early indicators of hearing loss in children:

### Symptoms in babies;

- Does not act in response to his/her name
- Is not startled or frightened by loud noises
- Does not use or imitate simple words
- Does not respond to music

### Symptoms in toddlers;

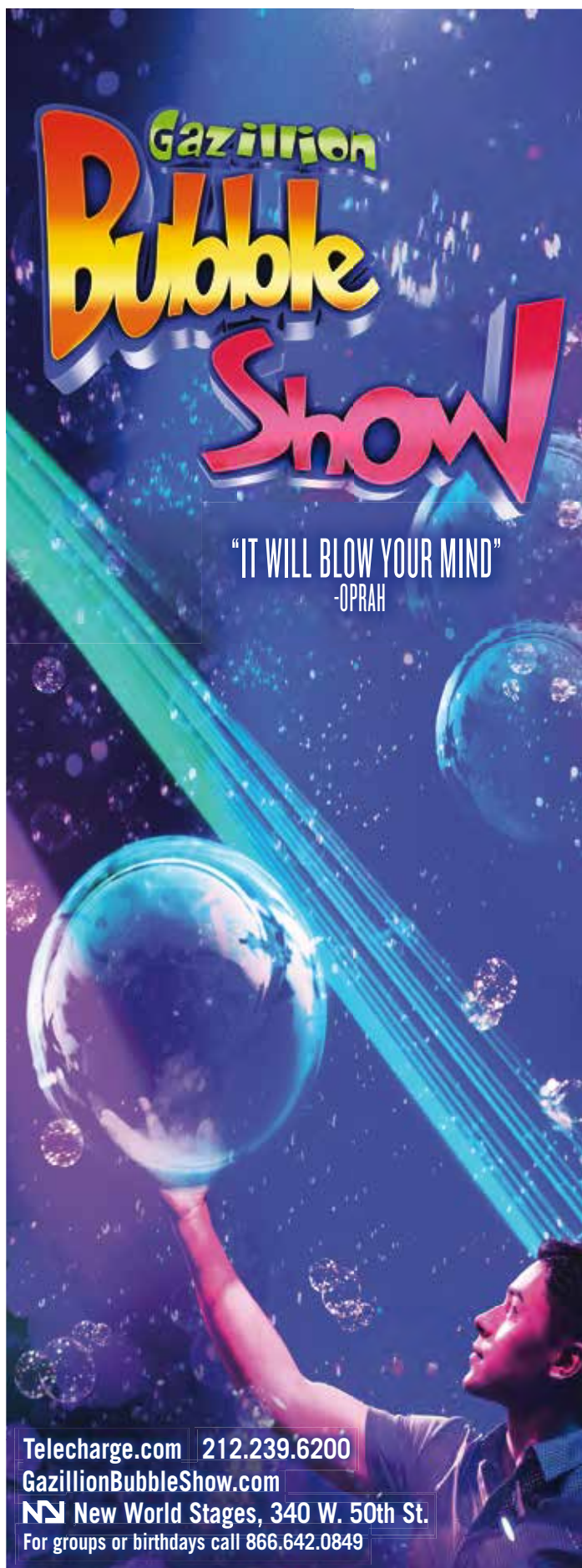
- Unclear or delayed speech
- Unable to follow directions (this is often mistaken for deliberately ignoring directions)
- Turns up television, music, or video game volume too loud
- Shows no interest in stories
- Has trouble forming simple sentences

If your child exhibits one or more of these symptoms, it is important to remain calm and take the right steps. You should speak with your pediatrician and ask about scheduling an appointment with a pediatric audiologist. Audiologists specialize in the diagnosis and treatment of auditory disorders. He/she will conduct a hearing evaluation to determine if your child's hearing is, in fact, impaired.

There are a number of ways to approach a hearing problem once identified. Hearing aids and cochlear implants amplify sounds to make them easier to hear. Children with hearing impairments can also be offered special education in an environment more suited to their needs.

Hearing impairment is a serious issue, but, if caught early, will be much more manageable.





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# Great Books For Kids!

## *The Snowy Day*

Written and illustrated by Ezra Jack Keats  
Ages 4-7

One of the first picture books with an African American hero, this 1963 Caldecott Medal-winner is the simple and beautifully depicted story of a young boy venturing out to explore his snowy surroundings.



## *Frog and Toad Are Friends*

Written and illustrated by Arnold Lobel  
Ages 8-10

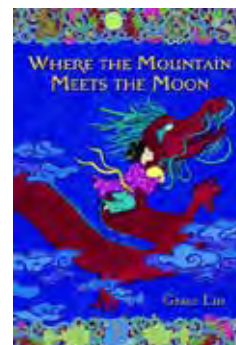
A landmark series that helped put early chapter books on the map. Simple language, expressive pictures—a story and humor that is as engaging today as it was 50 years ago.



## *Where the Mountain Meets the Moon*

Written and illustrated by Grace Lin  
Ages 10-12

In this nimble fusion of Chinese folk-inspired characters and original tales, Minli firmly believes that she can alter her family's fortune—if only she can gain an audience with the fabled Old Man of the Moon. Her doubting mother must have faith that her daughter will return.





# The Right Leash

**Especially in populated areas, having the right leash is paramount. In fact, it's the law. Leash laws help protect community members from being approached by dogs.**

Different from city to city, they also aid in keeping dogs safe from sprinting into traffic or ending up away from home. The right leash can also be a critical tool in training your dog and improving his behavior.

Meeting with your veterinarian may be the first step in determining which option will work best for your dog. Leashes are available in many lengths and materials, and are available for varying sizes of dogs as well as for whatever function you're hoping to get out of your leash.

## Retractable Leashes

These spring-loaded leashes allow your dog a bit more freedom on his walk. If used correctly, you can effectively control your dog on a retractable leash by deciding exactly how much of the leash is extended. There is usually a button on the handle that lets you determine cord length.

But with more freedom for your dog comes more responsibility for you. Try not to walk next to streets or other potentially dangerous areas. By the time you realize your dog could be in the way of an oncoming car or another territorial animal, it could take you too much time to retract the leash to a safe length.

## Emergencies Only; Slip Lead

A slip lead, which looks like a regular flat leash with a metal ring on one end, is another popular form of leashing. After passing the handle end of the leash through the metal ring, you put the loop over your dog's head. This allows you to walk your dog on a leash when he's not wearing his collar.

The American Humane Society warns dog owners to never use a slip lead if a regular collar and leash are available. Over-pulling on the handle of a slip lead can actually damage your dog's windpipe or neck.

The society recommends using slip leads in emergency situations only, including when your dog's regular collar malfunctions or breaks.



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## Pet Gifts for the Holidays

By Joely Phenes

The holidays are a time to give back to those most important in your life: your friends, your families, and of course, your pets. Show your pets how much you love them with one of these adorable gifts:

### For your dog;

**-“A monthly box of dog goodies” from Barkbox:** This is a gift that keeps on giving all year long! When you visit [barkbox.com](http://barkbox.com), you can select the size of your dog: “small & cute,” “just right,” or “big & bold.” Then you can select the plan you want. A year subscription costs \$19 per month, but you can also choose a six-month, three-month, or one-month plan.

**-Thundershirt Thunder Sweater:** If your dog frightens easily at loud noises (like thunder or fireworks), this is the perfect piece of attire. The Thundershirt applies light pressure which has a calming affect on many dogs. It only costs \$14.95, and will pay for itself during the next thunderstorm when your dog is curled up calmly on your lap.

### For your cat;

**-Frolicat BOLT:** The BOLT is an interactive laser toy that can keep your cat entertained for hours. It is a small handheld device that generates random laser patterns which cats love to chase. Order your BOLT on [frolicat.com](http://frolicat.com) for \$25.99 and watch your cat go crazy!

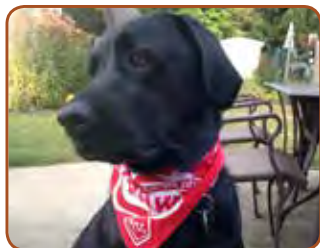
**-Nekoflies Sleeping Bag:** This adorable cat-shaped sleeping bag is perfect for cat naps! It costs \$40.00, and it is made of a soft plush material filled with crinkly paper. Visit [nekoflies.com](http://nekoflies.com) to order one, or take a look at their other cat products.







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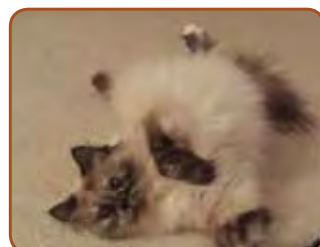
RJ



Ruby



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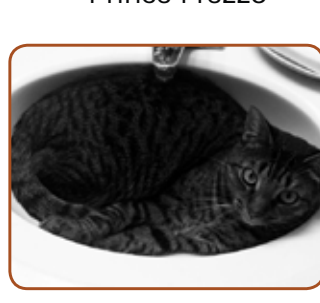
John



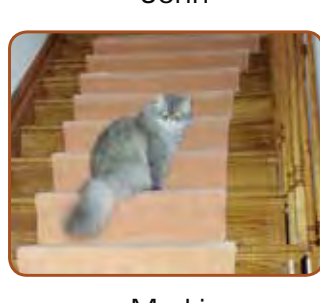
Lola, Leo, Lizzie & Lillie



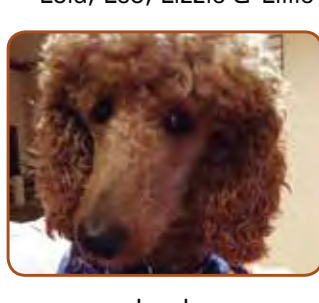
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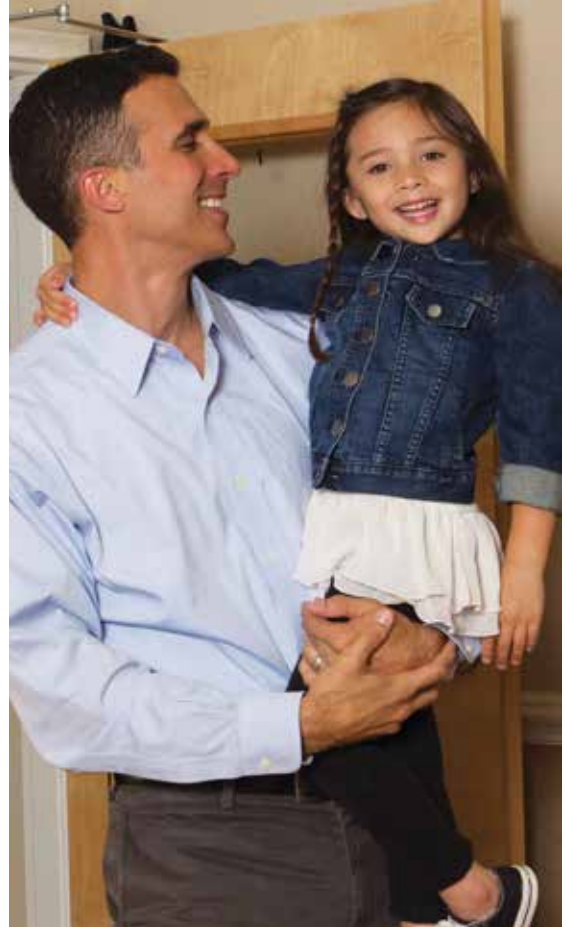
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Dr. Michael Chung attended New York University, Columbia University School of Dental Medicine, and Saint Louis University Center for Advanced Dental Education. He has served as an assistant dental instructor at Columbia University, and Southern Illinois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

