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Must-have Apps for Busy Kids

By Stefanie Maglio

At a young age, kids are still learning to become organized and develop routines that are both efficient and easy to follow. Moms and dads can only do so much to teach and help their children, since parents are busy on the go themselves. Children today are constantly on their phones and tablets, so why not suggest they download some of these apps to help keep up with their busy schedules:

Evernote allows its user to take notes, create to-do lists, and save things you find online. This is convenient for both personal matters, as well as educational purposes.

LifeTopix is an all-in-one organizer. This allows kids to have to-do lists, schedules, and notes, all in one place, rather than in separate apps or on different pieces of paper stuffed into a bag.

Cozi is an app strictly for scheduling. You and your family can create a schedule that everyone can keep up with and follow. This way, no one is late and everyone is on the same page.

ZipList streamlines your grocery shopping by allowing you to search the app's recipe database (there are over 300,000 recipes from popular sites like Martha Stewart and Food.com) and add the ingredients directly to your shopping list.

Also, if your children have iPhones allow them to make use of the pre-installed apps such as **reminder** and **notes**. It's convenient and simple, perfect for kids!

Winter Break that Won't Break the Bank

By Stefanie Maglio

Christmas tends to be the start of winter break, and there are many festivities that are going on during this time. But what about the week or so that follows the holiday? The children are home from school and parents often stay home from work to spend some quality time with their family. It may be difficult to keep things entertaining around the house. The kids may want to go outside the house and participate in some sort of fun activity. However, not everything is fairly priced. Here are some activities to consider this winter break that won't break the bank:

Take the kids sledding at your local park. If they don't have sleds, use the covers of your garbage cans. They work just as well.

Make hot chocolate at home. If you feel like being extra creative, add Milky Way candy or a candy cane to the drink. Marshmallows work too.

Have a movie day/night with the family. Each member of the family can pick one or two movies to watch that day and everyone can make and share snacks.

Make a holiday cake. There are all sorts of recipes online and in magazines. Go to your local grocery store, pick out some ingredients, and get to work.

Build a snowman. Add accessories such as a hat, or scarf.

Build a gingerbread house. They often sell kits for these at the grocery store.

Purchase some spray paint or silly string from the dollar store. If there is snow on the ground, use it as your canvas and make some cool drawings on your front lawn.

Whatever you and your family decide to do this winter break, make the best of it and enjoy the quality time together. Happy holidays!

JUMBLLED WORDS

The letters of the words below are jumbled. Figure out what the word is and write it on the blank line provided.

1. LDYA _____ 2. HCIDT _____

3. WORTH _____ 4. SECAEP _____

5. IDHERCLN _____ 6. EOHRTN _____

7. VERAC _____ 8. SMRTO _____

9. ONPD _____ 10. EFILD _____

- | | |
|---|---|
| 1. A polite woman. | 6. A seat for a king. |
| 2. A trench. | 7. To form a solid material by cutting. |
| 3. To propel ball from hand with arm with forward motion. | 8. Heavy rain and thunder. |
| 4. To get away. | 9. A body of water smaller than a lake. |
| 5. Young people. | 10. An open clearing. |

ANSWER ON PAGE 13



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BROADWAY IN THE WINTER: Must see plays & musicals

By Stefanie Maglio

A trip to New York City this winter could be the perfect way to get the family together. There's nothing like a nice dinner, a trip to Rockefeller Center, and a Broadway show during the holidays. Here are some of the must-see shows you and your family should check out this winter:

Musicals- The Lion King, Wicked, The Book of Mormon, The Phantom of the Opera, Matilda, Aladdin, School of Rock, Cats, Chicago, Kinky Boots, Christmas Spectacular Starring the Radio City Rockettes, Something Rotten

Plays- The Encounter, Not that Jewish, The Front Page, The Humans, The Present, The Glass Menagerie, The Cherry Orchard

These are just some of the many shows out there. Go online to broadway.com for more information! Happy Holidays!

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Dealing with “Senioritis” as Your Child Prepares for College

By Stefanie Maglio

It has finally come time in your child's life where he or she is now a senior in high school, and they are soon to be leaving the nest to further their education off at college. While this may be an exciting, yet anxious, time for the family, it's important to stay focused. Teenagers can easily lose focus as the excitement of finishing high school takes over, and the motivation to do schoolwork lessens. However, there are many important things that need to be taken care of during this time. College applications, essays, and additional essays must be completed carefully. SAT and other test scores must be sent to the colleges that the student is applying to. School transcripts and letters of recommendation must be sent to the colleges as well, with the help of a high school guidance counselor. Also, applying for scholarships and financial aid may take place depending on the family and their preferences. Because of all these things going on, it's important to remind your child that they are not yet in college. They are still in high school, and should work to the best of their ability to keep their grades up. Even when those acceptance letters start coming in the mail, it's important to remind your child that they have not yet committed to a college. Even when that does happen, most schools like to see that the student is giving their best effort all the way through their senior year. Keep your child motivated and working hard so they are prepared for college, and there will always be time for some senior year fun and festivities.

Breaking Up

By Jordan Tinitigan

First loves are always innocent and sweet, but the first heartbreak is extremely painful. Many wonder what should they do when their teen is suffering from the pain from heartbreak because, like most parents, they hate seeing their child in such agony. Well, a good tip to consider is to let them know that you are there for them, but do not push your boundaries. Although they are upset, they still do need some space to breathe. Be their shoulder to cry on and don't expect them to be willing to open up right away. Many teens would rather someone be there to comfort them and will eventually open up when they feel is the right time. Likewise, after some time has passed and the initially sorrow is over, give them something to do. Ask them if they want to go shopping or take them to lunch. They will really appreciate your attempts at keeping them happy. Finally, the most important tip to remember, let them know that you love them unconditionally. They're probably feeling unwanted and if you reassure them of your love and affection, it might ease the pain.

Chanukah Word Search

L	H	V	D	V	S	D	S	V	C	K	G	G	I	H
W	E	L	W	Z	R	E	Z	H	M	I	O	X	T	A
B	O	D	A	F	L	T	A	Q	L	S	B	A	A	R
A	C	T	I	D	P	N	H	G	I	L	T	Z	J	O
R	H	D	N	E	U	Y	E	G	O	E	K	B	N	N
O	A	A	D	K	R	W	H	B	I	V	O	B	K	E
S	C	Z	A	B	P	D	U	Q	H	E	A	N	V	M
S	C	H	S	J	C	R	L	J	M	O	O	P	F	H
T	C	V	P	W	V	R	A	H	K	Y	O	D	H	P
C	W	X	F	U	M	G	A	Y	D	K	C	E	A	S
A	G	Q	Y	O	F	D	J	Q	E	G	B	P	M	C
R	A	D	N	E	L	A	C	M	I	R	A	C	L	E
T	T	O	I	Q	I	B	N	O	E	O	S	U	H	O
Y	X	R	R	F	Q	E	J	W	R	P	F	N	T	H
T	G	P	R	E	O	F	F	S	N	I	O	C	K	R

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CANDLES
CHANUKAH
COINS
DREIDEL
EIGHT

HEBREW
KISLEV
MENORAH
MIRACLE
OIL
PRAYERS

WHAT YOU SHOULD KNOW AFTER BEING INVOLVED IN A CAR ACCIDENT?

By John Bazzurro

In my practice, clients will typically come in for a consultation concerning injuries sustained in a motor vehicle accident more than one month after the accident has occurred. In general, it is after this time that people realize that they have sustained personal injuries, which warrant a visit to an attorney for advice. However, what a person does or does not do in the first 30 days after a motor vehicle accident may have a significant impact on their ability to bring a lawsuit in the future.

First and foremost, it is important that individuals involved in motor vehicle accidents report their accident to the local police or proper authorities to ensure that there is a record of the accident and to obtain the other drivers' information. In fact, N.J.S.A. 39:4-130 specifically requires that any motor vehicle accident in which a person is injured or in which the property damage is greater than \$500.00 be reported to the local police department. Often times clients will tell me that they and the other driver decided not to report the accident to the police in order to avoid having to "put it through" their insurance. In these instances, the other driver may attempt to deny that the accident even occurred. Thus it is important that the accident be reported promptly—especially where significant property damage or personal injuries are involved.

Second, it is important to know that any and all medical treatment that is required as a result of injuries sustained in a car accident be paid for by the applicable motor vehicle insurance policy as opposed to a health insurance policy. New Jersey law provides that automobile policies of insurance provide Personal Injury Protection coverage (PIP) to allow for those injured in motor vehicle accidents to receive proper medical treatment. If such medical bills are paid for by health insurance as opposed to automobile insurance, issues may arise in the future concerning the potential need to repay the health insurance company for any benefits paid. Thus, when visiting an emergency room or physician for treatment related to a car accident, you should provide them with your automobile insurance policy information.

Third, with regard to damages to your vehicle, you should obtain a copy of the police report as soon as possible (typically police departments will be able to provide same within a few days) for purposes of identifying the other drivers' insurance company. Once the insurance company is identified, they should be contacted and advised that your vehicle sustained damage due to the negligence of their driver. However, when speaking to the other insurance company, no statements should be given concerning how the accident occurred or the nature and extent of any injuries suffered. Instead, you should only provide them with a copy of the police report to show them how the accident happened. If you provide the other insurance company with a statement, that statement may be used against you in any future litigation (including traffic court) concerning the accident.

Finally, any and all "evidence" should be recorded and maintained in the event a lawsuit arises. For instance, photographs should immediately be taken of the damage to your vehicle as well as the other vehicle if possible. Additionally, photographs of any injuries sustained (bruises, cuts, scrapes, abrasions, casts and bandages) should also be taken. If anyone approaches you at the scene of the accident you should take down their contact information for potential future use.

If you are aware of these issues and comply with the actions suggested, it will make it easier for you and your attorney to properly and efficiently pursue any claims against the other drivers. However, your failure to abide by all or some of the suggestions, your failure to do so may make any claims much more difficult to pursue.

Of course, if you have any questions concerning the above, please do not hesitate to contact our office for a consultation.

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MOVIE OF THE MONTH

By Jordan Tinitigan

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Cast: Matthew McConaughey, Reese Witherspoon, Seth MacFarlane, Scarlett Johansson.

Genres: Musical comedy, Animated

Believe

Release Date: December 2nd, 2016 PG

A small-town business owner and a boy who believes in miracles save the annual Christmas pageant.

Cast: Ryan O'Quinn, Shawnee Smith, Danielle Nicolet, Kevin Sizemore, David DeLuis. **Genres:** Drama.



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ANSWER-JUMBLED WORDS from page 6

The letters of the words below are jumbled. Figure out what the word is and write it on the blank line provided.

1. LDYA LADY 2. HCIDT DITCH

3. WORTH THROW 4. SECAEP ESCAPE

5. IDHERCLN CHILDREN 6. EOHRTN THRONE

7. VERAC CARVE 8. SMRTO STORM

9. ONPD POND 10. EFILD FIELD

- | | |
|---|---|
| 1. A polite woman. | 6. A seat for a king. |
| 2. A trench. | 7. To form a solid material by cutting. |
| 3. To propel ball from hand with arm with forward motion. | 8. Heavy rain and thunder. |
| 4. To get away. | 9. A body of water smaller than a lake. |
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How do I know if my child has Learning Related Vision Problems?



Dr. Steven Linker, OD

People learn three ways; auditory, tactile/kinesthetic, and visual. 65% of the population learns best visually. Did you know 80% of what a child learns in school is information that is presented visually?

If your child's vision is not at its best, they may not be seeing a large percentage of the information being offered for them to learn. Their minds may be churning, trying to clarify a blurred image rather than trying to learn what that image means. Without good vision, children will never be able to reach their learning potential.

The best way to approach this is through a team approach, which may include the child's teachers, the school psychologist, an eye doctor with experience in children's vision and learning-related vision problems and perhaps other professionals. Your eye doctor is the first line of defense.

Moms and Dads need to make sure their little student is visually ready for school. Step one is a trip to your local optometrist. It is essential to rule out simple refractive errors. But understand that nearsightedness, farsightedness and astigmatism are not the only visual disorders that can make learning more difficult. There are less obvious vision problems which relate to the way the eyes function and how the brain will process visual information which can also limit your child's ability to learn. These are called "learning-related vision problems."

Learning-related vision problems are not considered learning disabilities. According to Individuals with Disabilities Education Act (IDEA), learning disabilities do not include learning problems that are primarily due to visual, hearing or motor disabilities.

Symptoms of learning-related vision problems include:

- Blurred vision or double vision
- Crossed eyes or eyes that appear to move independently of each other
- Difficulty retaining what was read
- Difficulty recalling, recognizing or replicating shapes
- Dislike or avoidance of reading and close work
- Evidence of developmental immaturity
- Excessive blinking or rubbing the eyes

Headaches or eye strain

Losing place while reading, or using a finger as a guide

Omitting, repeating, or confusing similar words

Persistent reversal of words or letters

(after second grade)

Placing the book very close to your face

Poor eye-hand coordination

Short attention span during visual tasks

Slow reading speed or poor reading comprehension

Turning or tilting the head to use one eye only, or closing or covering one eye

If your child shows one or more of the above symptoms, it is time to look a little further into what is going on. If no vision problem is detected, it's possible your child's symptoms are caused by a non-visual dysfunction, such as dyslexia or a learning disability.

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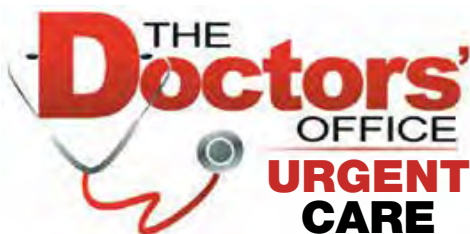
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How to be an Optimist

By Jordan Tinitigan

There are two types of people in this world. There are the optimists, who see the glass half full, and the pessimists, who see the glass half empty. Most people try to be an optimist, even though they feel like they carry the weight of the world on their shoulders. Sometimes it is tough, but here are some tips and tricks to stay optimistic. First, instead of letting bad experiences get to you, think about how you can benefit or grow from it. Doing this will help you think "on the brighter side of things," and clear your head from the fog. Another tip is to surround yourself with optimistic people. Instead of constantly being around with Debby Downers, hang out with the people who see the glass half full. Their optimism and joyfulness could be contagious, and rub off on you as well. Finally, write down good things that happen throughout your day. Whether it be a promotion or a simple compliment, writing them down and reflecting before bed can help your mindset become more hopeful.



**Coach's
Corner**

By Jill Garaffa

Conquering Holiday Food Cravings

Dear Jill,

This time of year is such a challenge to stay focused with all of the tempting food all over the place. What suggestions can you offer to help overcome the temptations and not overindulge over the holiday season?

Signed, C.K. in Manalapan

Dear C.K.,

Great question! Most people can relate to the challenge of food temptations around the holiday season. Everyone from elite athletes to couch potatoes has experienced the vast assortment of savory and sweet food temptations around the holidays. If you want to stay focused, I do have a few tips that I not only recommend to clients, but use myself from now to January 1st to get through the holiday season with minimal damage!

The first tip: change your mindset: We tend to relate to "the holidays" as a 6 week long endless encounter with continuous food temptations at every corner. It may feel like this, but the truth is: "the holidays" are actually only a handful of specific days, depending on the holidays you celebrate: the actual days of Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, New Years Day and Hanukah. Even with the extra parties in between, it's just a few meals we are dealing with—not every day, all day long. Shifting your perspective will help keep things in balance on the days and meals you can—which is most of them.

Second tip: Set boundaries. Decide for yourself ahead of time when you will give yourself permission to indulge and what time frames and situations are off-limits. For example: if you work in an environment where there is a constant supply of holiday treats you may set a boundary for yourself that you will not eat sugar/treats during work hours, but you can enjoy treats in the evenings or weekends. Or, you will allow yourself one single treat per day, but no more than one. If you are attending a holiday party, a boundary may be to only use one plate—you can enjoy all the food you like as long as it fits on one plate (no seconds). Ask yourself, "Where can I put structure around my food intake that would allow me to enjoy myself but still feel a sense of control over my eating?"

Last tip: Take extra good care of yourself: The holiday season naturally comes with extra stress. When we are under too much stress, our brains switch over to into 'survival mode'. This usually looks like craving more sugar & comfort food while simultaneously conserving energy by avoiding exercise. This sets up a vicious cycle of falling prey to every opportunity to indulge because our defenses are down and we are exhausted. Be proactive to take extra good care of yourself. Sleep resets the brain, so does relaxation and rest, so be sure to take some time to nurture your soul by having some scheduled "down time" over the next several weeks. It will help curb cravings and give you extra energy to exercise which can regulate our appetite.

Life coaching is a process to help you discover your own answers to your challenging life situations. For more information, visit www.seedsofchangecoaching.com or call 732-859-6962

Wishing you peace, power and purpose this holiday season!

Jill

Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit www.seedsofchangecoaching.com or call 732-859-6962.

If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchangecoaching.com or visit www.seedsofchangecoaching.com and click "contact us" to be featured in a future column.

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Burn Extra Calories Without Effort

By Gina DiRusso

Wouldn't it be great if you could burn more calories without much effort on your part? We all understand that to lose weight we need to consume fewer calories than we burn. There are some products that can help you to burn more calories without the time required for another workout. You can use these products to help you achieve your weight loss goals.

Weight Vest: Anytime you add extra weight and continue to do your regular activities you will burn more calories. (Maybe women with big heavy purses are burning calories they haven't even considered). You don't have to be a runner or training to be a firefighter to wear one. Put this on when you walk, mow the yard or vacuum the house. You will be adding an additional 12% to 15% bump in calories burned while doing that activity.

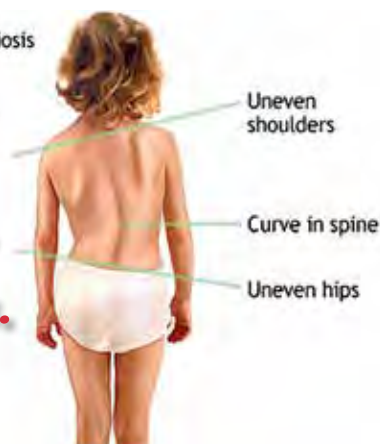
Sauna Shirts: Now let's consider heating our bodies up and making us sweat. Sweat is good for you. It is a natural way to rid your body of toxins. Your body must use extra energy to cool down your body temperature. Many people use these shirts when they work out. But you can also use them when you are just around the house to increase your energy expenditure. These products are not a replacement for exercise and physical activity, but they may help you accelerate your losses or provide some short-term calorie burning while getting through an injury. Good luck with your health and weight loss goals!

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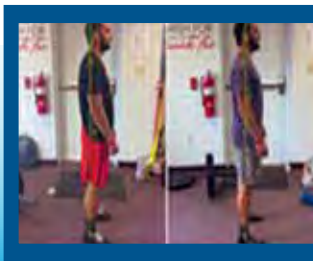
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Importance of Prenatal Care

If you're expecting a new baby, you probably have lost sleep wondering if your home is properly prepared for your child's debut. You have the nursery set up, a truckload of diapers and an ever-growing wardrobe for baby.

Your home is all set for the birth, but don't forget the importance of your baby's current home in your womb. Planned Parenthood says that the key to having a healthy baby is taking good care of your own health. Good choices give you a better chance to have a healthy, strong baby. Fortunately there are many simple steps you can take to make this happen.

THINGS TO AVOID WHILE PREGNANT

Everyone has heard that drinking and smoking while pregnant can be dangerous for your baby's health.

Here are some lesser known dangers that may surprise you:

- **Hot tubs:** At least during your first trimester, stay out of hot tubs. They will raise your body temperature, which can harm your baby.
- **Kitty litter:** Kitty litter raises your risk of getting toxoplasmosis. It is caused by a parasite that is often found in litter. Infants who are born to mothers with this disease can have serious complications.
- **Vitamin A:** The Teratology Society states that high levels of Vitamin A can cause birth defects in your child. Avoid sweet potatoes, fish and liver.

THINGS TO DO WHILE PREGNANT

Prenatal vitamins are much better for your pregnancy than a regular multivitamin. They are packed with folic acid and iron, two vitamins that aid in prevention of birth defects and support your baby's growth.

Exercising while pregnant is a bit tricky but still recommended for a healthy mom and baby. You don't want to overdo it and raise your body temperature to unsafe levels. Some safe exercises include brisk walking, using an elliptical machine or swimming.

REGULAR CHECKUPS

Your doctor visits may differ depending on your schedule and that of your doctor. Most physicians recommend one visit a month up until your 28th week.

After that, the visits should be more regular. That means a visit every two weeks until your 36th week. Then a visit every week until week 40 lets your physicians keep a close eye on your condition as baby's arrival date nears.

Make this holiday a memorable one!



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Package No. 1

Fried Calamari – 1/2 tray
Baked Clams (30 clams) – 1/2 tray
Stuffed Mushrooms – 1/2 tray
Stuffed with sautéed spinach, bacon and flavored bread crumbs

\$119.99 plus tax

Package No. 3

Fried Calamari – Full tray
Stuffed Shells – 1/2 tray
Chicken Parmigiana – 1/2 tray
Caesar or House Salad – 1/2 tray
Stuffed Mushrooms – 1/2 tray

\$169.99 plus tax

Package No. 5

Cold Antipasto Platter
Chicken Parmigiana – Full tray
Fried Calamari – Full tray
Penne Vodka – Full tray
Caesar or House Salad – Full tray

\$239.99 plus tax

All packages include homemade fresh baked loaves of bread. Set up included with refundable deposit, paper products not included. A 20% deposit is required on all orders, must be ordered 5 days in advance.

Package No. 2

Fried Calamari – 1/2 tray
Baked Clams (30 clams) – 1/2 tray
Shrimp Cocktail (25 Shrimp) – 1/2 tray

\$149.99 plus tax

Package No. 4

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Caesar or House Salad – 1/2 tray

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(in a red sauce)

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Caesar or House Salad – Full tray

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Zuppa di Clams (red or white)	40.00	75.00
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<i>Stuffed with sautéed spinach, bacon and flavored bread crumbs</i>		
Baked Clams	40.00	75.00
Buffalo Wings	35.00	60.00
Shrimp Cocktail	65.00	110.00
Sautéed Veggies	35.00	60.00
Rice Balls	35.00	65.00
<i>Ground beef, green peas and mozzarella</i>		
Mozzarella Carozza	45.00	80.00
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Gingerbread Cupcakes

INGREDIENTS

For the cookies:

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

For the frosting:

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

DIRECTIONS

Heat oven to 425 degrees Fahrenheit.

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

Combine butter with sour cream in mixer.

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

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

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



Tortellini in a Light Broth

INGREDIENTS

2 carrots, chopped
2 stalks of celery
1 small onion, sliced
2 peeled canned tomatoes
Beef shank
Chicken stock
Water
Salt and pepper
2 bags of tortellini



DIRECTIONS

Fill up the a large soup pot halfway with an equal combination of beef stock and water.

Combine all of the ingredients above into the soup pot. Let simmer for about 2 hours on the stove.

After, add the two packages of tortellini. Simmer over medium until al dente, about 7 minutes.

Ladle into bowls and serve.

Choosing Child Care



When it comes time to go back to work after maternity leave, you are likely faced with the struggle of choosing a child care center. There are many different options you should weigh and numerous questions you should ask.

Leaving your child at a new place can be unsettling, no matter their age. Even if you have done the research and have chosen a center that is highly qualified, you may still find yourself worrying. Practice due diligence by spending time at the center and getting to know the staff.

HOURS AND FEES

The first thing you need to inquire about is the center's hours. It is crucial that you have plenty of time to pick up your child in case you end up staying a little late at work.

Most facilities charge a fee if you arrive later than a designated time.

You also should request a holiday schedule. An independent facility may close for all school holidays and have other designated dates when the facility is closed. Knowing about these days in advance will give you time to schedule babysitters.

Child care is simply expensive. Call around to local facilities to find one that fits your needs and is well within your budget.

MEET THE STAFF

You should know the people who are in charge of your child. Set up a time when you can meet the entire staff during regular hours to see how they interact with the children.

According to the American Academy of Pediatrics, for every three children under 12 months, there should be one qualified adult. Be sure your facility recognizes this nationwide standard.

VISITING POLICY

Choosing a facility that has an open visiting policy for parents will allow you to drop in see how the facility operates. This can be a great way to ensure that your facility always runs smoothly, not just when parents are expected.

An open visiting policy also should include an efficient screening process. Make sure you're being properly screened when you do go visit. This means that the facility won't let just anyone inside.



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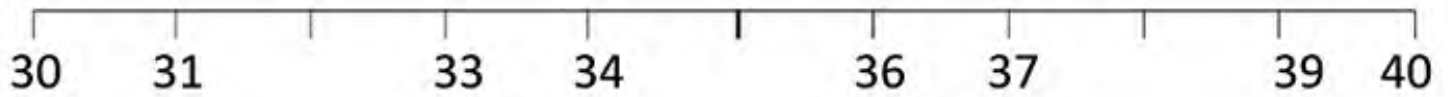
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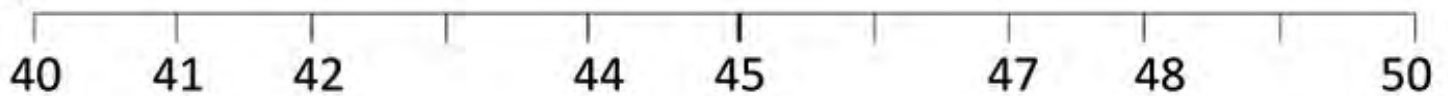
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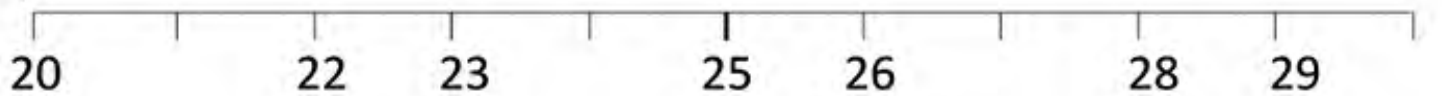
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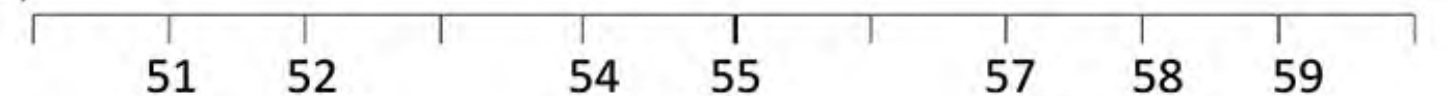
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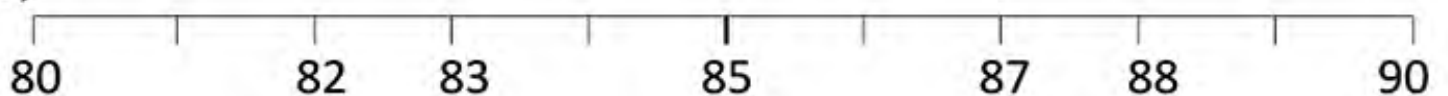
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Math homework due tomorrow. *How can I help?*

We know the importance of giving our children chances to connect with us. You should feel good if your child comes to you for help with math homework.

If you're unsure about math, don't panic. There are still ways to help. Just keep reading.

If you're good at math, don't take over. You'll help most as a guide.

No matter what your own experiences are with math, there are questions you can ask that will help your child. So can a smile and a little encouragement.

- What is the problem you're working on?
- Let's look at it.
- What do the directions say?
- What words or directions don't you understand?
- Where do you think you should begin?
- What do you already know that can help you work through the problem?
- Tell me what you've done so far.
- Where can we find help in your textbook or notes?
- Are there similar problems to look at?
- Let's try drawing a picture or making a diagram.
- What did the teacher ask you to do?
- What problems like this one have you had before?
- Tell me where you're stuck.
- Who can you call to get help?
- Let's try it using a calculator.
- Can you skip this problem and go on to another?
- What is the number for the Homework Hotline?
- Why don't we look for some help on the Internet?
- What type of partial work does your teacher accept?
- Can you go in before or after school for help from your teacher?
- Should we tackle this when you're not so tired?

Is Elf on the Shelf Really That Good?

By Stefanie Maglio

Elf on the Shelf is a doll that can be purchased at stores such as Walmart and Target that have slowly become a part of the holiday tradition in families with young children. However, these dolls may not truly be as good as people have said that they are. The way the elf on the shelf works is that at night parents move the elf around within the house. In the morning, the children have to find the elf but they are told that they must not touch it. Otherwise, the elf will lose its "magic," and disappear forever. The actual elf doll itself has scared some children because of the way it looks. It's tiny stature and unique facial expressions may frighten your child. This should be kept in mind before purchasing the doll. Also, children have found their parents moving the doll during the night. If your child is young, this could ruin their childhood beliefs, specifically in holiday figures such as Santa Clause. This small doll that may end up scaring your child, or even ruining the holiday is \$30. For some, this may be exciting and worth it. For others, this doll may simply be a waste of time and money. Personally, I believe there are better ways to spend the holiday with your family in a more fun and festive manner.

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Autism in Babies

The Centers for Disease Control and Prevention has reported that about one in 68 children in the United States had been diagnosed with a form of autism in 2016. Experts aren't exactly sure what is causing the steady growth in autism cases in America. With the rise in autism cases, there are many scientific studies that help identify the signs of autism in your child and how to cope.

LOOK FOR SIGNS

The organization Autism Speaks has some interesting red flags to look for in your child's developmental stages. Learn these flags and share them with your child's caretaker. Autism Speaks recommends calling your child's physician if:

- Your child exhibits no big smiles by six months;
- Your child does not cooperate in back-and-forth sound sharing;
- Your child shows limited babbling by 12 months; or
- Your child hasn't said his first word by 16 months.

HOW AUTISM IS DIAGNOSED

Unfortunately, there is no blood test that can determine if your baby has autism. In fact, most cases are not properly diagnosed until a child reaches the age of 4. A case of autism is determined by strenuous screenings performed by physicians.

Don't let this distract you or sway you from consulting your baby's physician if you start to notice signs of autism. Catching the signs of autism early can give your child the upper hand in special learning techniques. It also will give you time to prepare for the long road ahead.

RISK FACTORS

Studies are beginning to show patterns in children with autism and their parents. Autism Speaks funded a study that looked at autism rates in more than 5 million children across the world.

Here are some of the study's results:

- Autism rates were 18 percent higher in children born to teen moms than moms in their 20s. Rates also were 15 percent higher among children born to mothers in their 40s compared to those in their 20s.
- Another surprising find from this research shows that males over 50 are at a higher risk for having children with autism. The popular opinion is that genetic mutations in sperm will increase as a man ages. These mutations are believed to contribute to autism.



Treating Pain in Your Dog

Keeping Your Best Friend Active, Safe, And Pain Free

Controlling your dog's pain is essential to his overall well-being. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are a class of drugs commonly used to control pain and inflammation in dogs. NSAIDs help many dogs lead more comfortable lives.

What are NSAIDs?

NSAIDs help to control signs of arthritis, including inflammation, swelling, stiffness, and joint pain. Inflammation—the body's response to irritation or injury—is characterized by redness, warmth, swelling, and pain. NSAIDs work by blocking the production of prostaglandins, chemicals produced by the body that cause inflammation. Some NSAIDs may also be used to control the pain and inflammation following surgery.

Your veterinarian may prescribe an NSAID to treat the pain of osteoarthritis in your dog or to control pain following a surgical procedure.

All NSAIDs approved for oral use in dogs and cats come with a Client Information Sheet (also known as the Information for Dog (Cat) Owner Sheet) that describes the drug's side effects. Dog and cat owners should ask veterinarians for the Client Information Sheet when an NSAID is prescribed. These Client Information Sheets provide the pet owner with important information in a user-friendly manner regarding what can be expected from use of the drug, potential side effects, and the need to seek veterinary attention if problems occur. By accompanying each NSAID prescription with an Information for Dog Owner Sheet, a handy reference of valuable safety information and drug company contact information is readily available to the owner.

Veterinary NSAIDs approved for use in dogs:

ETOGESIC (etodolac) - not currently marketed

METACAM (meloxicam)

PREVICOX (firocoxib)

NOVOCOX (carprofen)

CARPRIEVE (carprofen)

OROCAM (meloxicam)

MELOXIDYL (meloxicam)

RIMADYL (carprofen)

DERAMAXX (deracoxib)

ZUBRIN (tepoxalin) - not currently marketed

VETPROFEN (carprofen)

QUELLIN (carprofen)

OXICOM (meloxicam)

In the United States, there is one NSAID approved for up to 3 days use in cats: ONSIOR (robenacoxib) tablets

What should you discuss with your veterinarian?

NSAIDs offer pain relief and improved quality of life to many dogs. However, before giving an NSAID, or any drug, you should first talk to your veterinarian.

You should discuss:

what the NSAID is being prescribed for

how long to give it

what to avoid while your dog is taking an NSAID

how often should your dog be re-examined

your dog's previous medical history and any previous drug reactions all medications and products your dog currently receives

how much to give

possible side effects

what tests are needed before giving an NSAID to your dog

What should you know before giving your dog an NSAID?

Never give aspirin or corticosteroids along with an NSAID to your dog.

NSAIDs should be approached cautiously in dogs with kidney, liver, heart and intestinal problems.

Never give your dog an NSAID unless directed by your veterinarian.

Don't assume an NSAID for one dog is safe to give to another dog. Always consult your veterinarian before using any medication in your pet.

Only give the NSAID as prescribed by your veterinarian. Do not increase the dose, the frequency, or the length of time you use the drug unless first discussing this with your veterinarian.

What side effects should you watch for?

Most NSAID side effects are mild, but some can be serious, including death in rare situations. Common side effects seen with the use of NSAIDs in dogs may affect the kidneys, liver, and gastrointestinal tract and may include:

Not eating or eating less

Vomiting

Yellowing of gums, skin, or the whites of the eyes

Changes in skin (scabs, redness, or scratching)

Lethargy, depression, changes in behavior

Diarrhea, black tarry-colored stool

Change in drinking

What to do?

If you suspect a possible side effect to an NSAID, STOP giving the drug to your dog and call your veterinarian immediately!

When Giving Your Best Friend an NSAID, Remember these Signs:

Behavior Changes

Skin Redness, Scabs

Eating Less

Tarry Stool/Diarrhea/Vomiting

STOP the Drug & Call Your Veterinarian!

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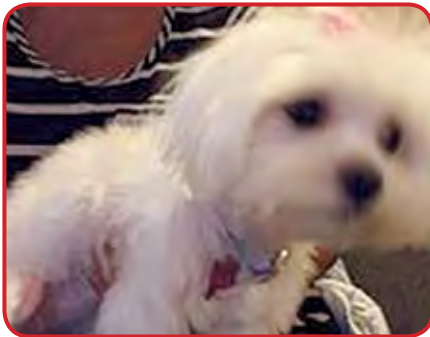
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AN END TO OVERDOSING: Some pharmacies in New Jersey will be selling Narcan without a prescription by the end of the year.

The drug Naloxone, which is more commonly known by the brand name Narcan, is a nasal spray or injectable that can counter the effects of a heroin or opiate overdose in as little as two minutes.

What is Narcan™ (naloxone)?

Narcan™ (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills like morphine, codeine, oxycodone, methadone and Vicodin. When a person is overdosing on an opioid, breathing can slow down or stop and it can be very hard to wake them from this state. Narcan™ (naloxone) is a prescription medicine that blocks the effects of opioids and reverses an overdose. It cannot be used to get a person high. If given to a person who has not taken opioids, it will not have any effect on him or her, since there is no opioid overdose.

How does Narcan™ (naloxone) work?

If a person has taken opioids and is then given Narcan™ (naloxone), the opioids will be knocked out of the opiate receptors in the brain. Narcan™ (naloxone) can help even if opioids are taken with alcohol or other drugs. After a dose of Narcan™ (naloxone), the person should begin to breathe more normally and it will become easier to wake them. It is very important to give help to an overdosing person right away. Brain damage can occur within only a few minutes of an opioid overdose as the result of a lack of oxygen to the brain. Narcan™ (naloxone) gives concerned helpers a window of opportunity to save a life by providing extra time to call 911 and carry out rescue breathing and first aid until emergency medical help arrives.

How is Narcan™ (naloxone) given to an overdosing person?

Narcan™ (naloxone) can be given by intramuscular (IM) injection - into the muscle of the arm, thigh or buttocks - or with a nasal spray device (into the nose). In Illinois, Narcan™ (naloxone) is prescribed for use as an IM injection. Nasal spray use is less common, but some large cities in the U.S. use the nasal spray version and it can be prescribed.

How long does Narcan™ (naloxone) take to work?

Narcan™ (naloxone) generally works within about 5 minutes. Repeated doses may be necessary if a person is still showing signs of overdose even after the first dose.

How long does Narcan™ (naloxone) take to wear off?

Narcan™ (naloxone) starts to wear off after about 30 minutes and is mostly gone after about 90 minutes. By this time the body has processed enough of the opioids that the overdosing person is unlikely to stop breathing again. In some cases, such as after taking a massive dose or using long-acting opioids like methadone, the patient might need another Narcan™ (naloxone) dose and longer medical observation. Always watch the person after they receive a Narcan™ (naloxone) dose for signs of continued overdose.



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Effective Ways to Respond to Your Child's School Troubles

By Gina DiRusso

1. **Pause before jumping to action.** It's a natural response for us to jump to action. You see a failing grade and immediately start worrying about what this means for your child's future, so you ground him for the rest of the semester until his grades improve. Or, you hear about a fight at school and march in to confront the principal, who, in your opinion, has never been fair to your daughter.

These are serious issues and they do require action, but just pause for a few moments before you take the next step. Pause and take a deep breath.

2. **Ask yourself: What's my part here?** School issues often push our buttons. Perhaps you had some hard experiences at school and you don't want the same thing to happen to your child. Whatever the situation, it's important to remember that this is your child's experience at school—not your own. These missing assignments are his to complete, not yours.

Try to separate your feelings and reactions from your next step. Ask yourself,
What part can I play in responding to this without doing my child's work for them?

- Your role might be to hold your child accountable and make a plan for him to make up the missing assignments.
- You might decide to meet with teachers or school counselors about getting your child some extra support at school.
- Maybe your role is to be an advocate for your child and bring your concerns to the principal or superintendent. Make a plan for how you can be involved.

If you are feeling stuck with what your role or plan should be, try reaching out to the school. Ask who is available to help you and your child. See if you can meet with your child's teacher or school counselor to talk about what is happening and how you can help find a solution.

What happens next will depend on the situation! But starting with these two steps can help you find your way forward. Remember, additional support is always available at your school.

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Real Holiday Gifts for Families

By Stefanie Maglio

As children grow into young adults, the classic toy or newest video game becomes a less appropriate holiday gift. They may want something more expensive, or even something plain and simple such as money itself. For parents who are still trying to keep up the holiday spirit, it can become difficult to find the perfect Christmas gift. However, there are several other ways to go about finding the perfect family gift. Here are some real holiday gift ideas for the family:

Take the family out for a day in New York City. Go see a Broadway play, go out to dinner, go ice skating, or simply go see the Rockefeller Christmas tree.

Also in New York City, go see the Radio City Music Hall Christmas Spectacular. Everyone in the family is bound to love the Rockettes and Santa!

Bake some sweet treats and share them on Christmas Day. These can include holiday cookies, cakes, brownies, or even some more creative recipes found online or in magazines.

Go to the movies and out to eat with the family. This way, no one will have to cook!

Gift certificates for massages could be the perfect mother-daughter holiday gift.

Speaking of massages, a mother-daughter trip to the spa while the boys have some quality time together could be the perfect gift for everyone.

Give back to your community for the holiday and take the family to help out at your local soup kitchen!

Donate to each family member's favorite charity.

And to All, a Good Night

What is an excellent way to relax after your Christmas party? Connect the dots to find out!

EXTRA FUN: Find the two dots without numbers. Draw a pom-pom around each one.



Car Seat Safety

There are so many car seats in today's market, it's easy to get confused when it comes to choosing one for your infant. The good news is that all car seats are given guidelines based on a child's weight and age, making it easier to determine which one you need.

Before you leave the hospital with your new baby, the nursing staff may check to see if you have chosen the right seat. They also can help you with installation if you need some assistance.

WHICH CAR SEAT DOES YOUR CHILD NEED?

As your child grows, the way they sit in your car will change. Newborns are required to ride in a rear-facing car seat. These seats will cradle your baby and protect his head and spinal cord in case of an accident.

Different states have different regulations regarding when you should switch your baby to a forward-facing car seat.

Check local laws to see what is required. Either way, it is a good idea to consult your seat's owner manual and go by the listed weight limits.

The National Highway Traffic Safety Administration recommends that children remain in a rear-facing car seat until they outgrow the seat. Depending on how your baby grows, this will typically be around the age of 2 or 3.

INSTALLING A CAR SEAT

New parents may be surprised to learn there are anchors in the backseats of their cars. These anchors may have gone unnoticed before but are relied upon to properly secure your child's car seat.

Different car seat manufacturers may have different installation methods. Be sure to pay attention to their instructions.

There are a few universal rules when it comes to installing any car seat. It must be secured tightly. Check this by making sure the seat moves no more than 1 inch when moved side to side or front to back.

Also, a rear-facing car seat has an angle indicator that will help you check that you have it angled properly.

COMMON MISTAKES

AAA has laid out some common car seat mistakes that parents make:

- Forgetting the top tether. The top tether will hold the top section of the car seat in place. Forgetting the tether can result in aggressive forward movement in an accident.
- Installing in the center. Most cars aren't equipped with proper anchors in the middle of the back seat. Instead, be sure to install your car seat directly behind the driver's or passenger's seat.
- Installing too loose. Not installing the seat tight enough can subject your child to greater force in an accident.



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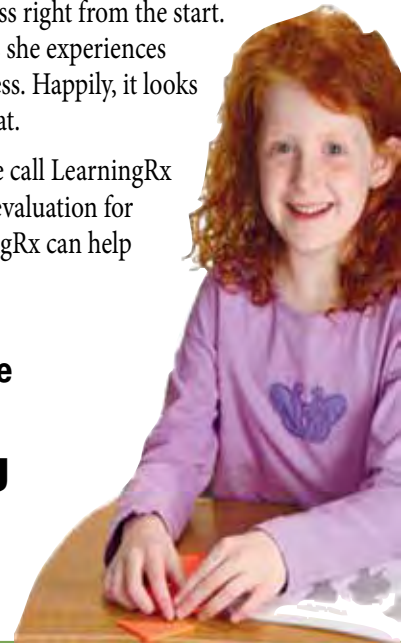
"...And Because We're Her Parents"

"Our Julie was struggling in school. Although she was passing, she had to try so hard just to keep up. It broke our hearts. Her teachers tried, but they couldn't give her the quality time she needed.

Like all parents, we want the best for our child; we started a college fund when she was three. But what good will that be if she can't get into the school of her choice?"

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3 Holiday Season Trends

By Jordan Tinitigan

With the holidays around the corner, many savvy shoppers start to put new trends to the test for the season.

The first trend is buying online, picking up in store. If you've ever done online shopping for a store like JC Penney or Kohl's, you've seen there is an option that ships the product to the store instead of your home. This ends up being just like actually shopping because it usually waves the shipping fee.

The second trend is mobile shopping. Now, many retail stores offer apps that are accessible on your mobile device. Since this is easier than online shopping via computer or going into the craziness of holiday store sales, many have turned to this method.

The third holiday shopping trend is social media influence. Especially in younger people, websites like Twitter, Facebook, and Instagram are constantly in your face about the newest and best products. Whether it's the new Nike shoes or the selfie phone case, social media is a huge influencer.

Happy Places to Visit in NJ This Winter

By Jordan Tinitigan

Six Flags Great Adventure (Jackson): Six Flags has recently opened themselves up for the holidays. Decorated for the winter season, you and your family can now ride your favorite roller coasters in the cold weather.

Storybook Land's Christmas Fantasy with Lights (Egg Harbor Township): Here is one of many places in NJ to display beautiful Christmas lights to those who come visit.

The Turtleback Zoo (West Orange): The Turtleback Zoo is still open during cold times. During these months, the zoo hosts amazing light shows at night.

Jenkinson's Aquarium Winter Wonderland (Point Pleasant): (\$6) Visit your favorite sea creatures while the Jenkinson's Aquarium is decorated with holiday spirit and festive fun!



SHOP LOCAL FOR THE HOLIDAYS GIFTS WITH LOCAL FLAIR

A CHANCE TO GET QUIRKY

If you're looking for something quintessential about your hometown or area, hitting a local shop is probably your best bet. The nearest big box retailer probably won't be carrying jewelry from a local artist, or T-shirts for the local football team. Shopping local for the holiday opens up a whole new arena for gift-buying, outside the usual hustle and bustle of cookie-cutter catalog options.

CHECK OUT THE ART

If you look close enough, many towns have local art shops — or at least an artist or craft guild — that organizes things locally. Track down the nearest one and see what the creative minds in your community have to offer. From mixed media art to paintings, buying from local artists helps support their work, while also offering a gift that is one of a kind and truly unique to the area. Some can even do work on commission, if you're looking for something extra personal.

THE SAME THING GOES FOR JEWELRY

With the rise of platforms such as Etsy and Pinterest, there are more small-town artists than ever just trying to make a living and offer up some- thing unique. If you're shopping for jewelry, check around for local jewelry makers, and you could find the perfect, quirky gift for your loved ones. If you're looking for something with a local tie, too, this also could be your best bet.

DON'T FORGET THE TOYS

Locally made toys are a bit harder to pull off, but many local shops stock toys — and the offerings can be very different from what you'll find in the toy aisle at a big box retailer. From toy train sets to vintage toys that have been around since the 1950s (but may not be in easy circulation these days), local shops often carry a much more diverse set of toy options. Take a risk and go for something old school this year.

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Spaniel Stars in New Pet Therapy Book for Children



Bred for centuries to be lap dogs, Cavalier King Charles Spaniels like nothing better than to snuggle and cuddle. Because of their endearing personalities, soulful expressions, silky coats and diminutive size, many Cavaliers excel as Therapy Dogs.

And so it was with Bentley, the star of the new children's picture book, *Because of Bentley*.

I've always admired the breed," says Loren Spiotta-DiMare of Tewksbury, a long-time animal writer and the author of *Bentley*. "Several years ago, I had the opportunity to write a reference book about Cavaliers. I interviewed numerous breeders and really clicked with Diane Zdrodowski of Evanlake Cavaliers in Blairstown. For months, we were in daily email communication. I often joked I was becoming her new best friend."

When the project came to a close, author and breeder decided they'd like to collaborate on another project and chose to create a children's book based on Zdrodowski's first Cavalier. "From the day, Bentley came into her life, Diane knew he would be special, Spiotta-DiMare says. "Together they took the dog world by storm competing in numerous dog sports.

But the Blenheim (chestnut red and white) Cavalier truly found his calling as a Therapy Dog."

"I was so proud of Bentley," Zdrodowski says. "He loved everyone – adults, children, other dogs.

And though breeding champions and winning titles is very enjoyable there is nothing as rewarding as visiting a nursing home patient or sick child and brightening their lives with the presence of your dog."

Bentley won numerous awards over the course of his life, including the first ever Cavalier King Charles Spaniel Club USA, Inc. – Cavalier Therapy Companion Award and the New Jersey Veterinary Medical Association – Therapy Dog of the Year Award.

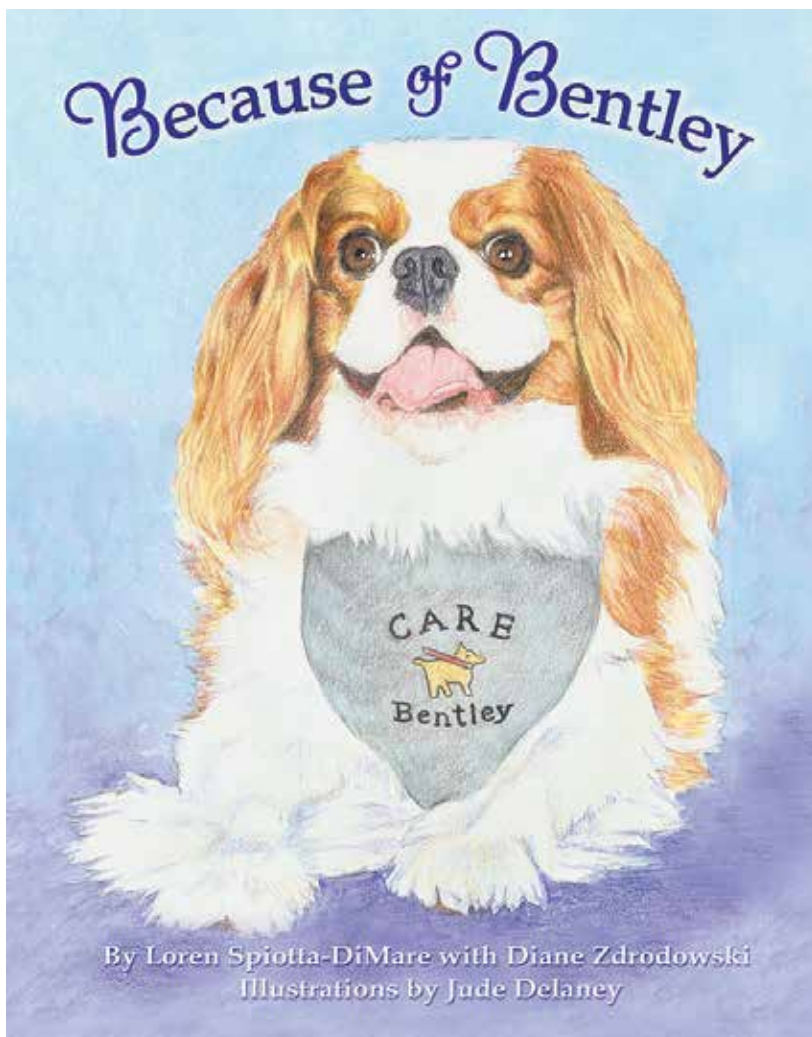
Zdrodowski and Bentley had so many wonderful experiences on their therapy visits because of Bentley that the title for the book easily popped into the author's mind. In one scene, a very sick child begins to paint again because of Bentley. In another, a lonely little boy starts to make friends. In yet another, a young boy speaks for the first time in months. All because of Bentley. So taken with Bentley, Zdrodowski eventually became a Cavalier breeder.

To learn about all her wonderful dogs visit www.evanlakecavaliers.com

The scenes in *Because of Bentley* come to life with beautiful color pencil and water color paintings created by Jude Delaney of Choctaw, Oklahoma. Delaney specializes in animal portraiture. Through the years, she has portrayed many different breeds, both show dogs and those special companions she calls Champions of the Heart, those who win our love, but never see the inside of a ring.

Recognized by the Dog Writers Association of America, Humane Society of the United States, the Doris Animal Foundation, and New Jersey Press Women, Spiotta-DiMare has been writing about animals for over thirty years. *Because of Bentley* is her 19th book.

To order a hardcover copy of the book, send a check for \$24.26 (includes tx/sh) to Loren Spiotta-DiMare, P.O. Box 301, Califon, NJ 07830 or visit: www.LorensReadingRoom.com (Softcovers also available for \$12.00)



SEIZE THE MOMENT AND CELEBRATE WINTER

For many Americans, winter means bitter cold, icy roads or being snowed in. As much inconvenience as winter causes, it's also packed with fun opportunities to share with friends and family.

The winter months are packed with holidays that many Americans celebrate. Rather than falling into the stress that comes with this busy season, think of it as a chance to spend time with family and friends outdoors.

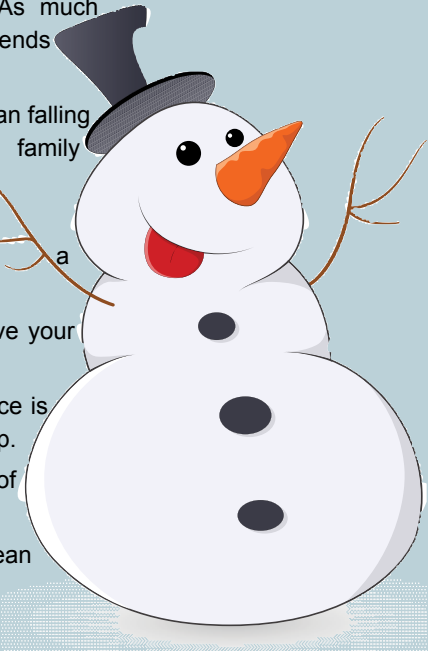
We are lucky enough to live in an area that receives a fair amount of snow, there are many different outdoor activities to enjoy. Grab your sled and find a hill with a flat bottom. Avoid hills near fences, water or roads for a safe sledding experience.

Building snowmen is a fun activity for all ages. Grab old clothes or other props to give your snowman some personality.

If you're feeling adventurous, consider ice fishing. Find a body of water in which the ice is at least 4 inches thick, use an auger to create a hole and enjoy a winter weather fishing trip.

If you're not up for spending a lot of time outside during the cold, there are still plenty of ways to celebrate winter indoors.

Choose a day or two throughout the week to incorporate a family night. This could mean playing a board game together or letting a different member of the family choose a movie for you to watch together. Grab a cup of hot chocolate and enjoy the winter from inside.



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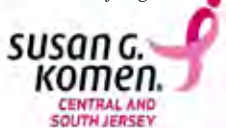
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Top Holiday Gifts

By Jordan Tinitigan

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

1. For the future artist: Crayola Easy Animation Studio This product pairs with a cool app to allow your child to see their creation come to life!

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

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

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

5. For the Shopkins collector: Shopkins Tall Mall Storage Case. This toy allows your child to take their Shopkins anywhere they go! It doubles as a carrying case and a play set, and it comes with two exclusive figures!

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THINKING OF SELLING?

Please accept this letter of wholehearted recommendation for Carol Fleres.

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

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

Very truly yours,

Valerie A. Cohen

Attorney for Michael Eisner



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

