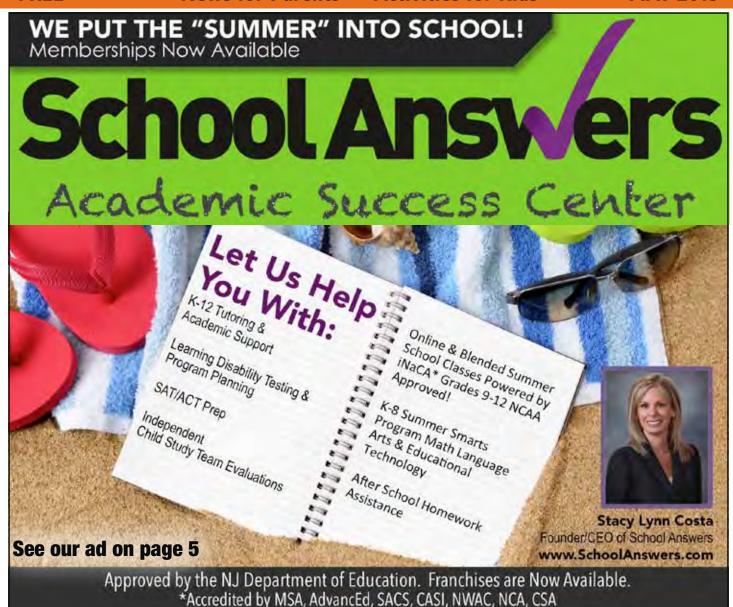
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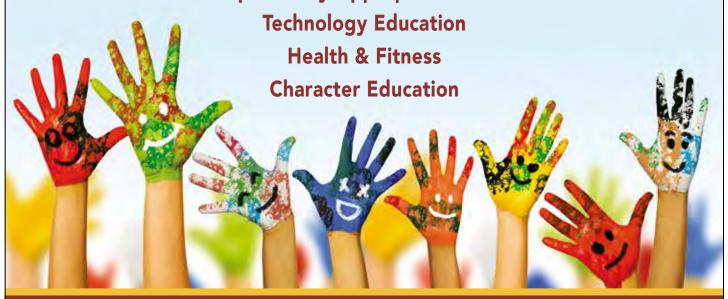
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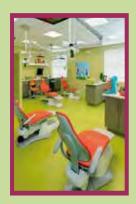
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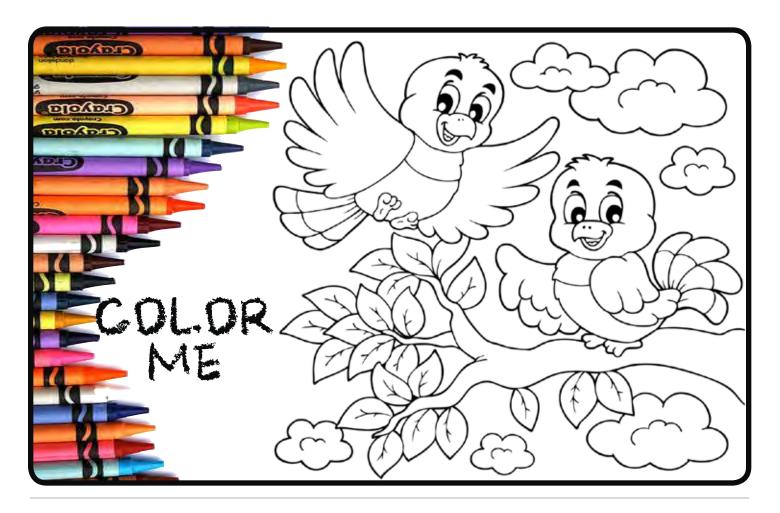


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# May is CF Awareness Month: What is CF? Should my Child get Tested?

By Brianna Siciliano

ystic Fibrosis (CF) is a genetic. life-threatening disease that primarily affects the lungs and digestive system of about 30,000 people in the United States. This disease is genetically inherited when CF victims inherit a defective gene which causes thick mucus buildup in the lungs, pancreas, and other organs. This thick mucus buildup makes it very difficult to breathe, while also trapping bacteria in the airways—resulting in infections, inflammation, and often leading to severe lung damage and respiratory failure.

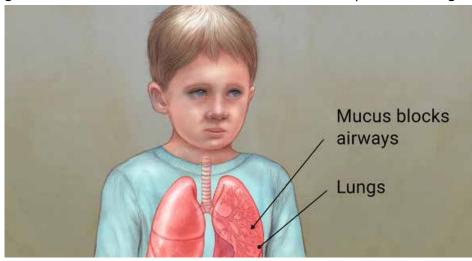
Common symptoms custic fibrosis are frequent lung infections, such as pneumonia or bronchitis, wheezing or shortness of breath, poor growth or poor weight gain even though the person has a good appetite, coughing (at times with phleam), and very salty-tasting skin. The disease is inherited from parents through genes, just like other characters such as height, hair color, and eye color. Cystic fibrosis is caused by mutations in a gene that produces a protein (CFTR protein) which controls the flow of water and salt in and out of cells in organs such as the lungs and pancreas. In order to have cystic fibrosis, a person must inherit two copies of the defective cystic fibrosis gene: one copy of the gene from each parent. This means both parents must have at lease one copy of the CF gene in their blood.

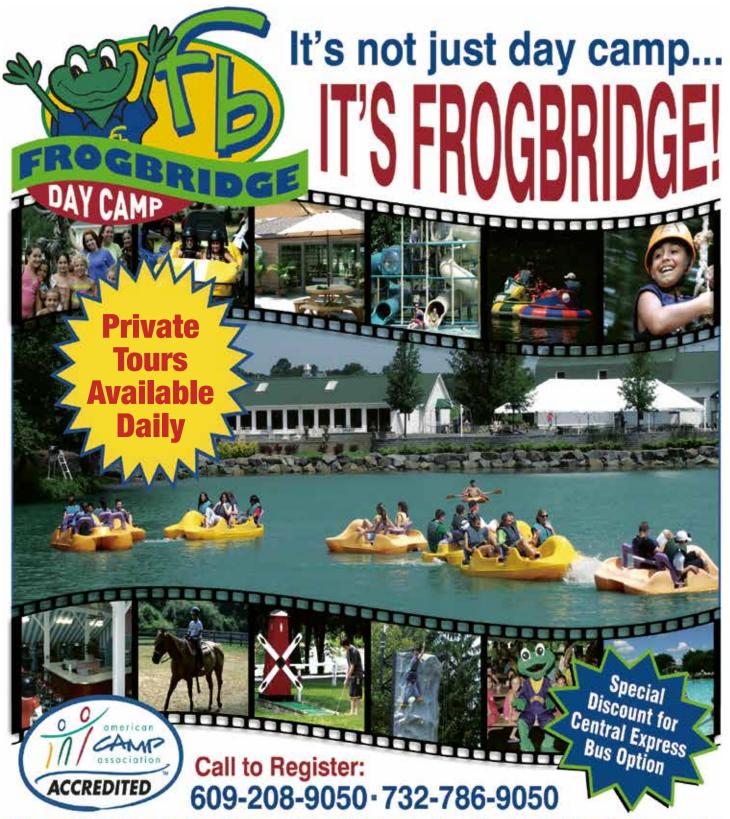
A CF carrier is a person who only has one copy of the defective CF gene, and since this person only has one copy, the person does NOT have cystic fibrosis. When both parents are CF carriers, and they have a child, there is a 25% chance the child will have cystic fibrosis, a 50% chance the child will be a carrier of cystic fibrosis's defective gene but will NOT have CF, and a 25% chance the child will NOT be a carrier of the gene and the child will NOT have cystic fibrosis.

Most children are diagnosed with cystic fibrosis at birth through newborn screening (which is done in the first 2 or 3 days after a baby's birth. This test identifies babies who are at high risk of having cystic fibrosis). More than 75% of the victims of cystic fibrosis are diagnosed with the disease by the time they turn two. There are two ways that doctors confirm the diagnosis of cystic fibrosis: a genetic test or a sweat test. In

a genetic test, cells from inside the person's cheek (or a blood sample) are taken and sent to a laboratory which specializes in genetic testing. Genetic tests are usually only conducted to confirm a diagnosis of cystic fibrosis if the results of the seat test are unclear. The sweat test is a painless test that measures the amount of salt in a person's sweat. A small amount of electricity and a mild chemical are placed on a person's skin—usually the person's arm to stimulate sweat alands. The sweat is collected and the amount of chloride, which is a component of salt in sweat, is measured. If the results show a high level of chloride, the person has cystic fibrosis.

If you believe or know for a fact that you and your partner are cystic fibrosis carriers and your child shows symptoms of CF, it may be smart to get your child tested. To learn more about cystic fibrosis, visit http://www.cff.org.





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# How to Deal With Jealousy in Children

By Brianna Siciliano

ealous feelings are very common for people of every age, including children. When your daughter has to have the same boots as her friends, or your son needs those expensive sneakers to prove that he's just as cool as the other boys, you may notice that those necessities just pop up out of no where. More likely than not, this is because your child is jealous of the attention that the girl with the new boots, or the boy with the expensive sneakers, is receiving. The same can be said for siblings: no matter how hard parents try to make their children feel equally loved, kids often accuse parents of having favorites.

Comparing one child to another is a major cause of jealous feelings. Saying something along the lines of, "why can't you be more like \_\_\_\_\_?" or "\_\_\_\_ would never do this," is very hurtful to a child's self-esteem. Saying these words usually translates to "\_\_\_\_\_ is better than you" or "We love and admire \_\_\_\_\_ more than you" in a child's mind. To prevent these feelings of hurt and jealousy, refrain from comparing

your children to each other. Do not compare their behaviors or skills, and do not praise one child over the other. Children come with different interests, needs, skills, and tempers, therefore treating children equally is not realistic.



What is realistic, though, is quitting the cycle of comparison.

To help a child overcome jealous feelings, show your child how to value personality uniqueness over possessions. Instead of complimenting the latest pair of boots that your daughter's friend has, or praising the new pair of sneakers your son thinks he "needs" to have to be "cool," compliment a personality trait that your daughter or son's friend has. Talk about the friend's great sense of humor, or about how kind and sociable the friend is. Doing this may help your child realize that material items are not nearly as important as personality traits. While your at this, turn your child's envy into goals and ambition. If your child wants to be as smart as another child, or wishes to be as talented in a certain sport as a friend, encourage your child to work hard and achieve goals. If your son wishes to get better grades, encourage him to improve study habits. If your daughter wishes to excel in soccer, spend more time practicing skills for the next practice or game. When the results are in and your child realizes how much improvement he/she completed on his/her own, he/ she will have a major confidence boost and jealous feelings and thoughts will no longer be bothersome.



# History of Mother's Day

t's hard to imagine that there was ever a time people didn't devote the second Sunday of May to celebrating their mothers. But that was exactly the case before May 9, 1914.

Enter Woodrow Wilson. On that day, the nation's president signed a bill recognizing Mother's Day as a national holiday. Flash forward 100 years later, and the special day has become ingrained into our society as a positive affirmation of love and appreciation for moms everywhere.

How exactly did Mother's Day get its start? What led to the calling for Wilson to mark the day with an official holiday?

# The History

According the National Women's History Project, writer Julia Ward Howe first suggested the need for a Mother's Day to be implemented into the United States' culture.

She did so in 1872, calling for mothers to

rally together for peace. She even put together an annual Mother's Day meeting in Boston for moms everywhere to gather.

A few decades later, Anna Jarvis began a nationwide campaign for observance of Mother's Day. Jarvis was interested in honoring her late mother, who was a community health advocate.

# **Mothers' Day Today**

The holiday has gradually become one of the nation's most popular holidays, and one to which retailers look forward every year.

The National Retail Federation estimated that American consumers spent more than \$20 billion on Mother's Day in 2013. Here's how that massive number breaks down, according to the NRF:

- 141 million Mother's Day cards are exchanged annually in the U.S.
- Each consumer purchases an average of 2.8 Mother's Day cards.
- Approximately 65 perfect of card sales occur in the five days before Mother's Day.
- More people purchase fresh flowers and plants for Mother's Day than for any other holiday except Christmas.
- Mother's Day accounts for one-fourth of all holiday sales of flowers and plants.
- The average American spends \$168 per year on Mother's Day.





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# ENJOY A NIGHT ON THE TOWN

# You May Be Surprised at the Local Nightlife

If you are bored and looking for something fun to do, why not look in your own back yard and see what your own home town has to offer?

You might think that there is not much to do in your neck of the woods, but chances are there are bars, restaurants and movie theaters all around you.

If you can look at your home town with the eyes of an outsider, you just might find that there is more nightlife all around you than you realize.

# THINK LIKE A TOURIST

Start by thinking about the kinds of places you would take a visiting friend. If you had a friend coming in from out of town to spend a week with you, where would you take your buddy?

Make a list of the restaurants you would go to, the bars where you could knock back a few beers, the theaters and clubs where you could see some live music and the movie theaters where you could take in the latest blockbuster.

Once you have your list in hand, you can start to explore your home town with the eyes of an outsider.

Head down to that local nightclub and catch the latest hot band. Seek out an eclectic movie theater and enjoy a few art films. Stroll the local art galleries and museums. Eat in that great local restaurant you heard so much about.

If you take the time to look, chances are you can find something to keep you busy and entertained every night of the week.

# ASK THE LOCALS

You can do the same thing when you go on vacation. In fact, exploring new places can be even more fun when you do not have to worry about getting up for work the next day or meeting a rigid schedule.

When you travel, talk to the locals and ask them for their recommendations. If you rely on the guidebooks alone, you could miss out on the best the place has to offer.

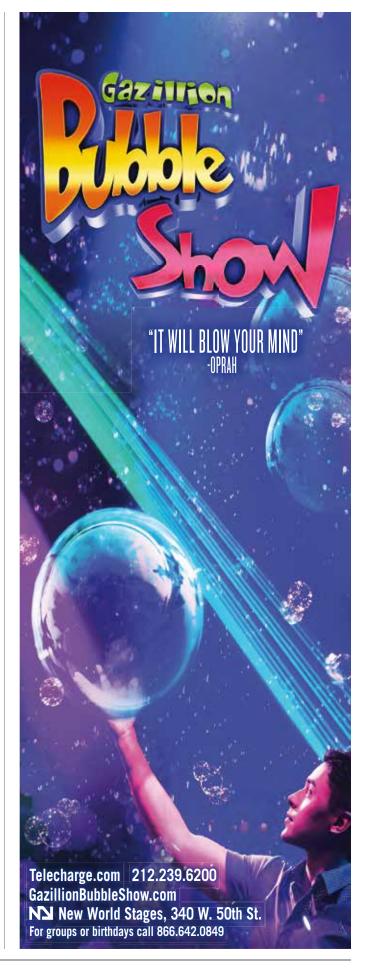
By seeking the recommendations of locals, you can find some truly hidden gems, places the guidebook writers might not even know about.

From the theater showing the latest avant-garde play to the concert hall featuring the best in classical music and ballet, you can discover some real hidden treasures on your next vacation if you know where to look.

So whether you are vacationing across the country or spending time in your own home town, open your eyes and look at the world around you.

Chances are you will discover a whole new world — one that was previously hidden but is now revealed in all its nighttime glory.





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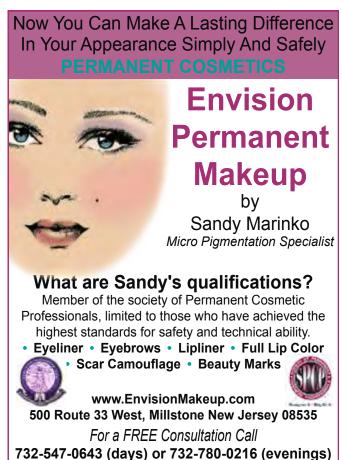
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**What Moms Really Do** 

Take a look around your home. Who is responsible for its cleanliness, charm and overall running condition? If "Mom" is the answer, then you should appreciate just how much her efforts are truly worth. According to the Insure.com 2013 Mother's Day Index, various tasks moms perform at home would

be worth \$59,862 per year in the professional world. The career website Salary.com showed a stay-at-home mom was worth \$113,586 in 2013 versus \$112,962 in 2012 and \$115,432 in 2011. The domestic work of a mother who also works a professional job was valued at \$67,435.

Both websites calculated their final numbers based on U.S. Bureau of Labor Statistics data. Here's how the salary breaks down:

# **Cooking**

Surveys found that moms spend 14 hours per week preparing meals. This portion of the salary was figured considering a cook's \$9.03 hourly wage.

The overall decrease in mom's hypothetical salary can be tied to what is going on in the economy, as cooks have seen their hourly rates drop from \$9.08 per hour in 2012 and \$9.53 per hour in 2011, according to Insure.com.

# Homework Help

Helping with homework is a job that can add up hours in a hurry because of its daily need.

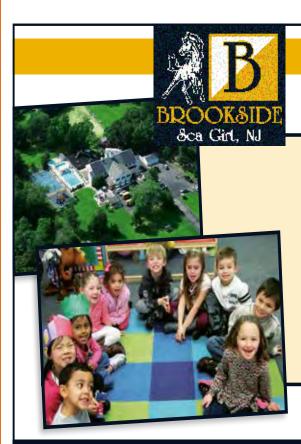
Comparing the task to that of a teacher or instructor, Insure.com says mom should bring home more than \$18 per hour for her tutoring services.

# **Long Work Weeks**

Both Insure.com and Salary.com found that mothers are working about 90 hours per week to make their households run smoothly.

Besides cooks and teachers, some of the other professional positions their daily jobs compare to include nurses, facilities managers, CEOs and psychologists.





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# Involve the Kids On Mother's Day

Depending on their age, small children can absolutely steal the show on Mother's Day when it comes to giving memorable gifts. They have a unique way of tugging on the heartstrings with their simple, sometimes humorous outlook on life, and the same holds true for their homemade gifts to Mom.

Involve them in the gift-buying and gift-giving experience to add that cute touch that will lead to cherished memories.

# **Added Benefits**

Mother's Day can be used as a forum to show true appreciation for Mom. Explain to the kids how special their mother is and why it is important to always respect and love her, even when it is not Mother's Day.

The holiday can also be a great way of teaching children just how hard moms work and why it is important to help around the house with chores and other daily tasks.

# Make a Video

With a little planning, a home movie set to music can make for a gift that will last a lifetime.

Search your still and video cameras for photos and videos of Mom spending time with the kids or grandkids. Upload them into a video-making software on your computer — many of which are free of charge — and choose your accommodating songs and themes.

You can even coordinate staged videos by video-taping children talking about how special Mom is. On Mother's Day, watch the video together and have the Kleenex ready for happy tears.

Make a Mix Tape

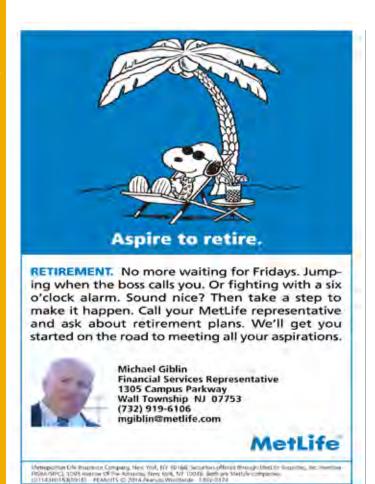
Does the mom in your life have special songs she likes to sing with the little ones? Are there certain movies with fun soundtracks that she and the kids love watching together?

Work with the kids in picking out a few special songs they share with Mom, as well as a few that make them think of her. Put them on a CD or mp3 player and have them playing while you shower her with gifts throughout the day.

It will be a fun way to sing and dance together to celebrate Mom's special holiday.









# **RISK ROADMAP FOR FAMILY FINANCES:**

**Consider investments that change** with your stage of life

veryone knows that the stock market has its ups and downs — peaks and valleys that are hard to predict and gut-wrenching to watch as an investor.

Fluctuations in the market become much more important, though, when a person gets close to retirement age. If the stock market takes a dip this year, for example, a 30-year-old will have another 35 years of investing to recover from it before they reach retirement age. But someone who is 64 could see a big portion of their wealth disappear just as they're about to retire, with little time left to recover that money.

That's why many investment advisors recommend choosing investments that change their risk profile over time.

# **AUTO-PILOT INVESTING**

Picking stocks and allocating your investment portfolio can be fun and rewarding for the right type of people, especially those with the experience to know what they're doing and the guts to watch their choices swing up and down.

For other people, though, it makes more sense to choose an investment that adjusts itself over time.

Luckily for them, investments that change their risk profile over time are becoming more popular lately.

# **HOW MUCH RISK?**

Generally, these time-adjusted portfolios are designed to start out with higher risk investments that also have the potential for greater returns. As time goes on, the investment allocations are automatically switched to categories that are seen as safer but without as much upside potential, such as long-term bonds.

The beauty of these plans is that the changes will happen automatically over your lifetime. You don't have to remember to call your broker on your 40th birthday to say, "I'd like to dial back some of the risk this year." The adjustment occurs without you having to think about it.

# **GET PRO ADVICE**

There are a lot of options for investments that adjust their risk level over time, so it's a good idea to talk to a professional investment advisor to see what options are right for your situation.

If you choose the best ones, you'll have a greater chance for growth in the fund's early years and less of a chance for losses as your retirement goal draws near.

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# The Joys of Parenting a Child with Special Needs

Bu Brianna Siciliano

aising a child with special needs is a challenge with incredible, long lasting rewards. Parents who raise a child with special needs have the amazing ability to parent a child for a very, very long time. These parents get to embrace and enjoy their son or daughter's childhood for a longer amount of time than others.

Special needs children express joy and happiness over small and large tasks and events. When parenting a special needs child, a parent may not receive the same reaction that other parents receive. Reactions may vary depending on the disability a child has, but that does not take away the bliss of a child's joy. If your child does a happy dance when he gets ice cream, or makes eye contact with you when you read him a bed time story, you as a parent have the chance to celebrate and enjoy the genuine excitement that your child has.



Parents of special needs children have more time to adore, and be adored by, their child. Special needs children love to express love, and they are not embarrassed by the way you show affection, whether in public or in private. Giving your child a hug or showering your child with kisses does not make your son or daughter want to push you away, but instead, makes your child giggle.

There is more time to celebrate all the firsts in your child's life. There are celebrations over the first time your son did not wet the bed overnight, and the first time your daughter wrote her name by herself. You get to celebrate the first time your daughter poured cereal on her own and the first word your son spoke. There are so many firsts to look forward to in your child's lifetime, and lucky for you, these firsts usually take time to happen, which means there will be a lot of time to celebrate.

Raising a child with special needs means there is more time to enjoy the naughty behaviors. Yes, that's right...enjoy the times your son or daughter does something that he or she is not supposed to do. Your child knows what to do to push your buttons, whether it may be jumping on the bed or messing up the pile of papers you have stacked on the kitchen counter. When your son makes eye contact with you and does something naughty, he is looking for that reaction you will give. Enjoy this. It may be frustrating and cause you anger, but at the same time, it's delicious and hilarious. Children love to push parents buttons.

When raising a special needs child, you do not know how long your child will be the way he or she is today. A week from now, or maybe years in the future, your child may master a new skill that you never dreamt he or she could do. Enjoy and embrace the memories and celebrations, the smiles and laughs, the hugs and the kisses, and even the naughty behaviors that will happen throughout your child's lifetime.

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Looking for something different as an 'excuse' to get friends, co-workers or adult family members together? A new (and creative) activity for a fundraiser? You may have heard all the buzz about them...or maybe you just went to an adult paint party... they're lots of fun!

PAINTING PARTIES are a great choice....and most importantly you and your guests don't have to have any talent to participate, just a willingness to follow directions and make an effort to try... you won't be disappointed!

Our WINE AND DEZINE parties have been growing in popularity for the past three years: a great way to get friends and families together for a special occasion, or 'just because'. It's a lovely way to spend time with the special people in your life while doing an activity that's fun, interactive, and has great results: a unique artwork to be proud of!

ARTISAN STUDIO has been celebrating it's 11th year in beautiful, historic HOBART HOUSE in the heart of Marlboro. We offer art instruction to campers, workshop participants, students and party guests of all ages! Our instructors are all working artists with degrees in their area of expertise. We love sharing our knowledge, passion and enjoyment in the creation of almost all of the visual arts. Drawing, painting, papier mache, fashion, recycled arts, etc., we're here to help your explore and enjoy your creative side. Our instructors demonstrate techniques and assist anyone needing guidance.

#### **PARTY DETAILS:**

The subject is chosen by the party's host. Variations are encouraged to make the artwork suitable and appealing to each of the guests. Most parties choose painting; we also offer pastel and charcoal drawings. Painting size: 16 x 20 stretched canvas using acrylic paint. There is a separate room for food, next to our easel room where the paintings are created. Our parties are private, they are by invitation only, no walk-ins. Guests and host coordinate

Minimum number of attendees required: 6, Fee \$45.00 per person.

Hope to see you soon! Marlene Bohnyak, Owner/Instructor



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Get the gals or couples together to paint & take home a beautiful finished artwork ready to hang! Bring the wine, appys, etc. and don't forget the desserts! Great for fundraisers too! Guided instructions by professional artists ensure success!



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iRewardChart is an app that brings the traditional reward chart onto mobile device, with a customizable, interactive interface. iRewardChart looks to help parents keep track of their child's good behavior, and reward them appropriately.



# **Best Website** For Dads!

www.DadRevolution.com

Dad Revolution is a fresh blog from fourteen dads. It is a great site to go to read articles and ask questions.



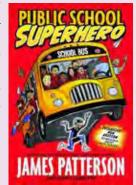
# **Best Book** For Your Kid's Nook

**Public School Superhero** 

(B&N Exclusive Edition) by James Patterson

Kenny Wright is a kid with a secret identity. In his mind, he's Stainless Steel, super-powered defender of the weak. Kenny

wants to bring a little more Steel to the real world, but the question is: can he recognize his own true strength before peer pressure forces him to make the worst choice of his life?



# **Pick Your Fun**

Having family time is important and visits to local farms and orchards where you can pick your own fresh produce is fun! It is strawberry picking season now and kids and adults of all ages will enjoy their day as well see it as an adventure!





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Laurie Berkner

Band LIVE!

**Freehold, NJ** — Join iPlay America for two super fun, family-friendly shows — Marvel's "The Hero Within" and the "Queen of Children's Music" Laurie Berkner!

The Marvel show is scheduled May 17, at 12 p.m. and 3 p.m. Featuring Spider-Man, Captain America, Iron Man, Thor and the evil Green Goblin — the Super Heroes star in this 25-minute educational, humorous, action-packed show.

iPlay America's Event Center welcomes award-winning children's recording artist Laurie Berkner June 14 at 12 p.m. and 4 p.m. Berkner and her band play upbeat children's songs that get families dancing in the aisles

and singing along. This is Berkner's second appearance at iPlay America, after which she hosted her daughter's birthday party there.

"Lucy's party was a huge success. All the kids loved it and Lucy proclaimed it her best party ever," Berkner said.

Berkner is best know for performing on Jack's Big Music Show. Her latest work includes a musical animated series "Sing It, Laurie!" on the preschool television channel Sprout.

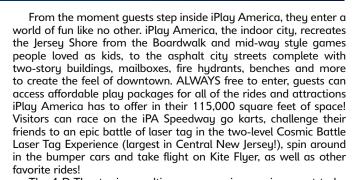
The Marvel show is FREE with the purchase of a Super Hero Pass (iRide Pass) for \$14.95, or purchase a Super Hero PLUS Pass get an iRide Pass, a ticket to the show and a \$10 game card for \$27.95. Those who purchase the Super Hero PLUS Pass may add a meet and greet with the Super Heroes, receive an event poster, and enjoy a photo opportunity for an additional \$9.95.

General admission for Berkner's concert is \$27.50 and reserved



seating is \$35. VIP tickets are \$75 and include premier seating in the first few rows, a meet-and-greet with The Laurie Berkner Band and a Facebook photo.

For more information about iPlay America, please contact Jennifer Quinn at 732-577-8200 or jenniferq@iplayamerica.com



The 4-D Theatre is a multi-sensory movie experience not to be missed and the HUGE Arcade has something for everyone with over 200 of the newest and hottest games including classics like skee-ball and air hockey! To satisfy everyone's appetite, iPlay America offers Boardwalk style fare from hot dogs and pizza, to cotton candy and funnel cakes as well as Broadway Sweets, the BEST candy store in Central New Jersey! Sit down and relax on the porch overlooking city square, in iPlay America's Game Time Bar and Grill. Enjoy delicious favorites on its American menu, specialty cocktails, and signature creations by Executive Chef Joe Raiola, a season five "Chopped" champion. Guests can watch their favorite team play on over 20 different flat screen TV's and 3 large screen projectors! iPlay America also offers a special discount to veterans and active military personnel. No matter who wants to have fun — or how they want to play — iPlay America is the place to Get Inside the Fun!

iPlay America is located on Route 9 at 110 Schanck Road in Freehold, New Jersey. iPlay America won New Jersey Monthly's 2014 Best of New Jersey Kids Destination, Central, and Best of New Jersey Amusement Parks, Central. iPlay America also received a 2013 Trip Advisor Certificate of Excellence and won the Asbury Park Press Best of Monmouth County honors for Best Indoor Theme Park and Best Candy Store.







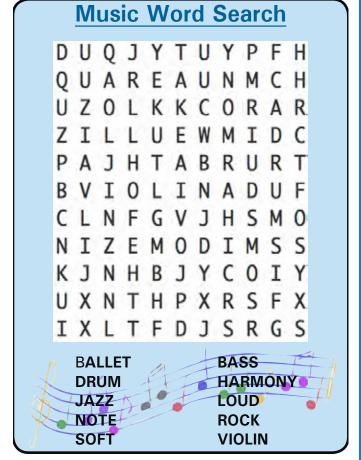






72

# The different types of musical instruments you will see in the school music room are scrambled below. See if you can unscramble these words. murd uiartg eulft ttpmrue oellc oosxhpaen nbrmatoine









# May

2015

# Keep Your Parents Busy



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Drawn To Dinosaurs: Hadrosaurus Foulkii March 22nd, 2014 - June 1st, 2015 New Jersey State Museum 205 W. State St., Trenton	
Laurita Winery's Spring Festival- May 2nd & 3rd 12pm to 8pm at Laurita Winery; 35 Archertown Road, New Egypt	Historic Boardwalk Tour through November 29th, 2015 every Monday- Saturday at the Garden Pier The Boardwalk, Atlantic City	Mom or Grandma & Me Tea Through December 30th, 2015 Kathy's Kove & Kafe' Tea Room 5 E. Washington Ave., Washington	Seasonal Scavenger Hunt through September 30th weather permitting Tenafly Nature Center 313 Hudson Ave., Tenafly	Merseles Studios 339 Newark Ave., Jersey City	through November 28th, 2015 Fulper Family Farmstead 281 Rocktown- Lambertville Rd	Mother's Day Penguin Weekend, May 9-10 at Adventure Aquarium in Camden and treat mom and grand-mom to a weekend of feathered fun with the 20+ residents of Penguin Island
MOTHER'S DAY! Shrek the Musical May 9th, 2015 - May 17th, 2015 Algonquin Arts Theatre 173 Main St., Manasquan	local nursery's for great outdoor ideas	Taste of Queens (6-9 p.m.) 10 miles east Sample food and drink from 50 restaurants, and mingle with the borough's business leaders at the Queens Taste at New York Hall of Science	Play America 110 Schanck		on the Navesink River through 9/11/15. Atlantic	16 Saturday & Sunday, May 16-17 (3rd annual) Noon to 7pm. Jersey Shore Festival is an annual event always held in mid-May. WHERE: Seaside Heights Boardwalk, Seaside Heights
	18 Check out Jenkinson's Aquarium & Boardwalk in Point Pleasant	19 Curious George Mayo Performing Arts Center 100 South St., Morristown	20 Civil War Walking Tour see 300 Civil War veterans buried within the Victorian garden-through 5/28/15. Elmwood Cemetery 310 Com- mercial Ave., New Brunswick. Check dates & times	21 Visit the Philadelphia Zoo, open daily 9:30-5pm	Wildwoods International Kite Festival May 22nd, 2015 - May 25th, 2015 Wildwoods Convention Center & Beach E. Hand Ave. & E. Burk Ave., Wildwood	23 36th Annual Collingswood May Fair 2015 will be bursting with art, music & activities for all ages. Collingswood Partners hosts the May Fair. Haddon Avenue from 10am-5pm
24 My Fair Lady - Live on Stage! April 27th, 2015 - May 17th, 2015 Broadway Theatre of Pitman 43 S. Broadway, Pitman	25 Memorial Day Parade In Freehold 7am Jersey Shore Food Truck Festival May 23 - 25 Monmouth Park Racetrack 175 Oceanport Ave, Oceanport	Disney's new movie "Tomorrowland" opened May 22. Check your local theaters for times	Count Basie Theater presents GEORGE THOROGOOD AND THE DESTROYERS / BRIAN SETZER'S ROCKABILLY RIOT With Special Guest Davy Knowles	28 NJ Renaissance Fair - School Days Thursday, May 28, and Friday, May 29, 2015 (9am - 2pm)	29 6th Annual Riverfest in Red Bank. May 29-31 Friday 5PM to 10PM, Saturday 11AM to 10PM, Sunday 11AM to 6PM Marine Park-Riverview Dr, Red Bank	Annual Southern Regional Country Fair Ramboree. 2pm to 7pm. South Regional High School, 90 Cedar Bridge Road, Manahawkin
31 NJ Greek Festival noon-11pm Holy Trinity Greek Orthodox Church 250 Gallows Hill Road in Westfield						

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

# **TEAM PARENTING**

By Susan Heckler

"A narcissist will never co-parent with you. They will counter parent. They don't care about the emotional damage that the constant drama inflicts upon the children as long as it causes emotional drama to you"

~A. Price

don't know who authored this quote (which I actually saw on Facebook) but it sums up many relationships that have caused heartache to our most prized people...our kids.

In any two parent situation, both parents need to be on the same page and pull together for the best interest of their kids. Whether you are an intact household, divorced or anywhere in between, your parenting will have a long-term effect on your children. A row boat is a perfect analogy; if both rowers pull together and are in sync, that boat will take a straight and fast course to the desired destination. If they are not pulling equally or in sync, that boat will flounder in a misguided course of going in circles or getting nowhere fast. Your child, in turn, will have no quidance or direction coming from their role models.

Co-parenting can give your children stability and close relationships with both parents. Both parents need to remain calm, stay consistent, and avoid or resolve conflict especially in front of the children. Your little ones have big ears and are born manipulators. If they see a chasm between their parents, you can bet your allowance money they will use that to their advantage. Triangulation is a circumstance in which one family member communicates with a third family member, which can lead to the third family member becoming part of the triangle. This is part of a dysfunctional family system...but Mom said... but Dad said... Mom and Dad need to show a united front; at

least in front of the kids. Don't let the kids be the messenger in between you and your spouse. It is wrong behaviorally but more so, it can lead to a game of telephone where what you say may not be what your child relates.

Respect and Consistency are key words:

- Important lifestyle rules like homework issues, curfews, and off-limit activities should be followed in both households.
- Try to follow similar systems of consequences for broken rules, even if the infraction didn't happen under your roof.
- · Aim for some consistency in your children's schedules.

No matter what the circumstance, you are your child's parent and not their friend. Pointing a finger at Mean Mommy Manners or Daddy Does Diddly to win favor with your child just doesn't work in the long run. What happens when they are out of sight is another story. Focus on the kids and try and separate your feelings from your behavior. Keep the communications flowing and out of your child's hearing distance. Pick your battles carefully and compromise for the sake of your kids.

Always encourage love and respect toward both parents. What goes around will eventually come around and you do not want it to hit you square in the face.

# Planning An Event

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- Sweet Sixteen
- Communion/Confirmation
- Bar/Bat Mitzvah
- Wedding
- Birth Announcement
- Ceremony Programs
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- Thank you's

Mindy does great work! As a client of hers...
I highly recommend her!

~Cami Gunther



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your special day memorable.....Its no wonder we were voted one of the

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# SPECIAL GIFTS FOR MOTHER'S DAY

Flowers and candy are great, but how about showing Mom that she is loved by giving her a little something different this year?

omplement those petals and sweets with a thoughtful, hand-written card or even a collection of crafts from the kids. Tickets to see her favorite band or sports team will help create memories that will last forever.

No matter what you settle on for your Mother's Day gift, it is important to put a little creativity and thought into the gift-buying process.

# **Handmade Coupons**

Breakfast in bed, a foot rub or a night out with the girls – handmade coupons can be a great way of giving mom some much-needed relaxation. Add images, drawings and sweet messages to each coupon, and mom will melt from your creativity and effort.

Whether you're making your coupons on your computer or by hand, add little touches such as the black scissor lines around the edges of each coupon. Here are some other ideas for coupons that will leave Mom ready to cash them in:

- One week of doing a household chore that Mom usually handles.
- One hour of private time when you take the kids out of the house.
- One honey-do project you have been putting off.



# **Buy a Tree**

Plants and flowers fly off the shelves in anticipation of Mother's Day. But what about a symbol of love that won't eventually end up in the trash can and will live on for years to come?

A tree can be the perfect gift to celebrate the special mother in your life, especially one that you know she loves. Aren't sure what kind of tree to pick out? Do a little clever research by pointing some out the next time you're on a walk together. Remember the type she likes and take that knowledge with you to a local nursery.

Experts are likely to have smaller options for less than \$100 – a relatively small investment for a gift that can literally last a lifetime. You can also purchase a gift card to make the tree-buying experience a team effort. Either way, a tree is a gift she will be able to treasure forever.

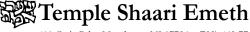




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May not be combined with any other offer.

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# 10% OFF All Catering

Plus Free Tray of Garlic Knots

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Gluten Free 12" Pizza

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# \$3 OFF

1 Large Pizza with 2 Toppings

One coupon per customer. May not be combined with any other offer. Expires 5/31/15.

# **2 LARGE PIZZAS**

\$21.99 +tax

Toppings additional. One coupon per customer. May not be combined with any other offer. Expires 5/31/15.

# **FAMILY DEAL**

1 Large Pizza, 12 Buffalo Wings, 1 2-Liter Soda

\$20.99 +tax

Toppings additional. One coupon per customer.

May not be combined with any other offer.

Expires 5/31/15.

### **DINNER SPECIAL**

1 Large Pizza, 1 Large Antipasto, 1 Dozen Garlic Knots, 1 2-Liter Soda

\$24.99 +tax

Toppings additional. One coupon per customer
May not be combined with any other offer.

Expires 5/31/15.

### **HUNGRY MAN SPECIAL**

2 Large Pizza, 24 Buffalo Wings,

2 2-Liter Sodas

SAVE S39.99 +tax

Toppings additional. One coupon per customer. May not be combined with any other offer. Expires 5/31/15.

# 2 FAMILY CLASSIC DINNERS

With 2 Side Salads, 1 Garlic Bread

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0 5 5 - 8

# Smile! It's Good for You

If you like to smile, you're in luck. Studies show that you benefit both emotionally and physically.

A recent study published in Psychological Science reports that the act of smiling has a positive effect on our happiness and physical health.

This can help the heart recover more quickly after stressful events, altogether boosting our well-being. Researchers deduct that the act of smiling is so powerful because it actually can rewire your brain to make positive patterns more often than it does negative ones.

#### EFFECT ON OTHERS

Another study by Penn State University found that people who smile appear to be more likable and courteous. This can help enhance your beauty in the eyes of others, who will take positively to your natural

Everyone wants to be the person who walks in and lights up a room. Your level of social engagement also plays a role in improving your overall health, so spread the love and make new friends along the way.

Smiling is obviously linked to happiness or humor, so what if you're going through a particularly tough time, finding it hard to smile?

Try to think happy thoughts. Do you have a memory or story that makes you smile? Repeat it to yourself during a time when you need a boost. If you have trouble conjuring up positive thoughts,

surround yourself with those who can help you.

#### **CONFIDENT SMILES**

Some people are afraid to give off their best smile because they're self-conscious about their teeth or gums. Even a subdued smile can have positive effects on your health, so don't be afraid to give a closed-mouth grin.



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# IFESAVING HOME IMPROVEMENTS

By Vincent G. Cerio

s we say goodbye to frigid temperatures and snow, many of us are turning our attention to sprucing up our homes. If you are considering a home improvement project this spring, think about the dual function of beautifying your home while also adding security. There is no better time to make your home stronger and safer for you, your family and your keepsakes all at the same time!

What if the safest room in your house could also be a beautiful room where your family watches TV every day or you entertain quests?

When most people think of a storm room or safe room, a bunker usually comes to mind. Bunkers weren't visually appealing, but times have changed. New technology now makes it possible for a beautiful TV room, home office, game room or wine cellar to be the safest room in your home providing protection where you spend the most time. After all, the best safe room should function just like any other space in your home - until you need it.

Having this added safety provides peace of mind and shelter when disaster strikes from severe weather events or other dangerous conditions like a home invasion, fire or burglary. In addition to adding safety, installing a safe room during your project could increase the value of your home, creating additional resale value.

Hurricane season begins on June 1, so why not plan ahead? Make sure you have a safe, protected place to go during a severe weather event, or a safe place to store your valuables if you have to evacuate - or when you go on vacation.

Here are a few things to consider when incorporating a safe room into your home improvement project:

## CHOOSING A PLACE IN YOUR HOME

The beauty of adding a safe room to your home improvement project is the ease in which you can incorporate it into your plan to finish a basement or add a room. In order to ensure your safe room is sturdy to withstand any and all disasters, the room should be windowless and securely anchored to a concrete foundation or slab. Make sure your shelter is installed by a trained and licensed installer.

#### AVAILABLE AMENITIES

To get the biggest bang for your buck, a safe room should function just like any other room in your house, and accommodate heating, cooling and electrical outlets. A storm shelter like the DuPont™ Storm-Room™ with Kevlar® can do just that - increasing the room's functionality.

Consider what activities will occur in the room, and what valuables you wish to protect to determine a size that works best for you. Room sizes typically range from 4' x 4' to 12' x 12'.

You should also consider avoiding a storm room that has a step, or other barrier that would make it difficult for someone with special needs to enter. When an emergency presents itself, the speed in which you can access the room is critical.

#### COMMUNICATION

Many storm shelters are made of steel, and impede cell phone and WiFi signals. But, what good is your safe room if you can't stay connected with the outside world in an emergency? A DuPont™ StormRoom™ with Kevlar® does not interfere with radio, phone or WiFi signals, so you can be sure to stay in touch if disaster strikes.

# ADDED PROTECTION

Are you only seeking to protect against natural disasters, or are manmade storms something else to consider? Aside from keeping you safe inside an entry-proof room, storm rooms can be treated to protect against ballistics and fire, and be fitted with an electronic keypad that can even be concealed with a decoration such as a framed picture. Combined, these layers of protection can keep you - and what matters most to you - safe in virtually any type of emergency.

# **GETTING THE LEAD OUT**

by Susan Heckler

f you are exposed to a dwelling built prior to 1978, there may be a risk of lead based paint. Prior to that, lead was a typical component in interior and exterior paint. Lead poisoning is a health risk to small children or pregnant women as it is a toxic metal.

The paint doesn't pose a serious health threat if the paint is in good condition with the surface being unbroken. The problem comes when the lead paint starts deteriorating. The lead dust and flakes of lead paint begin collecting on surfaces such as window sills, counter tops, and floors, as well as on children's belongings. Small children, who have a tendency to put their hands and other objects in their mouth, are at an increased risk of accumulating harmful amounts of lead in their bodies.

High levels of lead in the child's system can cause damage to the brain and nervous system, kidney damage,

behavior and learning problems, such as hyperactivity, slowed growth, poor muscle coordination, hearing problems, headaches and bone marrow problems. Symptoms for adults present as high blood pressure, fertility problems in men and women, nerve disorders, memory and concentration problems, muscle and joint pain and anemia.

The Environmental Protection Agency strongly recommends that lead tests be done by either a certified lead inspector or a certified lead risk assessor. You also have the option of collecting your own paint samples and send them to a lab for analysis.

If you have lead paint in your home, immediately clean up any paint chips you find, keep play areas clean, don't let children chew on painted surfaces, clean dust off of window sills and other surfaces on a regular basis, remove your shoes when you enter

your home so you don't track in lead from the soil and if you rent, tell the landlord about the results of the test and the fact that there is peeling or chipping paint.

To completely remove lead paint hazards and protect your family's health, you need to permanently remove the paint or seal it with special material. This would require you to hire a certified lead abatement contractor. A certified contractor will take precautions to keep the dust and lead paint chips contained until all surfaces can be cleaned and the lead removed.







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# Spring Safety Reminder From County Officials

Spring is the prefect time to test the smoke and carbon monoxide (CO) detectors in your home or office.

"Twice a year, residents should test their smoke alarms and CO detectors," Freeholder John P. Curley said. "The spring and fall time changes are perfect reminders to test this equipment and, if your detectors are battery operated, you should change the batteries as well."

According to the U.S. Fire Administration, almost two-thirds of home fire deaths resulted from fires in properties without working smoke alarms. A working smoke alarm significantly increases your chances of surviving a deadly home fire.

A working smoke alarm can help you and your family escape in the event of a fire in your home. It can also help save the lives of firefighters who would otherwise have to risk their lives by searching a burning home for residents. A working smoke alarm continuously scans the air for smoke, 24 hours a day, seven days a week. It never sleeps.

"Residents with hard-wired systems should be testing their detector systems monthly and change the batteries annually. The spring time change is a perfect annual reminder," County Fire Marshal Henry Stryker III said. "If you do not have smoke detectors and CO detectors in your home, you should purchase and install some detectors immediately."

Stryker recommends that residents follow the manufacturer's installation instructions because there are differences between the various brands.

The U.S. Fire Administration offers additional tips about smoke alarms:

- Place properly installed and maintained smoke alarms both inside and outside of sleeping areas and on every level of your home.
- Interconnected smoke alarms are best, because if one sounds, they all sound.
- Never disable smoke alarms while cooking. Instead, open a window or door and press the "hush" button, wave a towel at the alarm to clear the air, or move the entire alarm several feet away from the location.
- Test smoke alarms monthly and change alkaline batteries at least once every year, or as instructed by the manufacturer. You can use a date you already know, like your birthday or when you change your clocks as a reminder.









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