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CENTRAL NEW JERSEY'S PREMIER PARENTING MAGAZINE

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JUNE 2017

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Health

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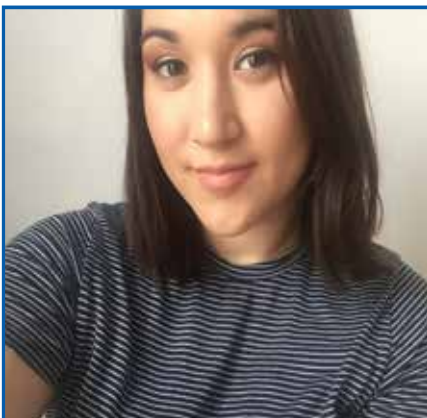
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## Thank You Interns!

**GUNTHER**  
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On behalf of the entire Gunther Publishing Staff, we would like to thank our Interns: Jordan Tinitigan, Gina DiRusso, and Stefanie Maglio from Monroe High School for a job well done! We wish them the best of luck as they all enter college this fall. We would also like to thank Susan Stasi, Structure Learning Experience Coordinator from Monroe H.S. for all her support with this internship program.

Best of Luck to all of you,  
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Gina DiRusso



Stefanie Maglio



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# Months Of: JUNE & JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>10</b>  <b>National Marina Day at Leonardo State Marina</b> 102 Concord Avenue, Leonardo, NJ 07737
<b>11</b>  <b>Medford Art Wine &amp; Music Festival/Car Show</b> Main Street, Medford, NJ 08056, Burlington County	<b>12</b>  <b>Elegant Bridal Show</b> 709 Arnold Avenue, Point Pleasant, NJ 08742	<b>13</b> <b>Rutherford, NJ Elegant Bridal Show. Renaissance Hotel</b> 801 Rutherford Avenue, Rutherford, NJ 07070	<b>14</b> <b>Seasonal Artist and Maker Markets</b> Grove PATH Plaza, Grove Street, Jersey City, NJ 07302 (Hudson County New Jersey Artists Markets)	<b>15</b>  <b>Tri-County Fair *15<sup>th</sup>-18<sup>th</sup></b> Christ Church, 140 Green Pond Road, Rockaway, NJ 07866	<b>16</b> <b>Lincroft Eats Food Truck Fest</b> Brookdale Community College, Parking Lot 1, 765 Newman Springs Road, Lincroft, NJ 07738	<b>17</b>  <b>Ocean Grove Giant Craft Show</b> Ocean Pathway at Ocean Ave, Ocean, Grove NJ 07756
<b>18</b>  <b>Father's Day Street Fair</b> 300 Franklin Avenue, from Centre Street to Chestnut Street, Nutley, NJ 07110	<b>19</b>  <b>Take your parents to see Cars!</b>	<b>20</b>  <b>WeddingSetGo Bridal Show at The Berkeley</b> The Berkeley Oceanfront Hotel, 1401 Ocean Avenue North, Asbury Park, NJ 07712	<b>21</b>  <b>Catch Freehold Idol in Downtown Freehold 7:30</b>	<b>22</b>  <b>NJ State Fair Meadowlands</b> State Fair Meadowlands, One MetLife Stadium Drive.	<b>23</b> <b>Asbury Park Night Bazaars Pop Up Markets</b> The Grand Arcade of Convention Hall, 1300 Ocean Avenue, Asbury Park, NJ 07712	<b>24</b>  <b>Bradley Beach Lobsterfest</b> The Bradley Beach "Boardwalk" 500 Ocean Avenue, Bradley Beach, NJ 07720
<b>25</b> <b>Shady Grove Arts and Crafts Show</b> Adorno Fathers, 575 Darlington Avenue, Ramsey, NJ 07446	<b>26</b>  <b>Wiegand Farm Golf Classic</b> Crystal Springs Resort, 1 Wild Turkey Way, Hamburg, NJ 07419	<b>27</b> <b>American Bridal Show at Menlo Park Mall</b> Menlo Park Mall, 55 Parsonage Road, Edison, NJ 08837	<b>28</b>  <b>American Bridal Show NJ</b> Old York Country Club, 228 Old York Road, Chesterfield, NJ 08515	<b>29</b>  <b>Hear The Weaklings play Beatles Music at Pier Village</b> Long Branch at the Boardwalk Gazebo 7pm	<b>30</b>  <b>Pet Fair and Doggie Dash. Milton &amp; Betty Katz JCC</b> 501 N. Jerome Avenue, Margate NJ 08402	<b>1</b>  <b>PermaJam: Music, Arts and Cultural event</b> Rickey Farm, 442-NJ 94, Vernon, NJ 07462
<b>2</b> <b>6th Borough Market. Near the Jersey City Waterfront,</b> Christopher Columbus Drive & Hudson St. Jersey City NJ	<b>3</b>  <b>FIREWORKS on the beach in Bradley 9pm to celebrate the FOURTH OF JULY</b>	<b>4</b>  <b>Little Falls Fourth of July Street Fair</b> Downtown Little Falls, Main Street at Stevens Avenue, Little Falls, NJ 07424	<b>5</b> <b>Family Fun Craft Shows at the Lighthouse</b> Cape May Lighthouse, 215 Light House Avenue, Cape May Point ,NJ 08212	<b>6</b> <b>Seasonal Downtown Art Stroll</b> Downtown, Main Street & Washington Street, Toms River, NJ 08753	<b>7</b>  <b>Anglesea Blues Festival</b> Anglesea Entertainment District, 201 New Jersey Avenue, North Wildwood, NJ 08260	<b>8</b>  <b>New Jersey Family Con Presented by iPlay America</b> iPlay America, 110 Schanck Road, Freehold, NJ 07728
<b>9</b> <b>Frank Vincent Marina Flea Market &amp; Collectible Shows</b> Frank Vincent Marina, 205 Passaic Ave, Kearny, NJ 07032	<b>10</b> <b>Family Fun Craft Shows at the Lighthouse</b> Cape May Lighthouse, 215 Light House Avenue, Cape May Point ,NJ 08212	<b>11</b>  <b>Dr. Cheeko Band 6:30 PM</b> Freehold Raceway Mall near Cheesecake Factory	<div>  <p>Keep Your Parents Busy!</p> </div>			



# Did you know?

## Our United States Flag was created by a Sixteen Year Old

By Pam Teel

**That's right! A high school student was the creator of the fifty star flag we proudly fly in the U.S. today.**

In 1958, a history teacher assigned Robert G. Heft and his classmates at Lancaster High School in Ohio to each redesign the national banner to recognize Alaska and Hawaii, both nearing statehood. Robert G. Heft was a junior and sixteen years old at the time. He crafted a new flag from an old 48 star flag and three dollars worth of blue and white iron on material. His creation earned him a b minus grade but his teacher later changed it to an A plus after his flag was sent to Washington D.C. and selected by President Dwight D. Eisenhower.

Heft was one of thousands to submit a flag design with alternating rows of five and six stars. His design became the official National Flag in 1960. He also held a copyright for a flag with 51 to 60 stars. He was invited to the National Mall on July 4th, 1960 to see his flag fly over the United States Capital with one congressman by his side and President Eisenhower on the other. After that, Heft visited the White House 14 times under nine presidents and even toured with Bob Hope.

Heft worked as a draftsman after high school and later taught history at Lancaster High and at Northwest State Community College in Archbold. He also served seven terms as Mayor of Napoleon, Ohio. After retiring from teaching, he toured Europe, his hobby looking at flag designs.

Born in Saginaw, Michigan, Heft joined his grandparents in Lancaster at about one year of age after his parents divorced. He worked as a motivational speaker throughout his lifetime and even into retirement. He loved to talk and meet people, especially school aged children and veterans, and share his story about designing the flag out of an old flag that was once his grandparents. A close friend of his said that Heft would beam with pride because of his work and that he was a constant inspiration for children. Hefts message to the children were for them to follow their dreams. Heft never married and spent his last days in Saginaw, Michigan. He died in 2009 at the age of 68.

His legacy, our Flag, forever may it wave!



## Coming Attractions: Movies in June

By: Stefanie Maglio

**Wonder Woman (June 2nd):** Convinced that she can stop the threat, Diana leaves her home for the first time. Fighting alongside men in a war to end all wars, she finally discovers her full powers and true destiny.

**Captain Underpants: The First Epic Movie (June 2nd):** Two overly imaginative pranksters (Kevin Hart, Thomas Middleditch) hypnotize their principal (Ed Helms) into thinking that he's a ridiculously enthusiastic, incredibly dimwitted superhero named Captain Underpants.

**Cars 3 (June 16th):** Hoping to get back into the game, Lightning McQueen turns to Cruz Ramirez, an eager young technician who has her own plans for winning. McQueen competes on Piston Cup Racing's biggest stage.

**Despicable Me 3 (June 30th):** Gru (Steve Carell) and his wife Lucy (Kristen Wiig) must stop former '80s child star Balthazar Bratt (Trey Parker) from achieving world domination.



# NEW JERSEY BASEBALL

## *— A Lesson in Our History —*

On September 13, 1845, Alexander J. Cartwright presented the first 20 rules of baseball. His list includes many rules that are still followed today. The rules created the baseball diamond, placed the batter at home plate, and created the strikeout, force out, and fly out. Three outs made up a half-inning. The ground rule double and foul territory were also established. A player could no longer get a runner out by throwing the ball and hitting him. Below is a complete list of Cartwright's rules, a number of which were simply club policies:

1. Members must strictly observe the time agreed upon for exercise and be punctual in their attendance.
2. When assembled for practice, The President, or Vice President in his absence, shall appoint an umpire, who shall keep the game in a book provided for that purpose, and note all violations of the By-Laws and Rules during the time of exercise.
3. The presiding officer shall designate two members as captains, who shall retire and make the match to be played, observing at the same time the players put opposite each other should be as nearly equal as possible; the choice of the two sides to be then tossed for, and the first in hand to be decided in a like manner.
4. The bases shall be from "home" to second base, 42 paces; from first base to third base, 42 paces, equidistant.
5. No stump match shall be played on a regular day of exercise.
6. If there should not be a sufficient number of members of the club present at the time agreed upon to commence exercise, gentlemen not members may be chosen in to make up the match, which shall not be broken up to may afterwards appear; but in all cases, members shall have the preference, when present at the making of the match.
7. If members appear after the game is commenced they may be chosen in if mutually agreed upon.
8. The game to consist of 21 counts, or aces; but at the conclusion of an equal number of hands must be played.
9. The ball must be pitched, and not thrown, for the bat.
10. A ball knocked out of the field, or outside the range of first or third base, is foul.
11. Three balls being struck at and missed and the last one caught is a hand out; if not caught is considered fair, and a striker is bound to run.
12. A ball being struck or tipped and caught either flying or on the first bound is a hand out.
13. A player running the base shall be out, if the ball is in the hands of an adversary on the base, or the runner is touched with it before he makes his base; it being understood, however, that in no instance is a ball to be thrown at him.
14. A player running who shall prevent an adversary from catching or getting the ball before making his base is a hand out.
15. Three hands out, all out.
16. Players must take their strike in a regular turn.
17. All disputes and differences relative to the game, to be determined by the Umpire, from which there is no appeal.
18. No ace or base can be made on a foul strike.
19. A runner cannot be put out in making one base, when a balk is made by the pitcher.
20. But one base allowed when a ball bounds out of the field when struck.

From Alexander Cartwright to Derek Jeter, some of baseball's most important figures have ties to the Garden State. Alexander Cartwright is the father of baseball. In 1845, he developed the basic rules of the game as we now know it. On September 23, he organized the Knickerbocker Base Ball Club of New York. The members of the club traveled to Hoboken to practice the game under his new rules at Elysian Fields.

On October 6, 2014 members of the Knickerbocker Club took part in the first baseball game. The two sides battled for three innings with Cartwright's team losing 11-8. Between October 6 and November 18, the club played at least 14 more intrasquad games in Hoboken. With some practice behind them, the Knickerbockers were ready for their first game against a rival team. On June 19, 1846, at the Elysian Fields, baseball was born.

The New York Nine annihilated the Knickerbockers 23-1 in four innings. However, things were not as bad for the Knickerbockers as they appeared. Most of the New York Nine's players were originally Knickerbockers who did not like to travel to Hoboken for practice.



## Maximize Your FUN & Make Summer Sizzle at iPlay America

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### BOGO Fridays

BOGO Fridays are the latest and greatest in FANTASTIC DEALS from iPlay America! Every Friday from 4 PM – 9 PM, starting April 21, purchase a Regular Price UNLIMITED Ride Band and Get One Free\*! That's unlimited rides on the Pine Belt Speedway Go Karts, Freedom Rider Spinning Coaster, Spin Zone Bumper Cars, and so much more! BOGO Fridays are for guests of all ages and will take place every Friday until 9 PM only. \*Free Ride Band must be of equal or lesser value. Promotion is valid on Friday nights from 4pm-9pm only.

### Ten Dollar Tuesdays

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## 2017 Events Season Kicks off!

### 5TH ANNUAL GARDEN PARTY

May 7, 2017

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2016 4th Annual Garden Tea Party

### Upcoming Events

- **June 11th - 18th Annual Walk for Kids at Six Flags Great Adventure, Jackson, NJ**
- **July 17th - 24th Annual Golf Tournament at Trump National Golf Club, Colts Neck, NJ**
- **Sept. 8th - 8th Annual Wine Tasting at Deal Country Club, Deal, NJ**
- **Nov. 3rd - 30th Annual Gala Birthday Celebration at Battleground Country Club, Manalapan, NJ**
- **For more information on these events contact Jane Crupi, Events Coordinator at: 732-222-8755 or email [jcrupi@rmhc-nj.org](mailto:jcrupi@rmhc-nj.org)**

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# FENCING CAN BE A FAMILY AFFAIR

*Advance. Retreat. Parry. Riposte. Most people have only heard these fencing terms in movies or in books, but they are all household words to the Gana family, a family that eats, sleeps, and breathes the sport of fencing.*

The Gana story began in 1988, when Jorge Sr. began to fence as a freshman at Johns Hopkins University. Before he knew it, he was hooked on fencing, and was soon competing both for the college and individually at the national level. "I've participated in a lot of sports in my life. I've enjoyed them all, but fencing brings a unique mix of athleticism and mental strategy," said Jorge.

While studying fencing under United States Fencing Association Hall of Fame Coach Dick Oles in college, it was this mix of athletics and strategy that propelled Jorge to 10th place in the country's epee rankings in 1991.

After college, due to work, graduate school and family, Jorge stopped fencing. However, 15 years ago, he decided to get back into the sport and met Agota Balot, a former Hungarian fencer, who has dedicated herself to building the sport in the last two decades in central New Jersey.

"Though my 'comeback' was short-lived then, a little over three years ago, two of my sons developed an interest and so we've all been fencing since then," he recalled.

The family's weapon of choice is the epee, which they prefer because the style allows competitors to hit anywhere on the opponent's body, simulating a duel. "It is a very strategic sport...we really enjoy it. The age old saying that fencing is like physical chess comes alive for us in epee," Jorge remarked.

The Ganas practice, train, and study fencing at the Atlantic Fencing Academy owned by Balot in Tinton Falls, with their primary Coach Jim Carpenter, a former U.S. Olympian. Carpenter was also Jorge's teammate in the 1990 US Olympic Festival, an event hosted for U.S. Olympic contenders in non-Olympic years.

"The fencing community is tight nit, and also welcoming of new participants. It's a sport that has a tremendous youth following, but can also be started at any age which is very nice," said Jorge.

The Gana family is no exception to this rule, with several of the family's six children, from 1 and a half to 20 years old, showing an interest in fencing.

The family's oldest child, 20-year-old Mary Grace, is currently at Columbia University. With a recreational interest, Mary Grace hopes to take a semester PE fencing class at college next year.

Thomas, 16, is one of the family's competitive fencers. A member of the epee fencing team at Christian Brothers Academy, Thomas helped the team take 2nd place in the State Finals for Epee this year, the best result in the history of CBA's fencing program. He also placed 6th individually in the State Championships, earning All-State honors, and rose to a ranking of 53rd in the nation for his age group in the last year.

"Tom is now finishing his junior year of high school and is absolutely looking forward to fencing in college," said Jorge Sr., "He runs into college coaches frequently at some of the tournaments and I know fencing will give him a leg up in admissions."

Finishing her freshman year in high school, 14-year-old Sophia has fenced recreationally. "She has gone to one or two local tournaments and enjoys doing it with the family but only as a secondary sport," explained Jorge, "It helps as cross training for her primary interest, which has always been basketball."

Like father, like son: Jorge Jr., 12, has followed in his Dad's footsteps. Beginning just 3 years ago on the local stage, Jorge Jr. has risen steadily to a current ranking of 10th in the nation for the Y12 division, and 128th in the 14 year and under division.

Not only is he the top ranked fencer of his age in the state of New Jersey, last August, Jorge Jr. represented the USA in the Pan American Youth Championships taking 14th overall against competitors from all over the hemisphere. Now a seventh grader in his grammar school at St. Leo's, he hopes to attend CBA like his brother Thomas, and plans to fence there as well.

Fencers come in all ages and abilities, and the family's youngest members, 3-year-old Josie, and almost 1-year-old John Paul, are no exception. Although they are not yet old enough to fence on the strip, they are looking forward to when they can, remarked Jorge Sr.

"Little Josie and JP love to join in on the fun too. Josie asks for lessons all the time and both have small plastic foils they 'train' with," explained a smiling Dad.

This summer, Thomas, Jorge Jr. and even Jorge Sr. will be attending the national championships in Salt Lake City, Utah. This is the second year for the boys, but the first time for Jorge Sr in 25 years. Each is qualified for one or more events and will be competing in different age groups.

"We do more and more competitions each year...I was recovering from a non-fencing injury...so didn't compete much last season. I am getting back into it now and have my sights set on several tournaments for the upcoming season," said Jorge Sr.

While looking forwards, the Ganas have also taken a look back on their years of fencing. For Dad, fencing has played a major role in his life, both in the past, and in the present.

"The health and physical benefits have been valuable...participants also develop unique abilities to act under pressure, and to solve physical and tactical problems in real time," Jorge Sr. recalled, "At a national and internationally competitive level it also involves the possibility of travel to interesting places. It's been very enriching for us."

He continued, "With six kids in the family we've been involved in a lot of sports...but fencing has established a special place for itself with us...It's a sport that can be enjoyed for a whole lifetime."





# Atlantic Fencing Academy

WHAT'S HAPPENING



**SUMMER  
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# Thinking With Your Feet

By Susan Heckler

Some kids run away from challenges; some kids take them head on. When Mom, Jill Cooper, challenged her daughter Amanda, aged 15, to come up with a work opportunity. Amanda mustered up her creativity and went best foot forward. She used her head, but she used her feet too.

Amanda, a high school freshman in a creative arts program, has loved art for a very long time. She saw something on Instagram that tweaked her interest and decided to try it out on an old pair of Converse sneakers. Some specialty markers and a creative mind and.....

After about one year, Amanda has completed 18 pair, each one very individualized but equally amazing. You provide the canvas, in this case a pair of new or used shoes, she provides the WOW. Need shoes with pizzazz to make a statement? Let her do her thing!



She is looking to diversify, possible jean jackets next. Who knows, maybe Amanda will be a famous fashion designer in a few years and you can tell your friends you read about it right here!



If you are interested in learning more about Amanda's creations, you can contact her at [Amanda317nc@gmail.com](mailto:Amanda317nc@gmail.com) OR CHECK OUT HER INSTAGRAM [@coopercustoms\\_](https://www.instagram.com/coopercustoms_)

If you know someone equally talented and inspirational, we would love to hear about it [Susan@GuntherPublications.com](mailto:Susan@GuntherPublications.com).

## Local Reenactments

By Stefanie Maglio

*The summer season has finally arrived, and it is time to get outside and enjoy the weather. If you're feeling particularly patriotic, get the family together for a day out and watch these local war reenactments! Have some fun while getting to learn about our country's history!*

**CALL TO DUTY: CIVIL WAR ENCAMPMENT • June 18th, 10am to 3pm**  
**The Historic Village at Allaire is located at 4263 Atlantic Avenue Farmingdale, NJ 07727.**

Join the Historic Village at Allaire as they welcome the Civil Skirmish and Encampment to their grounds as they reenact life during the Civil War. Visitors get an opportunity, unlike any other, to travel back in time and witness what life was like during the Civil War. Families will get to watch and participate in military drills, meet President Lincoln and influential military figures, as well as learn about the lives of soldiers and civilians. A skirmish between Confederate and Union Troops will take place in the Show Field after the baseball game. The encampment lasts two days; on Saturday June 17th it is from 10am to 4pm and Sunday June 18th from 10am to 3pm. Other activities include a special lecture series, musical programs, camp tours and much more. Admission is \$5 per car. Lantern tours for \$20 from 7pm to 9:30pm are also available.

**REVOLUTIONARY WAR DAYS IN MONMOUTH COUNTY: FOMB Programs June 4 to July 4, 2017.** The Park's GPS address is: 16 Highway 33-BR, Manalapan, NJ 07726. N-40-15-363 W 074-19-243

### OVERALL SCHEDULE:

- June 4, 2017 (Sun) Walking tour of the battlefield (Hedge Row and Parsonage).
- June 8, 2017 (Thu) General Meeting. "General Henry Clinton and British Leadership at Monmouth." Meeting held at 7 PM at the main branch of the Monmouth. County Library, Symmes Drive, Manalapan.
- June 11, 2017 (Sun) Driving tour to visit the site of the American encampment encampments at Ponolopon Bridge the day before the battle of Monmouth.
- June 17, 2017 (Sat) Annual reenactment of the Battle of Monmouth
- Encampment and programs 10 AM-4 PM.
- June 18, 2017 (Sun) Annual reenactment of the Battle of Monmouth Encampment and programs 10 AM-3 PM.
- June 24, 2017 (Sat) 239th Anniversary of the Battle of Monmouth. Special programs and tours 10 AM-4 PM.
- June 25, 2017 (Sun) 239th Anniversary of the Battle of Monmouth. Special programs and tours 11 AM-4PM.
- July 2, 2017 (Sun) Walking tour of the battlefield.
- July 4, 2017 (Tue) Joint Program. "The Monmouth Campaign" by David Martin. "The Army Celebrates the 4th of July," by George Dawson. Held in Boylston Park in New Brunswick, 2 PM.

**The Annual Battle of Monmouth reenactment: Held on June 17-18, 2017**

Two armies will be preparing to do battle. Continental Army soldiers retrained at Valley Forge are itching to show off their new skills, while a British-German Loyalist Army hopes to crush the rebels and restore good government. Come early for a full day of living history. Watch soldiers clean their muskets while their women prepare what may be their men's last meal. Some officers may be drilling their men while others plan for the battle and yet others play cards.





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10:45-11:30am Ballet/Acro (3-4 yrs)  
11:00-12:00am Tap/Jazz/Hip Hop (4-5 yrs)

### Tuesday Evenings

**July 11, 18, 25 August 1, 8, 15**

5:00-6:00pm Cheer/ Hip Hop (5-7 yrs)  
5:00-6:00pm Jazz/Hip Hop (8-10 yrs)  
8:00-9:00pm Hip Hop (10 & older)

### Wednesday's

**July 12, 19, 26 August 2, 9, 16**

4:00-5:00pm Jazz/Hip Hop (5-8 yrs)  
4:00-5:00pm Ballet/Acro (3-4 yrs)  
5:00-6:00pm Tap/Jazz (5-7 yrs)  
8:00-9:00pm Hip Hop/Tap/Jazz (10 yrs & up)

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## June 24<sup>th</sup> Flea Market, Craft & Yard Sale to Benefit Marty's Place Senior Dog Sanctuary

Marty's Place Senior Dog Sanctuary will host a Flea Market, Craft and Garage Sale on Saturday, June 24th from 8 AM to 2 PM. The sale will be outdoors on the sanctuary grounds at 118 Route 526 in Upper Freehold, NJ 08501. There's no admission charge; just lots of new merchandise, quality used items, and unique crafts to browse and buy.

"Bargain hunters and craft lovers, mark your calendars!" says the sale's organizer, Juliana Petitt, a Marty's Place volunteer. "Dozens of sellers will be here, and we'll have a great variety of merchandise for shoppers to choose from."

There are a few restrictions on what can be sold -- no large furniture, firearms, flammable items or pets, for example. Multiple sellers of the same product or brand have been kept to a minimum. A listing of some of the specific items being sold can be found on the Marty's Place website (<http://www.martysplace.org>) beginning in early June.

There will be great buys for the entire family, and, for hungry shoppers, food trucks. Dogs, on leashes, are welcome to attend!

"Best of all," Petitt comments, "our Flea Market, Craft and Yard Sale will benefit the residents of Marty's Place."

The 501(c)(3) nonprofit opened in October of 2015, and provides a safe, loving, protected environment for dogs, age 7 and older, that do not have homes. Any funds raised through sales and contributions go directly for the care of senior dogs living at the sanctuary.

For additional information about the sale, visit our website: <http://www.martysplace.org> or contact the sanctuary - [info@martysplace.org](mailto:info@martysplace.org) or (609) 259-1278. We are also on Facebook: <https://www.facebook.com/martysplaceseniordogsanctuary/>

Individuals, families, organizations, crafters or businesses interested in selling at Marty's Place on June 24th must submit an application form (available on the Marty's Place website) with payment by June 17, 2017. Contact for sellers: [julpetitt@aol.com](mailto:julpetitt@aol.com)





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# Recycle Your Toys in NJ: A list of places accepting donations

By Stefanie Maglio



Over many years, toys in your household may accumulate if you have children. From Christmas, to birthdays, to other holidays and random occasions, parents buy many toys for their kids. For a certain period of time children will play with them, but overtime children will outgrow many of their toys. Getting rid of toys that are no longer wanted can be a hassle. Some toys you may give away to family or friends, some toys you may choose to sell at a garage sale or on websites such as eBay, classifieds or Craigslist. However selling old toys online can be tedious as it may be a much longer process. Luckily in New Jersey there are several organizations that will accept toy donations, especially around the holidays. These donations may be used for resale in their stores, or they may be given away to families with children who are less fortunate. Try looking into donating toys to these organizations:

**Goodwill** accepts toy donations at all times of the year. Not only is there a Goodwill store location in East Brunswick, but also there are several bins throughout New Jersey where donations can be dropped off for collections at later dates. Donations to Goodwill keep unwanted good out of landfills, so donating to this organization helps the environment as well!

**Rescue Mission of Trenton** is a non-profit organization that accepts monetary donations as well as unwanted goods. Furniture, clothing, and other household items are also accepted. Rescue mission often allows people to volunteer which is a great way to give back to the community as well. Similarly to Goodwill, there is a store location along with drop-off boxes too.

**The Salvation Army** is a national organization with many locations throughout the country. This means that there are many locations within New Jersey and the tri-state area especially. The Salvation Army accepts all sorts of donations such as money, clothing, furniture, toys, cars, household items, and more. This organization also tries to provide job and volunteer opportunities for those who struggle to find employment.

**Second Chance Toys** is an organization that collects clean and working plastic toys during the holiday season or Earth Week and distributes the toys to local community organizations serving needy children. These toys can bring so much happiness to children who may not otherwise have toys if it weren't for charities. Drop-off locations pop up in central jersey right around the holidays, so keep an eye out!

# Kids Hairstyles for Summer

By Stefanie Maglio

Summer is approaching quickly, which means temperatures are on the rise. People everywhere are finding ways keep cool. This may include swimming, going to the beach, or cranking up the air conditioning. However, a great way to stay cool may be a new haircut or hairstyle this summer! Here are some hairstyles to try out this summer:



**- A Knotted Ponytail** - A traditional ponytail is a great way to keep hair off of the neck. Adding knots makes the hairstyle even more functional and fashionable too!

**- Katniss Everdeen Braid** - There are so many different braids to experiment with, but what better braid to sport than the one that Katniss Everdeen has in the Hunger Games?

**- Goddess Braid** - This is a beautiful and elegant braid that with definitely keep your hair up and away from your face an neck. Dress it up with accessories, or keep it casual. This style is perfect for either one!

**- The Dutch Flower Braid** - is definitely more fancy than the others. It is perfect for summer weddings or a day at the beach when you want your hair out of the way.

**- The Three Strand Fishtail Braid** - is a unique way to add a bit of flare to the traditional fish tail. This is a cute and fairly simple style to wear this summer.

**- The Star Twist Bun** - This crazy style is perfect for the Fourth of July. It's a great way to show off some USA pride and catch people's attention!

**- The Halo Twist** - resembles an elegant crown, similar to the Goddess Braid. However, it is tighter, more causal, and will definitely keep your hair up and away all day!

**- Chinese Staircase Braided Ponytail** - This is perfect for your little girl who will love the unique twist on her traditional ponytail. This hairstyle looks very similar to a lanyard.

**- Faux Hawk** - Couldn't forget about all the little guys! No blades are required to create this stylish spike on your little man. He is sure to look cool with this new 'do!

Tutorials for all these hairstyles, plus more, can be found on YouTube, popsugar.com, or by googling the name of the style. Get practicing to look your best this summer!



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# Dads and Daughters, Fathers and Sons

by Erin Mumby

Fathers play a very important role in a child's development from birth through adulthood. Many studies say the same thing. Children with involved fathers have an advantage over children with distant or no relationships with their dads. Research shows that children with an involved father have better language skills and fewer behavioral problems. This result is true even if the father doesn't live in the same home as the child. The crucial factor isn't where the father lives, but how involved he is. Children whose fathers who take the time to ask about their day-to-day activities and relationships do better in school than kids whose fathers don't have that interest in their lives. A child's father figure doesn't have to be a biological father in order for the child to benefit. The child can have any other male adult in the household take care of them and see the same results.

When it comes to sons, involved dads provide them with good examples. Boys who have involved fathers are less likely to get in trouble with the law when they get older. A good dad is a positive role model for boys and helps them to be better aware of their feelings and emotions.

Sons look at their dads as heroes. Sons look at their fathers as heroes before they look at famous athletes and movie stars. Sons want to be just like their father. Young boys will look for their father's approval in everything they do. They will repeat behaviors that their father approves. Boys look at a father's behavior and copy it.

Girls also benefit from having a close bond with their father. Girls with more involved fathers were less likely to face mental health problems as adults. Studies show that when a young girl gets genuine praise and admiration from her father, she will be more likely to be confident as an adult woman.

It is very important for a daughter to feel loved by her father. How a father treats his daughter sets the tone for relationships in her life. His behavior will be what a daughter finds appropriate in a man. Women will be attracted to men who have similar characteristics as their father. If their dad was kind and loving, they will look for those character traits in men. So if a father and daughter have a good relationship, the daughter will be confident and will expect a similar good relationship from the men in her life.

On this Father's day, it is important to recognize the increasing role that fathers have in their children's lives. Their role is so important in raising a healthy and happy child. Dads are role models and a child's greatest heroes. Their love and approval is so crucial to a child's well-being. Make sure to say thank you to the fathers in your life!



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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.



## What Dads Really Do

**Think of everything Dad does around the house. What value would you put on his efforts? It can be downright impossible to calculate.**

The consumer insurance website Insure.com does this for us every year. It affixes a value to the typical fatherly chore by calculated wages using Labor Department pay-scale statistics.

Last year, the Father's Day Index put Dad's chore value at \$24,103, which is an increase from 2013's \$23,344 value.

How are these numbers calculated? Home repairs, for example, are figured using wage information for maintenance and repair professionals. Removing spiders from the house correlates wage-wise to an exterminator's salary, and so on.

### More Childcare & Housework

One reason for the recent increase in Dad's worth around the home is the increasing need for him to pick up the slack on housework and childcare.

A Pew Research Center study released in 2013 found that fathers are devoting more hours than ever to child care and housework — nearly 20, in fact, compared to 6.5 hours in 1965.

Conversely, mothers are spending more weekly hours working than they were in 1965 and have become the primary breadwinners in four of 10 American families, according to Pew.

### Dad's Favorite Chores

Insure.com asked a group of dedicated dads to rank their favorite chores around the house. Here's what they came up with:



- Barbecuing/cooking: 22.5%
- Helping with homework: 17%
- Driving: 14%
- Coaching a team: 9%
- Assembly of toys, bookshelves, etc.: 9%
- Fixing broken things around the house: 6%
- Doing family finances: 5%

- Car maintenance: 4%
- Being a scout leader: 3%
- Pest removal (spiders, gross bugs): 3%
- Fixing plumbing: 2%
- Moving furniture: 2%
- Mowing the lawn, landscaping, snow removal: 5%

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## Steps to Plan the Perfect DISNEY Vacation for Your Family

By Stefanie Maglio



Planning a vacation to Disney World takes time, effort, and research. There are so many things to do and see, but your visit won't go smoothly if it isn't planned out ahead of time. Here are some things to keep in mind while planning your visit:

- First you will need to decide when you're going to go. The Disney World FAQ has information on the best and worst times of the year to go. However, don't make your decision solely on what the information says. A certain time of the year may be more convenient for your family, in contrast to others.

- Once you get there, you'll need to know which parks you'll be visiting. Once you know the different destinations you'll be going to, it'll be much easier to decide on a hotel to stay at.

- It's also important to figure out how long your vacation will be. For first-timers a week is recommended to get the full experience. Maybe your family wants to visit a different park each day, but have time for extra attractions such as golf or water parks.

- Transportation is also important to figure out. Are you flying? Are you open to driving? When you get there are you using public transportation, or getting a rental? These things must be figured out ahead of time.

- Figure out which theme park tickets you'll be purchasing. Disney World tickets are quite expensive, so only purchase what's best for your family and look for discounts online.

- Once those are set, you can decide on where you'll be staying. This may be an off-property resort, or an official Disney Resort. Off site resorts are cheaper in comparison, and many are within ten minutes of the parks.

- If you're flying, plan for a van or taxi to pick you up from the airport before landing. It will be hectic once you've arrive.

It's important to keep these things in mind, but just remember that the main point of the vacation is to enjoy quality time with your family!



# Organizing Before the Baby

By Stefanie Maglio

Adding on to the family can be a really exciting time. However, as much joy as the new child will bring, he or she will bring along stress as well. Soon-to-be parents have to take care of many things before the baby is even born. It can be difficult to try and keep track of it all. Here are some things to do before the arrival of your newborn:

**Pick a birth announcement!** This is one of the less stressful things that you may consider doing before the baby is born. Be creative with how you choose to announce the arrival of your little one to your friends and family.

**Make a list of addresses of the people you'd like to send your birth announcement to.** If you are having some kind of celebration, you'll need the addresses for invitations. Either way, having the addresses ahead of time will save you from unnecessary stress and effort. You'll have plenty of other things to worry about getting done.

**Get a waterproof bed pad.** Make sure you purchase this before you begin to near your due date. If your water breaks in the middle of the night, you won't have to worry about amniotic fluids ruining your mattress as you hurry off to the hospital.

**Have your Hospital bag packed.** Again, this is something that can wait a bit, but make sure it is prepared well before the baby comes. When the time comes, you won't want to worry about throwing a bunch of belongings together in a bag as you rush out the door. Take the time to plan out what you may need for your time in the hospital.

**Pick a pediatrician.** It's important to find a pediatrician that you trust with your baby and that you can afford to get care from. This may not seem like something to worry about right away, but once the baby is born they will need lots of medical attention and vaccinations in most cases.

Clothing that you or your family has purchased for the baby should be **pre-washed**. This way the clothing can be worn immediately and you won't have to be worried about doing the laundry before dressing your newborn.

**Make freezer meals.** This one is for the parents. Once the baby arrives, there will be little to no time for yourselves. Having meals already prepared for dinner will be a big help so you don't have to cook. Often friends or family will contribute and bring food as well.

**Install a baby car seat ahead of time.** When the day comes that you are leaving the hospital with your baby, you will be tired and in a rush to get home. Setting up the car seat ahead of time will save you time and stress.

Get waterproof mattress pads for the baby's crib. Accidents are bound to happen.

**Purchase some in-between clothing.** As you begin to lose the baby weight, but you are not yet back to your normal weight range, you will be in an in-between stage. It's best to have comfortable clothing during this time.

## NJ Rules of Breastfeeding in Public

By Stefanie Maglio

Every mother has the basic right to breastfeed her child. It is not illegal to breastfeed your baby in the state of New Jersey or any other state in the United States. Wherever the mother is entitled to be, and with proper accommodations, she is in fact allowed to breastfeed her baby. In certain settings, a mother may be asked to move to a more secluded location to feed her baby. However, this is rare and can only be enforced by the person in charge of the establishment. This only happens if multiple complaints are made about the conduct of the breastfeeding, and can occur when young children are present.

Despite the law that allows mothers to breastfeed in public, some women have been asked to remove themselves from certain locations while doing so. This has happened in church, Starbucks, the American Doll Store, a courtroom, school, Legoland, a baseball game, and many other public places for sure. This is not to say that every time a mother breastfeeds in one of these locations that they will be thrown out. However, this just means that mothers still have to be mindful of the environment that they are in before choosing to nurse their baby. While the law does state that it is not illegal to breastfeed in public, there are instances where it may be



# How to Find the Right Car Seat

***Finding the right car seat is only the first step. Be sure to install it correctly. Register your car seat with the manufacturer to be sure you are notified of any recalls or safety issues.***

- Make sure Grandma, Grandpa and anyone else who travels with your child follows the same steps. Do not use a hand-me-down car seat. Technology changes, laws change but the love and safety of your child comes first.
- As children grow, how they sit in your car will change. Make sure you use a car seat that fits your child's current size and age.
- Not all car seats fit in all vehicles. Make sure the car seat is the right fit for your vehicle. Test the car seat you plan to buy to make sure it fits well with your vehicle.
- Buy a car seat that can be installed and used correctly every time.



## Car Seat Types

**Rear-Facing Car Seat:** This is the best seat for your young child to use. It has a harness and, in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

**Infant Car Seat (Rear-Facing only):** Designed for newborns and small babies, the infant-only car seat is a small, portable seat that can only be used rear-facing. Babies usually outgrow their infant car seats by eight or nine months. When that happens, we recommend that parents purchase a convertible or all-in-one car seat and use it rear-facing.

**Convertible Seat:** As a child grows, this seat can change from a rear-facing seat to a forward-facing seat with a harness and tether. Because it can be used with children of various sizes, it allows for children to stay in the rear-facing position longer.

**All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows. Because it can be used with children of various sizes, it allows for children to stay in the rear-facing position longer.

**Forward-Facing Car Seat:** Has a harness and tether that limits your child's forward movement during a crash.

**Convertible Seat:** As a child grows, this seat can change from a rear-facing seat to a forward-facing seat with a harness and tether.

**Combination Seat:** As a child grows, this seat transitions from a forward-facing seat with a harness and tether into a booster.

**All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows.

**Booster Seat:** Positions the seat belt so that it fits properly over the stronger parts of your child's body.

**Booster Seat with High Back:** This type of booster seat is designed to boost the child's height so the seat belt fits properly. It also provides neck and head support and is ideal for vehicles that don't have head rests or high seat backs.

**Backless Booster Seat:** A backless booster seat is designed to boost the child's height so the seat belt fits properly. It does not provide head and neck support. It is ideal for vehicles that have head rests.

**Combination Seat:** As a child grows, this seat transitions from a forward-facing seat with a harness into a booster.

**All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows.



# When a Baby Cries

## ***BABIES ARE FRAGILE!***

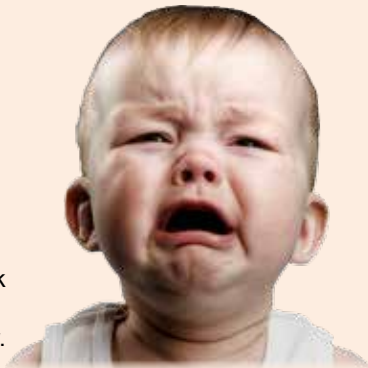
It's normal for babies to cry, even when you are trying to comfort them. Some babies cry more than others or for longer periods of time. This is normal too. It is also normal for a caregiver to become frustrated. No matter how stressed, tired, angry or frustrated you feel, you must never, ever shake a baby. Shaking a baby can kill or cause serious injuries.

### **The message is simple: NEVER SHAKE A BABY**

#### **HOW TO COPE WITH A CRYING BABY**

- Make sure the baby's basic needs (food, diapering, appropriate clothing, etc.) are met.
- Try swaddling, tightly wrapping your baby in a blanket for warmth and security.
- Offer the baby a pacifier.
- Lower the lights and noise to help calm the baby.
- Walk the baby around holding him or her close to you.
- Take the baby for a ride in a stroller or a car.
- Call a friend, relative, neighbor or medical provider for help.
- Take a break - sit down and count to 10 or 20.
- If all else fails, put the baby in the crib on his or her back. Close the door and check back every five minutes or so. Don't pick up the baby until you feel calm.

If you are a child care provider and cannot handle a crying baby, please let the parent know. Remember, a baby will outgrow crying, but shaking a baby may cause permanent damage.



#### **SHAKING A BABY IS DANGEROUS**

Shaken Baby Syndrome is a serious brain injury that occurs when a frustrated caregiver "shakes" an infant, usually to stop him/her from crying. It is considered a form of child abuse.

**Some parents, siblings, or caretakers who would not consider hitting a baby, think that shaking a baby is okay. THIS IS DANGEROUS!**

Shaking a baby can cause bleeding inside the brain which may lead to:

- Death
- Brain damage
- Retardation
- Blindness
- Paralysis
- Seizures
- Developmental delays

Protect our future by handling infants with the loving care they deserve!

***And remember, some play activities also can be dangerous, such as:***

- Vigorous, repeated tossing of a baby into the air
- Jogging while carrying an infant on the back or shoulders
- Bouncing an infant on an adult's knee or swinging the baby on an adult's leg
- Swinging the baby around by the ankles
- Spinning an infant around

#### **SYMPTOMS OF SHAKEN BABY SYNDROME**

- Constant crying
- Stiffness
- Sleeping more than usual
- Unable to wake up
- Seizures
- Dilated pupils
- Decreased appetite
- Vomiting
- Difficulty breathing
- Blood spots in eyes

If for any reason the baby has an injury, take him/her to the nearest hospital emergency room or call 911. The baby will not get better without receiving medical treatment.

#### **GETTING HELP**

***IF YOU FEEL THAT YOU CAN'T COPE, HELP IS ONLY A TELEPHONE CALL AWAY.***

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## SUMMER VACATION - *Traveling With Young Children!*

**W**ith the warmer weather approaching and the summer almost here, you are probably looking forward to everyone's favorite time of year: vacation! At first thought, you may be overwhelmed by the idea of packing, planning and organizing your family's trip, but the quality time, memories and experiences you will give your preschool children will far outweigh any stress of travel.

Below you will find a few tips that will help make your vacation run more smoothly.

**1. Avoid meltdowns-** stick to routines. Infants and small children thrive with their normal schedules. It is best to eat at the same time and nap at the same time, if at all possible.

**2. Leave plenty of extra time.** It is always best to leave a little early so that you can be prepared if you hit traffic or unexpected circumstances come up. Emotions run high when we feel rushed, and it is impossible to rush a preschooler to get dressed and put on their shoes. Can anybody relate?

**3. Entertain them.** Make sure to pack a variety of age appropriate toys, books and coloring books to keep your infant, toddler or preschooler busy. It's no fun to be stuck on a plane ride or car ride with nothing to do.

**4. Play games or sing songs.** Scavenger hunts and "I Spy" work great for keeping everyone on track for having fun! Encourage children to look for colors or letters in signs or for special flowers, or cars. Sing songs with movements and easy lyrics for younger children. This may even become your vacation "theme song". (It may sound corny, but your children will LOVE it.) This is how to make memories that will last a lifetime!

**5. Pack LOTS of snacks.** No one has fun when they're hungry and this is especially true for children. Pack plenty of easy to handle and mess-free snacks. You should also do your best to plan for meals in advance and search for kid-friendly restaurants.

**6. Be cool.** If you set the tone and can remain calm and relaxed, the rest of your family can follow your example. Children are not always good with change and can overreact about even the tiniest things, like their socks hurting. (laugh). How you respond to your child will make the difference. Try a big hug, distraction or their favorite toy to put them at ease.

**7. Plan some down time.** This is supposed to be a vacation, right? So make sure you try to relax a little. It's perfectly acceptable to devote an entire afternoon to...nothing but relaxing. You deserve it and so do your children. They will welcome a little rest.

*Have fun and enjoy your vacation!*

# WANTED A LOVING FAMILY

By Pam Teel

**T**he Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: [animalassistance.org](http://animalassistance.org).

To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html>

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Skipper- young black male cat

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Suzie- young female Pit bull mix- prefers home with no cats or children

Jimmy Boy- young kitten super cuddler

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Chili



Lexi & Mr. Buns



Skipper



Baby



Mr. Joe



Tippy



Suzie



Jimmy Boy



YoYo



# The Green Leaf Pet Resort Hosted The Big Dog Show to Grant A Big Wish

By Susan Heckler

The Green Leaf Pet Resort, in partnership with Make-A-Wish New Jersey recently hosted a traveling art installation, created by artist Dale Rogers, which features twenty-one 8 foot by 10 foot steel canine sculptures. The event is a celebration of Green Leaf's 5th grand opening anniversary

Green Leaf's sprawling acreage in scenic Millstone Township was the perfect setting for the family fun day on June 3rd, the closing event, where humans and canines enjoyed activities, food, music, prize drawings, and the title of, "Best in Show," where visitors can vote for their favorite sculpture.

Artist Dale Rogers said, "The profile of the dog is very much of a 'muttigree', but many people tell me it looks exactly like their particular breed of dog. It strikes a strong emotional pull with many. Historically, dogs have made positive and lasting impressions with people and I hope that my sculptures and the exhibit will do the same."

Original versions of the sculptures have been made available for sale and a portion of all proceeds will go towards Make-A-Wish New Jersey to benefit a local child whose wish is to have a therapy Labradoodle. The goal is to raise \$12,000, which will gift not only the Labradoodle but will also provide specialist training.



According to make-A-Wish, the wish child's name is Joey and he is 8 years old. He lives in Atlantic County and Joey's wish is for a therapy dog. Joey's Mom shared that having a therapy dog will provide Joey with companionship and friendship, and beyond that the therapy dog will have a calming impact on Joey.

The New Jersey Chapter of Make-A-Wish® is in its 4th decade of making dreams a reality for seriously-ill children. Make-A-Wish grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. Since 1983, this chapter has granted over 9,000 wishes to children throughout the Garden State. For more information about Make-A-Wish New Jersey, call 800-252-WISH or visit [www.nj.wish.org](http://www.nj.wish.org) and discover how you can share the power of a wish.

The Green Leaf Pet Resort is located at 23 Burnt Tavern Road. For information about their beautiful facility and upcoming events, contact them at (609)259-1500.



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# Moving with your Special Needs Child

By Stefanie Maglio

While moving to a new home can be exciting, there are many factors that can make the process stressful. Adding children to the mix, specifically special needs children can make moving even more challenging. Not only do you have to worry about all the ordinary tasks that come along with moving such as purchasing a new home, but also extra precautions must be taken when a special needs child is involved.

Making the transition into your new home can be difficult, but getting a jump-start on everything before the actual move makes the process go more smoothly. Finding your child's new school is definitely something that should be done ahead of time. There are many things to consider when choosing a school for your special needs child. Find out if the school has the basic accessibility for your child. Depending on the disabilities your child may have, mobility can be a concern. Visiting the school in person with your child to see if they can get around comfortably may be a good idea. Also, it's important to make sure that you and your child are both comfortable with the personnel. Talk to the special education teachers, and choose a school that you feel comfortable with. Sometimes private schools are a better option depending on the situation your family is in.

Not only is finding a new school important, but if the move requires you to switch doctors, it's crucial that you make the best choice for you and most definitely your child. If the current doctor your child goes to is able to give you a referral that would most definitely be helpful. However, this sometimes isn't possible due to the new location in which the patient is moving to. Contacting a local disability support group is also a great way to get some advice as well as make it easier for your child to settle into their new environment. Also, when selecting your new doctor, remember to send your child's records ahead of time. This will be more efficient as the new doctor will already have your child's information. Sometimes scheduling a consultation is the best way to make a decision when it comes to selecting a doctor.

Overall, there are many things to consider when selecting the home itself. Mobility issues, sensory issues, non-neurotypical concerns, and storage for medical equipment are all things to consider depending on your child's needs. However, it's most important that your child is comfortable while making this transition. This may mean decorating their room. With their favorite TV show characters, or painting it their favorite color. Finding the right bed is also important if you are purchasing a new one for the home. Not only is comfort for the child important, but safety is as well. If your child moves around during their sleep, a railing may be necessary to prevent them from falling out of bed. These can be found at any home goods store. Moving with your special needs child can be difficult, but mind that there are many ways to make the process easier!



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# Essentials For Your Man Cave

by Erin Mumby

Need a space in your home to call your own? A man cave is the solution for you. It is a place where there are no responsibilities. It's a place where you can feel calm and collected away from the hustle and bustle of everyday life. Many men choose to turn their garage or basement into their de facto man cave. Figuring out what you want to do with the space you have is up to you and your budget.

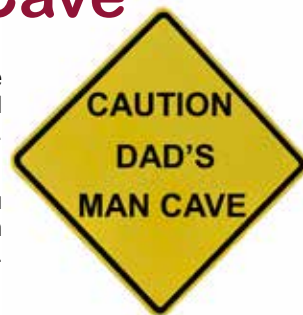
Man caves come in all different shapes and sizes. The man cave is your own personal space. If you have the means to do so, take the opportunity to make your man cave unique and one of a kind. The man cave is a place that reflects the individual man. Design a space that allows you to do the things you love. However, there are certain staples of any man cave.

The focal point of any man cave is the TV. Many men have a man cave so they can have their own area to host parties for Sunday football, the Super Bowl or any of the other important sporting events throughout the year. A huge TV definitely completes a man cave. Even if you aren't a huge sports fan, a television is perfect for watching movies and streaming the latest Netflix hit.

A bar is a great way to make a man cave the perfect for entertaining. Whether it's for the guys or for friends of the family, it's a great addition to any cave. If there isn't enough room for a bar, a fridge is fine too! To add a few extra seats to your man cave, set up some bar stools. A few bar stools make your man cave a great place to entertain friends and family.

Another form of entertainment is a pool table. This is a fun way to get people together and have fun competing. Another man cave essential is a dartboard. Everyone has fun trying to hit the bulls-eye! Poker is another way to get people talking over a game. Having a poker table is one way to make your house the place to be for the guys.

Whatever you do with your man cave, make sure it is a reflection of you. Add personal touches that show your personality. Are you a huge fan of a particular sports team? Showcase sports memorabilia on the walls. Do you have a favorite movie or band? Hang up some posters that make you think of your favorite things. You can also use your man cave to showcase your own personal accomplishments. Put up any awards from the office or sporting events. Let your guests know the man behind the man cave! A man cave is your space! However you design it, is up to you!



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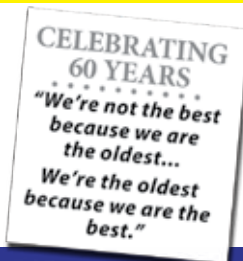


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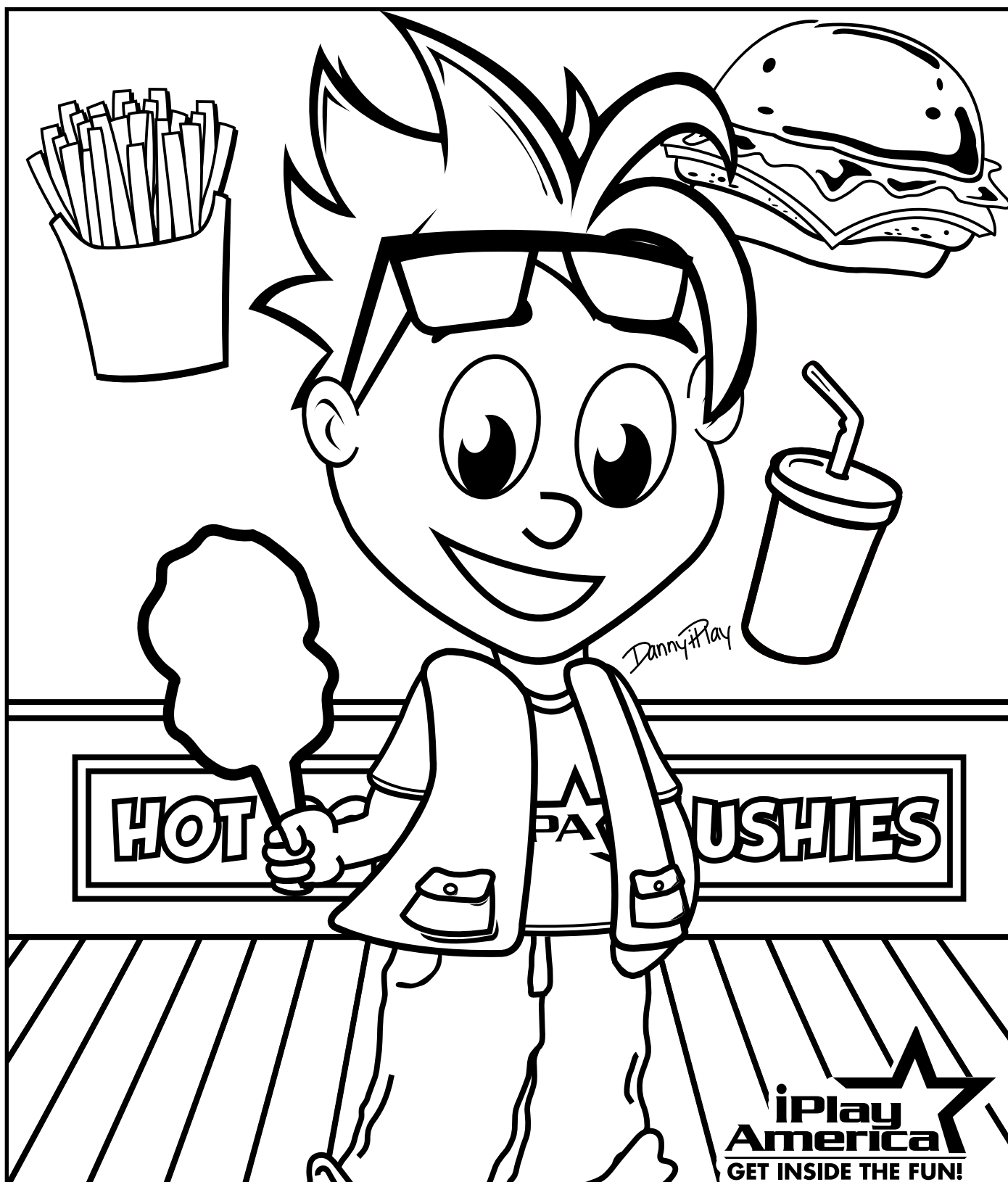
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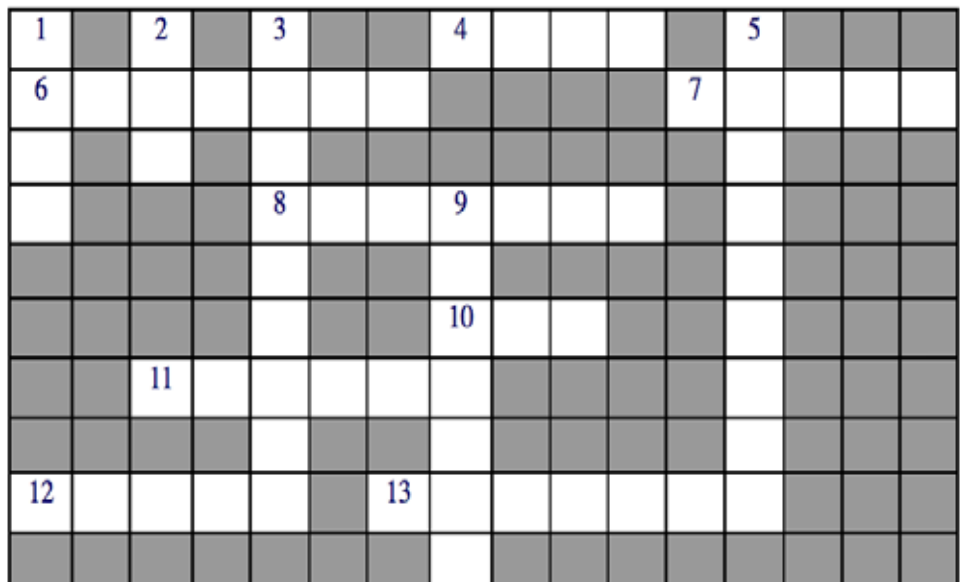
Independence Day is the birthday of the United States of America and is celebrated on the Fourth of July each year. Independence Day is the anniversary of the day on which the Declaration of Independence was adopted by the Continental Congress on July 4, 1776.

### ACROSS

4. The month we celebrate
6. Our Country
7. The stars on the flag are this color
8. We are now free from this country
10. A dinner get together outside
11. We march in it
12. Symbolizes the states on our flag
13. Red and white on our flag.

### DOWN

1. We have a picnic here
2. A color in the flag
3. Bright lights in the sky
9. And justice for all



1. park 2. red 3. fireworks 4. July 5. thirteen 6. America 7. white 8. England 9. liberty 10. bbq 11. parade 12. stars 13. stripes



# Elder Abuse

***Abuse can happen in many places, including the older person's home, a family member's house, an assisted living facility, or a nursing home.***

There are many types of abuse:

- Physical abuse happens when someone causes bodily harm by hitting, pushing, or slapping.
- Emotional abuse, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older person. Keeping that person from seeing close friends and relatives is another form of emotional abuse.
- Neglect occurs when the caregiver does not try to respond to the older person's needs.
- Abandonment is leaving a senior alone without planning for his or her care.
- Sexual abuse involves a caregiver forcing an older adult to watch or be part of sexual acts.
- Financial abuse happens when money or belongings are stolen. It can include forging checks, taking someone else's retirement and Social Security benefits, or using another person's credit cards and bank accounts. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission from the older person. Financial abuse is becoming a widespread and hard-to-detect issue. Even someone you've never met can steal your financial information using the telephone or email. Be careful about sharing any financial information over the phone or online—you don't know who will use it.
- Healthcare fraud can be committed by doctors, hospital staff, and other healthcare workers. It includes overcharging, billing twice for the same service, falsifying Medicaid or Medicare claims, or charging for care that wasn't provided. Older adults and caregivers should keep an eye out for this type of fraud.



Most victims of abuse are women, but some are men. Likely targets are older people who have no family or friends nearby and people with disabilities, memory problems, or dementia.

Abuse can happen to any older person, but often affects those who depend on others for help with activities of everyday life—including bathing, dressing, and taking medicine. People who are frail may appear to be easy victims.

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person:

- Has trouble sleeping
- Seems depressed or confused
- Loses weight for no reason
- Displays signs of trauma, like rocking back and forth
- Acts agitated or violent
- Becomes withdrawn
- Stops taking part in activities he or she enjoys
- Has unexplained bruises, burns, or scars
- Looks messy, with unwashed hair or dirty clothes
- Develops bed sores or other preventable conditions



If you see signs of abuse, try talking with the older person to find out what's going on. For instance, the abuse may be from another resident and not from someone who works at the nursing home or assisted living facility. Most importantly, get help.

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# Telemedicine Services Are a New Way to Provide Specialty Care

By Stefanie Maglio



The purpose of telemedicine has essentially been to bring the doctor to the patient regardless of their location. Specialists tend to offer more advanced care than primary care doctors. This usually tends to mean that there are a lot less specialists. The specialists that are around are usually clustered in urban areas where the patient population is largest. Since these areas are more populated, it also means that there are large health systems in place, which can allow for teaching, research and collaboration activities. However, this is not to say that those with chronic conditions such as diabetes or heart failure don't live in rural areas where less specialists tend to be. This is where telemedicine can help solve the problem.

The patient demand has increased quite a bit over the last few years. This may be because of its convenience for the patient. Using telemedicine services reduces travel time and stress for the patient. Medical services without the need for long distance traveling may be why people have been more than satisfied with using telemedicine. It allows patients with chronic illnesses to get the special help they need without all the hassle.

The quality of telemedicine has proven to be just as efficient and beneficial as traditional in-person consultations. However, it has also shown to be superior when it comes to specialty care. For example, those with mental health issues or ICU receive greater care and more attention through telemedicine. Greater outcomes and patient satisfaction is a direct result.

Keeping your healthcare costs to a minimum is important and typically something everyone aims to do. Telemedicine services can help do that. These services have been shown to reduce the cost of healthcare and increase efficiency through better management of chronic diseases, shared healthcare staffing, less long distance traveling time, and fewer or shorter hospital stays. All together, these will help to drastically cut down the cost of healthcare.

Overall, telemedicine has the ability to increase service to millions of people who may have otherwise not received quality healthcare. Through telemedicine, healthcare is available to patients in distant locations. Physicians, specialists, and health facilities are able to expand their reach beyond their own offices. Services, particularly to those who require specialty care, can be provided in a much easier and more efficient way through telemedicine.



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# How to Recognize Weight Loss in Seniors

*It's important to be aware of weight loss in people with dementia and act immediately to help regain a healthy appetite and reduce the risk of malnutrition. The most common signs are:*

- Bones visible under the skin
- Loose fitting dentures
- Loose clothing
- Leaving food on the plate
- Loose rings



A poor diet will increase the chances of illness and many other health conditions as well as lowering someone's quality of life. Eating a wide variety of foods regularly will ensure someone's dietary needs are met.

When challenged:

- Try whetting their appetite; any increase in activity can help instigate hunger as well as digestion, so a short walk or chair-based activity may help. Don't fill stomachs with excess fluids before mealtimes as this will blunt the appetite.
- Try and use simple food cues with mealtimes such as aroma of toast or coffee in the morning or familiar cooking noises, which may all help someone with dementia to understand that it's time to eat.
- Offer small portions of food if someone has a small appetite as too much can be off-putting.
- Understanding their likes and dislikes can make a difference at mealtimes. Try some new flavors, but not to the point that someone refuses food. Think about food occasions, which may trigger a memory and connection with that particular food.
- Taste and smell diminishes with age and more so with dementia so food preferences may change day-by-day.
- Be aware that someone may not remember when they last ate and this may cause reluctance to meals.
- It's important that someone with dementia is given the opportunity to feed themselves as this helps retain a sense of independence and dignity. As dementia progresses they may become less dexterous and lose the ability to use cutlery. They make adapted cutlery, cups with handles and non-slip placemats to make things easier. If cutlery becomes difficult to use then provide finger foods. A finger food diet can be just as nutritious and served hot or cold. Pizza slices, chopped vegetables, fruit and sandwiches are all good examples.
- Be patient; mealtimes could be lengthy and involve gentle encouragement as well as appropriate supervision to reduce any risks of choking.
- If someone is losing weight then you may need to consider fortifying foods to get as much nutrition as possible into a small serving of food, especially calories and protein. Full fat milk, cheese, oils, butter, mayonnaise, avocado and peanut butter are a few ideas of foods you can use.
- Dehydration is also common among older people with dementia. Dehydration can cause headaches, confusion, irritability and constipation, which can contribute to urinary tract infections. Older people who are incontinent need to drink more, not less, to encourage the bladder to empty regularly to prevent infection and to exercise the bladder muscles. We get some of our fluids from food, particularly foods such as soup, stews, fruits and vegetables, jelly, sauces, ice-llies and yogurt. All drinks help us to remain hydrated, including tea, coffee, water, milk, fruit-teas and fruit juices. The color and smell of urine are good indications of whether people are getting enough to drink and are keeping hydrated, so keeping an eye on this will help.

It is always recommended to speak directly with a dietitian or medical doctor to help with suggestions and advice.

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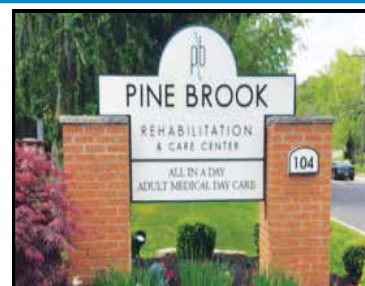


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# THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

The first step in a New Jersey residential real estate transaction is the signing of the contract. When a realtor is involved, a buyer may sign the contract prepared by the realtor and then immediately have it sent to their attorney for review. Both attorneys will then discuss the terms of the contract and make appropriate changes as required. However, it is important that a buyer ensure that the realtor prepared contract is immediately forwarded to their attorney because there is a three day deadline for the attorney review period.

One concern for a buyer is how and where they are going to get the money to purchase the home. Typically, buyers will obtain their purchase money either from the sale of their existing home, a mortgage, or a combination of both. If a buyer has an existing home to sell, it is important that there is a "home to sell" contingency in their purchase contract. This means that they will not be obligated to buy the new home until their existing home is sold and they have the money from that sale. Further, it is important that any purchase contract is contingent upon the buyer actually obtaining a mortgage. Without these contingencies, a buyer can be in breach of contract if they are unable to close on the new home because they do not yet have the proceeds of the sale of their existing home or were unable to get a mortgage.

Another issue that buyers must be concerned with is the home inspection. Typically, buyers will have between 10 and 14 days from the date of the contract to have a qualified home inspector perform an inspection on the home. The home inspectors generally look for system failures (i.e.-air conditioning systems, heating systems, hot water heaters, septic systems, wells, etc.). However, they also look for potential hidden defects that could signal the existence of a bigger problem such as past or present roof leaks, water infiltration, structural defects, termites, mold or the existence of underground oil tanks. Depending upon the severity of the issues found, the buyers may be able to obtain a credit or a reduction of the sale price or, alternatively, request that the sellers repair or replace the defective items prior to the time of closing.

Finally, prior to entering into a contract, buyers must be aware of the actual amount of money they will need to close. Although the buyers may have enough money to cover the purchase price of the home, they must also take into account closing fees that must be paid at the time of closing. These include title and title insurance costs, mortgage company charges, escrows for taxes and insurance, capital contributions to homeowners' associations, surveys and attorney's fees. In an average residential real estate transaction, I typically tell my clients that they should at least have an additional \$10,000.00 available for these closing costs in order to be on the safe side. However, this is just a guidepost and may differ in each transaction depending upon the cost of the home and issues involved.

Of course, the purchase of a home is the biggest single transaction and investment that people make during the course of their lifetime. Accordingly, it is important to obtain the right attorney to insure that all of their interests are protected and the above issues are properly addressed.

If you have any questions about the legal issues involved in the purchase of a home please feel free to contact my office and I would be happy to discuss these issues with you.

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# Emergency Preparedness

*Personal emergency readiness should be a priority for all members of the U.S. population, especially older adults and their caregivers. Some natural disasters, storms or other emergency events allow only for a few minutes of preparation. That is why it is so important to have a plan of action that you have practiced and that you can execute quickly. How we react in the face of imminent danger can be the difference between safety and serious injury. Your local emergency management office is a great place to start for safety tips, information on potential dangers in your area and a schedule of upcoming community preparedness events.*

## KNOW THE BASICS

Do you live in a flood zone? How about within a hurricane danger area? Your emergency preparedness begins with knowing the potential dangers around you so you can put together a full plan. No matter where you live in the country, there is potential for emergency situations to arise. Learn how to do things like turning off your gas, electricity and water. Dangerous storms can cause gas leaks or broken water pipes that can add to the hazards around you.

## KNOW YOUR NEIGHBORS

Your best friend in an emergency situation can be your neighbor, especially if you are out of town when disaster strikes. Build relationships with your neighbors and get to know them well. Exchange phone numbers with them so you can both be contacted in case of an emergency. Also share your disaster plan with your neighbors and ask them to explain theirs. You may pick up some good tips that you could incorporate into your own plan.

## KNOW YOUR KIT

Everyone should have a basic disaster supplies kit handy in case of emergency. The Federal Emergency Management Agency recommends the following items for your kit: one gallon of water per person, a three-day supply of non-perishable food, battery-powered radio, flashlight, first-aid kit, whistle, dust mask and local maps. See FEMA's full list at [ready.gov](http://ready.gov).

In addition, many older Americans have special needs related to medications, medical equipment, mobility and support. Plan wisely and accordingly to accommodate all of your most health-critical requirements.

## Texting & Driving Apps Can Save Lives

By Susan Heckler

Got teens? Got texters! It's a given. Even the grown-ups can't help but look at their phones, without hesitation, even while speeding down the highway.

The adults in the situation need to stop this dangerous behavior immediately. Even the most experienced drivers should never take their eyes and attention off the roads. Texting in front of your children while driving gives them free license to do the same. Let's face it, what is so important in that text that is worth risking a life over?

### Some thinking points:

- It takes 4.6 seconds to type two words; this is the amount of time it takes your car to travel the length of a football field, traveling at 55 MPH.
- Driver distraction was the cause of 18 percent of all fatal crashes – with 3,328 people killed and 421,000 people wounded.
- Insurance does not cover damages or liability for accidents caused by texting and driving.
- Civil lawsuits for damages can be pursued in accidents involving texting.
- 14 youths a day die from texting behind the wheel
- The average cost of a single crash with injuries is more than \$120,000.

Our teens are not experienced and texting is their conversation method of choice so that makes them even more vulnerable to the bad decision. You can check with your cellphone provider as some of them have apps or services built in to the phone.

That text or email may have contained something really important...or not. In either case, you should all live to tell about it.



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# Why Reading is Good for Your Brain

By Mia Ingui

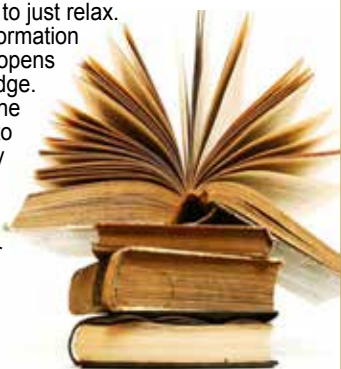
Reading is one of the most beneficial activities to do for your brain's health. Making a regular habit out of reading has many benefits for the brain, such as mental stimulation, reduction of stress, and the opportunity to gain knowledge.

Exercising your brain's capabilities can slow the progress of diseases such as Alzheimer's or dementia by keeping your brain active.

Reading exposes the brain to another world, therefore stimulating it and keeping it alert. Reading also is a perfect way to deflect stress. It provides a window to a whole new world that's exciting and inviting, and this is a way to distract you from real world stress. Your tensions will be released and you can allow yourself to just relax.

Additionally, the amount of new information that you can learn from reading opens your eyes to a world of new knowledge.

The more knowledge you gain, the more information you'll have handy to use in your everyday life. Your ability to analyze details and direct your focus will greatly improve. If this can all be accomplished just from picking up a good book, go for it, it'll make for a healthier, happier brain.



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# Can the Tooth Fairy Save Lives?

By Susan Heckler

Children start losing their teeth between the ages of 5 and 7. There is a time-honored tradition of placing your child's lost teeth under their pillow to wait for the tooth fairy. Mom and/or Dad sneaks in and slips some money under their kids' pillow to celebrate this new stage of life. Many parents save the teeth as a keepsake. Some even keep the teeth of their dogs (guilty)!

As it turns out, a study in 2003 by the National Institute of Dental and Craniofacial Research showed that baby teeth are a rich source of stem cells, somewhere between one and two dozen. These can be grown into multiple kinds of cells if needed. Later in life, these cells can be what a child needs as replacement tissue for whatever reason. This can potentially save lives and provide needed treatment.

Baby teeth banking has become another option for families. For the past 20 years, thousands of dollars have gone toward banking newborn cord blood stems cells. They've done in the hopes of treating serious illnesses for close family members, or those emerging as the baby grows.

There is one big difference if the tooth is to be used medically, the baby teeth must be kept fresh. Stem cells degrade and lose their potency over time, therefore reducing their effectiveness for treatment. It may be wise to allow a dentist to handle the tooth to ensure proper treatment. Storage facilities have opened for housing samples while scientists conduct additional research for the potential use of baby teeth's stem cells. As soon as baby teeth fall out, laboratories have created kits to aid in their preservation for future use.

There are services out there to properly preserve the teeth for future use. The teeth are placed in a liquid nitrogen cryopreservation vault, where the stem cells will continue to be undamaged and usable for years.

Don't let this take the fun out of playing Tooth Fairy. Your child never needs to know! Be the loving parent, do your winged fairy deed and put the tooth away for less happy days.





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Dr. Steven Linker, OD

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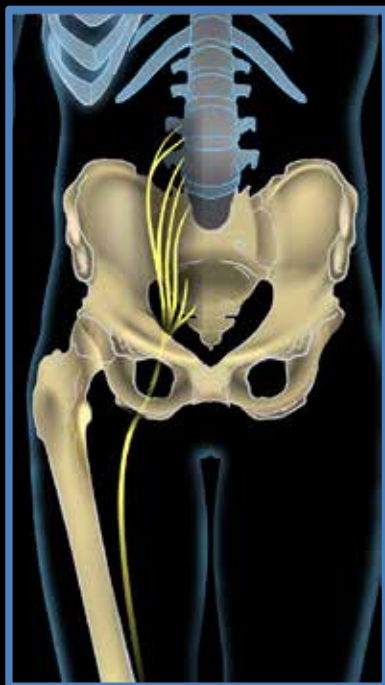


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Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy (by a licensed professional) until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression including non-surgical spinal decompression. Contact us today for more information on how you can *GET BETTER FASTER*.



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# Our Postpartum Truth - In Her Words: My Children

By Michele Inzelbuch, LCSW, LCADC

**O**ur firstborn child can get all the attention, love and time. When we find out we are pregnant with number two, the family dynamic changes. It is so important to involve your older child in the pregnancy and the joys of bringing home a new baby. Your child may get excited about becoming a big brother or sister, want to learn ways to help with the new arrival, and have expectations on how much the baby is going to love them. When the baby comes home and mom starts showing symptoms of postpartum depression or anxiety (PPD/A), the whole family is affected and requires support and healing.

This month, our group shared how their postpartum symptoms affect their other children.

N.D.'s daughter was 2 years old when she began to have symptoms of PPD from her second child. "She didn't really seem to notice at the time but she does have some anxiety now at almost 8 years old so I tend to blame myself for that," she explained. N.D. understands that her experience with PPD had changed her and increased her emotional responses. Regardless of self-blame, N.D. took action to ensure the health of her children and has her daughter in therapy to help her understand what's happening and develop coping skills. "I want to be proactive with her," she said. Acceptance of how ones mental health can affect others is so important. Making the choice to improve the health of ourselves to help our children shows strength and courage despite negative emotions from PPD.

M.T.'s son celebrated his sixth birthday five days after she gave birth to her daughter. Her postpartum symptoms of depression made it difficult to be active in her son's life, but it was the "anxiety that turned to rage" that bothered her the most. "I yelled at my son and he has become afraid of me," she said. Her change in attention to him, her anxiety and rage may have caused him to have symptoms of anxiety. M.T. described her negative outlook, "I feel horrible, I feel like I am a terrible mother and person, I did this to my child." These feelings of guilt and shame caused efforts to decrease depression to be a struggle. Through her own therapy and medication management, M.T. continues to work on forgiving herself, recovering from depression and anxiety, and continues to care for her son the best she can.

J.D. suffered from postpartum issues with both her children who were born two years apart. She also had a miscarriage that added to the symptoms she

experienced. She believes that her rage, a symptom of anxiety, greatly impacted her older son causing him to act out with rage and disrespect towards her. J.D. stated that his behaviors lasted until "I started getting better and began therapy." Children learn their coping skills from watching their parents and mimicking what they see. "Now that I am on the other side of the PPD and have become a different person, he has too. At 7 years old he has completely changed his behavior and I am certain it has to do with the fact that my mental health has changed as well," J.D. shared.

T.S. only had PPD/A with her fifth child. Her other children were 8, 6, 4, and 3 years old when symptoms began. "My PPD initially manifested in extreme rage, which sadly my children bore the brunt of," she shared. "I would try so hard to stay calm and be a good mother and [be] patient, then one child would refuse to go to bed or brush their teeth and I would explode." This anxiety and aggressive behavior caused her to have feelings of guilt. She felt like a "terrible mother" and feared that if she shared what she was going through with anyone, they would take her children away. "I went to get help for anger management because I was determined not to carry on doing this. My kids deserved better," she said. Part of her self-care was the care of her children. "My husband and I took our two older children aside individually and told them I was suffering from an illness called depression and that was why I was sad or angry at times when it didn't make sense." Helping them understand what she was going through assisted them in making sense of the changes that were taking place with her and in their own lives.

One may question a women's decision to have another child after suffering from postpartum symptoms with a prior pregnancy, but some of these women did not suffer from PPD/A with their first. Regardless of previous parenting experience, a new baby can add stress to a family unit. Older children can prepare for their new siblings and join in the excitement of their arrival. Learning how we can protect and prepare them for what mommy is going through can minimize the negative impact on older children. A mother's self-care, social and family support, and therapy and medication is extremely important. The rage that so many of these mothers talk about can reach scary levels and not just for the older child but for the mother as well. The insight into the fear, the pain, and the anxiety that these mothers have caused their children sadly only increases the depression, guilt and shame. These brave women were able to step up, speak out and seek help.

*For the new mom from a survivor:* T.S. stated "I believe in solutions and growth and work to bring them about. I am so much more emotionally aware." They did, and many continue to do, what they need to, to better themselves and help their children.

*If you or someone you know has concerns regarding PPD/A or is showing symptoms, do not ignore them. You are not alone and there is help out there for you. Please reach out to the Central Jersey Family Health Consortium at 732-937-5437, the Perinatal Mood and Anxiety Disorder Program at Monmouth Medical Center at 732-923-5573, or Michele Inzelbuch, LCSW, LCADC at 732-704-4331*

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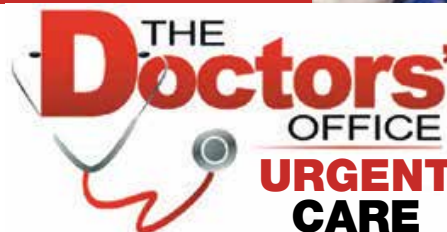
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# What is the Best Sunscreen for My Child?

*With all the sunscreens available these days (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing the right one for your kids can be tricky. But what matters most when picking a sunscreen is how well it protects skin from UV rays.*

Mary L. Gavin, MD Senior Medical Editor for KidsHealth.gov and Nemours Center for Children's Health Media suggests

**L**ook for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

## Other things to consider:

- Don't use sunscreens with PABA, which can cause skin allergies.
- For sensitive skin, look for products with the active ingredient titanium dioxide.
- If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).
- Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.

## How to Use

**For sunscreen to do its job, it must be used correctly. Be sure to:**

- Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.
- Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.
- Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body.
- Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.
- Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.
- Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.
- Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns.

And remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage and teach your kids good sun sense.



By Jill Garaffa

## Making Effective Life Changes

Dear Jill,

I understand that life coaching can sometimes help with transitions. I'm dealing with a big one right now and hoping you can provide some clarity: I'm in the middle of a divorce and can't seem to regain my balance. While I can admit I wasn't even happy for most of the time I was married, I am struggling to understand why this is happening to me.

Signed,  
Dealing with Divorce

Dear Dealing with Divorce,

First, I am really sorry to hear you are going through this painful situation. Divorce is never an easy process as it can be filled with so much emotional turbulence. Divorce is listed in the #2 spot on the list of "most stressful life events" (right under #1, which is the death of a spouse).

In the early stages of a divorce (or any big life transition involving a loss), the main emotional issue is grief. There are several stages to grief, including denial, anger and depression. When you are still actively experiencing very powerful emotions and need to process them & heal, I strongly suggest seeking the support of a good therapist. Once you are past the initial emotional roller coaster and move into the acceptance stage, this is when a life coach can be very helpful. A life coach can help build your confidence, identify your strengths, and create a powerful mind-set in order to create a new life for yourself moving forward.

The first shift in perspective I'd like to offer is to consider that nothing happens "to you." This is victim thinking and will only end up making you feel worse. Consider instead, that things are happening "for you." Instead of asking, "Why is this happening to me?" ask yourself the question, "What will this situation provide for me?" Having an attitude that all things in the Universe happen FOR you is very empowering. All the things that feel good are there for your happiness. All the things that feel bad are there to help you learn and grow. With this thinking, you always win. You are never a victim of circumstances. You are the creator of your life, always learning.

The next step is to ask yourself different questions. Instead of asking "Why" questions, ask "What" questions. Trying to answer "Why is this happening?" or "Why did this happen" can send you down a rabbit hole of depression and analysis paralysis that can keep you stuck in the past. Instead, ask yourself future oriented questions, such as, "What future would I like to create for myself now that I have so much extra time and space in my life?" or "What can I do to bring more balance into my life right now?" Ask, "What can I do to help myself move forward?" or "What do I want?" Engaging the creative (right) side of your brain rather than the logical (left) side of your brain will provide answers that can get you unstuck.

Learning to identify your strengths and help you shift your thinking to a more powerful mindset is something a life coach can support you through.

Wishing you peace, clarity and purpose!

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.seedsofchange.coaching.com](http://www.seedsofchange.coaching.com) or call 732-859-6962.

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## Easiest, Prettiest Three Bean Salad with Avocado

### INGREDIENTS

- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can red kidney beans, drained and rinsed
- 1 (15 oz) can garbanzo beans, drained and rinsed
- 1 ear of fresh corn roasted with kernels removed or 1 (15 oz) can whole kernel corn, drained
- 1 large orange, yellow or red sweet pepper, diced
- 12 multicolored grape or cherry tomatoes, halved
- 1 bunch fresh cilantro, chopped
- 2 large avocados, peeled, pitted and diced
- juice of 2 fresh limes
- 1/2 cup light olive oil
- salt and pepper to taste
- 2 cloves finely diced garlic



### DIRECTIONS

1. Mix all ingredients together in a large bowl. Refrigerate for 1 hour before serving.

*Note: After cutting up my avocado I tossed it in the lime juice then added the avocado and the juice to the salad. This will help with the avocado not turning brown before serving.*

## Oven Roasted Rainbow Chard with Feta Cheese

### INGREDIENTS

- 1 bunch rainbow chard - leaves and stems separated then chopped
- 1 large onion, chopped
- 1 tablespoon lite olive oil
- Salt and pepper to taste
- 2 tablespoons olive oil
- 4 ounces feta cheese, broken into 1/2 inch piece

### DIRECTIONS

1. Preheat an oven to 350 degrees.
2. Grease a baking sheet with light olive oil or cooking spray.
3. Place the chard stems in a bowl with chopped onions and 1 tablespoon extra-virgin olive oil.
4. Season with salt and pepper to taste.
5. Spread onto the prepared baking sheet.
6. Bake until the chard stems have softened and the onion is starting to brown on the corners, about 15 minutes.
7. Lightly toss the chard leaves with 2 tablespoons of olive oil, salt, and black pepper.
8. Sprinkle the leaves over the stem mixture
9. Scatter the feta cheese over top.
10. Bake in the oven until the feta is melted and golden, about 20 minutes.





# 10 Things Science Says Will Make You Happy

By Jen Angel



In the last few years, psychologists and researchers have been digging up hard data on a question previously left to philosophers: What makes us happy? Researchers like the father-son team Ed Diener and Robert Biswas-Diener, Stanford psychologist Sonja Lyubomirsky, and ethicist Stephen Post have studied people all over the world to find out how things like money, attitude, culture, memory, health, altruism, and our day-to-day habits affect our well-being. The emerging field of positive psychology is bursting with new findings that suggest your actions can have a significant effect on your happiness and satisfaction with life. Here are 10 scientifically proven strategies for getting happy.

## Savor Everyday Moments

Pause now and then to smell a rose or watch children at play. Study participants who took time to “savor” ordinary events that they normally hurried through, or to think back on pleasant moments from their day, “showed significant increases in happiness and reductions in depression,” says psychologist Sonja Lyubomirsky.

## Avoid Comparisons

While keeping up with the Joneses is part of American culture, comparing ourselves with others can be damaging to happiness and self-esteem. Instead of comparing ourselves to others, focusing on our own personal achievement leads to greater satisfaction, according to Lyubomirsky.

## Put Money Low on the List

People who put money high on their priority list are more at risk for depression, anxiety, and low self-esteem, according to researchers Tim Kasser and Richard Ryan. Their findings hold true across nations and cultures. “The more we seek satisfactions in material goods, the less we find them there,” Ryan says. “The satisfaction has a short half-life—it’s very fleeting.” Money-seekers also score lower on tests of vitality and self-actualization.

## Have Meaningful Goals

“People who strive for something significant, whether it’s learning a new craft or raising moral children, are far happier than those who don’t have strong dreams or aspirations,” say Ed Diener and Robert Biswas-Diener. “As humans, we actually require a sense of meaning to thrive.” Harvard’s resident happiness professor, Tal Ben-Shahar, agrees, “Happiness lies at the intersection between pleasure and meaning. Whether at work or at home, the goal is to engage in activities that are both personally significant and enjoyable.”

## Take Initiative at Work

How happy you are at work depends in part on how much initiative you take. Researcher Amy Wrzesniewski says that when we express creativity, help others, suggest improvements, or do additional tasks on the job, we make our work more rewarding and feel more in control.

## Make Friends, Treasure Family

Happier people tend to have good families, friends, and supportive relationships, say Diener and Biswas-Diener. But it’s not enough to be the life of the party if you’re surrounded by shallow acquaintances. “We don’t just need relationships, we need close ones” that involve understanding and caring.

## Smile Even When You Don’t Feel Like It

It sounds simple, but it works. “Happy people...see possibilities, opportunities, and success. When they think of the future, they are optimistic, and when they review the past, they tend to savor the high points,” say Diener and Biswas-Diener. Even if you weren’t born looking at the glass as half-full, with practice, a positive outlook can become a habit.

## Say Thank You Like You Mean It

People who keep gratitude journals on a weekly basis are healthier, more optimistic, and more likely to make progress toward achieving personal goals, according to author Robert Emmons. Research by Martin Seligman, founder of positive psychology, revealed that people who write “gratitude letters” to someone who made a difference in their lives score higher on happiness, and lower on depression—and the effect lasts for weeks.

## Get Out and Exercise

A Duke University study shows that exercise may be just as effective as drugs in treating depression, without all the side effects and expense. Other research shows that in addition to health benefits, regular exercise offers a sense of accomplishment and opportunity for social interaction, releases feel-good endorphins, and boosts self-esteem.

## Give It Away, Give It Away Now!

Make altruism and giving part of your life, and be purposeful about it. Researcher Stephen Post says helping a neighbor, volunteering, or donating goods and services results in a “helper’s high,” and you get more health benefits than you would from exercise or quitting smoking. Listening to a friend, passing on your skills, celebrating others’ successes, and forgiveness also contribute to happiness, he says. Researcher Elizabeth Dunn found that those who spend money on others reported much greater happiness than those who spend it on themselves.

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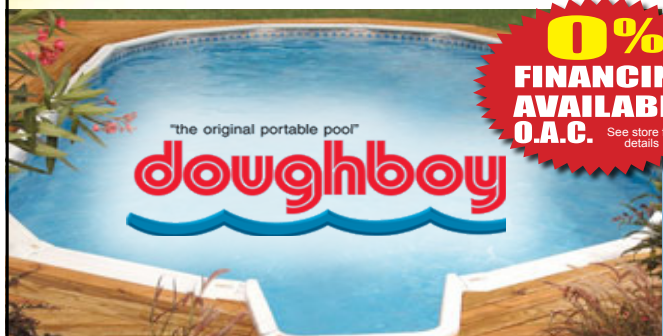
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