FAMILY TIMES™

CENTRAL NEW JERSEY'S PREMIER PARENTING MAGAZINE

FREE | News for Parents • Activities for Kids | JULY 2017

CHECK OUT OUR SPECIAL SECTIONS

- Let's Celebrate
- Activities
- The Healthy Family
- Family Matters
- Recipes & Dining
- Grandparents
- Home & Haven
- Education/ Camps
- What's Happening
- Pet Pages
- Afterschool
- Pregnancy & Birth
- Moms & Dads
- Teens & Tweens
- Special Needs

GUNTHER Publishing Enterprises, Inc.

Vol.9 No.7

East Windsor Township Recognizes Knowledge Beginnings With Litter Free Award

TENDER SMILES

Bring in this ad for a FREE GIFT

Dr. Max is proud to be on New Jersey's referral list for Special Needs Dentistry

Finally, a dentist your kids will be excited to go to!

Dr. Max Sulla's approach to creating a healthy smile is his commitment to educating parents and children of all ages on the importance of good dental hygiene.

FREE
Ortho Consultation
$149 value

FREE
Infant Exam
$99 value

$160
New Patient Visit
$399 value

FREEHOLD
122 Professional View Dr.
732-625-8080

NO. BRUNSWICK
1330 How Lane
732-249-1010

EDISON
1656 Oak Tree Rd.
732-549-3773

www.TenderSmiles4Kids.com

FAMILY TIMES™

In the City of iPlay America, Birthday Dreams Come True!

When your child is counting on you for the BEST Birthday Party EVER…one that will be the talk of the town…when it really matters and every detail really counts, the only place to go is the City of iPlay America! iPlay America is the HOME of the FREE Birthday Child and the BEST BIRTHDAY BASH! Choose from an amazing selection of NEW birthday party packages and give more fun to kids of all ages. Plus, you get a personal party host to take care of everything! In the City of iPlay America where birthday dreams come true, no matter which party package you choose, iPlay America's certified party planners are ready to help you create an event your child will remember and cherish. iPlay America party packages are designed to let your birthday child invite up to 15 guests to celebrate for two-and-a-half hours in a private party suite! And every party comes with VIP check in, balloons, balloons, food, rides, games, attractions, and a $25 Game Card for the Birthday Child! iPlay America has NEW larger private party suites, too. Plus, iPlay America has a thrilling selection of fantastic theme options that kids LOVE! Even better, iPlay America is where the party never stops because every guest gets a FREE iRide Pass to STAY and PLAY when the party's over!

It's easy to create the party your child has been dreaming about because there are so many packages and exciting options to choose from. iPlay America's most popular package is the iParty Plus! The iParty Plus package includes Cosmic Battle Laser tag, UNLIMITED rides, choice of 4D Theater or Spin Zone and so much MORE. LDoes your child love laser tag? Then consider the Cosmic Battle Party. The VIP Ultra party package is the ultimate luxury party for all ages and occasions.! This party package comes with a Celebration Room where you and your guests will enjoy everything iplay America has to offer at your own pace! Call us and speak with one of our certified party planners to learn more about iPlay America's entire selection of party packages and the amazing options available to help personalize your party! Call 732-577-8200 or go to iPlayAmerica.com.

GUNTHER
Publishing Enterprises, Inc.

FAMILY TIMES
THE MILLSTONE TIMES
Monmouth County's ASK THE DOCTOR
The Greater Princeton Area ASK THE DOCTOR

Publisher
Cami Gunther

Art Director/ Graphic Designer
Stephanie Frederick

Managing Editor
Susan Heckler

Editor
Elizabeth Newman

Marketing Consultants
Jolene Conoscenti
Elizabeth Newman
Susan Heckler
Dawn Gibson
Leanne Swallwood

Director of Recruitment/Event Coordinator
Jolene Conoscenti

Writers
Susan Heckler
Pam Teel

Interns
Gina DiRusso
Jordan Tinitigan
Stephanie Maglio

Download "Bar Code" app on your phone

Scan this QR Code with your smart phone to go directly to our website.

CONTACT US: PO Box 7632, Freehold, NJ 07728
Cami@GuntherPublications.com
Phone (732) 995-3456 Fax (732) 677-3390

Follow us! @TMFTimes **Find us on Facebook!** **Connect with Cami!**

WHERE TO FIND US

Free copies of the Family Times Magazine can be found at the following places!

MERCER County

Advocare Garden State Pediatrics Hamilton
Antheia Gynecology
Antonio's Pizza
Blue Bottle Cafe
Brick Farm Market
Capital Health
Care One Hamilton
Central Perks Bagels Hamilton
Delaware Valley OBGYN:
East Windsor & Lawrenceville
Eighteen Eight
Evans Chiropractic
Goddard School West Windsor
Gold's Gym East Windsor
Hamilton Fitness
Hamilton West Windsor Acupuncture
Jersey Girl Cafe
Junction Barber Shop
Knowledge Beginnings East Windsor
Lawrence Senior Center
Libraries: *Princeton, Hamilton, Hopewell, West Windsor, Hickory Corner, Hightstown, Robbinsville, Lawrenceville*
Lightbridge Academy: *Hamilton, Lawrenceville, East Windsor*
Mastoris Diner
Mercer County Community College/ Kelsey Theater
Morris Hall Meadows
Pennington Athletic Club
Pennington Bagels
Pennington Market
Princeton Endoscopy
Princeton Pain & Spine Institute
Princeton Wellness Center
Quakerbridge Radiology
Radiology Affiliate Imaging Lawrenceville
Robert Wood Johnson
Senior Centers: *Lawrenceville, Robbinsville*
St. Lawrence Rehabilitation Lawrence
Terhune Orchards
Town & Country Diner
West Windsor Senior Center
Work Out World Robbinsville
YMCA: *Hamilton, Princeton*

MIDDLESEX County

Absolute Dance Center
Allstar Sports
Bridgeway Diner
Bright Horizons PreSchool
Brooklyn Bagels
Center of Dance
Crossroads Early Learning
Dance Universe
Immediate Care Center
Innovative Wellness
Innovative Yoga Center
I Pilates
Jamesburg Family Eyecare
JEI Learning Center
JFK Healthcare
Knowledge Beginnings
Kumon Learning Centers
Lightbridge Academy Centers:
East Brunswick, Sayerville, Plainsboro
Mondello's Restaurant
Monroe 33 Sports
Monroe Deli
Monroe Library
Monroe Orthodontics
Monroe Recreation Center
Monroe Senior Center
One Step Yoga
Scotto's
Soccer Post
The Malvern School
Tiny Tots Therapy
University Radiology
Windsor Radiology

OCEAN County

Bounce U
Brick Orthodontics
Bubbakoos Burritos
Care One At Jackson
Cuts Family Hair
Destino's
Dr. A Morgan Fertility
Dr. Louis Napolitano
Farley's Ice Cream
Glory's Market
Inspirations Dance Studio
Jackson Diner
Jackson Pediatric Dentistry
Jackson Roller Rink
Mathasium
Meridian Fitness
Ocean Pediatric Dental
Shore Ballet
Sky Zone
The Doctor's Office
Wang Orthodontics

MONMOUTH County

Active Adult Services
Advanced Center For Orthodontics
Advanced PMR
Albivi's
Artisan Art Studio
Centre State Hospital & Fitness
Colts Neck Orthodontics
Delicious Orchards
Family Foot and Ankle
Golden Years
Health South Hospital
Holmdel Imaging
I Play America
Lightbridge Academy Centers: *Manalapan, Freehold, Manasquan, Matawan, Eatontown*
Marlboro Jewish Center Preschool
Marlboro Pharmacy
Metro Fitness Centers
Mosaic Spa
NJ Spine & Wellness
Perrineville Jewish Center
Senior Centers: *Middletown, Freehold*
Solomon Shector
Sportika
Tad Pole Preschool at Frogbridge
Temple Rodeph Torah
Temple Shaari Emeth
The Doctors Office
Thompson Plastic Surgery
Tommy's Bagels: *Manalapan, Freehold*
YMCA: *Freehold, Hamilton, Old Bridge, Princeton, Red Bank*

As a proud sponsor of IPLAY America's Kids Club, the Family Times magazine is sent home every weekend with each child attending IPLAY Kiss Club events and parties.

iPlay America
GET INSIDE THE FUN!

We are in the club houses of many Over 55 Communities in CNJ.

**There are many additional places you will find us! We can't list them all.*

NYC Things To Do This Summer

By Stefanie Maglio

Summer is here, and the kids are done with their last day of school. Thoughts of fun in the sun are stirring in the minds of children along with their friends and family. Teenagers are getting ready to have the time of their lives with their friends day and night all throughout the summer. While relaxing by the pool in the backyard is perfectly fine, sometimes it's fun to kick the summer festivities up a notch. Visiting New York City this summer may just be the way to do that! Consider these NYC activities for all ages during your summer vacation:

- **Visit the main tourist attractions in NYC**: Go to the Empire State Building, visit the Statue of Liberty, go to Rockefeller Center, visit the Freedom Tower and 9/11 Memorial. Finish the day off by eating in one of NYC's many restaurants!
- **Soak up the sun by one of the city's local pools.** Yes you could just swim at home, but swimming in the city provides a new and exciting view and overall environment.
- **Visit Central Park Zoo.**
- **See a free Summer Stage show!** Many times throughout the summer parks in the city will have free concerts. Get out and enjoy the music in the sun!
- **Devour an ice cream cone at Ample Hills Creamery**. This is no regular ice cream parlor, as twenty-four rotating flavors—made with Battenkill Valley Creamery milk, organic cane sugar and cage-free eggs are available to the public, along with a plethora of delicious toppings!
- **Sign up for the Brooklyn Kickball League.** Partake in the ultimate hipster sport without committing to a weekly team. Perfect for the person who loves to get out and be active while having fun whenever they get the chance.
- **Take a trip to Governor's Island.** Can't afford a tropical vacation? Hitch a ferry to New York's car-free island, and once you're there, get a tan as you chill in one of its hammocks. For those who like to keep busy, don't worry. There are plenty of recreational activities to participate in on the island as well.
- **See a movie at the Rooftop Cinema Club**. Adults can enjoy delicious cocktails while watching the Brooklyn or Manhattan Sunset before the movie screening.
- **Have a blast at Luna Park!** The Coney Island institution boasts more than 50 attractions, including the iconic Cyclone, the high-flying Air Race and the Endeavor. Carnival games and sweet treats to eat are in abundance as well.
- **Plan an evening picnic along the Hudson River** and take time to admire the stars and constellations with family, a loved one, or some friends. This is the perfect summer night activity to partake in if you aren't looking to spend a lot of money.

Whatever you decide to do, remember to stay safe. Have a happy, healthy Summer 2017!

Fascinating Facts about the Human Body

1. The total weight of the bacteria in the human body is 2 kg.
2. Your right lung can take in more air than your left.
3. Not only human beings, but also koalas have unique finger prints.
4. At birth, a child's body is made up of around 300 bones. But an adult has just 206.
5. Every year more than 2 million left-handed people die because of mistakes they make when using machines designed for right-handed people.
6. If someone kisses another person for a certain amount of time, this is much more effective in terms of hygiene than using chewing gum, as it normalizes the level of acidity in your oral cavities.
7. An adult person performs around 23,000 inhalations and exhalations a day.
8. The total strength of masticatory muscles on one side of your jaw is equal to 195 kilograms.
9. Men are officially classified as dwarves if their height is below 1.3 m, whereas for women the measure is 1.2 m.
10. A person uses 17 muscles when they smile, and 43 when they frown.

The Art of Ignoring a Public Tantrum

The public tantrum: An unbridled ball of emotional anguish combined with screaming, rolling, pounding and whatever other displays of discontent your child prefers to use.

We have all experienced it. If not, we have witnessed it first-hand. Public tantrums are hardest to deal with because there is no corner or room you can send them to cool down. There are also people watching, judging and commenting. You may feel shame, embarrassment or the urge to have a meltdown yourself. Before you do, remember that you are not alone. Those on-looking parents probably aren't judging you at all. They are probably empathetic toward your situation and just happy that it isn't happening to them. So keep your emotions in check and follow these steps to temper the tantrum.

SIMPLY LEAVE

Sometimes the best option for controlling a full-blown public tantrum is simply heading back to your car. When combined with a straightforward explanation of why you are leaving, this tactic can draw a line of what is acceptable and not acceptable in public. If followed through, your child can learn from the experience and may think twice before acting the same way next time.

COOL-DOWN SPOT

Even though you don't have access to your child's room or usual discipline spot, you can usually still find a quiet place to reason with your tantrum-thrower. Seek out the restroom, dressing room or parking lot and let your child cool down. Explain the consequences of another tantrum and stick to it.

KEEP YOUR HEAD

Remember, your child is still trying to learn the rules of life. He or she is likely testing the boundaries or crying out for extra attention and is just unsure of how to do so. Keep your calm and just know that you are not the first parent to experience the public tantrum. Screaming at your child in public will only bring more attention to the situation.

Adjusting Your Bedroom for More Sleep

By: Erin Mumby

Not getting enough sleep? You're not alone! According to the CDC, 50 to 70 million Americans don't sleep through the night. It might be your bedroom! Here are some simple ways to make your bedroom more sleep friendly.

1. Ditch your Mattress

If you wake up morning after morning feeling stiff and in pain, it may time to replace your mattress. Most mattresses should last up to 10 years; however, if your mattress is worn and torn, you should consider replacing it. Sleep is so important to a healthy and happy life. Although the cost of a new mattress can seem intimidating, the investment is worth it. Choosing a new mattress really comes down to personal preference. Comfort is the most important factor in choosing your new bed.

2. Better Bedding

Pillows are only one important part of a comfortable bed! Invest in a thick comforter or a duvet to make you feel extra cozy. Soft blankets will help you to relax at night.

3. Use the Right Scents

Aromatherapy is a great way to create a relaxing bedroom. This can help you decompress before bed. Lavender and vanilla are the best scents to calm you down. If you get into a pattern of spritzing scents, your brain will pick up on this signal that it's bed time.

4. Cool down

Before you say goodnight, lower the temperature of your bedroom. Low temperatures let your body know that it's nighttime. A chill temperature will cool down your body and send you to sleep. Wearing light pajamas can decrease your body temperature. You can sleep more soundly when you're not tossing and turning in heavy sweatshirts.

5. Color Change

Relaxing colors like blue, yellow and green are great for a bedroom. These colors are calm; relaxing colors that can help put your brain at ease before you get your rest. Colors to avoid include purple, brown and gray. Purple is a color that stimulates creativity and keeps your mind going. Brown and gray can be considered dreary and not calming enough for a bedroom.

6. The darker the better

Sleeping is easier in a dark room. Close those blinds! Both streetlights and moonlight can wake you up as your eyelids blink in your sleep. Turn off electronics with lighted displays. Your brain can process these lights the wrong way and it might wake you up. Darkness tells your brain its time to sleep. Turn off any lamps and get rid of those night lights!

8. Don't Track Time

Electronic clocks can also give off unwanted light. That's not their only problem! If you wake up in the middle of the night and see the time, you may realize you have to get up in a few hours and your body will refuse to let you sleep! Face your alarm clock the other way so you can't see it.

Air Conditioner Filters

The most important maintenance task that will ensure the efficiency of your air conditioner is to routinely replace or clean its filters. Clogged, dirty filters block normal airflow and reduce a system's efficiency significantly. With normal airflow obstructed, air that bypasses the filter may carry dirt directly into the evaporator coil and impair the coil's heat-absorbing capacity. Replacing a dirty, clogged filter with a clean one can lower your air conditioner's energy consumption by 5% to 15%.

For central air conditioners, filters are generally located somewhere along the return duct's length. Common filter locations are in walls, ceilings, furnaces, or in the air conditioner itself. Room air conditioners have a filter mounted in the grill that faces into the room.

Some types of filters are reusable; others must be replaced. They are available in a variety of types and efficiencies. Clean or replace your air conditioning system's filter or filters every month or two during the cooling season. Filters may need more frequent attention if the air conditioner is in constant use, is subjected to dusty conditions, or you have fur-bearing pets in the house.

ROOFING-SIDING-WINDOWS

COMPLETE EXTERIOR REMODELING

Family Owned & Operated

732-577-9813

www.MajesticRenovations.com | majesticexteriorsnj@gmail.com

Check out our job reviews at www.guildquality.com/majesticexteriors

$200 OFF Complete Roof Replacement

With this ad. Not valid with other offers or prior purchases. Offer expires August 15th, 2017.

$500 OFF Any Complete Siding or Windows Job

With this ad. Not valid with other offers or prior purchases. Offer expires August 15th, 2017.

MAJESTIC Exteriors LLC

The First Thing We Build is a Relationship

Visit Our Showroom

420 Rt. 34 Colts Neck, NJ

(Colts Neck Shopping Plaza)

Fully Insured • NJ Lic # 13VH03659900

Do You Need To Upgrade Your Thermostat?

If your home is equipped with an old-fashioned mechanical thermostat, it may be time to jump to the electronic, programmable style. A programmable thermostat can save you big bucks and keep your home more comfortable this winter. A programmable thermostat allows you to program different temperatures at different times of the day. You can tell your thermostat to keep the heat down while you're gone and kick on an hour before you expect to arrive home. By allowing your furnace to work less for a portion of the day, you will save a good deal on your electricity or gas bill.

WHY UPGRADE? The most obvious difference between an electronic and a mechanical thermostat is its interface. An electronic thermostat will feature buttons to change the temperature or set different timers. On the other hand, a mechanical thermostat will most likely only display a dial. An electronic thermostat can be an inexpensive upgrade to make your home feel more modern. The insides of the different thermostats are what really matters. A mechanical thermostat uses two pieces of metal that are joined together. Temperature is measured by these two pieces expanding and contracting. They are usually accurate within two and five degrees. An electronic thermostat relies on digital sensors to measure temperature and alert your furnace when the temperature needs to increase or decrease. These state-of-the-art sensors are usually accurate within one degree.

ENERGY STAR TIPS: Using a programmable thermostat can keep your home warm without hurting your wallet. Take a look at some tips laid out by Energy Star to get the most out of your thermostat.

• Follow your device's "savings set-points" for at least 8 hours a day. A good time for this is while you are at work or sleeping.

• Find your home's comfort spot and avoid overriding the programmed settings. Using the "hold" feature to turn the heat up uses more energy.

• Keep an eye on your batteries. Most units feature a low battery indicator. Change the batteries each year for peace of mind.

WHILE YOU'RE AWAY: It may come as no surprise that you can control certain thermostats from a smartphone application. These advanced thermostats work well for vacation homes. This will allow you to control the temperature from anywhere. You only need to download an app and be sure that your thermostat is connected to a Wi-Fi network.

Your Healthy Home: *About Home Safety*

There are many small and easy things you can do to protect your family from injuries in the home, some of which are listed below. Home accidents kill one person every 16 minutes and injure one person every four seconds in the U.S. Make sure emergency telephone numbers are next to all phones to make it as easy as possible to get help if someone gets hurt.

About Poison

Read warning labels and follow storage directions on household products. Keep poisonous products out of children's sight and reach on high shelves. Install child-proof latches on cabinets that do not have locks. Store food and non-food products separately to prevent confusion and protect your family from container contamination and toxic spills. Always choose non-toxic alternatives when possible and use products with child-resistant caps. Never mix cleaning products together; they may produce dangerous fumes (ammonia and bleach should never be mixed). Install Carbon Monoxide (CO) detectors in your home.

About Fires and Burns

Install smoke detectors on every floor of your home near every bedroom. Test detectors every month and change their batteries every year. Never disable smoke detectors. Develop a family escape plan. Keep matches, lighters, and candles out of children's reach. Never smoke in bed- it is the leading cause of fire-related deaths. Keep anything that can catch fire away from fireplaces, heaters, and radiators. Replace frayed electrical wires. Set water-heater thermostats below 120 degrees F (50 degrees C). Always test the water before bathing yourself or your child.

About Drowning, Choking, Suffocation, and Strangulation

Never leave children alone near water, including bathtubs, buckets and swimming pools. Learn and practice First Aid and CPR. Use child-proof fencing around all swimming pools and hot-tubs. Avoid toys for children under 3 years of age that are smaller than 2 inches long and 1 inches wide. Toys for young children should never have small or removable parts that could be choked on. Avoid window blinds with looped cords, which may cause strangulation if not stored out of children's reach. Keep plastic bags and drawstring cords away from children.

Custom Awnings.. Elegance & Style at a price you can afford!

Add Value, Style and Comfort to Your Home!

VERSATILE
DURABLE
ELEGANT

At DSM Enterprises we design, create, and install custom awning systems to meet your exact specifications while providing the highest possible level of service and attention to detail.

FREE Wind Sensor
With Any Retractable Awning Installation
*A $300 Value! Limited Time Offer. Not to be combined with any other offer. Must present coupon.

$150 OFF
Any Job Over $1000
Limited Time Offer. Not to be combined with any other offer. Must present coupon.

DSM ENTERPRISES
RESIDENTIAL & COMMERCIAL AWNINGS

Residential Commercial
HIC 13VH04770800

732-380-9779
www.dsmawnings.com

FREE ESTIMATES
FREE INSTALLATION
One of the finest craftsmen of custom awnings in New Jersey.

Window Awnings • Canopies • Retractable Awnings • Domes

Bella Vista Country Club

Dinner Parties & Events

Meetings & Seminars

Outdoor Dining

Golf Outings / Fundraiser

100 School Rd. East Marlboro NJ / 732.308.4600 / www.BellaVistaCC.com

FUN FACTS ABOUT THE FOURTH OF JULY

- Edward Rutledge was the youngest signer of the Declaration of Independence at the age of 26 while Benjamin Franklin, 70 years old as the oldest.
- Three U.S. presidents actually died on July 4. On July 4, 1826: John Adams and Thomas Jefferson, James Monroe, who died July 4, 1831.
- Americans began observing the Fourth of July as early as 1777, when the first-ever major celebration in Philadelphia included a parade, a thirteen-shot cannon salute and fireworks.
- In 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas.
- More legislation about national holidays, including July 4, was passed in 1939 and 1941.
- Calvin Coolidge, our 30th president, was born on Independence Day.
- July Fourth is the "biggest hot dog holiday of the year," with Americans reportedly consuming about 155 million of them on Independence Day alone.
- Thomas Jefferson held the first held a Fourth of July celebration at the White House.
- The Declaration of Independence was signed by 56 men representing the 13 colonies
- Since 1846, the Liberty Bell has not been rung every 4th of July due to possible damage.
- The Philippines, a country in Southeast Asia celebrates the 4th of July as the Filipino-American Friendship Day since 1963 after its liberation.
- Two of the U.S. national symbols were made abroad: Statue of Liberty from France and the Liberty Bell from England
- "Yankee Doodle," one of many patriotic songs in the United States, was originally sung prior to the Revolution by British military officers who mocked the unorganized and buckskin-wearing "Yankees" with whom they fought during the French and Indian War.

TOP BABY NAMES OF 2017

According to BabyCenter.com, these are the most common baby names so far in 2017. Celebrating the addition of a new family member is always amazing.

RANK	GIRLS	BOYS
1.	EMMA	LIAM
2.	OLIVIA	NOAH
3.	AVA	MASON
4.	ISABELLA	LUCAS
5.	SOPHIA	OLIVER
6.	MIA	ETHAN
7.	AMELIA	ELIJAH
8.	CHARLOTTE	LOGAN
9.	HARPER	AIDEN
10.	ARIA	JAMES

Keeping Safe on the Fourth of July

By: Susan Heckler

In addition to being a celebration of America's independence as a nation, there's no school, lots of families have barbecues or cookouts, and you can go see a fireworks display at night.

The safest way to enjoy fireworks is at a professional display. Some people light sparklers at home or even set off their own fireworks, but this is dangerous. Some of the people hurt each year aren't the ones setting off the fireworks, but people who are nearby.

It's best to stay away from areas where nonprofessionals are setting off fireworks. Fireworks can cause serious eye injuries, including blindness, if the eye tissue gets damaged or torn. Other common injuries from fireworks include burns to the hands and face, which can leave scars. Someone could even lose one or more fingers if fireworks go off the wrong way. Fireworks can also start fires, which can hurt even more people.

If you know someone who plans to set off fireworks, here are some safety tips to share:

- Only adults should light fireworks.
- Never use fireworks indoors.
- Be prepared to put out a fire by having a hose or water nearby.
- Light fireworks one at a time.
- Stay away from a firework that has not gone off and never try to relight it.
- Sparklers may seem less dangerous than fireworks, but they get extremely hot — as hot as 1,800°F (982°C). Sparklers can light clothes on fire and can cause kids to get badly burned. That would take the fun out of a great holiday!

Stay Safe & Have Fun

KINDNESS – Teaching Kids To Be Kind To Friends

For most young children, friendships come easily. OK, so your child may not have any idea what that kid's name is, but she is playing nicely with him… until he steals her ball… and she pushes him -- time out. New friends are a lot of fun, but they also introduce uncertainty and conflict. Help your child overcome these challenges by building empathy and practicing kindness. These skills can be nourished, and playtime is the perfect time to do it. Try these games at home and help your child practice six friendly skills:

SAY HELLO

Gather some stuffed animals or action figures. Select one and hide it behind your back. Then ask, "Where's Bunny?" Slowly and shyly bring out the friend (Bunny might be too scared and hop behind you again). Then grab another stuffed animal and have him introduce himself. "Hello, Bunny! My name is Bear!" Invite your child to keep the game going until everyone is introduced.

SMILE

Play this feelings game in front of a large mirror. With a big smile on your face say, "Hi, friend. I'm happy to see you!" Watch your child's smile grow, too. Then let your child give it a try. Practice other feelings to contrast the many expressions we show on our faces.

SAY PLEASE

Try this variation of Simon Says. Instead of saying "Simon Says," the person in charge must say "please" to get a response from the group. Such as: "Jump on one foot." (no response) "Jump on one foot, please." (response) You might also try the game "Mother May I?" Substitute your child's name for "mother," and then talk about how it makes us feel when we politely ask our friends for permission.

TAKE TURNS

Create an obstacle course. Inside, you might use sofa pillows to jump on or a coffee table to crawl under. Outside you might use a hula hoop to hop through or a jump rope to walk on top of. Take turns going through each step of the course. Say "my turn" as you demonstrate, then say "your turn" as your Sproutlet follows.

SHARE

Fill two bowls with a different type of finger food. You might fill one bowl with grapes and the other with pretzels. Then ask, "If we both want pretzels, how can we share?" Give your child some time to problem solve. You can also turn this into a fun counting game. Say, "I'm going to share this many grapes with you…" and clap your hands a number of times. Give that number of grapes to your child. Then have her take a turn clapping and sharing.

CLEAN UP

Connect goodbye with cleaning up. At home, before a nap or an outing, say goodbye to the toy room and sing Barney's "Clean Up" song as you return toys to their places. When you are at a friend's house, your child can continue this goodbye habit. Helping with clean-up is one more way to show kindness to friend, because it shows that you care about her toys as much as you care about your toys.

National Ice Cream Month

Ice cream originates back as far as the second century B.C.
At any age, it's always a cause to celebrate!
Most popular ice cream flavors:

1. Vanilla (29%)
2. Chocolate (8.9%)
3. Butter Pecan (5.3%)
4. Strawberry (5.3%)
5. Neapolitan (4.2%)
6. Chocolate Chip (3.9%)
7. French Vanilla (3.8%)
8. Cookies and Cream (3.6%)
9. Vanilla Fudge Ripple (2.6%)
10. Praline Pecan (1.7%)
11. Cherry (1.6%)
12. Chocolate Almond (1.6%)
13. Coffee (1.6%)
14. Rocky Road (1.5%)
15. Chocolate Marshmallow (1.3%)

Summer Salsa Fish Tacos

Fish tacos are a favorite meal to eat in the summer. They are easy to prepare, light, flavorful and low in calories.

INGREDIENTS

- 1 pound halibut or other meaty white fish fillets
- Juice of 2 limes
- 1 11 ounce can whole tomatillos, drained
- 4 small zucchini peeled, seeded and cut into small cubes
- 1/4 cup chopped cilantro leaves and stems
- 2 1/2 teaspoons coarse salt, plus more to taste
- 8 - 6 inches corn tortillas or gluten free tortillas
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne pepper, or to taste
- 1 tablespoon extra-virgin olive oil
- 1 Hass avocado, peeled and thinly sliced

DIRECTIONS

1. Preheat the oven to 225 degrees.
2. Place the fish in a medium bowl and drizzle with half of the lime juice. Cover and refrigerate for 15 minutes.
3. Using your hands, squeeze the juice and flesh from the tomatillos, 1 at a time, into a bowl and discard the skins. Mash the tomatillos with a fork. Add the zucchini, the remaining lime juice, the cilantro and 2 teaspoons of the salt and toss.
4. Spread the tortillas on 2 baking sheets and warm in the oven for about 10 minutes.
5. In a small bowl, combine the chili powder, cayenne pepper and 1/2 teaspoon of the salt. Remove the fish from the lime juice, pat dry and cover with the spice rub. Heat the olive oil in a large nonstick skillet over medium heat and cook the fish, about 4 minutes on each side. Break the fish into bite-size pieces and season to taste with salt. Arrange the fish in the tortillas with some of the salsa and avocado slices.

It's Blueberry Season in New Jersey!

By Susan Heckler

Pick them yourself locally, buy fresh from the farm stand or favorite grocery. So why would you freeze fresh blueberries?

Berries are very good for our overall health. The vitamins contained spread a number of benefits throughout our body, but is it possible to make them even healthier?

Research is shows that freezing fruits can actually make them even healthier. With organic blueberries, anthocyanin concentration is actually more potent after a short stay in the freezer. Anthocyanins contain a number of anti-inflammatory qualities and are beneficial to your overall brain health. They may also possess anti-carcinogenic properties. The berries actually have their deep blue color because of the anthocyanin in the tissue.

Apparently, when blueberries are frozen for any period of time, the low temperatures penetrate deep within the fruit and disrupt the tissue structure – this makes the anthocyanins more available and absorbable.

1. Lower your risk of heart disease

The nutrients regulate and relax the elasticity of your arteries in the vascular wall, keeping them from getting damaged. This means improves your blood flow thus a healthy blood pressure in the process.

2. Reduced Risk of forms of Dementia

The anthocyanin in the berries can actually increase your memory functions and shield your brain against cell damage and loss. The berries can also improve your nerve cell growth, and make communication easier between nerve cell processes, slowing the aging of cells.

3. Better Nervous System Health

The antioxidants in blueberries offer nerve cells protection from various forms of toxin pollution.

4. Enhanced Motor Function

Above the age of 70+ years, people perform and behave more functionally after consuming frozen blueberries with heightened cognitive ability and improved motor ability.

5. Better Digestion

The antioxidants in blueberries protect your digestive tract from any damage from outside sources.

Blueberry Smoothie Recipe

Quick and easy to prepare, this smoothie recipe is packed with refreshing summer fruits and MUFAs (monounsaturated fatty acids) which is the Flat Belly Diet powerhouse ingredient that specifically targets belly fat. This creamy smoothie is perfect for breakfast, lunch, or a snack.

INGREDIENTS

- 1 c skim milk
- 1 c fresh or frozen blueberries
- 2 tsp cold-pressed organic flaxseed oil (MUFA)

DIRECTIONS

1. Place milk and frozen blueberries in blender and blend for 1 minute. Transfer to glass, and stir in flaxseed oil.
2. This 1 serving meal has only 213 calories and 9 grams of protein.
3. It is low in sodium and sure to target unwanted belly fat and bloat.

Grilled Summer Squash with Shallots

INGREDIENTS

- 4 large green & yellow squash
- 2 large shallots
- 3 tbsp. hot chili pepper olive oil
- 1 tsp. red pepper flakes
- Small handful of basil, roughly chopped
- 4 tbsp. Meyer Lemon Honey
- 1 ½ tbsp sherry vinegar
- Juice from half of a lemon
- Generous amounts of salt & black pepper

DIRECTIONS

1. Combine oil and pepper flakes in a small sauté pan over medium heat until fragrant. Let cool.
2. Slice squash into thick wedges, preferably 2 by 1 inch squares. Place in a large bowl with whole shallots.
3. Pour the pepper and olive oil mixture into a small bowl with vinegar, honey, basil, and some salt and pepper, and mix well.
4. Pour oil mixture over the vegetables and let marinate for at least 30 minutes, but up to an hour.
5. Light a grill, and place each squash wedge and both shallots on the grill, rotating every so often. Reserve the marinade in the same bowl.
6. Remove the shallots after 5 minutes, and chop into thick slices. Place in marinade.
7. After a total of 10 minutes, remove the squash pieces and return to the marinade bowl. Add another pinch of salt and pepper, and mix well.
8. Plate and serve, either hot, room temperature, or cold.

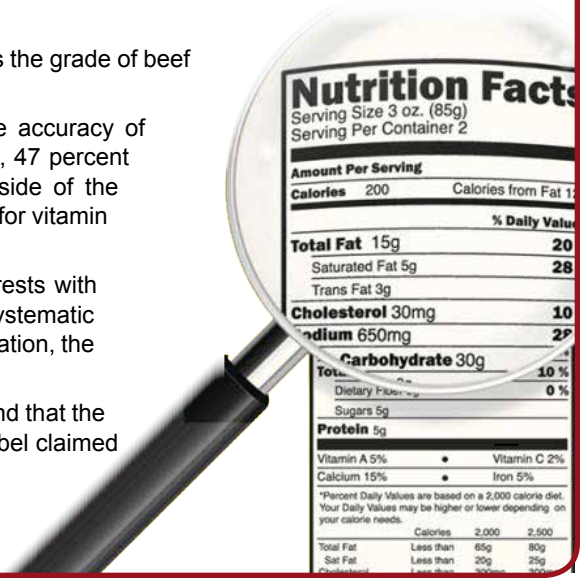
Can You Trust Food Labels?

By Susan Heckler

Some food and vitamin labels are not just ambiguous, but pointblank wrong. Did you know The Food and Drug Administration allows an inconsistency of 20 percent nonconformity of the true ingredient amount? What's worse is no one is even checking whether or not it's even true. The FDA uses an honor system as there is no agency that audits food items on a regular basis.

There are laws that control labeling of:

- Ingredients
- Nutrition information (although this can be inaccurate and fuzzy)
- Country of origin and/or manufacturer
- Other relevant health, safety, and/or agricultural information, such as the grade of beef or eggs; whether the food has GM ingredients



Back in 2008, the Government Accountability Office tested to see the accuracy of manufacturers' vitamin and mineral claims. Out of the 300 products tested, 47 percent were outside of the accepted range for vitamin A, 31 percent were outside of the accepted range for iron, and 12 percent were outside of the accepted range for vitamin C.

Sadly, the responsibility for safeguarding the exactitude of food labels rests with the food manufacturer, not with the government. The FDA does conduct unsystematic sampling and analysis to ensure accuracy. If a company is found to be in violation, the FDA will take regulatory action.

A study published in the Journal of the American Dietetic Association found that the calorie content on frozen food labels was on average 8% higher than the label claimed and on restaurant menus an average of 18% higher.

No answers, just more questions…sorry.

Our Postpartum Truth - In Her Words: The Job

By Michele Inzelbuch, LCSW, LCADC

Maternity leave in the United States is one of the shortest in the world. Many women work until two weeks prior to their due date. They are provided six weeks of paid maternity leave after the natural birth of their baby and eight weeks for a cesarean delivery. There is no paid paternity leave for fathers or partners. New mothers are often left home with minimal support and return to work during the early bonding stages with their baby.

One in seven women will have symptoms of maternal mental health and struggle with this short recovery time. Many women are not emotionally stable or mentally ready to return to work after six weeks postdelivery. Their hormones have not stabilized and/or they have not found the medication or dosage of a mood stabilizer that works for them. For some women, the return to work creates a healthy separation from their child, others it can increase their anxiety. The health of returning to work can also be based on the environment that a woman works in.

What was your experience returning to work after your baby's birth?

N.D. struggled with anxiety and nausea during her pregnancy causing her to take maternity leave six weeks early. "There were some supportive coworkers but my bosses at the time were not supportive at all," she said. "I did not feel any compassion or understanding for my situation." The lack of support motivated her to make a change. She prioritized self-care and within a few months made a healthy transition to a new job.

M.T. struggled with medical issues during pregnancy leading to an early maternity leave. Symptoms of depression and anxiety increased after the birth of her daughter extending her time off to a total of 4.5 months. Although M.T.'s position was filled while she was on leave, she shared, "I was fortunate enough to have a boss that had also suffered with PPD and ensured me a place when I returned. Sadly, she was the only one who understood." When she returned, high levels of anxiety made it difficult to cope in her demanding career. As treatment progressed and medication stabilized her moods she was eventually able to return to work. "Being at work kept me busy and distracted, so it was also good for me to return."

S.T. "Work honestly affected my PPD and PPA, aiding in the severity," S.T. said. "He (the boss) knew I was struggling and gave me a little bit of space and leeway, but still was mostly focused on me getting my work done." Her productivity suffered because of her anxiety and trouble focusing, a side effect of her medications, adding more stress. Returning to work did benefit S.T. by giving her a break from taking care of the children. She treated the anxiety with medication and became more stable, focused and she increased productivity.

C.D. "Work was my saving grace," C.D. shared. "I was very open and honest with my supervisor at that time about my increased anxiety, sensitivity and lack of concentration and memory." She found that returning to work and having time separate from her child provided her with a distraction from her maternal anxiety and returned her to a healthy routine. "In the end going back to work was the right decision for me. I was able to get back to a normal routine and feel like myself again; doing something I was skilled and confident in."

For the new mom from a survivor: There are mothers who have walked the road you are on and who have healed. Find support and have hope, after all, hope means Hold On Pain Ends.

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.

Daily Bit of Chocolate in Pregnancy May Help Mom, Baby

Pregnant women who nibble just a small piece of chocolate each day may improve the circulatory health of their unborn child, a new study suggests.

The tiny treat may also reduce the risk for preeclampsia, a potentially deadly condition in which a pregnant woman with normal blood pressure suddenly develops dangerously high blood pressure, the researchers said.

The findings held up regardless of whether the chocolate consumed contained high or low amounts of so-called flavanols. Some experts believe these compounds -- found in certain plant-based food items -- may confer a number of health benefits.

But the association seen in the study did not prove that eating chocolate during pregnancy caused better circulatory health in pregnant women and their babies.

"Our observations suggest that a regular small consumption of dark chocolate -- whether or not the level of flavanol is high -- from the first trimester of pregnancy, could lead to an improvement of placental function," said study author Dr. Emmanuel Bujold. He is a professor of obstetrics and gynecology at Universite Laval in Quebec City, Canada.

And at least one nutritionist said she wasn't ready to embrace the study's findings.

Flavanols are naturally present in large quantities in unprocessed cocoa. However, they have a somewhat bitter taste and some of the techniques used to turn natural cocoa into tasty cocoa powder or chocolate (such as fermentation) can result in a significant loss of flavanols, experts say.

For consumers, knowing when a piece of chocolate does or does not have a high amount of flavanols can be tricky.

That said, Bujold's team decided to see whether differences in flavanol content had any effect on the pregnancies of nearly 130 women.

All of the women in the study were at the 11- to 14-week mark of their pregnancy, and carrying one child.

All were instructed to consume 30 grams of chocolate (a little more than one ounce) each day over a 12-week period. That's equivalent to about one small square of chocolate per day, Bujold said.

Half of the women consumed high-flavanol chocolate, while the other half were given low-flavanol chocolate. All were then tracked until their delivery date.

Regardless of which type of chocolate was consumed, the women faced the same risk for both preeclampsia and routine high blood pressure. Placental weight and birth weight was also the same in both groups, the investigators found.

Similarly, fetal and placental blood circulation levels, as well as in-utero blood velocity, did not appear to be affected by shifting flavanol levels.

However, simply consuming a small amount of chocolate -- no matter what the flavanol content -- was associated with notable improvements in all blood circulation and velocity measures compared to the general population, the researchers said.

Bujold said this suggests that there's something about chocolate, apart from flavanol levels, that may exert a positive influence on the course of pregnancy. Finding out exactly what that is "could lead to improvement of women's and children's health, along with a significant reduction of treatment cost," he said.

However, he added that the "consumption of chocolate must remain reasonable during pregnancy, and caloric input has to be considered in the equation."

That point was seconded by Lona Sandon, an assistant professor in the department of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas.

"This is not a license to go wild with chocolate," she said. "Keep in mind the amount of chocolate was only 30 grams, or one ounce. That is just a few bites. Piling on the chocolate bars may pile on the pounds beyond what pregnant women would be advised to gain," Sandon warned.

“Also, there are plenty of other nutrients that pregnant women would be better off focusing on for proper growth and development of the baby,” Sandon said, “such as folate, calcium, protein and iron from quality food sources.”

Her bottom-line?

“Enjoy a little good chocolate from time to time,” Sandon said. “But I am not recommending it yet for a healthy pregnancy.”

For more information on this study and findings visit www.healthfinder.gov.

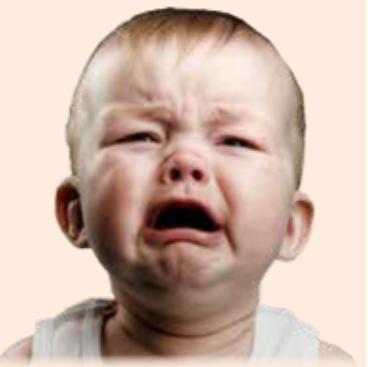
When a Baby Cries

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.

If you are feeling stressed, call the Family Helpline:

1 800-THE KIDS, 24 hours a day, 7 days a week

The American Academy of Pediatrics warns against juices for young children.

They warn it has plenty of sugar, which can cause obesity as well as cause blood sugar to skyrocket.

Even older children should avoid concentrate juices where possible. They say that fruit juice is dangerous for children under one year old, health officials have declared.

A new policy published in May by the American Academy of Pediatrics warned parents about the previous policy said that children aged six months to six years could have up to six ounces a day of fruit juice.

Since that policy was published in 2006, however, there has been a swell of medical research into fruit juice as a driver of obesity rates and risks for dental care.

In the new recommendations, AAP researchers urge pediatricians to tell parents to mash up fresh fruit for their children, instead of giving them juice. ***Water and milk should be their main - if not only - liquid for young children.***

Writing an accompanying commentary, Dr Steven Abrams, incoming chair of the AAP Committee on Nutrition, says parents should feel comfortable with feeding limited amounts of 100 percent fruit juice to their older children.

But, he strongly discourages consumption of unpasteurized juice.

'The policy clarifies that there is virtually no role for juice during the first year of life and that expensive juice products designed specifically for infants are not of value,' Dr Abrams writes.

'These recommendations, taken together, represent a policy goal of decreasing juice consumption, especially in small children, while ensuring an adequate intake of whole fruits.

'It balances the role of a small amount of 100 percent fruit juice in meeting these intake goals while limiting the exposure to juice and emphasizing the key roles of water and milk in a healthy diet.

'It recognizes that juice may provide some vitamins — such as vitamin C in orange juice and calcium and vitamin D in some fortified juice products — but lacks the fiber and protein critical for the growth of children.'

He adds: 'When juice is served to older toddlers, it is important that it not be sipped throughout the day or used to calm an upset child. 'It is not useful for the management of diarrhea illnesses and may predispose infants or young children to the development of hyponatremia.'

COULD FAST FOOD EXPOSE PEOPLE TO HARMFUL CHEMICALS?

Eating fast food may expose a person to potentially harmful chemicals known as phthalates, a new study suggests.

According to health.gov, people who consumed lots of fast food tended to have levels of phthalates in their urine that were 24 percent to 40 percent higher than people who rarely ate take-out fare, the researchers found.

"We found statistically significant associations between the amount of fast food consumed in the prior 24 hours and the levels of two particular phthalates found in the body," said study author Ami Zota. She is an assistant professor of environmental and occupational health at George Washington University's Milken Institute School of Public Health, in Washington, D.C.

However, the study did not prove a cause-and-effect relationship between fast food and phthalate exposure.

The two phthalates in question are di(2-ethylhexyl) phthalate (DEHP) and diisononyl phthalate (DiNP), Zota said. Industries use these chemicals to make plastics flexible, and they can be found in a wide array of food packaging and food-processing machinery.

The U.S. Congress has permanently banned the use of DEHP in children's toys, baby bottles and soothers, and it has temporarily banned DiNP for the same uses, according to the Environmental Working Group. The group is a nonprofit that focuses on environmental health issues.

The bans are based on concerns that phthalates can affect the development of the male reproductive system, Zota said. The chemicals also have been implicated in birth defects, childhood behavioral problems and childhood chronic illnesses, such as asthma.

The two phthalates can get into fast food during the processing of the food, explained Shanna Swan. She is a professor of obstetrics, gynecology and reproductive science with the department of preventive medicine at Mount Sinai's Icahn School of Medicine, in New York City.

The chemicals also can leach into the food from the packaging in which it is stored, both prior to cooking and when it is served, Zota said.

Fast food even can pick up phthalates from the vinyl gloves that restaurant workers wear to prevent food poisoning, Zota added.

"To reduce exposure to phthalates, my recommendation always is to minimize exposure to processed foods, and the ultimate processed food platform is the fast-food restaurant," Swan said. "They don't use anything fresh."

The U.S. National Restaurant Association did not respond to a request for comment on the new findings.

To see whether people who eat fast food have more phthalates in their systems, Zota and her colleagues reviewed data on nearly 8,900 people participating in a regular survey on health and nutrition conducted by the U.S. Centers for Disease Control and Prevention.

The participants all had answered detailed questions about their diet in the past 24 hours, including consumption of fast food, and provided a urine sample that could be tested for signs of DEHP and DiNP.

Researchers defined fast food as anything obtained from a restaurant without waiter or waitress service, or any type of pizza place. All carryout and delivery foods were also considered fast food.

People were considered heavy fast-food connoisseurs if they obtained more than 35 percent of their daily calories from such sources, Zota said.

Zota and her team found that the more fast food participants in the study ate, the higher their exposure to phthalates.

People with the highest consumption of fast food had 24 percent higher levels of the breakdown product for DEHP in their urine sample. Those same fast-food lovers had nearly 40 percent higher levels of DiNP byproducts in their urine compared to people who reported no fast food in the 24 hours prior to the testing.

Grains and meats most significantly contributed to phthalate exposure, the study reported. Grains include a wide variety of items, such as bread, cake, pizza, burritos, rice dishes and noodles, Zota explained.

But a group that represents the chemical industry took issue with the findings.

"The authors acknowledge that a limitation of the study is that they cannot establish a link between any phthalate exposure and fast-food consumption," Lisa Dry, senior director of product communications at the American Chemistry Council, said in a statement.

"No phthalates were actually measured or confirmed to be present in any foods," Dry added. "Data from the Centers for Disease Control and Prevention over the last 10 years, the same data on which this study is based, demonstrate that exposure to phthalates from any source is extremely low, including any contribution from fast foods, and significantly lower than acceptable levels as set by regulatory agencies."

Besides phthalates, the researchers also looked for exposure to another chemical found in plastic food packaging -- bisphenol A (BPA). The investigators found no association between fast-food intake and BPA, but people who ate fast-food meat products had higher levels of BPA than people who reported no fast-food consumption.

The findings were published online April 13,2016 in the journal Environmental Health Perspectives.

Expectant mothers should limit or eliminate fast food in their diet to prevent phthalates from affecting fetal development, Swan and Zota suggested.

"This is of particular concern for pregnant women, or women who might get pregnant," Swan said. "The risky period seems to be early in pregnancy."

More information

For more on phthalates, visit the U.S. Centers for Disease Control and Prevention.

BLOOD LEAD TEST SAFETY ALERT

Today the U.S. Food and Drug Administration and Centers for Disease Control and Prevention are warning Americans that certain lead tests manufactured by Magellan Diagnostics may provide inaccurate results for some children and adults in the United States. The CDC recommends that parents of children younger than six years (72 months) of age and currently pregnant women and nursing mothers at the time of this alert who have been tested for lead exposure consult a health care provider about whether they should be retested.

"The FDA is deeply concerned by this situation and is warning laboratories and health care professionals that they should not use any Magellan Diagnostics' lead tests with blood drawn from a vein," said Jeffrey Shuren, M.D., J.D., director of the FDA's Center for Devices and Radiological Health. "The agency is aggressively investigating this complicated issue to determine the cause of the inaccurate results and working with the CDC and other public health partners to address the problem as quickly as possible."

The FDA's warning is based on currently available data that indicate Magellan lead tests, when performed on blood drawn from a vein, may provide results that are lower than the actual level of lead in the blood. This includes all four of Magellan Diagnostics' lead testing systems: LeadCare, Lead Care II, LeadCare Plus, and LeadCare Ultra. At this time, all LeadCare systems can be used with blood from a finger or heel stick, including the LeadCare II system - a system found in many doctors' offices and clinics. In addition, some laboratories offer other methods of lead testing, which are not believed to be affected at this time.

The CDC is recommending that health care providers retest children younger than six years (72 months) of age at the time of this alert (May 17, 2017) if their test was conducted using blood drawn from a vein using any Magellan Diagnostics' LeadCare System tests and received a result of less than 10 micrograms per deciliter (µg/dL). The CDC also recommends that women who are currently pregnant or nursing and were tested in this manner while pregnant or nursing get retested. Other adults who are concerned about their risk or the risk to an older child should speak to their health care provider about whether they should be retested.

"We understand that parents of children and others affected by this problem will be concerned about what this means for their health," said Dr. Patrick Breysse, PhD, CIH, director of CDC's National Center for Environmental Health. "While most children likely received an accurate test result, it is important to identify those whose exposure was missed, or underestimated, so that they can receive proper care. For this reason, because every child's health is important, the CDC recommends that those at greatest risk be retested."

The FDA currently believes this issue with inaccurate results first appeared in 2014 and is issuing this warning now based on a lack of reliable data identifying the cause of the problem, the frequency and extent of inaccuracies, and concerns surrounding the effectiveness of mitigations taken by the company to date.

Lead exposure can affect nearly every system in the body, produces no obvious symptoms, and frequently goes unrecognized, potentially leading to serious health issues. Lead poisoning is particularly dangerous to infants and young children. While recommendations for lead screening differ from state to state, all states require children to be screened for lead exposure. Some adults are also at risk for lead exposure, including those who work around products or materials that contain lead.

QUESTION:

What is the latest in technology in the optometry field?

ANSWER:

Dr. Steven Linker, OD

In order to best serve our patients, Monmouth Vision is constantly updating our equipment and continuing our education into the best practices available in our field.

The latest technology in our office is **The Opto Daytona Plus.** This sleek, clean piece of equipment allows us to use ultra-widefield scanning laser technology which supports the detection, diagnosis, analysis, documentation and management, management and clinical analysis from central pole to periphery. It offers multiple wavelength imaging, including options for color, red-free, and autofluorescence with green laser light.

Your retina is the only place in the body where blood vessels can be seen directly. This means that in addition to eye conditions, signs of other diseases such as stroke, heart disease, hypertension and diabetes can also be seen in the retina.

Early signs of these conditions can show on your retina long before you notice any changes to your vision or feel pain. While eye exams generally include a look at the front of the eye to evaluate health and prescription changes, a thorough screening of the retina is critical to verify that your eye is healthy.

Getting an optomap image is fast, painless and comfortable. Nothing touches your eye at any time. It is suitable for any age. To have the exam, you simply look into the device one eye at a time and you will see a comfortable flash of light to let you know the image of your retina has been taken.

Dilation drops might not be necessary, your eye care practitioner will decide if your pupils need to be dilated depending on your conditions. The capture takes less than a second. Images are available immediately for review. You can see your own retina. You see exactly what your eye care practitioner sees - even in a 3D animation.

I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

Check out our website for more information
http://monmouthvision.com/
Dr. Steven Linker, OD
Monmouth Vision Associates
50 Route 9 North, Suite 206
Morganville, NJ, 07751
Tel: 732-617-1717

Keeping Families Close

RONALD McDONALD HOUSE OF CENTRAL & NORTHERN NEW JERSEY

LONG BRANCH HOUSE
131 Bath Ave., Long Branch, NJ 07740
732-222-8755

NEW BRUNSWICK HOUSE
145 Somerset St., New Brunswick, NJ 08901
732-249-1222

2017 Events Season Kicks off!

5TH ANNUAL GARDEN PARTY
May 7, 2017

Join us at our 5th Annual Garden Party which will be held on Sunday, May 7th in the lovely gardens of the Long Branch House at 131 Bath Avenue. At this event guests will enjoy a quiet leisurely afternoon of conversation and delicious finger foods & desserts. Guests will also have the opportunity to win a number of lovely prizes during our tricky tray auction. Tickets and sponsorships are available online, just visit www.rmh-cnj.org for more information or by calling Jane Crupi at 732-222-8755 Ext.5104

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@rmh-cnj.org**

Vehicle Donation Program

Donate a vehicle, and it will be sold at auction. The proceeds will go to Ronald McDonald House of Central & Northern New Jersey, and you may qualify for a tax deduction.

Vehicle donations help us bring families together when family is needed most.

Just call 1-855-227-7435 or visit https://1car1difference.com Select Ronald McDonald House from the drop down box. Fill out the form and they will arrange for pick up and auction of your car. Make sure to direct the donation to:

RONALD MCDONALD HOUSE
OF CENTRAL & NORTHERN
NEW JERSEY

We provide a respite for thousands of families with seriously ill children while they receive care at nearby medical facilities. Our houses and family rooms offer comforting surroundings where family members can stay together during a time of uncertainty and stress. Your generosity has enabled us to support our families for more than a quarter of a century. We thank you for providing us with the opportunity to continue our mission.

For information or to donate, visit www.rmh-cnj.org or email us at info@rmh-cnj.org.

Follow us on social media: RMHCNJ

Get Fabulous Feet

To make sure your feet are ready for their (literal) time in the sun, The American Pediatric Medical Association has some tips to get ready. Here are their top recommendations:

THE DO'S OF FOOT CARE

- Salon foot baths are typically cleanest earlier in the day, so schedule your appointment in the A.M. If you're not a morning person, make sure that the salon filters and cleans the foot bath between clients.
- When eliminating calluses, on the heel, ball and sides of the feet, use a pumice stone, foot file or exfoliating scrub. Soak feet in warm water for at least five minutes, then use the stone, scrub, or foot file to gently smooth calluses and other rough patches.
- Bring your own pedicure utensils to the salon, because bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques.
- When trimming your nails, use a toenail clipper with a straight edge to ensure your toenail is cut straight across. Other tools, such as manicure scissors or fingernail clippers, increase the risk of ingrown toenails because of their small, curved shape. Also: See a podiatrist if you have a tendency to develop ingrown toe nails.

THE DONT'S OF FOOT CARE

- Resist the urge to shave your legs before receiving a pedicure. Freshly shaved legs or small cuts on your legs may allow bacteria to enter. If you are receiving a pedicure and manicure, don't use the same tools for both services as bacteria and fungus can transfer between fingers and toes.
- Don't allow technicians to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.
- Don't round the edges of your toenails. This type of shape increases the chances that painful ingrown toenails will develop.
- Don't use sharp tools to clean under nails. Using anything sharp makes it easy to puncture the skin, leaving it vulnerable to infection.
- Be sure that you don't leave any moisture between toes. Anything left behind can promote the development of athlete's foot or a fungal infection.

Can your Cell Phone Cause Cancer?

By: Ryan Lennox

There are many myths and theories surrounding cell phones and whether they can cause cancer. Recent research suggests that these myths might have quite a bit of substance to them, which is very frightening.

Dr. Devra Davis has done a substantial amount of research attempting to link cell phone radiation to cancer cells. Davis has a PH.D. and M.P.H. in scientific studies from Pittsburgh University and John Hopkins University, respectively, and has been researching electromagnetic radiation for over ten years. The link that Davis claims exists is getting clearer by the day. From a speech at a medical convention, Davis is claiming that the microwaves that cell phones use to communicate with cell towers is in fact what causes cancer. Early research pointed to the batteries used by cell phones as a cause of cancer, but as cell phones progressed to Lithium-ion batteries, the risk of developing cancer decreased exponentially.

More stories surface every day surrounding cancerous masses and cell phone placement, and the stories all seem to line up. Men are developing cancerous masses in the shape of cell phones on their thighs, stomachs (from suit jacket pockets), and bottoms. Because these are usual places that men keep their phones, the cancerous masses form here more than anywhere. Doctors are seeing similar masses on women, but not always in the same places. Because women are less likely to carry their phones in front pants pockets, masses are not forming there. Instead, cell phone-shaped masses are appearing more on women's breasts, as some women carry their phones in bras as opposed to their purses or bottom pockets. While doctors cannot prove a concrete connection between cell phones and cancer, there is definitely evidence building in the case.

Cancer is the main side effect to carrying cell phones, but scientists have also discovered other issues. Since cell phones constantly communicate with cell towers, your body is exposed to constant radiation that the communication produces as a biproduct. In many autopsies, researchers find that the subjects' pelvises are much weaker where the person carried their cell phone, with significantly less bone marrow present. This is also present when men get x-rays of their pelvis; doctors see a much more fragile bone structure than what should be present, mostly due to carrying a cell phone. It has even been reported by the medical company PLoS One that cell phone radiation has been tied to a lower sperm count in men who regularly keep their phone in their crotch area.

Unfortunately, children and teens are more at risk to be harmed by this radiation. Because bones are not as firm until fully developed in adulthood, the radiation put off by cell phones can easily penetrate to the brain, muscle tissue, and other vital parts of the body.

To conclude, while no definite connection can be made between cell phone radiation and cancer, there is definitely evidence building against the case. In a world of ever-evolving technology, we all should be wary of the possible consequences that our new inventions might have, even if they cannot be seen by the naked eye.

Treating a Sunburn

It happens, maybe you forgot to reapply, didn't expect to be outdoors, or missed some spots. No matter the reason your skin is now red, hot, swollen and sore. There is nothing that can undo the damage, but there are steps you can take look and feel better.

- Use a Cool Compress
- Take a Cool Shower or Bath
- Cool or lukewarm water will help take some of the heat out of your burned skin. Adding colloidal oatmeal to your bath will coat and soothe the skin, as well as improve hydration and calm inflammation.
- Use Soothing Lotion
- While skin is still damp from your shower or bath liberally apply moisturizer. Using one that contains hyaluronic acid, an ingredient that helps bind water to the skin, or Aloe Vera can be very soothing.
- Hydrate
- Stick with water, and drink more than you normally do.
- Anti-Inflammatories Help
- Sunburn is inflamed skin. Taking aspirin or ibuprofen will reduce swelling and help alleviate any discomfort.
- Don't Peel it
- If your skin does blister, resist the urge touch. The blister is like a dressing over the open skin, which prevents bacteria from getting inside. . Opening a blister increases your risk of infection. Be sure to apply an over-the-counter antibiotic ointment once they open.
- Avoid the Sun
- Stay in the shade or indoors as much as possible until your skin heals. Keep covered if you must be in the sun.
- When in Doubt, See a Doctor

Seek immediate medical help if you also feel unwell or have chills, fever, or nausea.

Juvenile Arthritis

A painful disorder with no cure, juvenile arthritis is made even more painful by the fact that it puts children in great discomfort.

The goal of treatment is to relieve inflammation, control pain and improve your child's quality of life, according to the Arthritis Foundation. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.

WHAT IS IT?

The most common type of the disorder is juvenile idiopathic arthritis. To receive a diagnosis, a child should be younger than 16 and have initial swelling in one or more joints for at least six weeks, according to the foundation. No known cause has been identified for most forms of juvenile arthritis; some research points toward a genetic predisposition.

ACCURATE DIAGNOSIS

The first and most critical step in treating your child's arthritis is obtaining an accurate, comprehensive diagnosis. Your child's pediatrician will likely recommend that you visit a pediatric rheumatologist, who will complete a careful exam and collect a full health history.

Along with the physical exam, your child's doctors will likely perform laboratory work, X-rays, blood work and other diagnostic tests. Depending on the age and maturity level of your child, this can be an emotionally challenging process.

EMOTIONAL IMPACT

Parents and children alike will experience many emotions when dealing with juvenile arthritis. Sadness, guilt or anger are a few of the feelings that can accompany a diagnosis. The foundation prompts parents to keep relationships and schedules as consistent as possible, even if they feel the urge to shut down and keep to themselves.

Also, keep everyone equally involved in and informed about your child's diagnosis. Siblings especially may feel less attention from you, so it is important to maximize their involvement in communicating with and treating your child with juvenile arthritis.

Tick Removal

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

HOW TO REMOVE A TICK

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.
- Your goal is to remove the tick as quickly as possible–not waiting for it to detach. Avoid folklore remedies such as "painting" the tick with nail polish, petroleum jelly, essential oils or using heat to make the tick detach from the skin. This directly contradicts experts' advice and actually increases the likelihood of contracting tick-borne illnesses, like Lyme and Powassan virus.

FOLLOW-UP

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

- Infant, Toddler & Pre-K programs
- Seedlings Early Childhood Education Curriculum
- Sign Language, Music & Spanish included
- STEM learning
- Whiteboard and iPad technology
- Extended day schedule
- Parent eCommunication app
- ParentView® internet monitoring system
- Large indoor and outdoor play areas
- State-of-the-art security systems

Call a Center Near You:

East Windsor
149 RT 130 North
East Windsor, NJ 08520
609.448.4941

Eatontown
801 Hope Road
Eatontown, NJ 07724
732.695.6900

Freehold
1 Schlechtweg Way
Freehold, NJ 07728
732.303.9600

Lawrenceville
100 Federal City Road
Lawrenceville, NJ 08648
609.543.9700

Manalapan
357 Route 9 South, Suite B7
Manalapan, NJ 07726
732.972.1400

Manasquan
2319 Route 34
Manasquan, NJ 08736
732.292.3111

Matawan
233 Broad Street
Matawan, NJ 07747
732.297.5320

Plainsboro
10 Schalks Crossing Road
Plainsboro, NJ 08536
609.269.8347

Sayreville
2909 Washington Road
Sayreville, NJ 08859
732.654.0077

**See center for details! Cannot be combined with other offers. Expires September 30, 2017.*

Lightbridge Academy®
Innovators in Educational Child Care

GARDENING WITH CHILDREN

By Teena S. Patel
Owner, Lightbridge Academy of Eatontown

The sun is shining, birds are chirping and families are making their way outdoors. Summer is officially here and after months of indoor activities, the time for outdoor exploration is upon us. Starting a garden is one such activity that the whole family can enjoy and provides hands on learning about plant lifecycle, the environment and nutrition.

Here are a few family friendly tips on how to start your very own garden, and the best part is that you'll only need a few items: a small pot, seeds, soil, water, sun and a few green thumbs! So let's get started...

FAMILY FRIENDLY GARDENING TIPS

1. In a small pot fill soil half way and poke 3 holes using a pencil or your pinky finger. Place one seed in each hole and cover with about an inch of soil. This first step is perfect for little hands to get dirty and provide endless talks about using our senses. Here are a few questions to ask your little gardeners: What color is the soil, how does it feel? Is the soil warm or cold? Does it smell? What color is the seed? Is it round, flat, big or small?
2. Pick a fruit or vegetable that not only is easy to grow but your kids will enjoy eating! Cherry tomatoes are a perfect example. They are sweet, come in an array of colors and little hands can pick them right off the vine! You can even plant cherry tomatoes indoors in the cooler months. As the seeds sprout, you'll gain another opportunity to discuss the various stages of growth with your little one. A few questions to ask your little gardeners are: How big is our cherry tomato plant? How many tomatoes are growing? What colors are they? Are they soft or hard? Smooth or rough?
3. Once the tomatoes have grown to a sizable amount, transfer them to a larger pot with more soil. Insert a tomato cage, which will allow the vines to interweave and grow. Children can enjoy the cherry tomatoes right off the vine or dip them in their favorite dressing! Or, work together to create a cool, vibrant salsa perfect for a backyard cookout. This stage allows an opportunity to continue talks about using our senses. Ask your young gardener the following questions: How do cherry tomatoes taste? Are they sweet, sour or spicy? Does it feel smooth or rough? Are there any seeds inside? When you bite into one, is it juicy, dry or crunchy?

The educational opportunities are endless with starting your own family garden. With a little patience and whole lot of love, you are well on your way to introducing your child to the world of gardening. Don't forget to take pictures along the way to create your own family gardening journal!

Reducing Child Anxiety about Camp

By Susan Heckler

Summer camp memories are some of the best you can have. Whether it is a local day camp or a sleepover camp, the experience is one your child will always remember. Moms and Dads have their own fears and anxieties sending their kids off to parts unknown. How you handle your child's departure will have deep meaning to them and how they will handle being on their own.

My personal experience was looking forward to going to sleepaway. My friend was going back for the second year and my older sister was going with me. What struck fear into my heart was seeing my father bawling like a baby as we got on the bus up to Honesdale, Pennsylvania. If I was going to have such a great time, why was he inconsolable?

A child's summer camp separation anxiety can show itself in a number of ways, including:

- Reluctance to attend the camp
- Avoiding being left alone
- Nightmares about separation
- Unrealistic fears about what may happen while they are away
- Physical complaints when separated
- Excessive distress when separation is anticipated
- Frequent physical complaints such as:
- Nausea
- Stomach problems
- Headaches
- Being hot or cold
- Helpful hints:
- Remind your child that it is normal to be anxious about going away for the first time
- Show confidence that they'll have a great time
- Remind them about other anxiety causing experiences they loved
- Provide lots of attention in the days preceding the separation
- Don't drag out the goodbyes; make them short, sweet and caring.

They will survive, they will thrive, and they will look back on your crying as the bus drove away (or cheering the way every other parent who had 8 weeks of freedom ahead did), and laugh.

BUCKLE THOSE SEAT BELTS

The sun is out, the beach is open, and everyone is in the car racing off to somewhere to enjoy.

Bringing attention to the need for New Jersey drivers and their passengers to buckle up has been a major part of the Motor Vehicle Commission's (MVC) efforts to increase safety on highways and local roads.

With its partners at the NJ Division of Highway Traffic Safety and state and local law enforcement, the MVC has sought to increase seat belt usage and educate the public about the state's seat belt laws. Statewide, more than 93 percent of drivers are in compliance for front seat belt usage, putting New Jersey on the right track to keep motorists safe.

In New Jersey, all passengers of a vehicle (front and back) must wear a seat belt. Failure to wear a seat belt as a front seat passenger is a primary offense, allowing law enforcement to stop the vehicle if an officer does not see a seat belt being used. For passengers in the back seat, it is a secondary offense for failure to wear a seat belt. Passengers may be cited if the vehicle is stopped for another offense.

A SAFE TRAFFIC STOP

By John Bazzurro

As a result of social media, the news and police "reality" shows, we have all seen a routine traffic stop by a police officer escalate to a point where either the officer or an individual is fatally injured. In order to help prevent such tragic results, I am writing this article to provide information to citizens in an effort to avoid such an outcome.

Because I represent a number of law enforcement officers, I often times see things from their point of view as well as from the view of an average citizen. The bottom line is that a law enforcement officer who is effectuating a traffic stop is genuinely concerned for the safety of the driver and occupants of the vehicle as well as his or her own safety. Typically, if various simple protocols are followed by both the law enforcement officer as well as the citizen, a safe outcome is more than likely.

First and foremost, when you are being pulled over, you should immediately acknowledge the fact that you are aware that you are being pulled over by placing on your turn signal. Thereafter, you should attempt to pull onto a portion of the side of the road that fully removes both your vehicle and the police vehicle from the traveled portion of the roadway (i.e.-shoulder).

After both you and the police vehicle are safely off of the roadway, you should open your driver's side window and place both of your hands upon the steering wheel so that the officer can visually observe both of your hands as he or she is approaching you. Often times, people make the mistake of reaching across their vehicle into their glove compartment or into their pockets for purposes of getting out their license, registration and insurance card as the officer is approaching their vehicle. Although law enforcement officers are highly trained in this regard, depending on the circumstances, they could potentially believe that you or the occupants of your vehicle are attempting to reach for a weapon or hide contraband. Obviously, such actions could potentially escalate an otherwise innocuous situation.

After the officer approaches your vehicle and requests your documentation, you should verbally advise the officer as to where in your vehicle the documentation is located and advise the officer that you are reaching for it. This will allow the officer to anticipate your moves inside the vehicle so they are not surprised. Additionally, you should immediately respond to any of the officer's requests. Failure to do so could be a signal to the officer that you are attempting to hide something or that the officer's safety may be in jeopardy.

Importantly, when engaging in a conversation with the officer, you should be courteous and friendly regardless of whether or not you believe you committed a traffic offense. Of course, any aggressive or abusive language could cause to escalate the situation. From the officer's perspective, he is only doing his job. Any arguments or positions you may have with respect to the situation are more properly raised in Municipal Court. From a lawyer's perspective, it is generally much easier to have the summons dismissed outright or plea to a favorable deal when a client is courteous and respectful to the officer at the time the ticket is issued. On numerous occasions, I have seen law enforcement officers take notes when an individual is uncooperative, rude or abusive and then refuse to "work with" the prosecutor or the lawyer at the time a plea deal is sought.

Basically, all of the above boils down to common courtesy and common sense. If you follow the officer's instructions, are respectful and do not engage in any actions which the officer may construe as jeopardizing his or her safety, there will be no issues concerning the traffic stop and you may receive the benefit of the doubt from the officer when it comes time to appear in traffic court. On the other hand, if you are disrespectful, rude, abusive, and aggressive, chances are that the situation will escalate to the point where you may receive additional charges and may even be subject to arrest.

JOHN T. BAZZURRO, Esq. - Board Certified Civil Trial Attorney
LAW OFFICES OF JOHN T. BAZZURRO, LLC
200 Meco Drive, Millstone Township, New Jersey 08535
Phone (732) 410-5350 Fax (732) 810-0006.

An IRA for retirement. A plan to get there.

At Schwab, you can get both.

Come to Schwab for clear, practical advice on choosing the IRA that's right for you, generating retirement income, balancing your retirement income against expenses, and deciding which steps to take next.

charles SCHWAB

Own your tomorrow®

Rebecca A. Proske, CFP®
Independent Branch Leader and Financial Consultant

Freehold Independent Branch
3425 Rt 9 North, Suite 101
Freehold, NJ 07728
(732) 298-6380
schwab.com/freehold

Scott Jensen
Vice President & Branch Manager
Red Bank Branch
70 White Street
Red Bank, NJ 07701
(732) 345-2739
schwab.com/redbank

Protecting Your Health Information

Before computers, medical data was stored in paper. These days, almost everything is gathered, analyzed and transmitted electronically. This means your personal information be may be prone to cyber-attacks.

The Health Insurance Portability and Accountability Act (HIPAA) provides data privacy and security provisions or safeguarding medical information. This includes the HIPAA Privacy Act that gives you several different ways to ensure your medical data is being used and secured safely.

While you may not be able to set the level of security devoted to your medical data, there are still proactive ways you can approach your safety. Regularly checking your credit can give you indications that your personal information has been compromised. The sooner you see your information being misused, sooner you can take corrective steps to regain control of your credit. Your Social Security number is one of the most important pieces of information that needs to remain private. If compromised, someone else can open credit card accounts, apply for loans and even gain access to your bank account.

The best ways to prevent someone else from gaining access to your SSN include: keeping your card in a safe place (at home, not a wallet), frequently checking your accounts for fraudulent activity and using an identity protection service.

While you may think leaving your data in the hands of your medical professionals means it's protected, it may not be in your best interest. Doctors are in charge of many different records, which can mean unintentional mistakes. Do yourself a favor and check up on your medical records to avoid errors.

Renewing Friendships For Seniors

With the evolution of technology, it's easier than ever to reconnect with your friends and loved ones. With a little computer savvy and a commitment to "getting the crew back together," you can reclaim these relationships in no time.

BENEFITS OF FRIENDSHIPS

Research shows that close and healthy relationships with others can contribute to your overall health, especially for senior citizens. Theses benefits can be physical, mental and emotional — all of which can contribute to healthier, more fulfilling lives. Whether you're trying to find new friends or convince previous ones to start spending time together again, the effort required to do so may put you out of your comfort zone. It's important to remember the advantages to a more friend-filled life. Doing so will help keep you focused on putting in the energy and dedication required to build and enhance relationships with those around you.

SOCIAL MEDIA

Many seniors go to their favorite social media platforms to find and reconnect with people who were once prominent in their lives. Social media makes it easy to search for people by name or location, helping you locate past connections. By simply sending an re-introductory message, you can easily find out what your friends have been up to and if they'd be interested in reconnecting. If they live close enough, you may be able to set up a time to meet for coffee or a meal.

FINDING FRIENDS

If you have recently moved to a new area, it may be challenging to put yourself back out there to find new friends. The AARP has put together some tips to help seniors meet friends, especially those seniors who may have a hard time thinking of ways to do so. Consider incorporating some of the following practices in your daily life to improve your chances of meeting new people: • Churches and other faith groups put on social events that can be great sources for new connections. Consider attending, and don't be afraid to chat with people you don't know. • Join a senior citizens' center. These organizations are active in the community and put on a broad range of events, such as dances and parties, volunteering opportunities and recreation events. • Finding employment can open up a world of networking opportunities. Even if you're looking for part-time work or a volunteering opportunity, the key is being around new people to increase your chances of finding people looking for the same thing as you: friendship.

Senior Travel For Only $20

Take advantage of the great outdoors with an America the Beautiful Senior Pass for just $20. This gives you lifetime access to over 2,000 recreation sites, including national parks and a lot more. Plus, the proceeds from your pass can help improve visitor and recreation services.

Details about your Senior Pass:

- $10 Lifetime pass
- For U.S. citizens or permanent residents age 62 or over.
- May be obtained in person at a federal recreation site or through the mail using the application form.
- Provides entrance or access to pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federal operated recreation sites across the country.
- Photo identification may be required to verify ownership.
- Passes are NON-REFUNDABLE, NON-TRANSFERABLE, and cannot be replaced if lost or stolen.
- The cost of obtaining a Senior Pass through the mail is twenty dollars ($20). Ten ($10) for the Senior Pass and ten ($10) for processing the application. Applicants must provide documentation of age and residency or citizenship. If you cannot order a Senior pass online, you can submit a Paper Application by mail to the USGS using the paper application and enclosing the same documents and $20 fee
- May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services
- Generally does NOT cover or reduce special recreation permit fees or fees charged by concessioners. For more info visit: https://www.usa.gov/features/usagovs-guide-for-seniors

10 Must-Have Skills to Be a Great Parent

1. **KNOW WHERE YOUR CHILD IS.** Know where they are, who they are with, who is in charge, and when they'll be home. This is critical especially for young teens.
2. **GET TO KNOW YOUR CHILDREN'S FRIENDS**. Where your child spends their time and who they spend it with will have a deep impact on them. Make sure you know your child's friends and their parents.
3. **MAKE SURE YOUR CHILD HAS A HEALTHY DIET.** Their brain is growing and needs the proper nutrition. Make it healthy and avoid overeating. Obesity is a huge issue in children today. Keep your child eating right and staying active for good health.
4. **LIMIT TELEVISION WATCHING AND VIDEO GAME PLAYING.** Children need to be active. Get the TV out of your children's room and give them other activities that will help them learn and grow. It's okay to insist that electronics be turned off and make them go outside to play.
5. **INSIST ON RESPECT.** Respect for yourself and respect for others. Teaching your children good coping skills and communication is one of the best things you can do for your child. Make sure they can handle their anger in ways that will not be verbally or physically abusive to others.
6. **BE RADICALLY CONSISTENT.** Make sure your child knows if you promise consequences for good or bad behavior that you will deliver it – every time. Just don't say it if you aren't going to do it. Expect the same from your children.
7. **TEACH YOUR CHILD ABOUT SEX.** Have open and honest communication with them about sex. Not just that it's bad and they'll get pregnant and die if they have it, but talk about the joy of waiting for that special someone, and about how to take responsibility for their own body.
8. **PREPARE YOUR CHILD FOR ADULTHOOD.** Ask them often how they feel about things and keep open discussions going about drugs, drinking, money, personal safety, and current events. Really work at finding out where your child is on all of these topics and talking to them from a place that they will understand you, not just lectures. For example "What would you do if someone at school offered you drugs?" Listen to their answer and start your discussion from there.
9. **KNOW YOUR CHILD DEEPLY.** What are their hopes, dreams, and passions? Refrain from expecting your child to adopt what you think is important to pursue in life and really get to know where their heart is. Encourage them to pursue their own passions in life, this is one of the greatest things you can do for your child.
10. **FINALLY, TAKE A LOOK AT YOUR OWN LIFE.** You need to be the person you hope your child will become. It just doesn't work to expect them to be one way if you aren't willing to do the same thing yourself. For example, if you want an honest child, you MUST be honest. That means with everyone. Showing them it's okay to lie to others will give them the message that it's okay to lie to you. Be really honest with your own personal inventory and make sure you are leading by example.

Talking to Children about Tragedy

By Susan Heckler

We all watch the nightly news with a feeling of dread, especially if our children are within ear shot. There is a fine line of what we can do to protect them from the evils of the world and how we can prepare them to deal with it in a healthy way. As a parent, it is natural for you to try and insulate your child from the negatives in life. Unfortunately, with social media and the digital age we live in, it is nearly impossible unless you moved off the grid. It is a balance to prepare your child for real life without instilling fear of it. Explaining any tragedy in terms that a young child will comprehend is difficult.

Can you really explain the irrational rationally? Any discussion you have needs to be age appropriate. You can't get into the history of terrorism, gun control, sexual preferences and politics with a preschooler. Actually, The American Psychiatric Association and the American Academy of Pediatrics recommend avoiding the topic with children until they reach a certain age - around 8, but again, it depends on the child. Prior to this age, children struggle to process it. When to speak to them is almost as important as what you say. Find times when conversation is conducive, such as when riding in the car or before dinner. It is best if you start the conversation so you are prepared for it and don't interrupt them- allow them to express their ideas and understanding before you respond. Of course, always reinforce that you are there for them to provide safety, comfort and support. A hug can't hurt. With young children; preschool to kindergarten, its recommended parents keep their stories simple, and reinforcing of the parents' beliefs. Some recommend that an analogy to a movie or cartoon that the child can relate to may help. Try to focus on the positives, such as the heroes of the story. Conceivably, parents want their children to know that a bad man hurt people or to know that someone with a serious illness felt angry and hurt people.

Elementary school kids are very inquisitive and will ask many more interrogative questions. As a parent, you need to decide how much you want to share. It is suggested to avoid children from seeing pictures or the news. These images will stick with children longer than words.

Once your child is a "tween", chances are they heard about it before you did. With their smart phones in hand, the world is at their fingertips. With them, it may be better to listen to them, let them vent their fears and anxieties and then respond. It is normal to experience a wide range of emotions, including fearfulness, shock, anger, grief and anxiety. You may notice your child's behaviors responding to the event…trouble sleeping, difficulty with concentrating on school work or changes in appetite. This is normal for everyone and should begin to disappear in a few months.

Unfortunately, we all need to stress the ability to communicate at all times. Be approachable to all subjects, it is okay to show your own vulnerability and sadness when tragedy occurs, but you need to show your child that you are in control of yourself and manage such events emotionally. It is okay to be upset and it is okay to reach out for help. Your child should have their phone with them when they are not with you. You need to remain reachable at all times. Your child needs to know that if something doesn't feel right, they should bring it to the attention of an adult. This is a good time to reassure them that all safety measures are taken by you and their school to ensure their well-being. When your child walks away from the conversation, they should have the feeling that life is good, people are good and that events like these are terrible but rare. The conversation can even expand into how we can all make the world a better place.

Just For Parents: Teach Your Kids All About Money With An Allowance

The first lessons for kids about money come from their parents. You can start your kids off right by setting a good example in how you manage your own money. Next, take advantage of every opportunity to instill great money-smart habits. Here's how to teach your children about money:

ALLOWANCES

- Under the age of 10: Make allowances dependent on your child completing age-appropriate chores. This is the "first lesson in work for pay. A 10 year-old can be in charge of putting toys away. A 10-year-old can handle kitchen or garbage chores. Create a formal schedule for the allowance, such as every Saturday. It's your child's introduction to pay day.
- Age 10-15: Shift some of a child's spending from your wallet to theirs. For example, rather than hand over $10 or $20 when your son is heading out to the movies, raise his allowance a bit and put him in charge of managing his entertainment money. Or if your kids are gaming enthusiasts, introduce cost sharing: set your spending limit on games, and make it clear they have to cover costs beyond that.
- Age 15-18: Stretch the allowance payout period to two weeks, and then by the time they are 17, make one monthly payment. Teach your teenagers about budgeting, and help them work out a plan for making their money last the entire month - good training for when they leave home for college.

SAVINGS

- Age 12 and younger: Set an expectation that 50% of any money gifts your child receives will be put in a savings account. Make it clear that the money is 100% theirs, but encourage them to tuck it away for a savings goal. And that requires you sitting down and agreeing on a worthy savings goal, such as helping with future college costs.
- Age 13 and older: Consider matching savings contributions for teens. For every dollar of allowance or job earnings they save, you will contribute 50 cents or a dollar. It's a great motivational tactic.

BUDGETING

- Age 12-15: As your children enter their teens, consider giving them half of their allowance in cash and the other half as a spending limit on a debit card. ! is way they will learn how to budget their money even when they aren't paying cash. If they don't spend the debit card allowance, together you can use Online Banking to transfer their unused allowance into their own savings account.
- Age 15-18: Teach your older teenagers to monitor their bank accounts so they know how to limit banking fees. Show them how following a budget can help them spend within their means and avoid overdraft fees.

Kid Expenses; Make it Money Well Spent

According to the latest figures from the Department of Agriculture, it takes $233,610 to raise a child. Of that huge sum, how many dollars spent were optional?

Sometimes Mom & Dad need to pick and choose when to say yes or no. You may feel like a Meany but looking back at the giveaway pile, how much of that money would you have spent in hindsight?

Big Vacations with Babies: If you feel the need to take a big vacation and need to take your kids, think long and hard. Will you enjoy it? Traveling with baby is tough! Don't expect relaxation and a tan. You may want to postpone an expensive vacation until the whole family is old enough to appreciate it. Make sure your destination is age appropriate and everyone can have a good time.

Smartphones: Every kid on your block has a smartphone, but do they need it? Up to a certain age, the phone is for you to be able to reach out to your child when you need to. It is a toy until they are old enough to take responsibility. For many, it is a source of trouble making as they have access to too much. You, on the other hand, deserve the latest technology. Give your child your previous phone and treat yourself to a new one!

Trendy Toys: Trends come and go, if you can postpone the purchase for a while, the wow factor pales and Johnny and Judy may not want it anymore. Don't rush; they don't have to be the first on the block to get the latest gadget.

Computers and Electronics: Every kid wants a brand-new, state-of-the-art computer capable of playing all the latest video games. Does your child actually need their own computer? Start with the basics for the younger child until your teen has established good internet habits and responsibility. Refurbished is a big savings.

Musical Instruments: Music lessons have so many positive rewards; they could have their own article. Many schools have an instrumental rental program. This gives your child a chance to test it out before you invest. When you do invest, buy used until they are ready to progress.

Expensive Clothes: Before the 7th or 8th grade, expensive clothes are more to impress the parent than the kid. Once they hit Middle School, kids will develop a sense of style. Investing in expensive clothing for little ones means a big pile in a Goodwill donation bin. They grow so fast and can only wear it for so long. Check out the local bargain stores that sell the big brand names discounted or consignment shops. You will laugh all the way to the bank.

Playsets: Looking out outdoor play yards? They are classic with long play value but many people get carried away and spend way more than needed. Purchase one that has all the safety built in and durable, splinter-free material. Stick to the basics. If you are buying used, make sure it is safe.

Bicycles: Good Bikes are expensive. For the little guys, an inexpensive, safe bicycle is just fine. They will outgrow it shortly anyway. Hand me down bikes from siblings work just fine. When your child is old enough to really be serious, you may want to invest in a good bike if your feel the maturity is there. A second hand bike is a big savings and, like cars, looks used after a month of use anyway. Always invest in new, good safety gear…that is not the place to scrimp.

Divorce & Special Needs Children

By Mia Ingui

Divorce is one of the hardest concepts to grasp for a child with special needs. The negotiable aspects of divorce, like visitation times, custody, and property division are difficult things to understand for any child. If your child has special needs and you are now a single parent, you will have to plan out your future and take careful precaution. Before the divorce is through, make sure the terms of taking care of your special needs child are set and understood, since legally, the terms of a divorce are as follows: With whom will the child live? How much contact will the parents, legal guardian or other parties be allowed to have? To whom and by whom will child support be paid and in what amount? This stresses the importance of addressing the extra attention a child of special needs will require. To do this, first explore what page you and your spouse are on concerning your child's disabilities and abilities. It is also essential that your family law attorney work with a special needs attorney as well as an experienced financial adviser to eliminate the risk of losing your child's entitlements. The care of the child also comes into play. Since caring for your child with special needs may extend as they age, you need to tailor your divorce agreement for the long-term. Divorce is not easy, but it may work out better for you and your family by taking a practical look at what special needs exist and how they are appropriately addressed during the divorce.

Now featuring Solo Step Overhead Support System at our NO-FALL physical therapy and balance clinic

Donna Singer, PT

FYZICAL®
Therapy & Balance Centers
of Little Silver

This location is a Member of the Hospital for Special Surgery Rehabilitation Network

Serving the physical therapy needs of the Little Silver area since 1988

116 Oceanport Avenue, Little Silver

For Appointments Call 732-758-0002

www.sportscarept.com

www.fyzical.com/little-silver

15 Things Every Parent with Special Needs Kids Should Hear

By Stefanie Maglio

Being a parent comes along with many responsibilities, but when a parent has a special needs child, those responsibilities can double. It can be difficult in many aspects to parent a special needs child, so here are fifteen things to keep in mind:

1. **YOU ARE NOT ALONE**. Many parents are in a similar situation to yours, if not the same. It's important to have friends and family that can be there to support you through difficult times.
2. **IT'S OKAY TO MAKE MISTAKES!** Not everything you do will be perfect. No one automatically knows how to be a parent. It is a learning process, and you adjust as you go.
3. **MAKE TIME FOR YOURSELF WHEN YOU CAN.** It helps to have friends and family that you can lean on in times of need.
4. **YOU ARE STRONGER THAN YOU THINK YOU ARE.** On a daily basis, you manage situations that a regular parent wouldn't be able to handle.
5. **MAKE TIME** for your kids doing simple things like watching a movie, snuggling, talking with them, and playing with them.
6. **YOU'LL HAVE TO MAKE DIFFICULT DECISIONS.** Do what you believe is best for your child.
7. You won't always get everything right on the first try. **JUST KEEP DOING THE BEST YOU CAN**. Your child needs you to be strong for them.
8. **FORGIVE YOURSELF** for any mistakes you make. Learn from them.
9. **KEEP IN MIND** that although parenting a special needs child is hard, it is even more so rewarding when certain milestones are reached.
10. **KEEP YOUR SENSE OF HUMOR**. It will be difficult at times, but that's when it will be most helpful.
11. **DON'T LOSE YOUR SENSE OF SELF**. Make time for personal hobbies when you can, to help keep your spirits up.
12. **CELEBRATE LITTLE THINGS.** Things that may seem small to others are a big deal for your kids!
13. **DON'T LET TYPICAL PARENTS GET YOU DOWN.** They may not understand what you're going through.
14. **DON'T COMPARE YOURSELF TO OTHERS.** Your situation is unique. You must handle it as so, and do what is best for you and your family.
15. **TRUST YOUR INSTINCTS.** They won't steer you in the wrong direction.

BEST PET PHOTO CONTEST

BARKY

BARNEY

BUNNIE

CORKEY

KYLIE

LOUIE

MARTY

CHICKY

MOOSE & SNICKERS

TIGER

CASSIDY

How to Teach Your Children to Play Safely With Dogs

By: Erin Mumby

Did you know that most dog bites to children come from the family dog or another familiar dog? Over 75% of dogs that bite children are owned by a child's family or friend. It is important that kids know how to interact with Even if the dog loves a child, they can easily snap or bite if provoked by the child. Here are some tips to help kids stay safe when they meet a new puppy or play with an old familiar dog:

ASK PERMISSION BEFORE PETTING

If your child sees an unfamiliar dog, teach them to ask the owner if they can pet the dog. The dog's owner will know how their animal will react to a new person. When the dog warms up to you, gently stroke him underneath his chin. Teach your children that a safe dog is one that has a soft body and relaxed with a happy face! A dangerous dog will be one that has its mouth closed or open with tight lips.

SHOW THE DOG YOU'RE FRIENDLY

Instead of attacking the new dog with hugs, your child should extend its palms up to the dog. The dog will have the opportunity to sniff your child. Reaching out can startle an unfamiliar dog.

BE A ROCK, OR A TREE!

Teach your child to be a "tree" if a dog is overly friendly. Stay still! Fold your hands and look at your feet and count in your head until the dog goes away or an adult helps. If a dog actually jumps on your child, teach them to be a "rock." Curl up on the ground and protect your face and neck with your hands and arms.

THINK LIKE A DOG

Ask your son or daughter: "Would you be happy if your somebody started poking you?" It is important to teach children to not provoke their pets. It can be difficult for children to understand that their pet may not always welcome their attention. If a dog leaves the room, they might want to escape the attention of your child. It's important to let your child know to let your dog have some alone time.

Children should never try to take food away from a dog. Kids should be taught to never interfere with a dog that is chewing something. Their little fingers could be mistaken for a snack! Tell your kids to leave dogs alone when they are eating. They should also be taught to let sleeping dogs lie! Our pets need their rest too. Kids should know that they should never break up a dog fight. They should never get in between two dogs that are acting hostile.

Most dogs don't like kisses. Children kissing and hugging a dog too tightly is the major cause of facial bites to kids. Telling your children to think like a dog is a great general rule in keeping them safe and sound around your dog.

WANTED A Loving Family

By Pam Teel

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 years 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.

To view their pets for adoption on petfinder - please visit them at PetFinder.com:

http://www.petfinder.com/shelters/NJ538.html

If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phones are answered during open doors hours or email: linda@animalassistance.org. Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am

All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel do not take salaries. All animals have their recent vaccinations and are neutered and spayed.

Yoyo- adult pot bellied pig- medium size needs a place to call home.

Senator Bob- large friendly male cat domestic shorthair- looking for a lap to lie on

Sweetie- female was found in an abandoned home- She was malnourished but is coming along fine. About 7 months old.

Chili- This little guy was rescued on the streets. Not even a year old. Super friendly

Skipper- young male – super friendly- beautiful black coat

Mr. Joe- adult beagle small male

Suzie- Pit Bull mix young female

Tippy- super friendly and loves other dogs. Jack Russell mix adult male.

Stewart (Stewie) from Millstone- super friendly lovable cat- He's used to being outside but also likes to be inside at times to. Please help us find a new home for him. He would make a great barn cat. Shots updated. Email me crescent671@gmail.com for this cat. All others contact animalassistance at above email.


YoYo


Senator Bob


Sweetie


Chili


Skipper


Mr. Joe


Suzie


Tippy


Stewart

Great Summer Jobs for Teens

If you don't have one yet, check out these great places to work and have fun this summer:

- Amusement Parks hire young people as ticket takers, ride monitors, concession staff, maintenance workers, singers, dancers, musicians, and lifeguards.
- Hospitality Jobs at local restaurants as kitchen assistants help to prepare food, bussers clear tables, waiters and counter workers serve food and scoop ice cream.
- Summer Camp Jobs may still be available as counselors, activity staff, waterfront staff, kitchen staff, maintenance workers, and office staff.
- Summer Jobs for Animal Lovers would be working for a pet store, veterinary clinic, zoo, animal park, equine center, or shelter.
- Summer Jobs for Sports Fans at stadiums, sports teams, race tracks, and other athletic venues hire seasonal workers as ticket sellers, concession stand workers, souvenir sellers, and maintenance workers..
- Summer Jobs at the Beach to spend the summer by the water and in the sun. Most ocean communities hire ticket takers, beach monitors, and lifeguards to work on their beaches
- Jobs at Resorts for young people in cleaning, food preparation, bussing, refreshment sales, activity leadership, gift shop sales, front desk assistance, housekeeping, kids' clubs, and waterfront assistance.
- Jobs at Stores as retail sales clerks, stock shelves, arrange displays, tag items, return items to shelves, and assist customers. In some cases, you may be able to continue your job on a part-time basis during the school year, or even turn your experience into a retail career.

Choosing the Best Vehicle for Your Teen

By Susan Heckler

Many families do not have a brand new vehicle in the budget for a teen's vehicle. In a national phone survey conducted for IIHS of parents of teen drivers, 83 percent of those who bought a vehicle for their teenagers said they bought it used.

Your teen certainly has an idea in mind of what steering wheel they want to sit behind. RESIST the temptation of making them happy and make a choice that will keep them safe instead. Hopefully, you will have some overlap of their list and yours.

When buying a car for a new driver, here are some important considerations from the Insurance Institute for Highway Safety:

DEFINING SAFETY

The recommendations are guided by four main principles:

- Young drivers should stay away from high horsepower. More powerful engines can tempt them to test the limits.
- Bigger, heavier vehicles are safer. They protect better in a crash, and HLDI analyses of insurance data show that teen drivers are less likely to crash them in the first place. There are no minicars or small cars on the recommended list. Small SUVs are included because their weight is similar to that of a midsize car.
- Electronic stability control (ESC) is a must. This feature, which helps a driver maintain control of the vehicle on curves and slippery roads, reduces risk on a level comparable to safety belts.
- Vehicles should have the best safety ratings possible. At a minimum, that means good ratings in the IIHS moderate overlap front, side and head restraint tests and four or five stars from the National Highway Traffic Safety Administration (NHTSA).

CHECK FOR RECALLS

Use the Vehicle Identification Number to check for outstanding recalls before buying a used vehicle. Notify the manufacturer that the title was transferred to you to receive future recall notices, notify the manufacturer of your purchase. The National Highway Transportation Safety Administration also advises vehicle owners to check its database for new recalls every six months or so.

Colts Neck Alum Alexandra Calderaro earns top MIT Scholarship Award From Penn State University

Alexandra Calderaro, graduating senior in the Penn State Smeal College of Business Supply Chain and Information Systems (SC&IS) major, has earned first place in the Supply Chain Excellence Award from the Massachusetts Institute of Technology (MIT).

The MIT Supply Chain Excellence Award is granted to an outstanding graduating senior in supply chain at Penn State as a result of a partnership initiated between the two institutions in 2013. The award grants a tuition scholarship for the student's use toward the MIT Supply Chain Management Master's Degree Program. After completing a minimum of two years of work, Alex applies to MIT's Masters Program in supply chain management.

Danny Yunes, a Smeal supply chain alumnus and graduate of MIT's Supply Chain Management Program, visited the Business Building to present the students with their awards. The MIT Supply Chain Management Program is a 10-month study program designed for early career professionals that includes coursework, a company-sponsored project, and international travel.

Family Time At Philadelphia's Magic Gardens

Philadelphia's MAGIC GARDENS

Philadelphia's Magic Gardens (PMG) is a nonprofit art museum and gallery space located in Isaiah Zagar's visionary art environment at 1020 South Street.

Spanning half a block, the museum includes an immersive outdoor art installation and indoor galleries. Zagar created the space using nontraditional materials such as folk art statues, found objects, bicycle wheels, colorful glass bottles, hand-made tiles, and thousands of glittering mirrors. The site is enveloped in visual anecdotes and personal narratives that refer to Zagar's life, family, and community, as well as references from the wider world such as influential art history figures and other visionary artists and environments.

PMG has become a unique Philadelphia destination and hosts educational opportunities and diverse public programming to thousands of visitors each year.

Zagar has devoted himself to beautifying the South Street neighborhood since the late 1960s, when he moved to the area with his wife, Julia. The couple helped spur the revitalization of the area by renovating derelict buildings and adding colorful mosaics on both private and public walls. The Zagars, teamed with other artists and activists, transformed the neighborhood into a prosperous artistic haven and successfully led protests against the addition of a new highway that would have eliminated South Street. This period of artistic rebirth was coined the "South Street Renaissance." After the street was saved, Zagar continued creating mosaic murals, resulting in hundreds of public artworks over the next two decades.

In 1994, Zagar started working on the vacant lots located near his studio at 1020 South Street. He first constructed a massive fence to protect the area then spent years sculpting multi-layer walls out of found objects. In 2002, the Boston-based owner of the lots discovered Zagar's installation and decided to sell the land, calling for the work to be dismantled. Unwilling to witness the destruction of the now-beloved neighborhood art environment, the community rushed to support the artist. After a two year legal battle, his creation, newly titled Philadelphia's Magic Gardens, became incorporated as a nonprofit organization with the intention of preserving the artwork at the PMG site and throughout the South Street region. Zagar was then able to develop the site even further; excavating tunnels and grottos while adding his signature mosaics to every surface.

In 2008, Philadelphia's Magic Gardens opened to the public and visitors now have the opportunity to participate in tours, art activities, hands-on interpretive experiences, workshops, concerts, exhibitions, and much more!

COMING ATTRACTIONS: MOVIES IN JULY

By: Erin Mumby

Despicable Me 3 (June 30th): In the latest installment in the Despicable Me franchise, Gru (Steve Carrell) is reunited with his successful twin brother, Dru. Dru wants Gru to help him fight against Balthazar Bratt (Trey Parker), a former child star turned master villain. Gru's twin is set on stealing a rare diamond from Bratt that he has stolen. Kristen Wiig, Miranda Cosgrove, and Julie Andrew also voice characters in this upcoming film from Universal Pictures.

The Emoji Movie (July 29th): In The Emoji Movie, emojis live inside Textopolis, a world inside a smart phone. An emoji named Gene (T.J. Miller) is upset that he has multiple facial expressions. His family, neighbors, and friends only have one each. Gene goes on a journey to be like everyone else. Anna Faris, James Corden, Patrick Stewart, and Maya Rudolph also lend their voices to this animated comedy from Sony Pictures Animation.

Months Of: JULY & AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10 KEANSBURG- Mermaids at Runaway Rapids 	11 FREEHOLD- Grandparent Tuesday at iPlay America	12 TOMS RIVER- Cruisin' Downtown Toms River	13 CREAM RIDGE- Freedom Fest State Fair (Horse Park of NJ)	14 BERKLEY- Ocean County Fair 	15 BELMAR- 29th Annual Sandcastle Contest
16 NEW EGYPT- Laurita Winery Summer Food Truck Festival	17 FREEHOLD- Soccer Camp Athletes in Action 	18 KEYPORT- NJSP Boat Safety Certification Class 	19 LAMBERTVILLE- Mill Ballet Summer Dance Camp 2017 	20 SEASIDE HEIGHTS- Casino Pier's 5th Annual Hot Dog Eating Contest	21 FREEHOLD- Exclusive Friday Night Fun for 21+ at iPlay America	22 MIDDLETOWN- Farmers & Makers Market 
23 ASBURY PARK- Jersey Shore Jazz & Blues Fest 	24 SHREWSBURY- Neighbors Helping Neighbors at Monmouth County Library	25 BRADLEY BEACH- Lobsterfest 	26 BELMAR- Craft Camp @ Serenity by the Sea Too 	27 RED BANK- Girls Night the Musical at Count Basie Theatre	28 SPRING LAKE- Annual Seaside Garden Tour 	29 MARLBORO- Music and Food Festival (Recreation Center) 
30 OCEANPORT- Haskell Invitational	31 WARREN COUNTY- Farmers Fair and Hot Air Balloon Festival	1 EAST RUTHERFOR- Coldplay @ MetLife Stadium 	2 CAPE MAY POINT- Family Fun Craft Show at Lighthouse	3 HOWELL- Howell Library Movie Matinee at 1PM	4 HIGHLANDS- Clam Festival 	5 OCEANPORT- Italian Festival and Wine Tasting at Monmouth Park
6 CAPE MAY- Craft Beer and Crab Festival 	7 EAST BRUNSWICK- Middlesex County Fair 	8 NEW BRUNSWICK- State Theatre presents Secret Life of Pets 	9 FREEHOLD- Summer Storytime at Barnes and Nobles	10 OCEAN TOWNSHIP- Italian Festival at Joe Palaia Park		
			Keep Your Parents Busy!			

Millstone's Young Talent Shines Through

Isabella Mays

By Pam Teel

Second grader, Isabella Mays is a very busy girl. The acting bug has hit her early on in her life, when at the age of five she wanted to be a model and act on television. Her goal is to someday be on the Disney Channel. She went for an open audition with Wilhelmina Philadelphia and got a call the very next day. She is currently represented by W Talent Management Philadelphia and Ramona's Talent, and is currently looking for a NY Manager. She loves to visit the big cities of Philadelphia and New York. She loves to look at all the pretty buildings but enjoys coming home to peaceful Millstone Township.

Her busy life includes modeling, acting, and keeping up her great grades at the primary school. She recently received an award recognition at the Board of Education meeting for her high grades.

Isabella loves to watch movies of all kinds. She especially loves emotional movies. She loves animals and is very close to her dog, Lola, a Rottweiler. She has been on Sprout, the CBS show Bull, the NBC Mysteries of Laura, and on Fox, The Harry show. She has done numerous commercials for Sprout, Sesame Place, Microsoft Windows, Universal Relocations, Atlanticare Urgent Care, NFL, Johns Hopkins Medicare, Yorktown funeral home, and Kars4kids.

She has been in videos for Cobalt Music, Johnson Controls, Crest/OralB, and Educational toys, Inc. She has done print work for Just Play products, Widgeon Coats, Villa (Rookie Apparel). She has also been in Internet ads for Walmart, Kohl's, Just Play, Target Photo, Educational Toys, and Crayola. She has worked with David's Bridal and has done numerous fashion shows. One of her favorite things was that she is on multiple toy boxes of Frozen.

Most recently, she has her attention focused on movies. She appeared first as a body double in the movie "Where Demons Dwell: Girl in the Cornfield 2." The director loved her so much that he created a part for her in that same movie. She now has a large part in his new movie "Messenger of Wrath" where she plays a girl with CP. Isabella has done research for this part and works very hard to make her dreams come true. She is currently studying Karate, singing, ballet, piano, tap, jazz and hip-hop. Keep up all the hard work Isabella!

We wish you the best of things to come!

Responsible Summer Fun

While having fun this summer, don't forget to respect the environment around you. A fun summer trip can create memories to last a lifetime. Being a good environmental steward can ensure that families in the future get to have the same type of experience.

What is an environmental steward, you ask? The U.S. Forest Service helped deliver an outdoor code of ethics — a list that includes promises to not damage natural features, to respect other people's property and rights, to obey all regulations and to lend a helping hand when you see someone in distress. Learn more and check out the full code of ethics at www.fs.fed.us.

DON'T LITTER Nothing can ruin the natural beauty of a park or public beach like an empty soda can or sandwich wrapper. Litter is a completely unavoidable stain on our public lands and one that we can work together to remove. It also can be damaging to wildlife and compromise their habitats. Bring along a trash bag or other receptacle for collecting your trash so you aren't tempted to ditch your trash inappropriately. Take pride in your environment by reporting any littering activities you see during your outdoor activities.

FOLLOW RULES Some areas do not allow certain activities, such as fishing, swimming or surfing. It is always a good idea to check with your local land authority ahead of time before risking a wasted trip or costly noncompliance ticket. Remember that agencies implement these regulations for your health, safety and well-being. Certain beach areas may have numerous reports of shark sightings. Maybe there is a storm forecasted for a certain region that could cause injury to people swimming or boating. Depending on where you plan to relax, there may be protected land around you on which activities or sports are not permitted. These areas are designated off limits in many cases to protect wildlife and vegetation. Along these lines, be sure to be mindful of any local hazards that may pose a danger to your summertime fun. Any deep water or snake-infested areas can be extremely dangerous, so it is best to avoid them altogether.

Aspiring Performer Making Her Way Through College

By Pam Teel

Lexi Baldachino, from Millstone Township, is an aspiring performer. She's been dancing since she was 2 years old, starting with performing every style of competition dancing. When she was 8 years old, she began training to become a professional ballerina at Princeton Dance and Theatre.

She then started voice lessons in town. When she was in middle school, she enjoyed being in the school musicals. By the time she left Allentown High School, she was a featured dancer/ensemble in Curtains, Elf/featured dancer in Shrek the Musical, Serena/Dance Captain in Legally Blonde, and Morticia/Dance Captain in The Addams Family. She was also accepted to the Rutgers High School Musical Theatre Academy her junior and senior year of high school. This program and the director, Alistair Williams, really introduced her to and made her fall in love with musical theatre. She took voice classes, acting classes, dance classes, and stage performance classes.

When she began the college search, she was looking for a school with a great ballet program, but switched gears and decided to do musical theatre instead. She really found her true calling at Penn State University where she is majoring in Dance and Theatre and finishing up her freshman year at the university. She absolutely loves the School of Theatre at Penn State. She feels that she has already learned so much more about her talent, artistry, and capabilities. The faculty really opened up her mind and pushes her to artistic limits that she didn't even know existed. It is an amazing experience for her being a part of the theatre group.

She was also on the Lionettes Dance Team this past year where she found that dancing for a stadium of 107,000 people was breathtaking and unforgettable. She will always cherish her time with that team. They really pushed her to a new level with learning and accomplishing different skills. Not being able to do it all, she had to resign her position on the Lionettes and focus the rest of her three years at Penn State on Theatre because that's where her heart is and that's what she wants to do in the future, perform.

She recently did a performance in New York City for an organization called Broadway Artists Connection. Lexi had sent them a video of herself singing a Broadway song to be selected to sing at one of their events. She was one of 10 chosen to perform on May 22.

The mission of the organization is to help young aspiring artists like herself, share their talents and make connections with professionals already in the business. So the performance included 10 aspiring artists and 10 Broadway performers who were given time to mix and mingle. Lexi gained valuable knowledge about the industry that she hopes one day to be a part of. She sang a song from "Heathers: The Musical called Fight for Me." If you would like to view her audition video you can find it on her facebook page under her name. Lexi A. Baldachino or you tube: https://youtu.be/-6M_j4jUq8Q

We wish you many more artistic adventures during the next three years of college Lexi. Maybe we'll see you on Broadway in the near future!

Local Author Writes Children's Book on Celiac's Disease

By Susan Heckler

Elena Torsiello lives in East Windsor and is a retired elementary teacher of English as a Second Language having taught in Willingboro, New Jersey. She got her diagnosis of Celiac Disease at the age of 40.

Celiac disease is an autoimmune disorder can be genetically predisposed in people. The ingestion of gluten leads to damage in the small intestine. Approximately 1 in 100 people are affected worldwide. It is estimated that in the U.S. alone, 2.5 million are undiagnosed and are at risk for long-term health complications.

Having an illness or disease at any age is so upsetting and unpleasant, it disrupts your life which you want to live like everyone else can. As an adult, we can wrap our heads around it a bit and manage our lives around our limitations. Elena and her husband, Jim, have learned to cook gluten-free and dairy-free to be able to enjoy delicious food without suffering later.

As a teacher, Elena was able to understand how difficult it is for a child to comprehend that they can't eat and drink what everyone else does and why. To help them better understand their disease, she wrote a children's book, Willie Ville Meets Casey Kramps in Sprueville.

In the book, a young boy Casey Kramps, from Sprueville had a close encounter with a creature from Spruton, a planet where everyone has to be gluten-free. Willie Ville of Spruton explained what that meant and it made Casey feel better because other people have his disease and he is not alone in his issues. He learned how not to suffer the effects and feels a part of a group now.

The book is great for all children but sends a special message to those with Celiac Disease. The reader can understand their own issues and those of a friend who may have Celiac. This is great help to bring awareness to Celiac Disease. The book became so popular; it has even been made on video!

For more information, check out Elena's website for more information on her outreach efforts www.elenatorsiello.com and contact BeyondCeliac.org for information on coping with celiac disease.

iPlay America
GET INSIDE THE FUN!

Color Danny iPlay by yourself and you'll be entered to **WIN** a Family Four Pack of Ride Bands.

Please mail or drop off submissions to iPlay America at 110 Schanck Road, Freehold NJ 07728 C/O: Promotions

4TH of July Scavenger Hunt

- ☐ flag
- ☐ strawberry
- ☐ picnic basket
- ☐ fire cracker
- ☐ watermelon
- ☐ ice cream
- ☐ red pen/pencil
- ☐ blue pen/pencil
- ☐ lady bug
- ☐ something you wear that is red

- ☐ hamburger
- ☐ hot dog
- ☐ newspaper
- ☐ BBQ grill
- ☐ glow stick
- ☐ pinwheel
- ☐ red, white or blue balloon
- ☐ baseball cap
- ☐ star
- ☐ something you wear that is blue

SPORTIKA SUMMER SPORTS PROGRAMS

★ ★ ★ ★

MONDAY through FRIDAY | 9AM-4PM | JUNE 26TH-AUGUST 25TH

$350.00 PER WEEK

Phone Registrations ONLY- To Register call 732-792-9900

Spend the summer at Sportika and have a multi-sports experience.
Learn the fundamentals and participate in:

Soccer • Baseball/Softball • Lacrosse • Touch Rugby • Track & Field and more

BRAiNSTORM®
TUTORING & ARTS

Get your child ready for the upcoming school year in August. Select the Academic After-Care option in August and we will help your child sharpen their (Math and Verbal) content and study skills for the coming school year.

MULTI-WEEK REGISTRATION AND DISCOUNTS AVAILABLE
Pay-in-full discounts
Sibling discounts
Sportika Academy discounts

BEFORE AND AFTERCARE OPTIONS
($100 PER WEEK. 8-9AM / 4-6PM)

ACADEMIC AFTER-CARE WITH SPORTIKA BRAINSTORM IN THE MONTH OF AUGUST.
($125 per week. 4-6pm. August ONLY)

To learn more call 732-792-9900

150 Woodward Rd, Manalapan Township, NJ 07726

TERHUNE ORCHARDS

Saturday & Sunday
July 8th & 9th
10am - 5pm

Blueberry Bash

"Everything Blueberry"
Pick Your Own Blueberries
Blueberry Bake-Off Contest Sunday
Pam's Blueberry Food Tent
Winery Tasting Room
Sample Harvest Blues, Governors Cup winner

Puppet Show
Kids' Games
Pony Rides
Wagon Rides
Admission $8, age 3 and up

Live Music 12-4
Sat. Stonybrook Bluegrass
Sun. Barncats

Farm open daily: 9-7
Winery Tasting Room Open Fri.-Sun.

330 Cold Soil Rd., Princeton
www.terhuneorchards.com
609-924-2310