

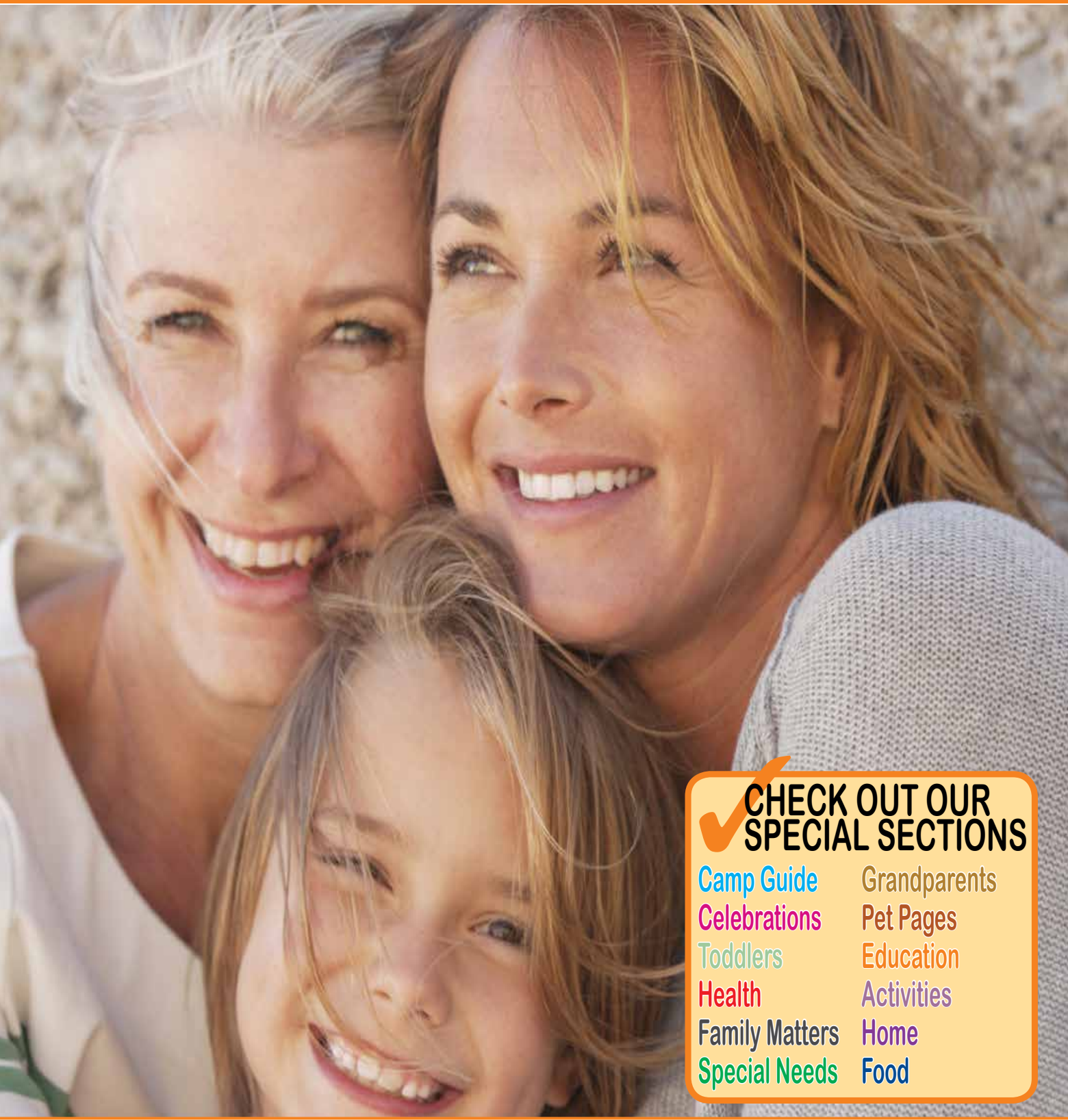
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MARCH 2017



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

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Day Camp

By Jordan Tinitigan

Before you know it, summer will be here. Have you made any arrangements for your kids this summer? If not, why don't you try a day camp? Day camps are fantastic! They give kids an opportunity to stay connected with their friends (or even make new friends) over the summer! And on top of that, they are loads of fun!! I know from experience that some summertime day camps have the right amount of fun and education, so your children will enjoy themselves and refresh their skills all at once.

There's a whole lot to do in New Jersey, so it gives day camps awesome opportunities to go on some great field trips! Crystal Springs, Bowlero, and the Liberty Science Center are just a few fun places your kids might be able to visit instead of just staying home on the couch!

Finally, day camps are a lot of fun even when they are at their original location. Competitions, games, and a whole lot of indoor and outdoor activities are pretty much guaranteed with admission! Camp is the way to go!

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Why Day Camp Matters?

By Stefanie Maglio

While Day camp may be introduced for convenience reasons as parents work and children need supervision, it can provide much more than just that. Summer is usually at least two full months. That is a long time for children to be alone, or less involved because they are not in school. They have more free time so to speak. Instead of spending this time watching cartoons all day, day camp is a great alternative as they can gain so much from the experience. There are so many day camps to select from. This is a wonderful thing because all children are different and certain camps may be better for your child than others. There are sports camps, special needs camps, camps for just boys, or camps for just girls, and many more. Different camps vary in price range as well. When your child attends camp, they stay active physically and mentally. Doing different activities each day, they get plenty of exercise. They gain opportunities to make new friends and build new relationships with others their age. This can help children to develop better social and communication skills. However, all they will know is that they are having fun and enjoying themselves while making the most of their summer or free time in general. Some children have even said that going to camp has made them feel better about themselves as individuals. In a way, day camp is a wonderful way for children to build and develop skills that will benefit them for the rest of their lives.



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Thinking About Dance Camp This Summer?

If you are a parent of young children, you are likely in awe over the endless amounts of energy they seem to have. Even after a long day at school, children sometimes still need a way to burn off some steam and let loose. Dance is a great way to channel that energy.

Dance allows children of any age to express thoughts and emotions before they have the verbal language to express those things. Dance supports the entire child and helps them develop not only physically but also cognitively, emotionally and socially.

There's no "right age" for children to begin dance classes. If they can move, they can dance. The sooner they start dancing, the sooner they can start reaping the benefits, which includes "strength, more coordination, flexibility and gracefulness. It also helps develop overall body fitness and develops a child's endurance, focus, musicality, and creativity.

Here are some more of the benefits of putting your child in dance class:

Physical Benefits of Dance for Young Children

- ❖ Increases strength and endurance
- ❖ Increases coordination
- ❖ Improves flexibility
- ❖ Excellent form of total body fitness

Emotional Benefits of Dance for Young Children

- ❖ Promotes maturity & respect
- ❖ Encourages self awareness & self expression
- ❖ Boosts happiness
- ❖ Improves self confidence
- ❖ Reduces performance anxiety

In dance class, the foundation for a healthy lifestyle is being laid out. Children can learn to be physical and have good body awareness that will most likely last a lifetime. Not to mention, it's just plain fun.

In addition to the physical and emotional benefits, dance also has many developmental benefits that can help children as they grow.

Social awareness:

- ❖ Promotes social encounters
- ❖ Encourages cooperation
- ❖ Improves social skills
- ❖ Fosters teamwork, communication & trust

Cognitive development:

- ❖ Improves memory
- ❖ Improves concentration
- ❖ Promotes development of mathematical skills through rhythm & counting
- ❖ Enhances sensory awareness



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Encourage Your Child to Have a Healthy Balance at Sports Camp This Summer

By Stefanie Maglio



It's a wonderful thing for young children and teens to be active during the summer. When they participate in a sport, it is great physically and mentally for their health and character. Participating in a sports camp can teach responsibility and how to act in an environment where teamwork is necessary. Physically, it is important for your child to be safe. Temperatures can be very high in the summer depending on where you live, making it easier for dehydration to occur. Make sure your child is drinking a minimum of eight cups of water a day, especially while being physically active. It can be easy for kids to become wrapped up in a game or activity that they are participating in. This isn't a bad thing, but remind them that they should take short breaks to rehydrate themselves and catch their breaths. In order to ensure that your child is performing to their full capability, make sure that they are eating healthy foods. Pack them healthy snacks to take to camp such as baby carrots or apple slices. They will feel more energized this way, rather than drinking energy drinks which may contain unnecessary sugars and chemicals. Mentally, it's important to talk to your child about good character and morals. Point out to them that the game should be more about teamwork and effort, rather than simply winning. Remind them that going to sports camp should be a fun experience, with a healthy balance of competition.



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Sharing Information With Camp Staff

Some parents are reluctant to share too much information with camp staff for fear it will have negative repercussions for their child (for example, they may wonder if the camp will still take their child or if they're setting their child up for failure). But good camps will want and need to know as much as possible — the more information they have, the better.

Consult with your child's doctor and other specialists, such as a physical therapist, to make sure you give the camp director and staff all necessary information, and ask the camp staff if they have everything they need from you.

You can help educate the staff by spending time with them and answering and asking questions before you drop off your child. This can be critical. For example, if your child will be attending a mainstream camp, you'll want to make sure that everything is accessible for your child and that the staff understands your child's needs.

Many camps have paperwork you can fill out to share information about things like dietary and medical needs. And regardless of whether your child is going to a day or residential camp, you should give the staff a list of emergency phone numbers and email addresses, and make sure they know how to reach you at all times during your child's camp stay.

If your child takes any medication, include the phone number of your doctor in case the prescription is lost and needs to be refilled by camp staff. Check whether the camp infirmary stocks your child's medication, too. If it doesn't, send extra medicine in case of an emergency.

Camps For Kids With Special Needs

Ah, summer camp. The mosquitoes, the swim races, the friendships, the bug juice, the postcards home. What child wouldn't benefit from the fun and structured freedom camps provide?

Kids with special needs are no exception. But the idea can seem challenging to parents and kids alike — how can you be sure that your child will get the attention he or she needs? Will your child be able to participate fully? What about the other kids? Will your child make friends? Will they understand your child's special needs?

The good news is that there are many camp choices for kids with special needs. From highly specialized camps to regular camps that accommodate kids with special needs, options abound.

Look Into Different Types of Camps

When it comes to camps, kids with special needs have as many choices as other kids. The Americans with Disabilities Act (ADA) requires all camps to make reasonable accommodations (such as the installation of wheelchair-accessible ramps) so that kids with special needs can attend. So, camps that previously couldn't host kids with special needs might now be on your list of possibilities.

Inclusionary (or mainstream) camps do just what their name implies: They include kids with special needs in their groups of children with regular needs. These camps may have started out serving only a general population of kids, but they've gradually changed as the needs of the families they serve have changed.

Some camps are designed just for kids with special needs, including kids who have learning or behavioral problems, those with specific chronic illnesses, and kids with mental or physical impairments. Many accept kids with a variety of needs, but some only accept kids with specific problems (such as camps for kids with diabetes, cancer, speech or hearing impairment, cystic fibrosis, cerebral palsy, epilepsy, etc.).

Within all of these categories, you'll have even more choices to consider regarding length of stay, philosophy, and cost. There are nonprofit and for-profit camps, religious camps, camps run by national organizations, private camps, day camps, camps that run weekend sessions, and sleepover camps that accept kids for the entire summer.

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July 31st — August 4th
Under The Sea

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Let's Play Sports!

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August 21st — 25th
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SUMMER CAMP parents guide

Summer Day Camp Expenses May Qualify for a Tax Credit

The credit can be up to 35 percent of your qualifying expenses, depending on your income.

Along with the lazy, hazy days of summer come some extra expenses, including summer day camp. But, the IRS has some good news for parents: those added expenses may help you qualify for a tax credit.

Many parents who work or are looking for work must arrange for care of their children under 13 years of age during the school vacation.

Here are five facts the IRS wants you to know about a tax credit available for child

care expenses. The Child and Dependent Care Credit is available for expenses incurred during the summer and throughout the rest of the year.

The cost of day camp may count as an expense towards the child and dependent care credit.

Expenses for overnight camps do not qualify.

Whether your childcare provider is a sitter at your home or a daycare facility outside the home, you'll get some tax benefit if you qualify

for the credit.

The credit can be up to 35 percent of your qualifying expenses, depending on your income.

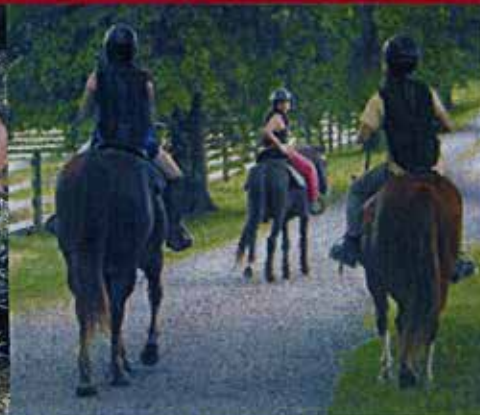
You may use up to \$3,000 of the unreimbursed expenses paid in a year for one qualifying individual or \$6,000 for two or more qualifying individuals to figure the credit. For more information check out IRS Publication 503, Child and Dependent Care Expenses. This publication is available at www.irs.gov or by calling 800-TAX-FORM (800-829-3676).

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Sonny the Bunny hops into the spotlight at iPlay America, Saturday, April 8, for his **Fourth Annual Colossal Carrot Adventure!** This family-friendly event is more than EGG-citing, it is EGG-cellent! Sonny the Bunny makes a triumphant return to iPlay America on Saturday, from 10:00 a.m. – 12:00 p.m. This year's adventure is bigger and better than ever with two fantastic and fun events, the **Bunny Trail** and the **VIB (Very Important Bunny) Breakfast with Sonny the Bunny**.

For three-years, families, and especially children have fallen in love with iPlay America's Bunny Trail. It's **FREE** to come hop along the trail and collect Easter eggs filled with special treats and prizes at several stops. Each registered child will receive a **FREE** Easter egg bucket, **FREE** digital photo download with Sonny the Bunny, and raffle ticket to win super prizes. This is a **FREE** event, but registration is required.

Looking for more HARE-raising, family fun this Easter holiday? Then get your taste buds ready for iPlay America's **VIB (Very Important Bunny) Breakfast with Sonny the Bunny!** Priced at just \$19.95 for children 2 – 12 and \$29.95 for adults, children under 2 are **FREE**. The event features a delectable multi-item buffet breakfast, a special table visit from Sonny the Bunny, a collectible Easter egg bucket, extra prize-filled egg, a **FREE** \$5 Game Card for each paid ticket holder, and extra special games and prizes exclusively for VIBs. The VIB gives families a special **FREE** opportunity with Sonny the Bunny that includes a free frame and **FREE** digital photo download. This year's VIB will include radio personalities from 94.3 The Point to host the breakfast. Plus, there will be balloon artists from Neverland Balloons on hand and Miss Sherri from the Honey Child Music Academy will be performing LIVE. Breakfast begins at 9:00 a.m. and guests can join in the **FREE** fun in the park after the VIB Breakfast. Last year's VIB Breakfast **SOLD OUT** so make your reservations NOW.

This year's raffle prizes include two Ultimate Easter Baskets from Broadway Sweets, and two iPlay America Prize Packs, plus the Grand Prize – a spectacular Diamond Prize donated by Giorgio's Fine Jewelry and an iPlay America iParty Plus Birthday Party. There will be "HOPPY-ness" in abundance as each and every winner is chosen!

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Top 3 Product Recommendations for Kids from Birth to 8 Years Old

By Stefanie Maglio

Every child is different and unique in his or her own special way. Companies out there make dozens of products for all kinds of children and their families. However, there are some products out there that could be considered “must-haves” depending on the child. Here are three of the best products we’ve found:

Jeeto’s allergy collection: Many children today have nut or dairy allergies, which can be very concerning for their parents. Instead of alerting others about the allergy with clunky medic alert bracelets, Jeeto’s makes patches, shirts, and stickers with phrases such as “No peanuts please” and “Dairy free”. These can be placed all over your child’s clothing, backpacks, and lunch boxes, to alert others around them of the allergy.

The Swiss-made, leak-proof SIGG Sippy Cup: For younger children who use sippy cups, this specific model is BPA-Free and stylish. It is made from aluminum with a nontoxic, leach-free liner, so there is no metallic aftertaste.

Dinner Winner Kid’s Dinner Tray: A dinner tray, made as if it were a board game. Divided up into several spaces, each space has a portion of food from the meal, leading up to a sweet treat at the finish line. Make dinnertime and eating vegetables more fun for your child with this unique product! It can be ordered on Amazon along with the rest of these products.



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Our Postpartum Truth - In Her Words: The Beginning

By Michele Inzelbuch, LCSW, LCADC

The joy of a new baby, or the grief from loss, can cause strong emotions in a new mother. During and after pregnancy, hormones are in full force and the body goes through many changes during a short period of time. The decrease in hormones after pregnancy can bring about postpartum depression (PPD) and anxiety (PPA) in as many as one in seven women, according to the Centers for Disease Control.

It can be difficult for loved ones to ask the hard questions when their family member appears to be struggling with self-care or caring for the baby. It can be even harder for a struggling new mother to open up about what they are experiencing. Depression and anxiety can cause irrational fears, trouble sleeping, racing heartbeat, fatigue, loss of interest, troubling thoughts, disrupt self care and caring for the newborn among many other symptoms. But, with hope and support the journey to recovery and finding joy is possible.

The process of change takes time, but the spark to ignite it can happen in a single moment. This month, our group shared when they first realized what they were experiencing was more than the "baby blues" and how they found support.

In this column, women in recovery from PPD and PPA share their experience on a specific topic to bring about a deeper understanding of PPD/PPA and recovery to the community.

L.M. - "I knew I had PPD and not just "baby blues" by three to four weeks postpartum. I was very depressed and having crazy mood swings. With the mood swings came the rage, which was terrible and probably caused my worst moments. My daughter was a terrible sleeper, and I would get irrationally angry with her. I also experienced intrusive thoughts about many things."

L.M. considers herself "fortunate" that she was already a member in a local support group for new mothers when she realized she needed help. The woman running the group recommended she attend a group specifically to support women with PPD/A. She began attending a group at Monmouth Medical Center and found recovery among others who understood her experience.

One of her big concerns was being medicated while breastfeeding. This was the one thing she felt she was "doing right" and did not want to take medication during this time.

This is a common belief and many psychiatrists will not medicate a nursing or pregnant woman. There is always a chance that the medication can get to the baby through the placenta and breast milk, although there is an approved medication available. Taking medication is a sensitive decision, especially if the baby could be affected and is the woman's own personal decision.

Her recovery started at four weeks postpartum when she began to receive peer support in a group and online. She made a dramatic improvement when she began individual therapy sessions later followed by medication management at 11 months postpartum.

N.D. - "I first realized I had PPD/A when a significant amount of time passed after the birth of my daughter and I was having panic attacks, low motivation, frequent crying episodes and generalized anxiety for extended periods of time every day. I would get up almost every hour of the night in extreme panic, with my heart racing, nausea and I would have to wake my husband up to talk to me out of my panic. I remembered hearing about the support group and called them. I also have a very helpful and supportive family, which was a huge benefit to my recovery."

Finding support with partners and family members builds a support network to lean on and a place to draw strength to get through more challenging days. Ask for help before feeling to overwhelmed or panicked. The distraction of having company helps moves past the moment of panic into a calmer frame of mind.

M.D. - "In retrospect my PPD started as prenatal anxiety. When I look back now I realize how anxious I was during the pregnancy and post delivery. However, the real PPD didn't hit until after the first six weeks. One night I went to bed and it was like a light switch turned on. I suddenly was trapped in a constant anxiety attack that did not end. It got progressively worse by the day and eventually I was completely unable to care for myself or my children. I could not be around the baby."

M.D.'s anxiety severity kept her from being with her baby for fear of harming the infant.

She passed the Edinburgh PPD test, a tool that helps doctors determine a diagnosis, at her six-week postpartum follow-up and she was unsure where to turn for help. Unable to care for herself or her children and no doctor appointments on the horizon, M.D. was in need of family support and a safe place to go before her anxiety and depression worsened.

Anxiety can cause a woman to feel unsafe around her baby, creating an irrational fear of causing harm and making her unable to bond. For some women, the baby's crying can create an unmanageable level of anxiety that increases their fear of harm. In recovery, it is often recommended that a friend or family member be present for support with the new mother while she works to manage the anxiety, supporting her care of the baby and ensuring the mother tends to her own self-care. Watching his wife suffer, M.D.'s husband found the number for the local support group and brought her to her first meeting.

S.T. - "In the recovery room, I was alone, my preemie who was connected to all sorts of monitors wasn't with me. Over the next few days (and) weeks everyone kept telling me it was the baby blues and it would get

better. My parents who had been living with us left to go back to Florida and I completely fell apart."

S.T. still had her paperwork from the hospital with the number of the Central Jersey Family Health Consortium. After finding herself with a 9-week-old baby in an uncontrollable crying episode, she reached out found the support needed to recover.

Traumatic birth and unexpected complications, in conjunction with the natural hormonal changes, puts a women at increased risk of postpartum mood disorders, causing her to feel like the complications were her fault and that she did not deserve to be a mother.

Finding yourself in the grip of a depression or anxiety episode at a time that should be joyful can be a shock and induce feelings of guilt and shame. Many women are able to recognize their symptoms while pregnant or notice when symptoms started while others are unaware of when symptoms began. Some women are in denial that this is even happening to them. Postpartum depression and anxiety does not discriminate in any way. It does not care about your age, your race, your economic status or what kind of person you are. There are factors that may increase your risks, such as prior mental health concerns, PPD or PPA with a previous child, or major environmental stressors. So many people focus on the baby's health that the mother's health is if often not noticed. Pay attention to her, she has needs too. Listen to her, hear her, help her, support her and most importantly, get her help.

For the new mom from a survivor: **SEEK HELP**, don't be afraid and don't delay! Self-care, sleeping, eating and some alone time is **ESSENTIAL** to surviving the infant months and will help make you a better mom.

If you or someone you know has concerns regarding PPD or is showing symptoms, do not ignore them. You are not alone and there is help out there. 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.

Michele D. Inzelbuch LCSW, LCADC

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ANSWER:

Winter has arrived, and with it comes the dryer air due to cold weather and household heating. About 5 million Americans experience symptoms of dry eye, it is common for those over 50. That is not to say you should not be concerned. What some people experience on a temporary basis can become a longer term problem...Chronic Dry Eye Disease a.k.a. Chronic Dry Eye Syndrome, Dry Eye Syndrome and Keratoconjunctivitis Sicca is something to be concerned with when symptoms do not improve or worsen.

CDE can be caused by advanced age, contact lens wear, certain medications (Antihistamines, Antidepressants and Estrogens), eye diseases, other medical conditions (Autoimmune diseases, Thyroid disease, Diabetes), reduced tear production due to inflammation, or environmental factors. Without enough tears, the film protecting the eye can break down, creating dry spots on the surface of the eye.

They symptoms vary from person to person but can include any or all to different degrees:

- Dryness/itching
- Burning/stinging
- Watery eyes
- Sensitivity to light
- A gritty or sandy sensation
- Feeling like something is in your eye
- Blurry vision or difficulty seeing at night
- Problems wearing contact lenses

You may find the problem affects you when driving at night, reading, watching television, working on the computer or wearing your contact lenses. While you are only experiencing discomfort, be aware that it may damage the front surface of the eye, increase the risk of eye infection, and affect your vision.

The first step in getting help is a visit to your Optometrist to determine your eye health and vision. 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!

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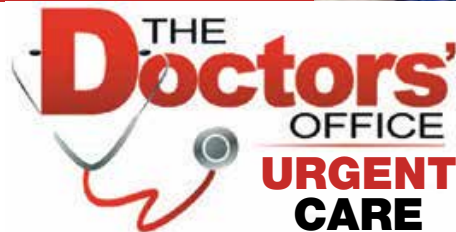


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Generational Food Allergies

By: Susan Heckler

This generation of children seems to have such severe allergies to so many things. As a baby boomer growing up in the 60's, I can't recall ever hearing about peanut allergies, much less the steps the public needs to be aware of to prevent exposure. Grandma and Grandpa didn't have food allergies...why do they?

The food everyone ate came from local farms and small markets in the early 1900's. Food preservatives were not widely used yet, so the food was fresh. They got their nutrition from the food they ate because supplements were not around and processed food wasn't an issue.

The perishables they ate were seasonal, real food. They are rediscovering the rewards of eating locally grown produce such as local honey.

Grandma and Grandpa ate to live; they didn't do fad diets, food marketing, calorie counting, and other detrimental dieting habits that are popular today. They ate what their bodies craved and had a healthy metabolism.

Processed food was not an option and dining out was a rare occasion back then. They cooked from home using familiar recipes and totally aware of all ingredients.

In those days, food was not yet treated with additives, antibiotics and hormones to help preserve shelf life and pad the pockets of food producers. There were no GMO's, additives, preservatives, stabilizers or thickeners.

Animal bones were saved or bought to make broths and soups, and organ meats always had a special place at the dinner table. These foods were valued for their medicinal properties, and never went to waste. No one worried about high fat and cholesterol; they ate hearty food from the whole animal, which included organ meats and broth rich in bone marrow.

In addition, when they were ill they rested it out and ate broths and soups where nutrition played a part in healing. They didn't rush to the doctor and rush to take medication. Their body's learned to do a lot of the healing.

The previous generations got a lot of fresh air and sunshine. They were not stuck indoors sharing germy air. Their healthier lifestyle made for a better immune system.

There is a theory, when a baby is born; its immune system is a work in progress. During the first days, weeks and months of life, as the baby comes into contact with various germs, bacteria, viruses and infection, the system is supposed to start learning to distinguish between what is harmful and what is benign. The child's immune system creates allergy antibodies – specifically Immunoglobulin E or IgE antibodies – to guard against the offending trigger. Over the last 30 years, that seems to have changed. Figures from the World Allergy Organization reveal the global prevalence of asthma has increased by an astounding 50 percent every decade for the past 40 years. In North America today, leading allergy organizations estimate that about 24 million Americans and three million Canadians have asthma.

Back to basics is sounding pretty good right now.

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Coach's Corner

By Jill Garaffa

How to Get Un-Stuck

Dear Jill,

There are so many changes I want to make in my life, but I find myself in this place of inertia—no movement at all. Intellectually, I can look around at my life and see I need to make some changes and I know I have so much potential, but something is stopping me from taking any action. It's like I can't get out of my own way. Can you help?

Signed,
Stuck in the Mud

Dear Stuck in the Mud,

First, I'd like to acknowledge that you are aware that there are aspects of your life that aren't working and things you'd like to change—and that you do have potential. This is wonderful insight! And a great first step! It may seem obvious, but the fact that you are actually aware that you are not moving forward is a good thing. Awareness is the first step in the process of change.

You see,, most people aren't aware of their pain and what it is costing them. As human beings our brains are wired to avoid pain, so when we experience it (like the pain of upset, disappointment, anxiety, fear, frustration, stress, etc), we tend to do things to numb it or distract ourselves from it, so we don't feel it. For example: we may use food, alcohol, credit cards, social media, television, social isolation or being over-scheduled & over-committed to the point of exhaustion. We believe things like "I don't have the time" or "I don't have the money" or "I can't do it." And, then we think, "why is my life not changing? Why am I not where I want to be in my life?"

Pain is actually our greatest teacher & most effective motivator. Allowing yourself to feel that pain is the catalyst to getting unstuck. It involves considering first: what is it costing you to not change? Answering this question can be life transforming. This is your moment of truth, the "hitting bottom" question. There is a saying: "When the pain of changing becomes less than the pain & consequences of staying the same; that is when you will make a change."

A word about fear: our brains are wired against anything that will cause us harm (both real and imagined), so naturally, if your view of change is that it is "scary" or "uncomfortable", then you will avoid it and stay stuck forever. If you reframe change into something that can be exhilarating and stimulating and fun or an adventure, then you will be willing to endure the work that it takes to get through the process until your life resembles the life you actually want.

So, a moment of truth: consider: what is it costing you to not change? Dying of a heart attack? Gaining 30 more pounds? Dying of boredom or stress from your current career? Being isolated from your family? There are very real consequences to all of your choices. Your choices don't just affect you---they affect others. Dig deep within yourself to find the courage to be honest. Your future, your happiness and the quality of your life depend on it!

Wishing you peace, clarity and purpose!

Jill

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

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

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Should You Clear Snow & Ice from Your Sidewalk?

By John Bazzurro

After a recent snowstorm, a family member of mine asked me whether he had an obligation to remove ice and snow from the sidewalk in front of his house. It was his belief that he had no such obligation and that by attempting to remove the ice and snow, he would somehow be "opening himself" up to liability in the event he did it improperly. Accordingly, I decided to write this article with respect to snow removal obligations concerning sidewalks in the State of New Jersey.

Since 1981, the obligation of a landowner to remove ice or snow from a public sidewalk differs between commercial landowners and residential landowners. Commercial landowners, which are typically businesses and for profit organizations, have a duty to properly remove ice and snow from public walkways and sidewalks around their buildings in a reasonably timely manner after a snowfall. Further, they have an ongoing and continuing obligation to make sure that those sidewalks and walkways are kept clear from hazards such as ice by continuing to salt and/or sand the area as needed. A commercial landowner which fails to fulfill this duty will be responsible for injuries sustained by any individuals who slips and falls on their property.

The duty of a residential landowner is completely different. From a "liability" perspective, a residential landowner has no duty to remove ice or snow from the public sidewalk next to its property. That is, if an individual slips and falls as a result of an accumulation of ice or snow on a public sidewalk next to a residential property, that injured individual cannot obtain monetary damages from the homeowner for negligence. However, does this analysis change if the property owner attempts to remove the ice or snow but does so in an improper or negligent manner? The answer to this question is: "it depends." A recent New Jersey Supreme Court case held that the landowner in this instance would not be responsible to an injured person unless the landowner's attempt to remove the ice and snow formed a "new element of danger... other than one caused by natural forces." Under this language, a subsequent melting and refreezing of that snow on the sidewalk would not constitute such a new hazard. The reasoning of the court in reaching these conclusions is to encourage homeowners to engage in the snow removal process for the safety of the public. Importantly, however, despite the fact that a homeowner may not be liable for damages suffered by someone who slips and falls on the public sidewalk in front of their house, they may be fined by their local municipality for failing to clear ice and snow in conformance with local ordinances. Accordingly, in order to avoid a potential fine from your local town, it is suggested that all attempts be made to remove the ice and snow from the public sidewalk in front of your house. As indicated above, doing so does not necessarily increase any liability you may have to a passerby who falls.

Despite my analysis above, there are numerous questions and issues that are still not answered. If a homeowner is not responsible for injuries to one who slips and falls on the public sidewalk, who is? Is a multi-unit apartment building "residential" or "commercial?" Is a public sidewalk next to a residential condominium complex "residential" or "commercial?" Is a common sidewalk with in a residential condominium complex "residential" or "commercial?" The answers to these questions require significantly more legal analysis than can be provided in this article. As such, in the event you or a family member are injured as a result of a slip and fall on ice or snow, you should immediately seek the advice of an attorney to determine who may have responsibility for your injuries. If you or a family member have any questions concerning any issues raised in this article, please do not hesitate to contact my office.

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Is There a Link Between ADHD and Diet?

By Susan Heckler

What came first, the diet or the disorder? In the United States, roughly 11 percent of kids ages 4 to 17 have been diagnosed with ADHD, according to the U.S. Centers for Disease Control and Prevention. New research has found that children are less likely to have ADHD if they are exposed to the healthy regime of the Mediterranean Diet. A small study (120 children) in Spain concluded that those who did not adhere to the diet were 7 times more likely to have ADHD. The study takes this one step further, suggesting that a pregnant mother-to-be may be less likely to have a child with ADHD should she adhere to the same diet.

The traditional Mediterranean diet is typically rich in fruits and vegetables, whole grains, beans, and healthy fats from foods like olive oil and nuts. It also favors fish and poultry over red meat. Studies have hinted that omega-3 fatty acids can help lessen ADHD symptoms. The Mediterranean diet tends to be high in those fats, which are largely derived from oily fish such as salmon, mackerel and tuna.

The study suggests a correlation between the diet and the disorder, not necessarily a cause and effect link. Do children with ADHD make more impulsive food choices and tend toward more junk and fast food? Although much research has been done on the subject, it's still not believed that food actually causes ADHD. "Excessive caffeine and excessive use of fast foods and other foods of poor nutritional value can cause kids to display behavior that might be confused with ADHD," said Frank Barnhill, MD, an expert on ADHD and the author of "Mistaken for ADHD."

Suggestions of foods to AVOID include:

- Candy, which is loaded with sugar and artificial colors, leads to hyperactivity in any child, which is especially a bad combination when it comes to children with ADHD
- Soda and sweetened drinks have excessive sugar and caffeine; both cause symptoms of hyperactivity and easy distractibility. One 2013 study also found that 5-year-old children who drank sodas were more likely to show aggression and social withdrawal
- Foods treated with organophosphates for insect control (some frozen fruit and vegetables) have been shown to cause neurologic-based behavioral problems that mimic ADHD and many other behavior problems
- Energy drinks are a veritable treasure trove of ingredients that can worsen ADHD symptoms: sugar, artificial sweeteners, artificial colors, caffeine, and other stimulants
- Certain fish such as shark, king mackerel, swordfish, and tilefish contain high levels of Mercury, which can accumulate in the brain over time
- Food sensitivity can cause ADHD reactions include milk, chocolate, soy, wheat, eggs, beans, corn, tomatoes, grapes, and oranges

Regardless of whether the Mediterranean diet affects ADHD, it's still a generally healthy one that parents can encourage and pregnant women may benefit from.

All in all, it is food for thought.



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Quality Time with Grandparents

By: Susan Heckler

Grandmas and Grandpas are the roots of your family tree from which your parents, siblings, aunts, uncles and cousins have grown. They embody your family history in mind and in body. Spending quality time with them is amazing; you are having a great time and making memories for a lifetime. Here are some great suggestions on how to make the most of the time together:

- Cooking with grandparents is a great way for your kids to learn about their heritage and learn the secret family recipes to hand down to future generations.

- Creating a Family Scrapbook is a fun and easy way to chronicle fun times together. Silly selfies and snapchats will give everyone smiles for years to come, especially if Grandma and Grandpa don't live nearby.

- Plan fun activities for your kids to do with their grandparents outside of the house. It's much more enjoyable for everyone and gives all a chance to make some great memories.

- Face time or video chat with Grandparents that live out of the area. A phone call is wonderful but seeing their smiles is even better. A random text to let someone know you are thinking about them can make their day at any age.

- Learn their favorite hobby! Fishing, sewing, chess, woodworking, bird watching or baking...no matter what it is, it is time shared.



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Captain Mark Phillips Appointed Cross-Country Course Designer

*for 2017 Jersey Fresh International Three-Day Event
World-renowned Equestrian at Work with JFI Management
to Bring New Look and Flow to all Competition Levels*



With plans fully underway in preparation for the upcoming 15th anniversary presentation of the Jersey Fresh International Three-Day Event – to be held at the Horse Park of New Jersey May 10-14 – Event management has announced that Captain Mark Phillips will assume responsibility for cross-country course design at this year's competition.

Captain Phillips takes over as JFI Course Designer from John Williams, who has designed the Event's courses for the prior 14 years, since the competition's inception in 2002. The JFI Organizing Committee – headed by Jane Cory, Event Organizer, and Dan Wunderlich, Committee Chair – emphasizes the enormous contribution that Williams has made to JFI as a member of the original team that brought the competition to life, and then over the years as a hard-working, highly influential driver of JFI's development into a world-class, international Three-Star Eventing venue.

The decision to bring Captain Phillips on board marks further advancement on the trajectory of additions and improvements that have been implemented at JFI, particularly over the past three years. "Both behind the scenes and in more obvious ways, the Event has sought to enhance the JFI experience for competitors, spectators and all fans of equestrian sport," says Dan Wunderlich. "Having Captain Phillips join our team affords us another tremendous opportunity to bring the highest level talent, officiating and accommodations to those who attend or follow JFI during its four-day presence at the Horse Park each May."

Captain Phillips' is already hard at work on the four tracks needed to run the cross-country phase for CC13*, CIC3*, CC12* and CIC2* divisions of the competition, all of which will take place on Saturday, May 13. As has been previously announced, the 2017 courses will utilize – for the first time – additional property that has become accessible to JFI since the 2016 Event. It is anticipated that Captain Phillips' courses will capitalize on the additional acreage and his unique experience and insight to improve flow, as well as give competitors an entirely new look and feel to their cross-country ride at JFI. "We are very excited and fortunate that Mark was willing and able to step in at JFI this year," said Jane Cory. "We are especially thrilled that – assuming he gets the nod from the FEI to be Course Designer at the 2018 World Equestrian Games – riders at all levels will be able to experience a taste of what Mark might be thinking for that by coming to New Jersey in just a few months.

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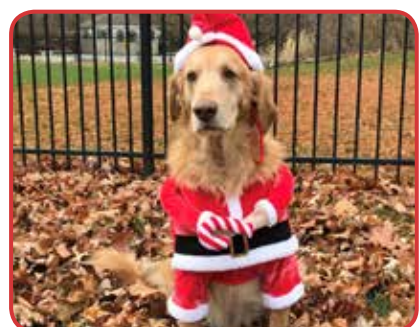
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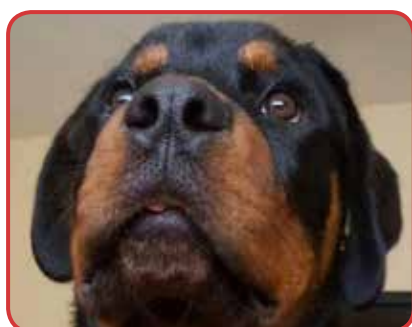
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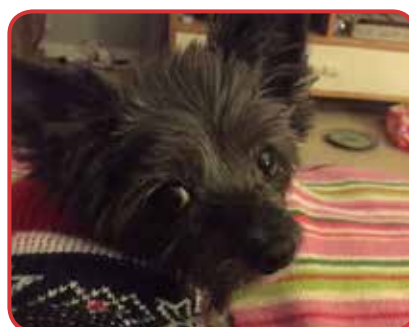
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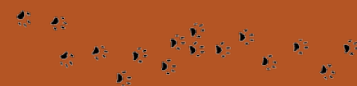
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The TOP 10 performers will be chosen to be in their show, **Central New Jersey Kids Have Got Talent**, to be held on Thursday, May 18th at 6:30 PM at the Brunswick Square mall on Route 18 in East Brunswick. Special guest celebrity judges are Melody Stevens (their CEO) and NJ native children's musicians, Mr. Ray and Yosi Levin.

With 25 years of experience bringing music education to Central Jersey, they believe that all children possess a natural musical ability that can be developed and nurtured. When a young child under the age of 8 years old exhibits a profound interest in singing, dancing or playing an instrument for other people, it is important to praise their effort and encourage them to find their passion.

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Should Children Have a TV in Their Room?

By Stefanie Maglio

At one time or another, your child may ask for a television of their own to have in his or her bedroom. As a parent, this can be a difficult decision to make. Many things should be considered before deciding. For instance, once you do give your child a TV of their own, it's very hard to take it back. That's why if you are going to allow it, be sure that you are okay with it. Think about why your child may want the television. Do they want to play video games on the xbox or the Wii? Do they want to watch cartoons? Have a conversation about it with your child. Depending on the age of your child, it is understandable that you may not want them to be watching certain channels and programs. There are ways to set passwords and parameters for certain channels, which may be the perfect solution for you and your child. However, the most important thing is just to have open communication with your child, what they are watching, and what is appropriate for them to be watching. A child having their own TV means more privacy, which means more trust is needed. All children are different and parents know their individual children best. Ultimately if you believe your child is mature enough to have a TV in their room, and that it will not harm their health or ruin sleep, then it may be safe to go ahead and get them a television.



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PICK THE CORRECT VERB PRACTICE LESSON

DIRECTIONS: Circle the correct verb for the sentence.

- Librarians _____ a lot about books.
know knows
- It is important to _____ for the test.
studies study
- The teacher _____ excited for the class trip.
look looks
- The Principal _____ to do the morning announcement.
have has
- The lunch lady _____ everyone to clean up.
asks ask

ANSWERS:

1. know 2. study 3. looks 4. has 5. asks



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AUIATSR _____
RBIZLA _____
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HAICN _____
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REMEMBER: The jokes or tricks must not be dangerous or hurt anyone's feelings. Give your jokes and gags some thought before carrying them out.



List ten jokes, HAVE FUN!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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Super Similar Words

Many words mean the same thing as another word. Circle the two words that are most alike in meaning.

1. heroic animal creature
2. big tiny colossal
3. horrifying frightening funny
4. bad sad melancholy
5. tremendous tree large
6. enormous little large

Answers: 1. animal, creature 2. big, colossal 3. horrifying, frightening 4. sad, melancholy 5. tremendous, large 6. enormous, large

Nouns At School

A noun names a person, a place, or a thing.
Complete each sentence with a noun or nouns from the word box.

lunchroom	desk	teacher
bus	backpack	

1. I sit quietly at my _____ while attendance is taken.
2. My _____ always checks my homework.
3. We go to the _____ everyday.
4. It is my responsibility to bring my _____ home at the end of the day.
5. I make sure I am wearing my seatbelt on the _____ to school.

Vinegar, Removing the Pickle from Cleaning

By: Susan Heckler

Vinegar is a liquid produced when fermenting ethanol by acetic acid bacteria. It consists of about 5–20% acetic acid, water, and other trace chemicals. Vinegar has mainly used as a cooking ingredient or in pickling... until lately.

The use of manufactured cleansers with massive marketing campaigns has paled the use of vinegar. Recent studies have shown that commercial cleaning products are expensive and contain toxic chemicals that can cause mild to serious health and environmental issues. Vinegar has historically had a great variety of industrial, medical, and domestic uses which seems to have been rediscovered as a healthy alternative. It is inexpensive, multi-purpose, and already found in almost every kitchen across the globe.



Clean your oven combining vinegar and Baking Soda. Just sprinkle Baking Soda on all the effected spots. Then, spray these spots lightly with vinegar. The Baking Soda and vinegar will react with each other, causing bubbling. Leave overnight to allow the mixture work dissolve the buildup. Then use a clean cloth to wipe clean.

Clean your microwave by pouring equal parts of water and vinegar into a bowl. Don't forget to add a wood toothpick to the bowl to prevent accidental explosions. Run the microwave on high for five to eight minutes. Wait for the liquid to cool before removing the bowl and wipe the inside of the microwave clean using a clean cloth.

Clean windows by mixing equal parts of vinegar and water in a spray bottle. Spray the solution on the window and wipe clean with a squeegee or a clean microfiber cloth. The dirtier the window, the less you dilute the vinegar.

Remove water stains from practically anywhere. For wood furniture, keep a solution of equal parts of olive oil and vinegar handy to remove the white rings that are sure to form on your coffee table. Use a clean soft cloth, moving in the direction of the wood grain. Polish using a second clean cloth. Soak the corner of a dishcloth in a few spoons of vinegar and use it to clean your glass baking dishes, serving pieces and drinking cups. Larger dishes can be soaked in a sink full of hot water to which two cups of vinegar has been added.

Clean the bathroom! Dirty toilet bowls need one cup of distilled vinegar into it and let it sit for at least 15 minutes. Ceramic tiles need a scrubbing with a mixture of $\frac{1}{2}$ cup vinegar, $\frac{1}{4}$ cup borax and $\frac{1}{2}$ cup ammonia dissolved in one gallon of water. Wash with cold water and wipe dry. It can be used for the water spots on glass shower doors too.

Remove mineral deposits from your showerheads, fill a plastic bag with white vinegar and secure it around the showerhead with a rubber band. Let the showerhead soak in vinegar overnight or at least for a few hours. Remove the bag and turn on the shower to let the mineral deposits and vinegar wash away. Wipe clean with a soft cloth.

Clean and disinfect your electronics but first switch off and unplug the machine! Dip a clean cloth in a solution of vinegar and water in equal parts, and wring as dry as possible to avoid getting water into the electronic circuits of your machine. Wipe all parts clean using the cloth. To clean tight and hard-to-reach surfaces, such as between the keys of a keyboard, use a Q-tip dipped in the same solution. The natural anti-static properties will also help keep dust away.

Remove stubborn ink stains from clothes by mixing two parts of whole milk and one part of white vinegar in a large container. Place the stained item so that the ink stain is completely covered by the milk-vinegar solution. Let the stain soak overnight in the solution. When you remove the item, check for the stain. If it is still visible, rub gently to work the stain out. Wash normally.

Remove most spills and stains from a carpet using a solution of half-cup vinegar and two tablespoons of salt. Bigger or deeper stains may require adding two tablespoons of borax to the mixture to strengthen its reaction.

Now, add up all of the money you just saved on household cleansers and treat yourself to something fun!

STEP ONE - Planning Your Meals from the Ground Up

By Susan Heckler

Tired of worrying where your fruits and vegetables were grown and what was sprayed on them? You can always go back to being the Hunter-Gatherer.

Back in 'The Day,' people had to plan their meals from the ground-up. That meant saving seeds from last year's crop, storing them, knowing when to plant and how much of each crop you would need to sustain your family during the growing season and preserve some for the winter months. This was a real science, not a hobby, because this is what your family needed to live on. That didn't mean a small patch of garden surrounded by lush, rolling lawn. This meant using every foot of your property to feed your family. There was no supermarket...it was you or you. Think Little House on the Prairie folks.

Assuming this is your first vegetable garden and there were no seeds to save, this is the time to scour catalogs and due diligence. There are several things to keep in mind when ordering seeds for the growing season. Vegetables only? Herbs? Some Perennials for beauty? Don't get tantalized by the photos, THINK.

Unless you have a large garden you might not have enough space to grow everything you want to grow. Start with a wish list of what your family loves and needs, placing your favorites on top. Then set your list aside for several days and revisit it again.

Choose plants that work for you and your environment, making sure they are Zone hardy. Is your garden sunny, shady or a mix? Full sun means six to eight hours of full sun each day. Partial sun is four to six hours per day. When you read about the seeds or seedlings, keep this in mind to determine if they will do well in your yard.

When you go to your Garden Center, remember that those cute little plants will not remain anywhere near the size you purchase them at. The marker in the plant should tell you the space requirements. There are varieties that take up less room than others that you may want to consider.

All soil is not created equal; some need a little help, maybe 2- to 3-inch layer of compost, decayed leaves, dry grass clippings, or old manure or other organic matter. This needs to be done prior to planting so check it out. To learn more about your soil, have a soil test done through your county cooperative extension office.

Water...if it isn't coming down from the heavens, how are you getting it on your lettuce. Do you have irrigation nearby? Choose a spot that has a hose or sprinklers for your thirsty plants.

Now comes the hard part. Before you start ordering seed or seedlings and planting, you need to plan. You can purchase software for this or borrow some graph paper from your kids. Plot the size and shape and any features like trees, shrubs, paths etc. Not all plants are symbiotic, some grown better next to others. Plot the adult size of the plant, not the seedling size.

You can always expand your garden later in the season or next year. It can be a lot of work, so don't be over zealous. When you take your children in to pick their home grown vegetables for the salad and taste the difference right-off-the-vine makes you will realize the rewards are bountiful. Stay tuned for next issue when we convert lawn to garden.



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Calling all Parents!!!

By Susan Heckler

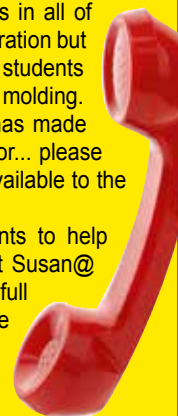
By now, we have all established that Central New Jersey is an amazing place to call home and raise a family. We live on fertile ground for farming, lush landscapes and the growth of our children and future leaders.

Our school districts are putting forth an amazing effort to give your children the best education and school experience. They have opened a world of opportunities to the students.

The dilemma is finding out about all of the great news and programs available throughout all of the schools in all of the districts. We are in touch with school administration but would like to hear from the parents of the great students the schools are privileged to be educating and molding. If you have or know of a special student who has made an impact to the community or awarded an honor... please share with me! If you hear of a great program available to the students, spread the word through us.

I welcome contact from parents and students to help keep our readers informed. Please email me at Susan@guntherpublications.com with your news and full contact information. Sometimes it takes a village to inform a village.

Thanks and I look forward to hearing from you!





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Kid Friendly Individual Shepherd's Pies

INGREDIENTS

- 2 teaspoons extra-virgin olive oil
- ½ cup finely chopped onion
- 12 ounces lean ground beef or turkey
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 cup reduced-sodium beef broth
- 12 jumbo-size (3 1/2-inch) foil baking cups
- 6 ounces baby spinach, chopped
- ¾ teaspoon salt, divided
- ½ teaspoon garlic powder, divided
- 2 12-ounce packages frozen winter squash puree, thawed
- ½ cup finely shredded Parmesan cheese



DIRECTIONS

1. Preheat broiler and position rack in upper third of oven.
2. Over medium-high heat, heat oil in a large skillet. Add onion and cook, stirring, until beginning to soften
3. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes.
4. Add the broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes.
5. Stir in spinach, ¼ teaspoon salt and ¼ teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.
6. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl.
7. Stir in the remaining ½ teaspoon salt and ¼ teaspoon garlic powder.
8. Divide the meat mixture among four foil baking cups. Top each with about ½ cup of the squash and place on a baking sheet.
9. Broil until heated through and bubbling around the edges, about 10 minutes.
10. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

🍀 Hidden Health St. Pats Smoothie 🍀

INGREDIENTS

- 1 frozen large banana, sliced
- 1 cup spinach
- ½ cup low-fat vanilla yogurt
- ½ cup low-fat milk
- ½ cup packed fresh mint leaves
- 4 ice cubes
- Kiwi slices for garnish

DIRECTIONS

1. Combine banana, spinach, yogurt, milk, mint and ice in a blender.
2. Blend until smooth.
3. Garnish with the fresh fruit and mint.



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Cranky and Hungry?

The Hormonal Effects of PMS

By Susan Heckler

I don't know about you, but there are times of the month where handing me a shovel replaces setting the table. Blame it on the PMS.

PMS is a monthly disturbance in mood and appetite brought on by hormonal changes a few days before menstruation. It doesn't affect everyone (3 out of 4) and if it does, not consistently or equally. PMS removes a sense of emotional well-being and, in its place, brings anger, irritability, confusion, exhaustion and depression and in some, an impulsive, uncontrollable need to eat. The female body directs a high amount of its energy to the ovaries and to related activities, like producing extra quantities of female hormones. As more energy and glucose are diverted to the reproductive system, there's less available for the rest of the body, which responds by craving more fuel.

Of course, the foods we crave during the last days of the menstrual cycle fall in the very unhealthy category; greasy, salty, crunchy, starchy category or the fatty, creamy, or sugary.

Massachusetts Institute of Technology (MIT) studied women who lived in the Clinical Research Center during the first few days of their cycle and then returned three weeks later when they had PMS. The normal weight volunteers consumed about 1,100 calories more when they were premenstrual than they did at other times of the month. And surprise-surprise, the extra calories came from chocolate, potato chips, cookies and crackers.

The good news is MIT also discovered that serotonin activity is diminished during PMS so simply increasing serotonin production reduces the unpleasant mood and overeating during this time of the month! Increasing serotonin is easy; the brain chemical is made when a non-fruit carbohydrate is eaten.

Edible Therapy for PMS (effects of eating should be felt within 45 minutes or even sooner)

Twice a day eat a snack containing 30-35 grams of a starchy or sweet carbohydrate. Choose foods that have no more than 2 grams of protein and 2 grams of fat (Protein prevents serotonin from being made). Eat the foods on an empty stomach or three hours after a meal.

BUT:

* Alcohol is not a substitute for the carbohydrate.

* Eating fruit will not lead to serotonin production.

* Soda and other foods made with high fructose corn syrup sweeteners will not lead to serotonin production.

So there you have it. It is scientific fact....you are in good company. That is not to say you can use that excuse to go overboard. The bathroom scale knows all.

han·gry

(han-gree) adj.

a state of anger caused by
lack of food; hunger causing
a negative change in
emotional state.

March 2017 Movie Releases

By Susan Heckler

MARCH 8

Revolution – New Art for a New World

MARCH 9

Sword Art Online

MARCH 10

Kong: Skull Island
Raw
This Beautiful Fantastic
Brimstone
Swing Away
Personal Shopper
The Sense of an Ending
Burning Sands
The Ottoman Lieutenant

MARCH 15

Namour
Frantz

MARCH 17

Beauty and the Beast
The Belko Experiment
After the Storm
Atomica
13 Minutes
All Nighter
Song to Song
Burn Your Maps
The Devil's Candy
T2: Trainspotting

MARCH 24

Power Rangers
Life
CHiPs
Car Dogs
Bokeh
Slamma Jamma
Dig Two Graves
Wilson

The Last Face
Tommy's Honour

MARCH 31

The Boss Baby
The Zookeeper's Wife
Ghost in the Shell
Donnie Darko
Step Sisters
The Prison
The Blackcoat's Daughter
The Discovery
Carrie Pilby
Cezanne et moi



Hair Accessories for Spring

By Jordan Tinitigan

New York Fashion Week has just passed, so you know what that means...new trends! With spring on the rise, there are many new accessory trends for hair. Here are some of our favorites...

The Top Knot Head Band: This gives a cool twist (literally) to a boring old fabric headband. The extra top knot gives a little more flair to the hair.

Decorated Bobby Pins: Again, adding flair to the hair. Designs on these range from stars to glitter to flowers, and boy are they adorable!

Boho Headwraps: This one has been making its way to the spotlight for quite sometime, and that is because they are adorable! Fabric-like wraps that have awesome patterns and colors that wrap around your entire head.

Metal Headbands: No, not just plain old metal headbands. Stores like Urban Outfitters and Forever 21 are making mock Greek-headpieces and tiaras out of gold and silver metal. **A-dor-a-ble!**



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11:30)**



**Maple Sugaring
- Basking Ridge
@ Environmental
Education Center
(EEC)**

**Movies at Princeton
Garden Theater (\$4 per
person)**



**Ultimate Bounce
Mondays @ Funtime
America (5-7PM)**

**Bowling is only \$2 after
8PM @ Bowlero**



**Barnes and Noble Story
Time @ Freehold
(11AM-12PM)**

**Pay What You Wish
Evenings at the Morris
Museum**

**Family Movie Night
@ Burlington County
Library (6-7:30)**



**Union County St.
Patrick's Day Parade -
Union**



Girl Scouts Day



**Lego Club @ Deptford
Library**



National Pi Day (3.14)



**Top Golf is \$30/hr
(until 12PM) @ Top Golf
Edison**



**Family Game Night
- Haddonfield (5:30-
7:30)**

Happy St. Patrick's Day!



**MOVIE! Beauty & The
Beast is now in theaters!**



**Mystery Walk at Duke
Farms Hillsborough
(1-3PM)**

**It's the first day of
spring!**



**Weekly Story time at
Pottery Barn Kids (11-
11:30)**



National Goof Off Day



National Puppy Day



**Ellis Island: Gateway to
America @ Stony Brook
Elementary**

**A Day at the Theater: A
Salute to Our Veterans
- Red Bank, Two River
Theater**

**Victorian Magic @
Wyckoff Library**

**Barnes and Noble Story
Time - Bridgewater**



**Baby & Me Story Time-
Emerson Library**



**Whimsical Wednesdays
@ South County Library**

**National Take a Walk in
the Park Day!**

**MOVIE! Boss Baby is
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How Can I Treat It?*

A: Sciatica happens when the sciatic nerve becomes compressed. This can happen due to inflammation, spinal subluxations, co-existing conditions, injuries, and more. Since this nerve runs from the hips down the legs, patients can feel pain in their, low back, buttocks, hips or leg muscles. Some patients even get tingling sensations in their feet due to sciatica. Many feel restricted from everyday activities.

Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression. Contact us today for more information!

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Hamilton West Windsor Acupuncture
Hopewell Library
Jersey Girl Cafe
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The Doctors Office
Thompson Plastic Surgery
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Tommy's Bagels (Manalapan, Freehold)
YMCA (Freehold, Hamilton, Old Bridge, Princeton, Red Bank)

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Monroe Library
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University Radiology
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juniorknicks.leagueapps.com/events/245460-jr.-knicks-basketball-101-at-sportika-ages-7-to-8



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