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AUGUST 2017



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# Good Parenting: You Can't Make Everything Fair For Your Kids

*"It's not fair she got more cereal than I did!"  
"It's not fair he got more TV time than me."  
"It's not fair he always gets to go to his  
friend's house and I don't"*

Does this sound familiar? There are some things that children say that send us running for cover. "It's not fair" is one of those phrases parents hate to hear. We try so hard to make things fair to no avail.

Here is something you should know. We can't fix the injustices of life, even in our own house, to make it fair for our kids. I hate to sound cliché, but life is unfair. Children need to understand this truth. Parents so badly want to create a perfect world for the kids and we can't.

There is one thing we can do which is more effective and helpful to children. We can accept our children's negative feelings that it hurts when life is unfair. This will help our kids have realistic expectations of the world we live in. It will help us avoid conflict, and power struggles, and redirect them to the situation at hand.

So instead of trying to always make life fair for your kids, try this:

## Acknowledge their feelings:

*"It can make you feel bad when someone gets more than you."*

*"It can hurt so much when your brother gets to watch more TV than you."*

*"You want to be able to go to your friend's house just as many times as your sister does."*

## Redirect your child to what needs to be done:

*"It is time to eat breakfast. When you finish your cereal, I will get you more."*

*"Right now it is time to go to bed, tomorrow we can discuss our TV rules."*

*"Children who are five stay home with their mother after school."*

When you are eight you can make play dates with your friends after school. Let's find something for you to do."

Life is not fair but it is easier to bear when you have people who love you and validate your feelings. When we are thrown curveballs we need to take a moment and collect ourselves and then dive back into what needs to be done. When we accept our children's feelings and redirect them to the situation at hand we send them the message,

"Life sometimes hurts, but you are capable of handling it and doing what needs to be done." Teaching them this philosophy of life is not only right but also very fair.

Adina Soclof, a certified Speech Pathologist, received her Master's Degree from Hunter College in New York in Communication Sciences.

Adina developed TEAM Communication Ventures and conducts parenting, teacher and clinician workshops via telephone nationwide.

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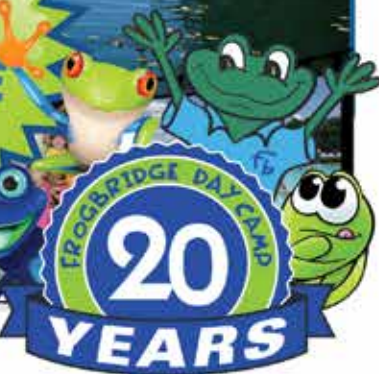
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## Single Parenting

Data from the 2010 census shows that the number of children living in single parent homes has nearly doubled since 1960.

One-third of American children – 15 million – are being raised without a father. Nearly 5 million more children live without a mother.

The effect on children without a two-parent structure is often debated by child psychologists and researchers. One thing is for sure: Single parenting is a tough job.

Along with the added responsibilities of daily life, a single parent is charged with disciplining, nurturing and protecting his or her children with little help.

According to the latest statistics:

- 69.4% of American children live with both parents
- 23.1% of American children live with their mother only
- 3.4% of American children live with their father only
- 4.1% of American children live with neither parent

### The Challenges

- Single parents who have job responsibilities may find it hard to balance their career and child-rearing duties.
- Juggling work and child care can be financially difficult, and can also lead to fatigue, lack of sleep and an overall negative outlook on life. This can lead to a high-stress and an edgy demeanor that can actually trickle down to a child's behavior.

### Ask for Help

- Before letting it get to this point, reach out to those around you. Parents, friends and even co-workers are generally willing to help if you ask them, even if it is by watching your children for a few hours on a weeknight so you can visit your friends or go shopping.
- Many cities have local single-parent groups, as well, and can provide the perfect opportunity to meet people who are in similar situations as you.
- Building a network of supporters can help you get through the tough times of single parenting.

### Prioritize Family Time

- It is easier said than done, but by showing your children extra attention you can cut down on the risk of them acting out in negative ways.
- Think of activities to stimulate them physically and mentally, and encourage them along the way. Schedule play dates so they can interact with children their age.
- If they are older, spend time taking your children to the movies, the museum or even just the backyard for a fun outdoor game.



# Should Schools Start Later in the Day?

By Susan Heckler

Waking up a school age child at any time is not an easy task. Let's face it, they all want to stay up late and they all require lots of sleep. In actuality, waking a sleepy parent up to wake a sleepy student up is a double whammy.

Research from the 1990's shows that it is nature telling our kids how to sleep, and that their sleep patterns are biologically determined. There is evidence suggesting that teenagers are seriously sleep deprived. A recent poll conducted by the According to the National Sleep Foundation, 60% of children under the age of 18 complained of being tired during the day, according to their parents, and 15% said they fell asleep at school during the year. A growing brain and maturing bodies need on average 8.5 - 9.25 hours of sleep per night. Due to shifting circadian rhythms (your internal body clock), many teens can't fall asleep before 11pm even if they wanted to (which they don't).



School times vary within communities. In our part of Western Monmouth County, many schools stagger the start times within the district to maximize the use of their school transportation. If all schools started and ended at the same time, you would need to increase the amount of buses and drivers to accommodate it.

A 2005 congressional resolution introduced by Rep. Zoe Lofgren (D-CA) recommended that middle schools nationwide start at 9:00 or later. The theory is that if schools start later, the student will have more time to sleep in, leaving them more rested and able to concentrate on lessons which may increase student achievement. The theory goes on to state that earlier start times will not mean earlier bed times for students, especially once adolescent hormones kick in.

Mary Carskadon, PhD, a renowned expert on adolescent sleep, cites several advantages for teens to get the sleep they need:

- Less likelihood of experiencing depressed moods
- Reduced likelihood for tardiness
- Reduced absenteeism
- Better grades
- Reduced risk of drowsy driving
- Reduced risk of metabolic and nutritional deficits associated with insufficient sleep, including obesity.

According to Phys.Org, a recently published article by the American Psychological Association where the research was led by Peggy S. Keller, a UK associate professor in the Department of Psychology in the College of Arts and Sciences, she found that earlier school start times were associated with lower standardized test scores, poorer attendance, lower school rank and school under-performance.

For those of you with high school drivers, here is something to think about. A 2011 study found that the weekday crash rate among high school students in Virginia Beach, where classes began at 7:20-7:25 a.m. was significantly higher than in adjacent Chesapeake, VA, where classes started at 8:40-8:45. For students too young to drive themselves, waiting for a school bus in the dark, at any age, is not a good idea.


School hours are set by each district; it is not mandated by government at any level. If your district is in favor of a change, they have the power to do it without legislation. The question to parents would be if they would be willing to pay higher school taxes to cover the increased cost of transportation if it meant a well-rested student with a better chance at succeeding.





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- \* On-campus reporter & news anchor for ESPN Affiliate WeAreSC & California Telecommunications Media
- \* 2015 ESPN Rose Bowl Assistant to the Producer
- \* Sports & Field Reporter for the PAC12 network including UCLA, University of Arizona & Stanford
- \* Won February 2016 PAC12 Diving Conference Championship

*"I studied and worked so hard in school and got horrible grades on exams. I also struggled with reading comprehension before I joined Lewis. I now work as a sports anchor and reporter for WBOY, an NBC affiliate, and I am living my dream!"*

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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.



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## HOW CAN I HELP MY CHILD DEVELOP HEALTHY SELF-ESTEEM?

By Brianna Siciliano

As children grow older, they become more and more observant. They listen to what other people around them—especially their peers—have to say. Kids pick up on all sorts of actions, beliefs, knowledge, and images, and unfortunately, sometimes these are not positive. How children feel about themselves can depend on many factors, including standards that have been set for themselves, the environment their time is spent in, and experiences that they have grown up through. Although some of these factors are out of your control as your child's parent, others can be influenced by you!!

If and when you hear your child make a negative comment about herself, call your child out. Let your son or daughter know that he/she is a beautiful and special blessing, and how great he/she is in different areas. Point out things that your child should be proud of, for example their hard work in a certain activity or sport, their good grades, or their great relationships with others. Different people excel in different categories! Make sure your child knows how great he or she is!

To boost your his or her self-esteem, it is important to help your child recognize and modify the negative thoughts about him or herself. Being reminded of their importance, and having their incredible abilities pointed out, is a major confidence boost to children. Saying something as simple as, "You have been doing a great job in school lately!", "All of your hard work is paying off!" "I'm very proud of you!" will let your child know that they are noticed and valued!

As a parent, it is extremely important to be careful of what you say because kids are very sensitive to parents' words. Remember to praise your child for their effort and their successes. When a child doesn't achieve something, like for example making the soccer team, he or she is in a vulnerable place. Instead of saying something like, "You'll make the team next time, you just need to work harder," say something along the lines of, "You didn't make the team, but you put in some great effort and I'm proud of you!" This will have a much better end result for your child's self-esteem.

Parents can also help by being positive role models, giving positive and accurate feedback, and being affectionate and spontaneous. Children look up to their parents and learn a lot from their home environment; if a child sees their mother loving her body, then the child will want to love their own body, too!!

Kids should grow up feeling special and great, not normal or average. With your help, your child can feel like a million bucks. Make sure your children know how loved, special, and beautiful they are!



# Age Appropriate Chores You Can Give Kids at Various Ages

By Susan Heckler

There are several schools of thought as to how much responsibility you can or should give your children at various ages. Some parents feel that giving chores to kids can deprive them of too much of their fun time during these vital carefree years of their lives. Some parents feel they are members of a household and should share in the day to day chores.

If Mom and Dad both go to work, it is also a big help to both to have your children helpful and a bit more autonomous. What you teach them to do for themselves is one less thing you have on your "to do list."

Psychologists maintain that our children feel like fully-fledged members of the family, learn to be independent, and avoid becoming too overwhelmed by ideas of responsibility.

It doesn't have to feel like a chore, you can make a game out of it but they should be able to do this. Each child matures a little differently so you evaluate and judge what they are ready to try next.

## **Age 3 your child is ready, willing and able to:**

- Collect their toys and put them away.
- Feed the family pets.
- Wipe up a simple spill

## **Age 4 your child is ready, willing and able to:**

- Make their bed. (*Don't expect hospital corners and perfection, but a beginners 'neating up' is a great start*)
- Set the table
- Help put away groceries

## **Age 5 your child is ready, willing and able to:**

- Do basic dusting
- Do basic food prep
- Clear the table

## **Age 6 your child is ready, willing and able to:**

- Feed the pets
- Putting out the trash
- Putting away their own laundry

## **Age 7 your child is ready, willing and able to:**

- Be introduced to the vacuum
- Shake hands with a Swiffer
- Fold laundry

## **Age 8 your child is ready, willing and able to:**

- Bring dirty laundry down to the laundry room
- Take care of pets
- Unload the groceries from the car

## **Age 9 your child is ready willing and able to:**

- Help wash the car
- Learn to wash dishes (not the fine china)
- Rake leaves

## **Age 10-12 your child is ready willing and able**

- Help prepare simple meals.
- Clean the bathroom
- Use the washer and dryer
- Watch siblings

## **Age 13+ your child is ready willing and able to:**

- Most teens are skillful at handling nearly any chore in the home as long as they've been taught properly. They can begin to make meals for the family, babysit siblings and others, and assume adult responsibilities. Today's teens have a full schedule with school and after school activities to keep all that in mind.



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-Dr. Elanna Yaloe  
Chief Academic Officer,  
KinderCare Education

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**Saturday Aug. 26<sup>th</sup>**

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## Community Event

**Friday Aug. 25<sup>th</sup>**

**STARTS AT 4PM**

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#### GOLF

**Full Day** - 18 Holes  
Registration 10:45

**Half Day** - 9 Holes  
Registration 2:30

Includes: cart, on course beverages, trunk show, cocktail reception, dinner & awards

\*Full Day also includes lunch

**Proper golf attire required  
Rain or Shine**

#### TENNIS

**Men & Women of all levels welcomed**

##### Morning Session

9:00-11:30

Fun Drills & R/R  
Lunch & Trunk Show

##### Afternoon Session

3:00-5:00

Fun Drills & R/R  
Cocktail Reception  
Dinner & Awards

**Proper tennis attire required  
Rain or Shine**



#### **Lunch, Fashion & Trunk Show**

**11:30 - 2:30**

\*\*\*\*FEATURING\*\*\*\*

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Shop boutique vendors, raffle prizes,  
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#### **Cocktail Reception/Trunk Show**

**Dinner & Awards**

**5:00 - 9:00**

Shop boutique vendors, fashion show, silent  
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\*\*\*\*FEATURING\*\*\*\*

Presentation of "Marsha Lewis Citizenship  
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Register Today— <http://www.lewisschool.org/copy-of-sell-ticket>



# SCHOOL BUS SAFETY

*Nothing says school is back in session like seeing the bright yellow buses out and about in your town.*

The American School Bus Council estimates that 480,000 buses provide transportation for children every school year. A new report shows that from 2004 to 2013, 327 school-age children were killed in school transportation-related crashes. Of those, 54 were occupants of school transportation vehicles, 147 were occupants of other vehicles, 116 were pedestrians, nine were pedal-cyclists and one was classified as an "other non-occupant."



The report also puts the school transportation-related crash data in the context of overall vehicle crashes: From 2004 to 2013, there were 340,039 fatal motor vehicle traffic crashes. Of those, 1,214 (0.36%) were classified as school transportation-related.

## Safety Tips

The National Safety Council recommends students and parents follow the following precautions when heading out for the bus stop:

- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building;
- Remind your child to wait for the bus to completely stop before approaching it from the curb;
- Make sure your child walks where she can see the bus driver;
- If your child's school bus has lap or shoulder seat belts, make sure your child uses one at all times.

## Share the Road

Remember that school buses stop at all railroad tracks. They do this for the safety of your children, so give them the space to do so.

Also, when you see a school bus approaching you from the opposite lane, be on the lookout for flashing lights and extending stop sign, which mean the bus is slowing for a student drop-off. Be sure to come to a complete stop in your lane and don't hit the gas until the bus has disengaged the stop sign and turned off the flashing lights.

## Bullying Behavior

The school bus is a prime spot for bullying because of the limited view the driver has of all the passengers. Here are some signs of bullying, from The U.S. Department of Health and Human Services and what the department recommends doing about them.

### Signs to Look For

- Unexplained injuries;
- Changes in eating habits;
- Frequent nightmares;
- Frequent stomach aches or headaches; and
- Declining grades or interest in school.

### Actions to Take

- Encourage open, honest discussions with your child about the subject;
- Set a meeting with your child's teacher or principal;
- Offer your child actions to take that are an alternative to fighting or verbal abuse;
- Give your child positive and affectionate attention; and
- Keep a close eye out for injuries or worsening attitudes toward school.



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# Months Of: AUGUST & SEPT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>10</b> New Brunswick- Movie & Picnic Date Night @ Rutgers Gardens	<b>11</b> Holmdel - Lady Antebellum, Kelsea Ballerini & Brett Young PNC Bank Arts Center	<b>12</b> Middletown- Farmers & Makers Market
<b>13</b> East Brunswick- Middlesex County Fair 	<b>14</b> Middletown- Neighbors Helping Neighbors @ Township Library	<b>15</b> Atlantic City- Wedding of the Sea Festival 	<b>16</b> Long Branch- National Theatre Live 	<b>17</b> Bradley Beach- Bradley Fresh @ Local Vendors 	<b>18</b> Brick- Italian Feast @ Church of the Epiphany 	<b>19</b> Belmar- Finding Dory @ 8th Ave Belmar Beach 
<b>20</b> Oceanport- Tu Sello Latin Fest 	<b>21</b> Watch the Solar Eclipse! 	<b>22</b> Sea Isle City Farmer's Market 	<b>23</b> Freehold- Trivia Night @ iPlay America 	<b>24</b> Keyport Thursdays @ Local Vendors 	<b>25</b> Smithville Historic Smithville's Car Cruise 	<b>26</b> Long Branch Jazz & Blues Festival @ The Great Lawn on the Long Branch Promenade 
<b>27</b> Seaside Heights- Sunday Family Fun Nights	<b>28</b> Cape May- Carnival on the Lawn 	<b>29</b> Jackson- USO Show Troupe Performance at Six Flags Great Adventure	<b>30</b> Point Pleasant- Wednesday Night Musical Festival @ Jenkinson's Boardwalk	<b>31</b> Cherry Hill- Al Fresco Affair @ Croft Farm Arts Center	<b>1</b> Wildwood- Boardwalk Craft Show 	<b>2</b> Manasquan Beach Labor Day Celebration Main St & First Ave
<b>3</b> Farmingdale- Allaire Bacon, Bikes & Brews at Allaire Village 	<b>4</b> Oceanport- Monmouth Park Labor Day Weekend BBQ & Craft Beer Festival	<b>5</b> Enjoy the beaches after Labor Day 	<b>6</b> Lavallete- Lavallete Founders Day Outdoor Festival	<b>7</b> Wildwood- Bike Rally 	<b>8</b> Asbury Park- Oysterfest 	<b>9</b> Atlantic City Seafood Festival 
<b>10</b> Princeton Montgomery FunFest @ Princeton Airport 			 <p>Keep Your Parents Busy!</p>			



# COMING ATTRACTIONS: MOVIES IN AUGUST

By: Erin Mumby

## NUT JOB 2: NUTTY BY NATURE, August 11

After the first installment, Surly Squirrel (Will Arnett) and his friends are back. The evil mayor (Bobby Moynihan) has plans to destroy their home, Liberty Park, and replace it with a dangerous amusement park. Surly and his animal friends must work together to save their home from destruction. Maya Rudolph, Katherine Heigl, Jeff Dunham, and Gabriel Iglesias also lend their voices to this animated film.



## LEAP, August 30



Félicie, a young orphan voiced by Elle Fanning, dreams that she'll be a famous ballerina. Her best friend Victor (Nat Wolff) wishes to be a world-class inventor. In order to chase their dreams, Félicie and Victor run away from their orphanage to Paris. Félicie assumes the identity of a rich girl in order to gain entrance into a prestigious dance school. She soon learns she has to deal with the attitudes of her snobby peers like Camille (Maddie Ziegler). With the help of Victor and her mentor Odette (Carly Rae Jepsen), Félicie is determined to do her best and follow her dreams.



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Exhibitor Inquiries Call 973-477-9101

# Celebrating A Milestone And A New Beginning

Help J&L Amish Depot celebrate its new store and anniversary with a Grand Opening and Harvest Festival 10 a.m. - 4 p.m. Saturday, Sept. 23 at J&L Amish Depot, 2611 Route 206 in Eastampton Township. The King family is hosting a festival for the community to celebrate 25 years in business and opening a new J&L Amish Depot to showcase their quality products. "This move represents another important milestone for my family and me, and we would like to invite all of our old friends and new neighbors to help us celebrate it," said owner Jake King.

During the free festival, there will be tours of the new store, which opened in early August, games, food and Amish crafts. Guests will have a chance to see live demonstrations from Amish builders, speak with them and see samples of their work. At the event, attendees will have a chance to win a handmade shed that will be built onsite during the festival. J&L Amish Depot's new custom-built store and 21-acre property on Route 206 in Eastampton will provide ample room to display the authentic, Amish-made indoor and outdoor furniture and structures that they offer. For information call 609-265-0298 or visit [AmishDepot.com](http://AmishDepot.com)



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Eastampton, NJ



**Join Us For A Grand Opening Celebration**  
10 a.m. - 4 p.m. Saturday, September 23, 2017  
**Enjoy Food, Live Demos, Amish Crafts and**  
**A Chance To Win A Free Shed**

**(609) 265-8644 - [AmishDepot.com](http://AmishDepot.com)**



# Kids Wish'n to go Fish'n - Outdoor Fun Day

By Pam Teel

Children with special needs will be able to attend the very first annual free "Kids Wish'n to go Fish'n" Outdoor Fun Day at Lake Julianna, on the Ponderosa Estate Farm in Millstone Township, on Saturday, September 30th.

With the theme being "Making Smiles," special needs children ages 6 to 16 years old are invited to catch and release fish on beautiful Lake Julianna. The main goal of the fishing and outdoor fun day is to provide a psychological boost for special needs children while relaxing at a beautiful private lake with their family caregivers.

This past April, a similar fishing event took place at the lake for disabled Veterans. Entitled, "Play HOOK-e, Take a Veteran Fishing." Disabled veterans had a chance to decompress, catch big fish, learn fly-casting, and enjoy a barbeque lunch. The veteran fishing program was so successful that it has already been scheduled for sometime in April 2018.

Mr. Vito Cardinale, of Cardinale Enterprises LCC, and owner of Lake Julianna on the Ponderosa Estate Farm thought that it would be a perfect opportunity for children with special needs to enjoy a day at the water's edge and have fun participating in outdoor games at the farm. Mr. Cardinale stated, "If fishing and enjoying the outdoors brings a smile to a youngster's face, let's make it happen."

Fishing on the lake is great opportunity for children with special needs because fishing is something they can do without exhausting themselves. There is plenty of space at the Ponderosa Estate Farm to navigate for physically challenged youngsters along with outdoor restroom facilities and lots of parking.

Participants are welcome to bring their own fishing equipment and bait or they can use loaner fishing rods and reels provided by the Jersey Coast Anglers Association (JCAA) and Boating Education and Rescue (BEAR) loaner program. Volunteer members from the following organizations will provide support for the youngsters fishing and participating in outdoor activities: (Project Healing Waters Fly Fishing (PHWFF), Jersey Shore Chapter, Newark Bait Fly Casters, New Jersey Beach Buggy Association, Hudson River Fishermen's Association, and Vietnam Veterans of America Chapter 12).

Mike and Debbie Bennett, BEAR Environmental Educator's, will spend time teaching youngsters fun games about the environment. Volunteers from PHWFF will teach fly-casting and the JCAA Youth Education Committee will have a surprise learning activity for youngsters and fishing safety tips.

Mr. Cardinale's vision of "Making Smiles" for special needs children will also include a hot dog and hamburger barbecue lunch for all attending, compliments of Cardinale Enterprises, LLC.

Local merchants and contributors are providing prizes, goodie bags, and tee shirts for girls and boys fishing Lake Julianna's "Kids Wish'n to go Fish'n." All children go home winners and the fish win too. Things you might want to bring to have and enjoyable time: sunglasses, cap, dress in layers, sunscreen, pliers, fishing cloth, wet weather gear, and a smile.

If you would like to donate to this worthwhile event for special needs children, please contact Don Marantz, JCAA Youth Education Committee at 908-347-1434.

**To register and receive directions for this free event, please phone Danielle @732-747-7846 or email: [Info@cardinaleenterprises.com](mailto:Info@cardinaleenterprises.com)**



*Veteran Don Marantz with a 3.5 lb. largemouth bass caught and released on Lake Julianna.*



*Aerial view of beautiful Lake Julianna on the Ponderosa Estate Farm.*



4th Annual

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12-10pm

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**TUSK** as **FLEETWOOD MAC**

**HOTEL CALIFORNIA** as **THE EAGLES**

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**GLIMMER TWINS** as **ROLLING STONES**

**MIKE MARTIN BAND** as **JOHNNY CASH**

**DECADE FOR NEIL** as **NEIL YOUNG**

**LIGHT MY FIRE** as **THE DOORS**

**RAINBOW FULL OF SOUND** as **THE GRATEFUL DEAD**

**JO WYMER BAND** ★ **SAM SIMS BAND** ★ **THE EASY OUTS** ★ **SLAPJACK**

**DAVE SIMMONS BAND** ★ **SCOTT ELK** ★ **STRUMBERRY PIE** ★

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# AUGUST IS FAMILY FUN MONTH IN BUCKS COUNTY

By Pam Teel

## CELEBRATE FAMILY FUN MONTH IN BUCKS COUNTY, PA

**August is Family Fun Month and our neighbors across the Delaware have tons of activities that guarantee a great time for the whole family! Check out any of these attractions for hours of nonstop fun and make some new memories with your loved ones...**



### For the... WATER-LOVING FAMILY

When it's hot, there's no better way to spend time outdoors with your family than at Bucks County River Country. Located in the beautiful village of Point Pleasant, they offer kayaks, canoes, river rafts and the popular river tube available to take for two- to four-hour trips along the scenic Delaware River. Come see the "World's River Tubing Capital" for an adventure the whole family will love! Come early on the weekends – arrive before 10:30am and get a \$4 discount off the day price. (Rivercountry.net)



### For the... OUTDOORSY FAMILY

Grab your family and a hammer and head to Ringing Rocks Park, an eight-acre boulder field and geologic wonder. When struck with a hammer, the rocks give off a loud, high-pitched ringing noise so you can make your own music all day long. After you and your family take turns taking your swings, hit the trail to explore the rest of the park, home to Bucks County's tallest waterfall. Make a weekend out of it and pitch a tent at Ringing Rocks Family Campground. This month, enjoy their 'Corn & Doggie Roast' August 4-6, 'Beat the Heat Weekend' August 11-13, 'Pig Roast & Hawaiian Luau' August 18-20, and 'Back to School Weekend' August 25-27. (Rringingrocksfamilycampground.com).



### For the... MUSICAL FAMILY

If your family is into Broadway, they'll love Bucks County Playhouse, known as "America's Summer Theater" since it's right next to the scenic Delaware River in the charming town of New Hope. Catch the classic 'Guys & Dolls' and 'Seussical Jr.' until August 12, and 'Other Desert Cities' beginning August 18. Stroll around New Hope afterward and grab a cone (or two) at Moo Hope ice cream. (Bcptheater.com).



### For the... FOODIE FAMILY

Enjoy trying new foods? Peddler's Village is hosting their annual Peach Festival August 12-13, as well as the recurring 'Food Truck Thursdays' until September. Make a meal together after picking your own fruits and veggies at Shady Brook Farm. In August, you can pick sweet corn, blueberries, tomatoes, eggplant and peppers there, and celebrate their 'Peachy Fun Days' from 11am – 4pm with wagon rides, inflatable attractions and more. (Shadybrookfarm.com).



### For the... HISTORY-LOVING FAMILY

Ride through the scenic Bucks County countryside on an open-air vintage train car! The New Hope and Ivyland Railroad has the Wildflower Express running daily throughout August, plus the Song & Story Train, Murder Mystery Dinner and Family Dinner trains running at special times. Bring your bikes to Washington Crossing Historic Park to explore the trails and climb Bowman's Hill Tower. Tour William Penn, founder of Pennsylvania's, original plantation at Pennsbury Manor, which is open daily. (Pennsburymanor.org).

Information courtesy of

Alexa Johnson, Public Relations Manager • VISIT BUCKS COUNTY

**Freehold-area Girl Scout troops made a surprise visit to The Manor Health & Rehabilitation Center at CentraState to deliver bouquets of flowers to the residents. The floral arrangements were provided by local florist, *Especially For You*. They were one of more than 1,000 florists nationwide that participated in "Make Someone Smile Week," hosted by floral delivery service Teleflora, which has hosted the week since 2000 as a way to brighten a day for countless people in hospitals, rehabilitation facilities, and nursing homes.**



## Meet Your Neighbors

By Pam Teel

**M**illstone Township resident, Jolene Conoscenti, is the founder of, "Lorraine's I Believe Foundation." The Foundation was started to spread awareness about Brain Radiation. She, along with her two sisters, started the Foundation in 2012 in memory of their mother, Lorraine Giordano. The sisters are not doctors, nor in the medical industry. Their intent is to share their experiences with others about their mother's brain radiation treatments.

Their Foundation also serves a dual purpose by paying it forward and helping to raise money in memory of their mother, for Make-A-Wish® New Jersey. The mission of Make-A-Wish New Jersey is to grant wishes of children with life threatening medical conditions and to enrich the human experience with hope, strength and joy. Our goal is to "help fund a wish" Our mom loved children and we believe this is the foundation she would want to help. To date the "Lorraine's I Believe Foundation" has proudly taken part in helping to make three wishes come true so far.

This year, Jolene and her two sisters teamed up with two other local business owners in the area. Melissa Saul, owner of CrossFit Delirium at Rewind Functional Fitness; a 3,375 square foot all-inclusive fitness center located in Eatontown, and Nick Bowden, owner of The Lift Project, a young adult ministry located in Central New Jersey. This past June, they hosted a fund raiser to help raise money for Make-A-Wish New Jersey. With Nick and Melissa donating the use of their time and facility at no costs, 100 percent of the money raised went directly to Make-A-Wish New Jersey.



**Rewind**  
FUNCTIONAL FITNESS  
CROSSFIT DELIRIUM

**MAKE-A-WISH**  
New Jersey

**The LIFT**  
PROJECT

**LORRAINE'S I BELIEVE FOUNDATION**  
The Life Radiation Foundation

Both CrossFit and the Lift Project are committed to hosting a fundraiser every month towards a charitable organization. Their generosity and kindness is incredible. They give up a Saturday personally and financially to help a cause. When small business owners give back to the community it is so important that they are recognized.

For Jolene, it is very emotional seeing complete strangers who were so giving, kind, and generous. "I have never met people like this. They should be recognized for their generosity and kindness to our community. Lorraine's I Believe Foundation and Make-A-Wish New Jersey are so grateful to both of them."

It goes to show you what good communities can do when they put their best efforts forward and work together to accomplish their goals. Their selflessness is helping to make someone else's dreams come true. Jolene and the Lorraine's I believe Foundation are busy working on their 4th wish-granting fundraiser for Make-A-Wish New Jersey. You can help by donating to their cause and others!

- CrossFit Delirium at Rewind Functional Fitness - <http://www.cfdelirium.com/> - Melissa Saul - Owner
- Lorraine's I Believe Foundation <http://www.LorrainesIBelieveFoundation.com/> - Jolene Conoscenti - Founder - To make a donation visit our website and go to the donate tab- <http://site.wish.org/goto/lorrainesibelieve> - Make-A-Wish New Jersey will send you a receipt for your taxes.
- The Lift Project - <https://www.theliftproj.com/> - Nick Bowden - Owner
- Make-A-Wish New Jersey - Monroe Township, NJ - Samuel & Josephine Plumeri Wishing Place - <http://nj.wish.org>







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# EXTRACURRICULAR ACTIVITIES

***There is a fine line between too much and not enough extracurricular activities for your child. Once you find the right balance, the positives are overwhelming.***

Indicators of successful participation in school extracurricular activities include consistent attendance, academic achievement and aspirations for continuing education beyond high school, according to the National Center for Education Statistics.



## Take It Easy

- Too much scheduled time can be stressful, especially for young children. Consider your child's age and your family's schedule when signing up your kids for activities.
- Quantity does not beat out quality, so make sure you're putting your kids in the music, sports and art functions in which they show the most interest.
- If you have multiple children, you know the challenge associated with managing overlapping schedules or varying locations. All of this should be factored into your decisions.
- You can overcome some of these issues by selecting activities where you have someone with whom you can carpool.
- If there are after-school activities available that take place mostly at the school, those also can be great activities if you're looking to minimize driving.
- Most importantly, remember that the main point of your children being involved in extra activities is that they have fun. Putting too much pressure on them — or yourself — can turn what is supposed to be an enjoyable experience into a stressful hassle.

## Athletics

Sports are popular extracurricular activities because they build leadership qualities and teamwork skills. Even individual sports such as golf, tennis or ice skating can develop mental toughness and a love for competition.

Many sports can be enjoyed outside of school during the summertime to help prepare your student for a strong in-school athletic experience. Here is a list of popular sports, some of which may not be available in your area.

### Spring & Summer Sports

- Baseball
- Softball
- Fishing
- Golf
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- Surfing
- Biking

### Fall & Winter Sports

- Basketball
- Football
- Volleyball
- Hockey
- Skiing
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- Ice Skating

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## Urinary Incontinence

***Incontinence affects millions of Americans and is a more common issue for elderly people, although not exclusive to an age group. Thirty percent of elderly respondents admit to "one or more episodes of incontinence." Women are disproportionately affected, even if they haven't had children. That doesn't mean that it's a normal part of the aging process.***

Many believe that they can't do anything about bladder and urinary issues or fail to seek treatment. This course of action often creates unnecessary stress. Rather than deal with incontinence, seek help.

Stress incontinence causes urine to leak when you laugh or cough. Overactive bladder (OAB), or urge incontinence, is caused by urinary muscle spasms. Multiple pregnancies, being overweight and genetic weaknesses can increase your risk.

### Urge Incontinence

This is also called overactive bladder (OAB) when you have an urgent need to go to the bathroom and may not get there in time.

Causes of overactive bladder include:

- Damage to the bladder's nerves
- Damage to other parts of the nervous system
- Damage to muscles

Conditions such as multiple sclerosis, Parkinson's disease, diabetes, and stroke can affect nerves, leading to urge incontinence. Bladder problems, such as infections and bladder stones, and certain medications can also cause it.

### Overflow Incontinence

If you can't empty your bladder and may dribble urine, the possible causes include:

- Weak bladder muscles
- Nerve damage
- Conditions that block the flow of urine, such as tumors or an enlarged prostate
- Constipation
- Certain medications

Regardless of the type of incontinence, you need a doctor's diagnosis to be sure what it is and you need to get the condition treated. If your bladder can't empty, that can lead to infections and other problems.

There are numerous treatment options for older individuals, including physical therapy (namely pelvic floor exercises), pharmacological treatments, and surgeries. These treatments can be extraordinarily effective, particularly when they're used as soon as incontinence occurs for the first time.



# Prioritizing Your Health Concerns

By Brianna Siciliano

As we get older, we have one ultimate goal in mind: to stay healthy. Sometimes, we don't always know what we need to do to stay healthy. Sure, we watch what we eat and exercise as often as we can, but is that enough? Not at all! Once the age of 60 is reached, or surpassed, there are multiple tests that are recommended to keep seniors happy, healthy, and safe. These tests can be done, or ordered, whenever you visit your regular doctor. Your doctor may even recommend additional tests for you based on your personal health profile. So what tests should you look into taking, if you have not already done so? See if any of the tests below catch your eye!

A major health issue with seniors has to do with blood pressure. You might one of the millions of Americans who have high blood pressure and do not even know it! It is very important to get your blood pressure regularly checked by health care providers to make sure that your blood pressure is normal so that your heart, arteries, brain, eyes, and kidneys stay healthy and safe.

If you want to avoid having heart attacks or strokes, it would be a good idea to get a cholesterol screening. High cholesterol levels are a major indicator of a possible heart attack or stroke for seniors. The good news, though, is that high cholesterol can be treated by medications and a set diet. Measuring your levels of total cholesterol, HDL "good" cholesterol, and LDL "bad" cholesterol, is very important to do regularly.

Are you a woman who is afraid of having osteoporosis? Make sure to protect your bones! Osteoporosis is not a force to be reckoned with. People with osteoporosis who suffer from fracture, especially if the fracture is in the hip, significantly increase their risks of permanent disability, or even death. All women should have a bone density test at the age of 65, unless a woman is at a higher risk. In that case, the screening test should be completed at the age of 60.

Have you been visiting the eye doctor at least once a year since you turned 60? Well, you should be! Eye diseases like macular degeneration, cataracts, and glaucoma are common diseases to be diagnosed with as we get older. Our eyes should be checked every two years until the age of 60, and then once a year after that milestone. Having your eyes screened can maximize and preserve your vision.

It is always a great idea to ask your doctor about different screenings and exams, like prostate cancer screenings, pelvic exams, or breast exams and mammograms. It's better to be safe than sorry, right? If you have any health concerns or questions, do not hesitate to ask your doctor. You deserve to feel great as the independent, important, and healthy person that you are!



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## *Additional Support for Grandparents Raising Grandchildren*

Grandparents can access a variety of information via the Internet and through state agencies the New Jersey Aging Services, Department of Health and Human Services. For grandparents or for friends, teachers, and social service staff who know of grandparents raising grandchildren, the following information and Internet resources may be of assistance.

- National Extension Website for Family Caregiving: [http://www.extension.org/family\\_caregiving](http://www.extension.org/family_caregiving). There is a special section on Raising Grandchildren. In addition there is information on the extension website on parenting
- American Association of Retired Persons (AARP): [www.aarp.org](http://www.aarp.org). ARP provides information on financial assistance for grandparents, becoming the best grandparent, support groups in local communities, and other resources.
- Generations United: [www.gu.org](http://www.gu.org). This advocacy organization works on family issues across the lifespan. They have a specific link to information on grandparents raising grandchildren.
- Children's Defense Fund: [www.childrensdefense.org](http://www.childrensdefense.org). The CDF educates the nation about the needs of children and encourages preventive investment before they get sick or into trouble, drop out of school, or suffer family breakdown.
- CYFERnet: <http://www.cyfernet.org/>. CYFERnet is designed to be used by anyone who needs comprehensive children, youth, or family information including: educators, researchers, parents, youth agency staff, community members, human services and health care providers, students, policy makers, youth, or media.
- Fostering Connections: <http://www.fosteringconnections.org/>. This site discusses the federal Fostering Connections Act and services.
- Grandfamilies State Law and Policy Resource Center: <http://www.grandfamilies.org>.
- This is a website that was developed and maintained by several national organizations. Laws pertaining to grandparent are available from all 50 states.
- Grandfamilies of America: <http://www.grandfamiliesofamerica.com/>. Grandfamilies of America is a national organization that is staffed and governed solely by relative caregivers.



# How to Get the Most Out of Your Health Insurance

By: Erin Mumby

It seems like everywhere you go, people are talking about the pros and cons of health insurance. Our health insurance is such an important part of our lives. Health insurance can get expensive, but it's necessary! Here are some ways to get the most out of your health insurance:

- A lot of health plans offer steep discounts on vision. LASIK surgery is usually heavily discounted through your healthcare provider. Designer sunglasses and eye glasses can even be free through certain vision plans. Vision plans also give you personalized service. Special discounts are usually given to federal employees, military personnel, and retirees.
- Some plans offer classes to keep you educated. Parenting classes and ways to cope with depression, diabetes, arthritis, and heart disease can be sometimes found through your healthcare provider. Programs for quitting tobacco use are also offered a lot. Many health plans have a lot of different tools to help you stop smoking. Coaches, hotlines, and support groups can all be found through some healthcare providers. A lot of health plans will also offer discounts on products like nicotine gum or patches to help you curb your smoking habit.
- Many plans have programs that help members keep their health in check. Some plans offer blood pressure, cholesterol, weight, height, and BMI screenings for free. Sometimes you can even get a health coach to help you meet health goals. Other important screenings are offered for free. These include important cancer screenings. You must absolutely get preventive screenings. Some plans even reward their members for being healthy. You could get extra money for exercising, eating right, or meeting goals.
- More insurers are starting to cover alternative medicine. This can include acupuncture, massage therapy, yoga, and Pilates. Some may offer free tai chi classes to fight stress. Some providers can even offer up personal trainers. Herbal medicines and supplements can sometimes be covered by your provider as well.
- Most insurers offer benefits for children and the family. Childbirth education classes can be offered. A lot of health care providers offer special care management for babies and their expectant mothers. Breast feeding classes and free pumps are offered to new moms. Discounts on child care and safety products are usually offered. These can include child proofing products, parenting books and videos, and educational books and videos for children.

Living a healthy lifestyle and keeping chronic diseases under control can help you to lower your health care costs. With the right tools from your health care provider, you can keep your health in check. Preventative care is key in ensuring a healthy lifestyle. Research your health plan and see what perks you can get to help you live your healthiest life!



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You may be feeling the itch to get more education, which you can do at discounted rates or even free of charge at your local community college or university.

## Program Availability

The American Council on Education reports that at least 60 percent of accredited, degree-granting educational institutions nationwide offer tuition waivers for senior citizens.

Check with your local community college or university to find out if yours is one of them. Start by calling the admissions office and asking what programs are available for senior learners.

You may have to set up an in-person meeting with a college official or counselor to talk through your tuition and class options. Be sure to confirm that your educational opportunity will be free of cost, or at least discounted to a special rate.

## Choose a Specialty

Depending on your educational goals, you may not be looking for a full two- or four-year degree. In that case, you can find a variety of "lifelong learner" courses at your local college or even community centers, art studios or fitness centers.

If you're interested in film and cinema, you can search for courses or seminars that focus on the history and evolution of Hollywood. There are also collegiate classes centered on business-building, personal finances, health and public affairs.

Whatever your interest, you can likely find a program offering some kind of senior-learning coursework that can help keep you sharp and teach you new skills, or even lead to a second career.

## Invite Friends

Learning can be contagious, so invite your friends or family members to take some courses with you. Knowing someone in your class can help put you at ease in an unfamiliar situation and give you more conversation topics.

If your friends are unavailable to take classes with you, be sure to pass along what you are learning about, whether it's a new view on historical happenings or an innovative cooking approach.



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# WHAT IS CONSUMER FRAUD?

By John Bazzurro

As we swing into the fall, many people have work performed on their homes. Fortunately, under New Jersey state law there is protection for homeowners who enter into contracts with home improvement contractors. New Jersey has promulgated the Consumer Fraud Act for the protection of consumers in various types of transactions. One type of transaction to which consumers are entitled to protection under this Act is home improvement contracts.

"Home-improvement contracts" are any type of contract in which improvements are made to the home of a consumer. When such a contract is entered into between a consumer homeowner and a "home improvement contractor," certain information and language must be contained within the form of the contract to ensure that consumers within the State of New Jersey are adequately protected from potentially fraudulent and/or "fly-by-night" companies.

The most important aspect of the Consumer Fraud regulations as they apply to home improvement contracts is the necessity for the contract to be in writing and for the written contract to include various pieces of information. The contract shall contain the contractor's legal name, address and registration number; a copy of the contractor's certificate of insurance; the total price of the contract including any finance charges; the right to cancel within a three day period; and a full and complete detailed description of the work with part numbers and manufacturers' names if any equipment is to be installed. If the work under the contract requires permits from the local municipality, it is the obligation of the home improvement contractor to obtain same and insure that any such permit applications are closed out at the completion of the job. Importantly, the regulations prevent any home improvement contractor from demanding final payment of the contract unless and until any such permit applications are closed out to the satisfaction of the local municipality. Basically, all of these requirements are to prevent any confusion as to the terms and nature of the contract between the homeowner and the contractor.

The good news for homeowners is that, in the event a home improvement contractor violates any of the terms of these regulations and such violation causes monetary damages to the homeowner, the homeowner may be entitled to triple the amount of damages together with counsel fees in the event the homeowner is required to bring a lawsuit against the contractor. Unfortunately, as I have seen many times in my practice, despite the fact that regulations are in place to protect the homeowner, oftentimes the contractor does not have sufficient assets to pay to the homeowner even if the homeowner wins their case in court.

Importantly, based on all the above, I recommend to my clients that they utilize a home improvement contractor who has been in business for a number of years and has a long-lasting reputation in the community. First and foremost, if the contractor has such a reputation, the chances are that the work will be satisfactory. Second, in the event something does go wrong with the job, the contractor will have the assets to make the homeowner whole.

If you believe you have been the victim of some type of consumer fraud, please do not hesitate to contact my office to discuss this matter with an attorney.

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# Shore Luxury Limo: Great Service, Great Neighbors

By Susan Heckler

***If you have an event coming up or a vacation planned and you need a limo service, Shore Luxury Limo comes highly recommended. They may have just celebrated their first anniversary, but the staff at Shore each has tremendous knowledge which, when combined is 20 years of transportation experience, makes for a seamless experience.***

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They have an extensive fleet of vehicles to fit all size parties and occasions. Whether it is going to a concert in style with a chauffeur as your designated driver, a black tie wedding or a ride to the airport...Shore does it in style.

Shore Luxury Limos' fleet of 2016-17 vehicles has grown with the addition of The White Trolley for the 2017 season. This is not intended as a party bus, it's an elegant throwback to Shore days gone by with all of the newest amenities. The White Trolley is equipped with luxurious features to provide comfort and relaxation for passengers. It is glass-enclosed and includes both high-output heating and air-conditioning to support any event date and weather. A cooler compartment provides storage for bottled water and beverages, and a 1500-watt surround sound satellite radio system supports the celebration with music. The charming rear porch of the White Trolley offers a perfect setting for a photo opportunity. The spacious ride offers 28 seats in total for parties of all sizes.

"I have always thought that the White Trolley would be a good fit for events here on the Jersey Shore. Commissioning a brand-new, state of the art trolley was a dream come true. The trolley offers a unique experience for weddings, proms, tours, and all types of events," says Tom Mirabella, President of Shore Luxury Limos.

Here is a great visual...The White Trolley decked out in Christmas decorations as part of Downtown Freehold's Light Tour.

"The addition of the White Trolley to our fleet will enable us to be of better service to our brides by offering them such a unique vehicle. The trolley compliments our fleet, allowing us to be a full-service transportation company," says Mike Grieco, Director of Operations at Shore Luxury Limos.

In addition to giving top of the line service with state-of-the-art vehicles, Shore Luxury Limos is a proud partner with Make a Wish Foundation, Daniella's Wish, and The Dream Factory of the Jersey Shore (DFJS, Inc.) and Downtown Freehold. The common theme here is this great company gives back to the community in a big way, helping children in need live a better life or fulfill a dream.

Thank you Shore Luxury Limo, you are an asset to the community and a great company to do business with! Tell them I say, "Hello" when you make your reservation.

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# HAPPY Left Handed PERSON DAY, AUGUST 13!

By Susan Heckler

Back in my mother's childhood (1940's), kids were discouraged from being left handed. Her teachers went so far as to tie her right hand behind her back during penmanship lessons.

While no exact set of "left handed genes" have been discovered, people who dominantly use their left hands do have more left-handed family members.

Life is easier for lefties than it used to be, more gizmos and gadgets have been invented and produced for their use. They may still struggle with even simple tasks for that very reason.

## DID YOU KNOW?

- The word left came from an old Anglo-Saxon word (lyft). It means weak or broken.
- Up to 10% of the population are lefties.
- Close to 30 million people in the U.S. are left-handed.
- We've been dominantly using our right hooks for more than 500,000 years.
- Mothers over 40 are twice as likely to have a left-handed baby.
- Lefties are 3 times more likely to be an alcoholic.
- They mostly use the right side of the brain.
- They are late bloomers – reaching puberty 4-5 months later than others.
- People with psychosis had a 20 percent likelihood of being left-handed.
- 8 Presidents were lefties- James A. Garfield, Herbert Hoover, Harry S. Truman, Gerald Ford, Ronald Reagan, George H.W. Bush, Bill Clinton, Barack Obama
- They're better at divergent thinking.
- Lefties who graduate college tend to become 26% richer than right-handed people.
- Lefties are typically better at architecture and math. (Right-handed people tend to be better at verbal skills).
- 25% of the Apollo astronauts were left-handed.
- Lefties are more likely to suffer from asthma and allergies.

- There are a few members of the royal family who were lefties, including, the queen's mother, Queen Elizabeth II, Prince Charles and Prince William.
- Lefties are more likely to have insomnia.
- Lefties can see better underwater.
- The right hand is mentioned positively 100 times in the Bible, while the left hand is mentioned only 25 times, all negatively.
- 50% of CATS are left handed.





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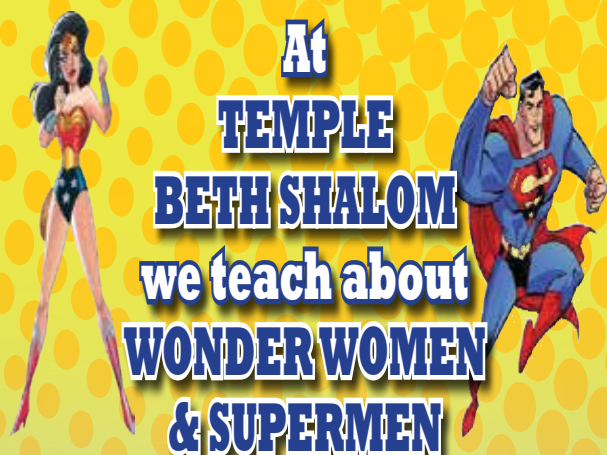
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***Peter J. McGuire, a carpenter and labor union leader, was the person who came up with the idea for Labor Day. He thought American workers should be honored with their own day. He proposed his idea to New York's Central Labor Union early in 1882, and they thought the holiday was a good idea, too. With four long months between Independence Day and Thanksgiving, Peter suggested a month halfway in between. But what date should they choose?***

The very first Labor Day was held on a Tuesday, September 5, 1882, in New York City. The day was celebrated with a picnic, concert and speeches. Ten thousand workers marched in a parade from City Hall to Union Square.

Soon after that first celebration, the holiday was moved to the first Monday in September, the day we still honor. Congress passed legislation making Labor Day a national holiday in 1894.

Labor Day is not just a day to celebrate the accomplishments of workers; for some people, it is also a day to talk about their concerns and to discuss ways to get better working conditions and salaries.

How do you celebrate the last holiday of the summer?

**Allaire Bacon, Bikes & Brews** September 2, 3, 2017; 11am to 5pm

**Allaire Village 4265 Atlantic Avenue Farmingdale, NJ** 732-747-4449

This Labor Day weekend family event features a celebration with good beer with a beer tent and garden, food trucks, live bands, kids activities, and historic tours and exhibits including displays of historic bikes and motorcycles.

**Manasquan Beach Labor Day Celebration** Saturday, September 2, 2017 (Rain date Sept 3rd)

**Main Beach** Main St & 1st Ave Manasquan, NJ

This family event features a concert with "9 South " @ 7:30 pm Main Beach followed by grand finale fireworks display @ dusk.

**Spring Lake Labor Day** end of Summer Celebration/Art Walk Saturday, September 2, 2017

**Downtown Spring Lake**, Third Ave Spring Lake, NJ 07762 732-449-0577

Stroll along the charming Spring Lake village 3rd Avenue business district while enjoying and admiring local artists work.

**Monmouth Park Labor Day Weekend BBQ & Craft Beer Festival** September 2, 3, 4, 2017; 11:30am to 5:30pm

**Monmouth Park Racetrack** Oceanport, NJ

The Monmouth Park Racetrack will be hosting their Annual Labor Day Weekend Festival filled with horse races, beer tasting, great barbecued food, and fun for the entire family. Some of the Garden State's best BBQ joints. In addition, cool off with a cold one in the beer garden with live music.

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## BACK TO SCHOOL CHECKLIST

*By Teena S. Patel*  
*Owner, Lightbridge Academy of Eatontown*

And just like that summer is almost over. It's time to pack away the bathing suits, flip-flops, sunscreen and beach towels and swap them out for back-to-school supplies. For any parent, finding the time to plan and organize all these items can be a daunting task. Backpacks, lunch bags, bento boxes, water cups, snacks, extra clothes and the list goes on and on. But worry not because shopping in 2017 couldn't be easier. In a matter of a few clicks, you are well on your way to tackling the much-dreaded back to school shopping. Here's a checklist to help you shop efficiently and stay organized, so you can conquer the back to school woes!

- **Backpack & Lunch Boxes:** One of my fondest memories of childhood would be to go into the store and pick out my backpack and lunch box. We'd have to go to several stores to find the perfect one. Flash forward to the present, and buying these items couldn't be easier! Start your research by visiting online retailers and searching their sites. Customized backpacks and lunch bags are really popular but usually require a 3-week lead-time. Order in advance to avoid back orders.
- **Extra Clothes:** Most childcare and preschool programs will require extra clothes to be sent in. You just never know when Johnny decides to use his shirt instead of the construction paper to paint mommy that perfect picture or for the occasional potty accident. Oh, and don't forget undergarments, socks and maybe an extra pair of shoes if you can spare it. You can never be too careful with preschoolers!
- **Labels: Labels, Labels, Labels.** Did I mention labels? Label anything and everything. I know, you found the perfect water cup for your little one but chances are so did the other mommy. Shoes, blankets, water cups, backpacks, lunch boxes, diapers and wipes (if applicable) – nothing is off limits. In some instances, a simple sharpie and masking tape will do. In other cases, a label maker can be ideal or purchase custom designed labels made especially for schools. The latter is a cost effective way to get long lasting, durable labels in all shapes and sizes. A quick online search for "Customized School Labels" will provide you with some options to choose from. Once again, order in advance to avoid shipping delays.
- **Supplies:** Typically, most Preschool and Pre-K programs provide the materials your child needs for all activities. Always check with center administration to ensure nothing else is required.
- **Snacks:** Most private early educational programs provide two snacks throughout the course of the day. With the rise of food allergies, many centers are now moving towards peanut sensitive environments. Be sure to ask the staff if this is applicable to your center.

Now that you have your basic checklist of back-to-school must haves, it's time to shop! Enjoy the last few weeks of summer fun and get ready to hit those crayon boxes soon. Be sure to be on the lookout for next month's article on healthy Bento Box lunch ideas. Until then, Happy Shopping!



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# SMART BACK TO SCHOOL SHOPPING TIPS

***Go shopping early. Make a list. Go to the store prepared. You already know those back-to-school shopping tips, right?***

Here is a list of smart strategies that will help you save money while also making your kids happy with their updated wardrobes.

## TAKE INVENTORY

Treat your child's closet like the stockroom at a major retailer.

- Grab a pencil and notebook, and make a complete list of all school-quality clothes your child possesses. Maybe some of her summer clothes will still work for the fall before the weather turns.
- Assess the list and make a new one of items needed.
- Go over your updated list with your child and welcome feedback on certain styles and types of clothing he or she would like to see in their school selections.
- Take your child shopping with you to help make tough decisions on which items to sacrifice when the budget starts running out. This will teach personal discipline and financial responsibility — two invaluable traits for any age.

## CHECK THE RULES

Schools have gotten stricter with wardrobe rules over the years. And with standards varying across states, districts and schools, it's always a good idea to have a handle on what your student can and can't wear.

There are certain articles of clothing that should be a given. Student appearance can be regulated if it is vulgar, indecent, obscene, insulting or if it carries message that encourages inappropriate behavior, the Education Commission of the States states.

But this rule isn't always cut and dry. According to a 2014 CNN report, a 5-year-old student in the Oklahoma City public school district was told to turn his University of Michigan T-shirt inside-out because it violated school rules.

The dress code only allows college shirts from Oklahoma institutions in an effort to deter gang activity. Even if you don't necessarily agree with them, policies like this can be adhered to with just a little bit of research on your part.

## TRUST YOUR TEEN

For high school students in need of new school clothes, you can enlist their help to make the shopping experience a bit easier on you.

Your teen may even ask if he or she can go shopping alone this year or with a group of friends. Set clear standards if you choose to allow this. Have your teen build a detailed list of wants and needs, and talk them through the importance of staying under or on budget.

You can even keep the majority of the budget yourself and have your teen pick out a few T-shirts or some tennis shoes.

Any shopping power you hand over can help teach your teen the importance of choosing quality, affordable items.





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## Do's and Dont's of Dry Shampoo

By Aleena McIlvaine

Instead of throwing your hair in a bun or putting on an ever popular "dad hat" when you're having a bad hair day, simply spritz a bit of dry shampoo throughout your roots, give it a little tousle, and be on with the rest of your day feeling confident. When it comes to using dry shampoo products, whether it be a spray or powder, no one knows exactly what they're doing. Everyone understands that it must cover their roots in order for it to make a difference in the look and feel of their hair, however, not many people really think about how to go about this. One of the biggest mistakes is simply applying it too close to the head, when it should be about ten inches away from the roots. Many people start out quite concerned because the spray comes out white, but this goes away as soon as it is brushed out. The product should sit for a minute or two before either brushing or combing it through with your fingers. This will leave your hair refreshed and looking brand new.



Dry shampoo can not only breath life back into oily hair, it can also help curls last longer, keep bobby pins in place, and hold a tease (backcomb) for longer. The starch or silica in the dry shampoo will coat the natural oils in the hair which keeps the curls from clumping together. The same products also keep bobby pins from slipping out of place by giving them a little extra grip. Dry shampoo has many other odd but practical uses other than keeping you hair looking clean. If you feel your brows are looking a bit sparse, you can spray some on your finger or a q-tip and brush it through your brows for a more naturally full look. The same starch that pulls oil out of your hair, can also pull oil/grease out of real oil stains in clothing, you simply spray the dry shampoo on the problem area before throwing it in the washer.

A good dry shampoo is a must have for any beauty lover. It keeps your hair looking fresh and clean between washes and can be used for other everyday quick fixes. Most products won't cost more than about \$15, which is a steal for something that can really save you from a bad hair day. It's not hard to love your hair when it always looks freshly washed thanks to dry shampoo.





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# Chemicals in Cosmetics

Potentially harmful substances are finding their way onto the shelves of our health and beauty aisles, cautions the Breast Cancer Fund headquartered in San Francisco.

Carcinogens and endocrine-disrupting chemicals can increase the risk of breast cancer, and the Fund reports that these substances are in the makeup many women are wearing right now.

## Dangerous Chemicals

The Breast Cancer Fund posts a list of chemicals commonly found in cosmetics and their effect on the body (breastcancerfund.org).

**Here are a few:**

**Phthalates:** This group of endocrine-disrupting chemicals are found in synthetic fragrances. Exposure has been linked to early puberty in girls, which is a risk factor for later-life breast cancer.

**Parabens:** These compounds have been identified in biopsy samples from breast tumors, reports the Fund, and are commonly used as an antifungal agent in creams, lotions and deodorants.

**Lead:** The Fund says lead may be a contaminant in more than 650 cosmetic products, including sunscreens, foundation, nail colors, lipsticks and whitening toothpaste. Lead is dangerous because it is linked to miscarriage and puberty delays.

## Choose Safe Cosmetics

Making sure you're using the safest possible products comes down to one simple strategy: simplicity.

Choosing products with a simple set of natural ingredients can help reduce the chance of chemicals making their way into your system. Simplicity in how much makeup you use is also part of a smarter process.

Discard any makeup that contains ingredients that haven't been proven safe or healthy. Cutting back on the amount of makeup you use is a surefire way to avoid the dangers of potentially harmful synthetics.

The Breast Cancer Fund urges women to avoid products that list the word "fragrance" on their packaging. Synthetic fragrance, the Fund reports, can contain hundreds of chemicals that can cause major damage to the body.



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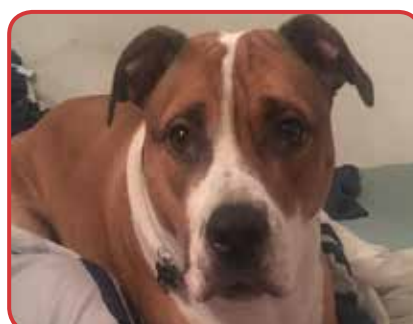
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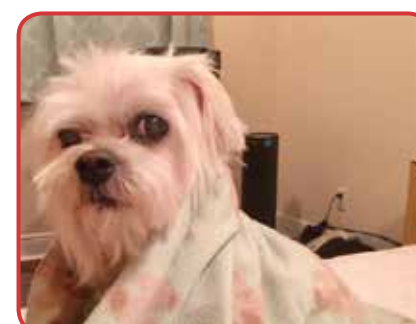
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# Do Cats Get Lonely?

By: Ryan Lennox



Cats are animals mostly known for their independence, but just like humans, could even the most introverted cats get lonely? Scientists think that they can.

Pam Johnson-Bennett is a cat behavior consultant who has done a lot of research on whether cats get lonely, and apparently cats can get very lonely. Most loneliness stems from the owners taking frequent vacations, having long days at work, or even breaking their normal daily routine. Johnson-Bennett says that cats can show loneliness in a few ways, and none of them are particularly good for their health. "Changes in behavior, appetite, litterbox habits, or grooming could be signs that a cat is having trouble with too much time spent alone."

Dr. Carlo Siracusa, director of Animal Behavior Services at Penn Vet's Ryan Hospital, agrees with Johnson-Bennett's opinion. "If cats don't have the possibility to share spaces, proximity and time with their preferred buddies, they will get lonely." What this means is that if your cat is not exactly a social butterfly, then you are probably its friends. Therefore, spending too much time out of the house and away from the cat could make it quite upset.

When cats are left alone too long, they might start to act out of character. Their actions could range from tearing up furniture, to even using your bed and shoes as a litterbox out of spite. Cats can even become quite antisocial if left alone for too long.

Combating boredom is a task that can be easily accomplished if you are with your cat often, but becomes more of a challenge if you are frequently out of the house. For cats that are alone frequently, they often have to entertain themselves when they are not sleeping the day away. Simply leaving the television or radio on for them could give some ambient noise during the day, and can also help to control the anxiety animals have while left alone. Fun toys like cat towers, trees, and plush toys can not only entertain while you are home, but if left in an accessible location, can entertain your feline companion while you are out at work as well. However, nothing really beats sitting down and spending time with your cat if it seems to be lonely.

If you have exhausted all options when it comes to toys, then the best option to combat your cat's boredom could be introducing another cat to the family. While cats and other felines are often alone in nature, they do enjoy having a companion, just like many other animals. If this option just does not fit your lifestyle, then spending some more time around the house and home with the cat could be the best option.

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# Why Spay and Neuter

By Susan Heckler

***Did you know that the cost of spaying or neutering a pet is less than the cost of raising puppies or kittens for a year?***

The number of homeless animals is a result of so many pets not being spayed or neutered. In the U.S., there are an estimated 6 to 8 million homeless animals entering animal shelters every year, according to the American Society for the Prevention of Cruelty for Animals. Further ASPCA research has found that as many as 300,000 homeless animals are euthanized in animal shelters every year in some states. Nationwide, more than 2.7 million healthy, adoptable cats and dogs are euthanized in shelters annually.

1. Spaying and neutering pets is the only permanent, fully effective method of birth control for dogs and cats.
2. Research has shown that having your pet spayed or neutered can have many positive effects, including an improvement in bad behavior and an overall boost to your pet's health.
3. Neutered male dogs lived 18 percent longer than unaltered male dogs and spayed female dogs live 23 percent longer than unaltered female dogs.
4. Can decrease their urge to roam, which reduces their chance of fighting with other animals, getting struck by cars and getting into other dangerous situations.
5. Un-spayed female cats and dogs have a far greater chance of developing fatal uterine infections, uterine cancer and other cancers of the reproductive system.



## Fun Facts for Dog Lovers



***Here are some fun and interesting facts about dogs. See how much you know about man's best friend. Did you know...?***

- A dog's heart beats between 70 and 120 times a minute, compared with a human heart which beats 70 to 80 times a minute.
- According to the Guinness Book of World Records, the smallest dog on record was a Yorkshire Terrier in Great Britain who, at the age of 2, weighed just 4 ounces.
- An adult dog has 42 teeth.
- The only sweat glands a dog has are between the paw pads.
- A dog's sense of smell is more than 10,000 times stronger than that of a human's.
- Dogs were the first animals domesticated by people.
- Eighty percent of dog owners buy their dog a present for holidays and birthdays. More than half of them sign letters and cards from themselves and their pets.
- All dogs can be traced back 40 million years ago to a weasel-like animal called the Miacid, which dwelled in trees and dens. The Miacid later evolved into the Tomarctus, a direct forbearer of the genus Canis, which includes the wolf and jackal, as well as the dog.
- Dogs are mentioned 14 times in the Bible.
- Chocolate contains a substance known as theobromine (similar to caffeine) which can kill dogs, or at the very least, make them violently ill.

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By Pam Teel

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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](mailto: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 animals' medical fund. Animal Assistance personnel does not take salaries. All animals have their recent vaccinations and are neutered and spayed.

*These four animals have been at the facility the longest, they deserve a good home. Please consider these pets first and help us find them a good home!*

**Senator Bob**- large super friendly male cat domestic shorthair- A talker.

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

**Sweetie**- female cat was found in an abandoned home. She was malnourished but is coming along fine. About 7 months old. She is tiny and so gentle.

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

*Others up for adoption-*

**Mr. Moe**- small baby orange domestic short hair male

**Bonnie**- adult beagle small male

**Paul**- Large adult Alaskan malamute

**J.R.**- Adult medium Jack Russell terrier

**Lady Linda**- Large female adult female pot bellied pig. Domesticated

**Butterscotch**-Calico cat- would prefer to be only pet

**Kait & Allie**-Labrador retriever and chow mix. Both female. Bonded- would love it if they could go together. Found abandoned.



Senator Bob



Yoyo



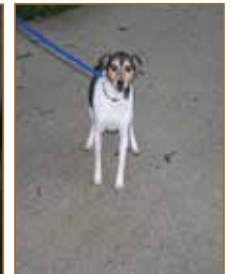
Mr. Moe



Bonnie



Paul



J.R.



Sweetie



Chili



Lady Linda



Butterscotch



Kait & Allie



# Our Postpartum Truth - In Her Words: Medications

By Michele Inzelbuch, LCSW, LCADC

The joy of a new baby can cause strong emotions in a new mother. 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 (CDC).

It can be difficult for loved ones to understand and know what can be done to help. It can be even harder for a struggling new mother to open up about what they are experiencing. But, with the right support and many times, medications, the journey to recovery and finding joy is possible.

This month, women in recovery from postpartum depression and postpartum anxiety share their experience on the topic of medications in hopes of bringing about a deeper understanding of PPD/PPA and recovery to the community.

N.D. had a history of mental health concerns and prior medication use. Midway through her pregnancy, she began suffering with PPD/A symptoms and needed to restart medication.

"I had a hard time finding someone because no one wanted to prescribe meds to a pregnant woman," she said. N.D. found a psychiatrist that was educated on maternal mental health and their help was crucial to her recovery process. She stayed on medication throughout her two pregnancies.

J.D. used medication since age 17. She stopped medication during pregnancy but restarted immediately after her son was born. "My family was very supportive," J.D. shared. "My OB even offered to give me a prescription before she knew I already had a psychiatrist." Being insightful into her mental health symptoms, she was able to identify them quickly, seek treatment and begin her recovery right away.

M.W. also had a history of anxiety and depression and knew when symptoms started she needed to be medicated. She contacted her psychiatrist who agreed to prescribe her medications as long as she did not breastfeed on the medications. "I really wanted to try to establish breastfeeding, so I held off on taking the prescribed meds in hopes that I could manage my anxiety," she explained. M.W. did eventually cease breastfeeding and started medications. "[Using] a combination of long-term antidepressants and temporary short-term meds, my anxiety slowly dissipated, and I began to improve," M.W. said. Feeling emotionally stable these days,

she is able to manage symptoms of depression. "I can cope with it (depression) because my mind doesn't race anymore."

M.T. had a prior history with anxiety and depression. "I knew the moment the symptoms hit that I needed medications," she said. "I immediately started seeking out a prescriber."

Fortunately, her family and friends were supportive of going on medication. "My OB referred me to find a psychiatrist and my search for a doctor only increased my anxiety." It took time and effort but M.T. finally spoke with an obstetrician that agreed to prescribe medication and she was able to manage her symptoms and continue to breastfeed her baby.

There is a strong need for public and professional education on maternal mental health issues. A woman's struggle to find someone willing to prescribe her medications can cause an increase in anxiety and prolong the recovery process. It is important to speak out and do not accept no for an answer when you ask your doctor for help. Obstetricians are allowed to prescribe medications to their patients, both pregnant and postpartum, and should provide referrals for follow up care. Though it is a personal choice, a woman can take psychiatric medications when pregnant and breastfeeding.

**For the new mom from a survivor:** Medications saved my life and potentially the lives of my children. Advocate for yourself and your rights! A healthy mom will raise healthy children.

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

## Michele D. Inzelbuch LCSW, LCADC

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# AUGUST IS NATIONAL BREAST FEEDING MONTH:

## *The Pregnancy Project*



When it comes to eating for health, it's important to make food choices that are backed by robust scientific evidence, packed with essential nutrients, and that can help to prevent us from getting sick. For infants, one food that meets all these requirements is breast milk.

During National Breastfeeding Month, we are excited to highlight the Birth to 24 Months and Pregnancy Project, which aims to advance the knowledge base on what is known about the impact of how we feed our babies and health. Breast milk is an important subject in this review.

At the Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS), we're passionate about the work we do each day to help all Americans reach their highest standard of health. One of our major initiatives – the Dietary Guidelines for Americans – has been the Nation's go-to source for science based nutrition advice for over 30 years. ODPHP partners with the Center for Nutrition Policy and Promotion (CNPP) at the U.S. Department of Agriculture (USDA) to develop each edition of the Dietary Guidelines, which is published every 5 years.

To date, the Dietary Guidelines has provided nutrition guidance for adults and children ages 2 years and older due to the unique nutritional needs, eating patterns, and developmental stages of children from birth to 2 years (24 months) that pose challenges to creating population nutrition advice with adequate scientific evidence. Similarly, pregnant and breastfeeding moms have distinct needs that have been addressed in the Dietary Guidelines, however, not with a comprehensive focus.

To ensure that future editions of the Dietary Guidelines include guidance for Americans of all ages and life stages, ODPHP and CNPP have undertaken the Birth to 24 Months and Pregnancy Project to begin a review of the evidence on nutrition and health for these groups. Congress also enacted a law requiring these groups be included in the 2020 Dietary Guidelines. This initiative will follow a rigorous evidence-based process informed by a broad range of experts in the field of nutrition and health of young children and women who are pregnant, including pediatrics, psychology, and economics.

Beginning with the ninth edition of the Dietary Guidelines for Americans, expected in 2020, this policy will be expanded to address the needs of infants and toddlers (from birth to age 2 years), as well as women who are pregnant. This critical expansion of the Dietary Guidelines will help ensure that the path to healthy eating starts as early as possible in life.

## TOP SAFE BABY TEETHING REMEDIES

*By Stefanie Maglio*

No parent wants to see his or her baby in pain. Unfortunately this happens to come along with teething. Luckily, there are many different options to consider when it comes to relieving the pain, but avoiding potentially harmful chemical remedies is very important especially with babies. Here are some safe ways to help your baby while they are teething:

- A gentle gum massage with a clean finger can help to relieve a lot of pain.
- Gently pressing a refrigerator-chilled spoon to the baby's gums. This works best when the child has yet to have any teeth break through the surface to avoid any accidental chipping.
- Allowing the baby to chew on a cold, and or wet washcloth has been said to help with the pain of teething.
- Chilled foods such as applesauce or yogurt can help soothe gums
- Plush teething toys specifically from organic brands have fruit flavor and are machine washable.
- OTC Pain reliever is also an option. Just make sure to check with your pediatrician before giving some to the child.
- Baby Orajel Naturals is a product to use for pain relief.
- Wooden teethingers may sound dangerous but they are actually an effective option for relieving pain.
- Rubber teethingers that are BPA free.
- Sometimes all it may take is a simple distraction such as some bath time fun.
- If the baby is six months of age or older, introducing a small sippy cup with cool water can be soothing as well.



# How to Find the Right Car Seat

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

Make sure Grandma, Grandpa and anyone else who travels with your child follows the same steps. Do not use a hand-me-down car seat. Technology changes, laws change but the love and safety of your child comes first.

## Car Seat Types

Learn about the four types of car seats, while keeping in mind the following tips:

- As children grow, how they sit in your car will change. Make sure you use a car seat that fits your child's current size and age.
- Not all car seats fit in all vehicles. Make sure the car seat is the right fit for your vehicle. Test the car seat you plan to buy to make sure it fits well with your vehicle.
- Buy a car seat that can be installed and used correctly every time.

## Rear-Facing Car Seat

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

Types:

- **Infant Car Seat (Rear-Facing only):** Designed for newborns and small babies, the infant-only car seat is a small, portable seat that can only be used rear-facing. Babies usually outgrow their infant car seats by eight or nine months. When that happens, we recommend that parents purchase a convertible or all-in-one car seat and use it rear-facing.
- **Convertible Seat:** As a child grows, this seat can change from a rear-facing seat to a forward-facing seat with a harness and tether. Because it can be used with children of various sizes, it allows for children to stay in the rear-facing position longer.
- **All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows. Because it can be used with children of various sizes, it allows for children to stay in the rear-facing position longer.



## Forward-Facing Car Seat

Has a harness and tether that limits your child's forward movement during a crash.

Types:

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

## Booster Seat

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

Types:

- **Booster Seat with High Back:** This type of booster seat is designed to boost the child's height so the seat belt fits properly. It also provides neck and head support and is ideal for vehicles that don't have head rests or high seat backs.
- **Backless Booster Seat:** A backless booster seat is designed to boost the child's height so the seat belt fits properly. It does not provide head and neck support. It is ideal for vehicles that have head rests.
- **Combination Seat:** As a child grows, this seat transitions from a forward-facing seat with a harness into a booster.
- **All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows.

# HERE'S A FRESH IDEA

## Look to locally grown organic produce for health and flavor

A great trend is happening in local farms all over the United States. More and more people are becoming preoccupied with the notion that eating organic foods is better for them.

Now there is clear evidence that eating organic produce is better for you than produce that is farmed using chemical pesticides and other insecticides that significantly reduce the amount of nutrients that can be derived from the produce.

### HARSH EFFECTS

A recent study conducted by Princeton University concluded that “pesticides used in growing common crops such as fruit, corn, cotton, soybeans, and tobacco have been found to have high toxicity to birds, mammals, and fish. Pesticide use kills not only pests, but also their natural enemies, many of which are now endangered due to ingested toxins and loss of food.”

We, as human beings, are ingesting the same food as these animals. If they are harming the natural wildlife that severely, what are they doing to us?

The Food Quality Protection Act, which was drafted in 1996, states that most of the chemicals that are used in pesticides, herbicides, and insecticides “present unacceptably high health risks, particularly to infants and children.” The fact of the matter is that no longer is it just relegated to the fruits and vegetables that are grown in America’s Heartland. Chemicals also affect the meat and dairy products that we consume because more farmers are feeding their cattle steroids and growth hormone, something that is believed to be safe — but also controversial.

Consuming foods and beverages that come directly from animals that are raised without the use of these hormones is thought to be safer to the overall health and well-being of the population. There are questions about whether the steroids and hormones can be harmful to humans once ingested, and while the debate over hormones is far from settled, organic meats can eliminate worries about it.

### CONSIDER ORGANIC

Organic produce allows consumers to enjoy all of the natural vitamins, minerals, and other natural benefits that pesticide-free farming can bring about.

A recent consumer survey completed by students and researchers at Cornell University found that “organically grown apples were less tart at harvest and sweeter after six months of storage than conventional apples.” This fact only accentuates the fact that there can be benefits to taste as well as health when you buy organically grown produce.

Another startling fact to note is what diseases you could prevent yourself from getting if you were to eat only organic foods. A battery of tests by the U.S. Department of Agriculture has found that pesticides have led to cancer, obesity, birth defects, and Alzheimer’s Disease. When you consider the amount of produce that is eaten in one year, chances are that most Americans have already ingested trace amounts of dangerous pesticides.

What do we know definitively about the advantages of a diet rich in organic produce? The University of California- Davis recently found that organic tomatoes that are grown in fields without the use of chemical fertilizers have “excessive formation of antioxidants such as uercetin (79% higher) and kaempferol (97% higher)” than tomatoes grown using chemicals and insecticides.

### LOOK LOCALLY

As the United States grows ever more health conscious, it is clear that something needs to be done about the non-organic produce being grown in the United States. There are many advantages to eating organic produce that is grown by local farms.





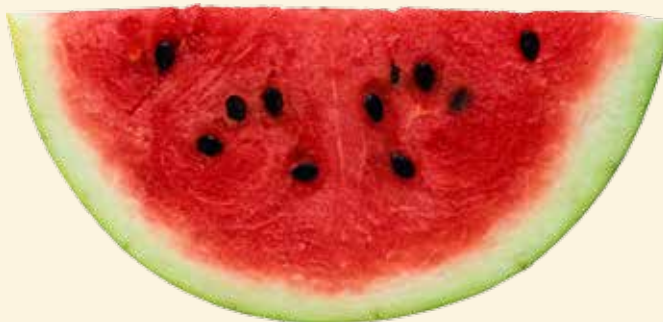
# Reasons to Love Watermelon

By: Alexandra Tringali

There's nothing better in the summer than a fresh, juicy watermelon; it makes for a great picnic snack or post-barbeque dessert. In addition to being incredibly refreshing and delicious, the watermelon is full of nutrients that benefit your whole body, like your immune system, brain, and heart. Whether you prefer red or yellow, seedless or not, the benefits of watermelons – sometimes called the pin – are countless! Check out these top five healthy benefits below, so you'll have yet another reason to eat this fruit all season long!

## 1. Helps You Keep a Healthy Heart

Watermelon is full of lycopene, a nutrient that not only gives fruit such as tomatoes its bright red color, but also keeps the heart strong, and all heart functions up to speed, while acting against free radicals. (Free radicals are atoms that are not paired with an electron, and therefore are highly reactive. They interfere with cellular components involved with DNA and the cell membrane. When free radicals interact with cells, the cells could die.) Watermelon also has lots of potassium, which reduces the risk of heart attacks and bad cholesterol, improves blood circulation, and even regulates heart rate.



## 2. Strengthens Joints & Bones

Lycopene and potassium not only helps with heart function, but also with bone health as well. The lycopene and potassium found in watermelon decrease the risk of osteoporosis, while the potassium also helps the calcium aiding in the health of joints and bones.

## 3. Keeps the Immune System Sharp

Watermelon, like many other fruits, contains a lot of vitamin C, which not only wards off less common diseases like scurvy, but also strengthens the immune system and helps your body's healing processes.

## 4. Watermelon for Weight Loss

Watermelon is 90% water, and therefore extremely low in calories. It's a healthier option for a snack than your go-to bag of chips, and makes for a much better dessert option than your banana split. Watermelon also contains citrulline, an organic compound that is converted to the amino acid arginine by our bodies. This amino acid aids in the burning of fat.

## 5. Naturally Reduces Inflammation

As briefly mentioned above, watermelon helps your body's healing processes, which makes watermelon a natural anti-inflammatory. The large number of flavonoids, carotenoids (including lycopene!), and triterpenoids are molecules that aid in reducing inflammation throughout your body.



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# Strawberry Watermelon Margaritas

\*ALCOHOL OPTIONAL

Makes 4 margaritas

## INGREDIENTS:

- 1 ½ cup sugar
- 1 ½ cup water
- 24 strawberries
- Chopped watermelon equaling 2 cups
- Pinch of cayenne pepper
- 1 lime
- 6-8 oz. tequila
- Ice (optional)

## DIRECTIONS:

1. Make a simple syrup with the sugar and water by bringing them to a boil over medium-high heat.
2. Stir occasionally to dissolve the sugar. One sugar is dissolved, boil for another 30 seconds before letting cool on the stove.
3. Once cool, pour into a blender with strawberries, watermelon, cayenne, lime juice, tequila, and as much ice as you'd like.
4. Strain or pour into glasses rimmed with salt and some cayenne pepper.



## Do You Know What's in Your Cooler?

By: Erin Mumby

What do you think is in your favorite can of soda? You might expect sugar, sodium, and artificial coloring. Did you expect bacteria from the tops of your cans? You might not know that bacteria is lurking on the tops of your soda cans. When cans are transported from the manufacturer to the grocery store, they are often stacked on top of each other. When the cans are stacked, the bottom of one dirty can moves to the top of the other. Another popular belief is that rats and other rodents run on the stacks of cans when they're stored in a warehouse. When we finally get the cans home, we pull back the soda tab and drink. Think of all the germs that are transferred to us!

All cans can carry some form of bacteria. Bacteria is on cans that are found anywhere, including grocery stores, gas stations, restaurants, and vending machines. Mold, yeast, and staphylococci are all found on soda cans. The common bacteria bacillus is also found on cans.

Other bacteria found on cans can be more concerning. *Aerugenosa* is a bacteria that is typically found in hot tubs or Jacuzzis. Another concerning bacteria is *Enterobacter cloacae* or coliform. This rod-shaped bacteria is found in water, sewage, soil, and in the feces of healthy people. This bacteria could arise from a store clerk not washing his hands after using the restroom. It could be from vermin in the warehouse. There is no way to know for sure, but the bacteria is all around us. Some bacteria can cause serious infection in patients with medical conditions. Bacteria will

affect those with low immune systems the most. Most healthy people should not worry about bacteria. However, bacteria can cause skin or ear infections

The odds of getting sick from the bacteria on soda cans is very low if you are a healthy person. Make sure to keep your cans cold as bacteria won't thrive in a chilly environment. Storing your cans in a cooler is a perfect solution on a hot summer day! If you are still worried about exposure to bacteria, running water on the top of your unopened soda can is the best method to clean a can. Consider running your can underneath the faucet next time you drink a soda. Cans with the highest germ counts generally come from convenience stores and gas stations. Vending machines and cans directly out of 12-packs have lower germ counts.





# IT'S EASY BEING GREEN

By Alexandra Tringali



**Avocados** are quickly becoming a staple ingredient in American households. They're loaded with vitamins and nutrients, and their creamy, yet mild flavor allows them to be the perfect addition to almost any recipe, whether it's brownies, shakes, on toast, or even on their own, with a sprinkle of salt and pepper. However, as soon as you cut into an avocado, the vibrant fruit will begin to brown.

**Why does this happen to fruits like apples and avocados?** It's because of the reaction between the phenols and oxygen, from an enzyme called polyphenol oxidase (PPO.) Once the phenols are hit with oxygen, PPO oxidizes them, forming long chains of polymers called polyphenols. These turn any fruit with phenols brown. While the brown flesh is still edible, it may have a bitter taste to it, and the longer the fruit is exposed to air, the more bacteria can grow on it.

However, with the right tips and tricks, you can delay this process and extend your avocado's shelf life.

## Chopped Onions

The first and most effective method of maintaining an avocado's freshness and vibrancy is to store it with chopped onions. While this means you probably shouldn't add this avocado to brownie or milkshake recipes, chopped onions help extend your avocado's shelf life due to sulfur dioxide. (Try adding both the avocado and onions to scrambled eggs instead!) When cut, an onion releases sulfur dioxide, which inhibits polyphenol oxidase and stops the fruit from browning. Storing an avocado with chopped onions extends its refrigerator life for up to five days.



## Low Temperatures

The lower the temperature an avocado is stored in, the better. Storing an avocado at 5° Celsius (around 41° Fahrenheit) extends the shelf life of an avocado to five days. This is because colder temperatures slow down the polyphenol oxidase activity.

## Acidic Juices

Every elementary school science class included an experiment with putting lemon juice on apples to see if the apples will turn brown. This is because acidic juices, like that from lemons or limes, inhibit polyphenol oxidase. Lemons and limes are rich in ascorbic acid (vitamin C) and citric acid, which keep avocados fresh and green for up to two days.

## Basic Storage Techniques

Tricks like storing an avocado with onions or lemon juice can limit the amount of uses an avocado has, because it can very easily take on the powerful flavors it's stored with. By tightly wrapping an avocado in plastic wrap or storing it in an airtight container and placing it in the refrigerator, you can avoid browning for up to a day.



# New in NJ- Duchenne Muscular Dystrophy Awareness Week

By: Erin Mumby

In Trenton, – The Assembly approved a joint resolution (AJR124) that will make the week of September 7- September 13 as Duchenne Muscular Dystrophy Awareness Week. The bill was sponsored by Assemblyman Ron Dancer (R-Ocean). This bill will help increase the knowledge that the average New Jersey resident holds about Duchenne Muscular Dystrophy Awareness Week. “Educating parents and health care professionals about the condition will help improve early diagnosis and treatment of the disease which can improve the quality of life for everyone affected,” said Dancer (R-Ocean). “It can also help encourage further research into treatments for the condition.”

## ***Did you know that Duchenne Muscular Dystrophy is the most common fatal genetic disorder?***

300,000 boys worldwide will be affected by Duchenne Muscular Dystrophy. 20,000 cases are documented in the United States. Symptoms of the disorder will usually appear before a boy is 6 years olds.

DMD is a form of muscular dystrophy that is caused by a mutation of the dystrophin gene, located on the X chromosome, which codes the protein dystrophin. An absence of dystrophin in the body causes muscles to deteriorate and break down. DMD is the most frequently occurring childhood neuromuscular disorder. It is also one of the most rapidly progressive childhood neuromuscular disorders. Boys are primarily affected because the disorder is inherited on the X chromosome. Girls can be carriers and mildly affected.

When a child has Duchenne Muscular Dystrophy, their exons are deleted, duplicated, or cause an abrupt stop in the protein production process. The impaired exons then interfere with the rest of the gene being pieced together. This then results in a mutation that causes the body to lack the protein needed to protect and rebuild muscle fibers. The lack of protein leads to continuous muscle degeneration and premature death. Treatment is usually aimed at controlling the symptoms a patient has, as there is no cure for the disorder.

Symptoms like progressive muscle degeneration and weakness can begin as early as age three. When a boy reaches their early teens, critical organs including the heart and lungs will be affected. The life expectancy is not high for men with Duchenne Muscular Dystrophy. The average life expectancy is 26 years old. Recent advances in cardiac and respiratory care are now allowing men to live into their 30s or later.

Worldwide, September 7 is World Duchenne Day. September 13 is the date on which Jamesy Raffone was diagnosed with the disorder. As a result, his parents founded JAR of Hope, a New Jersey charity focused on Duchenne muscular dystrophy. Their mission is dedicated to bring awareness and raise funds directed to ongoing research in the hope of eliminating Duchenne Muscular Dystrophy.



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# Autism-Friendly Entertainment for Families Part 1

By Susan Heckler



Having a special needs child certainly presents challenges for every member of the family. With all the awareness and certainly because more and more families are affected each year, accommodations are being made little by little so families can enjoy life, with or without children with differences.

Special needs children may have extreme sensitivity to noise; crowds, touch, textures, bright lights, bothersome clothing, and new experiences are often so overwhelming for kids with sensory problems that it can run their lives and the lives of their parents. When symptoms interfere with daily functioning, it is often referred to as Sensory Processing Disorder (SPD) and can be co-morbid with anxiety disorders and Autism Spectrum Disorders.

Up until five years ago, families with Autism Spectrum Disorder had very scarce opportunities for art and entertainment. Outbursts and odd behavior could be chalked up to bad parenting, plain and simple, and the stares and judgements of those around you can be terrible.

Here is a list of a few venues that make accommodations so every member of every family can enjoy their offerings:

- **POAC Autism Services 1989 Route 88, Brick. 732-785-1099 or poac.net** Parents of Autistic Children Autism Services organizes many free events for families and offers information on events run by the Facebook group New Jersey Autistic Warriors. Upcoming POAC events include:

Aug. 20, from 11 a.m. to 2 p.m.: Pirate and Princess Carnival, Windward Beach, Brick.

Sept. 9, from 11 a.m. to 2 p.m.: Autism Family Fun and Play Day, Brick.

- **Diggerland located at 100 Pinedge Drive in West Berlin is a construction site-themed amusement park offering judgment-free Special Abilities Nights at Diggerland (SAND). The next one is scheduled for:**

September 8, from 5 to 8 p.m.

For details call 856-768-1110 or diggerlandusa.com.

- **Paper Mill Playhouse located at 22 Brookside Drive in Millburn 973-376-4343 or papermill.org.**

Oct. 15 at 10 a.m.: TheatreworksUSA's "Cat in The Hat."

Dec. 27 at 1:30 p.m.: "Annie," the musical on the main stage.

April 22, 2018 at 10 a.m.: TheatreworksUSA's "The Lightning Thief."

- **Franklin Institute 20th Street and Benjamin Franklin Parkway, Philadelphia. 215-448-1200 or fi.edu.** Offers Sensory-Friendly Sundays with modified all day, with trained staff and volunteers on hand. The Franklin Institute offers a "try again" or rain check if the visit doesn't work out in your first half hour. Sensory maps are available for exhibits. Upcoming dates include:

August 27 / October 9 / December 3

- **Sahara Sam's at 535 Route 73, West Berlin. 856-767-7580 or saharasams.com** has upcoming special-needs nights at the indoor water park are:

October 13 / December 1

- **The State Theatre located at 15 Livingston Ave., New Brunswick. 732-246-7469 or statetheatrenj.org**

Oct. 22 at 1 p.m.: "Guess How Much I Love You" and "I Love My Little Storybook" by Mermaid Theatre of Nova Scotia.

Nov. 18 at 2 p.m.: National Acrobats and Martial Artists of China.

- **Union County Arts Center 1601 Irving St., Rahway. 732-499-8226 or upac.org** is showing a sensory-friendly, one-hour, abridged performance of "The Nutcracker" by American Repertory Ballet

Nov. 19 at 1 p.m.

- **William Paterson University's Shea Center for Performing Arts 300 Pompton Road, Wayne. 973-720-3178 or wpunj.edu** began sensory friendly shows in 2013

Dec. 4, from 10:30 to 11:30 a.m.: "Junie B. Jones' Essential Survival Guide to School."

- **Mayo Performing Arts Center at 1000 South Street in Morristown. 973-539-8008 or mayoarts.org** offers special performance such as:

April 18, 2018 at 12:15 p.m. "Goodnight, Goodnight Construction Site" will be a relaxed performance suitable for children with ASD.

April 23, 2018 at 4 p.m.: A relaxed performance of "Pete The Cat." Tickets are \$12 and \$15.

March 11, 2018 at 2 p.m.: "Sing-Along with the Muppet Movie." Lights up, modified sound, a quiet room and the ability to get out of your seat.

***Please always call ahead to confirm all information and for ticket sales.***

***Have fun and enjoy life!***

# A Community Recovers

By Chase Temple

Even on the darkest and gloomiest of days, every cloud has a silver lining. While the State of New Jersey has been utterly plagued by the evil forces of addiction in recent years, the Garden State has shown glimmering signs of hope in the battle against addiction.

It is easy to be blinded by all the negativity that is encompassed in the term "addiction." From the horror stories you read in the newspaper of teen overdoses, celebrity relapses, or even the illogical disregard for the drug epidemic by our federal government officials, there are signs everywhere of the havoc that addiction wreaks on families.

What's important to acknowledge right now is that it is the utterly complex nature of the mental/physical illness of addiction that suffocates the lives of those affected and makes it so difficult for them to escape. But although it is challenging, it is by no means impossible to beat the disease. There is a way out. Metaphorically speaking, drug addiction in people works similarly to how gardeners tend to weeds that grow on their property. If the root of the weed isn't fully removed from the soil, the weed will continue to keep growing back. The same theory applies to addicts, for if individuals do not address the underlying root of the issue, the symptoms will always be present and the addict will continue to be at risk of chronic relapse.

Like addiction, recovery is also a complex, multi-layered process. There are many programs, steps, and principles that an addict can follow and use as tools to lead them out of the painful life that results from drug addiction. Some of these approaches to the recovery process can actually make it more incomprehensible than it truly needs to be. The Alcoholics Anonymous program, with its twelve steps, and the various treatment programs and facilities that base themselves around these specific philosophies is one well known avenue. What you may not have heard of though, is a route to recovery with multiple vehicles, pathways, and navigation tools unlike any before.

Enter SMART Recovery and CFC Loud N' Clear Foundation 501(c)(3). The program, which I like to refer to as the "Siri" of recovery organizations, knows exactly how to fill in the blanks, cross the T's, and dot the I's when it comes to post-treatment care for clients. For them, it is simple. Address the underlying root, and pull the weed. Through various life skills building workshops, SMART Recovery meetings, career building programs, educational presentations, meditation/yoga classes, community volunteerism, family recovery planning, and even recovery coach certification courses, CFC Loud N' Clear offers its members numerous outlets in order for them to thrive as people in recovery and equips them with the necessary tools to address the underlying causes of their addiction.

Not only does the Foundation offer two sober living homes for its members to continue their recovery in a safe environment, but its program also incorporates sober activities into its weekly agenda in order to create a fun and fresh outlook of the drug-free social experience. With over 2,500 people placed into treatment, 350+ members placed

into recovery, 300+ Narcan trained community members, and 145+ certified recovery coaches, CFC Loud N' Clear Foundation is addiction's latest kryptonite.

With a correlated force of camaraderie, combined with a potent sense of hope, this organization is undoubtedly distinct. Because of its unique perspective and philosophy, sober individuals who are linked to CFC Loud N' Clear Foundation immediately gain an advantage in becoming successful in their recovery. When immersed into the CFC culture, members are provided with mindfulness, self-care, and addiction education tools in order to create a balanced, drug-free existence.

This group also firmly believes in 'real life exposure, clean and sober'. Because a large part of recovery is reintegrating into society and dealing with the public norm, the directors of the program emphasize the importance of fully engaging in social situations with other people in recovery where alcoholic beverages are served in order to teach them how to deal with these situations in a safe, secure, and responsible way. On September 16th, members will get a chance to be exposed to this type of situation as they help support the Foundation's "Rock the Farm: Faux-Chella" music festival fundraiser in Seaside Heights, NJ. Although alcoholic beverages will be served, sober members will stand strong and proud in recovery while still being able to enjoy everything the festival has to offer including food trucks, street vendors, yoga, meditation, and drum circles. All proceeds from the sale of alcoholic beverages at Rock The Farm will be donated to the Seaside Heights Business Association.

The foundation's philosophy is "power with purpose, stand in your truth and give back." This they echo in all that they do. By creating an environment that provides many roads to recovery, without judgment of opinion, identity, or choice, it allows members the freedom to annihilate their addiction in a unique and individualistic approach.

Although recovery may be a complicated process, it is never unattainable for an addict, no matter how hopeless the situation may seem. And although we may never find an absolute cure for the illness of addiction, one thing is evident. Recovery works, and so does CFC Loud N' Clear Foundation.

For more information about the organization, please visit <http://www.healingus.org> or <http://www.rockthefarmnj.com> to purchase music festival tickets.







**Dr. Helen Simigiannis,  
MD, FACOG**

## QUESTION:

**What can I do to control my heavy periods this summer?**

**M**any women begin to experience heavy and/or irregular bleeding in their 30's and 40's, as they begin to get closer to menopause. Heavy periods are more than just a hassle - they take a physical, social, and emotional toll as well. NovaSure® Endometrial Ablation is a 5 minute procedure used to treat heavy bleeding. It can be done in a doctor's office and it is performed without any incisions.

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Please call Dr. Simigiannis at 609-448-7800 for more information and a consultation. A full exam and evaluation is always necessary prior to any procedure. If you are still considering child bearing, this is not the procedure for you. Medical insurance eligibility is evaluated and we encourage patients to check this as well.

**For more information feel free to contact:**

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most women report no pain and can return to most activities within a day.

This is how it works: Each month during a period, the uterine lining is shed and a new lining starts to grow. By preventing the re-growth of this uterine lining, we can stop periods sometimes permanently. Prior to the introduction of endometrial ablation as a treatment option, hysteroscopy with D&C was performed to thin the lining of the uterus. Alternatively, hormones and hysterectomy were offered. With advancements in medicine, Novasure endometrial ablation has become a well recognized treatment. Dr. Simigiannis will use the Novasure to permanently remove the cells that grow a lining in the uterus. Dr. Simigiannis is committed to providing you the best experience possible by having a Board Certified Anesthesiologist available making the experience pain free.

You may return to work the day following your procedure.

## Teen Privacy- Balance Is The Key

By Stefanie Maglio

Teenagers will almost always fight for freedom in the form of privacy from their siblings and parents. This is where parents may struggle to find the right balance of privacy they allow their teen to have. Many factors can come into play while navigating through this situation. For example, a parent knows their kid best. Do they have a history of making good choices and obeying rules? Or have your children demonstrated a history of untrustworthiness? Trust is a majorly important quality to have in a parent-teenager relationship. The more trust the parent has in the child, the more privacy that is likely to be given. When kids are in their younger teen years, it is okay to be a bit more strict with rules such as monitoring social media and what programs they're watching. However, if the child shows responsibility and capability of handling more privacy, it is okay for the parent to be a bit more lenient and let go even more so. It's truly about finding the perfect balance. A parent shouldn't let go of the reins too soon, as their child may make dangerous decisions that could threaten their health or future. However, it is also not good for the parent to let go too late, such as being too intrusive without reason. This can disempower the child. Most importantly, there should always be an open, caring, and safe dialogue between the child and parent. Honesty is key. It is all about give and take. The teen will earn more privacy as they prove they are responsible and trustworthy. Once they prove to do otherwise, some privacy may be revoked. Remember that it's all about doing what is best for your individual teenager, as they are all unique and different.



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# AUGUST IS *PSORIASIS* AWARENESS MONTH

By Susan Heckler



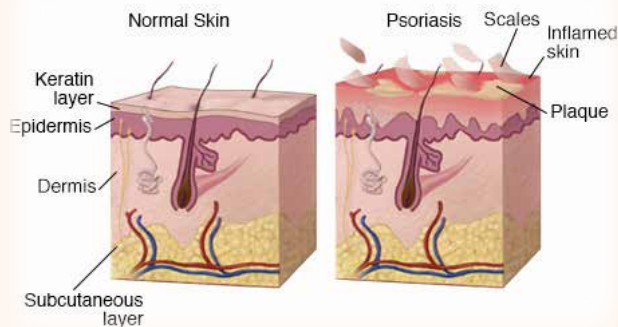
Psoriasis is a common skin condition that changes the life cycle of skin cells, causing them to build up rapidly on the skin's surface. The condition is a chronic one, with persistent and sometimes painful symptoms. Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin. It typically affects the outside of the elbows, knees or scalp, though it can appear on any location. It is known to cause itching burning and stinging sensations.

Psoriasis is not contagious but may run in families. About one-third is traceable to family history. The malady seems to affect men and women equally, and Caucasians have almost twice the likelihood as African-Americans.

Its occurrence can range from mild cases with small areas of rash to larger, more inflamed areas of raised red areas. Symptoms can oftentimes go into remission, even without treatment, and then return without notice.

Psoriasis is associated with other serious health conditions, such as diabetes, heart disease and depression so it is not something to ignore. What you may attribute to an annoying rash may have underlying complications.

More than 7.5 million Americans have psoriasis, according to research by the National Psoriasis Foundation.



## *TREATING PSORIASIS*

A doctor can diagnose psoriasis by studying the patches on the skin, scalp or nails. Most cases are mild in terms of symptoms and require common skin care.

In terms of dealing with the condition, the National Psoriasis Foundation recommends a balanced diet to be fit and maintain a healthy weight. Avoiding certain foods may help ease psoriasis symptoms. This may require some trial and error throughout your life, so be sure to log what you've eaten following a particularly notable flare-up.

In treating psoriasis, the primary goal is to stop the cells from growing so quickly. Treatment cannot fully cure psoriasis, but there are many options that can provide significant relief.

Some of the most basic forms include:

- Common skin creams or lotions
- Baths or soaks to keep the skin hydrated
- Aloe Vera
- Non-prescription cortisone cream
- Exposing skin to small amounts of natural sunlight



## Essential Oil Corner

Essential oils are volatile liquids and aromatic components that are distilled or pressed from plant materials. They have been used for over 3,500 years in most cultures for wellness, well-being, cosmetic purposes, to enhance spirituality, uplift the emotions, promote relaxation, and much more!

Purity is important because many (if not all) of the essential oils you can purchase are actually fragrance oils. They have been diluted or adulterated in some way. The "perfuming industry" is only required to use 5% of a compound to label it as 100% pure essential oil.

There are 3 ways that we can use Essential Oils

- **Aromatic:** Smell directly from the bottle, diffuse it, or place a drop on your palm and tent your hands over your face.
- **Topically:** Apply the oils to the suggested areas such as the bottom of your feet where we have the largest pores in our skin. The oils are absorbed into the blood stream in 20 min.
- **Internally:** Adding lemon EO to our warm water in the morning helps ease digestion. Adding oregano/ basil to salad dressing etc. for a multitude of oils for cooking!



Lavender has amazing versatility. Its scent is a wonderful blend of fresh, floral, clean and calm. Lavender may help ease sleepless nights and is wonderful for the skin. Create your own relaxing retreat by diffusing Lavender or adding a drop or two to some unscented Epsom salts and add to the bath. I even add a drop to my mascara tube to help condition my eyelashes!

Come in to Beacon Yoga at 3333 Chadwick Square (Route 9 N.) in Freehold or call 732-598-7368 for information or to sign up for a class on Essential Oils.

# AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

By Susan Heckler

The Centers for Disease Control (CDC) recommends getting 29 doses of 9 vaccines (plus a yearly flu shot after six months old) for kids aged 0 to six. No U.S. federal laws mandate vaccination, but all 50 states require certain vaccinations for children entering public schools. Most states offer medical and religious exemptions; and some states allow philosophical exemptions.

Vaccines do have some controversy; it is not our intention to advise whether or not you should get your immunizations, just to inform our readers of the recommendations.

Getting all the vaccines recommended by age 2 will help protect your child from diseases that can be dangerous or even deadly, including:

- Measles
- Whooping cough (pertussis)
- Chickenpox
- Hepatitis A and B

Doctors recommend that all pre-teens ages 11 and 12 get the following shots:

- Meningococcal vaccine- This shot protects against types of meningococcal disease, including meningitis. Meningitis is a very serious infection of the tissue around the brain and spinal cord.
- HPV shots- These shots protect against human papillomavirus (HPV), which can cause several types of cancer. The HPV vaccine is given as a series of shots over several months, starting at age 11 or 12.
- Tdap booster- This shot protects against tetanus, diphtheria and whooping cough (pertussis). It's a single shot that's given to pre-teens ages 11 or 12.
- Yearly flu shot- Getting the flu vaccine every year is the best way to protect against the flu.



As young parents, we stress and obsess about making sure our children are up to date on all of their vaccinations to be sure they have the best chance at wonderful health. Sometimes we forget that it doesn't end there. Vaccines protect not only you, but those around you too.

- Adults need to get vaccinated just like kids do. Make sure you are up to date on your shots. Even if you got all your shots as a child, you still need shots as an adult. The protection from some shots can wear off over time. Also, as you get older, you may be at risk for other illnesses, like shingles.
- An annual seasonal flu vaccine is the best way to protect yourself and others from the flu.
- Get the Tdap shot to protect against tetanus diphtheria and whooping cough (pertussis). Everyone needs to get the Tdap shot once, and pregnant women need a dose during every pregnancy.
- After you get a Tdap shot, get a Td shot every 10 years to keep you protected against tetanus and diphtheria.
- Older adults (60+) need shots to protect against diseases like pneumonia and shingles.

There may be other shots needed depending on your lifestyle choice, profession, other diagnosis, travel plans etc. Always check with your doctor.

Under the Affordable Care Act, the health care reform law passed in 2010, most private insurance plans must cover recommended shots for adults. Depending on your insurance, you may be able to get your shots at no cost to you. Talk to your insurance company to learn more.





# HEALTHY MOUTH: The Early Years

*Caring for your teeth and gums is a lifelong journey that begins shortly after birth. Dental professionals urge parents to bring their child in for a visit whenever the first primary tooth is visible.*



**T**his recommendation, which used to define 3 as the starting age, has shifted over the years as the science related to oral hygiene has improved.

What's behind the change? The importance of baby teeth now carries more weight than ever before. The American Dental Association says that properly caring for those mini-pearly whites that begin popping up through the gums at around 6 months is crucial in keeping space in the jaw for adult teeth.

## Parent Education

A child's first trip to the dentist can be an educational experience for parents. Dental professionals will show you how to properly clean your baby's teeth and recognize trouble signs in the mouth, which are critical health tips not usually doled out during pregnancy or within parenting magazines.

Dentists can also explain baby-specific concerns regarding dental health, which include baby bottle tooth decay. Avoiding this potentially damaging issue is simple: The ADA recommends wiping your baby's mouth with a clean gauze pad to help remove plaque that can harm erupting teeth. Gentle brushing with a toothbrush and water should begin as soon as you start seeing teeth.

## Dental Emergencies

Once more teeth start showing up, the risk for dental emergencies increases. Accidents happen, but knowing how to react in such situations can be the key to retaining your child's oral health. Here is how the ADA recommends you act in a dental emergency:

- Keep a knocked-out tooth moist at all times. If you can, place the tooth back in the socket without touching the root and call your dentist right away.
- For a cracked tooth, immediately rinse the mouth with warm water to clean the affected area. Look out for facial swelling and treat appropriately with cold compresses.



## Coach's Corner

By Jill Garaffa

## How to Create Body Gratitude & Appreciation

Dear Jill,

Over the past few years I've put on weight due to various life changes & stresses. I can't stand the way my body looks and feels. I exercise and eat healthy, yet I can't seem to get this extra weight off. I struggle with self criticism and negative thoughts because of my body. Do you have any suggestions?

E.W.

Manasquan, NJ

Dear E.W.,

As a life coach, I work in the area of energy. What that means is: my concern is not so much for what you are doing; it is in how you are being.

We can often "do" all the right things—eat healthy, exercise, etc—but if our "being"—our energy or vibration is off, the physical world (our body) will not budge because our thoughts & feelings are not aligned with what we actually want—they are aligned with what we don't want. The universe is like a magnet. Energetically speaking: it will give you exactly what you think about & talk about. Our being, or energy, encompasses our thoughts, attitudes, beliefs, and our words.

For example: If you're wanting a smaller body, but you are constantly being critical of yourself, thinking "I'm fat" and feeling "fat" and talking with others about being "fat" then the energy you are putting out is "fat" and it will be the only thing you can attract and experience.

If, on the other hand, you were feeling grateful and appreciative of your current body and you were focused on what you do want, as if you already have it: vibrant health, vitality, energy, strength, etc—then, the universe has no choice then to deliver that to you over time.

To develop gratitude & appreciation for the body you have, consider this: if you had the opportunity to trade in your current body and randomly be assigned a new body, would you take the risk? You can't pick the new body—it will be randomly assigned and could potentially be much worse than the body you have now. This question brings most people to the realization that they have many things to appreciate about their body, no matter what its size or shape.

At first, the body gratitude exercise may feel awkward, but stick with it. Transforming your physical body begins with transforming your mind, thoughts and feelings. As your coach, I can help you get very clear on what it is that you want so you begin to attract it.

Wishing you clarity, peace and power,  
Jill.

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

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

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**GOT LICE?**

*Or know someone who does?*

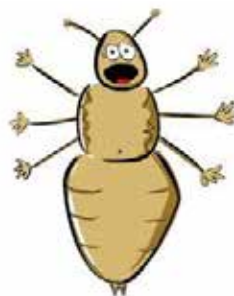


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# HISTORY OF HEAD LICE

Head lice have been around possibly as long as humans. Lice are mentioned in the Bible. There is evidence of nit combs in ancient tombs containing lice and nits. Medusa is believed to be an image of what someone looked like when they were not treated for head lice. Before modern times, there were ancient remedies or people just picked and combed out lice and their nits. Early in the 20th century, if you had a lot of money you hired a nitpicker.



Throughout history, many treatments for head lice were developed, including toxic powders not suitable for humans. During the early 1900's kerosene oil was used, which was soon followed by warnings of fire. The military started shaving heads in World War II to control lice outbreaks. Lice have been around possibly since Adam & Eve, so if you play the blame game we can blame it all on them.

## LICE FACTS 101

- A louse is one bug, lice are plural. Nits are the lice eggs. Sometimes nits are referred to as hatched nits but we refer to the nits as viable eggs.
- Lice are wingless bugs that range in size from as small as a pencil point to the size of a small ant (2mm to 4mm).
- Lice and nits can range in color from tan to dark brown.
- Lice do not jump or fly, they just crawl. Lice have 6 legs with claws at the end designed to cling to the hair shaft and they are masters at hiding.
- An adult female louse can lay 3-5 waterproof, hard to remove nits two times a day.
- Lice do not live on our pets.
- Lice do not burrow and they must be on a human head in order to survive.
- Nits, once removed from the head, are harmless.

## HOW YOU GET HEAD LICE

- More than 90% of head lice cases stem from head to head contact with an infected person (hair touching hair)
- Hugs (don't give up hugging, just perform regular combing head checks)
- Children working together in small spaces where heads touch (books/hand held video games)
- Cloth seats in the movie theater, on a bus, train, or plane
- Sharing dress up clothes, hats or hooded sweatshirts
- Lying on someone's bed/pillow
- Sharing brushes or hair accessories
- Using someone's towel
- Trying on clothes or hats in stores

**\*\*Less than 10% of head lice cases are from the environment**

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What is the latest in technology in the optometry field?

# ANSWER:

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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!

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## *Flip Flops: The Foot's Worst Nightmare*

By: Aleena McIlvaine

While many times flip flops are the easiest shoe option in the summer, they cause more harm to your feet and legs than they are worth. What makes a flip flop most appealing, the ease to just slip it on, is what makes it the most hazardous.

Flip flops have almost zero arch support. The foot naturally has a bit of an arch in the middle, and shoes that give support to that part of the foot are the best for your feet and legs. Flip flops are made of a very soft, flat foam, which causes the ligaments and tendons in the foot to stretch in all directions. This will obviously cause foot pain and possibly cause bunions to form as well. The straining of the tendons can also cause "hammertoe" in which one toe crosses over the other. This may not sound very serious at first but, if not fixed right away, it may require surgery to be corrected.

While not as serious as bunions or "hammertoe," blisters are also a very common "side effect" to wearing flip flops. The plastic thong part that goes between your toes is constantly rubbing on the sensitive skin there, which will eventually cause painful blisters to form. Because your feet have no protection from the sun, the moisture from the sweat can make blister form almost every time you wear them. Allowing your feet to be exposed like that for a few weeks, if worn daily, can completely dry out the skin, which also may cause a fungal infection to grow. The dry cracked skin, mixed with the moisture from sweat and other times your feet are wet, make the perfect breeding grounds for infection.

A lot of people also wear foamy flip flops in public or shared showers. The thought is, they are protecting themselves from the possibility of bacteria and fungus. This however, doesn't always work. If the shoes are not dried off and kept that way, bacteria may actually begin to grow inside the foam of the shoe itself. This may spread from the shoe, to your foot, causing severe pain when just trying to put pressure on it.

The next time you go to reach for your favorite pair of flip flops, just think about the real damage they can do to your feet. Most of these things only happen after long periods of wearing flip flops, but the risk for infection and pain is always present. Switching up the types of shoes will not only up your style, but also keep your body feeling much better.



# EVALUATE YOUR CHILD'S RISK OF LYME DISEASE THIS SUMMER

By Dr. Steven Dowshen

In warm weather, the threat of Lyme disease might make you think that your kids would be safer in your living room than in the great outdoors.

Though a child's risk of getting Lyme disease after being bitten by a tick is only about 1%-3%, it's important to consider the factors that affect Lyme disease risk.

It's true that Lyme disease is the leading tick-borne disease in the United States, with 20,000 to 30,000 cases reported to the Centers for Disease Control and Prevention (CDC) each year. Most cases of Lyme disease occur in the Northeast, upper Midwest, and Pacific coast areas of the United States. And Monmouth County New Jersey is one of the hardest hit states where incidences has been reported.



Most Lyme disease cases occur between April and October, particularly in June and July.

## OUTDOOR ACTIVITIES AND PETS:

Besides living in one of these areas, other factors that might increase a child's tick risk include:

- Spending a lot of time outdoors in tall grass, brush, shrubs, or wooded areas
- Having pets that may carry ticks indoors
- Participating in activities such as landscaping, hiking, camping, fishing, or hunting in tick-infested areas

## SAFETY TIPS:

So your teen got a job as a landscaper this summer and you're planning a family camping trip — does that mean Lyme disease is in your family's future? No, but it does mean that you should take some precautions to protect your family — such as using insect repellent and wearing light-colored clothing when outdoors to make spotting ticks easier — and know how to remove a tick, just in case.

## IF YOU FIND A TICK:

Call your doctor, who may want you to save the tick after removal for identification as the type that may carry Lyme disease or another type of illness. You can put the tick in a sealed container to preserve it.

Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Pull firmly and steadily on the tick until it lets go of the skin. If part of the tick stays in the skin, don't worry, it will eventually come out — although you should call your doctor if you notice any irritation in the area or symptoms of Lyme disease.

Swab the bite site with alcohol.

One note of caution: Don't use petroleum jelly or a lit match to kill a tick — they're not effective. These methods won't get the tick off your skin and might just cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

It's important to remove the tick as soon as possible. The longer the tick is attached, the greater the chance that Lyme disease will be transmitted. Usually, bacteria from a tick bite will enter the bloodstream only if the tick stays attached to the skin for 24-48 hours or longer. If the tick is removed within 1-2 days, it is less likely to have transmitted Lyme disease.

## SEEK MEDICAL CARE IF:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, stiff neck or back, or muscle or joint aches develop.

## THINK PREVENTION:

- After kids play outside, check their skin and hair — especially the scalp, behind the ears, around the neck, and under the arms.
- When playing in wooded areas, kids should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bites and stings in kids older than 2 years, always carefully following the directions for application.
- Avoid tick-infested areas.

Dr. Steven Dowshen is the Chief medical Editor of KidsHealth.gov



# The powers of flowers

By Susan Heckler

A team of researchers at Rutgers, The State University of New Jersey conducted a behavioral research study that explored the link between flowers and life satisfaction. During a 10-month study of participants' behavioral and emotional responses to receiving flowers, the outcomes show that flowers are a natural and healthful moderator of moods.

Anyone who has received an unexpected bouquet of flowers can corroborate this, as it is a combination of a surprise, a gift and beautiful flowers. Flowers have an instantaneous influence on happiness. All study participants conveyed "true" or "excited" smiles after receiving flowers, demonstrating extraordinary delight and gratitude. This reaction occurred in all age groups. A specific smile, the "Duchenne smile" is associated with the raising of the cheeks and crinkling around the eyes and has been linked to positive emotion and related changes in the brain.

Flowers have a long-term positive effect on moods. Study participants reported feeling less depressed, anxious and agitated after receiving flowers, and demonstrated a higher sense of enjoyment and life satisfaction. Flowers last for many days so the feeling lingers with them. They stimulate several of your senses, sight, smell and touch.

Not all flowers have the same effect on us. There is a theory that the color of a flower plays a key role in the perception of people's senses, which undoubtedly has an effect on our emotions and our cognition. Red flowers supposedly improve a person's performance on jobs that are very detail-oriented. Red is also linked with caution and danger. Blue increases creative thinking and is associated with honesty and peace. The shades that seem to be the most appealing are blue-green, blue, green, purple and red-purple. The least likable hues of flowers consist of yellow and yellow-green.



Studies conducted at Rutgers and Harvard revealed that participants in the study were twelve percent more productive when fragrant plants were introduced in the workplace. The study also showed that compassion and kindness levels increased within a week in people when fragrant plants were introduced into the workplace.

Edward Bach, British doctor, discovered and developed 38 flower essences in the 1930's. Today they are called Bach flower remedies and are used homeopathically in conjunction with herbs. The purpose of these remedies is to gently re-balance our mental and emotional state. Most of them are from wildflowers found in the countryside and woods. Each one relates to a different emotional state. These are grouped in seven categories:

- Fear
- Loneliness
- Uncertainty
- Lack of interest
- Despondency and despair
- Oversensitivity
- Over- care for others

The philosophy of Dr. Bach was principally to deal with the balance of the soul, spirit and body.. Pick up a bouquet for yourself or a friend, plant that dream garden and smile, smile, smile!



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# How to Remove A Stripped Screw

By Susan Heckler

There I was, standing in my garage with the Road Side Service, looking down at my dead car battery, which was stuck in the car because the screw that was holding it in was stripped. Mr. Roadside was packing up his tools and heading home, giving up on me and my stranded car.

## NOT!

Out of sheer desperation, I ran in the house and googled. Here, my friends, is a compilation of my research. Make sure you have all types of screwdrivers in all sizes or these may not work. You also need to consider where the stuck screw is; you don't want to man-handle something fragile to get the screw out.

Needless to say, my battery got changed.

1. **Size Bigger Screwdriver** – If you have a stripped Phillips head screw, sometimes using a size bigger Phillips screwdriver can give you the extra grip needed to get the screw out. Maybe even try a smaller Phillips also.
2. **Rubber Band** – Put a fairly thick rubber band over the stripped screw then place your screwdriver over it (with the rubber band sandwiched between the screw and the screwdriver) Push forcefully and turn slowly.
3. **Hammer Method** – For non-fragile items! Put the screwdriver into the stripped screw and tap down with the hammer on the end of the screwdriver. Hopefully this will get the screw driver to go into the soft metal of the screw, allowing you the add grip to screw it out.
4. Use the **Dremel** or similar tool to cut a notch in the screw head, then take a flat-head screw driver and try and unscrew it using the notch you created.
5. **Screw Extractor** – This is a special tool that is made for the purpose of removing stripped screws. There are various names which do a similar job of removing screws. It is a good tool for your box.
6. **Use a pair of pliers** If the head of the screw is slightly above the hole, you can use a pair of pliers or vise grips to securely grab the screw head and turn it out. This is the easiest method if the screw is stripped but the head is sticking out above the hole.
7. **Use a drill** and as a last resort, drill the head of the screw completely off. Use a smaller drill bit than the width of the screw so you do not drill the threads out on the device the screw is in. Do not drill deep and you only want to remove the screw head. When the screw head is removed, the shaft of the screw should be sticking out. You should be able to grip it with a pair of pliers and unscrew it out.
8. **Use super strong “welding” adhesive** to attach a nut that is about the same size as the screw head or at the least such that the diameter of the to the screw head. Fill the hole with adhesive, being careful to not let it run everywhere. Now let it dry the recommended time. Once it has hardened up, use a socket wrench on the attached nut to remove the screw.



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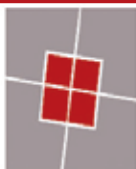
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## AQUABOT POOL CLEANER

*Every pool owner appreciates cutting out at least one annoying and time consuming chore. That's why so many people appreciate robotic pool cleaners like the Aquabot Classic. Check out our review of this classic pool cleaner.*

This excellent investment for inground pools is great for any skill level. It uses active scrubbing brushes to thoroughly clean the floor, walls, waterline, and stairs. Included in this machine is:

- A power supply
- Cleaner attached to a 50-foot floating power cable
- Filter bag with flotation and intake extensions

This plug-and-play equipment is ideal for anyone who doesn't want to put in a lot of time or effort to pool cleaning. And let's face it, who does? Here are some simple tips to using it:

- Put the filter bag inside the cleaner.
- Plug the power supply into a GFCI outlet.
- Insert the floating power cable from the cleaner into the power supply.
- Situate the cleaner in the shallow end of the pool; the cleaner will slowly fall to the bottom.
- Switch on the power supply.
- Let the cleaner run.
- Shut it off when you want it to stop.
- Remove the cleaner from your pool.
- Allow any water to drain out.
- Remove filter baskets.
- Rinse with a high-pressure garden hose.

Not only is the Aquabot Classic easy to run, it's affordable compared with other models. It's also a long-lasting piece of equipment that should last you many years. In addition, it's very efficient at cleaning pools of all sizes, and it's super simple to set up and use. This self-contained unit is able to filter the water down to two microns.

If you're looking for an automatic cleaner that is efficient, fast, versatile and affordable, the Aquabot Classic is the one for you! Visit [www.CentralJerseyPools.com](http://www.CentralJerseyPools.com) for more info.





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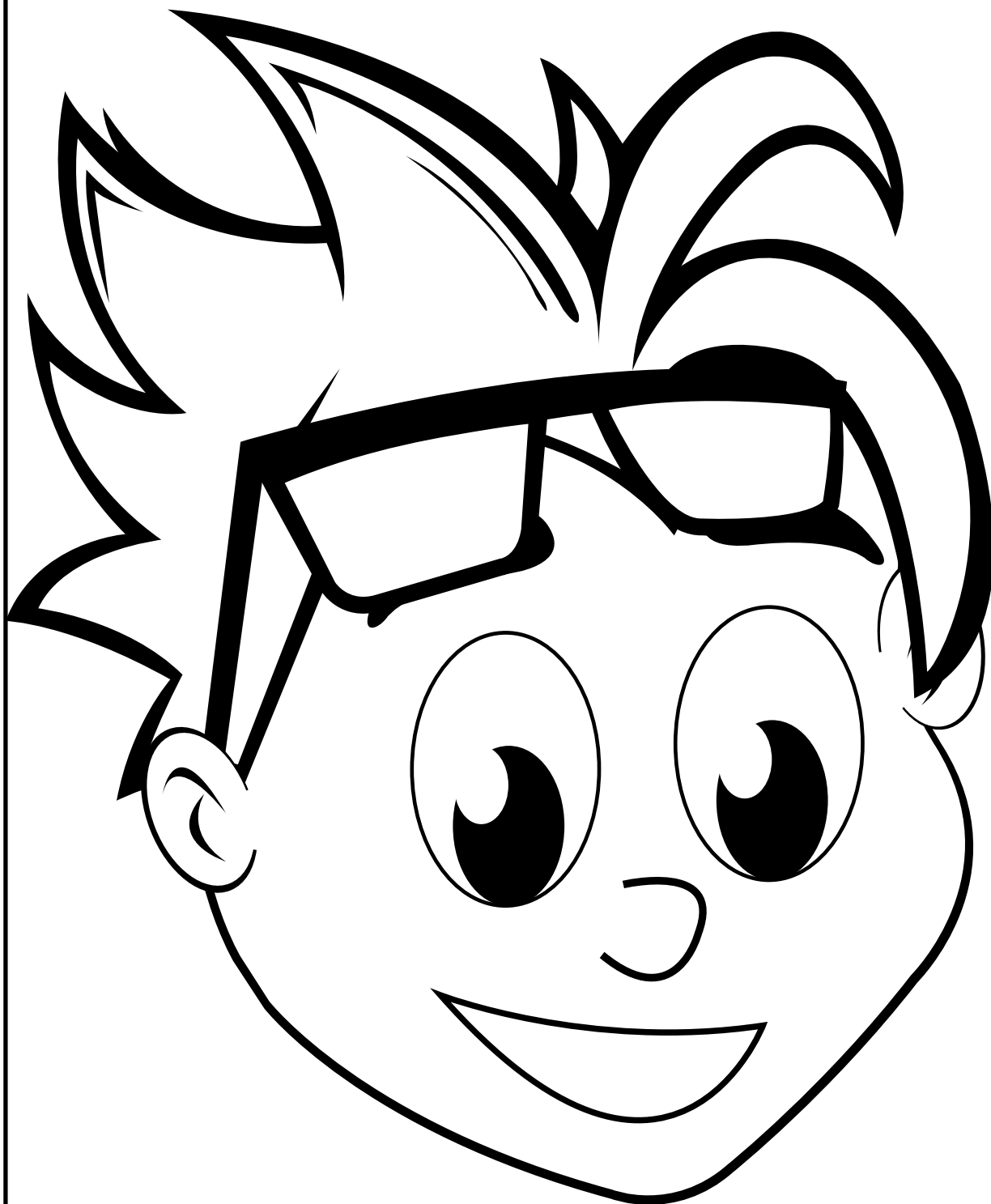
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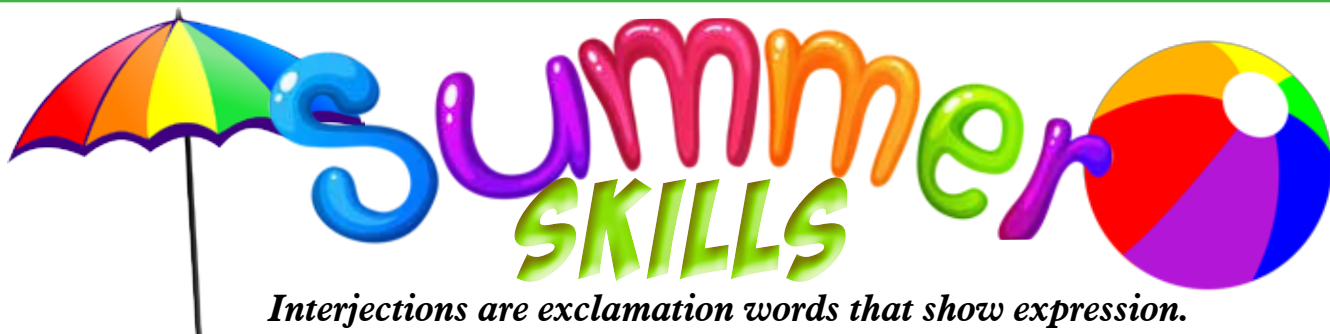






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*Interjections are exclamation words that show expression.  
An interjection word is often followed by an exclamation, but not always.*

- **OUCH!** THAT REALLY HURT!
- **HEY,** THAT WAS MEAN!
- **DANG!** I MEANT TO CALL MOM.
- **WOW!** WHAT A GREAT INVENTION!
- **YIKES!** I'M SCARED OF ROLLER-COASTERS!

Complete the sentences below by placing an interjection from the word bank in each blank.  
Brainstorm examples of interjections with a partner before beginning.

**OUCH    CONGRATULATIONS    AHH CHOO    SHHHHH    UGH**

1. \_\_\_\_\_, the doogy sneezed!
2. \_\_\_\_\_, it's your birthday!
3. \_\_\_\_\_, we are in a movie!
4. \_\_\_\_\_, the bee stung me!
5. \_\_\_\_\_, more homework!

Answers: 1. Ahh Choo 2. Congratulations 3. Shhhh 4. Ouch 5. Ugh

## Sea Animals - A Lesson Underwater

*Unscramble the words and write them in the blanks.*

1. **ESAHRESO** \_\_\_\_\_
2. **ETOSLBR** \_\_\_\_\_
3. **HSFTSAIR** \_\_\_\_\_
4. **SRTYOE** \_\_\_\_\_
5. **HSKRA** \_\_\_\_\_
6. **MCLA** \_\_\_\_\_
7. **HPLIDON** \_\_\_\_\_
8. **IUDSQ** \_\_\_\_\_
9. **RCAB** \_\_\_\_\_
10. **HAWLE** \_\_\_\_\_



1. seahorse 2. lobster 3. starfish 4. oyster 5. shark 6. clam 7. dolphin 8. squid 9. crab 10. whale



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