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INSIDE GUNTHER PUBLICATIONS: *Meet Stephanie Frederick, Graphic Designer*

We're back with another edition of Inside Gunther Publications!

You may have read a great issue of the Family Times while looking for exciting new events to take the kids, or read an interesting health article written by a medical professional in The Greater Princeton Area Ask the Doctor. If these sound familiar to you, then you already know a bit about Gunther Publications!

With four print publications including The Millstone Times, Family Times, The Greater Princeton Area Ask the Doctor and Monmouth County's Ask the Doctor, our company targets community resources in the local market to help capture and develop new print advertising strategies.

As one of the leading independent publishers in New Jersey, our mission is to use the pages of each of our publications and free magazines as a "voice" to connect local businesses and charities with the families in their neighborhoods. We love to make a difference in our communities.

Every month, we'll be highlighting employees and clients of our company. You can get the latest scoop Inside Gunther Publications and learn more about what we do, why we do it and how much we love it!

In this "issue" of Inside Gunther Publications, we meet Stephanie Frederick, art director and graphic artist. We spoke to her about her design expertise, new projects and chasing your dreams. Read on!

Q: Tell us a little bit about yourself -where you're from, education, whatever you'd like to share!

Hi! My name is Stephanie, and I am "the girl behind the Mac." I have three kids, ages 7, 3, 10 months, and two big dogs. You can say that we have a full house! I love to craft and spend many sleepless nights browsing Pinterest for my next DIY idea.

Q: What is your current position at Gunther Publications? Give us a "day in the life" of your responsibilities!

I am the graphic artist at Gunther Publications and I am responsible for our four publications, Millstone Times, Family Times, Monmouth County's Ask the Doctor and The Greater Princeton Area Ask the Doctor.

One thing I love about my job is that no two days are ever the same. Most days I am busy designing our clients' next ad for an upcoming issue, but when deadline weeks approach you will find me laying out hundreds of pages of awesome advertisements and editorials.

Q: How do you connect with clients and customers utilizing your design skills?

I'd like to think that I bring the vision of our clients/sales reps to life. We

have an excellent foundation of teamwork here at Gunther ensuring that everyone is happy and everything is exactly to our clients wishes.

Q: Why do you enjoy working at Gunther Publications?

My favorite aspect of working for Gunther Publications is the work we do. I love designing ads, setting editorial and holding the magazines in my hands each month after print. I also am so lucky to have an in-home office and work while surround by the comfort of my family.

Q: What has been your favorite project so far?

My favorite project thus far has been an upcoming redesign of our categories in a few of our magazines. I am looking forward to seeing our little "face-lift" come alive.

Q: What advice to you have for young professionals trying to break into a similar role or industry?

To anyone entering the field of graphic design I would advise that you spend time teaching yourself all that you can before going to school. I attended a 4-year college and have my BA degree, but I truly feel that so much can be self-taught, with an endless amount of information at our fingertips. If you have a passion, chase it!





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Sessions will be 60 minutes long:

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For questions, contact Shaun Donnelly at 732.792.9900 | sdonnelly@sportikasports.com



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iPlay America's outdoor Pumpkin Patch is great fun for everyone and when families purchase admission for just \$5 per person, they get to choose their own pumpkin to decorate from our Decorating Station! Open every Saturday and Sunday from NOON to 4:45 PM, so remember to carve out some extra time to decorate pumpkins with your favorite punkins! Take advantage of our Halloween themed cut-outs throughout the park to take the perfect family photo! Upload them to your Instagram and Facebook and tag us @iPlayAmerica and use #iPlayHalloween to enter to win our #HASHTAG contest! Winners will be chosen at random to win UNLIMITED ride passes and game cards! When your family is feeling HUNGRY like the werewolf, join us in Game Time Bar & Grill for spooktacular food and drink specials. Enjoy a Halloween themed kids menu all month long and then on Halloween, Tuesday, October 31 join us before or after trick-or-treating! All kids in costume will receive a FREE kid's meal with the purchase of an adult meal! Adult meal must be a value of \$10 or more. Your favorite "haunt" in New Jersey is ready to give you all the thrills, chills, rides, games and attractions you love with a big helping of pure Halloween happiness! It's the ULTIMATE in Halloween FUN for EVERYONE! For more information visit iPlayAmerica.com/Halloween.



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Signs Your Child Needs a Tutor

By Susan Heckler

Parents are busy juggling their jobs, caring for the home and family and a myriad of other responsibilities. Not everyone has the time to sit with their children while doing homework and it also takes a degree of patience and the ability to teach. You may have been a great math student as a youth, but can you explain "New Math" to your child?

Classroom studies are essential but nothing beats a one-on-one or small group lesson as an extra benefit. Even the best of students will benefit. How do you know if your child may need a little extra help? When tutoring is successful, a child will become self-assured and have new confidence, which may lead to participation in the classroom.

Special needs - Tutoring is beneficial for children who have been diagnosed with a learning disorder, such as ADHD, dyslexia, or a visual processing problem. These students must work harder than their classmates to stay on track. A specialized tutor can present information in a way that's easier for a child with a learning disability.

Slipping Grades - If your child is not performing to their potential or if you have noticed a gradual or sudden decline in test scores, this may be a sign. Speak with the teacher to determine what your child is having difficulty with.

Attention issues - Your child may benefit from a smaller setting where loss of focus is harder to go unnoticed.

Time Management - If your child puts off projects beyond procrastination, this can be a sign of a larger issue, especially if a child ignores repeated reminders. Working with a tutor can help your child to improve organizational skills, study habits, cultivate self-motivation, and keep pace with upcoming assignments and tests.

Are they Confused - Do they understand the assignment? As they overwhelmed? A tutor can break the larger task into smaller task which are less intimidating to some students.

Almost there - Even if your child is a great student, sometimes that little push could mean less stress on them, less stress on you, and a different selection of colleges.





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Ballet/Tap Combo	Friday	2:00 - 2:45	Miss Cyndi	10
Ballet/Tap Combo	Wednesday	6:00 - 6:45	Miss Ashley	11
<u>Pre K/Kindergarten:</u>				
Ballet/Tap Combo	Wednesday	5:00 - 5:45	Miss Danielle	21
Ballet/Tap Combo	Thursday	6:00 - 6:45	Miss Cyndi	22
Ballet/Tap Combo	Saturday	9:15 - 10:00	Miss Cyndi	23
<u>Kinder/Grade 1:</u>				
Ballet/Lyrical	Wednesday	4:15 - 5:15	Miss Ashley	30
Jazz/Hip-Hop	Thursday	5:30 - 6:15	Miss Danielle	31
<u>Grades 1-2:</u>				
Jazz/Hip-Hop	Monday	4:45 - 5:45	Miss Danielle	40
<u>Grades 2-4:</u>				
Ballet	Wednesday	6:45 - 7:30	Miss Ashley	41
Lyrical	Wednesday	7:30 - 8:15	Miss Ashley	42
<u>Grades 3-4:</u> * For Modern, Tap and Musical Theater see Mixed Ages				
Jazz	Monday	4:15 - 5:00	Miss Ashley	50
Hip-Hop	Monday	5:00 - 5:45	Miss Ashley	51
<u>Grades 5-7</u> * For Modern, Tap and Musical Theater see Mixed Ages				
Jazz	Thursday	4:45 - 5:30	Miss Danielle	60
Hip-Hop	Thursday	5:30 - 6:15	Miss Jessica	61
Ballet/Lyrical	Wednesday	6:30-7:30	Miss Danielle	62
<u>Grades 8 & Up:</u> * For Modern, Tap and Musical Theater see Mixed Ages				
Contemporary (Experienced dancers)	Monday	6:30 - 7:15	Miss Jessica	70
Ballet	Monday	7:15 - 8:15	Miss Danielle	71
Jazz	Thursday	7:00 - 7:45	Miss Jessica	72
Hip-Hop	Thursday	7:45 - 8:30	Miss Jessica	73
<u>*Mixed Ages:</u>				<u>Class #</u>
Boys Hip-Hop (Grades k-2 nd)	Thursday	6:45 - 7:30	Miss Cyndi	80
Boys Hip-Hop (Grades 3-5)	Monday	5:45 - 6:30	Miss Danielle	81
Modern Level I	Wednesday	5:45 - 6:30	Miss Danielle	82
Modern Level II	Thursday	6:15 - 7:00	Miss Danielle	83
Musical Theater	Wednesday	7:30 - 8:30	Miss Danielle	84
Tap Level I	Monday	6:30 - 7:15	Miss Danielle	85
Tap Level II	Thursday	7:00 - 7:45	Miss Danielle	86
Tap Level III	Thursday	6:15 - 7:00	Miss Jessica	87
Tumbling & Tricks Level I	Wednesday	5:15 - 6:00	Miss Ashley	88
Tumbling & Tricks Level II	Monday	5:45 - 6:30	Miss Ashley	89

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Battling Butterflies When Going Back to School

By Mia Ingui

Every one of us at one time or another has felt the back-to-school jitters when preparing to start a new school year. No matter what age or grade they are, kids always will feel stressed about how many notebooks to buy, what teachers they will have, how to make new friends during the year, and more.

As a parent, all you hope for your is for your child to succeed in the upcoming school year and for them to find a way to calm their nerves before entering a new year. You play a key role in your child maintaining a healthy, happy mindset, so here are some ways to put their nerves to rest.

First, make sure your child is taking care of the basics. Make sure they are eating right and are on a good sleeping schedule, since anxiety often causes children to not focus on these things.

About a week before school, have your child start getting on a set routine, much like the way it will be once school starts.

Next, talk to your child about their fears, and assure them that it's okay to be nervous. Be open with your child and let them know that they can come to you for advice.

For when the first day is almost here, try and motivate your child by maybe planning out their first day outfit or getting their supplies ready. The first day of a new year can be daunting, but with your help, your child will be able to have a great year!



How Busy is Too Busy?

By Susan Heckler

Every child is an individual, the below is a guideline which may need some customizing based on your child's wants, needs, and abilities.

Grade-by-Grade at a Glance

Kindergarten should be simple and free — one or two after-school activities a week are more than enough. A great choice may involve their creative and/or physical side, such as an art, dance, or music program.

Grade 1 should balance social play with one or two days of an after-school activity per week. This is a good age to try sports as an outlet to play and run and start a healthy, active lifestyle.

Grade 2 your child already has some preferences. Sports are always good and you can try swimming or skating, computers, or art or music lessons. They can start learning a musical instrument now. Give your child at least one or two days free a week for down time or unscheduled time.

Grade 3 needs time to move and socialize after school. Team sports are a great choice and so is anything to develop and use fine motor skills, such as painting, sewing, or learning to play an instrument.

Grade 4 the school work demands are higher so keep an eye on their grades so they are not too stressed. One or two activities a week are great, especially those that involve groups and socializing too.

Grade 5 is a good time to schedule some family time so it isn't overlooked with activities and a social life. At this age, they usually want to be everywhere and do everything but keep an eye out for burn out.

Middle School is a great age to keep them on the move and away from the electronics that pull them away from being social and physically active. Encourage your preteen to spend time volunteering, to join school clubs like band, chess, or foreign language clubs, or to sign up for extracurriculars with a leadership element, such as the school newspaper or student council. It is a good time to feel connected to the school community while forging friendships based in common interests and experiences. They should be spending fewer than 20 hours a week participating in after-school activities in order for their grades to not suffer.



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Helping Your Child Succeed in School Part 1

By Susan Heckler

One way to start the school year off on a positive note is to partner with your child's teacher. Sharing information is essential and both teachers and parents should take responsibility for making it happen.

If there are problems at home that may affect behavior or performance, clue the teacher in as early as possible. Teachers need to inform parents of what the school expects from their children and from them.

Check out the school handbook and website, it is a wealth of information. This will answer many questions that will arise over the year. It may clarify what the expectations are for your child, rules and regulations, how the school measures student progress and other important details.

Hopefully by now you have completed your parental scavenger hunt also known as a Supply List. Make sure your child has what they need to complete their school work.

Pay attention to the school calendar to know important dates, special days like picture day and testing, in-service days, half days etc. Get to know some of the parents in the class as well as some of your child's class mates, especially a few that live nearby to help with forgotten books and lost assignments.

If properly done, the school website is a handy tool. Most school allow direct communication with teachers by email so you can be on top of your child's progress without waiting until back to school night to make changes. If you are lucky, your school website will have assignments posted so you can stay on top of your little student.

Do your best to stay informed throughout the year by attending PTO meetings as well as back to school night, conferences etc. This is your opportunity to have face time, meet people and be a well-informed parent.

If you have the ability, it is also a good idea to volunteer in the school building. Class Mom, Chaperone, Phone Chain. Sometimes work or other commitments make it difficult for you to volunteer in the school. There may be ways to help from home.





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AFTER SCHOOL CARE

For working parents, finding care for children after school can be a bit of a juggling act. It also can be a hit to the wallet.

After-school programs and professional babysitters each have their advantages, so be sure to do your research before settling on one for your child.

After-School Programs

Look for staff familiarity first when you're deciding on whether or not to use an after-school program. These may be offered either in your child's school or at a local community college. Either way, it's important that you have a comfort level for the staff members who will be teaching and caring for your children.

Some of the best characteristics of an after-school specialist are energy and enthusiasm, as your student will be coming off a long day of school and could be harder to keep entertained. Some programs will offer homework clubs that help your child get caught up on his lessons and assignments.

These features can be helpful for busy parents who work hard to pull off dinner, homework and baths after work.

Finding the Right Babysitter

If your children aren't old enough to stay by themselves yet, you may be looking into babysitting services to help bridge the gap between the time school lets out and the time you get off of work.

The good news is, you will probably be able to find a good deal compared to paying for an all-day service.

The bad news is it can be difficult to find a center or professional offering such abbreviated hours.

When you do, it's important to check a few things before entrusting them with your children.

- **Check References:** This is an absolute must, as any professional babysitter should be ready to hand over a list of positive references. Call on each one to make sure you're hiring the right person for your needs and also for the personality types of your children.
- **Ask the Right Questions:** When you call on these references, make sure you're asking relevant questions, like "does the sitter show patience when handling kids," "would you use him or her again if you had to hire a babysitter" and "what are some of the sitter's weaknesses, if any."
- **The Comfort Level:** Following your gut can be your greatest determining factor in your decision to choose one babysitter over another.

You know best what type of discipline style or house setup will benefit your child the most. Trust your judgment and try to consider all aspects of your decision before you make it.

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BACK TO SCHOOL

Tips for Parents of Children with Special Needs

1. **Organize all that paperwork:** In the world of special education, there are lots of meetings, paperwork, and documentation to keep track of. Try to keep a family calendar of school events, special education meetings, conferences, etc. Setting up a binder or folder to keep your child's special education documentation, meeting notices and IEPs in sequential order can also help you stay organized.
2. **Start a communication log:** Keeping track of all phone calls, e-mails, notes home, meetings, and conferences is important. Create a "communication log" for yourself in a notebook that is easily accessible. Be sure to note the dates, times, and nature of the communications you have.
3. **Review your child's current IEP:** The IEP is the cornerstone of your child's educational program, so it's important that you have a clear understanding of it. Note when the IEP expires and if your child is up for reevaluation this year. Most importantly, be sure that this IEP still "fits" your child's needs! If you're unsure, contact the school about holding an IEP review meeting.
4. **Relieve back-to-school jitters:** Just talking about the upcoming year and changes can help reduce some of that back-to-school anxiety! Talk to your child about exciting new classes, activities, and events that they can participate in during the new school year. If attending a new school, try to schedule a visit before the first day. With older students, it is sometimes helpful to explain the services and accommodations in their IEP so that they know what to expect when school begins.
5. **Keep everyone informed:** It's important that you and the school communicate early and often! If there is anything (concerns, changes, questions about the IEP) that you feel is important to share with the staff working with your child before school starts, or during the year, don't hesitate to contact them! The more protective and honest you are, the better the school staff will be able to meet your child's needs.
6. **Establish before and after school routine:** Discuss and plan the changes in you and your child's daily routine that will happen once school starts. You can even begin practicing your new schedule, focusing on morning and evening routines, and begin implementing them well in advance of the first day of school.
7. **Stay up-to-date on special education news:** Being knowledgeable about your child's IEP and their disability can help you become a better advocate for your child. Try to keep up-to-date on new special education legislation, news, and events. The more you know, the more prepared you will be to navigate the world of special education and successfully advocate for your child!
8. **Attend school events:** Take advantage of Open House, Back-to-School Night, and parent-teacher conferences to help you and your child get a feel for the school and meet the teachers, other staff, students, and families. Share the positives about working with your child, and let the teacher know about changes, events, or IEP concerns that should be considered for children in special education.



10 Books for Children on the Autism Spectrum

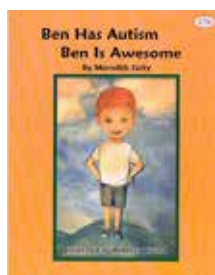
By: Erin Mumby

According to the CDC, 1 in 68 children have autism spectrum disorder. This is a significant amount of children. Like all children, it is important for Autistic children to read! These following books help your child learn about the Autism spectrum:

1. "Ben has Autism. Ben is Awesome"

By: Meredith Zolty

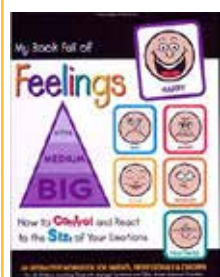
Ben is a five year old with Autism. Ben shares his likes and dislikes. He also shares how he copes with certain things. The author has a son with Autism. This book helps children recognize some traits that are associated with Autism.



6. How to Talk to an Autistic Kid

By: Daniel Stefanski

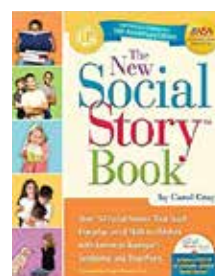
The author has Autism himself. He helps the reader understand the reactions of a child with Autism to certain situations. This book is great for all children to understand and learn about Autism.



2. "My Book Full of Feelings: How to Control and React to the Size of Your Emotions"

By: Amy Jaffe and Luci Gardner

This book helps children to identify their different emotions. It explains that emotions come in different intensities. It gives children appropriate ways to handle their emotions. This is an interactive book that uses a dry erase marker. This book can act as a journal for your child to write down their own emotions and responses.



7. My Social Stories Book

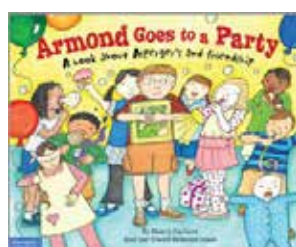
By: Carol Gray

This book lists effective ways for children to deal with certain social situation. It lists out all the steps for basic activities like going to school or shopping in a store.

3. "Armond Goes to a Party"

By: Nancy Carlson

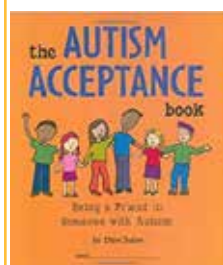
This book is about Armond's dislike for parties. With the help of his friend Felicia and her mother, he ends up enjoying Felicia's birthday party. This is about the challenge a social gathering can be like.



8. Different Like Me: My Book of Autism Heroes

By: Jennifer Elder

This book introduces children to famous figures with Autism. It tells the story of people like Albert Einstein, who struggled to fit in, but were amazingly successful.



4. "The Autism Acceptance Book: Being a Friend to Someone with Autism"

By: Ellen Sabin

This education tool is a conversation starter. It is an interactive book that can help all children understand and accept Autism. This is a good book for the classroom as well.



9. Autism Through A Sister's Eyes

By: Eve B. Pand, Ph.D. and Emily Hecht

Many children have questions about their sibling's Autism. This book answers those questions and more. It gives the sibling of those on the spectrum ways to cope with Autism in their household.

5. The Conversation Train

By: Joe Shaul

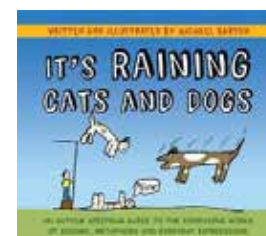
This book uses illustrations to help children visualize the art of conversation. This book also has worksheets that your child can fill out to understand the basic manners of conversation.



10. It's Raining Cats and Dogs

By: Michael Barton

Those with Autism can interpret metaphors and idioms literally. This book gives some example of idioms to help those on the spectrum understand the confusing English language a little better.



Autism-Friendly Entertainment for Families

Part 2

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 effected 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:

- Bowlero located at 1 Carolier Lane in North Brunswick. 732-846-2424 or bowlero.com offers an autism-friendly bowling league, open to all abilities, on Saturdays for six weeks, with \$1 from every bowler weekly to benefit Autism Speaks. For updates, check the website or call.
- Air Trampoline at 111 Route 35 in Aberdeen. 732-583-3000 airtrampolinesports.com. Call about Special Needs private hour and Special Needs birthday parties.
- American Museum of Natural History located at Central Park West at 79th Street, Manhattan. 212-769-5100 or amnh.org runs The Discovery Squad from 9 to 10 a.m. on select Saturday mornings, offering 40-minute guided tours of museum highlights, as well as time to explore the Discovery Room before the museum opens to the public at 10 a.m. Families are welcome to stay after the tour and enjoy regular museum hours, too. Tours are geared toward ages 5 to 9 and 10 to 14. Tickets are free, but advance registration is required by calling 212-313-7565 or e-mailing accessibility@amnh.org.
- The Intrepid Sea, Air, & Space Museum at 12th Avenue at 46th Street on Pier 86 in Manhattan. 212-245-0072 or intrepidmuseum.org welcomes guests of all abilities aboard the aircraft carrier. The museum offers sensory bags, which include noise-reduction headphones and fidget toys, as well as social narratives and other guides geared toward special needs. Lightweight stools can be borrowed for easy seating throughout the museum. Specialized programming and tours are also available.
- Sky Zone located at 600 Hadley Road, South Plainfield. skyzone.com has upcoming sensory-friendly hours in South Plainfield, during which music is turned off and distractions are minimized. Call for dates. SkyZone locations in Ocean Township and Lakewood will resume sensory-sensitive hours in the fall. Check website for details.
- Metropolitan Museum of Art 1000 Fifth Ave. at East 82nd St., Manhattan. 212-535-7710 or metmuseum.org offers visitors a sensory map, highlighting which areas of the museum have natural or subdued light, which areas tend to be quiet or noisy, crowded or uncrowded.
- AMCTheatres has participating locations include Brick, Clifton, Elizabeth, Freehold, Hamilton, Mountainside, New Brunswick, Wayne and West Orange, as well as seven theaters in New York City and five in Philadelphia. Sensory-friendly films for all ages on the second and fourth Saturday and for mature audiences on Tuesday nights. Check their website for further information amctheatres.com.
- Count Basie Theatre at 99 Monmouth Street in Red Bank has autistic friendly performances to be announced shortly. 732-842-9000 or countbasietheatre.org.
- Autism Theatre Initiative- Broadway has led the way in autism-friendly performances. In 2011, the Theatre Development Fund launched the Autism Theatre Initiative (ATI) with the Disney musical "The Lion King." It was the first autism-friendly performance of a Broadway show. For the latest autism-friendly dates, go to tdf.org.
- Chuck E. Cheese's locations include Brick, Bridgewater, Cherry Hill, Deptford, East Hanover, Edison, Jersey City, Mays Landing, Middletown, North Bergen, Paramus, Union, Wayne and West Windsor. They open two hours early on the first Sunday of every month for "Sensory Sundays," with reduced lighting and noise, food, games and a trained staff. For more information: chuckecheese.com.

Please always call in advance to confirm information and for ticket sales. Have fun and enjoy life!

Parenting a Tween

Be There for Your Child in the Formative Years

TRANSITIONING

Help your child transition from elementary to middle school. Discuss the concerns he or she may have before starting middle school, such as learning from many teachers, getting to class on time, finding his or her locker, getting on the right bus, knowing where the cafeteria is, navigating crowded hallways and doing more homework. Talk to your child about the physical and social changes and the social pressures that often occur in the middle school years.

PARENTAL INVOLVEMENT

Communicate often with your child, the teachers, and the principal, vice principal or both.

Visit the school

Be knowledgeable about the place where your child learns. You may want to ask the following questions of your child's teachers:

- Is there a transition program for students leaving elementary school and entering middle or junior high school?
- Are counselors available who can help your child transition to middle school?
- Are teachers and principals accessible to parents?
- When are the parents' nights, sports and art events, and other times when parents are invited to visit the school?
- When can parents volunteer at the school?

Help your child organize a schedule

Help your child set goals with a time limit for completing particular tasks.

Listen to what your child tells you and is really saying between the lines. Be sensitive to any fears your child might have. Sometimes it is helpful to reserve comments and actions until you have facts about a situation and know how your child thinks and feels about it.

Discuss peer pressure

Communication is the key to being helpful to your child in the pre-teen years.

Welcome and get to know your child's friends.

Become aware of physical and emotional changes in your child.

Reading in the middle school years

Reading is an important part of the middle school years. Many of the subjects your child studies in middle school involve much more reading than in elementary school. Check with your child's school counselor to see what your child's reading level is. If your child reads below grade level, check with the school to see what additional programs are available to help improve your child's skills.

Looking to the future

Help your child focus on preparing academically for high school and college.

Encourage your child to take challenging classes. You may want to ask these questions:

- Will the classes your child takes help him or her be competitive in college and the work world?
- Is your child having trouble in any classes?
- What tutoring programs are available?
- Does your child have good study habits?
- Does he or she read what is necessary to complete an assignment? Hand in assignments on time? Prepare ahead of time for assignments and tests instead of cramming at the last minute?
- Does your child have the supplies needed to complete assignments?

The middle school years are a time of transition: emotional, physical, social and academic. Your support and involvement are essential at this stage of your child's growth. Research shows that pre-teens do better in school when their parents are involved in their lives.



10 Must-Have Skills to Be a Great Parent

- 1. Know where your child is.** Know where they are, who they are with, who is in charge, and when they'll be home. This is critical especially for young teens.
- 2. Get to know your children's friends.** Where your child spends their time, and who they spend it with will have a deep impact on them. Make sure you know your child's friends and their parents.
- 3. Make sure your child has a healthy diet.** Their brain is growing and needs the proper nutrition. Make it healthy and avoid overeating. Obesity is a huge issue in children today. Keep your child eating right and staying active for good health.
- 4. Limit television watching and video game playing.** Children need to be active. Get the TV out of your children's room and give them other activities that will help them learn and grow. It's okay to insist that electronics be turned off and make them go outside to play.
- 5. Insist on respect.** Respect for yourself and respect for others. Teaching your children good coping skills and communication is one of the best things you can do for your child. Make sure they can handle their anger in ways that will not be verbally or physically abusive to others.
- 6. Be radically consistent.** Make sure your child knows if you promise consequences for good or bad behavior that you will deliver it – every time. Just don't say it if you aren't going to do it. Expect the same from your children.
- 7. Teach your child about sex.** Have open and honest communication with them about sex. Not just that it's bad and they'll get pregnant and die if they have it, but talk about the joy of waiting for that special someone, and about how to take responsibility for their own body.
- 8. Prepare your child for adulthood.** Ask them often how they feel about things and keep open discussions going about drugs, drinking, money, personal safety, and current events. Really work at finding out where your child is on all of these topics and talking to them from a place that they will understand you, not just lectures. For example, "What would you do if someone at school offered you drugs?" Listen to their answer and start your discussion from there.
- 9. Know your child deeply.** What are their hopes, dreams, passions? Refrain from expecting your child to adopt what you think is important to pursue in life and really get to know where their heart is. Encourage them to pursue their own passions in life, this is one of the greatest things you can do for your child.
- 10. Finally, take a look at your own life.** You need to be the person you hope your child will become. It just doesn't work to expect them to be one way if you aren't willing to do the same thing yourself. For example, if you want an honest child, you **MUST** be honest. That means with everyone. Showing them it's okay to lie to others will give them the message that it's okay to lie to you. Be really honest with your own personal inventory and make sure you are leading by example.

Involvement for Teens Medical Explorers Program, Post 169

If you are a teen considering a career in health care or medicine, Jersey Shore University Medical Center's Medical Explorers is a great way to learn what it takes. The Medical Explorers Program is part of the Boy Scouts of America, and is run by Jersey Shore University Medical Center.

Medical Exploring helps teens decide if a health care career fits into their future. They learn about a variety of health care careers, and hear from health care professionals who are experienced in their field. Additionally, they learn about preparing for a career, the educational requirements, salary ranges, and the benefits and rewards of the position. In addition, they participate in hands-on activities designed to familiarize students with a specific aspect of medicine.

Exploring programs are based on five areas of emphasis:

- Career Opportunities
- Life Skills
- Citizenship
- Character Education
- Leadership Experience

Program Qualification

Students ages 14-20 who are interested in health care careers are eligible to join Jersey Shore University Medical

Center's Medical Explorers Program.

In order to join Medical Explorers, students must:

- Be a high school student between the ages of 14 & 20
- Pay the \$35 joining fee (includes Boy Scout dues and scrubs)
- Attend a volunteer orientation session

Meetings

Meetings consist of presentations by physicians, health care workers, tours within the hospital, and off-site visits. Efforts are made to provide a hands-on experience, rather than a lecture setting. Our goal is to provide a learning experience, while having fun.

Explorers are required to attend monthly meetings. The program operates on an academic calendar, with monthly meetings from September to May.

Meetings are conducted by Medical Explorer student leaders, and feature a variety of health care professionals as guest speakers. The meetings begin at 6:30 p.m.

For more information, call 732-776-3434.

Months Of: SEPTEMBER & OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 ASBURY PARK - Ovsterfest 	11 ATLANTIC CITY- Seafood Festival 	12 HOLMDEL- Sublime with Rome & The Offspring @ PNC Bank Arts Center	13 TOMS RIVER- Cruisin' Downtown 	14 CAMDEN- Lauryn Hill & Nas at BB&T Pavilion	15 FLEMINGTON- Central NJ Jazz Festival 	16 FREEHOLD - Latino Fest at Hall of Records 
17 PRINCETON JUNCTION- West Windsor Food Truck Festival	18 LAKEWOOD- Lakewood Lions 36th Annual Renaissance Faire	19 KENILWORTH- Bridal Show 	20 LAKEHURST- Elegant Bridal Show 	21 Ho-Ho-Kus- Oktoberfest at Ho-Ho-Kus Inn and Tavern	22 TOMS RIVER- St Barbara Greek Festival 	23 JAMESBURG- Fall Fest 
24 ASBURY PARK- Asbury Park Fall Bazaar 	25 HOBOKEN- Hoboken Comedy Festival 	26 POINT PLEASANT BEACH- American Bride Bridal Show	27 HARRISON- New York Red Bulls vs. D.C. United @ Red Bull Arena	28 LIVINGSTON- Uncorked and Uncapped Wine, Beer, and Food Fest 	29 LIVINGSTON- Livingston Home and Lifestyle Show	30 LAKE COMO DAY 
1 SEASIDE HEIGHTS- Oktoberfest 	2 KEARNY- Kearny Point Farmers Market 	3 NEW YORK Film Festival 	4 NEW YORK CITY- Pumpkin Patch Festival 	5 Scared in Jersey: The Legend of the Jersey Devil @ PNC Bank Arts Center	6 SEASIDE HEIGHTS- Italian Street Festival	7 MAPLE LEAF Farms Fall Fun Fest & Rodeo 
8 BRICK- JSAC Beach to Bay 5K Run/Walk 	9 HAMILTON- Hadelman Car and Truck Show 	10 RINGOES- Sheep & Fiber Festival				
			 <p>Keep Your Parents Busy!</p>			

New Jersey Baby Toddler Family Planning Expo



October 7th

Saturday: 11am-5pm

October 8th

Sunday: 11am-5pm

**New Jersey Convention & Exposition
Center at Raritan Center, Edison, NJ**

babyshowexpo.com

Tickets <http://babyshowexpo.eventbrite.com> • Exhibitor Inquiries Call 973-477-9101

AMERICAN PICKERS to Film in New Jersey

By Susan Heckler

If you are an antiques lover or a pack rat, then you must be a fan of American Pickers. American Pickers is shown on the History Channel, new episodes air Mondays at 9pm EST.

Stars Mike Wolfe and Frank Fritz will return to New Jersey with their team to film episodes of the hit series throughout our region in September 11-24, 2017!

For those unaware, this is a documentary series that explores the fascinating world of antique 'picking'. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques in the strangest of places meeting interesting people along the way.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past. The two are characters in their own right, and will introduce you to many more.

The show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that The Pickers can spend the better part of the day looking through, send your name, phone number, location and description of the collection with photos to:



AMERICANPICKERS@CINEFLIX.COM

OR CALL 855-OLD-RUST.

FACEBOOK: @GOTAPICK

If you do get chosen for the show, please let us know, we would love to cover it with an article.

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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



J&L Amish Depot

Furniture • Structures • Woodwork

New Location Now Open
2611 Rt. 206
Eastampton, NJ



Join Us For A Grand Opening Celebration
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Enjoy Food, Live Demos, Amish Crafts and
A Chance To Win A Free Shed

(609) 265-8644 - AmishDepot.com

Bingo & Pasta Fundraiser

For "All Paws on Board Inc. Animal Rescue



Sunday, September 23rd 1-3pm
Vesuvios Pizzeria & Family
Restaurant, Millstone

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3200 Lawrenceville Road, Lawrence NJ

Local College Student Wins National Contest for Exceptional Brain Training Results



College student Taylor Sales-Vaughan of Freehold, New Jersey was chosen as the winner of LearningRx's national Student of the Year competition celebrating the top brain training results across the country.

Taylor enrolled in LearningRx in Marlboro, NJ because she had trouble paying attention during conversations with friends and family, and following multistep directions at her job as a vet tech. She considered dropping out of college because she was so anxious about chemistry. Math was also a struggle, and she'd often read for hours trying to understand just a few pages of material because she'd get distracted while reading or just didn't have the reading comprehension.

After LearningRx, Taylor says so much changed for her! She no longer needs to ask her boss or clients to repeat multistep directions and she is much more efficient at work. Taylor actually received a promotion at both her jobs and a raise! She not only stopped going to tutoring, but became a peer tutor herself—helping other students in several subject, including chemistry! She experienced an IQ increase of 25 points and an increase in the speed and efficiency of how her brain processes information of over 60 percentile points.

"I'm definitely more focused and excited to be at school," says Taylor. "In high school, I was just going through the motions. Now I love learning and I want to learn everything. Today my dreams are bigger because I know they're attainable. LearningRx changed my life." Watch her submission video: <https://youtu.be/FUMeabpKUb0>

About LearningRx

LearningRx, headquartered in Colorado Springs, Colorado, is the largest one-on-one brain training organization in the world. With 80 Centers in the U.S., and locations in 40 countries around the globe, LearningRx has helped more than 95,000 individuals and families sharpen their cognitive skills to help them think faster, learn easier, and perform better. Their on-site programs partner every client with a personal brain trainer to keep clients engaged, accountable, and on-task—a key advantage over online-only brain exercises. Their pioneering methods have been used in clinical settings for 35 years and have been verified as beneficial in peer-reviewed research papers and journals. To learn more about LearningRx research results, programs, and their 9.6 out of 10 client satisfaction rating visit <http://www.learningrx.com/>.

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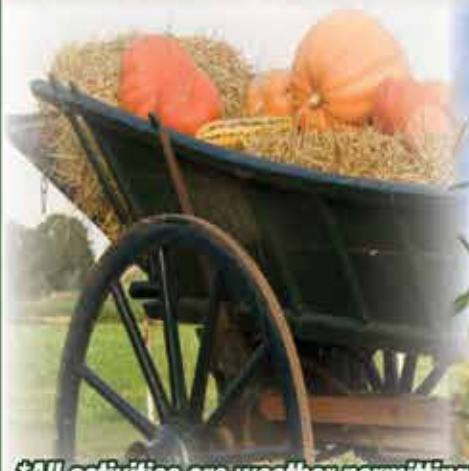


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- Hay maze
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The United Way of Mercer County

By Pam Teel



**United Way
of Greater Mercer County**

The United Way of Greater Mercer County (UWGMC) was formed in 1994. United Way currently has over 1800 offices and is worldwide. Their worldwide mission is to improve lives by mobilizing the caring power of communities around the world to advance the common good.

According to CEO Sandra Toussaint, in Mercer County, they have extended the purpose to include, education success, and assess to health and financial stability. In order to achieve their mission, they connect with a diverse set of individuals and institutions and mobilize resources to create a long-term social change. They respond to community issues, and partner with others such as small businesses, local government, school systems, etc., to help solve problems that might arise. All money collected in this area goes to the Mercer County office to be used to better aid the communities they serve. The area they serve

includes Cranbury, East Windsor, Ewing Township, Hamilton, Hightstown, Hopewell, Kingston, Lawrence Township, Monmouth Junction, Pennington, Robbinsville, Trenton, West Windsor, and more.

As an example of responding to community issues, through their nationwide program they were able to help those younger children caught up in the high violence in Chicago by using the money to create more afterschool programs to give them a safe environment. They are responding to the community dynamics and hopefully giving these children a way out of the violence. To combat violence and give these kids some sort of safety, they can help to put a dent in the problem and hopefully make a difference in these neighborhoods. The United Way is all about partnerships with institutions, government, businesses, etc. With the aid of these partners, they are able to provide a service to help individuals and families to be stronger. In the long run these individual families, seniors, vets, etc., benefit from their outreach services.

With the help of partners, they are able to branch out and offer services that some people cannot afford such as their VITA program. The Volunteer Income Tax Assistants Program helps people making \$65,000 or less with their income taxes. (From college students to seniors who can't afford the high cost to pay for services from places such as H & R Block or other companies.) United Way partners with the IRS, and IRS certified accountants volunteer their time to assist people. The center has a list of places of where to go to get their income tax done for free.

According to Sandra, people call her office for all sorts of help whether they are about to lose their home or whether they don't know where their next meal is coming from. By using partners and resources, together the United Way can work on providing aid. The Mercer County Office just held its 3rd annual Strike out Hunger Campaign addressing the issue of low participation to food banks during the summer months. These are vital times when children can't get a square meal from the school programs because they are not in school. People seem to donate more on holidays to food banks and slack off in the summer because they are away. The United Way's campaign is to bring awareness to people that it is in the summer months that food is mostly needed. Through your donations, the United Way can keep these programs alive and obtain grants that they give out to many different agencies so they can purchase food. The United Way has partnered with the Mercer Street Friends Food Bank. From this food bank, the food is then distributed to other local pantries.

They have also partnered with Advocates for Children of NJ, The City of Trenton, the Boys and Girls Clubs, and others, to promote free summer meals to children under eighteen. The United Way brings partners together to address a need. According to the CEO, "More than one organization, more than one person can come together to move the needle and make a difference."

As far as education, one aspect they focus on is illiteracy. They promote access to books so they can get kids to read at their grade level. They partner with other companies and have book drives collecting as many children's books as they can. They also work in the school system to help children with social and emotional issues. They have programs like Campfire NJ- In School programs that include providing educational programs in classrooms during the school year for students in preschool through 12th grade. It also provides summer and after school programs for existing Summer Camps and Afterschool Programs. These programs are engaging, fun, age appropriate and interactive! Service Learning and Leadership Camp Fire NJ provides young people opportunities to contribute to their communities through meaningful service and leadership experiences.

These are only a few examples of what the United Way has to offer their communities. If you would like to read up more about the organization and how they can help you or your community, go to: <http://www.uwgmc.org/>

The United Way is always looking for other corporations, agencies, etc., to partner up with. If you would like to donate or volunteer your time or services to help out your community, you can reach CEO Sandra Toussaint directly at: Sandra.Toussaint@UWGMC.org

2-1-1 from any landline- 877-652-1148 from cell phone. Main office 609- 896- 1912

Give to the United Way- Help out your community and others in a big way!

The Perfect Day Planner Storm King Art Center

Storm King Art Center, commonly referred to as Storm King and named after its proximity to Storm King Mountain, is an open-air museum located in Mountainville, New York.



Widely celebrated as one of the world's leading sculpture parks, Storm King Art Center has welcomed visitors from across the globe for over fifty years. Located only one hour north of New York City, in the lower Hudson Valley, its 500 acres of rolling hills, woodlands, and fields of native grasses and wildflowers provide the setting for a collection of more than 100 carefully sited sculptures created by some of the most acclaimed artists of our time.

Storm King's founders, H. Peter Stern and Ralph E. Ogden, commissioned the late landscape architect William A. Rutherford to develop Storm King's 500 acres. Underscoring the inherent natural beauty of the region, the design is a subtle pastoral landscape, including vistas, hills, meadows, ponds, stands of trees, allées, and walking paths, scaled to embrace both small- and large-scale works of art in a variety of mediums.

Storm King Art Center's dramatic landscape includes farmed fields, allées, natural woodlands, lawns, native grasses, wetlands, and water. As Storm King has grown, its landscape has been gradually altered to accommodate and enhance the collection, frame vistas, and encourage movement through the site.

Dominated by native plant species, Storm King's hallmark open fields boast 100 acres of native grass meadows and hay fields whose sweeping forms contrast with areas of mown turf. These zones of tall vegetation encourage an abundance of wildlife and provide a rich mosaic of colors and textures in a broadly sculptural landscape.

Picnics are only permitted in the designated areas located adjacent to the North and South parking areas. Tables, trash and recycling cans are located in both the North and South picnic areas. The Storm King Café is located in the North picnic area. Blankets may be spread on the lawn in both picnic areas as long as they are set up away from the sculptures. The picnic areas are a leisurely 10-15 minute walk from the Visitor Center or East parking with much to see and enjoy along the way.

Trams run continuously throughout the day starting at 11am and ending about 90 minutes before the grounds close. On weekdays trams leave every hour on the hour. On weekends, trams run every 20 or 30 minutes.

David Smith: The White Sculptures

May 13 through November 12, 2017

Outlooks: Heather Hart

May 13 through November 26, 2017

Storm King complements its permanent installation of sculpture with a variety of special exhibitions. These may comprise large-scale sculptures sited in outdoor galleries defined by sky and landscape, or smaller works and supporting materials shown in the Museum Building. Exhibitions include both works from Storm King's permanent collection and loans from artists, private collectors, galleries, and museums.



**STORM KING
ART CENTER**

Extended Summer Hours:

May 26–September 2
Open until 8pm Friday &
Saturday

September 4–October 31

Wednesday–Monday
(closed Tuesday)

10am–5:30pm

Early Weekends

September 2–October 29

Open at 9am Sat & Sun
November

Wednesday–Sunday
10am–4:30pm

*Storm King is closed on
Thanksgiving Day.*

ADMISSION

\$18 – Adults
\$15 – Seniors (65+
with valid ID)
\$8 – Ages 5–18 and
Students (with valid ID)
Free – Children under
4 and Members

DIRECTIONS

Storm King Art Center
is located in the town
of Cornwall, NY. For GPS
purposes use:
1 Museum Road
New Windsor, NY 12553

Kendra Scott Trunk Show



Join us on
September 14th
from 4 to 7 pm to
meet Paige from
Kendra Scott and see
a large sampling of the line.

*We will be giving away 2 gorgeous
Kendra Scott necklaces!*

This event is benefiting a local foundation called Lorraine's I Believe Foundation, which is raising funds to contribute to Make-A-Wish New Jersey and help grant a wish for a local New Jersey child. A representative from Lorraine's I Believe will be on hand for more information.



Lorraine's I Believe Foundation is fundraising to
support Make-A-Wish® New Jersey
Let's Help Fund A Wish Together!
Please visit www.lorrainesibelievefoundation.com
Brain Radiation Awareness

The White Butterfly

200 N County Line Rd Jackson, NJ 08527
732-901-6262

Lee Turkey Farm

Gobble Up the Goodness

By Pam Teel

The Lee Turkey Farm is rich in history. The farmhouse dates back to 1802 and all the original barns are still standing today. The Lee family has farmed the land for six generations, since 1868. Located in East Windsor, its just 2.5 miles south west of Hightstown.

Nestled on 54 acres in suburbia East Windsor, the farm raises over 5,000 turkeys annually. For over 60 years, the Lee Farm has been producing turkeys of the finest quality. The turkeys are fed a natural feed mix made by them and are raised without medications and hormones. You can purchase oven ready turkeys, turkey parts, and turkey burgers year round. They also take advance orders for oven ready turkeys for Thanksgiving, Christmas, and other holidays.

The farm also has acres and acres of fruit trees and acres of vegetables of all kinds for the picking, and for those that are not interested in picking your own, you can chose fresh picked fruits and vegetables direct from their farm market. Vegetables and fruits on hand include string beans, broccoli, sweet peppers, tomatoes, eggplant, Italian flat beans, cabbage, sweet corn, cucumbers, zucchini, watermelon, cantaloupes, blackberries, raspberries, strawberries, cherries, tomatoes, peach cider, pure honey, turkey and turkey parts, turkey burgers, cut flowers, and more.

The Lee family welcomes both new patrons from the tri state area and patrons that frequent the farm on a daily basis. If you check on their facebook site, you can get farm operation hours and you can see what's ready to pick.

Ronnie and Janet Lee currently own the farm, which was originally purchased by Ron's great- great- great grandfather in 1868. The original farmhouse, built by Aaron Forman in 1802, is still on the property and is now home to Ron's family.

The Lee family ancestry was lucky to have survived through hard economic times such as the Great Depression, but they can successfully boast that they have managed to farm their land for six generations, weathering both bad times and good times. Today Ron and his son Dylan work side by side planting and maintaining the farm. You can find Ron's wife Janet working at the farm market on the property.

To say it's a family affair is something of an understatement. Ron's parents, Dick and Ruth, still live in a small farmhouse on the property and Ron's Dad still helps out around the farm. Dylan's two siblings also help out in other ways. No matter how far apart they are, their heart is all about the continuation of their farm.

Toward the beginning of the 19th century, Ron's ancestors focused on planting fruit orchards. Half the farm was apples and the other half were assorted fruits. Ron's great grandfather, Charles and his son Levi, ran a successful farm until the great depression hit but somehow they managed to scrape by. It was actually Levi's son, Dick, who at eleven years old, joined the 4-H club and asked if he could try to raise some turkeys, thus the beginning of the turkey business. He started out with 100 turkeys and lost many of them to disease, but eventually found a way to stop the spread of the disease and successfully raise his turkeys.

Dick eventually went into the army and when he got out, he found out that his dad owed the bank a lot of money due to the depression, and that he was thinking of selling the place to pay the bank back. Dick suggested that instead of raising a few hundred turkeys, they should raise thousands of them. So they did. When processing plants were subjected to so many different rules, the Lee's decided to process the turkeys themselves. They eventually built retail routes to supply turkeys to the locals. They also supplied chickens, eggs, fruit, and vegetables.

In 1964, Ron's parents started the first "pick you own" farm in New Jersey, which was a big success. Ron went into a partnership with his parents in 1984.

Ron loves to meet new people and greet the frequent patrons that come by the farm. Since the 1960's, bus loads of school children come to visit the farm and are given the grand tour by Ron himself. To date, Ron is the only guide on the property. He has the personality for the job and no one knows every inch of this farm better than him, except perhaps his son Dylan! To date, Ron does not sell his turkeys to any markets. If you want a fresh turkey, you can come and pick one up or order one.

Ron and his son Dylan are up with the roosters and work all day, picking fresh fruits and vegetables for their market, planting, and making sure everything they grow is the best in quality. They use minimum chemicals on their products, only when necessary. Ron also likes to give back to the community and donates a lot of his produce and fruits to the NJ Farmers against Hunger Organization.

Farm tours are offered. Their walking tour is July to October- It's recommended for 1st grade and older. It offers a fifty minute guided tour that includes a history of the farm, fruits, vegetables, honeybees and turkeys.

The hayride tour is September thru October. It is recommended for kindergarten age students and younger. It entails a 30-minute wagon ride through the fields and orchards, which stops along the way.

The Harvest tour is July to October. It is recommended for 3rd graders and older. There is a 50-minute walking tour where children will see honeybees and turkeys and learn about different fruits and vegetables.

Strawberry tour- the first two weeks of June- recommended for all ages. It is a 50-minute tour. You will learn about the spring fruits and vegetables, honey bees and baby turkeys.

There is also a large corn maze in the fall.

Pumpkin picking is optional with all fall tours. To find out more about tours: call the number above or visit them on facebook. Lee's Turkey Farm is located at: 201 Hickory Corner Rd. East Windsor, NJ 08520-1810 Phone 609-448-0629

***If you've never visited the Lee Turkey Farm, why not set a day aside and see for yourself what they have to offer.
So much- right in our own back yard!!!!***



Pick Your Own Apple Season Begins at Terhune Orchards

By: Susan Heckler

Our Van Kirk Road Orchard opens on Labor Day Weekend for pick-your-own apple season at Terhune Orchards, arriving just in time for the beginning of the school year. The Van Kirk orchard will be open every day for apple picking from 9 a.m. to 5 p.m., weather permitting, through October.

All of the trees in the 27-acre orchard are dwarf varieties which make them the perfect height to pick from for children and adults. The first apple varieties available for picking will be Jonamac and McIntosh. The beloved red, McIntosh is aromatic, cooks quickly and is easy to peel. Jonamac is perfect for packing lunches. With a thin skin it is a great way to get all the nutrition from an apple. They take just a few moments to cut into wedges for snack time at school or the office. They are also one of our favorites for making applesauce.

Throughout the season a dozen varieties will be available for pick-your-own at the Van Kirk orchard. Depending when you visit, you may find trees loaded with Empire, Fuji, Macoun, Granny Smith and Red and Golden Delicious. Be on the lookout for our customers' favorite apple, the Stayman Winesap. It is usually ready for picking in early October. Call the farm store at 609-924-2310 to find out which varieties are available on the day you plan to visit. Pick your own apples are sold by the pound.

On weekend days throughout the fall, enjoy a free wagon ride through the orchards, too. Once you've picked the perfect apples, stop in our farm store on Cold Soil Rd. for other freshly harvest vegetables from the farm, baked goods and freshly pressed apple cider. No visit to Terhune Orchards is complete without apple cider donuts!

At the home farm on Cold Soil Rd. we will celebrate our abundant apple harvest with Apple Days Fall Festival Weekends from September 16 through October 29. During these seven fall weekends, a full day of fun on the farm awaits the entire family.

Throughout the Pick Your Own Season you can pick:

Early Fuji- eat this sweet, crisp apple right out of your hand
Empire- juicy, perfect for applesauce, pies, desserts
Fuji- very sweet, crisp, fresh eating, long storage life
Golden Delicious- sweet, pies, baking, freezing
Granny Smith- tart, all-purpose
Jonamac- peels easily, use in crisps and sauce
Jonathan- crisp, mildly tart, great for pie

Liberty- red skin, juicy flesh
McIntosh- aromatic, cooks quickly, easy to peel
Macoun- very crunchy, fresh eating, salads and sauces
Red Delicious- sweet, juicy, low acidity
Stayman Winesap- our most popular apple, flavorful, tart, keeps well

Terhune Orchards Homemade Applesauce

- 12 large apples
- Terhune Orchards Apple Cider

Instructions:

Core and quarter 12 large apples. Any kind of Terhune Orchards' apples make wonderful applesauce. You need not peel the apples. Cooking them with the skins on adds more trace vitamins to your applesauce. Place apples in a deep saucepan. Add enough Terhune Orchards Apple Cider to cover the bottom of the pan 1" or so. Cover the pan with a lid. Cook over medium heat until the apples are soft. Put the softened apples through the food mill or sieve. If you don't have either, peel the apples before cooking them and stir them vigorously once they are soft. If your sauce seems too watery, cook it down a bit; if it is too thick, add more cider. If you like, add a bit of ground cinnamon. This should make 2 quarts of delicious applesauce.

TERHUNE ORCHARDS
330 COLD SOIL ROAD
PRINCETON, NJ 08540
609-924-2310 • Daily 9-6
www.terhuneorchards.com

Farm Hours - September Hours

Farm Store- Mon-Wed 9am-6pm daily

Pick your Own at Van Kirk Rd. Orchard, 9 am - 5 p.m.

Trenton Farmers Market- Thursday thru Saturday 9am -4:30pm

Winery - Fri., Sat & Sun, 12-6 p.m.

COMING ATTRACTIONS: MOVIES IN SEPTEMBER

By: Erin Mumby

The LEGO NINJAGO Movie (2017)

Release Date: September 22nd, 2017

PG - The battle for NINJAGO City calls to action young Master Builder Lloyd, aka the Green Ninja, along with his friends, also secret ninja warriors. Led by Master Wu (Jackie Chan), as wise-cracking as he is wise, they must defeat the evil warlord Garmadon (Justin Theroux), who also happens to be Lloyd's dad. Pitting father against son, the epic showdown tests these fierce but undisciplined modern-day ninjas as they learn to check their egos and pull together to unleash the inner power of Spinjitzu.

Top Cat Begins (2015)

Release Date: September 29th, 2017

PG - Witness the beginning of the world's most audacious cat, Top Cat! Poor, lonely and living on the streets, Top Cat is one sad cat, until a chance meeting with Benny, a naïve and good-hearted feline looking for adventure. The pair quickly becomes best buddies - and partners in crime - pickpocketing their way out of poverty. Setting their sights higher, they decide to steal from Mr. Big, who rules New York's backstreets. As Top Cat and Benny hatch a plan, little do they know, success is just the start of their problems

Howell Farm -

Mercer County's Best Day Trip for Family Fun This Fall

The history of Howell Farm is long and varied. Since farming began on this site in the 1730s, just about every type of farming situation has occurred here. The farm has evolved from a grain producing farm to a dairy farm and over the years various crops have been grown, animals raised, products produced, etc. The farm has gone through periods of family ownership and occupation and absentee owner/tenant farmer occupation.

Today the Farm exists in its rural setting as both an example of farming as it was practiced in New Jersey in the period 1890-1910 and as a landscape where one can find the remnants of over 250 years of farming practice and life. Today, you can find many, many animals on the farm. Sheep, pigs, roosters, horses and more. There is much to do and a lot of sites on the farm. There is a Blacksmith area, Corn crib, hen house and much more. The kids will love a day here! best of all the cost is FREE. For all info visit <http://www.howellfarm.org>



Howell Farm is a Time Machine

Howell Living History Farm is a time machine that takes you back to the year 1900 - a time when horses and buggies traveled the lanes of Pleasant Valley, and when farms were bordered by snake fences and Osage orange trees.

You were a farmer, then... the kind that could drive a team of horses and plow a furrow with a walking plow. You could build a barn, or deliver a lamb, or bake a loaf of bread from wheat that you grew yourself. And you may have been remembered for the time you canned 200 quarts of tomatoes in a day, or the May Day you went to town in a one-horse sleigh.

The years 1890-1910 were a pivotal decade that saw the beginnings of an exciting, sophisticated agricultural technology. Gasoline engines challenged the human arm - and the horse. Multi-row implements revolutionized cropping methods, doubling and tripling the average farmer's productivity.

The importance of this moment to the nation, and to the world, cannot be overestimated. Through the genius of forebears who mastered the art of farming, we are free today to pursue careers that add to a high level of living. We are challenged, at the same time, by the task of feeding less fortunate world neighbors.

Howell Farm's "Living History" enriches the present through reenactment of the past. But the past holds more than cultural riches. It holds tangible wealth for present and future generations. As you, the visitor, explore history by walking back in time, you will discover that millions of farmers in Asia, Africa and India are using similar animal-powered technology to feed growing populations and to eliminate the drudgery of hand labor. Howell Farm's Internship Program provides training for small-farm extension agents who will work overseas teaching others how to introduce or upgrade animal-powered farming systems. It will offer you new insights into the relativity - and utility - of history.

Today, if it is time to harvest corn, you can ride up into a field in a horse drawn wagon, help us shock and pick corn, and return to the barnyard to help shell it, grind it, and bake it into cornbread. We invite you to help us plant, cultivate and harvest our crops, to care for our animals, to sweep our barn, to make soap, butter and ice cream, and of course to sit under the maple tree and talk about the future. (The future looks good, by the way. There are rumors of "combines", horseless buggies and automatic ice cream makers.)

Stop by on Saturday. That's when most of the neighbors do.

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Call for a FREE Marketing Review Today!

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* Facts and Statistics taken from the Association of Magazine Media: MPA FACTBOOK

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Did you know...

By Pam Teel

Did you know that there is a smaller sized replica of the Statue of Liberty in the middle of the Susquehanna River in Pennsylvania?

Make sure you look towards the river while driving on Route 322 through the city of Dauphin to see the majestic replica of the Lady Liberty standing high up an abandoned railroad piling in the middle of the river. If you take route 322 towards State College, you'll pass close by the Susquehanna River at a stretch called Dauphin Narrows. She can easily be seen from both sides of the highway there. The lady Liberty stands a good 25 feet tall on top of the old piling. The water below is fast moving and treacherous but kayakers do come out to get a first hand view of the replica.

It's quite a spectacle to see, especially for those who are passing through and had no clue that it was even there. The town does not like to flaunt its treasure because it has caused many traffic back-ups on both sides of the highway with curious people pulling over to take pictures of it. It has even caused many minor accidents with people running into each other trying to get a glimpse.

In 1986, the Lady Liberty replica suddenly appeared out on the piling in the middle of the river. Though no one knew who erected it until a few years later, the first replica was built out of venetian blinds and plywood. A local lawyer and activist artist named Gene Stilp put together the first statue in his friend's garage and together, with 10 others, they snuck the lady over the river and managed to get her up on the old railroad bridge piling. Stilp built her as a tribute to the real Statue of Liberty's Centennial in the 1980's. Everything he did to get the lady across the river and up on the piling was considered illegal. This is why he kept quiet for so long about being the one behind the lady's miraculous appearance. After initially nothing but good reaction from the town, he finally confessed that it was he who was the creator.

There it stood for years, to the delight of motorists, until wind and weather finally toppled it over in the 1990s. The people in the area missed it so much that they raised over 25,000 dollars to have another one made. With the blessing of the town, Stilp and his team built a more durable replacement of wood, metal, and fiberglass. This time around, he had to do it legally, where he faced permit after permit before he could set it out there. A helicopter was used to put it into place because it was much heavier than the original. It was then latched onto the piling with strong cables to further secure it from wind and weather.

This patriotic example of folk art is always a passing pleasure even though at best you can manage a few seconds glimpse as you drive through Dauphin on Route 322, unless you're good enough to kayak through the treacherous waters in that stretch of the river.

The newer statue -- sturdier, taller, and eight times heavier -- has been able to hold her ground for since 1992. Watched over and protected by its creator and the townspeople, she'll hopefully continue to reign over the Susquehanna River and remind people that there's no greater place to live then the United States of America.

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Making History in Holmdel- THE BELL WORKS COMPLEX

By Susan Heckler

We all know Monmouth County is steeped in history, but not all of it is centuries old about the Colonial Era and battlegrounds. The Bell Labs Holmdel Complex at 101 Crawfords Corner Road in Holmdel Township was a functioning research and development facility for Bell Systems since 1932. You would never know, driving through bucolic Holmdel what wonders transpired within those walls.

The building, constructed between 1959 and 1962, was designed by the Finnish-American architect Eero Saarinen, who also designed the Gateway Arch in St. Louis and the T.W.A. building at Kennedy Airport. The structure cost in 1959 dollars: \$20 million and initially contained around 5,300 scientists, engineers, and other workers. Inside the modernist building spanning three football fields were pioneers in developing the transistor, cellphones, touch-tone dialing, and fiber optic communications, amassing seven Nobel Prizes. The massive building was nicknamed "The Biggest Mirror Ever" by Architectural Forum, due to its mirrored box exterior.



In fact, Karl Guthe Jansky invented radio astronomy there with an antenna first used on September 6, 1932, memorialized by a monument placed in 1998. Beginning with the 1930s, eight Nobel Prize-winning discoveries came out of this facility with an extraordinarily long list of other awards for life-changing technology. Below is just a small sampling.

NOBEL PRIZE IN PHYSICS

- The Nobel Prize is among the world's most coveted award in intellectual achievement. The Royal Swedish Academy of Sciences has awarded Nobel Prizes in Physics since 1901. 2009- Willard Boyle and George Smith
- Invention of the charge-coupled device (CCD), for electronic memory, which made the Charge Coupled Device (CCD) image sensor possible.
- 1998- Horst Stormer, Daniel Tsui, and Robert Laughlin
- Discovery and explanation of a new form of quantum fluid with fractionally charged excitations (the Fractional Quantum Hall Effect.)
- 1997- Steven Chu
- Development of methods to cool and trap atoms with laser light. (Prize shared with Claude Cohen-Tannoudji and William D. Phillips.)
- 1978- Arno Penzias and Robert Wilson
- Discovery of the cosmic microwave background radiation that in turn provided clear substantiation of the "big bang" theory of how the universe began.

- 1977- Philip Anderson
- Fundamental theoretical insights into the electronic structure of magnetic and disordered systems". (Prize shared with Sir Nevill Francis Mott and John Hasbrouck van Vleck.)
- 1956- John Bardeen, Walter Brattain and William Shockley
- Research on semiconductors that led to the invention of the transistor in 1947.
- 1937- Clinton Davisson
- Discovery of the diffraction of electrons by crystals and demonstrated the wave nature of matter. (Prize shared with George Paget Thomson.)

ACADEMY AWARD

The Academy Award of Merit is presented annually by the Academy of Motion Picture Arts and Sciences for excellence in association with cinema.

- 1936- E. C. Wente and Bell Labs - Scientific and Engineering Award - For their multicellular high-frequency horn and receiver.

The property was closed by Alcatel-Lucent in 2007, which had acquired it AT&T. In 2007, Preservation New Jersey listed the building as one of the state's top 10 most endangered historical properties. There was discussion about demolishing it, which became quite controversial given the intellectual history and the building being an architectural gem.

Luckily, after countless meetings, smart local government intervention, and a very large investment, this building so rich in history and brain power will continue its legacy for generations to come. Now owned by Somerset Development as the new owner/developer of Bell Works (<http://sdnj.com>), the new Bell Works melds work and play, offering state of the art office space and now home to leading technology firms. The property is equipped with everything from offices/tech companies, event space, cafes, common areas/lounges, and coming soon; healthcare, retail, and community resources. Bell Works is home to a huge array of events venues. Too bad you missed their Eclipse Viewing Party on their huge deck. With its glass enclosed jewel box, sprawling atriums and variety of conference centers, the right space is there, making it ideal for corporate seminars, training days, weddings, galas, and everything in between.

Kudos to all concerned for updating this modern marvel and allowing its history to continue! For more information on the facility contact Kyle Mahoney at mahoney@garibaldi.com / 973-507-0369



President of Somerset Development and the mastermind behind the Bell Works project, Ralph Zucker.



Monmouth County Freeholder Serena DiMaso (center) at the Eclipse Viewing party with Holmdel resident Marcy McMullen and Holmdel Mayor Greg Buontempo.



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September is Gynecologic Cancer Awareness Month

By Susan Heckler

Cancers of the ovaries, fallopian tubes, and primary peritoneum are the fifth leading cause of cancer death in women in the U.S. These cancers are often found at advanced stages. This is partly because they may not cause early signs or symptoms and there are no good screening tests for them.

The ovaries and fallopian tubes are part of the female reproductive system. There is one ovary and one fallopian tube on each side of the uterus. The ovaries store eggs and make female hormones. Eggs pass from the ovaries, through the fallopian tubes, to the uterus. The peritoneum is the tissue that lines the abdomen wall and covers organs in the abdomen. Part of the peritoneum is close to the ovaries and fallopian tubes.

The most common type of ovarian cancer is called ovarian epithelial cancer. It begins in the tissue that covers the ovaries. Cancer sometimes begins at the end of the fallopian tube near the ovary and spreads to the ovary. Cancer can also begin in the peritoneum and spread to the ovary. The stages and treatment are the same for ovarian epithelial, fallopian tube, and primary peritoneal cancers.

Another type of ovarian cancer is ovarian germ cell tumor, which is much less common. It begins in the germ (egg) cells in the ovary. Ovarian low malignant potential tumor (OLMPT) is a type of ovarian disease in which abnormal cells form in the tissue that covers the ovaries. OLMPT rarely becomes cancer.

- Ovarian Cancer Risk Factors
- Genetic predisposition
- Personal or family history of breast, ovarian, or colon cancer
- Increasing age
- Infertility

1. ALL WOMEN are at risk

2. Symptoms exist - they can be vague, but usually get more intense over time

3. Early detection increases survival rate

4. A Pap test DOES NOT detect ovarian cancer

Some things that can reduce a woman's risk of developing the disease:

- Oral Contraception: Birth control pills reduce the risk of ovarian cancer, especially among women who use them for several years. In studies, those who used oral contraceptives for three years or more had a 30 to 50 percent lower risk of developing ovarian cancer.
- Breastfeeding and Pregnancy: Giving birth to one or more children, particularly delivering the first before age 25, and breastfeeding, may decrease a woman's risk of developing ovarian cancer.
- Tubal Ligation: This is a surgical procedure in which the fallopian tubes are tied to prevent pregnancy reduces the risk of developing ovarian cancer.
- Hysterectomy: A hysterectomy has been demonstrated to reduce the risk of ovarian cancer but should not be done exclusively to avoid the risk of ovarian cancer
- Prophylactic Oophorectomy: Oophorectomy is the surgical removal of one or both ovaries. A woman should discuss this procedure with her doctor to determine her individual risk for the disease and the benefits of prophylactic surgery.
- Healthy diet and exercise: According to the American Cancer Society, eating right, being active, and maintaining a healthy weight are important ways to reduce the risk of cancer, and other diseases.





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For more information feel free to contact:

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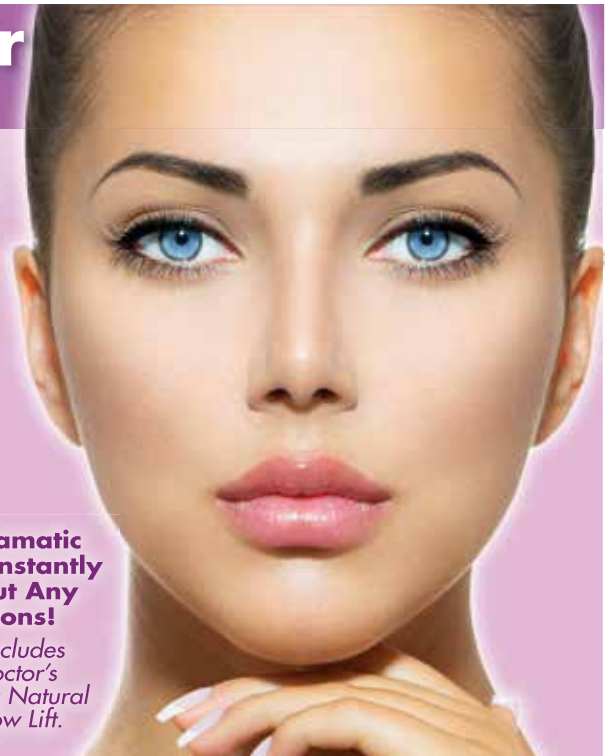
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THINK INSIDE THE BOX

By Teena S. Patel
Owner, Lightbridge Academy of Eatontown

Tired of giving your children the same old sandwich day in and day out? Then say Hello to bento lunch boxes. These compartmentalized boxes are a great way to give your children a variety of options while incorporating well-balanced, nutritious meals. Find the one that best suits your little one's appetite. Bento boxes can be purchased online or at local retail stores and can have anywhere from four to seven compartments. Here are some of our favorite, "kid approved" bento box lunch ideas.

- 1. BREAKFAST FOR LUNCH:** Why not give a double serving of the most important meal of the day and everyone's favorite - Breakfast! Fill compartments with: Pancakes, blueberries, cooked sausage, yogurt and a peeled, hard-boiled egg.
- 2. LEFTOVERS:** Was last night's dinner received well by all the picky eaters in the family? Well don't be afraid to turn it into next day's lunch. Fill up the side compartments with a vegetable, fruit and cheese and now you have a healthy lunch that covers all the basic food groups.
- 3. PROTEIN POWER PACK:** Let's face it, being a kid is a tough job. This box is sure to pack some power to help your child get through their busy day. Fill compartments with: Quinoa salad, diced grilled chicken breast, edamame, hummus and multigrain chips.
- 4. TEX-MEX:** All Things South of the Border are a favorite in this house. So add a fiesta filled lunch with: Rice and beans, guacamole, corn, shredded cheese and multigrain tortilla chips.



Does 15 Minutes Really Save you 15% on Car Insurance?

By John Bazzurro

The purpose of this article is to inform the public about a phenomena that I have come across in my personal injury practice concerning the "bargain" automobile insurance companies that advertise "discounted" insurance rates.

Did you ever wonder how these "bargain" insurance companies allow consumers to save "15% or more" on car insurance? Well, it has been my experience in my handling of a number of cases in my personal injury practice that the insurance coverage these companies are providing for the lower premium is really not the same insurance coverage that you may have had with your prior insurance company. Specifically, what I have seen on numerous occasions is that these "bargain" automobile insurance companies reduce the medical expense benefits coverage on these newly opened policies from the "normal" coverage in the State of New Jersey of \$250,000.00 for medical expenses arising out of the motor vehicle accident to only \$15,000.00 in medical expense coverage without specifically advising the insured individual or family members. Thus, although they are providing insurance coverage at reduced premiums, they are not providing the same insurance coverage that you may be giving up and this can be detrimental to those injured in a motor vehicle accidents.

What this means is that, in the event of a motor vehicle accident where you or a family member require medical attention, you will only have medical coverage available for you or family members in the amount of \$15,000.00 as opposed to the "normal" coverage of \$250,000.00. As you can imagine, given the high costs of medical treatment, the \$15,000.00 in medical coverage does not go a long way in providing much-needed treatment and, as such, individuals injured in auto accidents who have this minimal medical coverage often have no means of obtaining medical treatment.

Obviously, unless you have a motor vehicle accident and require medical treatment, you will not even realize that your medical expense coverage has been reduced from your prior policy limits of \$250,000.00 to the minimal medical expense coverage of \$15,000.00. This scenario (the absence of a motor vehicle accident for which you need medical attention) is exactly what these bargain insurance companies are banking on so that you never find out that they have reduced your coverage without informing you of same.

Accordingly, in light of the above, it is important for you to insure that the policy limits in your new "bargain" insurance policy are the same policy limits that you had in your prior policy. Of course, it may be difficult for a layperson to decipher exactly what coverages are contained in their new or old policies. I invite anyone to submit their new and old declaration pages for my review so I may advise you accordingly. A quick review of your automobile insurance policy now could save a great deal of time later-especially if you require medical treatment the cost of which exceeds your policy limits.

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Governor Signs Dancer Legislation Creating State Flag Honoring Soldiers Killed in Action

Gov. Chris Christie signed legislation designating an official state flag memorializing service member killed in action (KIA). The new law is sponsored by Assemblymen Ron Dancer (R-Ocean), Rob Clifton (R-Monmouth), Anthony Bucco (R-Morris) and Assemblywoman Nancy F. Muñoz (R-Union).

"The soldiers who died for our country will never be forgotten," said Dancer (R-Monmouth). "This flag recognizes the men and women of our military who made the ultimate sacrifice for our freedom."

The KIA flag will fly alongside the state flag. The flag will be displayed at the Statehouse in Trenton, municipal buildings, and county buildings.

"As a state, we do all we can for veterans," said Clifton. "These patriots fought and died for us. They will be remembered every time the flag is flown."

Since the 9/11 attacks 16 years ago, more than 5,000 soldiers have been lost in military action. More than 1.3 million Americans were killed in action since the Revolutionary War, according to The American War Library.

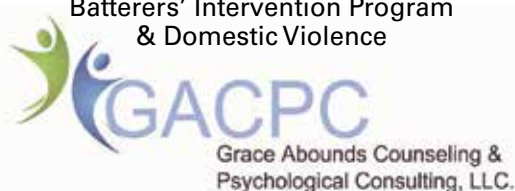
"This flag serves as a somber reminder that freedom comes at a cost, and it honors those who paid the ultimate price," said Bucco.



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4. The average person consumes about 35 tons of food during his or her life.
5. Teeth are the only part of the human body which cannot heal themselves.
6. Ingrown toenails are hereditary.
7. If one identical twin lacks a certain tooth, the other twin will not have that tooth either.
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Body Armor Donated to K9 Officer purchased through proceeds of children's book written by local author.

Big Dog Books and author James Wiater of Millstone, NJ recently ordered and received their second piece of K9 Body armor which was donated to K9 Bryn and Officer Kevin Mastrosiero of the Middlesex County Sheriff's Office on July 6th. Bryn is a 2-1/2 year old German Shepherd who is certified by the Montclair State University K9 Scent School in conjunction with the Montclair State University Police and the Middlesex and Essex County Sheriff's Office. The dedication took place at the Middlesex County Sheriff's Office in New Brunswick, NJ. Sheriff Mildred Scott accepted the vest from James Wiater.



The vest donation was made possible from proceeds of a children's book written by Wiater, titled "The Adventures of Solo, The Big Dog". The book started as a simple story about a K9 officer that Wiater had made up for his daughters, Nikki and Kaci. The book was titled after real life "K9 Solo" who was killed in the line of duty in Bradley Beach NJ in 1998. The publishing of this dog-loving children's book is a dream come true for James Wiater. "Back in 1998, after reading the article about the police standoff and how Solo lost his life in the line of duty, I made a promise to myself that one day I would purchase a bullet proof vest for a K9 officer" Wiater exclaimed.

Since the book's publishing last August, Wiater has donated several pieces of K9 safety equipment. His first piece of body armor was donated to K9 Edge of the Monmouth County Sheriff's Office in January. He has also donated two pet oxygen kits, one to the Millstone Fire Department and the second to K9 Finn of the Hunterdon County Prosecutors Office along with a field trauma kit to K9 Ricky of the Willingboro Police Department. "I have several more pieces of equipment that have been requested and I am hoping to have them delivered soon," Wiater said. He also stated, "I am not only excited about the K9 Officers that we will be helping to protect, but also about the future of the book and the potential we have to help others!"

The Middlesex County Sheriff's Office was the second law enforcement agency to receive a vest, from the proceeds of the book, which is about a police dog's adventures. Wiater plans to donate additional vests to other law enforcement agencies in the future. The cost for Bryn's vest was \$900.

The MCSO K-9 Unit presently consists of 3 handlers and 4 K-9s. The unit includes 3 explosive teams and 1 narcotics team.

So far in 2017, the K-9 Units have been called out well over 100 times, for both explosive and narcotics detection. The K9 teams also conduct numerous K-9 demonstrations throughout the county.

"Unfortunately, there are many more local K9 Officers that go to work each day without body armor and protection. The more books we can sell, the more K9 Officers we can sponsor and help protect," says James Wiater.

To purchase a copy of "The Adventures of Solo, The Big Dog", please visit Bigdogbooks.net or email Jim@bigdogbooks.net. Or visit our GoFundMe page for anyone who may be interested in making a donation. Friends of Solo/K9 equipment.

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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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Lakewood among Top 100 Safest Cities in America

People who live in Lakewood are not surprised. Among 764 qualifying cities, Lakewood Township has been named one of the top safest cities in America. In its official report of the Top 100 Safest Cities in America, The National Council for Home Safety and Security, made up of companies and individuals in the home safety and security industries, noted that Lakewood, number 63 out of 100, has a comparatively low crime rate and many places in the township for everyone to enjoy safely.

Lakewood Mayor Ray Coles said, "How come we're not Number One?! Just about everyone who lives in Lakewood knows what a beautiful, safe town it is. I have lived and worked in Lakewood for 29 years. My wife and I have raised our family here so I feel qualified to say that we are fortunate to be residents of Lakewood."

Lauren Johnson, a media relations specialist for National Council for Home Safety and Security, pointed out in the report that Lakewood with a population of more than 95,000 has only 178 violent crimes and only 1,124 property crimes per 100,000.

Lakewood Police Chief Gregory Meyer noted that the Lakewood Police Department, which just celebrated its 115th birthday, achieved N.J. State accreditation having met more than 105 standards of daily operations of current Law Enforcement.

Chief Meyer said, "There is a certain pride one has in saying that they work for the Lakewood Police Department that cannot be described, making me extremely proud to be serving as their Chief."

In addition to a police force of 200—135 officers, five Class 2 special officers, 21 dispatchers, 19 clerical personnel, and crossing guards that keep Lakewood safe, Lakewood has many attractions. Lakewood offers its residents several park and recreational grounds for fishing, boating, picnics, tennis, and hiking trails: Lake Shenandoah Park, Ocean County Park, Pine Park and Lake Carasaljo. Lakewood also boasts seven free playgrounds, the family oriented BlueClaws baseball stadium, the historic Strand Theater, a township owned municipal airport, and the Lakewood Historical Museum.



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SEPTEMBER IS HEALTHY AGING MONTH

Tips for Reinventing Yourself And Aging Healthy & Happy

By Mia Ingui
Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older. Think it's too late to "reinvent" yourself?

Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive Director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, or hobby. Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older.

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe they will help you think outside the box:

1. Be **positive** in your conversations and your actions every day. When you catch yourself complaining, change your inner voice and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
2. Have negative friends who complain all of the time? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
3. How's your **smile**? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
4. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
5. Find your inner passion and do it! Take a music class or art class!



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Programs & Services

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HOME & COMMUNITY-BASED LONG-TERM CARE:

Go to <http://www.state.nj.us/humanservices/dmahs/home/mltss.html>.

SENIOR CENTERS

There are eight senior centers partially funded by the Monmouth County Office on Aging, and they are located throughout the County. They are situated in the community centers and provide activities for seniors, such as recreation, health screening, education and counseling. They are open Monday through Friday. Transportation can be arranged for those who are unable to drive or take public transportation.

LEGAL SERVICES

South Jersey Legal Services, Inc. provides legal services to seniors, including advice on Living Wills and guardianships. The number is 856-964-2010.

NUTRITION SITES

At twelve sites throughout the County, including two Kosher sites, hot noontime meals are served to people 60 years and older. Educational and recreational programs, as well as counseling are also offered. Home delivered meals are provided to homebound elderly, once a day, Monday through Friday, with a suggested donation.

TRANSPORTATION

The Special Citizens Area Transportation (SCAT) program provides transportation services to elderly residents of Monmouth County to nutrition sites, food shopping medical appointments and non-competitive employment. Services are not available in all towns please

call for information at 732-431-6480.

ADULT PROTECTIVE SERVICES

Is a program that investigates reports of abuses, neglect or exploitations of vulnerable adults age 18 and over living in the community. This includes cases of self neglect. APS provides or arranges for community based services for the client and/or caretaker. The telephone number is 732-531-9191.

RESIDENTIAL MAINTENANCE

Residential Maintenance provides emergency home cleaning through the ARC organization with supervision facilitating follow-up services by the referring agency. For information call 732-389-5256.

HOME HEALTHCARE

Home healthcare is provided by the Visiting Homemaker-Health Aide Service sponsored by Family and Children's Service. Aides provide personal care, meal preparation, and food shopping, and perform household tasks necessary to maintain a healthy environment. For homemaker service call 732-531-9111, any time of the day or night. A 24 hour answering services are available, seven days per week.

HOME REPAIR/BARRIER FREE

The Office on Aging offers a limited, home repair/barrier free program to qualified seniors. Call 732-431-7999 for details.

FOR FRAUD, SCAMS AND CRIMES:

Call your local police department or 9-1-1

For Information on: PAAD, LIFELINE, and other important Senior Programs, call our Office at 732-431-7450 or 1-877-222-3737.

WHERE TO FIND US

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 Central Perks Bagels Hamilton
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 Eighteen Eight
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 Gold's Gym East Windsor
 Hamilton Fitness
 Hamilton West Windsor Acupuncture
 Jersey Girl Cafe
 Junction Barber Shop
 Knowledge Beginnings East Windsor
 Lawrence Senior Center
 Libraries: *Princeton, Hamilton, Hopewell, West Windsor, Hickory Corner, Hightstown, Robbinsville, Lawrenceville*
 Lightbridge Academy: *Hamilton, Lawrenceville, East Windsor*
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 Princeton Endoscopy
 Princeton Pain & Spine Institute
 Princeton Wellness Center
 Quakerbridge Radiology
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 Perrineville Jewish Center
 Senior Centers: *Middletown, Freehold*
 Solomon Shector
 Sportika
 Tad Pole Preschool at Frogbridge
 Temple Rodeph Torah
 Temple Shaari Emeth
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Emerald Ash Borer, A Green Menace for Ash Trees

by Susan Heckler

As a homeowner, you know that landscaping can be quite an investment, but one that enhances your home for generations. Mature trees take many years to grow and make a beautiful canopy for your yard. Like any living thing, trees need some attention now and then and a little protection too.

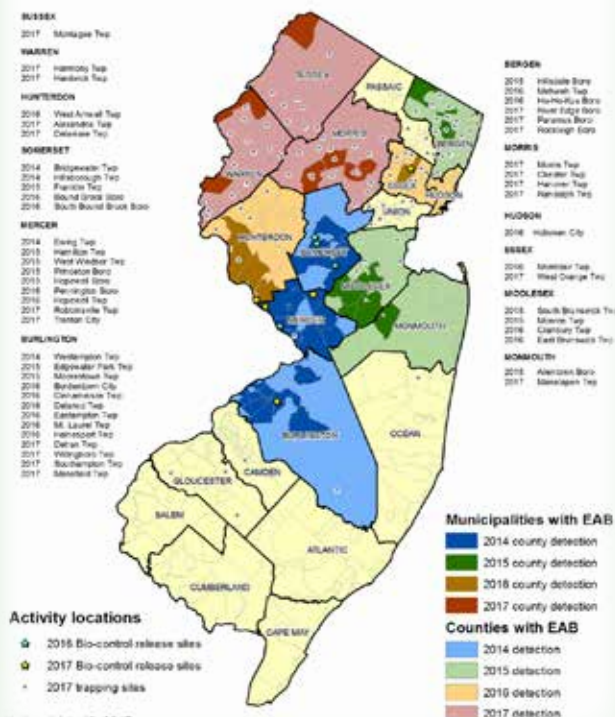
The Emerald ash borer (*Agrilus planipennis* Fairmaire) is an exotic beetle that came from northern China and Korea. It can also be found in eastern Russia, Japan, and Mongolia. It was discovered in southeastern Michigan near Detroit in the summer of 2002. The adult beetles nibble on ash foliage but cause little damage. The larvae (the immature stage) feed on the inner bark of ash trees, disrupting the tree's ability to transport water and nutrients.

The Emerald ash borer probably arrived in the United States on solid wood packing material carried in cargo ships or airplanes originating in its native Asia.

Since its discovery, EAB has:

- Killed hundreds of millions of ash trees in North America.
- Caused regulatory agencies and the USDA to enforce quarantines and fines to prevent potentially infested ash trees, logs, or hardwood firewood from moving out of areas where EAB occurs.
- Cost municipalities, property owners, nursery operators and forest products industries hundreds of millions of dollars.

EAB Detections in New Jersey



All North American ash species are at risk of EAB infestation. Usually more than one insect infests a tree. Once these invaders get into a tree, the tree always dies. There are some ash trees that are not at risk, such as the mountain ash, but that's because they are not true ash trees.

Confirmed EAB Activity in NJ

Through July 2017, emerald ash borer has been found in New Jersey in Bergen, Burlington, Essex, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Somerset, Sussex and Warren counties.



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September is National Preparedness Month

By Susan Heckler

Throughout September, CDC and more than 3000 organizations—national, regional, and local governments, as well as private and public organizations—will support emergency preparedness efforts and encourage Americans to take action. Are you ready for the next emergency? It could be a sprained ankle or a tropical storm. One of the best ways to prepare for emergencies is to have a kit ready.

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. Think Hurricane Sandy and listen up please.

You may think that you will have enough time to run to the grocery store, but stores quickly sell out of important supplies following emergency warnings. Unfortunately, about half of adults in the United States do not have the resources and plans in place for a possible emergency. Preparing emergency kits for your family is an important step in keeping them safe and healthy during a disaster.

Pack an anytime emergency supply kit.

Here's what you'll need:

- At Least a 3-day Supply of Food and Water
- Water – one gallon per person, per day
- Food – foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk
- Manual can opener
- Basic utensils to prepare and serve meals

Health Supplies

- 3-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

Personal Care Items

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

Safety Supplies

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle

Electronics:

- The National Oceanic and Atmospheric Administration (NOAA) provides weather updates during emergencies. Look for a radio labeled "NOAA Weather Radio."
- Flashlight
- Radio (battery-powered, solar, or hand-crank) for updates on the situation
- Cell phone with chargers
- Extra batteries

Documents:

- Keep copies of your important documents, cash, spare keys, and maps in your emergency supply kit.
- Copies of important documents such as insurance cards and immunization records
- Paperwork about any serious or on-going medical condition
- Your completed family emergency plan, complete with family and emergency contact information.

You should also keep:

- Extra cash
- Maps of the area
- Extra set of car keys and house keys

And Don't Forget about:

For Children:

- Baby supplies like bottles, formula, baby food, and diapers
- Games and activities for children

For Pets:

Food and Water:

- A 3-day supply of food and water for each pet. A cat or a dog will generally need 1 gallon for three days.
- Bowls or bottles
- Manual can opener

Cleaning Supplies:

- Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and household bleach

Health and Safety:

- Medicines and medical records stored in a waterproof container
- First aid kit with a pet first aid book

Transport supplies:

- A sturdy leash, harness, and carrier to transport pets safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for several hours.

Comfort Items:

- Pet toys and the pet's bed, if you can easily bring it, to reduce stress

Paperwork:

- Current photos and descriptions of your pets to help others identify them, and to prove that they are your pets, in case you become separated from them
- Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care

Check and replace your supplies throughout the year.



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The Greater Princeton Area

Ask The DOCTOR

Celebrates its First Year

By Susan Heckler

Birthdays are always a special occasion at any age. First birthdays are particularly memorable.

One year ago, Cami Gunther, owner and publisher, had an inspiration based on the wonderful outcome of her first Health & Wellness venture, the Monmouth County's Ask the Doctor magazine. That inspiration gave birth to her second fledgling ATD publication; The Greater Princeton Area Ask The Doctor.

Our little family of publications has grown to 4 now. Affectionately known as PATD, the youngest prodigy has had an easy time growing, and flourishing under the tutelage of its more experienced, almost 3-year-old Monmouth version. No sibling rivalry in this family!

We hope you keep reading and enjoying, we love to hear from you!



It's National Grandparents Day September 10th *Every day should be Grandparent's Day!*

By Susan Heckler

Everyone has grandparents, whether you know them or not. Many people never had the blessing of knowing their grandparents, whether it is through family circumstances, physical distance, or their passing before you had the chance. If you have them in your life, treasure the time you have and don't waste a second of it.

Our grandparents spent much of their lives creating the future that we get to live in. If it weren't for them, your parents would never have been born, thus neither would you. The contributions they made led us to all the opportunities that we have today. If you were fortunate to have them in your life, they helped shape you into who you are today.

The older generations have so much offer as they view our world from a different perspective. Their years of wisdom provide us with well-earned advice. They are a valuable resource that many people fail to recognize, start appreciating their roles in our world.

In 1970, Marian McQuade initiated a campaign to establish a day to honor grandparents. In 1978, President Jimmy Carter signed a federal proclamation, declaring the first Sunday after Labor Day as National Grandparents Day.

Did you know:

- In 2015 (the last census), Grandparents as Caregivers numbered 7.3 million, meaning the number of grandparents whose grandchildren under age 18 were living with them in 2015.
- Almost 1.5 Million grandparents in the labor force are responsible for most of the basic care of co-resident grandchildren under age 18.
- The number of grandparents responsible for the basic needs of one or more grandchild under age 18 living with them in 2015 was 2.6 million. Of these caregivers, 1.6 million were grandmothers and 1.0 million were grandfathers.
- The number of grandparents in the labor force responsible for their own grandchildren under age 18. Among them, 368,348 were 60 years or older.

To celebrate them, do something grand with your grandparents or older adults in your community! That's right...if your grandparents are not close by or on this earth, borrow someone else's.

- Visit them; spend quality time...they will not be here forever.
- Call them if you can't visit, ask questions, and listen to the answers. Let them reminisce and tell you about family history and what they personally experienced.
- If they are no longer with you, do something in their memory that would make them smile.
- Share your photos and your day with them
- Include them in your life as much as possible.



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September is AKC Responsible Dog Ownership Month

By Susan Heckler

Anyone can get a dog, that is the easy part. Before you do, think it through. The American Kennel Club has some excellent thinking points before you make a commitment to a wonderful fuzzy face.

1. Recognize the Commitment- Owning a dog is a long-term emotional and financial commitment. Before deciding that a certain dog is right for you, you must make an honest assessment as to whether your home is right for any dog.
2. Evaluate Your Lifestyle- All aspects of your family's life - hobbies, activities, personalities, schedules - should be evaluated before you get a dog as you need to make sure that he's suited for your lifestyle.
3. Make a List- based on your evaluation, determine what qualities you want in a dog. Consider size, energy level, grooming needs, trainability, and temperament.
4. Choose a Breed - Once you have made your list of ideal characteristics, do some research to find which breeds fit that profile and narrow your choices to the breed that seems right for you.
5. Get a Referral for a purebred dog- get your dog from a responsible, ethical breeder whose primary concern is to produce dogs of high quality, good health and stable temperament.
6. Rescue from a knowledgeable source - many rescue organizations temperament test their pups to determine personality, suitability for homes with other pets and children and where the pup is best placed. This is an excellent idea if you have other pets and small children as it could be a disaster.
7. Consider an Older Dog
8. Puppies are adorable but aren't for everyone. If an older dog better fits your lifestyle, check rescue organizations. If you are looking for a particular breed, check the breed rescue groups who rescue purebred dogs that have been lost, abandoned or surrendered due to the death or illness of their owners.
9. Expect Questions- A responsible breeder or rescue contact will ask you extensive questions about the type of home you can offer a dog because they are committed to making the right match between you and a dog. Be honest!
10. Prepare to Wait- Availability varies, and a good dog is worth waiting for.



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A LOVING FAMILY

By Pam Teel

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org.

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

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

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

If you're looking for kittens, look no further. Animal Assistance has babies for you. Please think about looking here first. Help give one of these pets a life on the others side of the cage and remember there are more pets to pick from. Please visit their site!

Nala- an adult female Labrador retriever. She is loving and gentle.

Sherlock- a cute as a button sweet 7 weeks old gray and white kitten found by animal control.

Mr. Whiskey- is a little guy found by animal control. He is small and friendly.

Cleopatra- was cast out in the open by someone who was at least thoughtful enough to have her spayed. She ended up with an infection from her open wound but is now healthy and ready for some real love.

Lore- small orange kitty with a big personality

Hooper- found abandoned. He is a young bunny.

Kiki- a baby pitbull whose cruel owner left her in a garage for months as a deterrent for burglars. She was neglected and is learning nicely what it feels like to be loved.

Lady Linda- needs a good home. Any pig lovers out there? She was abandoned by her last owners and rescued by animal control. If you know anyone on a farm looking for a pet pig, please have them call, she is domesticated and friendly.

Mr. Moe- a tiny friendly small orange kitty.

Angel-Angel would be a great barn cat. She's a good mouser and likes to mind her own business. She's young and was found abandoned. Looks like she is part Maine-coon.



Nala



Sherlock



Mr. Whiskey



Cleopatra



Lore



Hooper



Kiki



Lady Linda



Mr. Moe



Angel



Our Postpartum Truth - In Her Words: My Bonding Process

By Michele Inzelbuch, LCSW, LCADC

The process of bonding with a new baby is natural for many mothers. Some new mothers hold their baby, rock them, make eye contact, talk to baby and begin to nurse. Often, within hours, mothers feel overwhelming love and attachment for their new baby. Yet, others may feel depressed or incapable of interacting with her newborn. This month, women in recovery from postpartum depression and anxiety share their experience and obstacles on bonding with baby.

L.M. did not get to hold her newborn for two weeks after her baby's birth. Due to complications, nurses cared for the infant leaving L.M. feeling like a stranger to her own child. Once she came home, she eventually became more comfortable though she struggled for some time. "When she cried I felt it in my insides and I wouldn't leave her, but she felt like a stranger," she described. "My anxiety left me second guessing everything."

J.D. explained, "I struggled tremendously to bond. I looked at him and knew that I SHOULD love him, and I did on a more logical level, but not emotionally." For the first six weeks, she was only able to hold her son when he needed comfort or to be fed. "As much as I felt no bond, I had anxiety whenever he was out of my sight," she added. J.D. also struggled with holding the baby for fear that she would drop him or hurt him. Eventually, she began to feel an emotional connection with her son.

M.W. tells us, "I didn't feel that love when he was born; just the triumph of having birthed a baby without any pain meds." Her anxiety began upon discharge when her son would stay behind in the NICU. Yet, her fear was not about leaving her son. "It was the new responsibility of being a parent, of having an infant whom I would have to care for," M.W. explained. "The first time I really felt bonded... it [was]

around a year and a half, we were walking, and he placed his hand in mine. BOOM! There it was, the feeling I thought I'd never have." With the help of medications and therapy, M.W. and her son formed a healthy and happy relationship.

M.T. struggled with being separated from her daughter. "When I was not holding her, in eye or ear shot of her, my anxiety became unbearable," she shared. "I could not focus, my heart would race and I would be nauseous." M.T.'s anxiety and fears made her feel she was missing a part of "my physical being." With time and effort to heal, the separation from her baby was no longer a struggle.

Ways to encourage healthy bonding include delaying newborn testing allowing for immediate skin-to-skin contact and the first-latch nursing experience. Keep the baby in the room instead of the nursery. Hold and touch your baby. Look into their eyes and talk to them. These are important tools to raising a healthy and well-adjusted child. If your postpartum mental health prevents these actions from immediately happening, remember, it is never too late to bond with your child.

For the new mom from a survivor: "The most important thing is LOVE. If you're not feeling that right now, have faith that you will."

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

Michele D. Inzelbuch LCSW, LCADC

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Breast vs. Bottle

By Susan Heckler

Breast vs. Bottle is a personal choice; each woman has to weigh her own personal pros and cons based on her lifestyle and personality.

Breastfeeding your baby has so many positives and so many people benefit from it. Just ask my ex-husband who never lost a night's sleep raising three children.

On a more serious side, being a nursing mother is so much easier now than it was 30 years ago when my first was born, and certainly much more accepted than in our parent's generation. Back in the 50's it was frowned upon.

The focus seems to be on the baby; however, there are tremendous benefits to the mother too.



Benefits to the Mother; breastfeeding can:

- Reduces your stress level
- Lower your risk of postpartum depression
- A menstruation vacation- breastfeeding causes the release of prolactin, which keeps estrogen and progesterone at bay so ovulation isn't triggered
- It's free - the cost of formula can range anywhere from \$134 to \$491 per month
- It's easy - breast milk is always available and always at the right temperature
- Lowers the risk of Type 2 Diabetes, certain types of Breast Cancer, and Ovarian Cancer
- Non-breastfeeding women have a four times greater chance of developing osteoporosis.
- Breastfeeding provides a unique contact between mother and child with automatic, skin-to-skin closeness and nurturing
- Nursing burns up to 500 calories a day.

Benefits to Baby; breastfeeding can:

- Lower incidences of pneumonia, colds and viruses are reduced among breastfed babies.
- Reduced risk of baby developing chronic conditions, such as type I diabetes, celiac disease and Crohn's disease
- Breastfeeding lowers your baby's risk of sudden infant death syndrome by about half.
- Breastfeeding can decrease your baby's risk of some childhood cancers
- Breastfed babies have a better antibody response to vaccines than formula-fed babies
- Breast milk contains the right balance of nutrients to help your infant grow into a strong and healthy toddler
- Significantly decreases the chances that your breastfeeding baby will suffer from ear infections, vomiting, diarrhea, pneumonia, urinary tract infections, or certain types of spinal meningitis
- Human milk encourages the growth of healthy bacteria in the intestinal tract of the breastfed baby.
- Breastfeeding protects babies born to families with a history of allergies

In New Jersey you have the right to nurse in public. Enacted in 1997, this sets forth the importance of breastfeeding, and clarifies that women have a right to breastfeed her baby in public. This was one of the first laws that provided a fine and penalty for its violation.

26:4B-4. Right to breast feed in public

2. Notwithstanding any provision of law to the contrary, a mother shall be entitled to breast feed her baby in any location of a place of public accommodation, resort or amusement wherein the mother is otherwise permitted

In the United States, breasts are considered sexual objects, so some people may not appreciate the sight of a nursing mother. I remember my father's reaction to my nursing his grandchildren...he didn't want to see his daughter's private parts. To a degree, it is understandable even though you have every right to do it. Breastfeeding is not an excretory function, and there is no reason to hide when you feed your baby. As with anything, opinions run rampant.

That being said, discretion may be in order depending upon when and where you need to feed. Here are some helpful tips to make you more at ease and those around you too:

- Breastfeed your baby before he or she becomes fussy, so that you have time to get into a comfortable place or position to feed
- Wear clothes that allow easy access to your breasts, such as tops that pull up from the waist or button down. They make special nursing tops that allow access but give Mom some privacy too.
- Use a blanket around your shoulders to cover anything you don't want to expose in public.
- Use a women's lounge or dressing room in stores if you prefer to breastfeed in a private or quiet space.
- Practice breastfeeding at home with the blanket or other covering techniques if you plan to use them so that you and your baby are comfortable breastfeeding that way.
- Create your own privacy zone, if you are with a companion; have them position themselves to create a more private space for you.
- Consider breastfeeding while your baby is in a sling that provides maximum coverage. Most people won't know what your baby is doing in the sling.
- Lactation counselors say that any nursing mom can learn to breastfeed so modestly, the public will scarcely notice -- let alone object. Avoiding a confrontation is best for all concerned, including your baby. You are a loving, nurturing mother who is doing what women have done for thousands of years.



It's Baby Safety Month!

By Susan Heckler

Each year, children are injured by hazards in and around the home which can be prevented by using child-safety devices and reminding older children in the house to re-secure safety devices after disabling them.

Most of these safety devices are easy to find and are fairly inexpensive. To be effective, they must be properly installed. Follow installation instructions carefully. Remember, too, that no device is completely childproof; determined youngsters have been known to overcome or disable them.

Here are some child safety devices that can help reduce injuries to young children. The red numbers correspond to those on the image following the text.

1. Use Safety Latches and Locks for cabinets and drawers in kitchens, bathrooms, and other areas to help prevent poisonings and other injuries can help prevent children from gaining access to medicines, household cleaners, matches, or cigarette lighters, as well as knives and other sharp objects. Look for safety latches and locks that adults can easily install and use, but are sturdy enough to withstand pulls and tugs from children.
2. Use Safety Gates to help prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers. For the top of stairs, only use gates that screw to the wall. Use safety gates that meet current safety standards. Replace older safety gates that have "V" shapes that are large enough to entrap a child's head and neck.
3. Use Door Knob Covers and Door Locks to help prevent children from entering rooms and other areas with possible dangers. Be sure the door knob cover is sturdy, and allows a door to be opened quickly by an adult in case of emergency.
4. Use Anti-Scald Devices for faucets and shower heads and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water. Anti-scald devices for regulating water temperature can help reduce the likelihood of burns.
5. Use Smoke Alarms on every level of your home, inside each bedroom, and outside sleeping areas to alert you to fires. Check smoke alarms once a month to make sure they're working and change batteries at least once a year.
6. Use Window Guards and Safety Netting to help prevent falls from windows, balconies, decks, and landings. Limit window openings to four inches or less, including the space between the window guard bars.
7. Use Corner and Edge Bumpers to help prevent injuries from falls against sharp edges of furniture and fireplaces. Be sure to look for bumpers that stay securely on furniture or hearth edges.
8. Use Outlet Covers and Outlet Plates to help prevent electrocution. Be sure outlet protectors cannot be easily removed by children and are large enough so that children cannot choke on them.
9. Use a Carbon Monoxide (CO) Alarm to help prevent CO poisoning. All consumers should install CO alarms near sleeping areas in their homes. Change batteries at least once a year.
10. CPSC recommends using Cordless Window Coverings in homes with young children, in order to help prevent strangulation. If you have window blinds from 2000 or earlier and you cannot afford new, cordless window coverings, call the Window Covering Safety Council at 800-506-4636
11. Use Anchors to Avoid Furniture and Appliance Tip-Overs. Furniture, TVs and ranges can tip over and crush young children, causing deaths and injuries when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks, chests and ranges.
12. Use Layers of Protection with Pools and Spas. A barrier completely surrounding the pool or spa including a 4-foot tall fence with self-closing, self-latching gates is essential. If the house serves as a side of the barrier, doors heading to the pool should have an alarm or the pool should have a power safety cover. Pool alarms can serve as an additional layer of protection. Sliding glass doors, with locks that must be re-secured after each use, are not an effective barrier to pools.



Power-Packed Pineapple

By Alexandra Jade Tringali

There's nothing better than picking a ripe pineapple in the summertime: it's juicy, refreshing, and so sweet – it's better than candy. However, if you eagerly throw away the prickly exterior to get to the sugary goodness on the outside, you may be missing out on some serious health benefits. Similar to many other fruits, pineapple skin has an array of qualities that can make you healthier. Keep reading to find out what these qualities are, and how you can use the pineapple skin in your everyday life.

Benefits:

Anti-inflammatory

Pineapple skin contains high concentrations of bromelain, which helps to reduce inflammation within the body. It can help reduce swelling after surgery, and diminishes inflamed sinuses.

Fertility Booster

Due to the aforementioned anti-inflammatory qualities, pineapple skin can increase fertility. Reducing inflammation in the womb helps to make implantation easier.

Digestion

Pineapple peels build up the healthy bacteria in your digestive track, and make digestion smoother. It can also fight parasites, reduce constipation, and possibly reduce the symptoms of irritable bowel syndrome.

Boosts the Immune System

Like the fruit itself, pineapple skin contains high levels of vitamin C which are necessary to fight off infections. The power of bromelain and vitamin C together fight bacteria, suppress coughs, can heal wounds, and give your immune system the jumpstart it needs to stay healthy.

Fights Arthritis and Joint Pain

Through bromelain's anti-inflammatory qualities, pineapple skin reduces pain from arthritis or joint pain.

Eyesight Enhancer

Vitamin C and beta-carotene found in both the fruit and the skin can reduce degenerative eye diseases, such as glaucoma.

Strengthens Bones and Teeth

Pineapple skins reduce inflammation in gums and tissues, but also keep them clean and healthy, thanks to vitamin C and its astringent properties. It also has a high manganese content, which helps to repair bones, gives them their strength, and helps them grow.

Helps Prevent Cancer

Early studies have shown that the manganese, bromelain, vitamin C, and antioxidants found in pineapples can fight tumors and help to prevent cancer.

Blood Health

Bromelain prevents blood clots from forming, while copper, a nutrient found in the juice of pineapple, increases the formation of red blood cells. Potassium keeps these blood vessels healthy, and counteracts large amounts of sodium, stabilizing the blood pressure.



Now check out how to use pineapple skin (since you can't eat it like the fruit inside!)

Make a Pineapple Tea

Scrub the pineapple skins and place in a medium saucepan with cinnamon sticks, some cloves, and a peeled knob of ginger. Cover with 4 quarts of water and simmer for 20 to 25 minutes. Turn off the stove and allow to steep for another 25 minutes before serving warm or cold.

Make a Juice

Follow the same steps as above, but without the spices. Once the mixture cools, put in a blender, strain, and refrigerate!

Make a Pineapple Vinegar

Check out this recipe to make yummy pineapple vinegar that can be used in smoothies, salad dressings, or marinades. Pineapple vinegar can also be applied directly on the body to treat arthritis and joint pain, as well as bruises.

Make a Pineapple Stock

After scrubbing the pineapple skins, put them directly into vegetable, chicken, seafood, or beef broths, and strain out when ready to serve. Not only will your soup absorb all of the nutritional benefits, but also the delicious flavor!

If you eagerly chopped up a pineapple but aren't ready to use the skins, don't worry! You can store them in an airtight container or bag in the freezer.

White & Creamy Colada Freeze

Ingredients:

- 1 can coconut milk
- 2 tbsp sugar
- 1 tsp vanilla
- 2 tsp vanilla bean paste
- ¼ coconut rum
- 1 cup fresh pineapple chunks

Directions:

1. Put all of the ingredients except the pineapple in a blender and blend until the sugar is dissolved.
2. Put the pineapple in and blend until almost completely smooth.
3. Pour in Popsicle molds and freeze for at least 8 hours.



*Best wishes for a Sweet New Year
from the staff at Gunther Publications*

Rosh Hashana Apple Kugel

Kugel is a Yiddish word for a pudding, a traditional side dish for any time of year but especially the upcoming Jewish New Year, Rosh Hashanah. This version has apples and a cinnamon crumb topping.

Ingredients:

- 12 oz. fine egg noodles (any thickness works)
- ¼ cup canola oil
- 6 baking apples, peeled (best if you use a blend)
- 6 large eggs
- ¾ cup sugar
- 1½ tsp. ground cinnamon
- 1½ tsp. kosher salt

Topping Ingredients:

- ½ cup cornflake crumbs
- ½ cup sugar
- 1½ tsp. ground cinnamon
- 1 dash of ground nutmeg

Directions:

1. Cook and drain the noodles
2. Mix in the canola oil.
3. Coarsely chop apples and squeeze gently to drain the liquid.
4. Add the eggs, sugar, cinnamon, and salt to the apple mixture.
5. Add the mixture to the noodles. Stir to combine.
6. Pour mixture into a 9" × 13" baking pan lined with baking paper.
7. Mix the crumb topping in a small bowl and sprinkle over the kugel.
8. Bake covered at 350° F for 50 minutes, then uncovered for another 10 minutes.
9. Remove from oven and let cool completely before covering to prevent the topping from getting soggy.
10. Serve warm or at room temperature.



The Dilemma of Deli Meats- A Bad Mood Food

By Susan Heckler

It's back to that time of year again, with the generations old question...what to pack your child for a school lunch? Sandwiches are an easy go-to, but beware what you put between the bread.

The babies of the boomers (like me) all grew up on deli meats. Tasty, convenient, long shelf life... we all wished we were an Oscar Myer wiener and our bologna had a first name!

These products are regularly packed with fillers, preservatives, sugar and salt. Whether they are prepacked in the refrigerator section or sliced fresh, these can be filled with potential dangers that can cause long and short-term health issues.

Eating one serving a day of processed meat -- or the equivalent of a single hot dog or two slices of salami -- was associated with a 42% increased risk for heart disease and a 19% increased risk for diabetes in the study, conducted by researchers from the Harvard School of Public Health.

Processed and unprocessed meats contained similar amounts of fat and cholesterol, but processed meats contained, on average, about four times more sodium and 50% more nitrate preservatives than unprocessed meats.

In addition, you have the following issues:

1. Corn syrup is a popular sweetening ingredient in consumer packaged goods. It may upset your body's natural metabolism, potentially raising the risk for obesity, heart disease, and diabetes.
2. Listeria is a bacterium found in deli meats that infects an estimated 2,500 people per year with Listeriosis. This can cause fever, muscle aches, headache, stiff neck, confusion, loss of balance and convulsions sometimes preceded by diarrhea or other gastrointestinal symptoms.
3. Nitrates are preservatives that help to prevent the spread of food-borne illnesses such as botulism and at the same time extend the shelf life. Other preservatives found in deli meats might include butylated hydroxytoluene, citric acid, corn syrup and gelatin.
4. Sodium to a degree is necessary, but often deli foods contain a disproportionate amount. Too much salt in our diet can cause our body to work harder than necessary and may cause high blood pressure. Look for low-salt meats and opt for fresh veggies instead of cheese on your sandwich for added nutrition and taste without the salt.
5. Added oils make deli meats moist and salads laden with mayonnaise may contain much more fat and oil than you need.

Good mood healthy food alternative:

- Carefully read labels and choose brands without fillers or added nitrates.
- Slice your own leftover chicken, turkey, or roast to use. It is budget friendly and you know the freshness and how it was prepared.
- As a healthy alternative opt for lean cuts of white meat and salads without mayonnaise.





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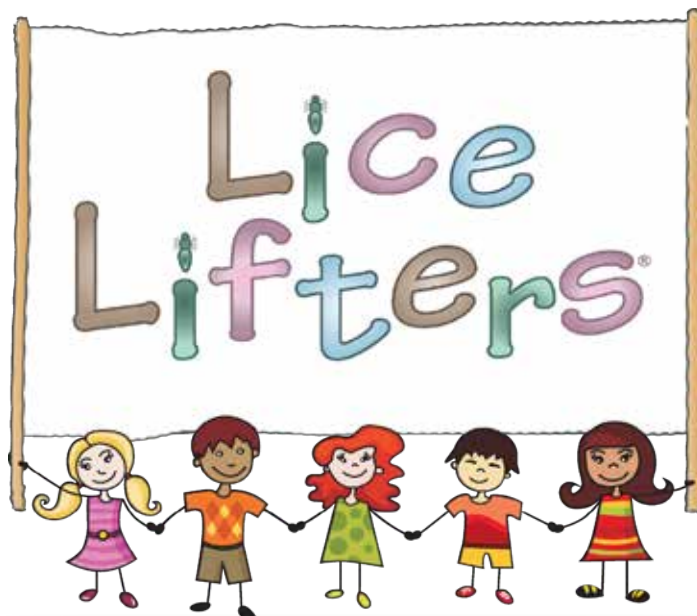
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Nasal Balloon Can Treat Youngsters For "Glue Ear"

By Mia Ingui

For kids with a common hearing problem, a simple procedure may be an alternative to antibiotics or drainage tubes.

A simple procedure using what's known as "nasal balloon" can treat hearing loss in children with a common middle-ear problem, preventing unnecessary and ineffective treatment with antibiotics, according to a new study.

Many young children develop a condition in which the middle ear fills with thick fluid -- so-called "glue ear." Often, children have no symptoms and parents seek medical help only when they notice that youngsters have hearing problems.

Dr. Jordan Josephson is an ear, nose and throat specialist at Lenox Hill Hospital in New York City. He said that kids are much more prone to glue ear because "the eustachian tube -- which is the tube that connects the ear to the back of the nose -- gets clogged,"

often during a sinus infection, allergy or even pollution-linked inflammation.

Right now, treatments such as "antibiotics, antihistamines, decongestants and intranasal steroids are ineffective and have unwanted effects, and therefore cannot be recommended," wrote a team of British researchers led by Dr. Ian Williamson of the University of Southampton in England.

In the new study, Williamson's team assessed another glue ear treatment -- "auto-inflation" with a nasal balloon -- in a group of 320 children aged 4 to 11 years. During the treatment, the child blows through each nostril into a nozzle to inflate the balloon.

The children were randomly assigned to either use the balloon treatment three times a day for one to three months, or to undergo standard care.

Compared to those in the standard-care group, children who used the balloon treatment were more likely to have normal middle ear pressure at one month (about 36 percent versus 47 percent, respectively), and at three months (about 38 percent versus 50 percent, respectively). They also had fewer days with symptoms, the researchers reported.

"Auto-inflation is a simple, low-cost procedure that can be taught to young children in a primary-care setting with a reasonable expectation of compliance," according to the study authors, who believe the treatment should be used more widely in children over age 4.

The nasal balloon "has been around for decades," Josephson said. "When I treat children with these problems, I tell the parents to have the child blow up balloons and squeeze their nose and try to pop their ears," he explained.

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Happier Feet

By Susan Heckler

I have noticed that if my feet are not happy, the rest of me is miserable. Blisters, bunions, rubbed raw, pinched...when you are on your feet all day it happens. No matter how expensive the shoe and how well it fits, time and gravity takes its toll.

Our poor feet are encased in shoes for terribly long stretches of time; they often become strained, blistered, and pained.

Got new shoes and no time to break them in? Try to apply heat to them with a blow dryer, to loosen them up. The material will be more pliable when you slip your feet in.

If the shoe fits but your toes are a bit squished, place them straight in the freezer. Fill two small Ziploc bags with water, and seal them tightly. Tuck the bags inside the shoes, specifically in the boxy part where your toes go, and let them sit overnight in the freezer, until the water in the bags freezes. The freezing water will slowly expand the bag to gently stretch the walls of your shoes. Let the ice melt for about 20 minutes before removing the bags.

Rubbing sandpaper on the bottoms of new shoes will improve the grip and better traction.

Did those shoes rub the last time you wore them? Apply clear gel deodorant to the areas in the shoe that are most likely to cause friction with your skin to act as a lubricant.

Does wearing heels cramp your toes? Try applying tape to your second and third (or third and fourth toes) to lessen the pressure on the ball of your foot. Medical tape or Scotch tape works.

Wet feet are no fun so waterproof your canvas shoes with beeswax. Cover the entire surface of your shoes with beeswax, and then use the heat from a blow dryer to warm it and press the substance into the shoes.

Read this too late and have blisters? Try dabbing apple cider vinegar on your feet or rubbing Aloe vera gel to relieve the inflammation and redness. Soak



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Immediate Care Medical Walk-In of Brick Celebrates Ribbon Cutting

Immediate Care Collaborates with Advanced PMR and Modern Medicine RX for New Center

On Thursday, August 3, Immediate Care Medical Walk-In of Brick hosted a ribbon cutting for their newest location in Brick Township. The multi-purpose facility is located at 8 Brick Plaza, off NJ State Route 70.

This is the first joint facility for Sal Cannizzaro, CEO of Immediate Care Walk-In Management LLC, Dr. Daniel Reizis PT, DPT, NASM-CPT, founder of Advanced Physical Medicine and Rehabilitation, and Dr. Klara Reizis Pharm. D., R.Ph, owner of Modern Medicine RX.

Immediate Care opened in Brick this past April and offers patients a convenient option for urgent care, physical therapy and rehabilitation, and retail pharmacy. With on-site medical treatment, physical therapy, acupuncture and filling of prescriptions, patients have the ability to take full advantage of the versatile facility in a single location.



Immediate Care has locations throughout Central and South Jersey, including Brick, East Windsor, Edison, Hazlet, Lacey, Red Bank and Toms River. Recently voted "Best of Monmouth 2017: Best Urgent Care" by Monmouth Health & Life magazine, Immediate Care will be opening two more locations in Monmouth County, Morganville in August and Marlboro in the fall.

Committed to providing convenient and affordable medical services, Immediate Care offers walk-in treatment for non-life-threatening illness and injury. Wellness services include pre-employment, sports and camp physicals, occupational health treatments and vaccinations/immunizations. Both x-ray and laboratory services are available on-site. Immediate Care is open seven days a week with no appointment necessary. For a full list of healthcare services or to learn more about Immediate Care, please visit www.immcare.com.



Getting the Lead Out

By Susan Heckler

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

The paint doesn't pose a serious health threat if the paint is in good condition with the surface being unbroken. The problem comes when the lead paint starts deteriorating. The lead dust and flakes of lead paint begin collecting on surfaces such as window sills, counter tops, and floors, as well as on children's belongings.

Small children, who have a tendency to put their hands and other objects in their mouth, are at an increased risk of accumulating harmful amounts of lead in their bodies.

High levels of lead in the child's system can cause damage to the brain and nervous system, kidney damage, behavior and learning problems, such as hyperactivity, slowed growth, poor muscle coordination, hearing problems, headaches and bone marrow problems. Symptoms for adults present as high blood pressure, fertility problems in men and women, nerve disorders, memory and concentration problems, muscle and joint pain and anemia.

LEAD! FREE!

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



If you have lead paint in your home, immediately clean up any paint chips you find, keep play areas clean, don't let children chew on painted surfaces, clean dust off of window sills and other surfaces on a regular basis, remove your shoes when you enter your home so you don't track in lead from the soil and if you rent, tell the landlord about the results of the test and the fact that there is peeling or chipping paint.

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

QUESTION:

What's the best way to treat knee arthritis?

Consider a non-surgical treatment that really works!

Osteoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub together causing pain swelling stiffness and limited range of motion. As the cartilage breaks down, the knee loses its lubricating fluid. We found that by replacing this lubricating fluid with a natural substance called Hyalgan, the lubrication is restored and many patients experience amazing pain relief.



WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyaluronic acid which is normally found in high levels in healthy joints. Replacing the hyaluronic acid with Hyalgan lubricates the joint and reduces pain. Hyalgan has been administered over 40 million times and has been proven to provide long-lasting relief of knee pain from osteoarthritis.

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

If you have had injections like this in the past and experienced poor results, there is still hope! Many doctors in this area offer similar injections, but very few use precision fluoroscopy guidance. Fluoroscopy guidance ensures that the pain relieving Hyalgan reaches the knee capsule where it bonds with the joint fluid to create a lubricating and cushioning layer. Without fluoroscopy, it is estimated that doctors "miss" the capsule over 30% of the time resulting in poor results. We want each and every one of our patients to have the greatest chance of success, so every injection is done with precision fluoroscopy guidance to ensure that the Hyalgan gets into the capsule 100% of the time. Because of this, patients who previously felt little to no relief with non-fluoroscopy guided injection are now getting excellent results.

The other "big difference" in our results is the multitude of other supportive care options that we have available to enhance the effectiveness of the Hyalgan procedure. These options include state of the art medical laser treatment, physical therapy, manipulation, corrective osteoarthritis bracing (takes pressure off the damaged section of the knee), and natural anti-inflammatory products. The combination of these treatments offers you what we feel is the most comprehensive non-surgical knee treatment program available.

DOES IT HURT?

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

WILL MY INSURANCE COVER HYALGAN?

This procedure is covered by most major insurance companies including Medicare. Our insurance department pre-verifies every patient.

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy guided Hyalgan injections.

SO HOW DO I KNOW IF YOUR KNEE PAIN TREATMENT PROGRAM WILL HELP ME?

If you are tired of suffering with painful arthritis of the knee, and you want to see if the latest advances in non-surgical treatment can help, all you have to do is call 732-683-1800 to set up a risk free consultation. During the consultation all of your questions will be answered in a warm and friendly environment. Knee replacement surgery is a very extreme measure to take without considering all of your other options first. Once it's done there is no turning back. For that reason we encourage you to schedule an appointment to see if you are a candidate for Hyalgan treatment.

We are proud to offer our patients a comprehensive knee pain treatment program that includes the best non-surgical methods to relieve pain all under one roof. We look forward to having the opportunity to help you feel better. Take the first step in ending your knee pain and call to schedule an appointment today!



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QUESTION:

We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?

ANSWER:



Dr. Steven Linker, OD

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

Visionaries in the optical field have come up with a clear solution to harmful exposure to UV and blue rays. They have developed no-glare protective lenses that filter out the harmful rays. We carry Crizal Prevencia No-Glare lenses which provide 25 times more UV protection than going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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



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By Jill Garaffa

Health & Fitness Reaching Your Goals

Dear Jill,

There's a pattern that repeats every year when I write my list of "New Year's Resolutions" or any other time of year when a milestone has been reached (like my birthday or anniversary) and I'm hoping you can help me break it. Each year, I look at all the areas of my life that need fixing. I look at my bad habits that I want to change. The first week or so things are fine. Then, I start to slip and eventually completely give up. The following year, the list of things I want to change is discouragingly similar to the year before, so it always looks like I'm trying to fix the same thing.

How can I break out of this pattern and get some momentum going in the right direction?

Frustrated,
T.J. in Holmdel, NJ

Dear T.J.,

Thank you for your courage to ask about a topic to which so many people can relate! There are a few things I can offer from a coaching standpoint to help you move forward.

First, take a look at your language. Anytime your focus is on "fixing" or "changing" something about yourself you will actually end up repelling the very thing that you say you want. The secret is to be grateful and celebrate where you are in this very moment. What accomplishments have you already achieved? Why is this area of your life not worse? (It could always be worse, right?). You are doing something right. What is it?

Coming from a place of gratitude & celebration in an area of life you'd like to transform provides more power than when you come from a place of judgment. You are either blessing or cursing the very thing you want by your intention around it.

Next, true and lasting change comes from the inside out. In order for a goal to come alive, it must be connected to something you deeply value and believe is possible. Why is this goal important to you? What is worth the sacrifice you will be making to achieve this goal?

Last, in order to create momentum, connect your goal to a clear vision & action plan. See yourself a year from now, succeeding. If this goal is a reality in one year, what actions would you need to take right now? This allows your future to pull you forward and your goals to come alive!

Wishing you clarity, focus & 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.seedsofchangeoaching.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@seedsofchangeoaching.com and click "contact us" to be featured in a future column.

Should You Take a Powder? Questioning the Use of Talcum Powder

By Susan Heckler

Moms, nurses, and nannies have used talcum powder to treat diaper rash, to absorb moisture and as a deodorant. Talcum powder is a powder made from a mineral called talc and is found in popular cosmetic and personal care products used by many daily. Talc is naturally occurring and consists of magnesium, silicon, hydrogen, and oxygen. It is mined from the soil and, before 1973, was often contaminated with asbestos (a naturally occurring close neighbor in the ground). Talcum powder poisoning may occur when someone accidentally or intentionally inhales in or ingests talcum powder.

The U.S. Food and Drug Administration (FDA) monitors cosmetic products for potential safety problems and acts when products on the market are found to be unsafe. Unfortunately, there is no law that requires cosmetic companies to share their safety information with the FDA and cosmetic products do not undergo FDA review or approval before they go on the market.

The International Agency for Research on Cancer (IARC), which is part of the World Health Organization (WHO), classifies talc that contains asbestos as "carcinogenic to humans." Since the 1970s, the FDA has periodically received questions about talc's safety and whether products made with talc contain harmful contaminants, such as asbestos. Asbestos is a cancer-causing substance. In its natural form, some talc contains asbestos. Both talc and asbestos are naturally occurring minerals and may be found near one another in the earth.

Talcum products sold in the U.S. have supposedly been asbestos-free since the 1970s. The FDA contracted with AMA Analytical Services, Inc. (AMA) of Lanham, Maryland to conduct a laboratory survey of presently marketed cosmetic-grade raw material talc, as well as some cosmetic products containing talc. The study, which ran from September 28, 2009 to September 27, 2010, found no signs of asbestos in the samples tested. Keep in mind, the results were limited because only four talc suppliers submitted samples and the study only tested 34 products. While informative, the test results do not prove that most or all talc or talc-containing cosmetic products currently marketed in the United States are likely to be free of asbestos contamination.

Studies show women who use talc products for intimate personal hygiene have a 20- to 30-percent greater risk of developing ovarian cancer.

Up to 40% of women may use talc at least occasionally. But last year a Missouri jury awarded \$72m in damages to the family of Jackie Fox, who died of ovarian cancer, having used the well-known brand of powder for years. More than 1,000 other cases are still waiting to be heard.

Talc can cause respiratory complications, especially in infants. The American Academy of Pediatrics and most private pediatricians discourage use of baby powders containing talc since, in powder form, particles of talc become airborne. When inhaled, these particles can cause wheezing, fast and shallow breathing, coughing and in some cases acute or chronic lung irritation, known as talcosis as well as pneumonia and trigger asthma symptoms in certain people.

In 2015, a court awarded a woman in California \$13m for developing mesothelioma (a tumor of the lining of the lungs) from using talc with asbestos in it.

My motto when it comes to the health of my family...when in doubt, do without.





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