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INSIDE GUNTHER PUBLICATIONS: *Meet Susan Heckler*

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 Susan Heckler, Managing Editor of Gunther Publications. She spoke about her daily duties in this important role, being a mentor to young writers and the rewarding parts of her job. Read on!



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

I grew up in Woodmere, Long Island. I went to college at Bernard M Baruch College in NYC where I got my degree in International Marketing.

I have been living in NJ, between Freehold and Manalapan, for 31 years where I have raised my three kids: Jenna (30), Alex (25) and Brad (23).

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

I have been with Gunther Publications for six years, beginning as a freelance writer, and started working on advertising sales two years ago. I have been the Managing Editor since February. My "day in the life" is to juggle several responsibilities based on priorities.

I balance writing 20+ articles monthly and I choose and assign the other articles for the four publications. Gunther Publications enjoys having high school and college interns working with us year-round. I am currently mentoring two high school students who aspire to be journalism majors, and over the summer I worked with four college students to help them grow as writers.

I work with advertising clients to help them promote their businesses within our pages, so I help them with the wording and design to get their

word out. I do a lot of networking all over Central NJ to promote our brand.

I also do the layout for the four publications, which means determining what goes in page by page, working hand in hand with our graphic artist and amazing sales reps to do what is best for the readers' interests as well as our advertisers.

Q: What skills have you acquired in this role, and what do you think are the most important qualities to be a managing editor?

Every day is a learning experience as I am new to the publishing business. The writing comes fairly easy to me, learning the new software is a challenge and the nuances of the business too. I am a people person, so networking is a time-consuming pleasure for me as is working with our readers and wonderful customers. At the end of the day, seeing the positive feedback from both readers and advertisers is really rewarding as is seeing my hours of work in print form.

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

If you have an interest in something or a talent for it, go with your strengths. Use every opportunity to learn and experience more. You may not think it is of value right this minute but every lesson learned makes you smarter and better in one way or another.

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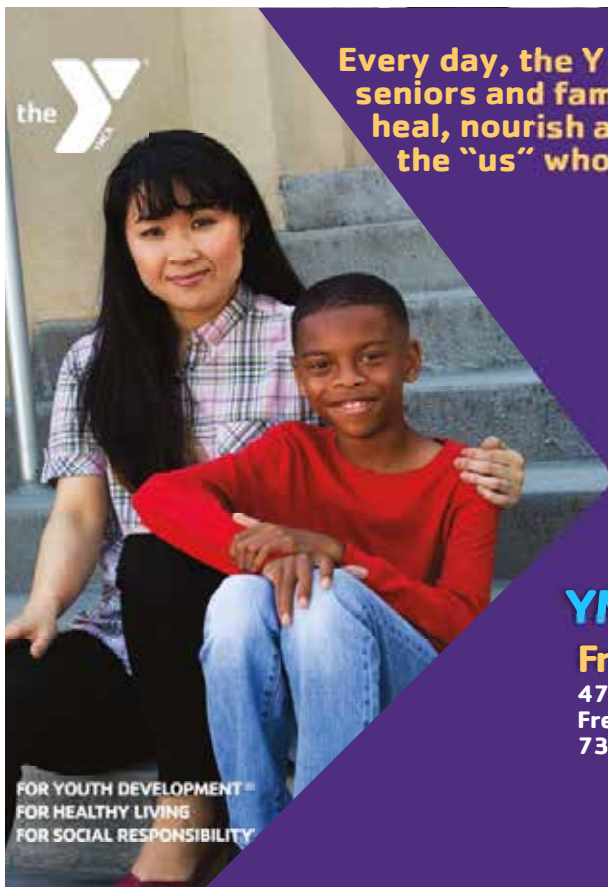
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Dealing with an Unfair Teacher

Do you feel like one of your teachers is treating you unfairly? Read on to learn how you can deal with an unfair teacher in a responsible and adult manner. Do you currently have a teacher who just doesn't understand you? Are you constantly getting in trouble or struggle to get your teacher's attention? If you're not getting along with your teacher and it's getting annoying, then continue reading this article to gain some tips that can help you deal with your frustrating situation

Talk to Your Parents

Tell them about your irritation. Be detailed with the actions your teacher has made that bother you. For example, if you get in trouble for talking, but it was really the other kids around you, or perhaps you always have to wait longer than other students to have your questions answered. Be more specific with your worries and problems, the easier it will be for your parents to understand where you are coming from. By sharing your problems with your parents, you are able to relieve your stress instead of getting mad at someone at school (which as we all know can result in big trouble!).

Meet with the Guidance Counselor

Guidance counselors can give you good advice about how to deal with uncomfortable situations. Your guidance counselor knows the different teachers in your school so they will know if it is a personality conflict or some other problem behind you and your teacher's differences. Your parents can also come in for this appointment if it makes you more comfortable. The purpose of your counselor is to provide you with help with your classes or other school related problems and they are willing to invite parents or make other adjustments to make your appointments with them as comfortable as possible.

Meet with the Teacher

You could also have your parents schedule a meeting with your teacher. You can join them in the meeting or just have your parents discuss your concerns with the teacher. If you join the meeting you will be able to tell your teacher what has been bugging you, but this can be uncomfortable for a lot of students. Either way is usually effective because it alerts the teacher that he or she has been making students feel uncomfortable. Many times a teacher will not realize that he or she has been misjudging a student or treating them differently than other kids.

Give Your Teacher a Break

No matter what you do, remember your teacher is supposed to be there to help you learn. Being mean and being a demanding teacher are two very different things. If your teacher is just trying to teach you new and difficult skills, this is not a good reason to dislike them. Perhaps you not liking a teacher is really a sign that the class is too tough and you need help with your homework. Think through your reasons for disliking a teacher before you ask to make an appointment with your guidance counselor or teacher because the real purpose of the appointment may change.

AGE APPROPRIATE SCREEN TIME

By Susan Heckler

What do we mean by screen time? Screens are everywhere. The television... the smart phone... the iPad... the tablet... video games. Unstructured playtime is more valuable for a child's developing brain than electronic media, even the educational type.

Unfortunately, this generation of parents uses the tablets and smartphones the way their parents did the TV and VCR. While my generation popped a Barney tape on the VCR or put Nickelodeon on to distract their kids, this generation of caregivers has techno on the go, ready to use at any given moment.

Your child is occupied, leaving you time to work, shop, socialize, clean or whatever it is you have to do without fussing little ones. One negative to screen time is the lack of social development and interaction with what is going on around them. He or she is sucked into the screen with very little imagination being used and not developing the ability to self sooth. You always have the option of sharing screen time with them and making it more interactive and social.

Poor quality screen time has been linked to:

- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Loss of social skills
- Violence
- Less time for play

Some suggested "House Rules" for screen time

- No screens at mealtime
- No screens in the bedroom, parents should be around and aware of what's going on
- No screens for at least an hour before bed to avoid overstimulation
- Screen time (of any size) comes in small doses. 20-30 minutes at a time and then it leaves for a few hours
- No screens while doing homework



Ages Newborn-2

The American Academy of Pediatrics discourages media use, except for video-chatting, by children younger than 18 to 24 months. Children can benefit from certain types of screen time, such as programming with music, movement and stories. Children at this age do not need exposure to technology. It is a form of entertainment. It is entirely up to you whether they use it and how much.

A little boredom and frustration and the lesson of dealing with it is important for their ability to develop resilience and self-regulation.

Ages 2-5 (Preschool)

This may be a good age to introduce screen time as once they hit school, computer skills come in handy. The guideline set by the American Academy of Pediatrics is about one hour a day to start. You are in control, so be sure it is high-quality programming

Ages 5-9 (School-age)

Many schools use devices in the context of learning – from iPads to smart boards so screen literacy is a good thing with limits. The American Academy of Pediatrics screen time recommendation for school-age children is a "personalized media plan" which replaced the 17 year-old "two-hour guideline."

Children are ready to engage with the world when they wake up in the morning. Exposure to screens at that time will start a zoning-out progression which will make it harder for them to concentrate and do their best in school.

If your child has more screen time than you want at this point, start reducing slowly and wean them off. Start reducing screen time by 10-15 minutes a day at the most.

Ages 10+

Less is still more (beneficial) but the older they get, the harder it is to monitor. Encourage outdoor play, exercise, socialization, and after school activities. The house rules apply now more than ever so you can monitor what they are doing and with who.

Observe your own behavior, because they are. Are you addicted to your smart phone and social media? You are setting an example.

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TRICK-OR-TREATING SAFETY TIPS

By Teena S. Patel
Owner, Lightbridge Academy of Eatontown

From apple picking to lining your porch with pumpkins, gourds and cornstalks, fall is well underway. On every child's mind, fall usually means one thing and one thing only, Halloween! This year's costumes are sure to be the most elaborate yet. As you plan the perfect costume for your little one, be it ghoulish and scary or cute and comfy, keep these following tips in mind for a safe and fun-filled Halloween:

- 1. COSTUMES & WEATHER:** Choose costumes that are appropriate for the weather. Layering is best, so if it's unseasonably warm then all you'll have to do is peel a layer or two off. Also, check the weather in advance in the event that you'll need an umbrella and rain boots.
- 2. TEAL PUMPKIN PROJECT:** Food allergies impact more and more children each year. By placing a teal-colored pumpkin on your porch, you are raising awareness for this subject and also letting families know that you have non-food items to be handed out for trick-or-treating. These families will appreciate the thought you put into including their children in the trick-or-treating festivities. You can find more information and free printables by typing "Teal Pumpkin" into your favorite search engine.
- 3. MASKS:** Make sure all masks are wiped clean. You never know how many fingers and noses have touched the mask prior to you purchasing it! Also, be mindful of school rules, especially if you are participating in class parades. Many schools prohibit masks for safety reasons.
- 4. MAKEUP:** If your child's costume requires makeup then be sure to test out a small area a few days before trick-or-treating to check for any potential allergic reactions.
- 5. HALLOWEEN NIGHT:** When trick-or-treating, walk younger children up to every door. Stick to walking on sidewalks and only knock on doors with the lights on. Also, the sun sets earlier now so flashlights and glow sticks can be a fun and safe addition to trick-or-treating.
- 6. CARDINAL RULE:** Always inspect your child's trick-or-treat bag before they consume or play with anything. It's a good idea to discuss this rule in advance to avoid anxious little fingers.

Wishing all families a safe and fun Halloween!



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It's Not Too Late to Re-establish Your Routine

School is into its second month and you now realize your kids slipped into summertime habits that may still need to be broken. If your school year has gotten off to a bumpy start, getting a little stricter in a few areas can help at any time. The sooner you start preparing your child for his new schedule, the smoother the transition will be for everyone involved, but it is never too late to make the changes needed.

Bedtime & Wake-Up Time

Wake-up time and bedtime are interrelated. The longer your child stays up at night, the longer he likely will sleep in. That's why trying to get back on schedule should start with the evenings.

Talk with your child, especially if he is still relatively new to the school experience, about the benefits of school routines and how proper rest can lead to better grades and positive attitudes about school.

For younger children, make sure you pick back up on the in-school habits that may have been broken during the summer, such as pre-bed reading and no TV time. Encouraging your child to play quiet games or have conversations with you both at night and in the mornings can keep your child focused and energized for school.

Homework

When is the best time for homework? Right after school? Right before bedtime?

Many experts say neither, suggesting you give your child ample time to wind down at both times. Help your child by setting a deadline to have homework done before dinnertime. This way she can focus on clearing her mind and getting mentally prepared for the next day after she eats. This deadline also should give her a couple of hours after school to catch you up on her day or hang out with friends.

Freeze Dinners

Students aren't the only ones who will be a bit thrown off come school time. Parents also can help achieve a smooth transition by preparing dinners ahead of time.

Use a chunk of your weekend to prepare casseroles or soups that can be easily reheated for meal options during the week.

This strategy will be especially useful with all of those after school activities parents run to.





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When Is My Child Ready for an Adult Seat Belt?

The time to transition your child out of a booster seat and into a seat belt usually comes when the child is between 8 and 12 years old. Keep your children in booster seats until they outgrow the size limits of the booster seats or are big enough to fit properly in seat belts.

Fitting a Child Correctly in a Seat Belt

For your child to properly fit a seat belt, he or she must:

- Be tall enough to sit without slouching;
- Be able to keep his or her back against the vehicle seat;
- Be able to keep his or her knees naturally bent over the edge of the vehicle seat; and
- Be able to keep his or her feet flat on the floor.

Additionally:

- The lap belt must lie snugly across the upper thighs, not the stomach.
- The shoulder belt should lie snug across the shoulder and chest, and not cross the neck or face.
- Never let a child put the shoulder belt under an arm or behind the back, because it could cause severe injuries in a crash.
- Keep your child in the back seat because it is safer there.

And remember, always check your child's belt fit in every vehicle. A booster seat may be needed in some vehicles and not in others. If the seat belt does not fit properly yet, the child should continue to use a booster seat.

Modeling Seat Belt Safety

As a parent, you are your kids' strongest influence when it comes to modeling safe driving practices, including buckling up every time you get in the car. Teach your family that safety is the responsibility of all passengers as well as the driver.



TRENTON, NJ — Effective September 1, new legislation set in place revised parameters relative to the use of infant/child car seats in the Garden State. New Jersey guidelines now mandate the following:

Newborn to Age 2

Children under age 2 and under 30 pounds must be in a rear-facing car seat with a five-point harness. Toddlers who are tall or have long legs must remain rear-facing until age 2 even if their knees are bent and their feet are pressed against the back seat of the car.

Age 2 to 4

Children under age 4 and 40 pounds must remain in either a rear-facing or a forward-facing car seat with a five-point harness in the back seat of a vehicle.

Age 4 to 8

Children must remain in a car seat or a booster seat — in the back seat of a vehicle — until they are at least 8 years old or 57 inches tall. Once they reach that age or height, they are allowed to use regular adult seat belts.

Age 8 and up

Children can sit in a regular seat using a seat belt. However, the New Jersey law does not specify when children over age 8 can move from the back seat to the front seat. The federal Centers for Disease Control and Prevention recommends children not sit in the front seat until age 13.

Front Seat Guidelines

If a vehicle does not have a back seat, such as a pick-up truck or a sports car, New Jersey law says a child can ride in the front seat in a car seat or a booster seat. The vehicle's passenger-side airbag must be disabled or shut off if a baby or toddler is using a rear-facing car seat strapped into the front seat of the vehicle. The force of air bags can injure small children if they deploy.

Monetary Penalties / Fines

The fines for violating the state's car seat law have risen from previous levels — \$10 to \$25 — to \$50 to \$75 under the new legislation. The law does not spell out how police would verify the age, height or weight of a child when issuing a ticket.

Exemption Removed

An individual can no longer state that they were following the manufacturer's weight and height recommendations for their car seat.

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Children with Special Needs and Bullying

By Mia Ingui

Children with disabilities, such as physical, developmental, intellectual, and emotional disabilities, are at an increased risk of being bullied. Any amount of factors including physical vulnerability, social skill challenges, or intolerant environments may increase the risk of these children being exposed to intolerance from others.

Another issue stems from recent research, which also suggests that some children with disabilities may bully others as well. It is imperative to create a safe environment for these children, and all children, to prevent unnecessary intolerance and bullying. Special considerations are needed when addressing bullying in youth with disabilities. Disability harassment has many different forms, including verbal harassment, physical threats or threatening written statements. If the bullying occurs in school and the school learns of the disability harassment, the school **MUST** investigate the incident promptly and respond appropriately, by law. Bullying behavior is considered, "disability harassment," which is prohibited under Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990. This is reassurance that children with special needs are protected against those who may harass or bully them.

There are also many other resources to help kids with disabilities who are bullied or who bully others, and there are Individualized Education Programs (IEPs) or Section 504 plans that can be useful in creating specialized approaches for preventing and responding to bullying.

**Say NO
to Special Needs
Bullying!**



Early Warning Signs of a Learning Disability in Young Children

By Lance Halpern EdS., LPC

During the early years of a child's education starting with preschool, children learn at different rates and with different styles. But if your child has significant trouble with numbers, letters, or speech, they may have a learning disability. Learning disabilities are a category of disorders that affect how the brain processes information, making it difficult to grasp some concepts.

A child with a learning disability may understand a story perfectly when it is read to them, but will struggle to answer questions about it afterward. Another child might easily recite the alphabet from A to Z, but be unable to name individual letters when they are pointed out. Still another child may have a hard time putting together puzzles, tying her shoes, or buttoning a sweater.



Children with learning disabilities usually have normal or above normal intelligence, but they have trouble expressing their knowledge. Because it is so difficult for children with learning disabilities to master certain tasks, they often experience frustration, anger, low self-esteem, and even depression. Your child may know just what they want to accomplish, to say or write or do, but getting there isn't a straight path.

Red flags that could indicate a learning disability in young children include:

- **Delayed speech**
- **Difficulty learning new words**
- **Trouble learning numbers/the alphabet**
- **Difficulty following directions**
- **Pronunciation problems**
- **Difficulty learning to read**
- **Short attention span**
- **Poor grasp of a crayon or pen**

Diagnosing learning disabilities is controversial. Some experts believe they are over diagnosed, a handy catchall for a host of normal differences in learning styles. Diagnosing learning disabilities in preschoolers and very young children is particularly controversial because they learn at such vastly different rates. That doesn't mean you should ignore any concerns you have now. Careful diagnosis is important and early intervention can make a big difference in your child's academic future.

If you are worried about your child's competence with reading, writing, numbers, or speech, talk about it with people who are familiar with your child, such as your child's teacher. Teachers are usually adept at spotting the early warning signs of a learning disability. If your child's teacher hasn't already raised the issue with you, don't hesitate to bring up your concerns. The signs of a learning disability can be already strong at a young age and the advice to "wait and see" if your child is just suffering from a momentary setback, and will catch up in no time is truly inappropriate without the concern being formally evaluated and substantiated by a psychologist who is experienced in education matters and has documented familiarity within the school culture.

Learning disabilities are permanent and don't go away, but much can be done to help your child compensate for the disability and learn to work around the problem when identified as soon as possible. As a parent, one of the most important things you can do is support your child and assist with positive learning experiences. Don't try to be an expert on treating learning disabilities yourself. Your job is to provide encouragement, love, and patience and to seek out psychological experts who have the skills to help your child learn.

Congratulations to Jane Lynn Britton on the Launch of her Television Show!

Jane Lynn has taken her years of experience as a parent of an autistic child and is now collaborating with parents and caregivers of children with autism.

In 2003 at the age of two her son was diagnosed with autism. After spending over \$100,000 on the best doctors, therapists, and schools, she was shattered because nothing worked. He was not developing as hoped, in fact their situation only got worse! She quit the career she loved and left Dow Jones in 2009 to home-school her son.

Jane Lynn spent 8 years and over 18,000 hours working with her son and teaching him simple things like to look, listen and to engage with her in activities. During that journey, she has successfully trained over 30 people to use her techniques while also learning holistic healing techniques to calm and strengthen the whole family.

Her son is her success story, he is back in school, and he is THRIVING. Her whole family is joyful and vibrant.

To continue her efforts to share her story and her hard-learned lessons on how best to help her special needs son, she created the TV show, *Navigate Autism with Jane Lynn*. Her goal is to help other parents along their journey, and to bring community together to talk, learn and share resources around autism.

Join her on Wednesdays and Fridays for the only Autism TV show of this genre! She shares tips that she learned that helped her son go from completely exclusive to being interactive, social, and very connected with others. She also features different guests and services who share ways that parents can help their children TODAY.

**Debuting on
October 15th
at 9 PM EST on
the WBTVN**

Although the show is through Princeton TV in NJ, anyone can watch online. *Navigate Autism with Jane Lynn* airs each Wednesday at 6:30pm and Friday at 10am on www.princetonontv.org. As a new show, it airs 4 times until the next episode. You are able to see 2 new shows each month.

For more information: Tel 609-448-0123
Email: janelynn@navig8autism.com



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Former HR leader, trainer and coach for 20 years and mom of two, I home schooled my son for 8 years, spending over 18,000 hours working with him. I trained over 30 people in my process. Now I partner with parents and caregivers teaching the same strategies and techniques to connect deeply with their child, helping both parent and child to thrive, and creating a calmer, more harmonious life.


JANELYNN@NAVIG8AUTISM.COM

609-448-0123

WWW.NAVIG8AUTISM.COM

Join me:



- Each Tuesday at 12:30pm on Facebook Live 
- At local workshops
- 1:1 during a free strategy session (by phone)
- On TV channel 30 (Comcast) or 45 (Verizon) for *Navigate Autism with Jane Lynn*

Lakewood Township Recreation Department Announces Its Fall Schedule

The Lakewood Recreation Department has released the 2017 schedule of its fall recreation programs, including soccer, wrestling, open gym nights, and adult programs. All sport programs begin the week of September 25, 2017.

Fall co-ed instructional and league soccer play is Monday and Wednesday evenings for children ages 4 – 12. The schedule for each age group is Monday, 6:00- 7:15 p.m. for children ages 4, 5, and 6; and 7:15 – 8:30 p.m. for 7 and 8 year olds. Wednesday from 6:30 to 7:45 p.m. is for 9 and 10 year olds; and 7:45 – 9:00 p.m. for children 11 and up.

Fridays are reserved as make up time in case of rain. Follow the Monday and Wednesday schedule. Register at the John Patrick Sports Complex, Vine Street, Lakewood. The registration fee is \$10.00. Players are asked to bring a personal soccer ball to practice.

Students in grades 1 – 12 will learn the skills, conditioning, discipline, and techniques of “Escape” wrestling in the Lakewood High School wrestling room, Thursdays from 6:30–8:00 p.m. The registration fee is \$10.00. For questions or concerns, contact Coach Oscar Orellana at 732-216-7188 or email escapewrestlingclub@gmail.com.

Open Gym for high school students and up will be Tuesdays and Thursdays from 6:30 – 8:30 p.m. and includes basketball, volleyball, weight room, and indoor track. The fee is \$2.00 for each visit.

Students in grades 9 -12 must have a parental waiver form.

Only the instruction is free for adult arts & crafts, jewelry making, crocheting, programs, beginning October 16 at the Lakewood Community Center, Fourth Street. Bring your own supplies. Instruction includes Jewelry Making, Mondays, 11:30 a.m. to 1:30 p.m.; Crochet, Tuesdays, 11:30 a.m. to 1:30 p.m.; Arts and Crafts, Wednesdays, 11:30 a.m. to 1:30 p.m.

Listen to WOBM for cancellations. For more information, call the Lakewood Recreation office at 732-905-3405 or visit www.lakewoodtwpnj.org.



Questions to Ask When Visiting Universities

By Mia Ingui

Going off to college, the most thrilling yet also most terrifying part of a teenager's life. Although they have passed their high school classes and receive their diplomas, high school was just the beginning for many students who plan to continue their education in college. But, how is one high schooler supposed to make the hefty decision on where to live and study for the next couple of years? A way to facilitate the daunting process is to visit universities and ask questions. Most universities offer tours for incoming students or those who could possibly be interested in attending the school. These tours are about two hours long and will take the student and their family through a tour around the campus. Tour guides, who are usually currently enrolled students, provide information about everything there is to know about the school, from the food courts to the dorm rooms to the football stadiums. When the tour concludes, this is the time to ask any questions that have been unanswered. Some good questions to ask about include...

1. Any questions that apply specifically to you, for example, a question about a specific class or major that you are interested in.
2. The standardized test score required to be accepted to the school.
3. To see a specific building or classroom, for example, the theater or the gym.
4. What your the tour guide likes/ dislikes about the school.
5. Scholarships or financial aids that are given out.

Asking these questions can bring you one step closer to finding the perfect school for you.





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

QUESTION: What can I do to control my heavy periods?

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

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

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

You may return to work the day following your procedure.

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

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
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East Windsor, NJ 08520
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Clearing Up the Facts About Teen Acne

By Brianna Siciliano

Everyone struggles with less than perfect skin. In today's world, we are constantly taking and sharing photos of ourselves with each other. The pressure to have clean and clear skin is always on, and when our skin is not clear, our self-esteem lowers.

Pimples can be painful and embarrassing, but clearing up our skin and raising our self-esteem and confidence is possible. It is time to rid pimples from our lives!

Studies have shown that the majority of young people, varying from ages 12-18, suffer from acne. In some cases, acne can start very early, between the ages of 8 and 11. The good news is that treatments for acne are available and affordable. Acne can be controlled and cleared up, allowing teens to feel great in their own skin.

Before searching for the perfect treatments, it is important to understand how acne is caused. During puberty, hormones are going through big changes and oil production from glands on the face, chest, and back are increasing. Excess oil combines with naturally shedding skin cells, and this combination ends up clogging pores or causing blackheads and whiteheads. The oil can also provide "food" for acne-causing bacteria (which lives on skin's surfaces). These bacteria multiply inside pores and create red, swollen pimples when the "food" traps them in facial pores.

To keep skin healthy, it is important to avoid popping or picking at zits. Popping and picking squishes the materials that are trapped in the pore into skin that surrounds the pimple, which ends up causing more swelling and redness. Instead of irritating the skin, teens need to wash their faces in the morning and before bed time with gentle cleansers. It can also be very beneficial for teens to apply a sunscreen (UVA/UVB, SPF 30 or higher) to their faces in the morning, no matter what season of the year it is. Make sure that all the products being used on the skin—whether they are moisturizers, sunscreens, or make-up products—are labeled as oil-free, acne-free, or non-comedogenic.

If your teen is looking to get rid of a few whiteheads, blackheads, or pimples, try an over the counter acne wash that contains salicylic acid or benzoyl peroxide once a day. If there is no improvement within two months, if the washes are irritating the skin, or if the acne is leaving scars or causing pain, talk to your doctor right away. Keeping skin picture-perfect, and getting rid of pimples, is possible. Do not let pimples hold your teens back!



Our Fight for Life: Valerie Mathis-Leake's Story

By Pam Teel

Valerie is a seven year Breast Cancer Survivor. After discovering a hurtful lump in her breast after a self-breast check up, Valerie panicked and made an emergency call to her OBGYN. Not wanting to wait for a call in the morning that might not come, she drove to the doctor's office as the doors opened and asked to make an appointment for someone to see her that day. Her normal doctor was off and she asked to see anyone available. After the office staff checked her file, they saw that her mammogram wasn't due for five more months and they denied her an appointment. The real issue of the appointment denial was that her insurance company wasn't going to compensate the provider for services until the next contract year. Angry and scared, she decided to wait. She wanted to be seen that day and she knew the office always saved some time in the day for emergencies. They made her wait for hours in the waiting room as the staff continued to ignore her. Finally after a fit of tears, they let her see one of the doctors. She ended up going into surgery for the lump removal a week or so later. Luckily the lump was found early and didn't spread, but as a precaution of it coming back, six sessions of chemotherapy was ordered.



Valerie came to find out that her insurance company, which was state funded, did not cover chemotherapy and the Dr.'s office where she was scheduled to go for treatment immediately canceled her appointment. She waited in fear and anxiety for weeks for that first treatment only to realize that she and other people like her could die because of the lack of treatment offered by these insurance companies. It became clear to her that it wasn't about saving lives but about these companies and doctors making money. Altogether, with her health issues and others arising family issues, Valerie felt like she was falling without a net. Her friend recommended that she call the Sisters Network. After exhausting doctor after doctor, she called and went to a support meeting. She listened to others who had similar stories about their healthcare nightmares and after the meeting she and one of the directors began to formulate an action plan. She had an insurance plan in place that she could afford, but it didn't cover chemotherapy. She had to find one that did. The sisters helped her apply for financial aid so she could pay for her house expenses during that time. After waiting weeks to hear from the new insurance company, she was met with a denial for having preexisting cancer. If there was one thing the Sisters Network taught her, it was how to stand up for herself. Valerie fought and argued her case and eventually won. She was finally given coverage. She called the oncologist's office and gave them her new insurance information making her capable of getting all of the treatments needed. (It costs about \$10,000 for one chemotherapy treatment.) Thanks to the life saving information from the SNCNJ, Valerie found peace of mind and was able to receive the preventive treatments. It's a sad day when money becomes the obstacle to a person's health needs. It's a flawed system that needs to be changed. From that day forward, Valerie saw her calling, to educate, advocate, and empower other sisters to effectively navigate the healthcare system.

Most people are unaware of the overwhelming statistical data that support the staggering mortality rate among minority women due to the disparities built into the healthcare system. Furthermore, there is very few information on how to minimize these disparities in order to level the playing fields providing equal access to care for all.

Help is on the way!!! We would like to take this opportunity to introduce the Our Fight For Life LLC organization. Our mission is simple; we look to reduce the mortality rate among minority women by facilitating educational workshops nationally focusing on the socio economic disparities with an emphasis on education, empowerment and providing solutions.

Our program addresses the uniqueness of the minority women's experience with an emphasis on recommending proven solutions to effectively navigate the healthcare maze. The programs will be facilitated by experienced Certified Benefit Consultants that are breast cancer survivors.

To expand our outreach we look to partner and collaborate with likeminded organizations, like yours. It is with this objective in mind, that we ask you to join us in the fight for life. To learn more, please visit our website or contact us at:

Office: (800) 220-7491 • Fax: (732) 960-5207

Email: info@ourfightforlife.org • Website: www.ourfightforlife.org

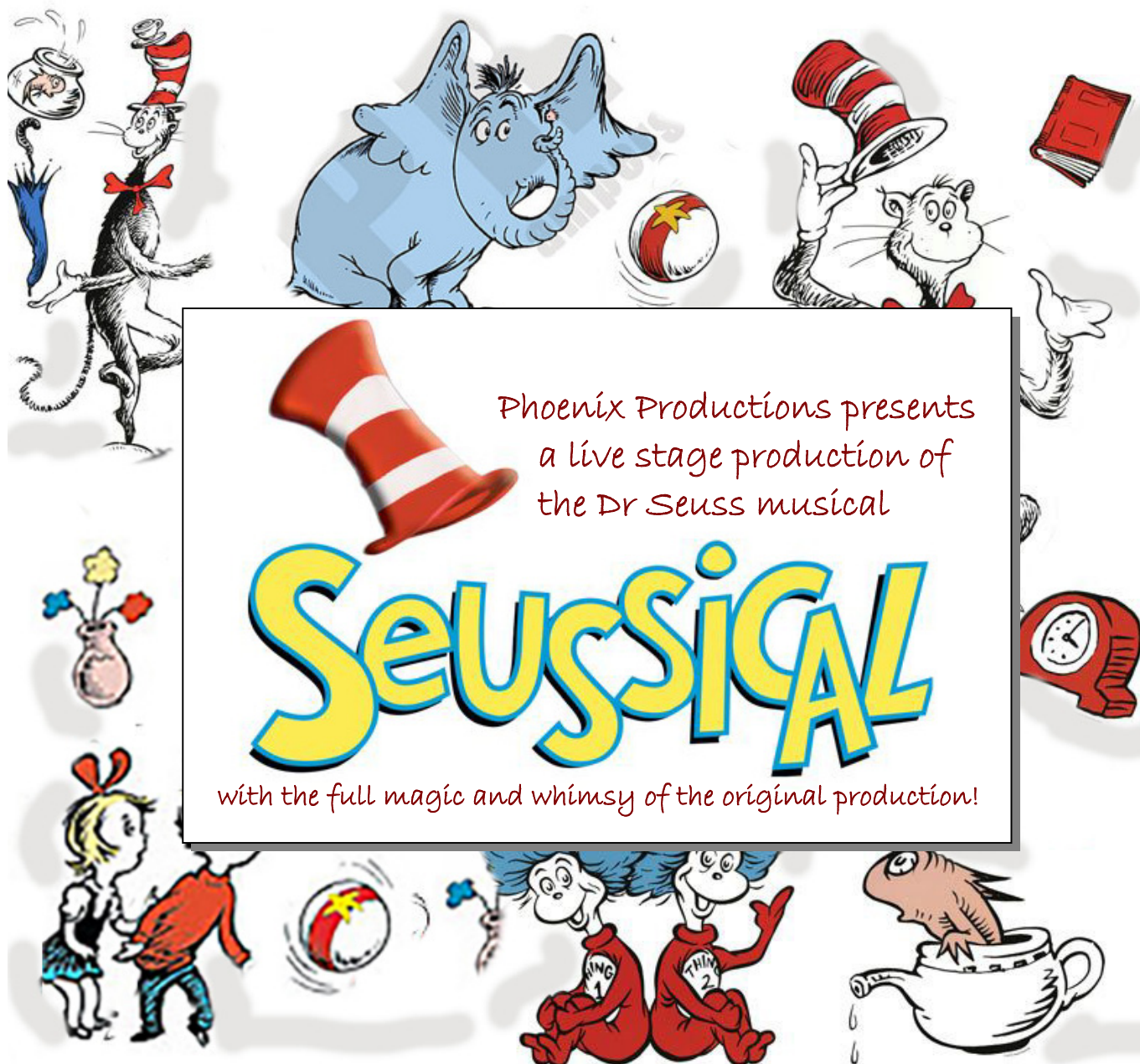
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Country Roads Day Camp Owner's Daughter Doing Wonderful Things for Special Needs Children

By Pam Teel

Seventeen-year-old Ellie Gabriel, whose parents own Country Roads and Yellow Duck Day Camp in Manalapan literally grew up at the camp. Her parents have owned the business for 47 years. Ellie is a senior at Manalapan High School and is also a certified lifeguard. It was her visions ever since she was a little girl to create a program where the whole family of a child with special needs was welcome, a place where special needs children and their siblings could celebrate openly without just being judged and tolerated. Ellie knows firsthand what it feels like to have people stare and actually say something when people with mental disabilities aren't acting according to their standards. Ellie's 13-year-old brother Jack has autism. Growing up, she and her older brother Luke have experienced the negativity that sometimes surrounds growing up with a special needs child. Ellie never felt bad for herself, but she did for her younger brother, who she adores, when asked to leave a Lion King Broadway show, many restaurants, and movie theaters when her younger brother's stim talking and noises were disruptive.



In the spring of 2016, Ellie created a website called MySwimFriends.com and announced that she was starting her own program. 25 kids enrolled. Ellie recruited all the volunteers. She created a free swim program for Jack, who loves swimming, and for all children on the Spectrum. My Swim Friends program is open to children with Autism, Down syndrome, ADHD, or other neurological challenges, ages 3 - 20. My Swim Friends is available six Sundays during July and August from 11:30am - 1:00pm. You may sign your child up for as many days as you would like. She also extends the invitation to the siblings of all ages as well, so please feel free to sign them up for the same weekends. Though the swim portion is over for the summer, please make note of it for next summer. The program takes place at Country Roads Day Camp in Manalapan, NJ. There are two heated pools and 2 waterslides available to the children. The depths of the pools range from 2 feet to 7 feet.

To help the children socialize and play in the pool, they all had lifeguard buddies in the water. The buddies engaged the children in interactions, as well as make sure the children were having an enormous amount of fun. The program was also geared to the parents.

Adirondack chairs were set up in the pool area for parents along with Food and drinks. Specialists in various therapies were presented each weekend to give tips to the parents.

Because the free swim program was such a success, Ellie decided to continue another program through the fall called MYSportsfriends. The programs run on Sundays from 11:30 to 1:00. Fifty children attended the fall program, and this past summer, 90 children and 100 volunteers participated in the program with an average of 75 children each weekend.

Ellie does all the recruiting for the volunteers and communicated with the families of the special needs children as well. She recruits professional volunteers from ABA therapists and speech therapists to come and talk to parents. She orders the food and has a full buffet for everyone. Ellie even makes her own desserts; her specialty is cookies. Most families are meeting for the first time and get to share stories and advice. Special needs children are a blessing but also weigh heavily on our hearts and minds as we all struggle with the same thing how can we best take care of them and be a part of regular life. Sundays at Country Roads gives them all the incredible time to reenergize for the next six days.

Ellie never turns a child away. She finds out their needs and matches them best with a volunteer buddy. It started for kids 6 to 16 years of age and quickly turned into 3-20 years of age.

My Sports Friends runs from September thru mid November. Families can sign up weekly or for the whole season. Some of the fun things they do at My Sports Friends- euro bungee, mountain slide, aeroball (trampoline ball) amazing ninja course, playgrounds, and basketball. Each week Ellie arranges for something special like Happy Day Hayrides, characters in costume to dance with, and fun inflatable's. Call 732-446-4100- <https://www.facebook.com/MySwimFriends> - info@countryroadsdaycamp.com

Apple Days Fall Festival Weekends at Terhune Orchards

Sept– Oct. 29, 10 am-5-pm

It is apples, apples, apples here at Terhune Orchards. The pick your own apple orchard is now open daily at our Van Kirk Road orchard. Apple Days Fall Festival Weekends every Saturday and Sunday through October 29 celebrate all things apples here at Terhune Orchards. During the fall, a full day of fun on the farm awaits the entire family.

Gary Mount said, "In over 40 years of growing apples, this is the best year yet. We have so many apples in the orchard, ready to be picked." Pick your own Jonathan, McIntosh, Jonamac, Empire and Early Fuji varieties. Take a tractor-pulled wagon ride around our preserved farmland to enjoy the view of trees loaded with red, green and gold apples.



Children's activities are abundant on festival days at home farm on the Cold Soil Road. Follow the corny jokes in our corn stalk maze to find your way out. Tots have fun scampering through the hay bale mazes and playing on the pedal tractors. Have a friendly competition in the rubber duck races and express your artistic talents while pumpkin painting. Spot out collection of scarecrows around the farm. Don't forget to stop by the barnyard to visit the animals. Kids can take a pony ride or have their faces painted, too.

Our Adventure Barn is decorated differently each year and tells the story of life on a farm. This season, the interactive exhibit goes underground. While learning about soil and water, children can pretend to be earthworms and move through a tunnel, see how root crops grow and spot a dinosaur.

Is there anything more nostalgic than biting into a candy or caramel apple? These confections and other apple goodies are part of the Apple Buffet. Cool down with an apple cider slushie. Treat yourself to a taste of our very own apples in cider donuts, pies, muffins, salads, and much more. Pam's Food Tent features seasonal lunch items. Indulge in pulled pork sandwiches, hot dogs, BBQ chicken, vegetarian chili and soups and other traditional fare.

The winery tasting room is open for a place to pause and overlook the farmyard. Enjoy a tasting flight or a glass of our award winning red, white and fruit based wines. Seasonal favorite, Apple Wine, is made with our own apple cider.

Stop in front of the farm store where the display of colorful mums, Indian corn, pumpkins, hay bales and cornstalks are perfect for pausing to take a family photo and for choosing fall decorations for your home.

Apple Days Fall Festival Weekends are 10 a.m. to 5 p.m. Saturdays and Sundays, through Oct. 29. Three day festival for Columbus Day Weekend.

Admission on festival days is \$8, ages 3 and up. Parking and access to the farm store and winery is free. More details online: <http://terhuneorchards.com/fall-family-fun-weekends/>

2017 FALL FESTIVAL BAND SCHEDULE:

10/14- Heavy Traffic Blue Grass Band

10/15-Growing Old Disgracefully

10/21-Daisy Jug Band

10/22- Albo

10/28-Jimmie Lee Ramblers

10/29-Tom and Jerry

Pick-your-own apples Every Day:

Terhune Orchards' Van Kirk orchard will be open every day for apple picking from 9 a.m. to 5 p.m., weather permitting, through October.



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.

Find Terhune Orchards online: WWW.TERHUNEORCHARDS.COM

Have a Spooktacular Time at Marty's Place Howl-O-Ween family fest 12-4pm, October 22

Special Ruff Mudder Canine Obstacle Challenge starts at 11 AM. Sign in 10:30

A Howl-O-Ween Family Fest, with activities for the entire family - including the family dog - is scheduled for Sunday, October 22nd from noon to 4pm on the grounds of Marty's Place Senior Dog Sanctuary, Upper Freehold, NJ. There is no rain date.

"We've planned an exciting celebration of dogs and the season," says Doreen Jakubcak, Executive Director of the 501(c)(3) nonprofit, which provides a safe, loving, protected environment for senior dogs that do not have homes.

Admission is free, although fees will be charged for some activities, and donations are encouraged.

"One of our goals for the event is fundraising," Jakubcak explains. All proceeds will benefit Marty's Place residents and go directly for their care.

The first of the day's activities - the Ruff Mudder Canine Obstacle Challenge, slated for a 10:30am check-in and 11am start - begins before the Marty's Place Howl-O-Ween Family Fest officially opens. Sponsored by Golden Grange Kennels, a dog boarding, grooming and training facility in Chesterfield, NJ, it is a fun event in which dogs and owners pair up to complete a series of obstacles along a half-mile path.

Please visit the Ruff Mudder page on the Marty's Place website (<http://www.martysplace>) for additional details, pre-registration forms and payment options.

"The path has gravel, grass and, yes, even some potentially muddy areas," says Chris Cross, a Marty's Place volunteer and this activity's organizer. "But our Ruff Mudder is intended to be fun - not a grueling test of endurance." Every participant receives a goodie bag.

Obstacles include a tire jump, tunnel crawl, jump bars, incline/decline walk and others - all designed for dogs of any size or age. The entrance fee is \$20 for one dog; \$10 for each additional dog from the same family, with no limit to the number dogs per family that can enter - so long as each dog has an owner/handler with them on the course.

At noon, the Howl-O-Ween family fest kicks into high gear with:

- Hay rides
- Dog photo sessions sponsored by Sentinel Wealth Management, a Reston, VA firm specializing in investment management, retirement and estate planning
- Live music by Buntopia
- Kid's Zone offering face painting and pumpkin decorating
- Vesuvio's Food Truck and Sweet Gourmet (desserts)

"There will be a K-9 Police Dog Demonstration at 1pm with Officer Dave Lasko from the Monmouth County Sheriff's Office and his K9 Partner Edge," Jakubcak added. "and at 2, we start our Canine Costume Contest."

Prizes will be awarded for Best Dog Costume (first and second place), best costumed dog/human duo or group (first and second place) and Best Overall (first place only). Rules and guidelines can be found at www.martysplace.org/costume.

Dog Swim Mini-Sessions in the Marty's Place indoor, in-ground pool will be available through pre-registration all afternoon. "It's a great way to see our swim program in action and how much the dogs and our volunteers enjoy it," says Angelina Ruggiero, the Canine Swim Program Coordinator.

At 3:30, as the Howl-O-Ween Family Fest draws to a close, Marty's Place will draw the winner of its 50-50 cash raffle. Tickets will be on sale onsite at the event, but can also be purchased now. Email the sanctuary at info@martysplace.org.

"All of us at Marty's Place look forward to having the community join us for a fun-filled, family and dog friendly afternoon," Jakubcak says, "We hope it will also give you a chance to learn more about Marty's Place, the senior dogs that live here, and how to get involved in what we do."

For additional information about this event --

Please go to the Marty's Place website: <http://www.martysplace.org>

Or Facebook page <https://www.facebook.com/martysplaceseniordogsanctuary/>

Or Download a flyer: [http://www.martysplace.org/resources/Documents/HowlFlyer\(SaveDate-F-3p\).pdf](http://www.martysplace.org/resources/Documents/HowlFlyer(SaveDate-F-3p).pdf)

Or Contact us by email: info@martysplace.org or phone (609 259-1278)



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8th ANNUAL WINE TASTING



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Upcoming Events

- Nov. 3rd - 30th Birthday Gala Celebration at Battleground Country Club, Manalapan, NJ
- For more information on these events or to ask about volunteer opportunities for these events contact Jane Crupi, Events Coordinator at: 732-222-8755 or email Jcrupi@rmh-cnj.org

Volunteer Opportunities

- Cook a Meal for our Families
- Collect Wish List Items
- Assist with Yard Work
- Assist with Specialty Projects
 - Community Events
 - Corporate Tabling
- Assist with House Events:
 - Friends & Family BBQ
 - Holiday Party
- For more information contact: Tricia Weaver in Long Branch at 732-222-8755 or Lindsey Williams, in New Brunswick at 732-249-1222

Vehicle Donation Program



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

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CENTER PLAYERS ANNOUNCES 2017-18 SEASON

Picnic Kicks off Season Oct. 13th

Center Players is pleased to announce its upcoming 2017-18 season of four main stage productions to be performed from October through August at Center Playhouse, 35 South St, in downtown Freehold, NJ.

William Inge's classic drama *Picnic* kicks-off the season, running Oct. 13-Nov 12 and will be directed by Ray Parnese. The winner of the 1953 Pulitzer Prize for Drama, *Picnic* takes place on Labor Day weekend in the joint backyards of two middle-aged women. One house belongs to Flo Owens, who lives there with her two young daughters, Madge and Millie, and Rosemary, a boarder who is a spinster school teacher. The other house belongs to Helen Potts, who lives with her elderly invalid mother. Into this all-female environment enters a handsome young man named Hal Carter, whose animal vitality upsets the entire group.

Lovers and Other Strangers, by Renee Taylor and Joseph Bologna, will follow, running from Feb. 9-March 11th, and directed by Michael Tota. The play is comprised of four untitled comedic one-acts. The first deals with the lead-up to a seduction, the second with a married couple's quarrel, the third with a groom getting cold feet the night before his wedding and the fourth with a father and mother struggling to help their son be confident about his marriage.

Next is Dale Wasserman's *One Flew Over the Cuckoo's Nest*, running from May 4th – June 3rd, and directed by Dave McGrath. The drama centers around Randle Patrick McMurphy as he is transferred for evaluation from a prison farm to a mental institution. While he assumes it will be a less restrictive environment, he soon discovers Nurse Ratched runs the psychiatric ward with an iron fist, keeping her patients cowed through abuse, medication and sessions of electroconvulsive therapy. The battle of wills between the rebellious McMurphy and the inflexible Ratched soon affects all the ward's patients.

Rounding out the season will be *Dinner with Friends*, written by Donald Margulies and directed by Leslie Hochman, running July 27th-August 26th. The Pulitzer Prize-winning play explores the complexities of marriage and friendship, focusing on the relationship between two married couples: food writers Gabe and Karen, whose apparent domestic bliss is demonstrated as they prepare gourmet meals, and artist Beth and hotshot lawyer Tom whose marriage is breaking up due to Tom's infidelity.

"We are pleased to offer another well-rounded season of award-winning plays, featuring outstanding local actors and directors," noted Center Players President Sheldon Fallon. "And we look forward to supplementing the season with play readings, workshops and other special events."

Most performances run Friday and Saturday evenings at 8:00pm and Sundays at 2:00pm. Tickets are priced at \$25-27 and are available online at www.centerplayers.org or by calling 732-462-9093. Season ticket subscriptions are also available by calling the box office by Nov. 12th.

Celebrating its 17th season at Center Playhouse, Center Players is a respected, award-winning organization, presenting high quality, engaging productions featuring local talent in downtown Freehold. In addition to their signature plays, the group also sponsors free play reading events and offers dinner and theater packages with several local restaurants.

Center Players was founded in 1996 and gained status as a 501(c) (3) non-profit organization and sought to establish a permanent presence in historic downtown Freehold. After performing at various locations around town, the group leased a storefront property at 35 South Street. The space was custom renovated with interior design by New York City designer Nelson Kuperberg into an intimate, 49-seat theatre, which opened in March 2001 with a production of *Crossing Delancey*.

"Dimensions of SpiritMonth!"

SpiritMonth!

Dimensions Reiki in Matawan is proud to announce SpiritMonth!, an exciting series of events throughout the month of October to celebrate the Halloween season, including workshops, classes, meditation circles, and the ultimate Halloween experience – LIVE ghost investigations at a location filled with paranormal activity! For a personal touch, you can schedule your own private Reiki and psychic medium sessions to really connect with Spirit, and give the gift of SpiritMonth! to a friend with a Dimensions Reiki gift certificate!

Classes and Workshops

Dimensions is committed to helping you develop your OWN spiritual connections! Our psychic classes are designed to put you on the path of tapping into your intuitive abilities and expand your sensitivity to the spiritual energy around you. Take your first step into energy healing through Reiki, and learn to relieve stress and pain in your family, friends, pets, and even yourself. Join workshops that invite discussions on a variety of spiritual topics. Sit in on meditation circles to cleanse your own energy and even receive messages from the Beyond. We even have an entire week of events in SpiritWeek! (October 23-29) leading up to Halloween!

Ghost Investigations

If you are ready for the REAL thing for Halloween, join psychic medium Jeff Carpenter for one of our incredible ghost investigations on the beautiful campus of a retreat in Lanoka Harbor, NJ! We will begin by sharing some of the paranormal evidence collected on past investigations, and then you will get to experience for yourself the compelling activity to introduce you to some of the paranormal "Pilgrims" still wandering the property, including a series of lodge buildings, a rock labyrinth, the remains of a century-old chapel, and a national cemetery!

SpiritMonth! has something for everyone! Contact Dimensions Reiki to find out how we can help you celebrate the spirit of Halloween. Spirit awaits; are you ready???

Find YOUR Intention and Love Your Well-Being!

- Jeff

Jeffrey Carpenter is a certified Reiki Master Teacher, psychic, and spirit medium providing services, awareness, and training for individuals and organizations. For more information, please visit <http://dimensionsreiki.com> or call 732-832-1036.

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A Walk Back in Time

By Pam Teel

What a great way to start off the Halloween month of October with a nice ghost walk through some of the older homes in town. Medium and Psychic, Jeffrey Carpenter, focused his attention on the town of Millstone as he sought to speak to the spiritual inhabitants that live among us!



First stop was the Baird House, which is now the Thomas Baird Educational and Cultural Center. Accompanied by Town Historian JoAnn Kelty, and Marcy Havens, who is a direct descendant of the Thomas Baird family, myself and another staff member, Jeff set out to see if any of Marcy's old relatives were still hanging around the old Baird Homestead.

Upon coming up the back walk, Jeff encountered a little girl dressed circa 1850 style clothing peering down from one of the attic windows, believed to be Sarah Baird who once lived in the house. The little girl then proceeded to tell Jeff that she liked to play hide and seek and would come up to the attic and hide in one of the old trunks. She told him that no one could ever find her and that she spent a lot of time in the

attic. She also liked to play with someone named William. She called him Billy. Sarah was familiar with Joann because Joann spent many hours at the Baird house helping to restore it. Joann would often hear giggling and she also felt like she was being touched. Sarah confirmed that she would laugh at Joann when she was up on the ladder and that she was the one touching her. Sarah also showed Jeff that she would sneak books from her dad's bookshelves, probably those she wasn't allowed to read, and come up to the attic to read them. She liked playing in the attic. She also touched Jeff a few times while he was up there.

In the parlor area: We got a whiff of pipe tobacco and Jeff saw an older man sitting in a chair by the fireplace. The man had a bulbous nose, was stocky, and possibly named James. Historian Joann confirmed James Campbell once lived in the house. We also heard footsteps from above when we were in the parlor.

Hearth room: As Jeff turned the corner, he saw a quick image of an older, small woman in a white bonnet and black dress with a sour expression, watching over grandchildren. She was sitting in a chair next to the hearth. He

got a name either Ella or Elsa, possibly. Marcy's great grandmother Alma. The woman complained about her son being uncontrollable and troublesome. Alma was resentful because she came from Philadelphia and was quite the socialite. She was brought here, in the middle of nowhere, and she was very bitter about it. She did not like having to watch the grandchildren all the time. She was tiny and had on a grey dress with a bustle in the back. Jeff suggested that she brought a lot of the drama onto herself and that she could have made the best of the situation. Alma did not like that. Over one of the instruments, she said "but MAD." Jeff saw and photographed a floating anomaly for about 6 seconds and was lucky enough to get the orb with his camera on the servants steps in the hearth room that led up to a back bedroom.

Such are some things that go bump in the night!



Ten Staycation Ideas in the Big Apple

By: Erin Mumby

How lucky are we that New York City is so close! Most people dream of stepping foot in the city that never sleeps! New York City is a tourist destination for approximately 50 million people a year! Here are some great, family friendly things to do in the Big Apple on your staycation:

1) American Museum of Natural History

The Discovery Room is great for kids to get hands-on experience! Who isn't amazed by the dinosaur exhibits? Check out the current exhibits about mummies and humpback whales!

2) Central Park Zoo

Central Park itself is a beautiful oasis in the center of the city. The zoo is a great way to see wild animals in the middle of the concrete jungle. With feedings for penguins and seals, there are so many opportunities to get up close and personal with the animals!

3) Dylan's Candy Bar

Dylan's Candy Bar is a fun place where everyone feels like a kid! The options are endless. Over 2 million visitors flock to the flagship store every year!

4) Broadway Show

Taking in the splendor of a Broadway show is one of the most magical things you could possibly do in NYC. Family friendly shows on Broadway right now include The Lion King, Aladdin, Wicked, School of Rock-The Musical, and Aladdin.

5) The High Line

The High Line is a linear park created on an old railroad called the West Side Line. It runs from the Meatpacking District's Gansevoort Street to West 34th street, between 10th and 12 avenues.

6) Chelsea Piers

Chelsea Piers is a popular destination to compete in over 25 sports! There are tons of fun day activities including batting cages, bowling, ice skating, rock climbing, and gymnastics!

7) Empire State Building

Check out this National Historic Landmark the next time you're in NYC. Named one of the Seven Wonders of the Modern World, you will see breathtaking views of New York City from the 102nd Floor Observatory.

8) Statue of Liberty

The Statue of Liberty is one of the most famous images associated with NYC. You can take the ferry from Liberty State Park in Jersey City!

9) Metropolitan Museum of Art

The Met is the largest art museum in the US! It is one of the most visited art museums worldwide! The Met houses art from ancient Egypt up to modern time!

10.) Brooklyn Bridge

The Brooklyn Bridge connects the boroughs of Manhattan and Brooklyn over the East River. Foot tours are free!



One Simple Wish Helping Foster Kids' Dreams Come True

By Pam Teel

One Simple Wish is a non-profit organization that uses technology to raise awareness about foster care and connect caring people to kids in need. One Simple Wish has developed a unique wish-granting platform that allows anyone to browse and grant wishes made by young people impacted by foster care and those in under-served communities. Examples of granted wishes include bikes, laptops, books, eyeglasses, jackets, clothing, school supplies, prom dresses, tickets to concerts and shows, clothing, lessons, playground equipment, and more.



One Simple Wish was started by Danielle Gletow in August 2008, in Ewing, NJ to help grant the wishes of children in foster care and impoverished or vulnerable families on a national scale. Each child's wish is posted online, and anyone can pay to make that wish come true. Since 2008, the nonprofit has granted more than 6,500 wishes for children living in 48 states. These kids are separated from their parents, siblings and relatives. They really don't have people to ask for things they might want. A lot of them face reality and simply stop wishing for the everyday things that normal children do, like music lessons, karate lessons, playing with toys and dolls, biking, camping, and so on. Things we all take for granted. These kids are bounced from home to home, institution to institution, with pretty much nothing but a suitcase of clothes. One simple wish helps to make their lives as normal as possible so they can still find the joy in being a child. The mission is to spread the love, joy and hope to thousands of children each year.

Over the decade, Gletow and her husband, Joe, have been foster parents to several children, eventually adopting one of them. "At One Simple Wish we believe that every child deserves love, hope and joy. Each year more than 500,000 children are impacted by abuse, neglect and abandonment and spend time in our nation's foster care system, often separated from the friends, schools and siblings they love. One Simple Wish makes it possible for anyone to show these children that they matter by responding to their simple wishes and needs through our innovative online platform. When these wishes come true, our kids have a chance to just be kids - to enjoy the simple pleasures of life, to connect with new people, to have new experiences, and to realize that their voices are being heard. By doing this, we hope to not only grow the village of support for our kids, but to educate people on the reality of the foster care system by using real stories, not statistics. We want to encourage more people to get involved in every way that they can and as often as they can. Most of the wishes granted by One Simple Wish are made by foster children or those that have aged out of foster care and are submitted through the social workers that support them. Foster children are truly America's invisible children. They need our voice," Danielle stated.

Wish Granting: The Wish Granting program is One Simple Wish's core program and each year grants more than 1,000 wishes to foster children and vulnerable families through their website. Wishes range in value from \$5-\$100 and include items like sports equipment, shoes and clothing, tickets to museums, small appliances, gift cards and lots more. You can start by looking at the wishes online at <https://www.onesimplewish.org/wish/wish-grant>. Remember, donations can be as little as five or ten dollars towards a gift. (Also visit One Simple Wish on facebook) What a great way to get your youth organizations involved in helping other children who are in need.

You can also become a benefactor. Your gift can make sure that every wish is granted in time for special occasions such as birthdays, graduations, proms, and other milestones. Companies and groups can also get involved. Create a giving page or establish a wish fund. You can also sponsor a wish party.

One Simple Wish also takes donations of new clothes, toys games. Personal care items, school items, and more to help thousands of foster kids all over the US.

Want to host a drive? Go to: info@simplewish.org to find out how.

Thanks to One Simple Wish, more foster children are able to do the things they've always wanted to do but couldn't.

There are thousands of children in the foster-care system that go without those normal childhood experiences that many of us have had. Visit the wish site and put a smile on a child's face today!!!! <https://www.onesimplewish.org/wish/wish-grant>.

Months Of: OCTOBER & NOVEMBER

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| 15 Jersey Boys at the State Theatre New Brunswick, NJ | 16 Manasquan Chamber Manasquan, NJ | 17 Trivia Game Night at Elixir Bar & Grill Edison, NJ | 18 The Nerds Concert Series Downtown Freehold, NJ | 19  Apple Picking at Battlevue Orchards Freehold, NJ | 20 Halloween at the Meadowlands Meadowlands Environment Center Lyndhurst, NJ | 21 Dog Walk of the Dead Augusta, NJ |
| 22 Eakfest Brick, NJ  | 23 Etsch Farms Corn Maze Monroe Township, NJ | 24 Pumpkin Picking at Battlevue Orchards Freehold, NJ  | 25 The Haunted Woods of Old Bridge Old Bridge, NJ | 26 The Doo Wop Project at Monmouth University Monmouth, NJ | 27 Elvis & Me- An Evening with Priscilla Presley at the State Theatre New Brunswick, NJ | 28 Boo at the Board Walk Point Pleasant, NJ  |
| 29 Hollyood By the Sea at the Algonquin Arts Theatre Manasquan, NJ | 30 Fright Fest at Six Flags Great Adventure Jackson, NJ  | 31 GO TRICK-OR- TREATING & CELEBRATE HALLOWEEN!!  | 1 RELAX AND EAT CANDY!!  | 2 Frankie Valli and The Four Seasons at the Count Basie Theatre Red Bank, NJ | 3 Disney on Ice: Dare to Dream Newark, NJ  | 4 Christmas Market Place at Atlantic City, NJ  |
| 5 Short Hills Street Fair and Craft Show Short Hills, NJ  | 6 NJ Family Pet Show Somerset, NJ  | 7 Clay Anderson Arena Ice- Skating Montclair, NJ | 8 Vietna Transitions West Long Branch, NJ | 9 Oilers VS New Jersey Devils Hockey Game at the Prudential Center Newark, NJ | 10 Exit Zero Jazz Festival Cape May, NJ  | 11 Flea Market at West Trenton, NJ  |
| 12 Open Cockpit Weekend Teterboro, NJ  | 13 Regina Spector at the State Theatre New Brunswick, NJ | 14 Ringo Starr at the Mayo Center Morristown, NJ | 15 The Beach Boys at the Mayo Center Morristown, NJ | | | |
| <p>Keep Your Parents Busy!</p>  | | | | | | |



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Women Over 55 and Aspirin – THE BASICS

How does aspirin help women prevent strokes? Plaque is a sticky substance that sometimes builds up and blocks arteries in the neck. These arteries are supposed to take blood to the brain, but when an artery is blocked, a stroke can occur. Aspirin can help blood flow smoothly to the brain. You may be at higher risk of having a heart attack or stroke if you:

- Smoke
- Have high blood pressure, high cholesterol, or diabetes
- Have a family history of heart disease
- Have already had a heart attack or stroke

If you are a women age 55-79, talk with your doctor about your risk of heart attack or stroke, and ask if daily aspirin is right for you. Taking aspirin everyday can lower your risk of heart attack or stroke. For most people, aspirin is safe. But it's not right for everyone. Be sure to talk with your doctor before you start taking aspirin every day.

If you and your provider decide that aspirin is right for you, then you should take either one baby aspirin (81 mg) every day or one regular aspirin (325 mg) every other day.

Taking more aspirin is not any better and can cause serious stomach bleeding. If you have side effects, tell your provider.



Fashion Week in a Week

By Nicole Iuzzolino

Fall is now finally amongst us so it is time to whip out the fuzzy socks and knit sweaters. Even with the slight chills in the air, we still want to feel comfortable yet stylish at the same time. A lot of what women and girls want in a look was seen right in the biggest fashion week of the year. New York Fashion Week has just passed, which was full of fancy and outrageous getups that are astronomically expensive. But, there is still a way to channel those trends and bring an affordable yet chic fashion week right in your own town. Here is a list of five of the biggest trends seen on the runway to have you walking in your own personal fashion week.

Number One: The Pantsuit

Either dress it up or down, it is a huge look for fall. Pantsuits are great for a business casual lunch, or an easy night time look. Regardless of which, it is comfy, cute, and easy to style. These sets can either be slouchy, or tailored, making you look like you just walked off the runway. Throw on a t-shirt and you have a whole different outfit. Get ready to take on the world in this powerful attire.

Number Two: Burgundy

The best thing about fall is the dark, rich tones that make us feel warm and fuzzy inside. If you are a fan of these kind of shades, then you are in luck with this next trend. As stated by StyleCaster Burgundy is the color that, "...ruled the runways from the first show of the week to the last...". If it can rule the runways it can rule your wardrobe too! Burgundy instantly makes any outfit look more regal and is perfect for monochromatic looks.

Number Three: Double Denim

The myth that states double denim is an absolute fashion travesty has finally been busted! As seen in fashion week denim on denim is the perfect look for the fall. It is simple, stylish, and comfortable. Like it says in Vogue, this look is perfect for "...maximum everyday elegance...".

Number Four: Cozy Knits

Throwing on a nice knit sweater is everyone's favorite thing to on a chilly day. Luckily cozy knit sweaters are on trend this season. Vogue even states that dabbling in the realm of fringe knit sweaters puts a modern twist on the classic favorite! A knit sweater is comfy and stylish all in one, so you cannot go wrong with this week!

Number Five: Plaid

Finally, we reach our last fall trend; plaid! Plaid has always been a popular fall staple so there is no surprise this made the list. Plaid scarves, plaid sweaters, or even a nice plaid dress will have you be on trend this whole season. Get ready to take over this fall season with this trend!

These top five trends will have you looking you walked right out of New York Fashion Week. Get ready to be asked whether your next look is from the new Calvin Klein collection or from Stella McCartney.



5 Reasons to **STOP** Crossing Your Legs!

By: Erin Mumby

Did you know that you should never cross your legs? This is one bad habit that you should instantly stop. Most people don't even realize that this is a bad habit. This sitting style can actually have dangerous long-term effects. Of course simply crossing your legs isn't threatening, but crossing your legs for hours on end isn't good for anybody.

1.) Nerve Damage

Sitting cross-legged for hours day after day can cause nerve damage. When your legs are compressed, you are putting pressure on nerves, tissues, and blood vessels at the spot where they meet. After time, continued pressure can cause nerve damage. Blood will fail to reach the areas it needs to. This can cause nerve pain in certain areas of your leg and even lack of sensation or numbing in others.

2.) Higher Blood Pressure

When you cross your legs while sitting, your blood vessels in your lower extremities are compressed. This forces blood to flow more slowly throughout your lower extremities. The slow down of blood flow leads to your blood pressure temporarily spiking. Your circulatory system is cut off in this area. This means the blood presses up harder against the other vessels in your body. A young healthy person won't find this dangerous. It does have the potential to hurt somebody who already has high blood pressure. This could lead to some serious heart trouble if your blood pressure is already high.

3.) Bad Posture

Your back and neck can be affected when you cross your legs while sitting! It is a ripple effect. Your body is uneven when your legs are crossed. Your body compensates by hunching over to maintain balance. This habit can lead to persistent bad posture. Bad posture results in having trouble standing tall and sitting up straight.

4.) Back Pain

Your whole spinal column is affected when you cross your legs. Crossing your legs makes your pelvis uneven. The spine is in an unnatural position if your legs are crossed. Crossing your legs can damage your spine over time, especially if you are just on one side of your body continually. Lower back pain can lead up to your leg or even start to cause sciatic pain in your arms and legs.

5.) Veiny Legs

Varicose veins, aka spider veins, are blue veins that show through thin skin. They can sometimes hurt, but it's mostly a cosmetic issue. Sitting or standing for a long period of time with crossed legs can put pressure on the blood vessels. These blood vessels in the legs with start to bulge over time. Crossing your legs traps blood in the lower part of your leg. Pressure is created this way resulting in spidery veins. You might even see them in just one leg if you always cross your legs the same way!



A NEGATIVE ATTITUDE MAY BE LINKED TO HEALTH PROBLEMS, STUDY SUGGESTS.

A positive attitude about aging can help seniors cope with stress, a small study suggests. "We found that people in the study who had more positive attitudes toward aging were more resilient in response to stress -- meaning that there wasn't a significant increase in negative emotions," study author Jennifer Bellingtier, a Ph.D. student at North Carolina State University, said in a university news release.

"Meanwhile, study participants with more negative attitudes toward aging showed a sharp increase in negative emotional affect on stressful days," she added.

The study included 43 people, aged 60 to 96. The participants were asked how they felt about aging and then completed a daily questionnaire for eight straight days. The questionnaire asked about levels of stress, fear, irritability or distress.

According to study senior author Shevaun Neupert, "This tells us that the way we think about aging has very real consequences for how we respond to difficult situations when we're older. That affects our quality of life and may also have health ramifications." Neupert is an associate professor of psychology at the university.

"For example," she explained, "more adverse emotional responses to stress have been associated with increased cardiovascular health risks."

Bellingtier said the findings are likely applicable to other Americans. But it's not clear if the findings would be relevant in other cultures.

"Attitudes toward aging vary widely across cultures, and more work would need to be done to determine the importance of aging attitudes in other settings," she said.

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VOTE

NOVEMBER 7

Ron DANCER & Rob CLIFTON
★★★ ASSEMBLY

- ✓ **OPPOSED** the GAS TAX INCREASE.
- ✓ **OPPOSE** Excessive unused sick leave payouts for government employees.
- ✓ **TOOK ON** their own party, and the governor, to give voters a voice in protecting our farmland and open space.
- ✓ **NO INCOME TAX INCREASES** in eight years.
- ✓ **LESS** state government employees than in 2008.
- ✓ **INCREASED** school funding in the district.

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Now he wants to continue his good work in the State Senate.

As a Monmouth County Freeholder, **SERENA DiMASO** helped pass six straight budgets which held property taxes flat and lowered the county payroll by 1,000 without layoffs. What other counties in New Jersey can say that? None.

Now she wants to take that same fiscal discipline to Trenton, where it's sorely needed.

On November 7th, instead of voting **AGAINST** the other candidates, you finally have someone you can vote **FOR**.

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This is a general overview of our legal plan and/or identity theft plan coverage for illustration purposes only. See a plan contract for your state of residence for complete terms, coverage, amounts, conditions and exclusions.

Consumer Affairs Offers Credit Theft Advice

The Monmouth County Division of Consumer Affairs encourages residents to take action to protect themselves in the wake of the breach at Equifax impacting approximately 143 million people.

"It is important to monitor bank and credit card statements regularly and every consumer is entitled to a free copy of their credit report every 12 months," said Freeholder Director Lillian G. Burry, liaison to the County's Division of Consumer Affairs. "Even if you were not directly affected by this breach, it serves as an important reminder to be vigilant of your accounts and proactive against identity and credit theft."

Consumers can go to www.equifaxsecurity2017.com, click on the "Potential Impact" button and enter their last name and last six digits of their social security number to find out if their information was accessed during the breach.

"There are several steps that you can take to protect yourself from potential credit theft," Consumer Affairs Director Annmarie DeVito said. "The first step is to visit the website established by Equifax to check if you may have been directly affected by the breach."

The Consumer Federation of America offers the following suggestions for anyone who would like to know what they can do right now to protect themselves:

- **Consider a security freeze.** Putting a freeze on your credit file will prohibit anyone (including you) from applying for a loan. If you choose to do this, you will need to contact all three of the major reporting agencies.
- **Get a copy of your free credit report.** Federal law allows you to get a free copy of your credit report each year.
- **Check your credit card bills closely.** Look through each transaction on your account for suspicious activity. If your credit card has not been lost, but your credit card has been used without your authorization, you cannot be held liable for the charges.
- **Be extra careful about incoming offers and suspicious emails.** Never click on suspicious links and do not give personal information unless you can verify who is asking for it and why.
- **Protect your email account.** Consider strengthening your password and take advantage of "two-factor" authentication when it is offered.

For further information, or if you have any questions, please feel free to contact the Monmouth County Division of Consumer Affairs by calling 732-431-7900 or email consumeraffairs@co.monmouth.nj.us. The office is open weekdays from 8:30 a.m. to 4:30 p.m.



Multigenerational Living

By the time people reach senior citizen status, they have likely cared for children, making sure they were safe, sound and healthy.

So when the time comes to consider late-in-life living situations, it's no wonder that their adult children are opening their homes to return the favor.

Multigenerational Living: By the Numbers

According to a Pew Research Center analysis, approximately 51 million Americans (16.7 percent of the population) live in a house with at least two adult generations – such as a grandparent and at least one other generation – under one roof.

The Pew analysis also reported a 10.5 percent increase in multigenerational households from 2007 to 2009.

A survey by national home builder PulteGroup found that 32 percent of adult children expect to eventually share their home with a parent.

Why the Growth?

A 2012 MetLife Mature Market Institute Survey put the average annual cost of a private nursing-home room at \$90,520, a semiprivate at \$81,030 and assisted living at \$42,600. Retirement shortcomings, high medical bills and other financial challenges can put these prices out of reach for many seniors.

Eliminate those costs and add the value associated with knowing that an elderly loved one is cared for by family members. That is the primary reason that so many people choose multigenerational living.

Multigenerational Home Plans

In 2011, national builder Lennar introduced its first Next Gen house geared for more than one generation. The company and many others now offer floor plans in hundreds of communities across the United States to meet an uptick in demand.

Space is the main feature of a home built specifically for multigenerational living. Generally, the main home has three or four bedrooms with an attached unit that has its own front entrance, kitchen, bedroom and bathroom.

An adjoining door is usually added so the house does not have to appear as two separate homes. Because, though fostering an accommodating environment is important in a multigenerational home, privacy can be just as paramount.



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THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

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

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

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

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

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

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

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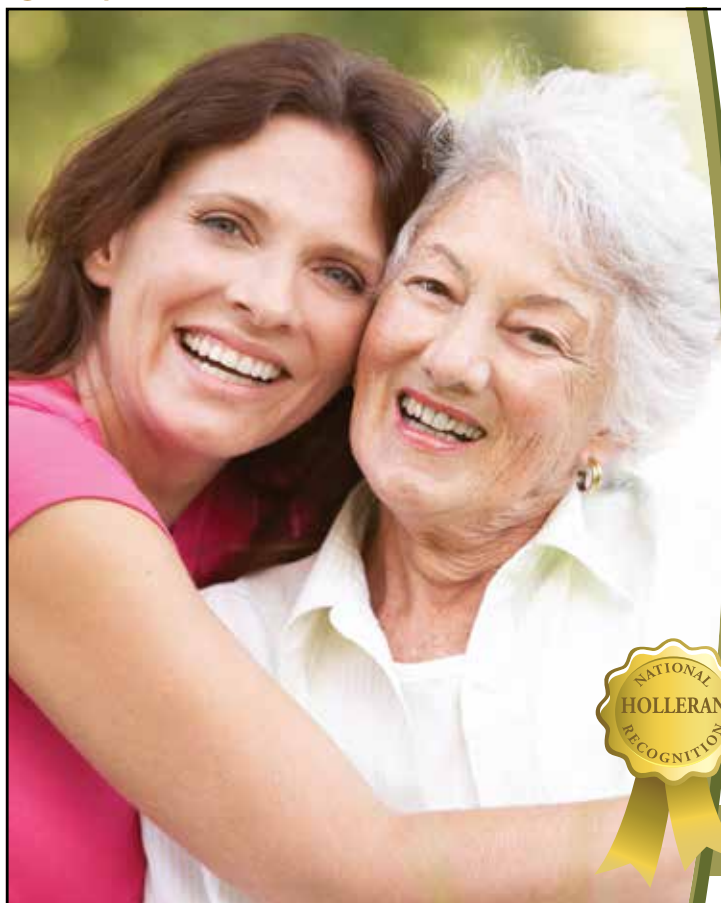
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Nutrition Project for the Elderly

The Nutrition Project for the Elderly is an offshoot of the Older Americans Act, which provides for many of the needs of the elderly in the United States. One of these needs was determined to be nutrition. Our agency provides older Mercer County residents with nutritionally balanced and appetizing meals that are served in centers that bring people together for activities and social contact, which are important aspects of everyone's life.

Anyone 60 years of age or older, or anyone married to a person 60 years or older, may participate. Each person is asked to donate whatever he or she chooses or our suggested donation of \$1. Each person's privacy is respected, and donations are confidential.

Our caterer prepares a complete lunch each day that includes an appetizer, main entree, vegetables, bread, beverage, and dessert. All meals are specifically planned to provide at least one-third of an older person's daily nutritional needs by a qualified nutritionist. Attached are the August 2017 and September 2017 menus.

The Nutrition Project also provides other services including nutrition education/nutrition counseling and other health, educational and recreational programs. Activities include card playing and bingo.

Meals are served Monday through Friday, although sites are closed on County and/or municipal holidays. Emergencies or inclement weather may cause nutrition sites to close. Every attempt to reach participants will be made. Go to www.mercercounty.org for closure announcements.

Transportation is available to many of our sites by the County's TRADE service. Call the Nutrition Office at 609-989-6650 for information for assistance or for door-to-door transportation.

Below is the list of participating nutrition sites listed in alphabetical order by city/municipality:

East Windsor site

East Windsor Senior Center
40 Lanning Boulevard
East Windsor, NJ 08520

Ewing site

Temporary site until June 30, 2017
1666 Pennington Road
Ewing, NJ 08618

Hamilton sites

Bernice C. Muha Senior Center
409 Cypress Lane
Hamilton, NJ 08619

John O. Wilson Hamilton

Neighborhood Service Center
169 Wilfred Avenue
Hamilton, NJ 08610

Lawrence site

Lawrence Township Senior Center
30 Darrah Lane East
Lawrence, NJ 08648

Pennington/Hopewell site

Hopewell Valley Senior Center
395 Reading Avenue
Pennington, NJ 08534

Trenton sites

Jennye W. Stubblefield Senior Center
301 Prospect Street
Trenton, NJ 07618

Reading Senior Citizens Center
15 Ringold Street
Trenton, NJ 08618

Samuel Naples Senior Center
611 Chestnut Avenue
Trenton, NJ 08611

The Nutrition Project for the Elderly also participates in the Senior Farmer's Market Program, which was developed to provide low-income seniors with checks they can use to purchase fresh produce grown by New Jersey farmers. The Mercer County Nutrition Project for the Elderly is the lead agency and coordinator in Mercer County for the program. Eligibility checks are age and income based. Income criteria varies annually. Call 609-989-6650 for more information.



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Slated to open September 29th, WICK IT Candle Factory, located at 92 North Main Street Bldg. 8 Unit C Windsor, NJ next to the David Bradley Chocolate Factory, is a retail candle store that will feature candles made from across the USA.

Candles have been used by humans for thousands of years. Whenever the electricity goes down we still remember to light a candle. The flame of the candle will always have that mystical effect on our minds.

Aside from relying on candles to light up a dark room we can use them to diffuse certain scents into a room. Aromatherapy candles utilize pleasant aromas, such as lavender, mint, eucalyptus, and jasmine to help create a soothing environment. These specially designed candles aid in the easing of the mind and body to help create a mood that will alleviate stress, anxiety and promote relaxation.

"Buying candles is an interactive experience, people love to smell all the different scents before making a decision. Our store will feature candles made in USA, from Kalamazoo, MI to Greenland, NH.", says Joe Blythe, Owner

"Candles are very trendy now, they are considered decorations and many of the vessels that our candles come in can be repurposed after the candle is done burning", says Madisyn Carter, Store Manager.

Madisyn also says, "We also have plans to offer candle making parties. Here, participants will learn how to make candles in a relaxed environment and everyone leaves with their "signature candle".

WICK IT Candle Factory also plans to donate 10% of their sales to several local and global charities by having our customers choose one out of the three charities at check out at no additional cost to the customer. They are supporting Attitudes in Reverse, Autism Speaks and Charity: Water.

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Expiration dates on Non-food Items

By Aleena McIlvaine

It is important to pay attention to the expiration dates on more than just the food in our kitchens. There are many household and beauty items that also have dates they should not be used past. Although many of them are a year or two away, it is still best to know when those dates are in order to keep everyone in the house as healthy as possible.

Some items, like sunblock or bug spray, don't really "go bad" but they do stop working as effectively as they did when you first bought them. For both products, that doesn't start to happen until about 2 years after opening, but it is still good to know if you're just reaching for whatever is left in the closet. The sunblock you're using may say SPF 50, but after sitting in the closet for 2 years, it may only protect you like SPF 30. Other product that are similar are body wash, lotion, and deodorant which all last about a year. While using these "expired" products won't do any real harm to your body, they won't protect or clean you as much as you were probably expecting them to.

Even household cleaning products have a date they should be used by. These do tend to be farther down the road, but if you are someone that likes to buy in bulk, knowing the shelf life of these products could possibly save you some money. Products such as Windex can last about 2 years when unopened, as well as laundry and dish detergent both lasting a year.

Beauty items like lipstick and mascara also have an expiration date. These dates depend on the ingredients, manufacturer, and whether or not you have already opened the product. These expiration dates are normally the number of months they can last after being opened and used and are displayed somewhere on the outside packaging. It will look like a little container with the number of months inside. Something like mascara should be replaced after about 3-4 months just to keep the risk for eye infections low, but even after opening, lipsticks can last around 2 years. Eyeshadows can also last around 2 years, as long as you're on top of keeping your brushes and face clean before use. Once a product is opened it can last anywhere from 3 months to sometimes a few years depending on what it is you're using.

Even though using these products past their "expiration" dates won't make you sick like expired food, it is definitely still useful and important to know. Whether you're thinking about buying a product in bulk or debating on replacing makeup, expiration dates can possibly save you money and will definitely keep you healthier.



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How To Avoid Spreading Germs Within Your Home

It takes just one cold or flu germ inside your home before the entire family could begin coughing, sneezing, and feeling miserable. There are simple ways to stop the spread of common germs at home.

Try these tips and keep your family healthy.

1. Take off your shoes at the door. The soles of your shoes connect with filthy floors in stores, restaurants, offices, and sidewalks. Avoid spreading those germs throughout your home's floors and carpets.
2. Twice a day, wipe down light switches, remote controls, doorknobs, the refrigerator handle, faucet handles, and everything else that the entire family touches on a daily basis. This may be impractical on a daily basis, but if your friends or family have been sick, you should take the time to sanitize these areas.
3. Clean your toothbrushes. Douse them with peroxide, then rinse with water and put them in the microwave for 10 seconds. Better yet, buy in bulk and change brushes every week.
4. If anyone in the house is already sick, use separate bath and hand towels. If possible, designate one bathroom for the sick person while the rest of the family uses another.
5. Clean counters and other surfaces with paper towels. Avoid spreading germs by wiping a contaminated sponge or kitchen towel.
6. Each day, wipe the bottom of your purse or briefcase. These items can be contaminated from touching floors, seats or tables in public areas.
7. Clean your computer keyboard and mouse every day. Desk areas can be very germey.
8. Change your pillowcases every few days and wash sheets once a week.
9. Remember to avoid touching your face, especially your nose, mouth, and eyes. Wash your hands regularly. Shower daily and launder clothing that you have worn in public places.

Generator Safety Tips to Weather a Storm

Did you know, according to The Consumer Product Safety Commission that generator accidents result in 50 deaths and 1,700 visits to the emergency room annually?

Key to safe generator use:

Never operate your generator indoors

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Never run a portable generator in the rain

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Never refuel without letting it cool

This reduces the risk of fire or burning yourself while refueling.

Stock up on extra gasoline

To use the generator for an extended time, keep extra gas handy in ANSI-approved containers in a cool, well-ventilated place. Adding stabilizer to the gas in the can will help it last longer. We all remember the gas crunch after Sandy.

Install a transfer switch

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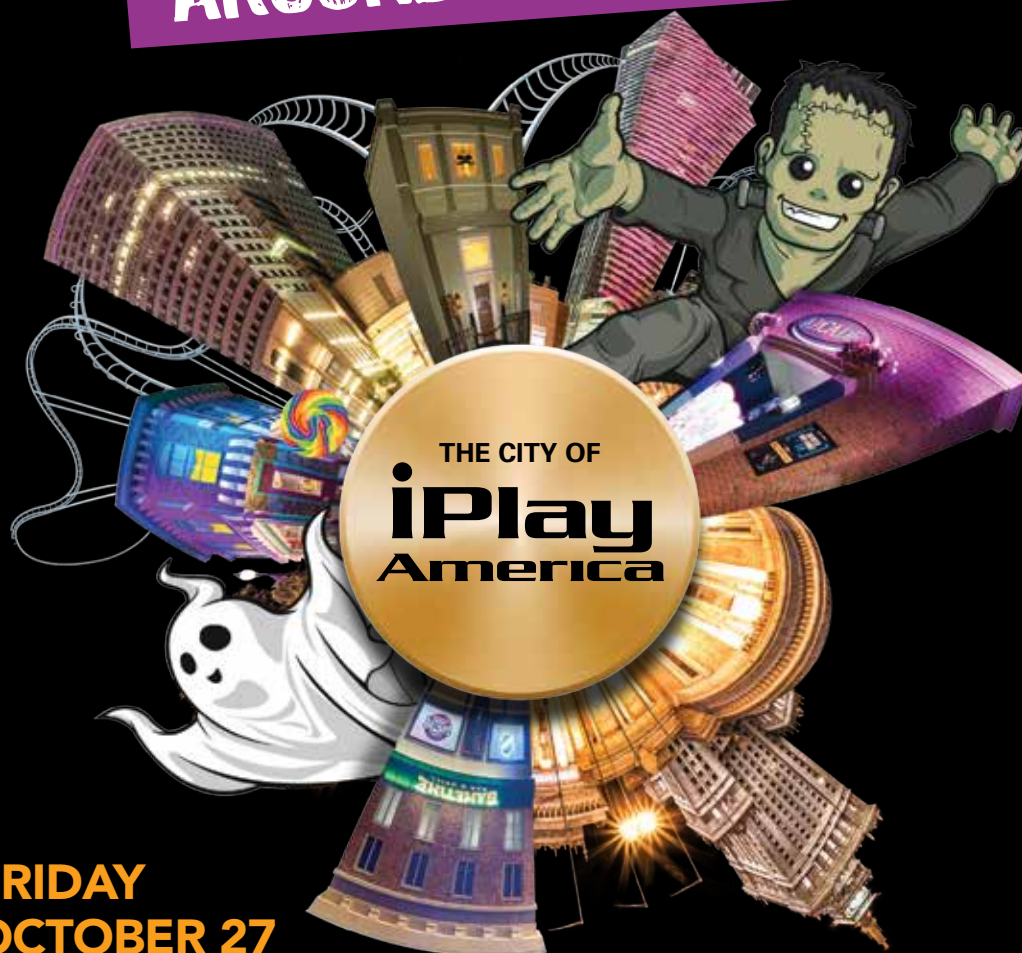
When your family is feeling HUNGRY like the werewolf, join us in Game Time Bar & Grill for spooktacular food and drink specials. Enjoy a Halloween themed kids menu all month long and then on Halloween, Tuesday, October 31 join us before or after trick-or-treating! All kids in costume will receive a FREE kid's meal with the purchase of an adult meal! Adult meal must be a value of \$10 or more.

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Bring the Old Halloween Days Back

By Nicole Iuzzolino

It is that time of year again. The leaves are falling, the wood is burning, and credit card bills go flying. Every parent hates the moment their kid finds the dreaded Party City catalog where a pair of cat ears cost twenty dollars with a seven-dollar shipping rate. Now, any Halloween costume is a serious investment that makes many cringe. Many must wonder, "Why can't we go back to the times where white sheets with holes suppressed the needs of all the children of the nation?" Well this Halloween is about to be a bit different. Time to whip out the pillow cases and the DIY Halloween kits, it is time to bring the 70's back.

The first step is simplicity. Keeping things simple is easy, and just as fun. Dress up like a ghost in a sheet or a witch with an all black outfit and a broom from your closet. Just go on Brooklyn Paper.com for some fantastic inspiration on how to dress for Halloween like in the 70's! This is when things were just plain easy. No one cared about political correctness, the only thing on everyone's mind was who would fill their pillow case up first. Regardless, it is sure to bring back the memories of the good old days. Speaking of pillow cases, why not bring those back out too? It is easy fill with candy, and readily accessible. It is time to put a stop to buying a bag that will be used for a few hours once a year. Now let's get to the fun stuff; the snacks. Forget about the cute little pumpkin shaped tomatoes with olive bats you found on Pinterest, it is time to whip out the classics. Whipping up a batch of popcorn balls and rice krispie treats will make you feel like a kid again in seconds. While they may not look like the fancy creations you see all over Pinterest, it tastes delicious and that is all that matters. Just like it says on AMAC.com, it'll instantly transport you back to the good old days.

The final step, is to wind down with a cup of steaming apple cider, a bowl full of candy that was supposed to go to trick or treaters, and the Halloween tv classics. These televised films made everyone shiver with excitement and fear, and were looked forward to every year. What Halloween would it be without the classic Addams Family? Or how about Mad Mad Mad Monsters? These two films just scratch the surface of all the films that littered all the channels on your TV back in the day.

With just these few steps, you can finally be a kid again. Get ready to be transported to the good old days and not return until the witching hour is over.



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B is for Cookie

By Susan Heckler

Meet Barbara Schechter, the proud owner of Barbara's Cookie Pie Company LLC, my Sweet Tooth hero. Who is she and why is she my hero?

After a fulfilling, successful, 30-year career at Carter-Wallace, Limited Brands and Estee-Lauder, Barbara reinvented herself and established a new identity as an unbelievable baker!

Barbara used the three-generation, family butter cookie dough as the platform to craft her 7"-sized "pie that eats like a cookie." Now offered in 17 delicious varieties (named for berries, nuts, chocolate, caramel and more), Barbara also offers a wide selection of traditional butter cookies, each with a name inspired by a family member or friend. The company's flagship cookie, Joey-Joy item is named after her son Joe and the Bobbie Bella Cookie is named for her daughter (another Barbara).

Barbara's superior quality hand-made butter cookies and Cookie Pies use kitchen-fresh, 100% all-natural ingredients with no added preservatives. All of Barbara's products:

- Use her 3 generation 100% natural butter cookie dough family recipe
- Are all hand-made (hand-pressed & hand-decorated) from scratch in small batches
- Use simple, high-quality, authentic ingredients
- Combine complex textures & comforting rich flavors
- Have no added preservatives

Barbara's Cookie Pies is a WBENC (Women's Business Enterprise National Council) certified women's owned business that manufactures and markets hand-made gourmet Cookie Pies & Cookie Gifts. You go girl!

Barbara even offers Make-Your-Own Kits so people can craft their own Cookie Pies at home. This takes Home Made to a new dimension!

I could go on and on about what a terrific lady Barbara is, but I would like to introduce you to my secret weapon. As a non-baker, I idolize this woman for her talent and creativity. I also use her artisan creations to make friends and family soooo happy. Barbara's baked goodies are so delicious and so beautifully presented, they make great gifts. Dinner Party, Housewarming, Holiday, Need-a-Sweet-Hug, Party Favors, Shiva Platter, Office Party...the list can be endless. She will even personalize the treat and the wrapping to suit the occasion and put people in their Happy Place.

Barbara is always adding new items to her assortment. This year, for 4th Quarter she introduced new jumbo-sized Cookie Scones (half scone/ half butter cookie), new Macaroons made with roasted coconut and new Petits Fours available in a range of flavors and packages. Adding a special message to the packaging or a company logo or holiday greeting makes these sure winners as holiday gifts.

Give a gift you are proud to give. Give something special this year that reflects upon you, the giver. Barbara is always at your service 24/7 and is located right in Manalapan.

My only problem with Barbara's Cookie's is deciding my favorite. What is yours?



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5 Tips For The Perfect First Birthday Party

A child's birthday is a true milestone. It's never too early to start planning.

1. The birthday child is still very young and probably taking daytime naps, so plan a party that's no longer than 2 hours.
2. Choose a simple theme that you can carry through the party decorations and cake. The child's photo, favorite character or the first letter of the birthday child's name are a good choice for one-year old learners.
3. If older children are invited, have an activity planned for them, whether it's a simple craft project they can complete and take home or an active outdoor game.
4. Plan a light menu for the adults, since parents with children the same age as your birthday child will be there. A buffet or a brunch is always a big hit.
5. Everyone loves shopping for birthday presents, so let your guests know what's needed and wanted.



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A Clever Way to Limit Your Child's Candy

By: Mia Ingui

Scenario: you have succeeded in keeping your New Year's resolution of making healthier lifestyle choices and eating clean, healthy foods. That isn't easy as is! But throw in a house full of kids committed to their own diets of sugar and salt, and it can be tough trying to run a healthy household. Then that dreaded candy filled holiday comes around, and your kids come inside after trick or treating and dump a pillowcase full of candy onto the counter.

How can you keep them from overdosing on sugary sweets? There are some clever ways to monitor the candy intake in the house by you and your kids.

First, the candy could become a reward and incentive for the kids. Keep it all stored away, and when the kids are on their best behaviors and are doing a good job of keeping organized and responsible, then they can indulge in their Halloween stash a bit. Or, maybe let your kids make a swap with you for some of their candy. Make a trade-off. If they give you some candy, give them a small toy or an allowance. Or, let them keep their favorite candies, but you could get rid of the excess so that there isn't any unneeded temptation in the house. Ultimately, Halloween is a night to have some fun and enjoy the huge amounts of candy, so let your child enjoy themselves, but monitoring the amount of candy they eat is key to keep them healthy.





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Sat, 11/4: 8:30am – 10am; Public Works Garage, Crawfords Corner Rd, Holmdel

Sat, 11/4: 10am – 12pm; Public Works Garage, (corner) Beers & Francis St, Keyport

Sat, 12/2: 9am – 10:30am; Public Works Garage, 807 13th Ave, Belmar

Monmouth County Regional Health Commission #1:

(Please contact MCRHC office for directions or questions 732-493-9520)

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| Wednesday | Nov. 1, 2017 | Fair Haven Firehouse 645 River Road, 07704 | 7 pm – 8 pm |
| Thursday | Nov. 2, 2017 | Rumson Public Works Garage 80 East River Road, 07760 | 7 pm – 8 pm |
| Saturday | Nov. 4, 2017 | Spring Lake Heights Firehouse 700 Sixth Avenue, 07762 | 10 am – 11 am |
| Monday | Nov. 13, 2017 | Borough Chemical & Truck Co. #1 379 Monmouth Road (WLB), 07764 | 7 pm – 8 pm |
| Wednesday | Nov. 15, 2017 | Little Silver Firehouse 543 Prospect Avenue, 07739 | 7 pm – 8 pm |
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A LOVING FAMILY

By Pam Teel

Please think about Sponsoring an animal from the shelter!!!!

There is a way that you can help a pet in need if you can't physically take care of one yourself. You can go to the Animal Assistance site and sponsor an animal of your choice right on the site. You can also be updated on that animal's progress. Many people help out in this way. They sponsor by giving donations that don't always have to be money. They drop off food, toys, blankets to the shelter for the animals. This shelter is just on the other side of Jamesburg. It's a country ride away. If you want to help and don't know how too, this is the way. You can contact Linda between the hours posted and let her know you will be dropping items off.

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 years experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org. To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html> If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phones are answered during open doors hours or email: linda@animalassistance.org. Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am

All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel do not take salaries.



Mr. Smiles



Lola & Lucky



Sandy



Berkeley

Mr. Smiles- gray adult male Bullmastiff. Found tied to a railroad track. Lucky to be alive. Despite what was done to him, he is a happy friendly loving dog happy to have a bed to sleep in. He needs someone like you to open up your heart and home to him.

Lola and Lucky- to well cared for pets before their owner got sick and couldn't take care of them anymore. They go together. They are clean and playful, quiet and loving.

Sandy- a white Chihuahua small pocksize female

Berkeley- a brown pitbull

Bobby- Chihuahua small under 7 lbs. quiet and friendly

Johnny Boy- active and playful border collie, loves other dogs

Kiwi- young female cat. Friendly

Whitey- an adult male. Great temperament.

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

Sherlock- is 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- is a small orange kitty with a big personality.

Canarie- is a little love. She's a small cuddly baby.

Kiki- is a baby pit-bull 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- is a tiny friendly small orange kitty.



Bobby



Johnny Boy



Kiwi



Whitey



Nala



Sherlock



Mr. Whiskey



Cleopatra



Kiki



Lady Linda



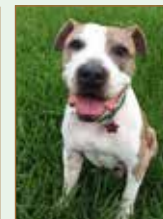
Canarie



Lore



Mr. Moe



Harvey

Harvey- When Hurricane Harvey hit, the home was flooded and the family had to move to a temporary shelter that won't allow animals. Harvey was rescued a second time by Pawster Parents, who picked him up in Houston along with over a dozen other cats and dogs and drove him to New Jersey where he was welcomed by Animal Assistance. Harvey needs a forever home.

10 Signs Your Dog Needs Medical Attention

By: Erin Mumby

A dog is truly man's best friend. We can get easily upset when our dogs are acting differently than they normally do. How can you tell when you need to take your dog to the vet? The following ten symptoms must not be ignored. These symptoms may not always mean your dog has a serious disease, but they definitely require medical attention from your veterinarian or an emergency clinic.



1. WEIGHT LOSS

The first sign of an illness in your pet is usually loss of appetite. Refusing to eat can lead to a negative impact in your dog's health within a short 24 hours. For puppies underneath 6 months old, this is especially crucial. If your dog loses more than 10 percent of its original body weight, there may be some serious causes.

2. LAZINESS

Another worrisome symptom in your pet is unusual laziness. A change in activity level is a big concern. Another example is if your dog is having trouble responding to stimuli. This is concerning if your dog is acting lethargic and not her usual self. If your pet is acting like this for longer than 1 day, take her to her veterinarian.

3. COUGHING

A repetitive cough is unusual in dogs. Coughing generally indicates an underlying problem. A cough could mean that your dog has kennel cough, bronchitis, pneumonia, or something stuck in its throat. A serious cough in your pet means that your dog needs to be checked out by a professional.

4. HIGH FEVER

A high fever is an indication that your dog's body is fighting an infection. A dog's normal temperature ranges from 100.5 to 102.5 degrees. Signs of a fever include warm ears and noses, shivering, and red eyes. Call your vet if you see a significant increase in your dog's temperature.

5. TROUBLE BREATHING

Shortness of breath or trouble breathing could be the first sign that your dog has respiratory diseases. Difficulty breathing could mean that not enough oxygen is reaching your dog's tissues. Disrupted breathing patterns could also be a key sign of heart failure. Your pet could also have a buildup of fluid that can cause heart failure in him or her.

6. PROBLEMS WITH URINATION

Problems with urination include both uncomfortable urinating and failed attempts at urinating. Your dog yelping while urinating is a sign that he or she is having trouble. Another sign of a problem is your dog becoming unusually concerned about this area.

7. BLOOD

Blood in your dog's stool means that its colon or rectum is bleeding. Hematuria, or blood in urine, is another cause for concern. No matter what amount, you should call to schedule an appointment with your veterinarian. Bloody urine can be caused by a bacterial infection, cancer, or problems with your dog's urinary tract. Blood that your dog has vomited is another symptom that cannot go ignored. Some causes are minor, but others are very serious.

8. RESTLESSNESS

Unusual restlessness in a dog can be a sign that your pet is in pain or in distress. A serious condition in which restless is common is called bloat. Another symptom of bloat is a failed attempt at vomiting. This serious condition is very common in large dogs or dogs with big, deep chest.

9. COLLAPSING

A loss of strength can cause your dog to fall up and not be able to get back up. If your dog loses consciousness, he or she has fainted. If your dog quickly recovers, it's still an emergency situation. Any reason for a dog collapsing is serious and requires medical attention.

10. RED EYES

If the sclera of your pet's eye is red, it's a sign of inflammation or infection. Your dog could have conjunctivitis, or something more serious like glaucoma. If the redness persists, seek medical attention for your dog. Some eye disorders can even lead to blindness.

You know your pet and his usual behaviors. If something seems off with him, don't hesitate with getting medical attention. Some signs of disease aren't always obvious, so it's important that your dog has its annual exam. Preventative care is a big part of taking care of our pets. Your veterinarian will recommend what is best for your dog.

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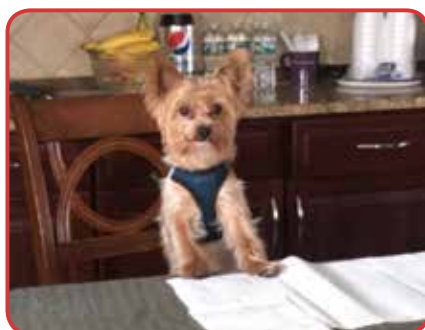
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Our Postpartum Truth - In Her Words: My Bonding Process

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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Help with Fertility

By Erin Mumby

There are some simple lifestyle changes that can increase your fertility. This can be done if you're having a difficult time conceiving or you would like to get pregnant very soon. Here are some steps to get you started.

1.) Exercise Regularly

Physically fit women have a better chance of getting pregnant. Women who reported doing plenty of vigorous activity before trying to conceive were less likely to experience ovulatory infertility. For every hour of vigorous activity per week there was a 7 percent reduction in risk of infertility. The lowest risk of infertility was among women who exercised vigorously for five hours each week. Remember this study looked at women's exercise habits before they started trying. If you are looking to get pregnant in the coming months: start exercising now.

2.) Watch Your Weight

If you're over- or underweight, losing or gaining just a few pounds can help increase your chances of getting pregnant. Women that were under- or overweight were about 1/2 as likely to get pregnant as women that fell into the normal weight range. Overweight women overproduce male-type hormones. They also over produce estrogen, and insulin, which stop the ovaries from releasing an egg each month. If an egg is produced, it can be negatively affected. Women that are too thin have low levels of a weight-regulation hormone like leptin. Ovulation can be halted if leptin levels are too low. Men that over or underweight also have problems with fertility. Sperm quality is affected by a man's weight.

3.) Quit Your Vices

It is well known that smoking decreases fertility in both women and men. Smoking 10 or more cigarettes a day affects egg production negatively. The toxins found in cigarette have the ability to mess with the levels of estrogen in a woman's egg. This can give your egg genetic abnormalities. Smoking ages ovaries, which can even, bring menopause about a few years early. Smoking is also linked to an increased chance of miscarriage or an ectopic pregnancy. Men that smoke cigarettes have lower sperm counts and/or abnormally shaped sperm.

Caffeine and alcohol can also have a negative effect on someone trying to get pregnant. Every person metabolizes caffeine and alcohol depending on their body. Drinking alcohol when undergoing fertility treatments can affect pregnancy rates. Studies show that there is a correlation between men who drink and an increased risk of miscarriage in a partner's pregnancy that results from IVF. Doctors recommend that women trying to conceive should avoid alcohol. They should also limit their caffeine intake to one cup of coffee a day. They should cut down on tea and soda as well. Men shouldn't drink that much or that often.

Ready, Set, Potty Train!

By: Erin Mumby

Toilet training your child is hard. Here are some products & rewards that should make the process easier for you.

1) Potty Training Doll by Potty Patty

This doll will help your child learn how and why we use the bathroom. This female doll shows your child that what you consume will come out as urine. Help your child put the doll on the toilet when it's time to go! This is one way to get your child excited about using the toilet.

2) Fisher Price Learn to Flush Potty

This portable toilet makes music every time your child flushes the toilet. There is also a built in splashguard that makes potty training neat and clean.

3) Dinosaur Toilet Targets

These toilet targets are an easy way to train your son to use the bathroom. Tell your child to aim at the colorful dinosaurs when he needs to use the potty.

4) Pull on Training Pants

This is the perfect tool for a child that is excited to grow older. These undies are a good way to motivate children.

5) Toilet Seat Cover

Your child will get excited about using the bathroom if you use a rainbow toilet seat decal.

6) Potty Training Chart

Need a new rewards system? Try hanging a chart on the wall to take a game like approach to potty training. Once a child completes a certain amount of stops, they can win a prize at the end!

7) Potty Time With Elmo

This book is short and sweet for your little one. The book follows Elmo as he teaches his doll to use the potty. This is a great way to teach your child about the bathroom.

8) Huggies Pull Ups

These popular training pants work like both underwear and diapers! If your child has an accident, you can still dispose of them. Your child will still feel like a big kid in them!

9) Flushable Potty Protectors

These are perfect for parents and toddler on the go. They protect children of all ages from germs on public toilets. Their fun print will catch your child's eyes and keeps them focused on the target.

10) Graco 2 Tier Transition Step Stool

This stool is the perfect height for your child, because it's adjustable as they grow. It will make sure they are able to reach the sink!

Corn: The Maze of Maize

By Susan Heckler

Summer in New Jersey has wound down and so has most of our growing season. Who doesn't love a cob of sweet Jersey corn to go with their steak, salad, mashed potatoes, and gravy? Corn is one of the universal things we love to munch whether on the cob, in a bread, as a pudding or in a cup with some salt, pepper, and cheese.

Corn is used to make various other foods and products, and can be found in almost 90% of the foods eaten all around the world.

It is believed corn originated in Mexico and was transported to the north by both indigenous people and Spanish explorers. When the pilgrims first came to the Americas, the Indians introduced them to one of their main crops: "maize." In 1609, colonists along the east coast successfully cultivated 30 acres, which yielded enough to export back home.

What Is Corn Made Of?

Corn is said to have both omega-3 and omega-6 fatty acids. Omega-3 fatty acids help control and infuse our hormones with anti-inflammatory qualities, while omega-6 fatty acids generate hormones which cause inflammation. In corn, however, the amount of omega-6 is MORE than the amount of omega-3.

The Controversy of Corn:

1. Corn is an unhealthy grain because its high sugar and starch content have close to no nutritional value.
2. Corn does not contain gluten, but when your body tries to process it, it confuses the proteins of corn with gluten, which further bewilders your immune system. It is said to hinder with the walls of your guts and severely damages your digestive system.
3. The high glycemic content of corn gets transformed into sugar easily and disturbs your body's insulin responses which weaken your immunity.
3. Corn's indigestible quality is because of its high amount of fiber, cellulose, and a series of proteins found in all grains, which our digestive systems are not equipped to break down because we lack an effective enzyme to digest it thoroughly. This can lead to conditions like leaky gut or even constipation.
4. Corn has class A proteins called lectins which our bodies break down into amino acids during digestion. We are deficient in the needed enzymes to break down lectins, so the body's constant churning of the corn makes it weaker and irritates the gut lining hence causing inflammation.
5. A 2011 Canadian study presented findings where it showed that corn contains an insecticide called BT (*Bacillus thuringiensis*) and other harmful poisons, which are artificial chemicals and not organic. The BT toxin is said to pile up in our blood and can eventually interfere with the proper functioning of our organs, resulting in serious long-term health issues.
6. Corn is one of the very first plants that was genetically modified (GM) and continues to be artificially evolved into different varieties, it becomes even more unhealthy to corn than it ever was. 85% of American corn is genetically modified, which is linked to major health issues.

| Serving Size: 3.5 ounces (100 grams), sweet, yellow, cooked, boiled, drained, without salt | | |
|--|-----------------|----------------|
| | Am. Per Serving | % Daily Value* |
| Calories | 103 | |
| Calories from Fat | 11 | |
| Total Fat | 1 g | 2% |
| Saturated Fat | 0 g | 1% |
| Trans Fat | | |
| Cholesterol | 0 mg | 0% |
| Sodium | 0 mg | 0% |
| Total Carbohydrates | 25 g | 8% |
| Dietary Fiber | 3 g | 11% |
| Sugar | 3 g | |
| Protein | 3 g | |
| Vitamin A 5% | Vitamin C | 10% |
| Calcium 0% | Iron | 2% |

On the Positive Side:

Corn is loaded with flavonoids (which, among other things, protect against lung and oral cancers), antioxidants (such as β -carotenes), and lutein. Together, these compounds help maintain healthy mucus membranes, skin, and vision. Corn also is an excellent source of vitamin A, thiamin, and vitamin B6.

Look for organic and non-GMO, for better or worse, Jersey corn is delicious.

Ingredients:

- 1/2 cup canned drained kidney beans
- 1/2 cup canned drained cannellini beans
- 1/2 cup canned drained black beans
- 1 cup fresh roasted corn kernels (cut from about 2 ears)
- 3 chopped scallions
- 1/2 each red bell pepper and green bell pepper seeded and chopped
- 1/3 cup canola oil
- 1/4 cup tomato salsa (your choice of heat)
- 3 Tbs. apple cider vinegar
- 2 fresh garlic cloves, finely chopped
- 1/2 tsp. ground cumin
- Salt and freshly ground pepper, to taste
- 1/2 cup chopped fresh cilantro

Instructions:

1. In a bowl, combine all the beans with the corn, scallions, and bell pepper until mixed well.
2. Whisk together the oil, salsa, vinegar, to taste, garlic, and cumin in a small bowl. Season with salt and pepper. Pour over the bean mixture and stir to mix. Let stand for at least 30 minutes or for up to 2 hours to allow the flavors to intermingle. Garnish with the chopped cilantro before serving.



The Best Breakfast Foods for Your Health

By: Erin Mumby

It's widely known that yogurt, add some fruit or honey! breakfast is the most important meal of the day. However, eating breakfast isn't just enough. It's what you eat that matter. Sugary cereals and pancakes are popular choices, but they're not the smartest health wise. If you're looking to stay energized throughout the day, check out the following breakfast options.

1) Homemade Fruit Cup

Fruits like oranges, apples, and bananas will give your immune system a boost! This results in a refreshed feeling. Having a fruit salad or homemade juice is the best way to get essential minerals, vitamins, and antioxidants

Cranberries, strawberries, blueberries, and raspberries are low in calories. They help clean blood. They contain anthocyanins that improve the heart's functions. They are also known to help you look younger. A handful of berries in the morning can do you wonders!

2) Eggs

Eggs are a great source of calcium and protein. They help lower the risk of heart disease. The yolk contains antioxidants that better your vision. The choline in eggs can improve your liver, heart, and brain. Eggs can be served up a variety of ways. They are easy to make during your morning rush!

3) Greek Yogurt

Greek yogurt has grown popular due to its delicious taste and health benefits. It's rich in calcium and packed with probiotics. Greek yogurts help the good bacteria in your gut grow. Greek yogurt in the morning is a great way to increase your metabolism. To naturally sweeten plain Greek

4.) Oatmeal

Oatmeal is a classic breakfast choice for a reason! Oatmeal works to help keep digestive tracts healthy. Oats fill your stomach up faster and for longer. This helps promote weight loss. The gluten free can enjoy oatmeal too!

5) Green Tea

Green tea is the perfect drink to start your day. It doesn't just warm you up! It cleanses your organs and keeps you hydrate. It is also known to fight off bad bacteria. It also is known to be instrumental in anti-aging. Its properties are beneficial for youthful looking, glowing skin!

6) Coffee

The caffeine in coffee is said to help your brain's performance in the morning. This is because caffeine increases alertness and concentration. It is also known to better your mood. Coffee is a natural diuretic and laxative so it helps your bladder and colon in the morning.

7) Chia Seeds

Chia seeds are a viscous fiber. They help your gut naturally balance out the food in your stomach. Chia seeds taste great with jelly or jam on toast. You can sprinkle some chia on yogurt. You could also incorporate chia seeds into a healthy smoothie!



Love Garlic? Plant It In The Fall!

Garlic can absolutely thrive out of the garden, especially if you plant it during the fall months. It is a perennial bulb that, when planted in the fall, will root, make limited growth before the first hard freeze and produce a bountiful harvest the next summer.

The Chill Factor

What many green thumbs may not realize about garlic is that it has an internal chill requirement, according to the University of Illinois agriculture extension center. When planting it in the spring, garlic should be stored in the refrigerator for at least eight

weeks prior to planting. This will ensure proper chilling.

Not as much planning is needed if you decide to plant garlic in the fall, since it will

obtain its chilling directly in the soil. Fall-planted garlic will also have the advantage of gaining much earlier maturity.

Planting Your Garlic

Here are the proper planting methods for garlic, according to the University of Illinois extension:

- Soil recommendations include high organic matter levels, good drainage and a couple of pounds of fertilizer per every 100 square feet.
- Lay out your planting rows 15 to 18 inches apart.
- Separate individual cloves from the main bulb and plant them about four to six inches apart in the row.
- Set your cloves tip up and one to two inches below the soil surface.

Weed Control

The University of Illinois identifies garlic as a "weak competitor," which explains its needs for extra help fighting against garden weeds. You shouldn't have to worry about the weeds much in the fall or winter, but be prepared to stave them off during the spring and summer seasons.

Since you will likely consume your garlic, avoid all chemical-based weed killers and instead opt for mulch, straw or other organic materials that can help keep weeds



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WHEN TO GO TO THE EMERGENCY ROOM

- Severe chest pain
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- Sudden or severe headache
- Severe vomiting and/or diarrhea
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MOUNTAIN BIKING

Looking to work up a sweat this fall? Striving to reconnect with nature and all its natural beauty? Mountain biking is your answer. It provides a combination of adrenaline-packed challenges and scenic magnificence that is unique to the sport.

Whether you're a newcomer or a seasoned veteran, there is an assortment of trail options, likely in your own backyard. Take a multi-day blast across a time-tested mountain track or simply spend a Saturday cruising through a wooded trail.

Whatever your preference, mix in some mounting biking this summer to make it one to remember.

Top 5 Trips

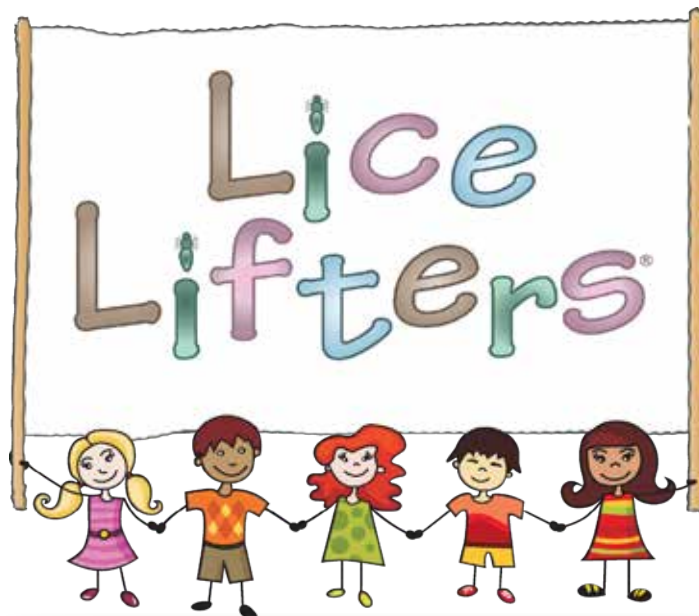
There are countless trails across the world waiting for you and your bike. Here are five of the best, according to Adventure Cycling Association.

- C&O Towpath: A 184-mile trek from Georgetown to Pittsburgh that gives a scenic view of the Potomac River Valley.
- Katy Trail: Snaking along the Missouri River, this trail is America's longest at 225 miles.
- Kettle Valley Railway: The ACA calls this remote, long tour the most epic rail-trail on Earth. It is in British Columbia and fields a collection of rivers, lakes and mountains.
- Colorado Hut Systems: This route is like a choose-your-own adventure, with options for all skill levels and at varying altitudes.
- White Rim Trail: Head to the back-country of Utah to find this gem with tough climbs and a system of campsite options.

Essentials

Whatever trip you decide to take this time, don't forget the essentials:

- Safety gear: Helmet, reflective lighting and gloves can make all the difference in protecting you from injury. Remember that mountain biking can be a relatively dangerous sport, so take proper precautions and always bring the essential gear.
- First-aid kit: Load your kit with small alcohol pads, bandages, tweezers, and anti-infection spray. This will help keep any minor cuts or scrapes under control.
- Repair equipment: A broken-down bike equals the end to your day, unless you bring tire levers, spare tubes and a patch kit. Keep your bike functioning with these invaluable tools.



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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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Loud Noise Can Cause Hearing Loss Quickly or Over Time

Hearing loss can result from a single loud sound (like firecrackers) near your ear. Or, more often, hearing loss can result over time from damage caused by repeated exposures to loud sounds. The louder the sound, the shorter the amount of time it takes for hearing loss to occur. The longer the exposure, the greater the risk for hearing loss (especially when hearing protection is not used or there is not enough time for the ears to rest between exposures).

Here are some sources of loud noise that you may be exposed to. If you are repeatedly exposed to them over time, they can cause hearing loss.

Everyday Activities

- Music from smartphones and personal listening devices, particularly when the volume is set close to the maximum
- Fitness classes
- Children's toys

Events

- Concerts, restaurants, and bars
- Sporting events, such as football, hockey, and soccer games
- Motorized sporting events, such as monster truck shows, stock car or road races, and snowmobiling
- Movie theaters

Tools and More

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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 Previncia No-Glare lenses which provide 25 times more UV protection that 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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Don't Let Asthma Keep You Out of the Game

Today, more than ever, asthma is not a barrier to physical activity. In fact, if you keep your asthma under control, you can do it all! Need proof? Well, did you know that.....

- At the 1984 summer Olympics, 67 of the 597 American athletes had asthma. Among them, they won 41 medals.
- Twenty percent of the athletes at the 1996 summer Olympics had asthma brought on by physical activity.
- Almost 30% of the American swimmers on the 2000 summer Olympic team had asthma and used inhalers.
- Asthma didn't hold them back, and it shouldn't hold you back, either!

Who has Asthma?

Asthma — which makes it hard to breathe, and causes coughing and wheezing — affects about five million American kids and teens? **That's almost 1 in 10!**

Famous people like rapper Coolio have asthma, although he's better known for his hit songs like "Gangsta's Paradise" than for his fight against the illness. Olympians like Misty Hyman and Amy VanDyken, Tom Dolan and Karen Furneaux, and Kurt Grote also have asthma.

Physical Activity / Asthma?

Things like cold or dry air, dust, pollen, pollution, cigarette smoke, or stress can "trigger" asthma. This can make your body pump out chemicals that close off your airways, making it hard for air to get into to your lungs, and causing an asthma attack.

Physical activity can trigger asthma attacks too. Experts don't know for sure why physical activity sometimes brings one on, but they suspect that fast breathing through the mouth (like happens when you get winded) can irritate the airways. In addition, when air pollution levels are high, physical activity in the afternoon is harder on the lungs than morning activity — pollution levels rise later in the day.

GET FIT. So, should you get a doctor's note and skip gym class? Sorry, no. Doctors want their asthma patients to get active, especially in asthma-friendly activities like these: swimming, bicycling, golf, inline skating, and weightlifting.

Why are these good choices if you want to be physically active?

- They let you control how hard and fast you breathe
- They let you breathe through your nose at all times
- They don't dry out your airways
- They mix short, intense activities with long endurance workouts

You can do them in a controlled environment (for example, a gym with air that's not too cold or dry) • Usually you do them with other people, who can help you if an attack comes on

Getting regular physical activity can improve your breathing, and lead to fewer asthma attacks. Just remember to follow these tips. (In fact, this is good advice for everyone, not just those with asthma.)

EASE INTO IT. Start your workout with a warm-up, and don't overdo it by running five miles on your first day if you get winded walking around the block! Finish up with a cool-down.

TAKE A BUDDY. It's more fun and a friend can help if you get into trouble.

RESPECT YOUR BOD. Stay away from the things that trigger your asthma. Help out your airways by breathing through your nose instead of your mouth. Take it easy on days when your asthma symptoms are really bugging you. And stick to the medicine routine that your doctor has set up.

TAKE BREAKS. Treat yourself to rest and drink plenty of water.

MIX IT UP. For example, try going inline skating one day and taking a long walk the next.

Feel Good To feel your best, do the right stuff to control your asthma.

And listen to your doctors — they're on your team!

According to Dr. Stephen Redd, an asthma expert at the Centers for Disease Control and Prevention (CDC), people with asthma "should expect to live a life that really isn't affected by asthma, except for having to follow the directions." He also says to speak up if you are having symptoms, and remember to "keep a good attitude and keep working to control the disease."

So, get out there and get moving! With good habits and today's medicines, you can go for the gold — or just join your friends on the basketball court, in the pool, on the dance floor...



Coach's Corner

By Jill Garaffa

Making Effective Life Changes

Dear Jill,

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

Signed,
Dealing with Divorce

Dear Dealing with Divorce,

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

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

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

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

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

Wishing you peace, clarity and purpose!

Jill

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

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

Are You Setting Up Your Kids to Be Emotional Eaters?

By: Erin Mumby

Do you ever bribe your kids with candy, cookies or other treats? It's a simple way to get your children to do their chores or be on the best behavior. When you use food to comfort or reward children you're emotionally feeding them. A new study says there may be a link between this parenting practice, and the development later in life of emotional eating. Emotional eating is the habit of eating to comfort or reward oneself.

Studies also suggest that there is correlation between parental emotional feeding and child emotional eating. The best way to make sure you children pick up healthy habits is to lead by example. One healthy example is to make sure that you eat dinner together as a family. This is one habit that has proven to reduce the risk of obesity in your child. A parent should also never use food as a punishment or a reward. It's also important to talk about emotions with your children.

Emotional feeding and emotional eating are two behaviors that don't always stem from hunger. The association between emotional feeding in young children and emotional eating in older children was slightly positive but still statistically significant. This association could lead to complications later in life. There was also a connection between emotional eating and a child's BMI, Body Mass Index.

It's important to be a good nutritional role model to your child. Simple things like preparing healthy breakfasts and making sure you stay active, as a family will put your children on the fast track to a healthy life. These kinds of habits will follow your children into adulthood.



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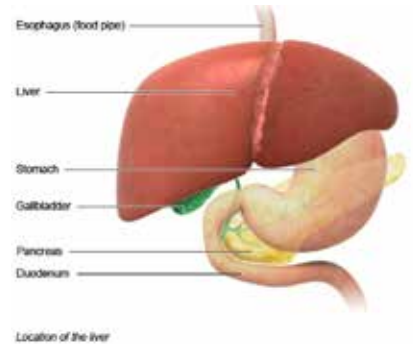
OCTOBER IS LIVER AWARENESS MONTH

By Susan Heckler

Why is the liver important?

The liver is the second largest organ in your body and is located under your rib cage on the right side. It weighs about three pounds and is shaped like a football that is flat on one side. The human adult liver weighs about 3.1 pounds and is found in the right upper abdomen, below the diaphragm.

The liver performs many jobs in your body. It processes what you eat and drink into energy and nutrients your body can use. The liver also removes harmful substances from your blood.



How does a healthy diet help the liver?

Eating a healthy diet helps the liver to do its functions well and to do them for a long time. Eating an unhealthy diet can lead to liver disease. For example, a person who eats a lot of fatty foods is at higher risk of being overweight and having non-alcoholic fatty liver disease.

For people who have liver disease, eating a healthy diet makes it easier for the liver to do its jobs and can help repair some liver damage. An unhealthy diet can make the liver work very hard and can cause more damage to it.

What does a healthy diet include?

- Eating foods from all the food groups: grains, proteins, dairy, fruits, vegetables, and fats
- Eating foods that have a lot of fiber such as fresh fruits and vegetables, whole grain breads, rice and cereals

Are there diet changes for those with liver disease?

It is important for people with liver disease to maintain a healthy weight by eating a balanced diet with foods from all food groups.

- Do not eat uncooked shellfish such as oysters and clams
- Limit eating foods that have a lot of sugar or salt
- Limit eating fatty foods

Ways to Love Your Liver from the American Liver Foundation

- Avoid taking unnecessary medications. Too many chemicals can harm the liver.
- If you are a baby boomer, get tested for Hepatitis C today.
- Don't mix medications without the advice of a doctor. Mixing medications could be poisonous to your liver.
- Drink alcohol responsibly.
- Never mix alcohol with other drugs and medications.
- Be careful when using aerosol cleaners. The liver must detoxify what you breathe in. Make sure the room is well ventilated or wear a mask.
- Bug sprays, paint sprays and all those other chemical sprays you use can cause harm as well. Be careful what you breathe.
- Get vaccinated for Hepatitis A and B and make sure your children are vaccinated as well.
- If you get a tattoo, make sure you only use single needles and ink pots. No sharing!
- Exercise regularly – walk a little further, climb the stairs.
- Don't share personal use items such as combs, razors, and manicure tools.
- Teach your children what a syringe looks like and that they should leave it alone.
- If you received a blood transfusion prior to 1992, you may have hepatitis C. You should talk to your healthcare provider about getting tested.
- Use caution and common sense regarding intimate contact – hepatitis can be transmitted through blood.
- Eat a well-balanced, nutritionally adequate diet. If you enjoy foods from each of the food groups you will probably obtain the nutrients you need.
- Keep your weight close to ideal. Medical research has established a direct correlation between obesity and the development of fatty liver disease.
- Do not smoke.
- If you have any body piercing, check that the instruments used are properly sterilized or used only once.
- Increase your intake of high-fiber foods such as fresh fruits and vegetables, whole grain breads, rice, and cereals.
- At your annual physical, ask your doctor to do a complete liver blood analysis.
- Take the right dosage of medication – too much can cause trouble.
- Help someone else – sign an organ donor card.
- See your doctor for regular check-ups and share any information about health problems.



October is Breast Cancer Awareness Month

THE FIGHT GOES ON

Breast Cancer Basics

According to the American Cancer Society, cancer starts when cells begin to grow out of control. Breast cancer is a malignant tumor that starts in the cells of the breast and can invade surrounding tissues or spread to other areas of the body.

Here are some other breast cancer basics from the ACS:

- Most breast cancers are carcinomas, a type of cancer that starts in the cells that line organs and tissues;
- Breast cancers are often a type of carcinoma called adenocarcinoma — carcinoma that starts in glandular tissue;
- Other types of cancers can occur in the breast, too, such as sarcomas, another type of cancer that can occur in the breast and generally starts in the cells of muscle, fat or connective tissue; and
- There is currently no known cure for breast cancer, and its early diagnosis is critical to survival.



A Health Crisis

According to the National Cancer Institute, one in eight women will be diagnosed with breast cancer in their lifetime, making it one of the leading health issues for females in the United States.

The NCI advised women that receiving a high-quality mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early.

The NCI urges women age 40 and older to receive annual mammogram screenings to provide early detection of breast cancer.

KNOW YOUR CHANCES

For many men and women struggling with the daily grind of breast cancer treatments, simply knowing their chance of survival is motivation enough for sticking to the plan.

The survival rates associated with breast cancer can be eye-opening and even lifechanging for someone diagnosed with the disease.

It is important to realize that these statistics are just that, statistics. If you're told you have a certain percentage of a chance to overcome your breast cancer, that doesn't serve as an automatic.

Taking the approach of trusting your physician's plan of action and leaning on your family, friends and faith can be an effective plan, no matter what percentage chance you are given.

It's Your Choice

Survival rates can be helpful for physicians trying to explain diagnoses and treatment options.

Some patients with breast cancer may want to know their survival statistics while others may choose to go without hearing them.

We have listed the survival rates for all five stages of cancer below, so feel free to skip it if knowing about them would be discouraging to you.

How Rates Are Determined

Survival rates are based on previous outcomes of large numbers of people. Again, they are not predictors of what will happen in a particular case.

Age, health, the presence of hormone receptors on the cancer cells and the treatment received all play into a person overcoming breast cancer.

In order to get five-year survival rates, doctors study patients who were treated at the beginning of that period. Rapid improvements in treatment since then may result in a more favorable outlook for people now being diagnosed with breast cancer.

Breast Cancer Survival Rates

Below are the various stages of breast cancer and their associated five-year relative survival rates, according to the American Cancer Society.

Stage 0: 100 percent survival rate
Stage I: 100 percent survival rate

Stage II: 93 percent survival rate
Stage III: 72 percent survival rate

Stage IV: 22 percent survival rate

Halloween Word Search

SPOOKY
EVIL
BAT

FEAR
PARTY
ZOMBIE

MASK
GHOST
AFRAID

CAPE
DARK
TREAT

LANTERN
NIGHT
WIZARD

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Fun Crafts to Make with Autumn Leaves

By Mia Ingui

Bring the outdoors inside and embrace nature by making these beautiful crafts using fallen autumn leaves!

EASY: DIY Autumn Leaf Wreath

Materials: A paper plate, white glue, scissors, ribbon, and leaves of course.

- Start by going outside and gathering about twenty or so leaves of different colors. The variety will add interest to your wreath.
- Then, cut out the middle of the paper plate by folding the plate in half and cutting along the rim, leaving the outside ring of the plate intact.
- Glue each leaf onto the ring.
- Finally, using the scissors, snip off the stems of the leaves that are hanging in the middle of the ring.
- If you would like, attach a ribbon to the top of the ring so that you can hang it up.

MEDIUM: Fall Leaf Prints

Materials: Dried and pressed autumn leaves, multiple colors of paint (watercolor paint works best), rolling pin, sheets of paper. Gather your leaves.

- Put any color paint that you would like onto one side of the leaf. You could even put multiple colors onto one leaf.
- Place the leaves onto a piece of paper, paint side down. Place another sheet of paper on top, sandwiching the leaves, and gently run a rolling pin over it.
- Take off the top sheet and the leaves to reveal a beautiful leaf print!

HARD: DIY Autumn Lamps

Materials: leaves, Mod Podge glue, sponge brush, a candle, and a Mason jar.

- To dry the leaves, it takes about two weeks using this method. Lay the leaves onto a newspaper, and cover them with more sheets of newspaper and for good measure, books. This will dry and press the leaves and make them useable for your project.
- Once the leaves have dried, they need to be coated in Mod Podge and set out to dry for about an hour. This will make them flexible and colorful!
- When the leaves have dried and you are ready to begin the project, coat the Mason jar in Mod Podge using the sponge brush.
- Then, begin placing the leaves around the Mason jar and sticking them on. Tip: when gathering leaves to use, pick ones that aren't too dry and crumbly. They aren't going to be easy to glue onto the jar. Cover them with more Mod Podge.
- Let dry, and once dried, insert the candle and light up your jar.



1 What is your Super Power? _____

2 Who are you trying to save? _____

3 When do you fight for injustice? _____

(When do you fight crime?)

4 Why do you want to be a Super Hero? _____

5 How are you going to fight crime? _____

Awesome! Now that you know all of these things, use your creativity and knowledge to make a super cool Super Hero name for yourself:



Activity of the Month: *Making Of A Mind Reader*

How many of us have wished we could read someone's mind? To complete our Making of a Mindreader activity, and make it appear as if we have the gift of mind-reading, start with a few crayons. Then, follow the directions below, and perform a classic trick of telepathic craftiness that will amaze your family and friends.

What you need:

- Red, yellow, and blue crayons

What you do:

1. Choose a volunteer from your home or class. Hand your volunteer the crayons. Turn around with your back to the volunteer and the rest of the audience.
2. After you place your hands behind your back, ask your volunteer to pick one crayon and put it in your hands.
3. Ask the volunteer to place the remaining crayons in a pocket so they cannot be seen by the audience.
4. Turn so that you can look at the volunteer while still holding the selected crayon in your hands and behind your back. Quickly scratch the crayon with your thumbnail so some wax gets stuck underneath your nail. While scratching the crayon, ask the volunteer to concentrate on the color of the crayon he placed in your hands.
5. Once you feel that you have scratched a sufficient amount of the crayon wax onto your fingernail for you to see the color, say that you are close to reading what color he selected. Turn so that your back is toward the audience again, keeping the crayon in the hand in which it was originally placed.
6. Curl your thumb so the wax cannot be seen by the volunteer.
7. Instruct the volunteer to remove the selected crayon and place it with the others.
8. Once the volunteer confirms that the selected crayon is hidden, turn around and face the volunteer.
9. Raise your hands with your wax-marked thumb pointed toward you. As you raise your hands, glance at the color under your thumbnail. Do not let the volunteer or audience members see you look at your thumbnail. Hold your hands into the air as if the gesture is helping you read minds. Add some drama by asking the volunteer to one more time think about the selected color. Then reveal to your volunteer and the audience the color of the crayon that was originally placed in your hand. Take a bow!



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