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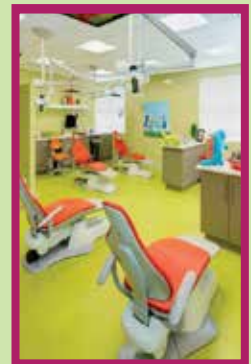
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●	Camp Guide	7
●	The Healthy Family	11
●	Home & Haven	21
●	Teens & Tweens	25
●	Kids	29
●	Family Matters	37
●	Celebrations	41
●	Special Needs	44
●	Grandparents	47
●	Pet Pages.....	51
●	Recipes & Dining	54
●	Moms & Dads	57
●	Pregnancy & Birth	62
●	Activities	65



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The Greater Princeton Area ASK THE DOCTOR**

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Changing a Child's Summer is a Phone Call Away

By Susan Heckler

What can you do when you are a really nice person who is looking to do a really nice thing for kids?

Just ask Dara and Ken Deitz! Ken is a CPA in practice for 33 years with an office in Freehold for the last 18. Dara is a school nurse in Marlboro. Both have been living in East Brunswick for 32 years.

Several years ago, they set up a foundation, The White Sands Foundation, with the purpose of giving back to a child in need. With the economy being less than strong, there are many children needing assistance in so many ways. White Sands has given two children a summer to remember over the last two years (one each year).

Attending summer camp is such an amazing experience that many take for granted. It offers a way out of the heat, letting kids be social and physically active and have a great time. The Deitz's have contacted the YMCA of Western Monmouth, Catholic Charities, and Jewish Family & Children's Services to identify the lucky child. The last two years, the recipient came from JFCS, although religion was not part of the decision. The tuition for the 4 weeks of summer camp at Black Bear Day Camp, was paid by the Foundation.

If you are interested in being a part of changing a child's summer and possibly their life, contact Ken at (908)415-8367 or by email deitzfreeholdcpa@gmail.com. All contributions are tax deductible as they are a 501(c)3. They are hoping to raise enough funds to send two children for a wonderful summer this year!





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Keeping Camp Costs Budget Friendly

Camp is a life-changing experience — one that's possible for every child and every budget. Even though the experience is priceless, paying for it doesn't have to be!

"I'm a great believer that you don't have to go to the most expensive camp to have a great camp experience," said Phil Lilienthal, former camp director of Camp Winnebago in Maine and Global Camps Africa CEO. If you're dealing with an experienced and caring staff of camp counselors, "you can have a program in a parking lot, and it can be great," he said.

Parents looking for budget-friendly camps should keep the following in mind:

- The ACA camp community generates a projected \$216 million annually for camp scholarships. Don't be afraid to call the camp director and ask if financial assistance is available.
- Contact your area's local office of the American Camp Association. Visit www.ACACamps.org/about/contactus to find your local office contact.
- Check with your church or synagogue.
- Get in touch with social services groups in your community.
- Visit individual camp Web sites. Most clearly outline whether they offer financial assistance for their campers.

Assistance is also available from the government. Families should explore the following options:

Parents should inquire into whether the camp participates in income-eligible subsidy programs, for instance through Title XX.

For day camps:

- A Dependent Care Flexible Spending Account allows parents to be reimbursed on a pre-tax basis for child care or adult dependent care expenses for qualified dependents that are necessary to allow parents to work, look for work, or to attend school full time. Visit the FSA Feds Web site for more information.
- In certain circumstances, day care expenses, including transportation by a care provider, may be considered dependent care services and paid with pre-tax dollars. Visit the Internal Revenue Service (IRS) Web site for more information.
- Child and Dependent Care Tax Credit: The IRS allows an income tax credit of up to \$6,000 of dependent care expenses if you have two or more dependents (up to \$3,000 for one dependent). The amount of the credit is based on your adjusted gross income and applies only to your federal taxes. This applies to qualifying day camp expenses. Visit the FSA Feds Web site for more information.



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TOP TEN THINGS YOU NEVER KNEW ABOUT CAMP

Camp has become a staple of the summer season. Each year, millions of children, youth, and adults head to the hills, lakes, valleys, and parks to participate in the time-honored tradition of camp. And, while most people easily conjure up images of campfires and canoes, there is a lot more to the camp experience. Here are ten of the things you may not have known about the camp experience.

10. Camp is older than dirt, almost literally. Started in 1861, the camp experience turned an impressive 150 years young in 2011. The secret behind the longevity? "One hundred and fifty-five years later, there is a camp for every child," said Tom Rosenberg, president and chief executive officer for the American Camp Association® (ACA). "from specialized camps to general, traditional camps, the essence of the camp experience is stronger than ever."

9. Camp is worth its weight in gold, and then some! The camp experience is life-changing – developing friendships and memories that last well beyond the final campfire. And, there is a camp for literally every budget. Often camps offer special pricing or financial assistance, and some camp experiences qualify for tax credits or for payment with pre-tax dollars. Visit ACAcamps.org for more information.

8. Green is "zen." Research shows that first-hand experience with nature, like those at camp, reduce stress in children and help them better handle stress in the future. In addition to teaching children how to be good stewards of the environment, camps are teaching children how to enjoy the world around them and take a minute to breathe deep and feel the nature, which ultimately teaches them how to de-stress the natural way.

7. Mommies and Daddies do it too. Camp is not just for children and youth. There are family camp experiences, and camps for single adults, senior adults, and any adult that wants to relax and enjoy all camp has to offer. Adults benefit from the same sense of community, authentic relationships, and self-discovery that children do. Camp is an excellent vacation option, allowing adults to try a variety of new activities in a safe and fun environment.

6. Try this on for size! Camp is a great place to try new activities and hobbies. Afraid of rock walls? According to ACA research, 74 percent of campers reported that they tried new activities at camp that they were afraid to do at first. And, those activities often leave lasting impressions. In the same survey, 63 percent of parents reported that their child continued new activities from camp after returning home.

5. Manners matter, and often linger. The camp experience teaches more than just archery or lanyard making. The entire experience is made of teachable moments, perhaps one of the biggest is how to live with a group of people. Campers learn to pick up after themselves, respect each other's property, and to say "Please" and "Thank You."

4. Veggies taste better with friends. Hollywood and fictional novels may have given camp food a bad reputation, but in truth, camps are constantly exploring healthy food options, and often are at the forefront of things like allergy specific diets, healthy snack options, and vegetarian meals. According to ACA's 2011 Emerging Issues survey, 90.7 percent of responding camps indicated that healthy eating and physical activity was an important or very important issue.

3. If everyone else went to camp, maybe there's something to it! Camp has played an important role in the lives of some of the most talented people in history. ACA's family resource site offers a list of notable campers – including business professionals, celebrities, artists, and great thinkers.

2. Camp gets those neurons pumping! Education reform debate and concern over summer learning loss have pushed academic achievement into the spotlight. Research shows that participation in intentional programs, like camp, during summer months helps stem summer learning loss. In addition, camp provides ample opportunity for developmental growth, which is a precursor to academic achievement. And, because of the "hands-on" nature of camp, often children who struggle in traditional education settings do well at camp.

1. Camp builds leaders for the 21st century and beyond! Independence, resiliency, teamwork, problem-solving skills, and the ability to relate to other people — these are the skills that tomorrow's leaders will need, and the skills camp has been adept at building for 150 years. "Camp gives children and youth the critical tools they will need to become successful adults," said Rosenberg.

For more information on preparing your child for an independent, fun-filled summer, visit ACA's family resource page at ACAcamps.org

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How to Use Consequences to Motivate Kids

By Susan Heckler

All choices in life have consequences, at every age. By definition, what exactly is a consequence?

According to our friend Merriam-Webster, the definition of consequence is:

- 1: a conclusion derived through logic
- 2: something produced by a cause or necessarily following from a set of conditions
- 3 a: importance with respect to power to produce an effect a mistake of no consequence
b: social importance
- 4: the appearance of importance

This is perfect word to use for parenting because, in fact, parenting can become a power play with a push and pull going on constantly. Children learn at a very young age that there is a direct relationship between their actions and your reactions. Good behavior leads to good consequences and bad behavior leads to more negative consequences.

They are directly responsible for the consequences they receive. They need to own their responsibility. In the parental role, consequences need to be consistent and immediate or they lose their potency.

One important fact to remember is to focus equally on the positive. As parents, we get wrapped up in negotiating bad behavior and are remiss in positive reinforcement. Good work is assumed but should also be acknowledged. Don't be stingy with the praise and positive attention, it means a lot to kids.

We all need to establish a relationship of IF/THEN with our children. When they are deciding on a course of action...

IF I blow off curfew...THEN I may be grounded.

IF I walk the dog...THEN I won't have to clean the puddles on the floor.

IF I ace my calc exam...THEN my GPA will go up.

IF I work harder in school...THEN I have a better choice of colleges.

IF I drive recklessly...THEN I may lose my driving privileges.

IF I get a job...THEN I will have extra spending money.

Consequences should be appropriate to their age, it should have some meaning to them and their lifestyle choices. Negative ones should act as a deterrent for bad behavior and have relevance to the bad behavior. Justin left his bicycle on the street, so he has no use of it for a week. Sarah had a meltdown in the mall to get attention, Sarah's meltdown gets ignored so the bad behavior isn't rewarded with the desired attention.

When it comes to using consequences to motivate kids, you must remember that the reaction can't be just to get you to stop nagging. The goal is to get them to do what they need to do because it is what they should be doing. This type of child may respond better to the carrot on the stick rather than the threat of taking a carrot away. IF I do my homework first...THEN I can go out to play.

What motivates and inspires them to do what they should be doing? Be the influencer in their life; they will love you for it and you will enjoy watching them reap the rewards of their own great choices!





**Dr. Helen Simigiannis,
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For more information feel free to contact:

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TOP 10 FOODS FOR HEALTHY HAIR

By Mia Ingui

Want healthy, shiny, luxurious hair? The first step lies in your diet! There are certain foods that are high in the nutrients beneficial for your hair's health. Here are top 10!

- 1. Salmon:** Salmon is high in omega-3's which your body doesn't naturally create. This makes your hair shiny and full.
- 2. Greek yogurt:** Greek yogurt, although high in vitamin D like most yogurts, is also very high in protein, which makes up the building blocks of your hair. This helps blood flow to the scalp and promotes growth.
- 3. Spinach:** Spinach and other leafy greens are so high in multiple nutrients that they overall produce healthy hair and other parts of the body, like your skin and eyes.
- 4. Guava:** Often found in shampoos, guava is known to help prevent hair breakage.
- 5. Sweet Potatoes:** Sweet potatoes actually fight dull hair to produce shinier locks. The beta-carotene in sweet potatoes helps the scalp absorb vitamin A, which promotes a healthy scalp, not a dry one.
- 6. Poultry:** For the same reason as yogurt, poultry is high in proteins that help build hair and make it full and thick.
- 7. Cinnamon:** Cinnamon helps promotes circulation of the blood in your scalp, which will bring oxygen and nutrients to your hair.
- 8. Eggs:** Eggs are rich in biotin, which promotes growth. Too little biotin in the hair and scalp results in hair loss.
- 9. Oysters:** Oysters are rich in zinc, which also fights hair loss.
- 10. Avocados:** Avocados have natural, healthy oils that fight dry hair.





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Rethinking College Student Stress

How often have you heard your son or daughter complain about how much “stress” they have? Perhaps you’ve made suggestions about how to “manage” or “reduce” their stress. These kinds of conversations may include an unspoken assumption that stress is something negative that we should aim to eliminate; however, new research suggests that changing our beliefs about the nature of stress can play a large role in whether it can have negative or beneficial effects.

What do students mean when they say something is “stressful?” Without realizing it, students often perceive academic or social situations as a measure of how smart, talented, or likable they are. They may believe they have a “fixed” amount of intelligence or social aptitude that cannot be improved with practice. If they don’t meet their expectations for a grade or for how many friends they make during their first semester they might experience fear, shame, or hopelessness about the future.

Many students believe that experiencing such emotional distress will prevent them from taking a step to change or improve a disappointing academic or social situation such as going to a professor’s office hours, having a conversation with a roommate, or looking over a test on which they did poorly. Over time avoidance and procrastination can become a habit that increases the chances that students will suffer the negative consequences they were trying to avoid in the first place.

The most meaningful and important aspects of our lives are often accompanied by demands on both our minds and bodies. When students are taught how to reinterpret “stress” as “excitement” or “readiness” they perform better in demanding situations such as public speaking or test taking. If you hear your son or daughter complain about how their heart beat faster before a class presentation or a difficult conversation with a roommate be careful about using the terms panic attack or anxiety disorder to describe an experience that is common for many individuals. Instead, remind them that these are signs that their bodies are getting ready to do something meaningful and important rather than a signal that something bad is about to happen.

The next time your college student expresses distress about the challenges he or she is facing consider asking the following:

- Think of a difficult situation when you were worried about the outcome but persevered anyway. What did you do to get through it?
- What personal resources did you draw on, and what strengths did you use?
- What could this experience teach you about how to deal with adversity?
- How did this experience make you stronger?
- How could you apply this experience to what you are facing now?

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How to Talk to Your Child about their Diagnosis at Any Age

By Susan Heckler

Every expectant parent hopes to give birth to a beautiful, healthy child. Even when that wish is granted, their health can be compromised. Whether your child has a disorder from birth or their health has declined, you are faced with a mental or physical health issue that you need to deal with...but so does your child.

Some issues are more obvious than others. Some are more serious or life threatening. Any and all need to be explained to your child at some point to help them manage their health and life. Whether it be allergies, asthma, diabetes, autism, ADHD, cancer...they need to understand what is happening to them and what they need to do to stay safe.

When to tackle the issue really depends on the maturity, personality, social awareness and understanding of your own child. It is difficult to assess when is the right age, you may need to break the issue down into small bites and feed it little by little as they are able to comprehend it. Sometimes just dealing with the fear of symptoms may be all they can handle.

You want to be very careful how you approach this tender situation; you want to avoid The Three D's of a Diagnosis: Denial, Discouragement, and Disappointment.

This is a life changing experience they are living through, how you handle delivering the information can set the stage for how they cope with their illness.

1. Pick the right time to sit and speak, when they are more receptive to conversation.
2. Use a tone of voice that is comforting and reassuring so they feel confident in your confidence. If you are hysterical, it is contagious.
3. At all times, in all conversations, they need to know you love them and stand with them. You are a team and they are not going through this alone.

Your child may already understand that they are different. Their behavior may have set them apart from their peers. There may be bullying and taunting that affects them. They may look different physically as part of their symptom or treatment. They know something is wrong and getting an explanation may actually help.

The first step is making sure you and any other caregivers understand the situation fully themselves. It is essential that you explain it correctly and not project panic or sadness to them as this is what they will associate with the news. Be accurate but with a positive attitude.

Accentuate the positives, do not dwell on the doom and gloom of their situation. Let them see some hope and give them reason to fight. If it is a medical diagnosis, we all know the power of positive thinking. If it is a disability; various therapies may make a difference so let them have incentive to work at it. Mental health issues may improve with the correct therapies and intervention. Be their cheerleader and let them know you have confidence in their ability to do what they need to do, focus on their strengths.

If your child asks you a question and you do not have the answer, it is acceptable to let them know you do not know, but will ask for the information and get it for them.

There are many books available at various reading levels that can help your child understand their disability or health issue through the story of someone else. They may find this helpful as they are relating to someone else before understanding their own issues.

If you feel it is warranted, consult your physician, or enlist the help of a therapist so your baby of any age can tackle their battle under the best of circumstances.



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.

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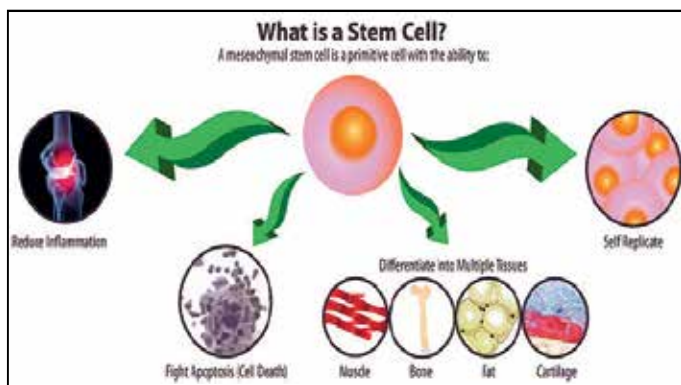
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QUESTION:

Can amniotic stem cell therapy help my knee pain?

Millions of patients suffer with knee pain due to arthritis. The options for treatment, until now, have been limited to physical therapy, steroid injections, viscosupplementation injections, or joint replacement surgery. Central Jersey Spine & Wellness now offers a new cutting-edge treatment option called **amniotic membrane stem cell injections**. **Amniotic membrane stem cell injections** may be used to successfully treat patients with knee osteoarthritis when other conventional treatments have failed.



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

Amniotic stem cell injections offer the ability to heal damaged tissue naturally. With amniotic stem cell therapy, stem cells from amniotic tissues are injected directly into your knee. These stem cells have strong anti-inflammatory properties. However, stem cell therapy goes far beyond the benefits of standard "injection therapy." While cortisone and other drugs only provide temporary pain relief, stem cells actually restore degenerated tissue while providing pain relief. The growth factors in amniotic stem cells may replace damaged cells in your body. Additionally, stem cell injections contain hyaluronic acid, which lubricates joints and tendons, easing the pain and helping restore mobility. We also use precision guided fluoroscopy to ensure the stem cells are injected into exactly the right location. For optimal results.

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

- Amniotic stem cells contain no steroids. Instead, the injections rely on **naturally occurring anti-inflammatory agents**, such as cytokines.
- Amniotic stem cells contain **hyaluronic acid**, which lubricates cartilage and promotes new cartilage growth.
- Amniotic stem cells contain **growth factors**, which stimulate tissue growth.

- With amniotic stem cells, there is **no threat of patient rejection**.
- Lastly, amniotic fluid is a **highly concentrated source** of stem cells, which makes this type of stem cell injection preferable over embryonic stem cells and the patient's own stem cells (from fat or bone marrow).

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

- Amniotic stem cell therapy is a preferred type of stem cell therapy because the cells come from an immunoprivileged site, which means that patient-rejection is extremely rare.
- The use of amniotic stem cells is well researched, safe, and effective. Amniotic stem cells have been used by ophthalmologists and plastic surgeons for about 20 years.
- All amniotic stem cell donors go through a rigorous screening process, as determined by the Food and Drug Administration (FDA) and American Association of Tissue Banks (AATB).

AM I A CANDIDATE FOR STEM CELL THERAPY?

Patients suffering with knee pain due to arthritis may be considered as candidates for amniotic stem cell therapy. Regenerative medicine is growing in popularity and is helping more and more people live with less pain and suffering. If you have already tried conventional treatments, and are looking for another safe and effective option, consider amniotic stem cell therapy.

Call to schedule a consultation with one of our doctors to determine if amniotic stem cell therapy is right for you.



Dr. Scott Paris using precision fluoroscopy guidance to ensure the best results possible.

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CENTRAL JERSEY SPINE & WELLNESS

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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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10 Autoimmune Triggers You Should Avoid

By: Erin Mumby

1. Sugar

The toxins in processed sugar sabotage your immune system. It interferes with your immune system's ability to handle outside threats. Your immune system will also have trouble regulating itself. A good substitution for sugar is raw organic honey.

2. Gluten

Gluten is another trigger to avoid. Most people with gluten intolerance should avoid consuming gluten. Anyone with a chronic autoimmune disease should avoid gluten as well. Your body can't process gluten naturally. This will trigger your immune system's ability to function properly.

3. Dairy

A lot of cattle owners use antibiotics for their stock which would aggravate someone with an autoimmune disease. Even organic milk can mess with your immune system. The casein protein in dairy can cause your body to become inflamed.

4. Quinoa

Quinoa is currently a trendy health food because of its high fiber content and high protein. If you live with an autoimmune disease, it's best to avoid quinoa. The saponin in quinoa can damage the lining of your gut. This will make your immune system go haywire!

5. Milk Chocolate

Coca has amazing health benefits. However, milk chocolate still is a dairy product. This can cause the reactions we discussed above. Avoid milk chocolate and your immune system will thank you.

6. Toxins

The earth has been rampant with toxins that were unknown before our time. Studies show that toxins cause autoimmune issues like autoimmune thyroiditis.

7. Nightshades

Nightshades are a plant group. This group encompasses tomatoes, potatoes, peppers, and eggplants. Goji berries and spices with alkaloids in their skin can cause your body to produce an inflammatory response.

8. Leaky gut syndrome

A leaky gut can be triggered by everything on this list. A leaky gut is seen as a causal trigger. The damaged gut lets undigested food and bacterial endotoxins through the protective gut lining. This will produce an autoimmune reaction in the body. Leaky gut syndrome is linked to many autoimmune diseases, including Type 1 Diabetes. Take steps to prevent yourself from succumbing to leaky gut syndrome.

9. Stress

Stress is known to have a lot of negative effects on the body. One of the many negative effects it has is on your immune system. Constant stress can be a trigger for different autoimmune disease. Health problems can first appear during a particularly stressful time in a patient's life.

10. Infections

Autoimmune diseases have long been thought to have arisen from bacteria, viruses and toxins. Epstein Barr, Herpes Simplex 1 and 2, and E. coli are all infections that have been linked to certain autoimmune disease.



Get Top Dollar in Winter

By Gabrielle Mancuso

You might think that the winter months are a less than an ideal time to enter the real estate market, but recent research will have you thinking again. According to a study by online brokerage Redfin, homes listed in winter months sold faster than those posted in the spring.

If need or desire has you considering listing in the winter, here are three strategies that will make your listing stand above the rest.

PRICE IT RIGHT

Price your home to sell and it surely will. Your real estate agent should do most of the heavy lifting, but it won't hurt for you to visit a few real estates websites and look at the list and sale prices of comparable homes in your area. Remember, don't get greedy here. Price your home at market value and you are more likely to garner attention from buyers.

PERFORM A SELF INSPECTION

It is important to look at your house the way a buyer would. Does the roof look to be in good shape? Are the gutters clean and securely fastened? Are all your windows double-paned? If there are major issues, it is in your best interest to address them now. A hanging gutter in the back of the house might seem like a small project you've been "meaning to get to," but to a potential buyer, this could hint at other hidden problems. If this one issue needs to be fixed, what else needs looking after?

PLAN, IF POSSIBLE

If you know ahead of time that you will be listing your home in the winter, consider taking photos well in advance. Homes look their best in the spring and summer, and by planning you can show potential buyers aspects of the home and property they might miss in the winter. If your listing photos show the thick and lush green lawn or a pool that is clean and glistening in the sun, potential buyers are more likely to swoon over the home's curb appeal or imagine themselves in a deck chair in the backyard.



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Remember The Dangers of Radon In Your Home

By Gabriella Mancuso

Radon is a cancer-causing radioactive gas. You can't see, smell, taste or feel radon. When you breathe air containing radon, you increase your risk of getting lung cancer. In fact, the Surgeon General of the United States has warned that radon is the second leading cause of lung cancer in the United States today.

Radon is a decay product of uranium deposits found naturally in the ground. The amount and depth of the uranium varies widely from area to area.

Radon levels are affected by many factors including, but not limited to, the amount of uranium and type of soil below your home, weather conditions, and construction of your home. Just because your neighbor's home tested at a certain level does not mean your home will test the same. **TESTING IS THE ONLY WAY TO DETERMINE THE LEVEL OF RADON IN YOUR HOME AND MUST BE DONE.**



For more info visit: <http://www.nj.gov/dep/rpp/radon/radontes.htm>

Tips to Designing a Timeless Kid's Bedroom

by Susan Heckler

What makes your child's room timeless?

This would be a room designed to grow with their needs and not become outdated in style.

One of the first items to consider is paint color. Colors that are too bold or trendy are likely to become tiresome. Stick with neutrals like shades of brown, gray or white. These give you great flexibility and can easily be paired with an accent color which is easy to change. You want it to look like a child's room without being too childish so avoid the bubblegum and candy colors. Deep, dark colors may make a room look smaller as well as a bit scary and forbidding, keep it light and airy.

The same neutral theme should be applied to the flooring. This is a big investment that you do not want to have to repeat any time soon. No matter what type of flooring you choose, keep that blank canvas mentality, and resist the trends.

Window treatments should afford a level of privacy and sun filtering but should stay in the realm of neutral too. You can add a bit of whimsy with a valance or topper without breaking the piggy bank. Avoid dust collectors, especially if allergies run in the family.

Choose your furniture wisely as this is an investment. There are many bedroom sets that can grow with your child, such a crib that converts into a toddler bed and a twin. These are wise outlay pieces. Some sets have matching pieces you can add as your child grows, such as a night table or desk and some have accessories you can remove such as the changing table top. It is a good idea to narrow down the choices to what you like and let your child have the final choice. Remember, pint sized pieces will not last long, not a good investment unless you have younger children to pass them down to.

Make storage choices that are functional and fun at the same time. Toys are off the floor and displayed at the same time with shelving and baskets.

You have now set a solid foundation for a timeless room. Time to introduce some personality and color with accent pillows, bedding, patterns, toys, and artwork. Tired of teal? Toss the throw pillows and change the look. "Frozen" blanket leaving your child cold? Time for some new bedding to switch things up a bit.

After all, when Dana comes home from Duke University for a weekend, she doesn't want to curl up on her Dora the Explorer sheets.





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Scents are a Simple Way to Refresh Your Home

By: Erin Mumby

Scents can easily make your house a home. Every house has a scent. Make sure that yours is a good one! A new smell in your home can energize you and your mind. Here are some simple ways to make your place smell and feel like home sweet home without using store bought air freshener.

Essential Oils

Using essential oils is a great way to avoid the toxic chemicals in most air fresheners. Lemon, peppermint, and rosemary are all examples of great smelling essential oils that are perfect alternatives! If you have an air filter, use a dropper to add a few drops of your favorite essential oil on the new filter. A fresh new scent will flood the desired room in no time. You can also place a few drops of your choice essential oil onto a light bulb or a warmer to get a soft scent in the room.



A New Use for your Crock Pot

A crock pot is a great tool in refreshing your home! Ever notice when you cook a meal in the crock pot, your whole home smells like your dinner! You can fill the crock pot with your favorite herbs and spices to create a unique, sweet-smelling scent. Toss in some scented twigs, your fruit slices, herbs and spices into your crock pot. Pour some water into the pot and set it to low heat. Leave the crock pot uncovered and your whole house will smell like your favorite scent.

You can also use baking soda to neutralize the smells in your house. It's no secret that baking soda is great at absorbing nasty smelling odors. Combine a few tablespoons of baking soda with water and pour it in your crock pot. Turn the crock pot to low and make sure the lid is off. The solution will work to absorb the nasty smells in your kitchen,

Vanilla



Vanilla is one sweet and strong smelling scent! Take vanilla coffee beans and place them into a small bowl. Place a small tea light candle in the middle of the bowl or jar. Light the wick, and the candle will

heat up the coffee beans. Your home will be smelling like vanilla coffee in no time. Another way to get your home smelling like vanilla is to place a few teaspoons of vanilla into an oven dish. Bake at 300 degrees, and your home will smell sweet in a few short minutes.

Cinnamon in a Sauce Pan

A super simple way to freshen your home is to use cinnamon sticks! Fill a sauce pan with water and a couple of cinnamon sticks. Simmer on low heat. Your home will smell like sweet cinnamon in no time! If you don't feel like heating up the cinnamon sticks in a sauce pan, you can throw them into the crock pot as well!



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Is Bigger Better When It Comes to Your Home?

By Mia Inqui

Downsizing might be all the rage now, but some life circumstances still require living larger. Whether your family is getting ready to expand, you are welcoming other members under your roof or you are just looking to have a little more breathing room, upsizing might be in your near future.

It is important to crunch the numbers. Knowing what you can afford is an obvious first step in any home search, but it also is important to consider what you might need to give up acquiring more square footage. Are you willing to leave your current neighborhood or school district? Are you okay with purchasing a home with a few projects, rather than something move-in ready? Asking yourself these questions will help you keep your financial priorities front and center in your search.

If you are looking for more space vs. more house, a bigger house may not be the answer. Do you need a better utilization of space? Perhaps the number of square feet you currently live in would be fine if it were organized in a different way or had a more open layout design.

Assess what you dislike about your current home. Do you need extra bedrooms or just more closet space? Or perhaps your home's size is working for you but the outside space is not. THINK RESALE While you might need a bigger home, you can't ignore the trends suggesting that people are feeling happier living in less square footage. Be sure to purchase only the space you need and will use. This also makes features such as location, neighborhood, school district and walkability more important in your new (and bigger) home search. Even if a home seems perfect, it is likely that your life circumstances will change and you will downsize again in your life. It's always best to purchase your home through future buyers' eyes as well as your own.



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What Every Middle School Boy Needs Most From His Parents

By Gabriella Mancuso

Middle School is a difficult time for children, especially boys. They are confused, immature and just typical young boys. From grades 6-8 boys tend to have behavior changes. Typically, they choose to show this towards their parents more than anyone else. As a parent, only you know how to handle your child, however if you are struggling here are some things you might need to start considering.

ENCOURAGEMENT

Every middle school boy needs encouragement from both of his parents. Both mom and dad need to encourage their child to do great, and motivate him to act to the best of his ability. Show him that you are proud, but there is always room for improvement.

PRIDE

Be proud of your son. Show him that you love him and all he does. Build up his self confidence and self esteem by pointing out success, rewarding his good efforts and supporting him at all of his games and or interest. He needs his parents to support him more than anyone else.



ATTENTION

All young men need attention. They need their parents to pay attention to them, their lives, preferences, mood, etc. You need to show your child you care about them and their well being. What you should not do is get too much involved, but just enough so that your son feels wanted and loved.

TRUST

Give your son the chance to become independent. Although this may be hard for some parents, especially moms, you must let them grow and develop their own beliefs and mindsets. Allow them to figure certain situations out by themselves so they can learn and develop maturely. Although it may be hard not to intervene, you can always assure your child they can confide in you whenever they need to.



How to Engage Your Tween With Their Younger Siblings

By Susan Heckler

If you come from a dysfunctional family or know someone who does, own children. As the product/victim of one, I can say firsthand how a resentful older sibling can affect your self-esteem and influence your life in so many ways. Sibling Rivalry is normal...to a degree.

Having a sibling can teach you about sharing your life, your love, and your possessions. This will probably be your first shot at conflict resolution. Whether you are oldest, youngest, or anywhere in between, you need to find your place in the pack and sometimes even learn how to stand your ground to defend it.

Your older sibling is the role models for their younger siblings. Hopefully they will be protective and caring. They give a different kind of parental vision, they are a little older, a little wiser and still your contemporary. The larger the age gap, the less contemporary they feel. Not everyone appreciates a mini-me.

Many families start out great, but when the tween years come, and the hormones rev up, life and family dynamics change drastically. Your patience has run dry, you have better things to do than babysit, you don't need someone tagging along and telling your secrets. It isn't that the younger sibling is necessarily doing anything wrong, a lot depends on the personality of the older sibling. Sometimes you just can't do anything right.

There is a fine line between making the older child feel special and less intruded on and making the younger child resentful and vice versus.

Parents can:

- Be a role model, let your kids see you get along with your own siblings
- Encourage the older sibling to spend time with the younger but listen for the cues. Baby steps; forcing will only make things worse.
- Bring realization of their role model status to the older sibling
- Be sure to give one-on-one attention to all siblings
- Make sure your children have unstructured time to do their own things and don't book them solid
- Encourage family time as a priority
- Know bullying is not acceptable
- Let the water find its own level, don't be the referee and try to be neutral. Allow them to find their balance if there is no bullying

It can happen, it does work. I have witnessed it personally. Persevere Parents, it is worth the result!



Do's and Dont's for Sharing Family Photos on Social Media

By Stefanie Maglio

In today's world, photos are no longer just photos, but they are memories. Almost everyone has an iPhone or some kind of smart phone, which means that all of those people have access to a camera at all times. Digital pictures are so easy to take and share because the device is right at people's fingertips. With so many personal and family pictures being taken, people are bound to want to share them. However it's important to think before posting and take a few things into consideration.

Depending on where you wish to post a family photo, that can also directly affect the type of photo being posted. For example, posting a personal family picture to Dropbox or the family iCloud or even Google drive is typically okay. The photo is not out on the Internet for just anyone to access. It is safe and only accessible by you and your family. However if you choose to post a photo to a social media outlet, then it is public. Social media platforms such as Facebook, Instagram, Snapchat, and twitter are all examples of where these photos may be posted. If you choose to post on one of these public platforms, make sure that the photo isn't something that a family member is not comfortable with being public. Despite setting your profile to private, some people will still see it and possibly screenshot it. This means if you choose to share any photo on social media it really can be online forever. So, while you may think that adorable bath time photo of your child is adorable, it could cause some extreme embarrassment to the child down the line. Technology and photo sharing is a great way to stay connected with friends and family. Use social media to share amazing moments and memories with your friends and family. However, just be mindful of what you are putting out there and always check with others before sharing!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keep Your Parents Busy!						
	15 Dr. Martin Luther King Jr. Day: Celebrating Freedom & Community, Newark Museum 49 Washington Street, Newark, NJ	16 Terhune Orchards Read and Explore: The Gingerbread Man  330 Cold Soil Rd., Princeton, NJ	17 "Beethoven & Danielpour" by the New Jersey Symphony Orchestra 1 Center Street, Newark, NJ	18 Disney on Ice: Reach for the Stars Newark NJ, Prudential Center 	19 Boardwalk Kennel Club All Breed Dog Show 4501 Boardwalk Wildwood, NJ 	20 Winterfest Sidewalk Sale, Downtown Haddonfield 2 Kings Court Haddonfield, NJ 
21 Ice Sculpture Demonstrations Grounds for Sculptures, 18 Fairgrounds Rd Hamilton, NJ 	22 Toms River Winter Comic Book Show Toms River Elks, 600 Washington Street Toms River, NJ 	23 National Pie Day <i>Bake a few new pie recipes. And most importantly, it's a day to eat pies!</i> 	24 The Illusionists, State Theater New Jersey 15 Livingston Ave New Brunswick, NJ	25 Rahway Restaurant Week Downtown Rahway Begins at 2:15pm 	26 Meadowlands Home-Style Chili and Salsa Cook Off 1 Racetrack Drive East Rutherford, NJ 	27 Fire and Ice Festival Downtown Mt. Holly Washington Street High Street Mt. Holly, NJ
28 Wassailing the Apple Trees, Terhune Orchards 330 Cold Soil Rd., Princeton, NJ 	29 Macculloch Hall Historical Museum 45 Macculloch Avenue Morristown, NJ	30 Written in the Rocks: Fossil Tales of New Jersey 205 W. State St., Trenton, NJ 	31 Hoboken Food & Culture Tour, City Of Hoboken River St. & Hudson Pl., Hoboken, NJ	1 Cats vs. Dogs: Illustrations for Children's Literature 71 Hamilton St., New Brunswick, NJ 	2 Nature and Eco Tour, New Jersey Korean War Memorial 124 Park Pl., Atlantic City, NJ	3 Goodnight Moon and The Runaway Bunny 1 College Drive Toms River, NJ 
4 Beach, Boardwalk & Bosses Tour, NJ Korean War Memorial 124 Park Pl., Atlantic City, NJ	5 Dr. Seuss' The Cat in the Hat, Mayo Performing Arts Center 100 South St., Morristown, NJ 	6 MMKIDS Art Hour, Monmouth Museum's Green Arts Studio 765 Newman Springs Rd., Lincroft, NJ	7 MAM Family Art Adventure, Montclair Art Museum 3 S. Mountain Ave., Montclair, NJ	8 New Jersey Film Festival Spring 2018 71 Hamilton St., New Brunswick, NJ 	9 Baskerville: A Sherlock Holmes Mystery, Mayo Performing Arts Center 100 South Street Morristown, NJ	10 Cinderella, State Theatre New Jersey 15 Livingston Ave., New Brunswick, NJ 
11 Mammoth Follies, Mayo Performing Arts Center 100 South Street Morristown, NJ 	12 Historic Boardwalk Tour, Boardwalk Hall 2301 Boardwalk, Atlantic City, NJ	13 Read & Explore Program: Fur, Feather, Fluff: Keeping Warm in Winter 330 Cold Soil Rd., Princeton, NJ	14 Theatreworks USA: Junie B. Jones, The Levoy Theatre 126-130 N. High St., Millville, NJ	15 48th Annual Rowan Jazz Festival & Concert 201 Mullica Hill Rd., Glassboro, NJ 		

STUDENT OF THE MONTH

Jasmin Martinez

By Pam Teel



Eleven year old Jasmin Martinez goes to the Millstone Middle School and is in the sixth grade. She loves being in the sixth grade and hanging out with some of her best friends, Allie, Hannah, and Francesca.

Her favorite subjects are history and math and her grade point average in all of her classes are A plus.

Jasmin's favorite books to read are *Nancy Drew Diaries* and *Harry Potter*.

The Flash is her favorite television show and her favorite song is "Havana."

Jasmin likes to knit, play piano, run, dance, and draw.

Her favorite places to visit are Long Beach Island and New York.

Jasmin lives with her parents and her two sisters, Alexa and Laila.

She has a new puppy that they named Penny.

Halloween and Christmas are her favorite holidays.

Jasmin's favorite sport or activities are dancing, running, and acting.

Her favorite food that she likes to eat is fried rice and lo-mein.

Jasmin would like to one day be a doctor or an actor.

If she had but one wish, she would like to be on Broadway!

Keep up those great grades in school Jasmin and stay the sweet caring person that you are!!!!

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Let Me Shake Your Hand, Soon to Be Eagle Scout, Daniel Carroll

By Susan Heckler

Becoming an Eagle Scout is no easy feat; it takes many years of dedication to Scouting and a commitment to the community. Requirement 5 in becoming an Eagle Scout-- While a Life Scout, plan, develop, and give leadership to others in a service project helpful to any religious institution, any school, or your community.

Daniel Carroll of Howell is one step away from that big achievement. Daniel, will be 18 in January so his Eagle Scout Clock is ticking loudly. This Howell High School senior is graduating in June with the hopes of going in to a career in nursing. As a member of Scout Troop 258, choosing his project was easy, he has always had an interest in the local food pantries and is a ready volunteer.



New Life Food Pantry located at 56 Main Street in Helmetta began in a closet in the basement of St. George's Church with 2 shelves of food. Each week 5-6 people would stop in and pick up a bag of emergency food that had been donated by the church parishioners. The pantry has now expanded into 4 or 5 rooms, with a dedicated staff of 49 volunteers that help keep the pantry operating. They serve an average of 48-60 families each week.

In addition, they provide personal care items, offer health and wellness events several times throughout the year including; blood pressure checks, blood sugar monitoring, Cholesterol screening, discounted or free mammograms and prostate tests, discount prescription cards and flu shots. We also bring in specialists to assist our patrons with insurance, housing, and other emergency needs.

According to his father Michael, at a recent visit, Daniel noticed a lack of shelving and storage to safely place the available goods on to keep them off the floor and away from contamination. He had an idea to build shelving for them. Daniel took his idea to the Howell Optimist Club, where he made a presentation in the hopes of getting some funding and assistance. According to Optimist spokesman John Alliano, the board heard Daniel's presentation and was very impressed with his plan. They decided to help fund the project with \$150 and one Optimist member was able to get him lightly used shelving to enhance the project.

Daniel built an 8'x 4' heavy duty table with a shelf for storage along with the 4 commercial racks donated by Howell Optimist Club. Kudos to Daniel for the great idea to help his community and the great idea to reach out to other groups for help. His leadership achieved a well needed facelift to accommodate the growing needs of the Pantry to service the community. We look forward to seeing what Daniel and his friends have in store for the community.

For more information on The New Life Food Pantry www.newlifefoodpantry.org.

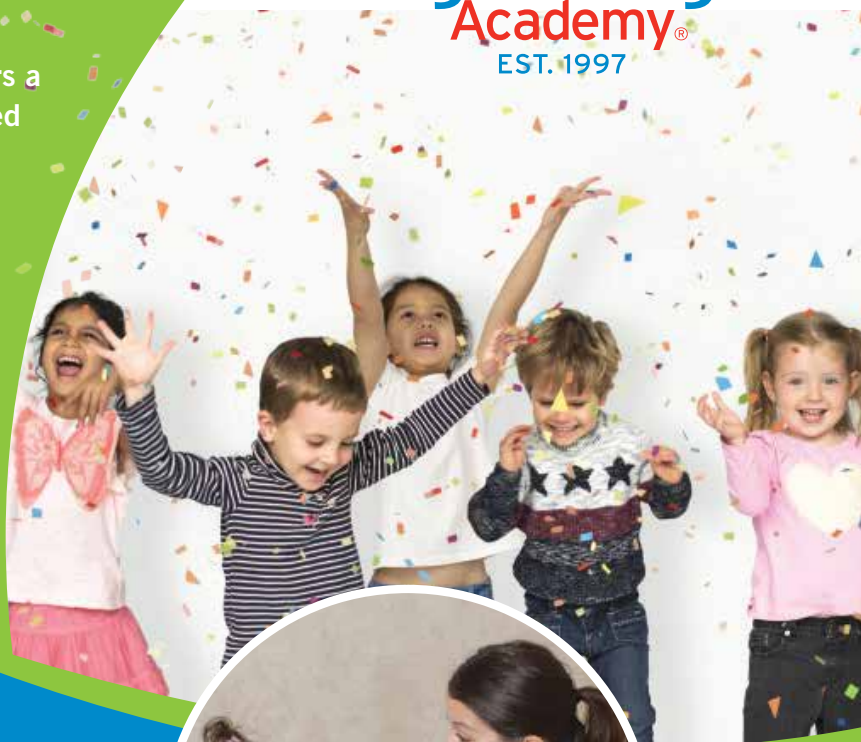


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Local Dance Studio Gallery of Dance participated in the 2017 Elite Holiday Spectacular in sunny Disney World Florida. This invitation only event was "a thrilling experience for the young Dazzler Dancers of Gallery of Dance," stated the owner, Karen Dolan. Dancers who performed in this event included; Izzy Tonelli, Rachel Russell, Isabella Federico, Cailin Holley, Thea Ekizian, Sofia Murray, McKenzie Loschiavo, Isabella Vitali, Gianna Vitali, Kayla Grimshaw, Sophia Friedenberg, Sydney Friedenberg, Grace Tempest, Isabella Pierini, Nicole Lobochario, Michelle Lobochario, Paige Novak, and Parker Novak.

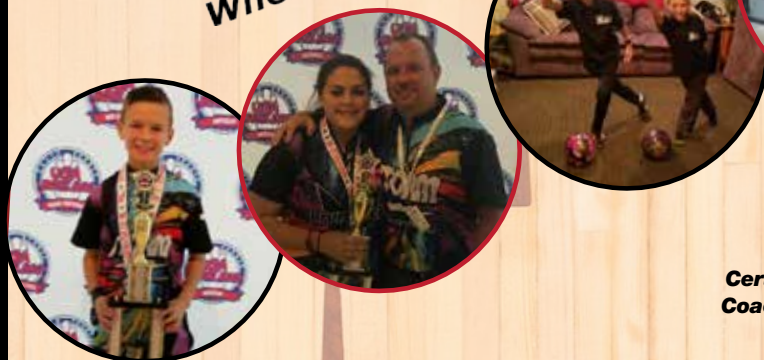


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January is National Mentoring Month

On a cool April afternoon in 2014, mailman Robert Wilson knocked on Latrisha Robinson's apartment door. He wasn't there to deliver a package or a certified letter. He was there to deliver a new way of life for the 10-year-old boy who lived inside, alone with his chronically ill mom. Robert Wilson had volunteered to become a "Big" through Big Brothers Big Sisters of Mercer County (BBBS Mercer) and he was coming to meet his new Little Brother, Quadez, for the first time.

BBBS Mercer is a well-recognized and highly regarded youth organization providing services and support to more than 500 children and their families annually throughout the greater Trenton community since 1973. Trained, supported one-to-one mentoring is the sole mission of Big Brothers Big Sisters of Mercer County and is backed by the 113 years of experience of Big Brothers Big Sisters of America. The matches created through BBBS Mercer are the result of numerous, meticulous interviews and a careful review of each child, parent and volunteer to create a relationship that will be satisfying to all parties involved. The pairing of Robert Wilson and Quadez would prove to be a source of profound and lasting joy for both.

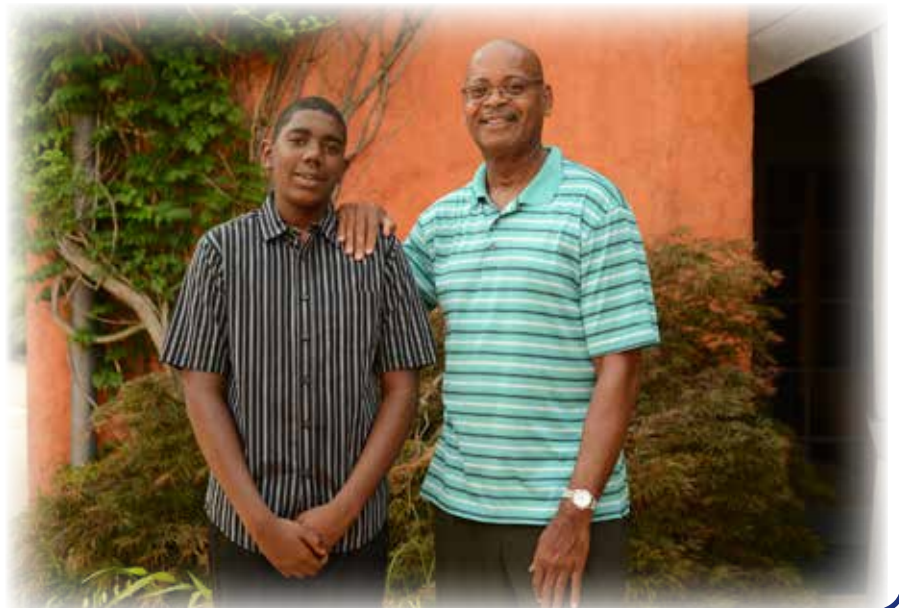
Robert Wilson had been a dedicated employee of the Post Office for over 27 years and he came to BBBS Mercer because he realized that, with his daughters grown with children of their own, spending his free time helping another child who needed a strong male presence in his life was more important than just working extra hours. Meanwhile, the Trenton Health Team had contacted the agency about Quadez. His mother, a single parent, was suffering from debilitating kidney disease and was constantly in and out of hospitals. Quadez was living with an array of friends and neighbors during his mom's hospital stays and was increasingly lonely and anxious. Mom and everyone else felt it was time for something wonderful to happen to this little boy, and a great Big Brother to provide a much-needed anchor would be just the thing!

The initial meeting between Robert, Quadez, his mom and the BBBS case manager was the beginning of a relationship that has grown and flourished over the last three years. Latrisha Robinson recalls that first meeting with fondness and gratitude. "Quadez was kind of shy at first but Robert walked into our apartment like he had known us all our lives, like a favorite uncle who had been away and just came home. He made an instant connection with my boy. We are so happy to have him in our lives. I wouldn't change a single thing about that man!"

Robert and Quadez quickly discovered a mutual love of basketball and began playing at the Hamilton Y when they got together twice a month. Almost three years, and numerous pick-up games later, Quadez has become quite the basketball star there. The pair also loves bowling, swimming and tennis and are on a quest to find the best pizza Mercer County has to offer! Quadez is a good student but Robert is always there to help with a math problem or test prep. Most importantly, Robert has let Quadez know in no uncertain terms that he is there for him and always will be, no matter if mistakes are made and no matter how busy life gets. Robert has made Quadez a priority in his life and this has made all the difference in how this young teenager sees himself and the world.

"Robert is a great guy and he keeps me focused and on game, on the court and in life," explains Quadez. "I hope he can be my Big Brother forever."

"I am so proud of Quadez," echoes Robert. "Being a Big Brother has been an amazing experience for me."



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Avoid Being Pulled Over by The Police?

By John Bazzurro

Obviously, the easy way to avoid being pulled over is to refrain from violating any traffic violations. However, in my practice, I have recently seen a number of people pulled over for reasons other than moving violations under the traffic code. Because the first defense for attorneys in representing individuals in municipal court is to challenge whether or not the officer had appropriate cause under New Jersey law to actually make the stop in the first place, any "legal" reason that an officer has to effectuate a traffic stop makes the attorneys' defense of any case much more difficult.

Other than moving violations, the four most used violations by officers to validate a potential, otherwise "illegal" traffic stop have to do with simple equipment violations that can be resolved rather quickly and inexpensively.

The first equipment violation relates to the "improper" covering of a license plate by a license plate frame. License plate frames are generally the plastic "frames" that are given out by most car dealers or that can be bought in any automotive store. New Jersey law prohibits a motor vehicle from having a license plate frame which conceals or otherwise obscures "any marking" on the license plate. Thus, if a portion of the words "New Jersey" or "Garden State" is obscured on your license plate in any way, a police officer has the legal right to effectuate a traffic stop.

The second violation relates to items hanging off of your rearview mirror and other obstructions of the windshield and front side windows. New Jersey law prohibits the operation of any vehicle which is "constructed, equipped or loaded" so as to "unduly" interfere with the driver's vision. New Jersey case law has held that items hanging from the rearview mirror could fall under the language of this statute. However, the statute also includes the existence of stickers, signs, radar detectors, navigation systems or any other device or mechanism attached to the front windshield.

The third violation relates to tinted windows. The same statute that restricts the hanging of anything from the rear view mirror also has been construed to hold that tinted windows constitute such an obstruction of view and, as such, the tinting of any three of your front windows would constitute appropriate cause for a law enforcement officer to pull you over even where you have not committed a moving traffic violation.

The fourth violation relates to broken lights on your vehicle such as headlights, taillights, brake lights and signal lights. Even where you have not committed a moving traffic violation, a law enforcement officer has appropriate cause to effectuate a traffic stop where he observes that one of your lights is not operational.

It should be noted that the fines and penalties for these violations, in and of themselves, are not excessive. However, as is often the case, the law enforcement officers, upon effectuating a traffic stop will then observe that the driver or passengers in the vehicle have violated other motor vehicle and/or criminal statutes such as driving while intoxicated (DWI), driving under the influence (DUI), possession of controlled dangerous substances (CDS), possession of drug paraphernalia, open containers of alcohol in a vehicle, possession of a weapon or any other offenses which the officer may observe during a traffic stop. Once you are pulled over for a valid reason, it is difficult for an attorney to challenge the traffic stop on the basis of articulable suspicion or probable cause.

Accordingly, in light of all of the above, it is prudent to make sure that your motor vehicle complies with all of the above statutes in order to prevent being pulled over by law enforcement even where you have not actually committed a moving traffic violation.

JOHN T. BAZZURRO, Esq.

CERTIFIED BY THE SUPREME COURT OF NEW JERSEY AS A CIVIL TRIAL ATTORNEY

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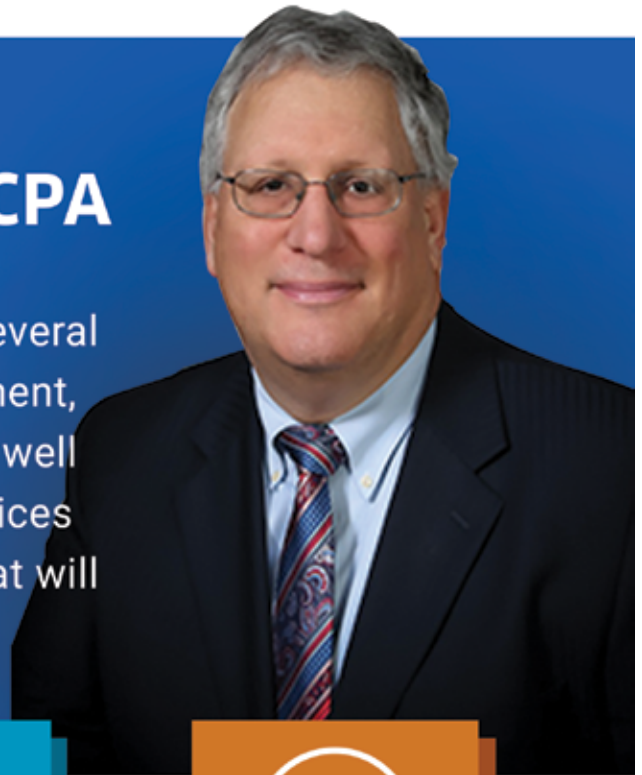
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How Did Valentine's Day Start?

By Gabriella Mancuso

Valentine's Day is a holiday known best as the day to express your feelings to your loved ones whether it be a partner, family or friends. It is celebrated on February 14th by millions all over the world with gifts, flowers and parades. However, it was not always celebrated like this. Valentine's Day history goes back generations to 3rd Century Roman Times.

Valentine's Day name originates from a famous saint, St. Valentine. It was said to be that St. Valentine was a priest during historic roman times who happened to serve in the army. During his time served St. Valentine would preform wedding ceremonies for the soldiers and their loved one due to the fact marriage was banned for all those serving in the army. After years of preforming in secrecy St. Valentine was eventually caught and put to death for his actions. This signified him as a Saint of love. Valentine's Day developed its customs from a festival called Lupercalia. Lupercalia celebrated the official start of spring during mid-February. During this festival boys would draw the names of girls from their towns. The two would then have to do traditional couples activities until the festival was over. Sometimes this would result in an actual paring and later marriage. The Church then wanted to make this festival Catholic so they used St. Valentine as the title of the day of love.

As time went on it became a common tradition all over the world to write "valentines" and exchange letters and gifts as a symbol of love. Valentine's Day is now one of the most celebrated holidays in the world, and has come a long way since the Lupercalia festival.

Name-Inspired Logos for your Bar/ Bat Mitzvah

By Susan Heckler

What's in a name? A great party theme! Whether it be a Bar Mitzvah, Bat Mitzvah or even a Sweet Sixteen, the day you named your child, you set some fun wheels into motion and you didn't even realize it.

The event is a milestone, the ceremony is traditional, but why not use some fun and flair when it comes time to party? Get into Dr. Seuss mode and have a rhyming good time or let your imagination laugh out loud.

Once you have the theme, it carries over to decorations, favors, the cake, the photo booth and so much more. If you are creative, you can even design a logo for your theme.

- So, your daughter McKenzie loves McDonalds so enjoy her Mac Attack!
- Rock with Rick
- Skyler loves to bake; each table can have a different one of Sky's Pies
- Holly's Folly
- Mandy has a sweet tooth...Mandy's Candies
- Matt's Hats
- My son was a budding DJ, Chillin with B'Rad was a winter wonderland
- Gillian's Island
- Olivia's friends can Liv It Up
- Halley's Alley
- My son Alex had a travel theme...The World According to Alex (Garp)
- Joan's Phones
- Your daughter Grace is amazing so why not Amazing Grace or Graceland
- Glamming with Pam fashion theme
- Nick's at Night
- Pitch with Mitch (baseball inspired)



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TRENDY PARTY THEMES FOR YOUR PRESCHOOLER

By Susan Heckler

Today's preschoolers have a social life most adults would envy. Between their school friends, neighbors, cousins, and those they meet in their activities, birthday parties are standing room only.

When your child has that extensive a social life, birthday parties might get a little hum-drum doing the same-old. Many parents are choosing fun and festive trendy party themes to add a little zing for a stand-out day.

A party theme can be based on a hobby, a movie or TV show, a favorite vacation destination or anything else. Parents need to use their imagination and just run with it.

Some of the easiest themes are those based on movies or television shows or their characters. These items are readily available at party stores and take a lot of the think-work off of Mom & Dad. These are not exactly unique, but they are fun, colorful, and relatable. Which was the latest movie released and who does the birthday child adore?

Some of the latest birthday party ideas for little ones is inspired by bohemian/ tribal, woodland/outdoors, unicorns, flamingo/ tropical and geometric/geode. The little lords and ladies love bright colors and fun shapes for the decorations. Your theme can extend beyond decorations and put a twist on the food, games, music, and crafts, making them theme based.

Case in point, Julia. This lucky little girl is absolutely in love with watermelon. She loves to eat it, look at it, wear watermelon themed clothing.... Thus, a watermelon themed party. Everything was watermelon including the pool floats, piñata, candy, games, food, and clothing. Fun, festive and delicious.

There are always entertainers who come dressed as a favorite character. This is not new, but the kids still love it.

Toy themes are also great. Is your child a fan of Lego? Colorful and definitely relatable for many generations. Lego shaped cake, game involving Legos.

A cooking party takes a lot of supervision with preschoolers. You are limited due to safety and their maturity, but it might be fun. They can make their own pizza (have the dough prepared and they can choose their own toppings and decorate it and eat it), or a make your own parfait.

Whatever you choose, make sure it is fun for everyone, including you! Birthdays should be happy for everyone!



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ABOUT DYSLEXIA

By Susan Heckler

Dyslexia happens when there is a problem with the way the brain processes graphic symbols. This condition that makes it difficult to learn to read and learn in general.

First and foremost, Dyslexia in no way stems from any lack of intelligence, in fact people with even severe dyslexia can be absolutely brilliant. Albert Einstein, Thomas Edison and Henry Ford are notable dyslexics.

This is neurological condition with a linguistic problem (language-based), not a visual one many people assume. The brain processes written information another way, which makes it hard to recognize, spell, and decode words. It is not the result of poor teaching, instruction, or upbringing and is linked genetically.

The disorder can vary from person to person with the only shared trait being that they read at levels lower than non-dyslexic people of their age. It effects between 5 and 15 percent of the population in the United States.

Recent studies have found that dyslexia can affect time-based memory, which is remembering to do something that was planned for the future.

Back in the mid 1990's there was a suggested link between Dyslexia and Auto-Immune Diseases. Researchers found the possible location of a gene that seemed to be associated with dyslexia. The site of this gene is on chromosome six within an enormous stretch of DNA related to the human immune system. This fits with the observation that many dyslexics have asthma, hay fever and other immune disorders, although the results have been vague.

As with any disorder or learning difficulty, the sooner it is identified the better for the child. Some early warning signs for preschoolers are:

- A close relative with dyslexia
- Speech delay
- Confusing the sounds and syllables in long words
- Chronic ear infections
- Bad reactions to childhood illnesses
- Confusion of left versus right
- Delay establishing a dominant hand
- Difficulty learning to tie shoes
- Trouble memorizing basics such as address or phone number
- Inability create rhyming words



There is a grass roots movement in New Jersey that is looking to raise awareness and implement educational reform for best practices within the school system. They are advocating for NJ to implement:

- A universal definition and understanding of "dyslexia" in the state education code
- Mandatory teacher training on dyslexia, its warning signs and appropriate intervention strategies
- Mandatory early screening tests for dyslexia
- Mandatory dyslexia remediation programs, which can be accessed by both general and special education populations
- Access to appropriate "assistive technologies" in the public-school setting for students with dyslexia

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January 24th Global Belly Laugh Day

By Gabriella Mancuso

January 24th is Global Belly Laugh Day! A day to celebrate laughter, happiness and smile. This January 24th try and create as many opportunities to laugh as you possible can. Watch a funny movie or show, share a funny joke or story, surround yourself with funny people, read something funny or even find your inner child. Laughing is one of life's best medications. It not only helps with your mental health it helps you physically as well. Laughing increases blood flow, increases life span, boosts your immune system, burns calories and relaxes muscles and pains.

Find something that makes you feel good and celebrate extra on this January 24th!



Dealing With Speech Impediments

By Gabriella Mancuso

When you are a young child and first begin to speak, a small impediment may make your family laugh or smile. They may think it's cute, innocent, and certainly not a concern.

But what if that stutter, lisp, or stammer follows you into your teens and young adulthood? Suddenly, you are teased and feel ostracized. Over 3 million Americans live with speech impediments, learn to cope with their speech and finding ways to improve upon it every day of their lives. Many are simply born with a speech problem, or have developed it due to brain damage or hearing problems. Genetics also come into play. If a speech impediment runs in your family, there is a higher possibility that the children born into the family will have some form of a speech impediment.

Although normal speech might seem effortless and easy, it's actually a complex process that is produced by the nerves and vocal cords. When we are speaking, we actually are coordinating many muscles from various body parts and systems, including the larynx, which contains the vocal cords, the teeth, lips, tongue, and mouth, and the respiratory system. Having a speech impediment stems from an abnormality within this process.

So, how can these speech problems be treated? Speech therapy treatments are available to those of all ages affected by issues with their speech, and over time, the issues can be corrected with the help of a speech language pathologist. A speech-language pathologist is trained to observe people as they speak and to identify their speech problems. Although it may be difficult to deal with a speech impediment, seek treatment and in due time it will improve.



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Can an Apple a Day Keep Alzheimer's Away?

By Susan Heckler

New research has discovered apple juice three times a week helps prevent Alzheimer's and heart disease. Dr. Thomas Shea, a neurobiologist, at the University of Massachusetts topped off 10 years of studying apples' effects on brain health. They used test tubes, Petri dishes, and mice for years. Then finally they confirmed their findings with a human clinical trial.

Twenty-one Alzheimer's Disease (AD) patients from ages 72 to 93 were fed four ounces of apple juice twice daily for thirty days. There were improvements with memory as well as the negative emotional moods normally associated with AD victims.

Dr. Shea concluded that by drinking apple juice only three times per week, you would reduce your chances of Alzheimer's by 75%. Other animal studies have demonstrated that apples protect the heart, increase lipid metabolism, and reduce inflammation.

A Florida State University study involving several women aged 45 to 65, discovered that a heavy diet of apples reduced LDL in the women by 23% in six months. The women also lost three and a half pounds on average.



How to Juice Apples Yourself

Conventionally grown apples usually top the Environmental Working Group's (EWG) "Dirty Dozen" list of excessively pesticide sprayed fruits and vegetables. Try to find organically grown apples or apples that are locally grown as small orchard apples may not be not sprayed, but they are not USDA certified organic.

Organic raw and unfiltered apple juice is better than pasteurized. The best way to go is juicing just enough apples to drink at one sitting each time. A slow speed masticating juicer is recommended. This type of juicer eliminates the extra fiber that inhibits rapid absorption while concentrating the juice of several items in one drink and preserving the enzymes that a high-speed juicer may destroy.

Do not peel the apples. Cut them into pieces small enough for the juicer and include the core, seeds and all. Adding a small piece of peeled ginger root into the juicer adds more inflammatory protection. A freshly squeezed lemon can be added also. This should be done at least three times a week.

Early Alzheimer's Disease (AD) Symptoms

If confusion, fog, and memory loss is creeping in as a matter of daily life, the apple juice approach is good, but it may not be enough if AD symptoms have already set in.

Orthomolecular medical doctors specialize in curing with high dose vitamin and mineral supplements, such as IV mega-dose Vitamin C. They have had a good deal of success with all types of brain issues using large doses of niacin, aka vitamin B3. It shouldn't be buffered as niacinamide, it needs to be plain niacin. This helps generate ATP for cellular energy in the brain.

Coconut Oil?

Consuming a tablespoon of pure cold pressed coconut oil twice or more daily has even reversed advanced Alzheimer's. Dr. Mary Newport reversed her husband Steve's advanced Alzheimer's, which couldn't be improved with pharmaceuticals, after discovering fresh virgin coconut oil has MCTs (medium chain triglycerides) that the liver can easily convert to molecular energy enhancing ketones.

Alzheimer's Disease is considered diabetes 3 by some health experts. Dysfunctional insulin in the brain starves brain cells of the glucose needed for cellular metabolism. But ketones replace the glucose that's in short supply in an AD victim's brain.

Coconut oil also helps create "good cholesterol" that forms much of the tissue in the brain and also protects the central nervous system with a myelin coating.

Close Grandparent-Grandchild Relationships Have Healthy Benefits

By Susan Heckler

So many of us are fortunate to have known our grandparents and even luckier if you have wonderful memories of special times with them. Wouldn't it be great if you can give that same gift to your children?

Many families are living multi-generationally, meaning you have more than two generations sharing a home. The economy is such that sharing a dwelling makes sense financially, plus Mom and Dad are at work all day so Grandma and Grandpa are big helps in raising the kids and getting them where they need to go. All parties concerned are so lucky, they get quality time with each other and can forge a strong bond.

There are so many wonderful benefits of having a great relationship with your grandparents, and it is great for both sides.

Grandparents are your link to the family tree and its history. They can regale your kids with tales of ancestors long gone who can give your family a sense of pride in their past. Children learn about history in school, but they can hear about it first hand from someone who has lived through it. Grandparents are a source of unconditional love and admiration toward the grandkids. There is nothing like learning the secret family recipes from Grandma to save for generations to come. Children in high risk situations such as poverty or family dysfunction are likely to do well with a Grandparent in their corner, guiding them through the tough times giving sage wisdom and love.

Grandchildren are the link to perpetuating the family tree and adding new limbs. A grandchild's achievement is a source of great pride. Grandchildren can be loved and nurtured without being the disciplinarian, making the experience that much more fulfilling. The Grands can share the latest trends and technology and teach G & G new things. One of the big issues of aging is loneliness and isolation, a tight relationship with the grandchildren does wonders to combat this. Social contact extends their lifespan as well as keeps their mind more alert.

The wonders of this wonderful relationship continue until adulthood. Research done by Boston College concluded that emotionally close ties between grandparents and adult grandchildren reduced symptoms of depression in both groups.

Thanks to the internet, it is so much easier to stay close and benefit from your relationship. Even at long distances, you can see their faces and hear their voices without breaking the bank. Talk! Text! Facetime! Facebook!

Keep sharing your love and your life with the Grands because it is grand!



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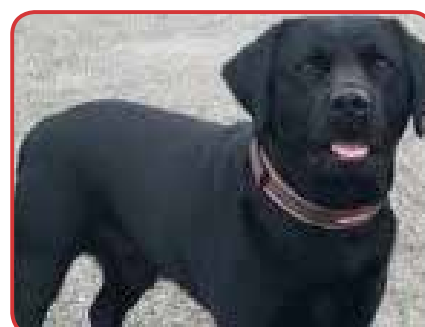
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The Cats are Taking Over Best Apps For Cats

By Nicole Iuzzolino

Technology is taking the world by storm. While technology is a tool to learn and experiment with, it is also great for entertainment purposes. Nowadays, every child possesses an iPad or tablet, and use the games to keep them occupied all day long. While these games and other apps are quite entertaining for people, there is another group that is interested in these apps as well. Cats now have their own games that can be downloaded to any tablet. Here is a list of the top five apps that will have every cat clawing for more.

Game for Cats

This app targets a feline's natural instinct to chase anything small. This free app features a tiny laser that dots around the screen, making any cat want to immediately swipe at it. For only two dollars your cat can upgrade from a tiny laser to a mouse as well. The app keeps track of your furry friends' score as well, so you can always keep track of how well they are doing.



Relax My Cat

Everyone loves listening to music, so why not get some for your cat? This app compiled some songs that they will love listening to. Just like how our music can influence our daily emotions, it works just the same for cats. Digital Trends states that each song, "...is supposed to evoke a different mood, so there's a track for making them sleepy, a tune for playtime, and even one for separation anxiety". However, the results of this app really depend on the kind of cat you own. Some really like music while others don't, so it is definitely worth a try!

Paint for Cats

It is finally time to bring out the inner artist in your furry friend! This app allows your cat to chase a mouse across the screen while creating a beautiful masterpiece. Every time your cat swats at the screen, splatters of paint will appear. When your cat is done, you have a little masterpiece created just for you!



Pet First Aid

While this app is not meant for cats to use, it is a very helpful tool to have on your phone. This app provides tons of advice when needing to diagnose your cat. There's instructions with dealing with specific emergencies, and videos for guidance. This app also allows you to make a specific profile just for your cat, so you can track vet visits, medications, and find vet hospitals if need be. It is definitely something every cat owner needs.

Cat Fishing 2

This app overall is pretty simple. There is a fish that swims around the screen, and every time your cat paws at it, they score points! Every time your cat makes it to the next round, another fish is added, making it harder as they advance.

At the end of the day, not all cats will like tablet games and will ultimately prefer a regular mouse toy. By introducing our animals to the world of technology, owning a pet is about to get a lot more interesting.

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Does Your Dog Have Musical Taste?

By Gabriella Mancuso

Everyone likes their own kind of music. Rap, pop, classical, country, reggae, and more are all examples of the wide variety of music that people can choose from. However, music is not just entertainment for people, it is great entertainment for dogs as well. Through multiple studies, it has been proven that your dog tends to prefer specific types of music, and you might be surprised by the genres they liked the most.

The University of Glasgow and Scotland's Animal Welfare Charity researched into what music dogs like the most. The study states that, "The study consisted of playing five different genres of music to a group of dogs...such as soft rock, Motown, pop, reggae, and classical". After researchers analyzed each dog's stress level, their heart rate, and how much they move around. One of the researchers explained that every dog really likes their own kind of music, however, reggae and soft rock were a favorite with a lot of the dogs.

All dogs have different music tastes, but studies have been proven some common threads with dogs. Aggressive and very noisy music may cause a dog to be agitated and get upset, while classical music soothes them and puts them to sleep. With classical music, many people wonder if there is a specific composer that dogs like the best. Animal Welfare explained however that when doing their research, "Moonlight Sonata" by Beethoven resulted in much less barking compared to other pieces. While dogs may prefer classical over a lot of other genres, it is always important to put the songs at low volumes. But the big reason why dogs love music is because they can howl along with their owners, and show all their love and appreciation while doing it.

At the end of the day, just play whatever makes you and your dog happy. Who knows, maybe your dog is a huge Britney Spears fan!



Zucchini "Enchiladas"

This hearty and nutritious vegetarian dish is perfect as a main dish, side dish or appetizer. It also makes a great snack or light meal for the kids when they get home from school.

Ingredients

- 2 tablespoons olive oil
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 can black bean, drained and rinsed
- 1 can corn, drained and rinsed
- 1 ½ cup enchilada sauce, divided
- ½ lime, juiced
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 4 zucchini
- ½ cup shredded cheddar cheese
- sour cream, for serving
- fresh cilantro, for serving



Preparation

1. Preheat oven to 375°F (190°C).
2. In a pan over medium heat, add the oil and the onions and cook until the onions are translucent.
3. Add the garlic and stir to combine.
4. Add the black beans, corn, 1 cup (290 g) of enchilada sauce, lime juice, salt, cumin, and chili powder, and stir until combined. Cook until just simmering. Set aside.
5. Cut off the end of each zucchini then using a vegetable peeler, peel each zucchini into wide strips.
6. Place 4-5 zucchini strips on a plate and spoon a large spoonful of filling at the bottom of the strips.
7. Fold the ends of the zucchini over the filling and continue to roll, tightly.
8. Transfer the zucchini rolls to a baking dish.
9. Spoon over the remaining enchilada sauce and top with cheese.
10. Bake for 15-20 minutes or until cheese is melted.
11. Serve with sour cream, cilantro and any other toppings you may prefer.

The Oatmeal Cookie Smoothie

Get the little ones involved with this simple, kid-friendly recipe.

What you need:

- 1 ½ cup of ice
- 1 cup whole milk
- ½ cup vanilla yogurt (works best with full fat)
- ¾ rolled oats
- ¼ raisins
- ¼ tsp. pumpkin pie spice
- 1 Tbs. dark brown sugar



What to do:

Place in a blender the, oats, raisins and pumpkin pie spice. For the milk over the mixture and set aside for approx 15 minutes. Once the oats are soft, blend 1 minute on high. Add yogurt, brown sugar and 1 ½ cups of ice. Blend on high until texture is to your liking. Makes 2 servings.

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Ingredients

- 1 banana
- 2 egg
- ¼ teaspoon cinnamon
- maple syrup, or honey, to serve

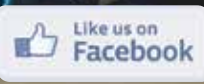
Directions

1. Mash the banana with a fork in a bowl.
2. Add eggs and cinnamon. Mix until combined.
3. Heat a nonstick skillet over medium heat. Add a spoonful of batter and cook for 3-4 minutes, then flip and cook for an additional 3-4 minutes.
4. Serve with maple syrup or honey. Enjoy!



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35 Calorie Chocolatey Oatmeal Pancakes

Recipe makes about 20 small pancakes.

At 1 pancake per serving, these wholegrain breakfast treats are soft, fluffy, light, sweet, and wholesomely healthy!

INGREDIENTS

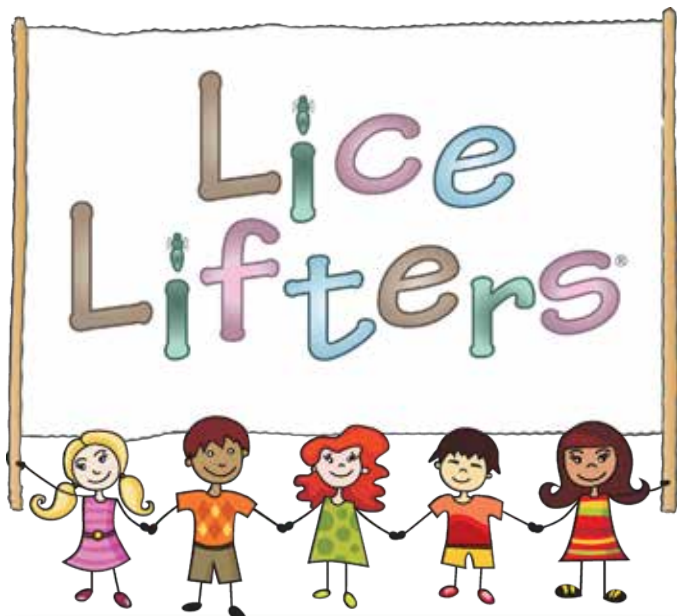
3/4 cup plus 1 tbsp spelt flour, all-purpose, Bob's gf, or ww pastry flour (120g)
6 tbsp rolled oats (30g)
1/2 tsp salt
2 tsp baking powder
1 tsp cinnamon
4 stevia packs or 3 tbsp pure maple syrup
1 cup plus 2 tbsp milk of choice (minus 3 tbsp if using pure maple syrup)
2 tbsp oil (20g)
2 tsp pure vanilla extract
1/2 tsp pure almond extract (omit if desired)
optional: handful chocolate chips or raisins
optional: can add up to 2/3 cup blueberries if desired

DIRECTIONS

In a small bowl, combine all dry ingredients and stir very well. In a separate bowl, whisk together all liquid ingredients. Pour dry into wet, and stir together to form a batter. (Note: if the batter is too thin—which might be the case especially if using cup measurements of ww pastry flour—just add a little more flour until you get a pancake-esque batter.) For fluffiest pancakes, let the batter sit in the fridge for 10-15 minutes. Lightly grease a medium skillet, then place over medium heat. When pan is hot drop small ladelfuls of batter onto the skillet. Flip pancakes, using a spatula, when the edges begin to look dry. Allow to cook one minute longer, then remove from heat. Serve with your favorite pancake toppings.

TIP: Test the heat of your skillet by throwing a few drops of water onto the surface. When the water sizzles, the pan is ready for the pancake batter.





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Make Romance Great This Valentine's Day

By Gabriella Mancuso

Are you and your significant other stuck in a drought? Have you tried every Valentine's Day to make it special but nothing seems to go right? Are you completely and utterly lost on what to do for the famous day of love? You have come to the right place. Here are some great ways for you to spark the fire, and make Valentine's Day just as romantic as you imagined.

If you are looking for something special you can try a variety of things. Reservations at a fancy restaurant, cooking a delicious dinner, movie night with the best romance movie of course or relive your favorite times with your significant other. Go to your first date spot, bring out the pictures and relive your favorite memories together. Gift ideas include their favorite flowers, chocolate, jewelry and poems. Be sure to show your significant other extra attention. Leave alone time, have good conversation, show them you really care. The main idea here is to break the normal/daily routine and do something special.



The Celebrity Transformations

By Nicole Iuzzolino

Transformations in Hollywood are the norm. Every day, someone is dyeing their hair, getting it cut, and basically turning into a new person. While everyone is changing their do's left and right, there are a few style icons who stole the show.

The first icon that must be addressed is Selena Gomez. Selena is known for her huge, dark brown eyes with matching hair. Fashion is all about taking major risks, and that is exactly what she did. She went from a deep chocolate to a Kurt Cobain blonde and it paid off immensely. Her new look was the highlight of the American Music Awards, and is still being talked about now. Her stylist however gave a few warnings to brunettes seeking this new look. She explains that patience is key, since the process of getting that look on Selena took 9 hours. But if you have a lot of patience, this look may be right up your alley.

Kate Middleton is admired by so many because of her class, grace, and also her style. This season, we finally saw her step out of her comfort zone just a bit. Kate is known for her long, wavy, brown locks, so when she stepped out in a bob, the people were shocked. It was not a real bob however, it was just done to give her the effect. Maybe she is testing out her decision to get a new do?

Everyone remembers Gossip Girl. Gossip Girl was a hit show that centered around teens living in the Upper East Side of Manhattan. Blake Lively who plays the main character in this show, is a role model for so many young women. She is looked up to for all the generous things she has done for society. And of course, wanting her great style is just a plus. Lively, who is known for her long, luscious, blonde locks, took the more permanent route than Kate Middleton. Blake Lively went for a lob this season, which is a longer version of the average bob, and everyone is fawning over it. Getting a lob is great if you need to frame your face so your features pop and everything is more defined. It is the look of the season, and will be hard to beat.

Fashion is constantly changing in the world of celebrities. One day someone has jet black, waist length hair, and the next, a light purple pixie cut. These styles alternate, new trends come and go, but style icons will always last.

HOW TO TELL IF YOUR TEEN IS LYING

By Susan Heckler

There are countless reasons people tell lies and even more means to justify them. White lie, purple lie...lying isn't acceptable but it is a fact of life. People lie.

Now that we have this understanding, what do you do when your child lies. You are their parent, charged with the responsibility of your child's safety and possible the safety of others too. You need the truth, so problems of unsafe behavior can be addressed. Who? Where? What? When? How? You gave them life and love, you are entitled to know these answers.

Research shows you have a 50/50 chance of detecting a lie. Apparently everyone lies, and it is a part of human nature, our defense when we screw up. The degree of severity of the lie should predict your response. Your trust was breeched, not a good feeling.

RED FLAGS FOR FIBBERS

When your child was born, your Parent Radar became very acute. You could hear the scratch of their tiny little fingernails on their crib sheets from three miles away. Follow your instincts, if something feels wrong to you, poke into it. There is some variation as we are all individual and unique, but be on the lookout:

- **Hesitating:** Unnatural pauses may mean that they are having to think harder to give an answer.
- **Eye Contact:** Avoiding direct eye contact can be a sign of lying as can frequency of blinking.
- **Change in Breathing and Dry Mouth:** The stress of lying can cause a change in breathing and a drying up of saliva as well as a change in the vocal quality.
- **Stillness:** Panic is setting in and their brain is busy coming up with a lie, so the body language may change.
- **Pointing and Foot Shuffling:** Their body is quieter as they ponder the lie, but the feet are showing the nerves.
- **Touching vulnerable areas:** Fibbers body language has them protecting a vulnerable area and literally blocking communication.
- **Specifics:** The truth is in the details; withholding them, changing them, avoiding them, too many of them.
- **Verbal Nuance:** Do their actions match the words?
- **Relief:** Notice a reaction when the subject is changed, and they feel they are off the hook.
- **Eyebrows and facial expression:** Check if their eyebrows and mouth suddenly change their position.
- **Over-reaction** is a defensive measure.



So, you have now determined whether or not your child is lying. The question remains is what do you want to do about it?

Best Tips for Dealing With Tweens

By Gabriella Mancuso

You just got out of the “naughty child” stage only to enter the “tween stage”. Even if you don't want to believe it you know exactly what the tween stage consist of. The usual, I am an adult now, let me do what I want, I don't need your help kind of attitude. Dealing with a child ages 11-13 can be difficult, but there are some things you can do to help.

Build a Support Network

Being a tween is hard. It is awkward, everything is changing and you self confidence is at an all time low. Building a support network can help your child a lot. Surrounding them with love, trust and support will help raise their self-confidence and make life a little less awkward.

Point Out Their Good Actions and Praise Them

Be sure that your kid knows that you are proud of them. Pointing out their good actions will result in them wanting to feel flattered more, furthermore resulting in them doing more good things. Be sure to also give them criticism as well as compliments. You do not want your child to believe they can get away with anything as long as they do one good deed. Self-confidence is important, but too much of something is never a good thing.

Being Involved

Being involved in a tweens life can be a difficult situation. They might lash out and demand privacy and independency. The best thing to do is to work with this. Ask the, questions while being informed on their life, but all to a certain extent. Give them privacy and allow them to grow on their own as well. You can not smoothen them, but you must be aware of their actions and well being in order to guide them the right way.

Do Not Lash Out

Arguments are inevitable. They will happen and they will not be pleasant. The worst thing you can do is scream back and make the problem worse. Obviously, all children require reprimanding, but try hard not to cause a huge blow out. Before screaming back take some time and cool down. Make sure both of you are calm enough to speak without getting excited, and then return to the conversation ready to find a resolution.



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How To Decide If You Really Want To Be a Mother

by Susan Heckler

For many women, the desire to be a mother is just an assumption. After all, doesn't everyone want to be a parent?

Apparently not! Parenthood is one of the most crucial decisions a woman will ever make. It is a lifetime commitment...24/7 for at least 18 years. You are no longer a 'me', you are a 'we' and need to think and act like one for a very long time.

For some women, like me, it was a no brainer. I had a very strong desire to be a Mom and raise a family. For others, like my sister, who told everyone she was doing it for my brother-in-law and didn't care to have kids, not so much. (Not to worry, there was a dose of motherly love in the Demerol they gave her, and she had instant love for my niece and nephew). And then there are those that are just not so sure.

The more recent generations have taken the Daddy Factor out of the decision in many cases and make their decision as a single. Women are opting on being single parents because they are ready for motherhood and haven't found the right man.

Think long and hard ladies, someone's life is going to be in your hands and you need to give it your all. Your ability to be a mother will shape another human's life and have an impact for generations to come.

Many people place a stigma on women not wanting children. Do not listen to them. If you do not have it in your heart to do this, maybe you should listen to your heart. Doing a bad job at motherhood has long term ramifications to your child and your life. Hey...someone's life depends on you!



- First of many questions: Do you like children? How do you feel when you are with friend's kids or in a family style eatery?
- Are you emotionally ready for this? Do you have room in your life and your heart for a child? Are you a stable, mature woman?
- Are you willing to give up some of yourself? You will have less time for your career, partner, interests, social life, travel, sleep, and downtime. And yes, children are expensive and put a massive dent in your spending patterns. You need to be willing to make sacrifices for someone other than yourself.
- Do you have the capacity to love?
- Are you able to take care of yourself? If you cannot handle your own life, think twice before forming a new one to take on.
- Do you have a support system in place? It is very difficult to parent alone without the help of family and friends occasionally.
- Are you a responsible person? How is your emotional, intellectual, and spiritual development?
- Is your partner ready, willing, and able to parent?
- What are your motives for having children? Is it to make someone else happy? Repair a relationship? Because everyone else is?

No matter what your decision is today, tomorrow is another day and you can ask yourself the same questions.

Our Postpartum Truth - In Her Words: My Anger

By Michele Inzelbuch, LCSW, LCADC

Postpartum depression can manifest in different ways with each individual. Many women suffer from symptoms of anxiety, depression or obsessive-compulsive disorder (OCD). They may also experience a variety of other symptoms such as constant worry, a sense of doom, racing thoughts, changes in sleep or eating habits, fear of being alone, restlessness and medical worries to name a few.

A new baby adds more responsibilities to the mother. If she is struggling with any of these symptoms, frustration and anger can be what the family notices first. Managing care for a newborn while feeling overwhelmed by anxiety, worry or racing thoughts can be extremely stressful to the mother and anger becomes a way of coping. It can have a negative impact on the individual and family members, but it is a big indicator that mom needs help.

Having some quiet time away from the baby so that she can tend to taking care of herself is extremely important. Family members stepping up to do household chores, cook a meal, or feed the baby can take some of the daily pressures off and reduce stress.

It takes a lot of energy to care for a newborn. Support from family and friends can benefit a new mom in many ways by giving her time for self-care, reducing feelings of isolation, be a positive distraction and most importantly, let her know she is cared for and not alone.

Many women have discussed that their anxiety, though directed at themselves, tends to be released outwards on those closest to them. Often, we see other moms who appear happy and carefree leading to feelings of inadequacy and adding to negative emotions. Family members and older children frequently take the brunt of the anger. The guilt that follows can worsen symptoms and leave a woman feeling trapped in a cycle of negativity.

This month, women in recovery from Postpartum Depression and Postpartum Anxiety share their experience on the topic of their anxiety and anger with hope of bringing about a deeper understanding of PPD/PPA and recovery to the community.

N.D. - "I usually got angry when my patience ran out or when irrational thoughts were in my head." Struggling with a high level of anxiety, N.D. would often feel attacked or insulted when dealing with other people. "I have always been very sensitive and the PPD/A made it worse." When a situation became too much she would remove herself from what was triggering the anger. "I usually close myself in a room when I am really angry because I need to when I am anxious," she said. "I did fear becoming violent at times, but I would rather decompress by

myself and explain to them [children] calmly later that mommy needed a time out." Allowing herself to calm down can lower the anxiety in that moment and let the anger subside to avoid an angry outburst. She would rather feel guilty for shutting everyone out for a bit than regret becoming verbally or physically violent.

L.M. - Anger can be directed at oneself but present itself as anger towards others. "I'm angry because I can't control anything," L.M. shared. "Especially not a 5 year old with her own mind who is out in public and who is not perfect and doesn't always listen. I'm angry that I'm not the happy, put together, cupcake baking, Zen, working mom who takes things one minute at a time with grace and makes parenting look easy." Putting pressure on oneself to be the perfect mom is harmful to our self-esteem and sets an unrealistic goal. No one is the perfect mom no matter how they appear. Be mindful when using social media that what you see is people at their best and it is a one-second snapshot of a moment. Just because a photo makes them look like the poster mom of happiness, it doesn't mean their house isn't a mess with piles of laundry to do. Give yourself a break and set realistic goals that are attainable for you.

J.D. - "Everything became a trigger to me and I so easily went from happy to raging," she said. "I had zero patience. I'd rage, scream, say things I didn't mean and then feel like the worst person in the world for the things I said and for making my child cry." She swore she would not do it again but it would happen again and again. She was angry and stuck in a negative cycle. There was no physical violence but verbal outbursts happened frequently leaving her with a lot of guilt. The anxiety lessened her ability to be patient and everything became a stressor.

M.W. - "I don't recall being angry; more being scared, sad, and depressed." The anger she did experience came from family members comparing her parenting to others. "If I had any anger it was towards those who told me it wasn't all about myself anymore, who praised the parenting/bond of others while in front of me." For example, when her mom commented on how well her sister did with the baby. "That really got me angry, but the anger was covered by my anxiety," she said. She also noticed a decrease in tolerance and patience.

M.T. - The anger came on gradually for M.T. after months of her partner not helping as much as she needed, and her symptoms began to surface. "As the months passed and the depression became more and more anxiety, the anger began to increase," she shared. The anxiety brings on the anger and it is necessary to address the anxiety in order to recover from the anger. "My older child received the brunt of

the outbursts. I said mean things, cursed at him and every moment of every day, I wish I could take it all back." One rage-filled outburst scared M.T. and she worried she could have hurt her older child if the anger got the best of her. She decided to make a medication change to better treat the anxiety. "I am now able to explain to my children, 'Mommy needs a time out.'" The insight and control that she had in the moment that prevented the rage from becoming physical did not prevent the verbal outbursts.

Already having feelings of guilt and shame from their inability to enjoy their new baby, the anger and rage can be yet another complication to Postpartum Depression and Anxiety. For many of these women, they fear that their verbal outbursts may have caused long-term harm to their children. These mothers struggle with self-forgiveness. Thankfully, none of them ever became physically violent with their children.

It is important to reach out and ask for help if you are struggling. A partner or family member may not know why you are feeling so angry so it is imperative to communicate your feelings and let them know how they can help. In moments of anger it is okay to take a break and calm yourself down before dealing with a stressful situation. As long as the baby is clean, fed, and safe in their crib, take some time to do deep breathing, a simple task or even lay down to rest. You cannot take care of a child if you do not take care of yourself! Be sure to let your partner know how they can help and give them some tasks to do to lessen the burden on you and share the parental responsibilities.

For the new mom from a survivor - The anger is the anxiety. Do not let it turn into rage. Get help, find an outlet. Half the battle is forgiving yourself for feeling the way you do, prevent yourself from having more self-forgiveness that is needed. If you relate to our words, then you know you are not alone.

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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It Is All a Function of What You Are Used To... Or Is It?

By Susan Heckler

Charlie Chaplin was a star in the silent movie days, so we didn't really hear much of what he had to say. This very smart man was once quoted as saying, "The saddest thing I can imagine is to get used to luxury." Let's ponder this for a bit.

We all plod along in our daily life, choosing our home and neighborhood, working in our careers, frequenting the places we like, purchasing our brand preferences, and may continue to do this happily for the rest of our lives.

What happens when something is introduced into our lives that piques our interest, tickles our taste buds, cries out CREATURE COMFORT and opens our eyes?

Want to hear my eye-opener? My entire life had been spent "doing the paper work" using one ply toilet tissue. This tradition has been passed down through the generations on both sides of my family. Now, understand the world was once a 1 ply place. Back in the 1950's, a manufacturer created a thicker "two-ply." Two-ply toilet tissue was twice as thick as the original so that meant twice as soft and twice the protection to keep our hands clean. A sure sign of luxury as two-ply was premium priced. Oh, but wait, quilted is even better. I just can't go back to one ply...ever!

And what about those discerning taste buds though. I was a happy Hershey's chocolate fan until I received a box of European chocolates as a business gift. The taste and texture are a world of difference, and so is the price. While Milton Hershey used to be my hero, Swiss confectioner Rodolphe Lindt has taken over.

Say Cheese! As a child, do you remember loving Velveeta, a household staple since its invention in 1918? This processed cheese tasted great with anything and melted to perfection, making macaroni and cheese fit for a king, or at least a hungry college student. Or so we thought. At the cost of \$6/lb, it was readily affordable to all. The 1980 slogan of "Colby, Swiss and Cheddar, blended all together" was no longer true as the recipe changed. In 2002 it was downgraded to a Pasteurized Prepared Cheese Product since it wasn't cheesy enough to be called a cheese. When you taste the real cheeses, processed spreads will never grace the doors of your refrigerator again.

Yes, part of it is marketing the same old product in a new way with a new twist. Products have evolved to stroke our ego, make life more enjoyable and grab a bigger slice of the market share.

But if you were used to sleeping on a cold, hard floor and someone introduced you to a pile of straw? How would the straw feel if you got used to sleeping on a mat? Would you want a mat if you were introduced to a mattress?

So, the moral of the story is work hard to afford your creature comforts because once you are used to a luxuriant life, it is hard to go back to basics. To quote a luxury cosmetic company.... It's expensive, but I'm worth it!



BAC-Catcher Game

Folding Instructions

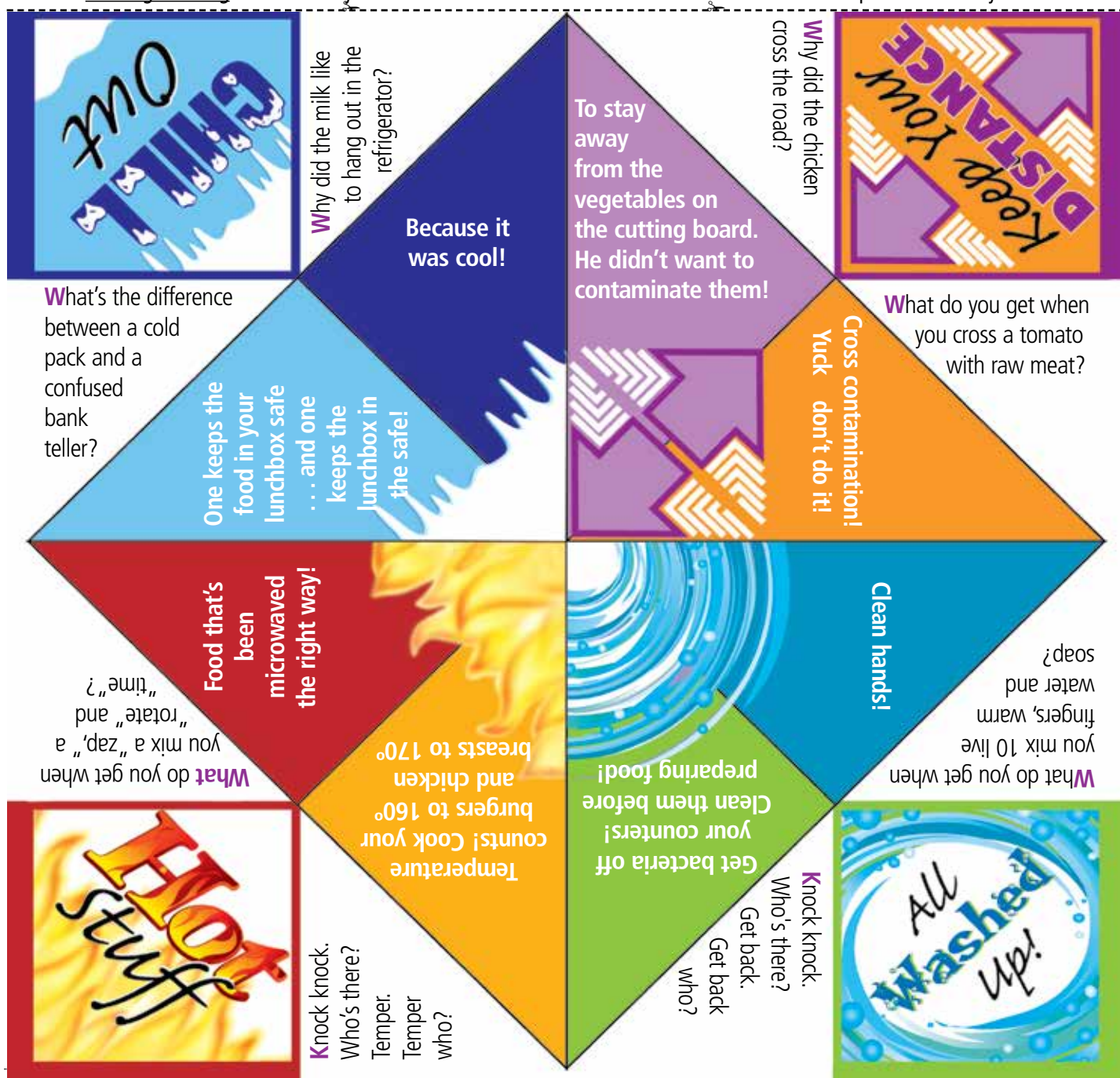
1. Cut along the dotted line.
2. Place the BAC-Catcher face down. Fold 2 corners together to form a triangle. Crease and unfold. Now fold the other 2 corners together, crease and unfold.
3. Now, fold each corner to the center point.
4. Turn the folded paper over and fold each corner into the center.
5. Fold the square in half. Unfold it and fold it in half the other way.
6. Using both hands, place your thumbs and index fingers under the flaps.

How to Play

- This game is for 2 players. Ask the other player to pick one of the printed squares -- for example, "Hot Stuff."
- Open and close the BAC-Catcher in an alternating direction for each letter of the phrase H O T S T U F F (8 times).
- Ask the question closest to the phrase chosen and let the other player answer. Lift the flap to find the answer.
- Now give the BAC-Catcher to the other player. It's your turn to answer.
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Winter Word Search

Word search puzzles are a great learning tool for kids. They emphasize pattern recognition which is a key cognitive tool. Many studies have shown the benefits of puzzle solving to develop our skill at pattern recognition. Pattern recognition is the brain's ability to find order and create meaning from data around us. These type of activities are basically brain teasers that stimulate your mind. They make you think and they have a positive effect on your intellect.

H	D	T	E	K	C	A	J	V	P	T	F	Q	H	L
L	X	R	Y	S	G	W	S	H	E	W	L	U	M	X
F	E	I	A	L	C	T	X	M	Q	I	E	I	F	N
D	G	V	O	Z	O	A	P	M	G	Y	E	L	L	R
N	S	V	O	O	Z	E	R	N	E	W	C	T	W	K
K	E	N	B	H	R	I	I	F	H	L	E	R	A	P
S	U	W	O	A	S	Z	L	I	N	V	N	E	Y	H
U	V	G	T	W	E	W	T	B	O	C	F	B	N	C
L	E	U	T	E	M	E	H	Q	S	U	V	M	N	V
P	R	F	R	D	P	A	L	E	A	J	V	E	O	U
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E	W	N	M	D	J	A	B	I	S	O	C	E	E	W
I	C	I	C	L	E	S	L	N	U	R	L	D	I	E
L	P	Y	G	O	E	C	A	L	P	E	R	I	F	I
R	N	Q	W	O	N	S	T	U	M	E	D	Z	I	S

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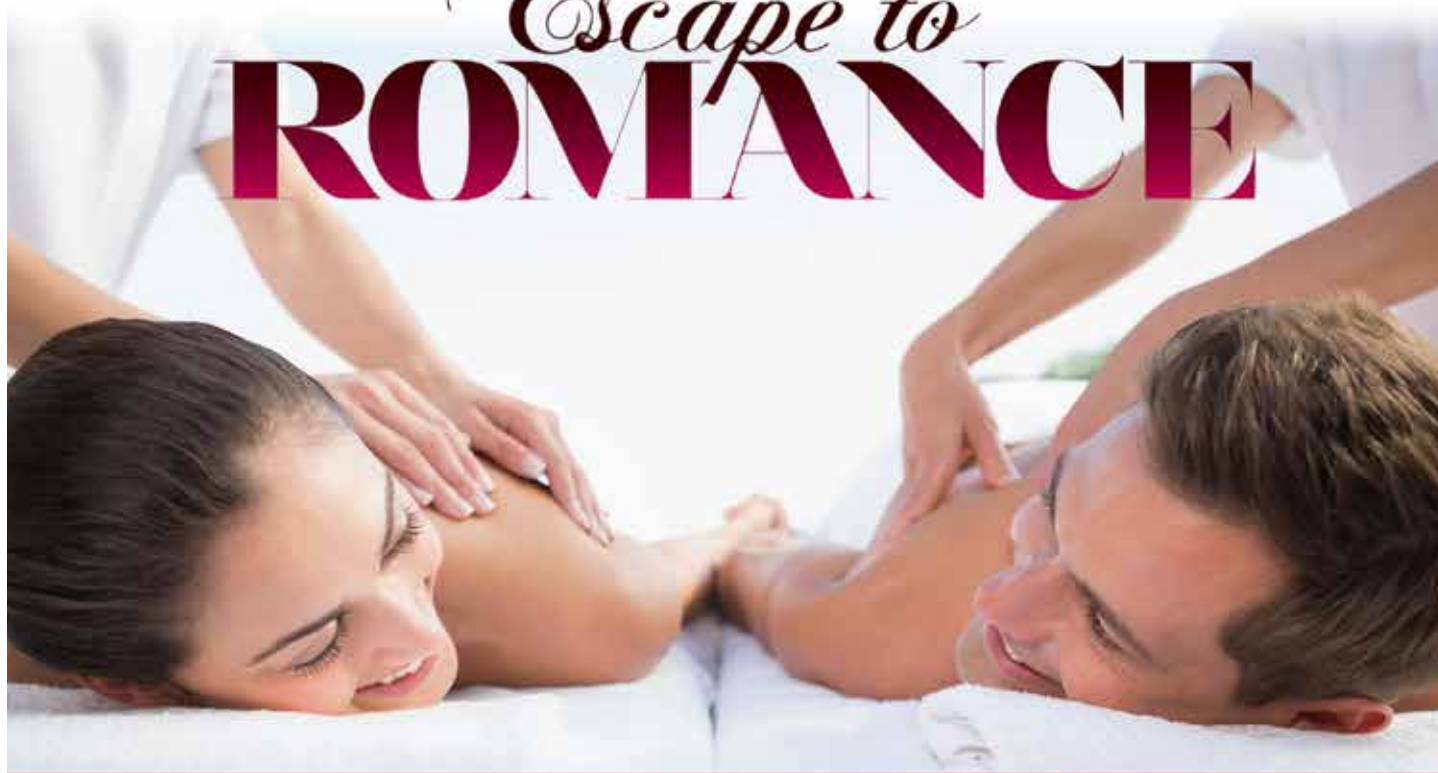
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