

# FAMILY TIMES™

CENTRAL NEW JERSEY'S PREMIER PARENTING MAGAZINE

FREE

News for Parents • Activities for Kids

MARCH 2018



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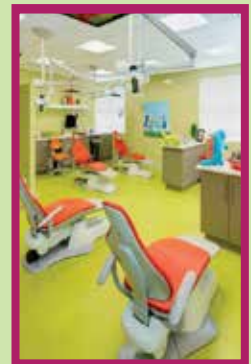
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FAMILY TIMES

THE MILLSTONE TIMES

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The Greater Princeton Area ASK THE DOCTOR

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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. 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.
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*"We have been using the Family Times for a couple of years now. The Family Times has helped us reach many families. We have seen great results by advertising in this publication and would highly recommend them. I would like to thank Gunther Publications for helping us put Brick Rainbow Kids on the map."*

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## Having trouble getting pregnant?

### *Have Your Husband Eat Tomatoes*

By Lauren Kolicki

Before you resort to spending a great deal of money on alternative fertility treatments, there may be another option.

"There's an assumption that infertility is a female issue because women are the ones who have the babies, but half the time it comes down to problems with sperm function or quality," says Karen Veness, spokeswoman for Britain's Infertility Network. Studies have shown that there is an antioxidant compound found in tomatoes, that could increase sperm count by 70 percent. Lycopene, a powerful phytonutrient that gives tomatoes its color, has been found responsible for increasing sperm count, swimming speed, and decreasing abnormal sperm.

Aside from tomatoes assisting with conception, multiple studies have found that a tomato rich diet can reduce heart disease, help lower cholesterol levels, and reduce disease in the prostate, lung and stomach.





# Our Postpartum Truth - In Her Words: The Long Term

By Michele Inzelbuch, LCSW, LCADC

**L**ife changes occur all the time and having a new baby changes everything. Priorities change as well as routines, activities, relationships and the mother's mental health can be affected as well. Women who experience postpartum depression or anxiety often seek help and recover at her own pace. Some women are able to transition off medications and others find they need to remain on medications for an extended period of time. Acceptance and management of long-term symptoms can be its own obstacle but it is a part of the recovery process and can be managed in a healthy way.

This month, women in recovery from Postpartum Depression and Postpartum Anxiety share their experience on the topic of their long-term symptoms in hopes of bringing about a deeper understanding of PPD/PPA and recovery to the community.

N.D. suffered from anxiety and depression for years before having PPD. She is currently five years postpartum and continues with medication to treat her psychological symptoms. "PPD/A changed me dramatically because it added new emotions to the mix," she said. "I have less patience now and I do get some fits of rage which I never really had before." N.D. also experiences guilt and shame when she loses her patience and her family is on the receiving end of negative behaviors. "I am very open with others about the struggle and I don't think anyone should be shamed... the fact remains that not everyone is compassionate, understanding and nonjudgmental," she added. N.D. takes medication to treat her symptoms it is something she needs for continued progress in the long term.

L.M. still experiences symptoms and obstacles but they are less intense and short lived. She currently takes medication to manage her anxiety. Symptoms flare every month with her menstrual cycle. "I know when my period is coming because I have one day that I am out of control, rage, [and] have no patience," L.M. shared. Her daughter and husband are often on the receiving end of these episodes, but with continued treatment this can continue to improve.

J.D. came off her medications at four years postpartum after her second child. She made attempts prior to stop her meds but needed to continue due to ongoing symptoms. "There were many times I tried to get off of medication in the past and couldn't do it, which made me feel like a failure," she said. "I finally realized that it's okay to be on medication, there's no shame in it. Different people need different things and I needed it then." With medications, therapy, and healthy life changes her symptoms decreased and she became stable. "Through therapy and other life changes, I have found MY way to change so I didn't need medication anymore."

M.W. uses medications to keep her stable from anxiety and depression. There are periods when she experiences both symptoms but not to the extreme. Five years postpartum, her priority is to stay healthy and meds help her accomplish

this. "I've come such a long way in my relationship with my son and my identity as his mom," she said. "One effect PPD/A has had on me is to make me more sympathetic to moms of young kids, knowing that they might be struggling." Like many women of today, she struggles with the balance and motivation of career, mom, wife, and household responsibilities. M.W. feels accomplished in her growth and her ability to overcome, which are so important in healing.

M.T. experiences increased anxiety compared to before her pregnancy. She is three years postpartum and takes medication to manage her anxiety. "I have had a decrease in patience; noises and other random things bother me quicker and more frequently than before," she explained. "I fight my rage. I am so ashamed of how angry I get sometimes and then have to deal with the guilt." Her symptoms increase every month during her menstrual cycle, something that is common due to hormone fluctuations. "On the positive side, I have made new friends who understand me and do not judge my moments of insanity. I have become an advocate and at those moments feel stronger than I ever have in my life."

**For the new mom from a survivor:** "Not all people are compassionate, understanding, and nonjudgmental. Surround yourself with those that are." -N.D.

The road to recovery is not a straight line. There are twists, steps backward and unexpected events that affect progress. Healing takes time and effort. As long as we continue to work on ourselves and put the time and energy into creating a healthy mindset and lifestyle we can recover. The long-term symptoms will lessen and one day you will find yourself in a healthier place in your life. There will be setbacks as there is in everything worth doing. Accept where you are today, use the skills you have learned, lean on your support network, and give yourself a break. You will heal at your own pace.

*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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## Dealing with a Jealous Dog and Newborns

By Gabriella Mancuso

Bringing home a newborn is an exciting and beautiful time. It appears everyone is just as excited as you, until you look at your dog. Dogs are a person's best friend. They require a lot of attention, nurturing and caring. When you bring home a baby that requires those same exact things, your priorities shift a bit and your dog notices. If you have been noticing odd behavior from your pup since your newest addition to the family arrived, it is simply because your dog is jealous of your newborn. There are many things you can do to help resolve this conflict.

If your dog is jealous of your newborn, you can easily help the situation. If your dog is well behaved and trained, the main goal is that the newborn and dog are comfortable around each other. Create situations in which the two can be around each other. Never leave your baby and dog alone, but have them spend as much time around each other as possible. For example, pet your dog while you are sitting on the couch with the baby. You can also take your dog for a walk with the baby carriage, and when your baby is playing around on the carpet play some catch with your dog. With this you should also dedicate some alone time with your dog. The perfect opportunity to do this is when your baby is asleep.

If your dog has recently started to behave bad, get jealous towards a specific person or whines and cries all the time these tips will for sure help. Dogs can get jealous over anyone or anything. However, my biggest tip for newborns and jealous dogs is to make sure you can all be one big, happy family! Equal effort, love and care for everyone including the dog.





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# Tips to Help your Baby Sleep Better

By Lauren Kolacki

- Have a consistent bedtime routine. This can include going into their room, shutting the blinds and lights, rocking in the rocking chair, etc. Your baby will quickly come to love the consistency and predictability.

*\*\*Try to avoid feeding before sleep, so the baby does not come to correlate the two.*

- Babies possess a startle reflex. This means, when they start to fall asleep they may feel as if they are falling and jerk. This movement causes them to wake instantly. By keeping your baby in a tight swaddle, you prevent the baby from startling him or herself, allowing for an improved night sleep.
- Change diaper strategically.
- "White Noise." Place a fan or soothing music in the baby's room. This will provide a relaxing aura and hinder exterior noises from waking the baby.
- Provide a familiar sleeping zone and try to avoid deviating bed time from this space. This corresponds with a bed time routine and the consistency that accompanies it.
- Limit day time naps. I know it is hard to wake an innocent, quiet baby, but sleeping too long during the day can interfere with nighttime rest. If the baby begins to sleep longer than 2.5 hours, you may want to wake them.

*\*\*On the contrary, forcing your baby to stay up during the day so they sleep better at night is counterproductive. He/she can be overstimulated causing them to be overtired and restless, resulting in less sleep.*





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<https://www.happinessiscamping.org>

62 Sunset Lake Rd

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Happiness is Camping is a summer camp where children, battling cancer, and their siblings can attend free of charge. The camp's mission is to provide these children with the traditional camp experience while administering exceptional medical attention. This camp implements all the conventional activities accompanied by full-time supervision.

## 2. Camp Excel

<http://www.campexcel.com/programs/> 2517 Highway 35

Building H- Suite 205

Manasquan, NJ 08736

732-282-0150

Population: ADHD, Asperger's Disorder, Tourettes Disorder, Obsessive/Compulsive Disorder, Anxiety, Depression, Central Auditory Processing Disorder and others with mild learning disabilities

Camp Excel is a summer camp designed for fun and recreational activities while incorporating academic, social, and emotional needs. This program strives to increment brain stimulation through the months of no school.

## 3. Monmouth County Park System

Dorbrook Recreation Area Activity Center in Colts Neck.

353 Route 537,

Colts Neck, NJ 07722

<https://www.monmouthcountyparks.com/page.aspx?ID=4188> 732-460-1167 - Activity Center

Recreation Challenge is a summer camp designed for individuals with developmental delays, intellectual disabilities, or neurological impairments.

Summer Capers (6-11) is specialized for individuals who are low on the Austin Spectrum. This camp focuses mostly on socializing, each day being filled with outdoor games, water activities, etc.





# Weight Gain and Anti-Depressants

By Susan Heckler

***Congratulations, you have taken a step toward inner happiness and are working toward a wonderful 2018.***

There is a side effect to anti-depressants that might be unexpected. Many, not all people, who take them find themselves gaining weight within weeks of starting. Hopefully you are reading this and just starting on the medication, so you can be cognizant before the pounds pack on.

## **THIS IS NOT A REASON TO REFUSE THE NEEDED MEDICATION!**

According to the Center for Disease Control (CDC):

Latest data from the National Health and Nutrition Examination Survey (NCHS Data Brief No. 283, August 2017):

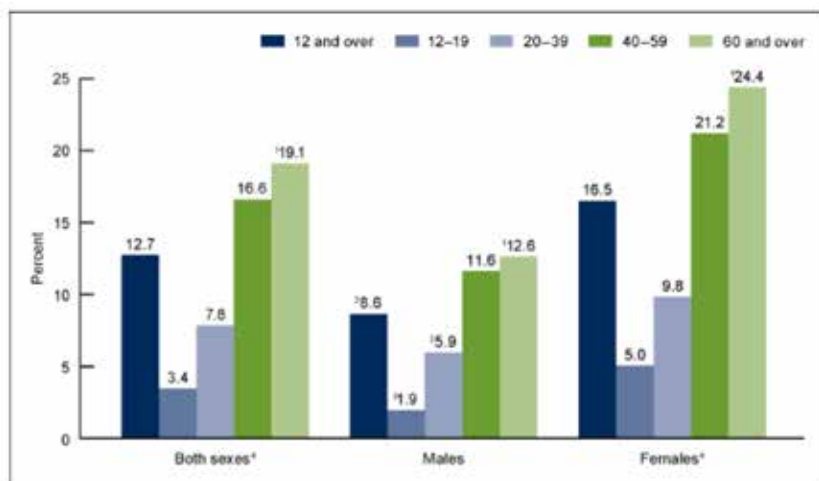
- During 2011–2014, 12.7% of persons aged 12 and over, 8.6% of males, and 16.5% of females took antidepressant medication in the past month.
- For both males and females, non-Hispanic white persons were more likely to take antidepressant medication compared with those of other race and Hispanic-origin groups.
- One-fourth of persons who took antidepressant medication had done so for 10 years or more.
- Antidepressant use increased from 1999 to 2014.

Antidepressants are one of the three most commonly used therapeutic drug classes in the United States. While most antidepressants are taken to treat depression, antidepressants can also be taken to treat other conditions, like anxiety disorders, pain and to stop smoking. Serotonin, the chemical in the brain that regulates mood, also regulates appetite. Antidepressants work only on the mood function of serotonin and may in some way interfere with the appetite function.

Unfortunately, this side effect encompasses nearly all anti-depressant medications, although everyone responds differently. There are other contributing factors, so the medication may not be totally to blame. Overeating or inactivity because of depression can cause weight gain. Your improved mood may give you an appetite.

Steps you can take to try and avoid the gain:

- Track your weight and report any change to your doctor.
- Are you truly hungry or just have an appetite? The difference is hunger is when you must eat NOW and don't care what it is. Appetite is when you want to eat but without the urgency. The medication will increase your appetite but won't really make you hungry.
- Sometimes the medication will cause your stomach to produce too much acid, feeling like being hungry. Try over the counter Rolaids or Tums to reduce stomach acidity to see if that hungry feeling goes away.
- Make more serotonin.
- Serotonin is made after you eat any carbohydrate except the sugar in fruit. Your brain will receive tryptophan, an amino acid that is used by the brain to make serotonin. Eat about 30 grams of a sweet or starchy food on an empty stomach or at least two hours after you have eaten protein.
- Choose carbohydrates that contain very little fat because the fat slows digestion and adds calories.
- If your meds make you want to snack all night, avoid eating protein at dinner. If you dine on a starchy carbohydrate like pasta or a large baked potato with vegetables for dinner, your brain will make enough serotonin to keep you satisfied and full until bedtime.
- Avoid high protein, low carbohydrate diets because it prevents serotonin from being made.
- Exercise! With an increase of serotonin, you will increase your energy.
- A word to the wise, just as it is easy to gain weight on these medications, it is also harder to lose. Do what you can to avoid the weight gain.



# 10 THINGS Parents with Loved Ones on the Autism Spectrum Would Love to Hear



- 1** What people say: "Maybe it's a misdiagnosis – I've heard they are over diagnosing things these days."  
*Better to say: "He's lucky to have an observant parent learning about his needs. Thanks for trusting me enough to share this – I am here for you."*
- 2** What people say: "Are you getting enough time for yourself?"  
*What we wish you'd say – "Can you find time to catch a movie or have dinner out with me next week? If you can't get out, can I come by?"*
- 3** What people say: "I got him this gift – I know it's technically a little young for him, but I thought that it might be more his level."  
*Better: Call ahead and ask what the child would like, or, when in doubt: gift card.*
- 4** What people say: "Do you know whose family it came from?"  
*Better to say: Nothing. This is a deeply personal issue and with some disorders it's still unclear if they stem from genes, environment, or both. Listen only to what the parent volunteers.*
- 5** What people say: "Life doesn't give us anything we can't handle."  
*Better to say: "So, when can I babysit?"*
- 6** What people say: "This is an opportunity: You just didn't land where you expected, but landed. You thought you were going one place, but just ended up in another place. Have you seen that wonderful poem, 'Welcome to Holland?'"  
*Better to say: "I'm here if you want to talk."*
- 7** What people say: "Maybe he just needs a little more discipline."  
*Better: Recognize that communication – particularly the ability to understand language receptively - can be an issue in some disabilities. This can look very different from the outside; try to resist passing judgment.*
- 8** What people say: "It's too bad you didn't find out sooner. I've heard the prognosis isn't as good if they don't catch it early."  
*Better to say: "Can I help by reading up on the current resources and research? I'd be interested in learning more and I'm happy to help fill out forms/laminate PECS/help with your laundry."*
- 9** What people say: "I don't know how you do it."  
*Better to say: "So – when's our next playdate?"*
- 10** What people say: "So how is Junior (child with special needs)?" Not asking about your other kids, family, etc.  
*Better to say: "I love your holiday cards/Facebook posts/email updates. What's the latest?"*

For more advice and info please visit [www.autism.com](http://www.autism.com)



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## Creative Ways to Tell Your Child "I Love You"

By Gabriella Mancuso

Having a special bond with your child is important. To be able to have a relationship built on love, trust and happiness is crucial in the development and growth of your child. There are many different ways to express your appreciation for your child. Although, many children get flustered at the idea of endearment, here are few of our favorite ways to tell your child "I Love You".

### *A Heart a Day*

Input a heart anywhere you can. Add a paper, candy or food cut out heart to your child's lunch, snack or school supplies.



### *The Cup is Half Filled*

Get your child a mug that says "I love you" or "World's Greatest". A simple reminder that you appreciate them in a cute way.

### *Lunch Dates*

Surprise your child with a lunch date. Take them to their favorite restaurant and enjoy a nice lunch just the two of you.

### *Send Mail*

Send your child love in the form of a letter. Send it in the form of an email, send a text or write a letter turn verbal affection into a fun twist.

### *Have Some Fun*

Find your inner and get the boards out! Play them in Sorry, Monopoly, Trouble or Pictionary and be sure to let them win!

### *Look at Photo Albums*

Go through old photos and reminisce on all the great times you and your children have shared. Relive your favorite moments in time!

### *Gifts*

Buy them special gifts that show you are proud of them and love them. Pick up something small and meaningful that will make them happy as well as make you feel like a good parent.



# WHAT'S HAPPENING

## March & April 2018

- 3/15: Aberdeen, NJ – Quarterly – Elegant Bridal Shows at Addison Park, 150 Route 35, Aberdeen, NJ 07735
- 3/16: Saint Patrick's Day Parade, Newark, New Jersey at the Prudential Center
- 3/17: Montclair Literary Festival, Montclair Public Library, 50 S. Fullerton Avenue, Montclair, NJ 07042
- 3/18: Family Photo Scavenger Hunt, Frelinghuysen Arboretum, 353 Hanover Ave Morristown, NJ
- 3/19: Sherlock Holmes: Adventure of the Speckled Band – Radio-Style" at the Island Heights Library, 121 Central Ave. Island Heights, NJ 08732
- 3/20: Story Time Barnes and Noble – Ledgewood, 375 Route 10 E , Ledgewood, NJ
- 3/21: All the buzz in Point Pleasant : Earth Day Celebration 2018, Riverfront Park, River Road, Point Pleasant, NJ 08742
- 3/22: Building Montclair In Lego, Montclair Art Museum, 3 South Mountain Ave, Montclair, NJ 07042
- 3/23: Folk Project Concert, Jay Ungar and Molly Mason, Morristown Unitarian Fellowship, 21 Normandy Heights Road, Morristown, NJ
- 3/24: Peter and the Wolf play, Wheaton Arts and Cultural Center, 1501 Glasstown Road, Millville,
- 3/25: Easter Bunny Brunch, YMCA of Western Monmouth County 470 E. Freehold Rd. Freehold, NJ 07728
- 3/26: National AG Day Celebration, SCLSNJ's Somerville Library branch 35 West End Ave. Somerville, NJ
- 3/27: Monmouth University Department of Art and Design Faculty Exhibition, 400 Cedar Ave., West Long Branch, NJ 07764
- 3/28: "Tales from the Garden-A Celebration of the History and Folklore of NJ" at the LBI Library, 217 S. Central Ave Surf City, NJ 08008
- 3/29: Nutley Easter Egg Hunt, Reinheimer Park, 40 Bloomfield Ave Nutley, NJ
- 3/30: Raptor Egg Hunt, 6 Sawmill Rd Medford, NJ 08055
- 3/31: Elks Annual Easter Egg Hunt, The Beach, 19 Street, North Wildwood, NJ
- 4/1: Coffee & Classics: A Series of Morning Musical Presentations, 395 Kings Highway Moorestown, NJ 08057
- 4/2: OC Con – Comic Book & Memorabilia Show, Ocean City Music Pier; 825 Boardwalk, Ocean City, NJ
- 4/3: Hop on DiDonato's EGGspress, 1151 South White Horse Pike Hammonton, NJ
- 4/4: Family and Kids Culinary, Culinary Conference Center 161 Newkirk Street, Jersey City, NJ
- 4/5: Family Sundays at Rubin Museum, Rubin Museum of Art, 150 West 17th St., New York, NY
- 4/6: Boston Symphony Orchestra, New Jersey Performing Arts Centre
- 4/7: Annual Cherry Blossom Festival, Park Avenue and Lake Street, Newark, NJ 07104
- 4/8: Collingswood Restaurant Week, 601 Haddon Avenue Collingswood, NJ 08108
- 4/9: Atlantic Bakery Expo, One Convention Boulevard, Atlantic City NJ 08330
- 4/10: Shakespeare's play 'The Winter's Tale, West Side Theater at 285 West Side Avenue, Jersey City
- 4/11: CCM Festival of Storytelling & World Music, Student Community Center, 214 Center Grove Rd., Randolph, NJ 07869
- 4/12: Pi Day Princeton, 10 Palmer Sq., Princeton, NJ 08542
- 4/13: Super Pet Expo, 97 Sunfield Avenue, Edison NJ 08837
- 4/14: Pi Day Princeton, 10 Palmer Sq., Princeton, NJ 08542, <https://www.visitnj.org/nj-events/pi-day-princeton>
- 4/15: Elks Lodge Flea Market, Elks Lodge, 128 Baldwin Avenue, Hasbrouck Heights NJ



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**APRIL 14<sup>TH</sup>**

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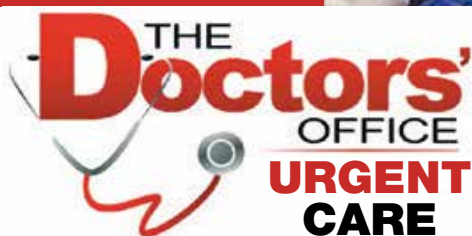
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Sonny the Bunny makes a triumphant return to iPlay America for the fifth annual "Colossal Carrot Adventure!" Sonny will be at iPlay America to delight families on Saturday, March 24, from 10:00 a.m. – 12:00 p.m. This year's adventure is bigger and better than ever with two fantastic family-friendly and fun events, the Bunny Trail and the VIB (Very Important Bunny) Breakfast with Sonny the Bunny.

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

iPlay America's VIB Breakfast with Sonny the Bunny is a delicious and exciting event that's perfect for the whole family to take part in. Priced at just \$14.95 for children ages 2 – 12 and \$24.95 for adults, children under 2 are FREE. The event features a delicious multi-item buffet breakfast, a special table visit from Sonny the Bunny, a collectible Easter egg bucket, extra prize-filled egg, a FREE \$5 Game Card for each paid ticket holder and extra special games and prizes exclusively for VIBs. The VIB gives families a special photo opportunity with Sonny the Bunny that includes a FREE digital photo download. This year's VIB will include radio personalities from 94.3 The Point to host the breakfast. Plus, there will be balloon artists from Neverland Balloons on hand and Miss Sherri from the Honey Child Music Academy will be performing live. Breakfast begins at 9:00 a.m. and guest can join in the FREE fun in the park after the VIB Breakfast. Last year's VIB Breakfast SOLD OUT so make your reservations TODAY!

Raffle prizes include two Ultimate Easter Baskets from Broadway Sweets, two iPlay America Prize Packs, plus the Grand Prize – A spectacular Diamond Prize donated by Jewelry Design Gallery and an iPlay America iParty Plus Birthday Party. Winners will be chosen on site that day.

Availability is limited. Registration for both the FREE event and the VIB Breakfast is required. Registration closes on Thursday, March 22. To register for the FREE event and buy tickets for the VIB Breakfast go to [iPlayAmerica.com/Bunny](http://iPlayAmerica.com/Bunny)



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### How does The Mona Lisa Touch counteract vaginal dryness?

**V**aginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and antilicking products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical that has been FDA-approved using a gentle laser. Regular sexual activity can help preserve vaginal function by increasing blood flow to the genital region and helping maintain

the size of the vagina. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

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

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Antheia Gynecology  
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## For Sensitive Skin

By Nicole Iuzzolino

Skin care products are not just for girls. Men have faces too. The right shaving balm is essential for the perfect shave. When it comes to sensitive skin, finding the right shaving balm may be difficult, but there are some that will make shaving increasingly more comfortable.

One cheap but highly effective shaving balm is Nivea. It is not full of fancy lavender smells and other essential oils, but it gets the job done. This balm is full of vitamin E, provitamin B5, and chamomile. Another great option is Lather & Wood After Shave Balm. The Manual states that it is a little different than most balms since it has more of a consistency like a body butter. However, the formula does not feel greasy at all and doesn't feel heavy on the skin despite the consistency. It is also alcohol free which will prevent an sort of stinging. The Art of Shaving After-Shave Balm is created for men with sensitive skin. It contains shea butter, grapeseed oil, and other essential to keep the skin looking healthy.

If you are into buying more high end products, then the Cade from L'occitane is the route to go. This balm contains wonderful scents such as rosemary, juniper, and sandalwood. It is guaranteed to have your face smelling like a garden and feeling as soft as can be. The Lab Series 3-in-1 post-shave is also a great product, but requires some splurging. It will prevent any burns or bumps and allow a slower growth of facial hair. It even allows the new hair growing in to be much softer than before. This balm also contains palmento, which is an anti inflammatory.

It is always important to take care of your skin, especially when it comes to men with sensitive skin. These products are sure to help to increase the shaving process immensely.





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Dr. Sanjay Gandhi, DPM

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## American Academy of Pediatrics Releases New Guidelines on Juice Consumption for Children

In May of 2017 The American Academy of Pediatrics (AAP) released their current recommendations for 100% fruit juice in infants, children and adolescents. The recommendations are like previous recommendations released in 2001. Differences include:

1. **The recommendation that juice not be introduced in the diets of infants under 1 year of age. Previously the AAP recommended juice not be given to infants under 6 months of age.**
2. **Toddlers age 1 to 3 years should limit juice intake to 4 ounces/day. The previous recommendation suggested a juice limit of 4 to 6 ounces/day for this age group.**
3. **Children age 7 and older should limit juice intake to 8 ounces/day. The previous recommendation stated a limit of 8 to 12 ounces/day.**

The recommendations for children age 4 to 6 years of age remains the same (4 to 6 ounces/day). Children are encouraged to choose whole fruit to meet fruit intake recommendations, which aligns with recommendations in the Dietary Guidelines for Americans. The AAP also concluded that 100% fresh or reconstituted fruit juices can be a healthy part of children's diets when they are consumed as part of a well-balanced diet and that consuming a variety of juices in appropriate amounts is not likely to lead to significant clinical issues. The report advises that excessive juice consumption may have adverse effects including weight gain, gastrointestinal issues, and tooth decay.

The Florida Department of Citrus is committed to supporting consumers' health by sharing the nutrition and health benefits of 100% orange juice. We appreciate the American Academy of Pediatrics' expert review on juice guidelines for infants and children. We fully support portion control and responsible consumption of 100% orange juice. Whether it's 4, 6 or 8 ounce servings based on the new guidelines, 100% orange juice offers important nutrients such as vitamin C, folate, potassium, calcium and vitamin D in fortified juice, and hesperidin, a plant polyphenol. We look forward to working with pediatricians, registered dietitians, and other health professionals to ensure the health and wellbeing of our future generations.





# Stop Sleeping on your iPhone Place on Airplane Mode

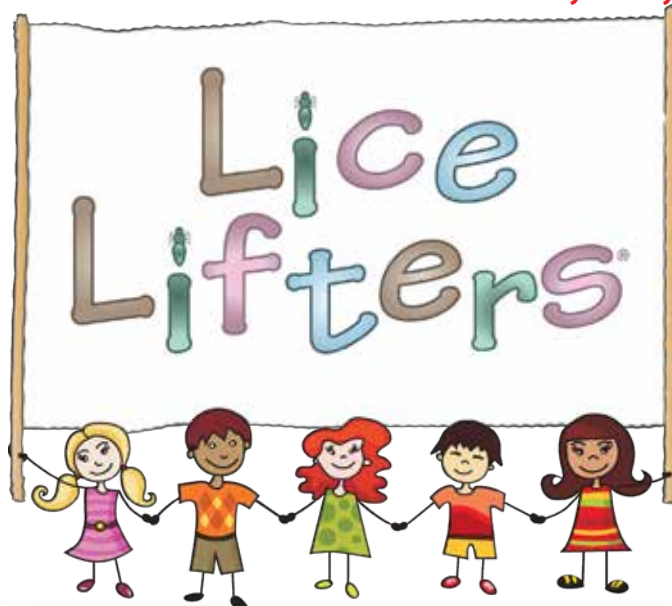
By: Lauren Kolacki

In 2017, an estimated 223 million people in the U.S used a smart phone. Of those people, how many are sleeping with them close by?

Huff Post conveyed a survey and the results are as follows, among 1,000 checking or savings account holders, age 18 and above, who also own smartphones, 71 percent claimed they usually sleep with or next to their mobile phone. Is this population aware of the consequences that accompany these actions?

Cell phones pump out electromagnetic radiation whenever they are turned on. One of the negative effects of electromagnetic radiation is its capability to destruct DNA in the cells. In this case, damaged DNA alters the way the cell works, grows, and reproduces.

For those who use their phone as an alarm clock, there is a painless fix. By putting your phone on "airplane mode" you shut down the transceiver, which dramatically lessens the amount of radiation that is produced. By reducing your exposure to electromagnetic radiation, you put yourself at less of a risk for other health concerns.



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## QUESTION:

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

## ANSWER:



Dr. Steven Linker, OD

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

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

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

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

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



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# 100-CALORIE SNACKS

By Mia Ingui

You know the feeling: When a craving calling is calling your name and you have to give in, although you are dreading packing on those extra calories. No need to fear! These snacking options that all are under 100 calories are the perfect way to satisfy your cravings now without breaking your diet. Whether it be salt or sugar, these snacks hit the spot!

1. **Frozen Banana Chocolate Pops:** A sweet treat that couldn't be simpler. Take half of a frozen banana and dip it into about two teaspoons of helping semisweet chocolate chips.
2. **Berries and Cream:** A cup of blueberries with two tablespoons of whipped topping.
3. **Honeyed Yogurt:** Honey is a great alternative for white sugar; add some to your Greek yogurt!
4. **Dark Chocolate:** One ounce of this good stuff rounds off at about 100 calories!
5. **Soy Edamame:** If you've never tried edamame, now is the time! These soybeans are super good for you, and 1/3 of a cup sprinkled with sea salt is less than 100 calories.
6. **DIY Sweet Potato Fries:** Super simple. Cut up a sweet potato into strips, drizzle with olive oil, and bake at 400 degrees for about 10 minutes, or until crispy.
7. **Carrots and Hummus:** Two snacks that are equally as delicious as they are good for you.



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# How to be the Best Driving Instructor for Your Teen

By Lauren Kolacki

The number one priority of a parent is to keep their child safe. For some, it would be easiest to shelter them, refraining them from hitting any big milestones that could potentially lead them down the wrong path. Driving is one of those milestones. Instead of recoiling due to fear, step up and become the most informative, patient instructor. After all, knowledge and practice is the best way of protecting your children.

**Pro Tip:** Before driving with your child, take a ride in the passenger seat to get a better understanding of what the road looks like from that side. This will decrease sudden outbursts from fearing they are about to run into something.



Start in a parking lot to teach the basics and to test how much your teen already knows

- Tour the vehicle; fill your driver in on every control and feature.
- Seat belts are buckled
- Mirrors are adjusted
- Have them practice accelerating smoothly and making turns

Once your driver has become comfortable behind the wheel, it is appropriate to have them drive the car out of the parking lot and onto quiet side streets.

Remember what it was like your first time driving

- Keep cars distance between you and car in front of you
- Look out for potential hazards
- To improve observation skills, ask questions involving relevant objects surrounding you
- Pay attention to not only the car in front of you, but several yards in front of them. Beware of brake lights, stop lights, stop signs, etc.

After, they have mastered the side streets, it is time to move to roads with a faster pace. They are ready for a main road or highway but it is important to remember to stay calm as the copilot.

- Keep up with traffic
- Plan a route out in advance so they can be confident. Don't scream or change the route last second.

After you return home, be sure to recap the session. Do not only dwell on what can improve but emphasize what they did well. Allow your driver to practice often, giving them more range each session. Before you know it, you will worry less knowing you have followed these important points.





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## feeling Sick or Just Cranky? Make a Menthol Bath Bomb

Menthol Bath Bombs are a great remedy to use in the bath or shower when you or your loved ones are feeling under the weather. Easy to make and store for when you need a quick pick me up, simply place a Menthol Bath Bomb in your tub and you'll be on the way to feeling better in no time.

### What you'll need:

- 2-ounce travel spritzer bottle filled with ½ Florida Orange Juice and ½ water
- Silicone mold
- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup cornstarch
- Drops of your favorite essential oils

### Preparation:

- 1.) Mix baking soda, citric acid and cornstarch in a mixing bowl. Be sure to break up any clumps.
- 2.) Slowly mix in the essential oils. Spritz small amounts of Florida orange juice and water while stirring until the mixture resembles wet sand.
- 3.) Press mixture into molds and let dry for up to eight hours.
- 4.) Carefully push completed bath bombs out of mold and store in container for future use. Enjoy!

*Fun Tip: Mix it up by using different essential oil combinations. Menthol Bath Bombs make a great addition to cold and flu care package for family members and friends.*



# How to Father a Teen

By Lauren Kolacki

Children need to be both nurtured and disciplined. Many times, in a family, one parent tends to be the nurturer while the other lays down the law. This may work in correlation to your family structure but it is not always healthy. If you constantly must be the “bad cop” your children can grow to resent you, it is important to possess both traits to develop a healthy relationship.

**Lead by example.** Allowing your children to be present when dealing with difficult situations, grants them the opportunity to see how you make decisions and handle stress. This illustrates a picture of what they aspire to be.

**Build up Positives.** Applauding your children’s accomplishments helps to boost their confidence. Be sure to not only praise them about sports or grades but more so their character. When your child is compassionate, determined, considerate, etc. remind them how proud you are.

**Show up.** Life gets in the way sometimes; you’re busy at work, the car needs service, you’re exhausted. These are all temporary situations. Being there for your child can affect him/her for a lifetime. Go watch their sporting events, be there at their school shows, show up to parent-teacher conferences.

**Love your significant other.** Loving your spouse shows your daughter how she should be treated and shows your son how to treat a woman. Your relationship is a model of how intimate relationships work - the handling of differences, showing affection and respect, managing your own emotions.

**Spend Time.** Stanley Greenspan, the famous child psychiatrist and pediatrician, created the concept “Floor Time,” where you dedicate somewhere between 15 minutes and an hour strictly to your children, no distractions. This time could be spent doing anything of their choice; watching TV, playing a video game, going for a bike ride, etc., allowing them the chance to be in control.

**Apologize.** Do not be afraid to apologize when you overreact or are wrong. This displays compassion, sensitivity, humility; all favorable characteristics to pass on to your children.

**Make memories.** Be sure to make a big deal out of the big milestones and the same big deal out of the little things. Sunday breakfast, birthday dinners, etc. These are things your children will remember forever, these memories that made them feel special, that taught them their self-worth.





## Mediterranean Veggie Burger Eggplant, Hummus & Garlic Burger

Eggplants have a wide range of health benefits, including an ability to help build strong bones and prevent osteoporosis, reduce the symptoms of anemia, and increase cognition. An eggplant improves cardiovascular health and protects the digestive system. Eggplant is also good for weight loss, managing diabetes and reducing stress. It is also a great food for protecting infants from birth defects, and even preventing cancer.

### Ingredients

- 15 oz. chickpea, 2 cans, drained and rinsed
- 3 cloves garlic
- ¼ cup olive oil, plus more for serving
- 1 lemon, juiced
- 2 tablespoons tahini sauce
- 1 teaspoon ground cumin
- salt, to taste
- 1 eggplant
- ¼ cup olive oil
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon red pepper flake
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 hamburger bun
- lettuce, to serve
- red onion, sliced, to serve

### Preparation

1. Combine chickpeas, garlic, lemon juice, tahini, cumin, and salt in a blender and blend until smooth.
2. Slice eggplants into four 1-inch (2 ½ cm) slices. Sprinkle eggplant slices with salt and let sit for 20-30 minutes, then pat dry.
3. In a small bowl, stir together oil, paprika, garlic powder, red pepper flakes, salt, and pepper.
4. Brush each side of the eggplant slices with the oil and spice mixture.
5. Heat a pan or grill on medium-high heat and cook each eggplant slice for 3-4 minutes per side.
6. Build your burger with the hummus sandwiched between two eggplant slices.

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## INGREDIENTS

- 3/4 cup strong green tea, chilled
- 1/8 teaspoon cayenne pepper
- Juice of 1 lemon (2-3 TBSP)
- 2 teaspoons agave nectar
- 1 small pear, skin on, cut into pieces
- 2 tablespoons fat-free plain yogurt
- 6-8 ice cubes

## DIRECTIONS

Put all ingredients in blender. Blend until smooth. Drink cold. This 1 serving meal has only 213 calories and 9 grams of protein. It is low in sodium and sure to target unwanted belly fat and bloat.



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Pasta is delicious and filling. Pasta has plenty of health benefits like folic acid, being cholesterol free, and sustaining energy. It also keeps you fuller longer. As a filling dish, you won't be quick to follow your pasta meal with unhealthy foods. It is also affordable and very versatile. You can have it as an appetizer, side dish, or the main meal. It is also a very simple meal to make which makes this fun recipe a great beginner project for children.

### INGREDIENTS

- 6 Ziploc bags
- 1 lb. spaghetti, cooked
- Food coloring (we used 6)
- 1 c. Water, Divided
- 3 tbsp. butter, melted
- 1/3 c. freshly grated Parmesan
- kosher salt
- Freshly ground black pepper

### DIRECTIONS

1. Place 2 tbsp. water into each zip lock bag (we used 6 for 6 different colors). Add 10 drops gel food coloring to each bag.
2. Divide the spaghetti into the 6 different bags. Shake until they are coated in their colors.
3. Remove each pasta individually from zip lock bag and rinse with cold water. Combine in a large bowl and toss together with butter and parm cheese. Season with salt and pepper and serve.



# The So Sweet Florida Orange Juice Chewy Granola Bar

Need a quick and nutritious snack or breakfast recipe? Try our Chewy Granola Bar that your kids can quickly grab as an afternoon snack or in the morning as they head out the door.

## YOU WILL NEED:

- 1/2 cup Florida Orange Juice
- 2 cups old fashioned oats
- 2 cups puffed rice
- 1/2 cup pumpkin seeds
- 1/4 cup flax seed
- 1/2 cup chopped dates
- 1/2 cup dried cranberries
- 1/2 cup chopped dried apricots
- 1/4 cup packed brown sugar
- 1/4 cup honey
- 1 tsp. kosher salt
- 1/2 tsp. ground ginger
- 1 egg, beaten well



## PREPARATION:

1. Heat oven to 350 degrees F.
2. Spray a 13 by 9-inch cake pan lightly with non-stick spray, line the bottom and 2 sides of the pan with parchment paper, creating a sling to make granola easier to remove. Set aside.
3. Spread oats, puffed rice, pumpkin seeds and flax seeds on a baking sheet and toast in oven 10 to 12 minutes or until lightly browned and fragrant. Remove to a large mixing bowl and stir to combine.
4. Decrease oven heat to 325 degrees F.
5. Place Florida orange juice, dates, cranberries, apricots, brown sugar, honey, salt, and ginger into a medium saucepan.
6. Set over medium high heat and stir to break up the clumps of dates. Cook just until the sugar dissolves.
7. Remove from the heat, pour over the dry mixture and stir to combine well.
8. Add the beaten egg and stir to combine.
9. Transfer to the prepared cake pan and press evenly into the pan using a rubber spatula.
10. Bake 25 to 30 minutes, until light golden brown.
11. Remove from oven and cool completely before cutting into squares or rectangles.
12. Store in an airtight container for up to 1 week.



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## **Best Things to Do with Grandma & Grandpa this Spring**

By Stefanie Maglio

Grandparents love nothing more than getting opportunities to do things and spend quality time with their grandchildren. Depending on the age of the grandchild, it can be difficult to plan certain activities to do outside of the house. Luckily, spring is here which means warmer weather! Here are some great activities for grandparents and their grandchildren to get out and go do this season:

- Have a lemonade stand! Kick it up a notch by creating different flavors of lemonade such as berry or apple in addition to the traditional.
- Go out for ice cream. But don't just have a regular cone, go all out and get a sundae with whipped cream and cherries! Don't feel like going out? Buy some toppings and your favorite ice cream flavors for a do-it-yourself sundae at home.
- This one is more so for grandpa and grandchild: build a birdhouse together! Hang it up outside your house and watch how many birds stop by for a visit.
- Have a relaxing afternoon lying on a hammock in the backyard.
- Take turns reading chapters to each other from your favorite book, while sitting outside and getting some fresh air.
- Have a karaoke night! Grandparents can sing songs from their generation, while the grandkids sing some newer hits!
- Go swimming. Whether this may be in the pool in your backyard or at the beach, you're bound to have a great time together!
- Collect seashells together at the beach.
- Wash your car! Wear your bathing suits and this is guaranteed to not feel like a chore at all.
- Have a garage sale. Springtime is the perfect time to de-clutter!
- Most importantly, remember to take lots of pictures when you spend time together. It's important to cherish the time grandparents and grandchildren get to spend together. They build unbreakable bonds and learn things from each other that last a lifetime.



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# PUMPING MENTAL IRON: IMPROVE YOUR MEMORY WITH BRAIN GAMES

By Marilyn Abrahamson, MA, CCC-SLP

We've all experienced it: that moment of panic when someone approaches and we can't remember her name, or when we're running late to an appointment and we can't find the car keys. These little lags in memory can slow down our days and add to anxiety, but all hope – and memory – is not lost.

## IS IT DEMENTIA OR DISTRACTION?

Most often, it's perfectly normal to walk into a room and forget why you walked in, or know the answer on Jeopardy! but struggle to find the right words. Our memories can fail us at times, but just like most things, a little practice makes (almost) perfect.

As a speech-language pathologist, I've worked with many people who say that they "can't remember anything anymore." However, when we test their information-retention skills, it's usually not a memory issue at all, but a problem with lack of attention. Mobile phones, and the access they provide to distracting activities like surfing social media sites, have shortened our attention spans over time.

Research has shown that even when people kept their cell phones on silent and upside down on their desks, they performed worse on tasks requiring focus and attention than those who stored their phones in a separate location. For years we've known that we begin to notice our attention starting to waver in our 40s but now it's happening much sooner. Recent reports have stated that a person's attention span has decreased from an average of 12 seconds to an average of 8 seconds. The average attention span of a goldfish is reported to be 9 seconds.

Because of this reduced ability to maintain a quiet mind, our brains are persistently seeking out new content, more stimulation, and it's having a marked effect on our ability to receive, retain and recall information. I often use the analogy of picturing a door on your forehead to explain attention. If you're fully engaged, that door is open and allowing the information to enter, but if you become distracted, the door closes and the information is lost. So, it isn't that you can't remember what you were told, you just never processed it in the first place. The good news is there are ways to overcome distraction. Our classes teach people ways to "switch on" their attention which will help them to acquire information and store it more effectively.

## SHARPEN YOUR SKILLS, SHARPEN YOUR MIND

The Minds in Motion program helps participants learn how memory works and why we forget, and teaches simple and effective strategies for improving information retention, retrieval and processing speed. Classes are designed for all adults who want to learn more about brain health and develop the cognitive reserve that will help stave off any future cognitive decline.

All classes focus on building cognitive reserve, preventing memory loss and acquiring new knowledge, so they're appropriate for people as young as 40 who want to strengthen their memory skills for the future.

And, this summer we're launching several new classes, including a series devoted to training your brain to improve the speed at which it processes information. The classes use beat-the-clock activities and team-based exercises to increase thinking speed and build confidence.

It's a normal aspect of aging that our processing speed slows down, but sometimes we make it worse by taking extra pauses because we're afraid of saying or doing the wrong thing. During this series, we'll stress "don't think, just do" to speed up response-time, build confidence and slow down the cognitive changes that go along with aging.

## THE 'KEYS' TO FINDING MORE TIME

One of our class participants told me that she had been wasting 20 to 40 minutes each day trying to find misplaced items, which was frustrating for her. After taking the Master Your Memory class, she learned the simple technique of placing a basket in each room to store the items that she lost most often, like her keys, wallet and glasses. By committing to only putting these items in a handful of places, she no longer has to search the entire house for them, and she's thrilled to have all of that time back in her day.

Through the miracles of modern medicine, Americans are living longer. Mental fitness will be a key component to maintaining independence and quality of life. By living a brain-healthy lifestyle, we can delay the onset of the symptoms of dementia and stay independent longer.

Classes are offered at CentraState Medical Center's main campus in Freehold and its satellite office in Monroe. To learn more, call 866-CENTRA7 or visit [livelifewellnj.com/memory](http://livelifewellnj.com/memory).

Marilyn Abrahamson, MA, CCC-SLP, is a speech-language pathologist and a certified brain health coach on staff at CentraState Medical Center.



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# How to Get Older Adults More Physically Active? Eliminate Barriers.

What would happen if we were able to eliminate all the barriers to physical activity adoption and participation for older adults? Would more of them become physically active, reducing the burden that physical inactivity places on governments, societies, families and individuals? Imagine the immense change we would see in how the aging population impacts the world. To achieve this result, however, we must understand the complex barriers to physical activity in older adults, as well as the facilitators that support it.

Whether real or perceived, the barriers to physical activity adoption and participation are as diverse as the older population itself, challenging us at all levels to move to more person-centered approaches. In addition to national, regional and cultural differences, older people vary in functional levels (physical, cognitive, social), stages of life, life experiences, beliefs, values, expectations, aspirations, incomes, races, capabilities (hearing, vision, touch and speech), and health status. Understanding population differences and barriers allows us to make better decisions about the direction, design, development and delivery of our initiatives.

The following are some of the barriers and facilitators that commonly influence physical activity adoption and participation in older adults. These can be found throughout the social-ecological model, which considers the effects of social, physical, and policy environments on behavior:

**Public policy**—Barriers include few or ineffective policies and funding to support physical activity participation by older adults and confusing messages about physical activity guidelines. Facilitators include progressive urban-planning policies.

**Community**—Barriers include inaccessible facilities, access or barriers to moving about in the built-environment, and lack of local facilities and spaces for physical activity. Facilitators include walkable neighborhoods (e.g., street connectivity, pedestrian access, sidewalks), and the presence of parks and green spaces.)

**Organizational**—Barriers include lack of workplace or organizational policies to support physical activity, affordability of programs, competing priorities, design of physical spaces, and negative messages about aging. Facilitators include policies that incentivize physical activity, provide access to spaces for physical activity (indoors and outdoors) and focus on health literacy and health promotion.

**Interpersonal**—Barriers include social awkwardness, no exercise companions, competing priorities (e.g., family, friends, other activities), ageist stereotypes resulting in lack of support. Facilitators include valuing interaction with peers, and encouragement from others.

**Individual**—Barriers include physical, cognitive and mental health (e.g., physical health status, frailty, chronic pain or discomfort, chronic diseases, depression, fatigue and low energy), self-perception (e.g., values, culture, self-confidence, negative stereotypes, fear of falling and injury, unattainable expectations), lifestyle (e.g. apathy, isolation, independence, socio-economic status, enjoyment of physical activity). Facilitators include positive self-perception, valuing benefits of physical activity and lifestyle changes, and a desire for change.

When it comes to physical activity, ageist attitudes may influence whether or not older adults are active and to what degree, what kinds of activities they do, where they exercise, and whether they find supportive products, services and environments, and so on. On a personal level, individuals may doubt their ability to be active, and lack understanding about whether or not they may undertake specific activities—including if it's safe or socially acceptable for them to do so. Support, guidance and information are key to their overcoming this barrier.

Organizations that support physical activity can create strategies designed to eliminate barriers for older adults. If you have already developed strategies to tackle these barriers, please share them with this community.

Spread the word! Share this post using this sample tweet: *@ColinMilner answers the question How to Get Older Adults More Physically Active on the BAYW blog. [Odphp.tumblr.com](http://Odphp.tumblr.com) #BeActiveYourWay*



# Secrets to Space Saving

By: Nicole Iuzzolino

There always comes a time when our once nicely organized closet becomes stuffed with new purchases and impulse buys. Sometimes it becomes so cramped that it is impossible to even find anything in it. Here are the top five tricks to getting your closet clean and organized again.

## 1: The Clothing Purge

While it may break your heart to give away the sweatshirt you got three years ago when you were on a trip to Disney World, some things just have to be done. The fact of the matter is, if you do not have space, things must go. Make piles of clothing; a pile of things that you are definitely keeping, a pile for donation, and a pile for trash. This is the first step to saving lots of space in your closet.

## 2: Hanger Trick

This trick has been around forever and has taken over Pinterest. However it still is a great hack and is perfect for freeing up space in a cramped closet. Hang a soda can tab on a hanger to hang more than one grommet together. All you have to do is take up the tab, put one of the holes through the hook that will hang on the closet rod, and the other hole can hang another hanger. You will be able to put double the clothes in your closet with this one.



## 3: The floor

The floor is the perfect place to store other clothing items. Group your short hanging items all on one side, and put the long hanging items on the other side. Under the short hanging items, there is plenty of space to store more things. Add a shoe rack to keep all your shoes stored and organized.

## 4: The Door

When organizing your clothes, you should never forget the door. You can add hooks, and hanging shoe organizing, or line it with cork board to hang jewelry. The door is a great way to organizing any accessories you have.

## 5: Baskets and Umbrella Stands

Even after organizing all of our clothes, there are always some odds and ends to be put away. You may have items such as small umbrellas, yoga mats, and beach towels that do not have a home. By using a basket or an umbrella stand in particular, you will be able to secure a home for all these items.





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# HOT TUB BENEFITS

By Lauren Kolacki

The alleviation that accompanies moments in a hot tub is one of the most rewarding, beneficial feelings. Along with the undiminished serenity, a hot tub can contribute to an increase in an individual's mental and physical well-being.

## HEALTH BENEFITS:

**Arthritis:** The heated water raises body temperature, increasing circulation which alleviates pain and stiffness. The water also allows for non-weight bearing exercises, that can aid in the increase of strength, flexibility, and endurance.

## WEIGHT LOSS:

The extreme heat raises the heart rate and lowers blood pressure simultaneously, mimicking exercise. The buoyancy of the water allows for non-weight bearing exercises, which is beneficial for those whose injuries restrict them from being active otherwise.

## INSOMNIA:

The temperature and circulation of the water reduces stress and anxiety, allowing users to enter a serene state of mind. This relaxation can contribute to a more tranquil night's sleep.

## BLOOD PRESSURE:

The initial reaction of the body when it is introduced into the steamy water is to stabilize its temperature. To regulate its conditions, the heart pumps faster bringing additional blood to the surface and increasing the supply of oxygen. This process originally increases blood pressure but because the heat is causing blood vessels to dilate, the pressure on the heart decreases, resulting in a decrease of blood pressure.

## STRESS:

The pressure of the jets act as a massage feature, contributing to an increase in blood circulation deep in your muscle tissues, relieving tense muscles and headaches.

## SKIN:

The high temperature will open your pores allowing for an intrusive clean. This results in your skin not only glowing, but feeling great as well.





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## DECLUTTER FOR DOLLARS WHEN SELLING YOUR HOME

The biggest reason people give for moving to a new house is lack of space in their current house. They feel they have outgrown the space. They are therefore looking for a home that gives them that space, and more to grow into.

If they come to your home and see that you are running out of space, it's the biggest turnoff you could give.

Simple decluttering will really make all the difference. Also, sorting through your stuff ahead of time will help you to see that all your things will move with you, and to focus on that rather than the actual house.

Consumer Reports includes cleaning and decluttering in its list of "Top 5 Ways to Boost the Value of Your Home," estimating a boost of 3-5 percent in value for a \$205,000 home. The magazine recommends that sellers with serious clutter problem hire a professional through the National Association of Professional Organizers. Read the entire Consumer Reports list at <http://bit.ly/1vaRQrr>.

## FUN FURNITURE FACTS

1. Charles Darwin was the first person to put wheels on the office chair. He wanted to get to his specimens quick.
2. The word "Table" originate from the Latin word "Tabula" which means a plank or a flat piece of board.
3. You can find the oldest Bookcase in the Bodleian Library at Oxford University in England.
4. Throughout a sofa's life, it will host roughly 782 visitors.
5. The first bed could hold as many as 65 sleepers.
6. Research shows that Chairs came into common use only in the 16th century.
7. For productivity reasons, lots of offices are choosing furniture in bright colors.
8. The most expensive chair ever sold (at \$28 million) belonged to world-famous French designer, Yves Saint Laurent.



# How to Install a Ceiling Medallion

By Gabriella Mancuso

Ceiling Medallions are something everyone wants but nobody knows quite how to install them. Ceiling Medallions are known to add a classic, Victorian look to your light fixtures, but what people don't know is how easy they are to install themselves. You can create a fancy, classic look all by yourself and here is how!

## Step 1: Know Your Stuff

Before you do any constructing you must know your information. Know the parts of your light fixture, the tools you are using and the medallion you are installing. Watch tutorials on YouTube, read multiple articles, read instruction manuals. Be as educated as you possibly can before you begin.

## Step 2: Clean the Ceiling

Now that you are well educated it's time to clean. Turn the power off so that you don't get hurt and clean the ceiling. You must be very cautious with the wires always during the installment. Using a duster, and then a rag and dish soap, clean where the medallion is going to go. Scrape away chipped paint and use a sponge to assure it is completely clean.

## Step 3: Mark the Medallion for Cutting

Now to being the installment process you must first mark up the Medallion. Mark the center hole where you plan to cut out and insert the light fixture. Mark the canopy around it so it is all even. Use a compass while doing this, then cut where you have marked the center hole to be.

## Step 4: Hold the Medallion up to See

Without using glue or anything permanent hold up the medallion to the ceiling to assure it will fit properly. Make sure the circle the circle you previously cut out lines up perfect with where your light fixture will be.

## Step 5: Check the Threaded Bolt

Now that you are sure that everything fits perfectly it is time to construct. Temporarily screw in the junction box to the ceiling, also known as the "nipple". Hold the medallion around the nipple and make sure it fits securely. Now take it down.

## Step 6: Install

Using adhesive caulk around the bottom surface of the medallion place it where you want it to rest permanently. Screw in the canopy, and the nipple, to help hold the medallion. Now using a drill screw in the medallion. Unscrew the junction box and install the light to it. Reapply the junction box with the light attached. Make sure everything works correctly, and you can now touch up the screws with paint.





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# IPLAY AMERICA

## WHERE THERE'S NOTHING BUT GOOD TIMES

By Pam Teel

iPlay America is more than just an indoor amusement park, it's the whole package. From inside games, rides, and other activities, to hosting parties and large events, this place has it all under one roof!

The indoor amusement park is a great place for the whole family to have fun, from video games to boardwalk arcade games, from rides to bumper cars, to games of all skill levels, like skeeball and bowling. Kids of all ages can also enjoy air hockey, basketball games, kiddie rides, family roller coaster, laser tag, a 4-D Theater, go-carts, child and adult rope courses, and more. You name it, iPlay America has it!

While there, enjoy a meal at Game Time Bar & Grill, or grab a quick bite at Sonny's. If you're looking for something sweet there's a whole lot to choose from at Broadway Sweets. You can also grab a slice at Rob's Pizza or a cup of coffee at The Grind. If you like yogurt, visit Mixx where you can pick and choose your own toppings.

There are both children and adult themed party packages available for a small or a large number of people with in-house catering available and professional party planners there to help you plan your special event from beginning to end. Party packages can include use of the theme park for a specified amount of time and is included with all children's party packages.

iPlay America's Event Center offers high style accommodations for parties from 50 to 3,500. When your guests want a party where they "dress to impress", only iPlay America gives you the luxurious accommodations worthy of the effort to bring you an event they'll be talking about for years to come. Their party planners will help you organize the perfect celebration. Call 732-577-8200, Ext. 383 to get started today!

Select from 2 luxurious VIP Suites, 2 large banquet rooms that can hold as little as 50 and as many as 200 guests and iPlay America's Event Center.

The event center is an over 10,000 square foot room that can accommodate up to 500 people for banquets. It features spectacular 16' ceilings, state-of-the-art lighting, audio, and visuals, two 6 ft. x 8 ft. LED screens, and an open floor plan that can accommodate multiple room layouts and formats.

The trade show area is a 20,000 square foot room with a warehouse atmosphere called Warehouse 100. It can hold over 3,000 people and can be set up for any social or corporate event as well as hosting trade shows.

Think of iPlay America for your next event whether it be a weddings, bar and bat mitzvahs, milestone celebrations, bridal showers, baby showers, sweet 16's, trade shows, fundraising dinners, communions, graduation parties, and more!

iPlay America also hosts their own events, concerts and meet and greets. They cater to group events, schools, camps, youth organizations, team building activities, company outings, and fundraising events.

Jessica Schwartz, VP of Sales and Marketing at iPlay America held her own son Matthew's Bar Mitzvah there recently. Since he was into WWE wrestling, the room was transformed into a produced WWE styled event. She chose an eloquent cocktail hour and concession style food to fit the Matt Mania theme. Her DJ's, Xplosive Entertainment, created a trellis styled stage and even had a dancer dressed up as famous wrestler to fit in to the party theme. She hired Debbie's Designs to make all the centerpieces and logos and Matthew Kirchhof to photograph the event. They had a huge concession stand built in the room along with a wrestling ring lounge for the kids utilizing the lounge furniture and staging available through iPlay America directly. She also had, By Dana, who created custom cards for the party and other creative elements including the invitation. iPlay America works with the best vendors in the business to help you bring your dream event to life.

You can take a virtual tour of iPlay America on their website and see for yourself everything they have to offer. Check out upcoming events and more. <https://www.iplayamerica.com/> or visit them on facebook.

Better yet, if you've never been there, pack up the kids for a fun night at iPlay America to really get inside the fun!





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# Sweet 16 Party Traditions

By Gabriella Mancuso

A sweet 16 is a party a teenage girl has when she turns sixteen years of age. The purpose of having a sweet 16 party is to celebrate the birthday of the person it is being thrown for. It symbolizes leaving childhood behind and becoming a woman. Sweet Sixteens have progressed over time. Through decades and decades of parties the traditions have changed. As well as this new traditions have been created, but there are a few that have withstood the test of time.

### Daddy Daughter Dance

The daddy daughter dance has been an original sweet 16 tradition since the beginning. This tradition consist of the father and the birthday girl slow dancing to a song of their choice as everyone else watches. This symbolizes transforming from "daddy's little girl" to a "woman".

### Tiara Ceremony

During this ceremony the mother of the birthday girl places a tiara or crown upon their head. This portrays the acceptance of the birthday girl into "womanhood".

### Shoe Ceremony

During this ceremony a "father figure", meaning either the dad, grandfather or Godfather, chance the girls' shoes into high heels. Typically the birthday girl originally wears flats or sneakers and the transformation into high heels is yet another symbol of now being a woman.

### Sixteen Candles

The Sixteen Candle Ceremony is the oldest and most important ceremony for a sweet 16. The birthday girl is presented with 16 separate candles that need to be lit. Each candle is dedicated to a person(s) of choice by the birthday girl. For each person the birthday girl reads a speech she wrote in appreciation of that person. Then, the person accompanies the girl in lighting the candle. At the end the birthday girl blows them all out and makes a wish. Typically, they include a 17 candle for good luck in the future, and in remembrance of all those who couldn't attend the party.

### Entrance

This tradition is the first one seen by the party attendees. The sweet 16 girl has an extreme, extra and beautiful entrance accompanied by an important boy figure in their life. Usually to their favorite music as a way to get the party started.



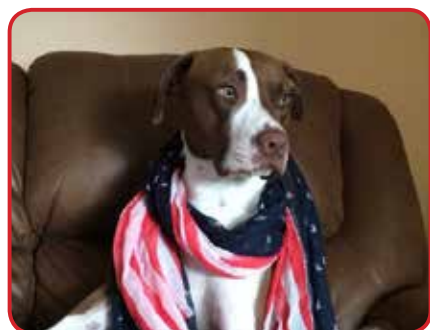
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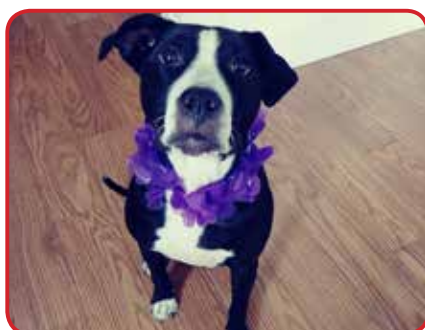
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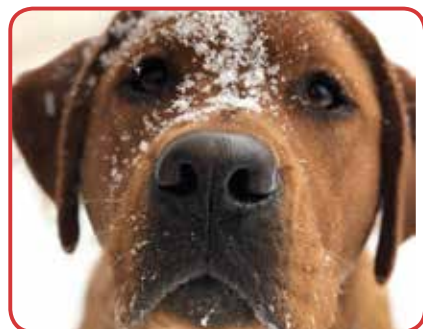
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## Essential Oils and Your Dog

By Lauren Kolacki

Essential oils that are known to be safe for use around dogs. Use the web to search for more specific information such as uses and safety.

It is important to know that dogs are more sensitive to essential oils than humans are. Essential oils should always be used diluted, even when just inhaling. Only use essential oils with your dog when needed to address a concern – not to “prevent” a health issue. Never add essential oils to your dog's food or drinking water and avoid using essential oils with puppies under 10 weeks of age.

Essential oils have been in the news recently, largely due to reports that incidences of poisonings you think your pet may have consumed or had contact with essential oils, call the ASPCA Animal Poison Control Center hotline at 888-426-4435 and contact your veterinarian.



# Does Your Cat Have Musical Taste?

We know that dogs love to howl along to classical tunes, and listen to reggae. But what about our feline friends? Unfortunately, cats may not appreciate music like us humans do. That means they these furry friends will not be jamming out to Taylor Swift anytime soon. However, turn on some species-specific music, and they will be all for it.

Cats love specie-specific music, and it has been tested multiple times by researchers. University of Wisconsin psychologists and study authors, Megan Savage and Charles Snowdon state that, "We have developed a theoretical framework that hypothesizes that in order for music to be effective with other species, it must be in the frequency range and with similar tempos to those used in natural communication by each species." Cats will respond to music that correlates with how animals communicate, and that is exactly why they do not respond to human music.

One of the head researchers on the case, Snowdon, worked directly with a composer to test out the theory. They worked with a group of cats and played them human, and specie-specific music. When the music that we all listen to came on, there were no reactions from the cats and they seemed like they could really care less. But, when the music targeted towards cats came on, they were purring against the speakers, absolutely delighted with what they were hearing. The music these cats listened to were full of replicated purrs and meows to create one original song.

While we all hope that cats will appreciate the music that we listen to, but unfortunately they have no interest in Beyoncé or Taylor Swift. These feline specific tunes however, will be sure to put them in a good mood all day long.





# Dog Emotions

By: Nicole Iuzzolino

You know your dog is happy when they wag its tail. You know they want something when they pull the “puppy eyes” trick. However, dogs have more emotions than just happy and sad, and Psychology Today proves this. They state that researchers now know that dogs have the same brain structure that produce emotions in humans. They state that, “Dogs also have the same hormones and undergo the same chemical changes that humans do during emotional states”. This means that dogs primarily go through the same emotional stages that humans do. But dogs do not have emotions as complex as us, theirs are on a more basic level. When another group of researchers studied the brain activity between dogs and humans, they found similarly interesting results, which was published by Current Biology Today. When the humans and dogs were presented with positive sounds, such as laughing, there was greater neural activity, and it was the complete opposite for negative sounds, such as crying.

Studies have shown that dogs are able to have emotions such as optimism, anxiety, happiness, fear and depression. They can even feel jealous and have PTSD from trauma just like humans. Sometimes though it is hard to tell what emotions dogs have, so you have to look out for some of their key signs. Doctor Jill Sackman, an expert in behavioral medicine, gives a few examples. A dog that licks its lips and turns its head away is representing a nervous emotion. They even get jealous when another dog gets a reward that they wanted.

Dogs are very smart and interesting animals, and when dog owners say they think their animals are people, they are not exactly wrong. Dogs have very similar emotions, and brain structures to people.

Now next time you with your dog, remember that they have feelings just like you.

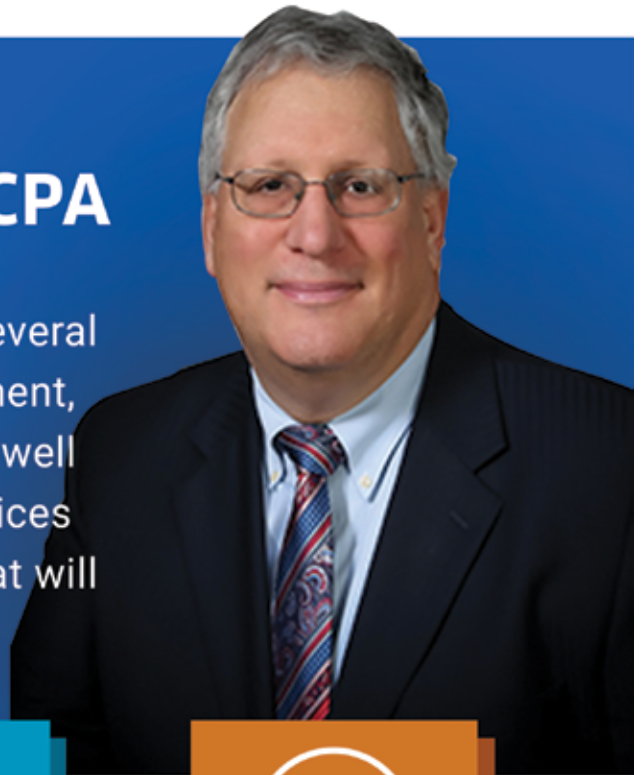




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# DOES 15 MINUTES REALLY SAVE YOU 15% ON CAR INSURANCE?

By John Bazzurro

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

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

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

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

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

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By Pam Teel

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Being the oldest Savings Institution in New Jersey, the Bank was founded in 1853 as the Freehold Mutual Loan Association, a name that was retained until 1955. They have been providing continuous service to their community since their founding. Their motto being, "**Small in size but Big in Service**", the commitment to their community runs deep. They have two locations, one at **68 West Main Street, Freehold Borough** and their branch office at **3649 Route 9 North, Freehold Township**.

They specialize in commercial real estate loans, home purchases, refinancing, construction, home equity loans and lines of credit. Also available are checking, savings, money markets, CD's and IRA's.

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# Top Movies for Summer 2018

By Gabriella Mancuso

Everybody's favorite time of the year is almost here, and this time it is packed with amazing, soon to come, movies. Summer 2018 is coming fast with all the movies you have been waiting for. There are comedies, action, romance and family movies for all.

### Oceans Eight-June 8th

Taking place at New York's most luxurious a team of female criminal's plan to steal a necklace worth over \$100 million.

### The Incredibles 2-June 15th

Following the sequel of the first Disney classic, Incredibles 2 is shows the superhero family back in action fighting villains and getting the kids to school in time.

### Jurassic World: Fallen Kingdom-June 22nd

Continuing the extremely popular series, Jurassic World: Fallen Kingdom is about the genetically created dinosaurs, now free into the world, causing chaos worldwide. This results in a former professional dinosaur tamer to come to the rescue.

### Ant-Man and the Wasp-July 6th

In this superhero, action packed movie, Ant-Man joined by co-hero "Wasp" set out to retrieve haunting information from the past all while doing what they do best, fighting off the evil.

### Hotel Transylvania 3: Summer Vacation-July 13th

This family-fun comedy shows Drac and the rest of his monster friends and family taking a vacation themselves aboard a spooky cruise ship.

### Mission Impossible: Fallout-July 27th

From crawling through elevators, to top secret missions, Ethan Hunt is back and on a new mission after finding himself in an extremely dangerous situation, but of course he is not alone.

### The First Purge-July 4th

This horror movie tells the story of the first purge experiment taking place in Staten Island, New York. Despite being the latest one in the series this prequel shows the horror that took place the first time the law stepped down for 24 hours.

### Skyscraper-July 13th

Trapped in a burning building, the family of a former police officer's lives are set at stake, and who else to save them then the now out of retirement crime fighter himself.

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