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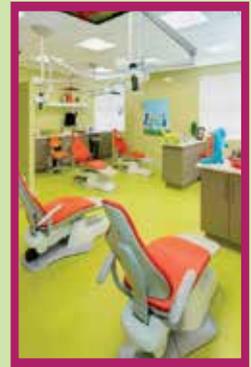
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You can also nominate someone for the "Let me Shake Your Hand" column. Do you know someone in your community with a great story to tell? Maybe they recently started a business, won an award, took a trip or made a difference? These are the people we want in the "Let me shake your hand" column!

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With your help, we can bring people together, stay connected and create an informative, family-friendly forum through this publication.



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for Your Creative Kid: Benefits Of Arts & Music Summer Camp

By Joely Phenes

Going to camp is a great way for a child to spend their summer. It allows them to stay active, make new friends, and try out many different activities and games. Specialized arts and music camps can be very beneficial experiences for children who are especially skilled in these areas or who just want to explore their passions.

Experience with the arts has often been linked with academic success. For example, the reading of dramatic plays improves a child's reading skills, especially when introduced at a young age. Research also shows that children with this type of experience do better on standardized tests such as the SATs.

Because art is a form of expression, it helps to develop children's communication skills. It also helps them work better in groups, as many of the projects are collaborative.

Art is a therapeutic form of self-expression. It allows you to express yourself, use your imagination, have fun, and feel accomplished. Unfortunately, school can be quite demanding and many children do not get to take the time to focus on artistic endeavors. Arts and music summer camps give children that time.

Arts and music camps are not for every child. Some children simply do not take an interest in the arts—and that's okay. But for children who love to write, paint, play the piano, and act, arts and music summer camp is the perfect way to spend the summer!

The Boy in the Boat

Life Lessons Learned at Camp

By Stephen Wallace, M.S. Ed., and Ben Seifer

As summer begins, parents are finalizing post-school plans for their children. Often, those schedules will include camp for a week, a month, or more. Some kids will attend day programs, others will enjoy overnight experiences. Their activities may be specialized, or include a little bit of most anything. Regardless of the exact ingredients, these children will learn the true meaning of what summer camp is all about.

Among other things, camp provides children with the opportunity to connect with nature, to participate in human-powered activities, and to benefit from personal relationships. Many young people who attend camp experience an increase in their self-esteem (independent research has found 92 percent of them say that the people at camp helped them feel good about themselves) and are able to establish a true sense of independence. Kids also say that because of camp ... "I developed lasting friendships"... "I became a team player"... "I learned how to care."

One Boy's Journey Through Camp

Ben was the boy in the boat. A gregarious go-getter whose journey through camp was inextricably linked to sailboats on the water. The lessons he learned at camp originated from, or were reinforced by, the challenges he faced as a skipper, navigating the uncertain and constantly shifting conditions of wind, tide, crew, and competition. Learning lessons about self-reliance, self-confidence, exploration, and responsibility — all important metrics of a successful summer camp experience and harbingers of what follows.

Below, Ben and I take turns talking about what those metrics mean to each of us.

The Camp Director and the Kid

Self-Reliance

SW: Developmental dictates eventually steer young people away from dependence on their parents and toward independence and self-reliance. In psychological terms, it's called developing an "internal" as opposed to "external" locus of control — meaning that what formerly was other-directed ("Do this"; "Don't do that") is now self-directed ("I should do this" and "I shouldn't do that"). Shorn of long-established support systems, kids at camp must identify the resources that can help them meet personal and group goals, resolve conflicts, and find success.

BS: When my parents' SUV moved out of sight, I was, for the first time in my nine years of life, on my own. It didn't hit me right away that the next morning my mom wouldn't be there to wake me up, my dad to help me sail, or even that I wouldn't come home at the end of the day to find my bed nicely made. My camp counselors introduced me to something new: adults who would show me the way but not hold my hand the entire time. I did a lot of active learning. I would always try something the first time and if I couldn't figure it out on my own, my counselors would be there for guidance.

Self-Confidence

SW: For campers, becoming self-reliant is predicated on having the self-confidence to succeed educationally and socially. In turn, self-confidence is born of a positive sense of oneself: the experiences one has (and one's evaluation of those experiences) and how closely one's achievements match one's expectations. Campers gain self-confidence when they find meaningful, fulfilling educational and social experiences at camp, interpret those experiences correctly, and have reasonable, achievable expectations for success.

BS: At my summer camp, activity awards were handed out at assemblies. Campers' names were read aloud as they walked onstage to the sound of applause. In retrospect, I realized this simple act served a much greater purpose than just handing out certificates. It is not always essential for campers to become the best at whatever they choose to do, but it is essential that they feel they've accomplished something. Publicly recognizing a camper for his or her accomplishments builds self-confidence.

...continued on page 11

...continued from page 10

Exploration

SW: Camp is, in short, about learning: learning about oneself, learning about others, and learning about new ways to approach the world. Self-confidence leads to learning through exploration of one's interests, abilities, and relationships. To maximize exploration, young people need to feel safe — free from fear of ridicule, sarcasm, or insult. Creating a community of caring where young people feel comfortable moving beyond their "comfort zone" to the "challenge zone" promotes exploration.

BS: My counselors were always pushing me. Pushing me during unit games, pushing me in the cabin towards new activities, pushing me to be a better sailor, and pushing me towards girls at dances. In their own ways they encouraged me to step outside of my comfort zone and take a risk. I developed a trust with them and in turn with the entire camp community. Whether I was on the water, on a field, or in my cabin, I always knew that my counselors and the camp would 'have my back.'

Responsibility

SW: Beyond the buddies, baseballs, and bonfires lies the true value of the summer camp experience: a heightened sense of personal responsibility for the well-being of others. That "other orientation" manifests itself in many ways, including a strong sense of connectedness and a commitment to give of oneself. Indeed, research from SADD (Students Against Destructive Decisions) points out that young people who have attended summer camp are significantly more likely than those who have not to feel good about their relationships and to take positive risks, such as volunteering for community service.

BS: I met some of the greatest people in the world at camp. In fact, I made such real friendships that the time I spent at camp each summer was enough to make me feel good the entire year. One of many lifelong things I learned at camp is a conscious responsibility to always be there for my friends and for others. Away from camp, I have volunteered as a peer leader, facilitating discussions about alcohol and drug use with middle and high school students and their parents, and I have joined fellow athletes in performing community service.

Life Lessons Learned at Camp

The benefits to young people of a summer at camp have long been discussed and more recently evaluated. What are they? Simply put, they are opportunities. Opportunities not exclusive to camps but rather concentrated at camp, where under the direction, supervision, and influence of caring counselors, young adults can learn to become more independent, more confident, more self-aware, and more giving toward others. These are just some of the life lessons learned at camp.

Stephen Wallace, M.S. Ed., author of the new book *Reality Gap — Alcohol, Drugs, and Sex: What Parents Don't Know and Teens Aren't Telling*, has broad experience as a school psychologist and adolescent counselor. He serves as chairman and CEO of SADD, director of counseling and counselor training at the Cape Cod Sea Camps, and adjunct professor of psychology at Mount Ida College. For more information about Stephen's work, visit www.stephengraywallace.com.

Ben Seifer recently graduated from Newton South High School (MA) where he was a scholar, athlete, and newspaper columnist and editor. Among his many accomplishments, he served as captain of the varsity Alpine Ski Team, a peer educator, and community-service volunteer. In August 2008, Ben completed the Cape Cod Sea Camps' Counselor Training Program and received the Service Cup for his integrity and selfless contributions to the welfare of others. Ben will be attending The George Washington University in the fall.

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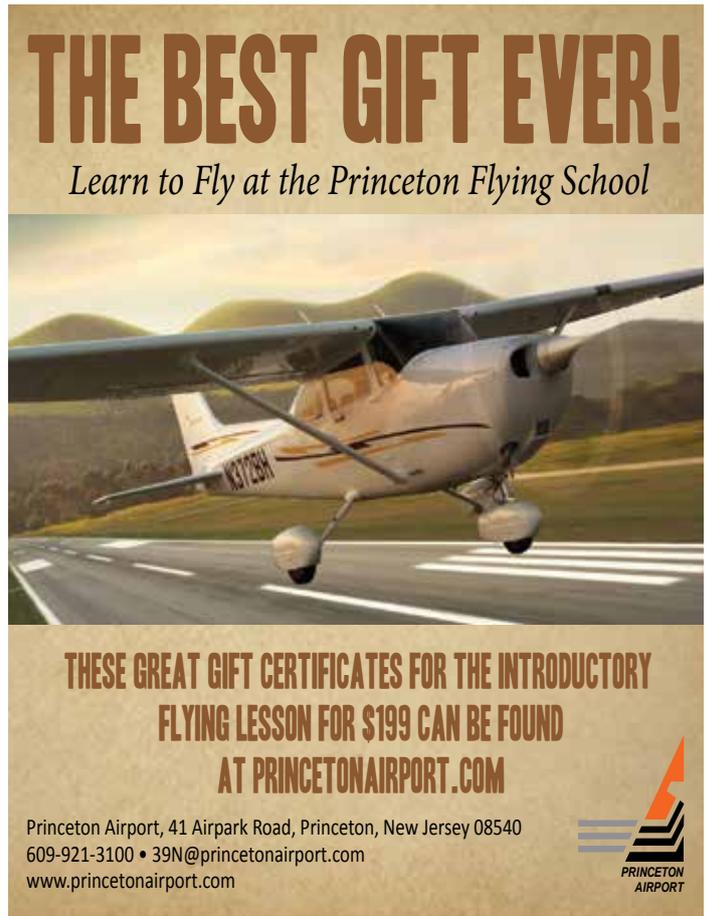
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Great Summer Jobs for Teens

If you don't have one yet, check out these great places to work and have fun this summer:

- **Amusement Parks** hire young people as ticket takers, ride monitors, concession staff, maintenance workers, singers, dancers, musicians, and lifeguards.
- **Hospitality Jobs** at local restaurants as kitchen assistants help to prepare food, bussers clear tables, waiters and counter workers serve food and scoop ice cream.
- **Summer Camp Jobs** may still be available as counselors, activity staff, waterfront staff, kitchen staff, maintenance workers, and office staff.
- **Summer Jobs for Animal Lovers** would be working for a pet store, veterinary clinic, zoo, animal park, equine center, or shelter.
- **Summer Jobs for Sports Fans** at stadiums, sports teams, race tracks, and other athletic venues hire seasonal workers as ticket sellers, concession stand workers, souvenir sellers, and maintenance workers..
- **Summer Jobs at the Beach** to spend the summer by the water and in the sun. Most ocean communities hire ticket takers, beach monitors, and lifeguards to work on their beaches
- **Jobs at Resorts** for young people in cleaning, food preparation, bussing, refreshment sales, activity leadership, gift shop sales, front desk assistance, housekeeping, kids' clubs, and waterfront assistance.
- **Jobs at Stores** as retail sales clerks, stock shelves, arrange displays, tag items, return items to shelves, and assist customers. In some cases, you may be able to continue your job on a part-time basis during the school year, or even turn your experience into a retail career.



Meningitis at College

Did you know between 100 and 125 cases occur on college campuses every year?

- 5 to 15 college students die each year as a result.
- Cases among teenagers and young adults have more than doubled since 1991.
- The frequency of outbreaks has risen at U.S. colleges and universities during the 1990's.



What is meningitis? Meningitis is a rare but potentially fatal bacterial infection.

- It can occur in two forms, as either meningococcal meningitis, an inflammation that affects the brain and spinal cord, or as meningococemia, the presence of bacteria in the blood.
- Permanent brain damage, hearing loss, learning disability, limb amputation, kidney failure, or death can result from the infections.

Is there a vaccine to help prevent meningitis? A safe, effective vaccine is available.

- The vaccine is safe, with mild and infrequent side effects, such as redness and pain at the injection site lasting up to 2 days.
- After vaccination, immunity develops within 7 to 10 days and remains effective for approximately 3 to 5 years. As with any vaccine, vaccinations against meningitis may not protect 100% of all susceptible individuals.

Is vaccination recommended for college students?

Certain college students, particularly freshmen who live or plan to live in dormitories or residence halls, have a 6-fold increased risk of disease.

- The American College Health Association (ACHA) has adopted the recommendations of the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), which states that college students, particularly freshmen living in dormitories and residence halls, be educated about meningococcal meningitis and the potential benefits of vaccination.
- Other undergraduate students wishing to reduce their risk of meningitis can also choose to be vaccinated.

Early symptoms of meningitis:

- high fever
- rash
- vomiting
- severe headache
- neck stiffness
- lethargy
- nausea
- sensitivity to light
- Meningitis usually peaks in late winter and early spring, overlapping flu season, and symptoms can easily be mistaken for the flu.
- Because the infection progresses quickly, students should seek medical care immediately if 2 or more of these symptoms occur at one time.



If untreated, meningitis can lead to shock and death within hours of the first symptom. If you have more questions please speak to your trusted physician.

Complete Family Foot & Ankle Care



Dr. Sanjay Gandhi, DPM

QUESTION:

What can I do as a parent to help prevent foot and ankle injuries as Spring Sports Season Starts Up?

ANSWER:

The ankle and feet are by far the most common sites of sports related injuries by children and are increasingly seen in youth sports. It is important that parents learn basic how to prevent sports related foot and ankle injuries and how to manage those injuries and when to seek aid of a podiatrist.

Growth plates in children's bones are not completed until their later teen years and are more susceptible to both traumatic and stress injuries in younger children. Proper footwear that is designed for a single sport, formal warm-ups and thorough stretching exercises, should be part of every youthful athlete's pre-game routine as well as cool-down sessions. The American Academy of Podiatrists also recommends that a preseason physical examination by a podiatric professional is valuable insurance against latent foot and ankle problems which can suddenly turn into serious and long-lasting injuries.

If a young athlete injures an ankle or foot during sports activity and if serious pain is experienced or the ankle/foot appears to look different, professional medical treatment is required. Foot injuries should be taken seriously and seeing a specialist always ensures best prevention as well as recovery.



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Dr. Helen Simigiannis, MD, FACOG

QUESTION:

How does The Mona Lisa Touch counteract vaginal dryness?

Vaginal 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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STOP SUFFERING IN SILENCE: *11 Truths About Menopause*

By Helen Simigiannis, MD

For years women didn't talk much about the changes they experienced before, during and after menopause. It's just in the last 30 years or so that women have been encouraged to speak with their physicians about their symptoms. Now, women are much more in tune with their bodies and proactive about seeking treatment for the symptoms that can make life uncomfortable.

Here are 11 lesser-known facts about "the change of life."

1. Menopause is diagnosed after it's over.
2. The pre-cursor to menopause is peri-menopause.
3. Menopause is more than just hot flashes.
4. Hot flashes can affect your focus.
5. Menopause can start as early as 40 years of age.
6. Menopause can start as late as your early 60s.
7. There are several treatments for hot flashes, not just hormone therapy.
8. There's no correlation between when your period starts and when you start menopause.
9. The amount of calcium in your bones is set at age 30.
10. Not all women need both estrogen and progesterone after menopause.
11. There are several options to relieve vaginal dryness.



The most important advice I can give women is that there are a variety of effective treatments to manage the symptoms of menopause. There is no reason to suffer. Talk to your doctor about your options.

When your body stops producing estrogen, one side effect is vaginal dryness, which can make intercourse uncomfortable. Estrogen therapy can help. If you have other menopausal symptoms, your doctor may recommend oral hormone replacement. However, if your only symptom is dryness, a topical, low-dose estrogen treatment may be more appropriate. Topical estrogen comes in several forms: cream, tablet or vaginal ring. Your doctor should prescribe the lowest dose of estrogen needed to relieve dryness. Vaginal moisturizers also can be used, as well as some newer, non-hormonal FDA-approved therapies. The FDA-cleared fractional CO2 laser has been a promising new non-medication treatment as well.

A recent patient had been suffering from vaginal dryness – and painful intercourse – for nearly three years before she booked an appointment with me for guidance. Her previous ob/gyn hadn't asked about vaginal dryness during her well-woman visit and she was embarrassed to bring it up herself. We had a frank discussion about her symptoms and after an examination, I prescribed a topical vaginal treatment. Her symptoms improved significantly at her two-month follow up visit and continued so she was able to be intimate with her partner again.

The most important advice I can give women is that there are a variety of effective treatments to manage the symptoms of menopause. There is no reason to suffer. Talk to your doctor about your options.

Helen Simigiannis, MD, FACOG, is a board-certified obstetrician/gynecologist on staff at CentraState Medical Center. She is also a North American Menopause Society Certified Menopause Practitioner, and has a private practice in East Windsor. She can be reached by calling 866-CENTRA7.



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times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop and often makes the difference between a good orthodontic result and a great orthodontist result. Please contact our office with any questions or to schedule a complimentary first examination to determine if your child would benefit from this type of treatment.

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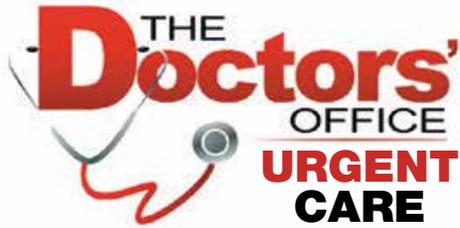
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QUESTION:

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.

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Dear Editor,

"May is Better Hearing & Speech Month (BHSM)", recognizing that 1 in 5 Americans have some sort of hearing loss.



It is certainly alarming, as we watch the next generation of Americans pump up the music on the latest set of wireless ear buds. As audiologists, this is deeply concerning because music companies encourage children and teens to "experience the music" at loud volumes.

I, too, am guilty of blasting music and attending a concert or two that left my ears ringing for days. But as a member of the New Jersey Speech-Language-Hearing Association, I feel compelled to note that once someone loses their hearing, he or she can't get it back.

Just look at all the rock stars who are now suffering from permanent hearing loss, from Pete Townsend, to Eric Clapton, to Paul Stanley to Brian Wilson. Many of these musicians are now learning to lip-read after suffering from hearing loss and tinnitus. Tinnitus occurs when the ear perceives sound, often in the form of ringing, even when no sound is present.

When a child or teen blasts music through ear buds, it goes straight into their ears. The levels of the music they experience can be as damaging as attending concerts and can result in hearing loss and ringing in the ears. We must educate parents, teachers and children about how these earbuds can contribute to permanent hearing loss.

Bob DiSogra

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Protecting Your Personal Information While on Your Phone

By, Lauren Kolacki



Lock your phone.

Set up your device so that fingerprint authentication or a code is needed to unlock your phone.

Know how to erase data remotely.

If your phone is lost or stolen, erasing its data can prevent someone from accessing your personal information.

Back up your data. If the data on your phone is backed up on a regular basis, you can easily transfer it to a new device. If necessary.

Keep your operating system and your apps up to date. Updates not only provide new features, they often include security fixes as well.

Don't take the bait. Clicking on links in text or email messages on your phone can provide hackers access to your accounts and personal information.

Don't overshare. Be careful about the information you are sharing with apps, and understand what information they are sharing with third parties.

When possible, adjust your privacy settings to limit what data the apps can access. Avoid public Wi-Fi. Using unsecure connections puts your data at risk. Many of us use our phones to help manage our finances, coordinate our calendars, and stay in touch with family and friends, so it makes sense that we would feel a sense of panic without it. But the very information on the phone that enables us to do all this is a treasure trove for hackers looking to steal your identity. Perhaps not surprisingly, millennials and social media users were more likely to fear having their phone lost or stolen. But all of us should follow these tips to keep our phone and personal information safe – even when the device is in our possession.

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Kenneth R. Deitz
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THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

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

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

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

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

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

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

JOHN T. BAZZURRO, Esq.
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Consequences vs. Punishments

By Lauren Kolacki

When it comes to parenting, there are a million and one ways to do it. When it comes to dealing with bad behavior it usually comes down to two; consequences and punishments. Consequences are a result of one's choices, whereas punishments make a child suffer from their mistake. Which technique do you use?

The purpose of a consequence is to teach children how to do better in the future. Consequences can be a natural occurrence, for example, a child doesn't study for his or her test and they do poorly. The next test, they will think again before not studying. A punishment, in this case, would be the parents taking a picture of the lousy grade and posting it on social media. This would shame the child, in hopes the fear of embarrassment will be an incentive to not fail in the future.

Consequences are meant to help children learn. Kids understand why they need to improve their behaviors when they experience the effects of their actions. Punishments are assigned out of frustration or anger and although may serve in the short term, are detrimental to a child's view of self-worth in the long term.

When creating consequences for your child, you do not want this choice to come from a place of anger, therefore, it is important to be thoughtful before doing anything rash. For a consequence to be productive, it is important to stay consistent and stick to your guns. Consequences should always be directed at the behavior and not at the person to ensure a decrease in misbehavior and not in self-worth.



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Hang your string:

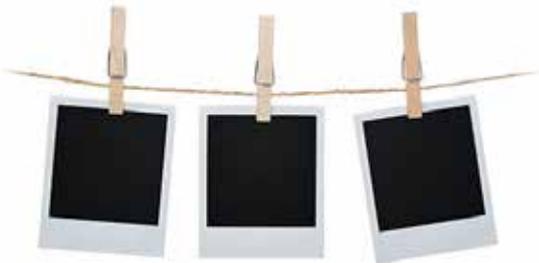
Place a nail in where one end of your string will be. Tie the end of your string around the nail and make sure it's sturdy and secure. Then extend your string out to about the middle, and repeat. Pull your string taut to that spot and tie around that nail.

Hang your pictures and blank cards:

Use your clothespins to hang your snapshots. Horizontal pictures can be hung with two pins to keep them straight. Vertical pictures can be hung with one pin placed in the center.

Leave a box or basket for extra blank cards and the pen/marker so your guests can write on the blank cards. You can even ask your guests to bring some of their own pictures they may have to place on the clothesline too.

Just string up a clothesline and hang up those pictures and create a time line for the Grad...everyone is going to love it.



A Different Kind of Gift for Dad

By Erin Mumby

Are you about to pick out another tie for dad this year? Father's Day is right around the corner, and giving him an experience gift will make his day, or even his year! An experience gift is a great way to give dad a gift that is as special as he is. This unique gift will also serve as a memory that will last a lifetime.

Giving dad a present every year can be challenging. Sons and daughters can feel pressure to top last year's gift. At times, we fall on overdone and worn out presents like gift cards or clothes. We don't want to see our fathers disappointed so we often end up giving them the same kind of present over and over. Gifting your dad an experience gift is an exciting fun way to make this upcoming Father's Day different!

Is your dad a daredevil? This year give him the opportunity to go rock climbing, racecar driving or even skydiving! If he has an interest in flying, helicopter or airplane lessons are a super-fun, unique gift. These are once in a lifetime gifts that will really make dad happy. Thrill seekers will remember this gift for years to come!

Is your dad a big music fan? Summer concert tickets are a great Father's Day gift for him! Lots of different artists will be going on tour this summer and making a stop in the Garden State. Artists like Rod Stewart, Foreigner, and Chicago are all performing at the nearby PNC Bank Arts Center this summer. If Dad enjoys a particular band or performer, gift him with tickets to their summer tour!

If your father is a foodie, treat him to a cooking class where he can hone his skills! Maybe take him out to his favorite restaurant for some bonding time. Gift him with the chance to go to a food tasting. Get him tickets to a food tour! If dad is a wine connoisseur maybe a trip to Laurita Winery in New Egypt is right for him. If beer is his go-to drink maybe take him to Screamin' Hill Brewery in Cream Ridge.

Plenty of dads are super fans of sports. Baseball is big in the summertime! The Yankees, the Mets, and the Phillies are just a short trip away. If you want to stay local, maybe catch a Lakewood Blueclaws or Trenton Thunder game with dad. There's nothing like watching a baseball game to further the bond between a father and child.

No matter what you give dad, spending time together doing something he loves is the best way to his heart. All fathers are different so figure out what's best for him! An experience gift will allow you to personalize the gift to his individual taste. Make this Father's Day one to remember!





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Apple Cider Vinegar Keeps the Vet Away

By: Erin Mumby

You might be familiar with the health properties of apple cider vinegar for humans. Did you know that it can be used as a non-toxic all natural tool for dogs as well? Vinegar can be used for alleviating a myriad of symptoms in your pooch. You should be using organic, raw apple cider vinegar. Simply dilute the apple cider vinegar with water before giving it to your pet.

Apple cider vinegar can help relieve itchy skin. Your dog can have itchy skin and rashes from yeast or maybe even poison ivy. Make a 50/50 solution of water and apple cider vinegar. Pour it into a spray bottle and directly spray the itchy areas on your dog. If you're worried about yeast, you can pour a little apple cider vinegar into your dog's food or water.

You can also make a natural ear cleaner for you dog with apple cider vinegar. Use purified water and apple cider vinegar to prevent ear infection. Clean their dirty ears with cotton balls dipped in the solution. Clean ears until the cotton ball comes out clean.

Our pets love to run around in the great outdoors, especially during the nice summer months. Fleas and ticks can find a home with our pets. Apple cider vinegar is the perfect ingredient for flea and tick repellent. Before your pup goes out to play, spray him or her with the 50/50 solution of water and apple cider vinegar. The acidity in apple cider vinegar repels the fleas and ticks.

If your dog already has bites, make him a body rinse with green tea and apple cider vinegar. You don't need harsh chemicals to treat your dogs bites. You will need 1 cup of distilled water, a half cup of apple cider vinegar, and a half cup of brewed green tea. After bathing your pet, use this solution to massage your dog. Rinse well and pat dry. This will give your pet some much needed relief. You can also spot treat your dog with this solution for maximum relief.

A lot of dogs have discharge from their eyes. If it's clear and watery, your dog could have a cold. This will usually be accompanied by coughs with a liquid sound and a runny nose. Your dog could use some apple cider vinegar in his or her food. A 50 lb .dog needs no more than one teaspoon twice a day in its food. Their eyes should clear right up. Ultimately, apple cider vinegar is the perfect natural remedy for dogs and humans alike!





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What is a birth doula?

A birth doula physically and emotionally supports the pregnant or laboring mother by providing you with resources to make informed decisions for yourself and support you in your choices. I not only help the mother, I also work with support systems (spouse, parent, guardian, friend, etc.). Utilizing a doula during pregnancy and labor has proven to be very beneficial. According to Americanpregnancy.org, using a doula has the following benefits: "decreased cesarean rate by 50%, decreased length of labor by 2%, use of oxytocin by 40% and use of epidural by 60%."

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Baby Wipes: Reducing Your Baby's Food Allergies

By Lauren Kolacki

Food allergies affect one in thirteen children in the United States. Food allergies occur when your immune system believes that a substance is detrimental to your body causing it to overreact, triggering an allergic reaction. Peanuts are a common allergy because the body is alarmed by the protein ingredient. Allergies are brought on by a combination of the exposure to dust, food and specific chemicals. There are still so many questions about allergies and why they occur, however, researchers continue to find new discoveries every day.

In recent studies, it has been detected that baby wipes could increase the risk of a child developing a food allergy. The synthetic in baby wipes, sodium lauryl sulphate, is also found in soap and has been proven to disrupt the skin's protective fatty barrier. Even if a child has yet to ingest a food item, it may still enter their body through the skin. To reduce this risk, parents and guardians should be more aware. Always be sure to wash your hands before handling your baby, to reduce risk of exposure to unfamiliar food particles. Researchers also suggest rinsing off the area where a wipe was used to decrease the amount of sodium laurel sulphate that is absorbed by the skin.



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WHAT'S HAPPENING

By Gabriella Mancuso

MAY:

- 16- The Car Cruises at The Village Greene at Historic Smithville is for all car enthusiasts to see, show, and talk cars while enjoying 60 Shoppes, 7 eateries, carousel and train rides, paddleboats, arcade, and on site lodging at the Colonial Inn and over 26 free weekend events!
- 17- Story time at Morven- Goodnight Princeton with author Mimi Omiecinsk
- 18- Mother Goose Story Time at Ritz Theatre Company in Haddon Township
- 19- Celebrate Armed Forces Day at Monmouth Jet Center in Farmingdale, NJ to bring awareness to PTSD and high suicide rates. Enjoy live music, food truck and children activities while you watch up to 300 Aircraft land and takeoff all day long.
- 20- Step back 3.5 billion years to explore the geology of New Jersey at the New Jersey State Museum in Trenton. Learn about the evolution of turtles, fish, mammals and birds.
- 21- Taste of Somerset at The Palace at Somerset Park where you have the opportunity to sample the finest appetizers, entrees, desserts, and beverages that Somerset County and the region has to offer.
- 22- Big Bird's Adventure planetarium at the Liberty Science Center. Children learn about the Big Dipper, the North Star, the Sun and the Moon in a hi-def show. including Big Bird, Elmo and a friend from China named Hu Hu Zhu.
- 23- Somerset Patriots Baseball Game at Td Bank Ballpark in Bridgewater. All ticket proceeds benefit the Freedom House.
- 24- "The Cast of Beatlemania" a Beatles Tribute band formed in 1980 part of a summer concert series at The Oval in Waldwick, NJ. The Cast is one of longest running Beatles tribute band in the world.
- 25- The Annual Memorial Day Parade and Festival, beach front in Bradley Beach, NJ. Food, craft vendors and activities.
- 26- Jersey Shore Food Truck Festival at the Monmouth Park Race Track in Oceanport
- 27- Running in Remembrance and honoring our Veterans who have served our country with a 5K Run/Walk on the beautiful Weehawken Waterfront
- 28- Jersey Shore Food Truck Festival at the Monmouth Park Race Track in Oceanport
- 29- There's no better way to cool down after a long day in the sun. Bring a group of friends or your whole family to the Asbury Park Beach Bonfire.
- 30- Strawberry Fair at the Monmouth Park Race Track. Fairgoers take a whirl on rides, press their luck in carnival-style games and chow down on delicious strawberry shortcake. All Lions' Club proceeds will be donated to charity.

JUNE:

- 1- Shrek the Musical at the Mayo Performing Arts Center in Morristown.
- 2- Basie Summer Jazz Festival at Red Bank's Count Basie Theatre.
- 3- STOMP the Monster 5k Run, 1 mile Run/Walk, Kids' Stomp, prize money, giveaways, food and drinks, a DJ, and plenty of family fun.
- 4- A culinary feast provided by Jersey Shore Restaurateurs in Sandy Hook ft. Brian Kirl and the Jirks
- 5- Cape May Restaurant Week
- 6- Talented singers aged 10 and older are given the spotlight to showoff their vocal abilities at Hall of Records in Freehold
- 7- Bands will perform from 6:30- 8 pm at the bandstand on the waterfront every first Thursday, weather permitting at the City of Burlington Promenade Bandstand.
- 8- Bring your own wine, beer and snack and enjoy painting on a 16 x 20 canvas being led by a local artist in Brick, NJ.
- 9- NJDEP Division of Fish & Wildlife's Hooked on Fishing-Not on Drugs Program's Youth Fishing Challenge that encourages children to avoid drugs, alcohol and tobacco by pursuing fun activities such as fishing.
- 10- iPlay America's 2nd Annual Science Fair
- 11- Monday Up to 1/2 Priced Credits on pier rides at the Seaside Boardwalk
- 12- Snow White and the Seven Dwarfs at Count Basie Theatre in Redbank
- 13- Boardwalk Parade, preliminary competitions, and the finals at the Music Pier in Ocean City, NJ
- 14- A week-night music series featuring local talent in Pier Village
- 15- Street Music Performances every Friday and Saturday Night at the Downtown Freehold Gazebo

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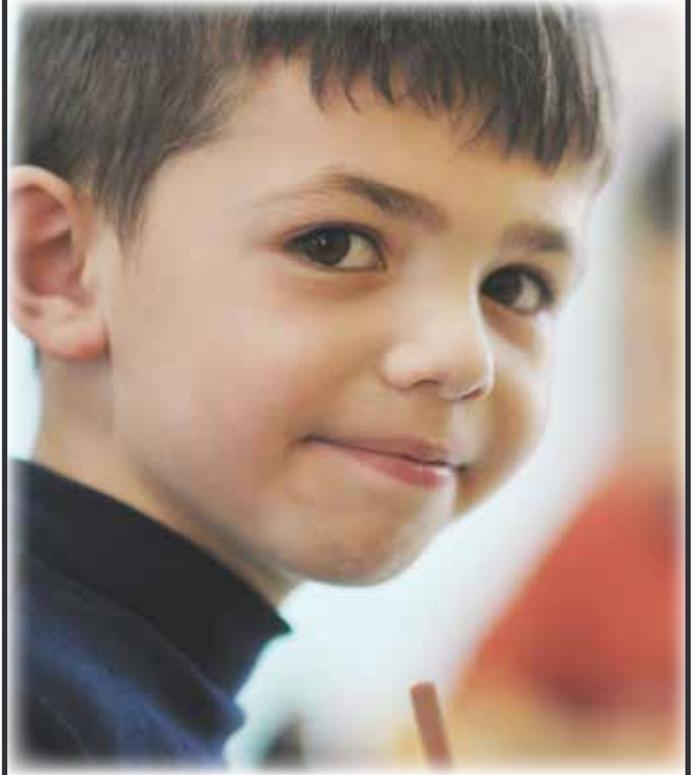
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They might also recommend group or individual therapy or suggest further evaluation by an audiologist (a health care professional trained to identify and measure hearing loss), or a developmental psychologist (a health care professional with special expertise in the psychological development of infants and children).





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& Resource Expo

Planning for the Future Begins by age 14

Sunday, June 3rd, 2018

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Life in High School and Beyond

Conference & Resource Expo

Transition Planning for the Future Begins by Age 14

Sunday, June 3, 2018

The College of New Jersey (TCNJ)

The Learning Disabilities Association of New Jersey (LDANJ), a nonprofit 501c3, invites parents, educators, adults, professionals, and students to attend the state-wide "Life in High School and Beyond Conference & Resource Expo -Transition Planning Begins by Age 14" at The College of New Jersey (TCNJ), 2000 Pennington Road, Education Building, Ewing, 08628 on Sunday, June 3, 2018.

It's never too early to start planning for transition, but the process must start by age 14. This conference will have a variety of workshops regarding the high school experience and preparing students with learning disabilities, attention issues, and/or related disorders for the transition to life after high school. Information will also be provided about options and supports after high school. Topics will include the difference between high school and college/work, student rights, internships, executive function, transition IEPs, learning the soft skills, resilience, and more. In addition to 32 workshops, there will be a Resource Expo to provide additional information.

Starting May 1, conference registration is \$25 for students, \$50 for LDA members, and \$75 for non-members. Breakfast and lunch are provided. Professional Development Certificates are for 6 hours. To register with credit card go to www.ldanj603.eventbrite.com. For more information go to www.ldanj.org-Events, contact LDANJ at 732-645-2738, or email info@ldanj.org.



The Frances Foundation

By Lauren Kolacki

The Frances Foundation is a non-profit organization devoted to alleviating some of the suffering that coincides with a child fighting cancer. From financial assistance to special gifts, the commitment of the foundation slightly diminishes the severity of the situation, even for a moment. My admiration for this foundation provoked my curiosity, leading me to reach out to the President, Robert Heugle. By speaking with Robert, I developed a better understanding of the specifics behind the foundation and the emotions that accompany being involved in such an empowering cause.

Robert's mother, Frances Jean Nolan Heugle, passed away from colon cancer in March of 2000. Frances spent her life devoting her time to children, so what better way to honor her than an organization dedicated to enhancing the lives of children? Robert, along with his siblings, father and an assemblage of family and friends were determined to carry on her legacy. Their ambition persevered and on her birthday; July 26, 2004, they commenced The Frances Foundation.

In the last 14 years, the organization has grown to approximately 50 trustees. This includes Robert's siblings, children, Frances' sister and other individuals who have just as much passion for supporting the cause. Being a part of this community is astonishingly rewarding, however, Robert claims it has its downfalls. He went on to explain the relationship he builds with the children and their families, "You get so attached to a young boy or girl who is so full of life, then you just lose them. It is hard to deal with the emotions and try to make sense of the situation". Robert claims the only thing harder than managing his grief, is pulling himself together to console the family that just lost their child.

Building a relationship where the other half passes away is heart breaking, yet, what you can contribute to that child's life while they are still here is incredibly gratifying. The most important factor of this foundation is to make the children smile. Robert Heugle believes it is important that everyone is reminded that every penny donated is 100% for the families and the children.

In the past year, The Frances Foundation has been able to:

- Treat Young Warriors and Families to Trips to Disney
- Host Hospital Party and Present Holiday Gifts to the Children
- Serve Thanksgiving Dinner at Various Hospitals
- Pay Stressful Bills, including Back Rent, Utilities, Car Repair, Gas and Uninsured Medical
- Sends Kids and Their Families to Sporting Events
- Bring Smiles to Kids with VIP Limos, Dinners, Shows and Concerts
- Mother's Day Flowers and Father's Day Treats to the Warrior's Parents
- Host a Summer Picnic and Pool Party
- Donate Money for Pediatric Cancer Research at St. Jude's Children's Hospital
- They even sent a young boy to the Super Bowl.

Robert is a professional attorney but throughout the years he has begun to donate more of his time to the foundation. He claims he splits himself 30/70, 30% of his time to his career and 70% of his time to volunteering. He realizes how much there is to be done and he is motivated by the smiles of the children and the financial stability the foundation can provide. He believes this is his calling and everyday he embraces and loves what he does.



Steps to Success VII

Starting your Children off on the Right Foot

By Pam Teel

Steps to Success is both a Preschool and Childcare facility located in Morganville, NJ. It is one of seven facilities located within the tri state area, with another facility on the way. This central NJ location, which opened in September of 2017, serves the Morganville/Manalapan area of New Jersey as well as the surrounding towns of Marlboro, Old Bridge, Englishtown, Colts Neck, Holmdel, East Brunswick, Matawan, and Freehold.

The facility is licensed to service children from 6 months to 6 years of age for their Pre-School Program and they also offer an After School Program where they pick up children with their own buses from the child's respective primary schools and bring them to back to their facility.

Their childcare program is dedicated to fostering education, development, and building self esteem in a secure and comfortable environment.

Their preschool's primary goal is to establish an educational environment that encompasses an objective of stimulating the intellectual, social, and emotional growth of each child. Their Pre-School staff works closely with each child and parent to both ensure and uphold this principle. They believe that the combination of structure, encouragement, and exploration creates an atmosphere where children who visit their Pre-School gain knowledge, confidence, and a love for learning. The Values of their mission is to provide a caring and enriched child care environment, to develop lifelong relationships, provide a fun and challenging environment, and provide superior support and service for local schools and organizations.

The curriculum was written by two of their directors, gearing it towards their unique demographic of students and using a multitude of different approaches to relay the information that they want their students to absorb. They use their own copy written and proprietary Curriculum that is incorporated in all of their schools. The curriculum guides the teachers to not only teach across the curriculum but with a multi-sensory approach. Some children are visual, kinesthetic, or auditory learners. The curriculum incorporates a plethora of teaching methods so that each student is able to prosper and succeed. It also develops the whole child as they work on ADL (Activities of Daily Living) skills, pretend play, social-emotional skills, as well as instilling invaluable morals and ethics in their students. They achieve this by participating in various charities, each one highlighting a different value that they want to inspire in every student.

Steps to Success also provides an after school program. The primary focus is to assist the students with their homework and make sure that it is completed correctly. Every child in the after school program will be encouraged to learn and flourish in their unique way and according to their learning capacity. Students are picked up at their respective schools at dismissal time, where upon arrival to the center they receive a hot meal. They are then assisted with homework until it is completed and checked by one of the afterschool teachers. Students then participate in Stop, Drop and Read, where they are provided a book that is appropriate for their reading level and are required to read for 20-25 minutes per day. After these tasks are complete, the children are able to go outside on the playground, weather permitting, or partake in an arts and crafts activity or group game prepared by the teachers.

Additional after school Program Information: Child attends Steps from 2:20 pm – 7 pm daily. Steps to Success offers a full day program when the public schools are closed during holidays and vacations. Students can attend the center from 7am to 7pm and receive three hot meals.

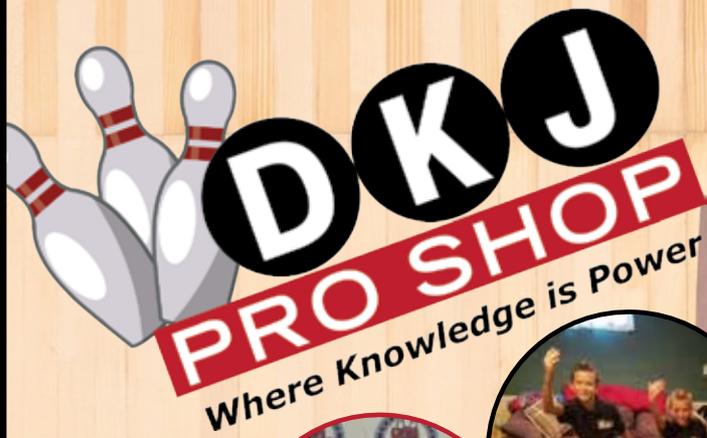
There is a 12K square foot grass field and a state of the art 4K square foot play yard with slides. There is also a full Commercial Kitchen where the in house Chef prepares 3 meals daily which is included in the monthly tuition. (Menu changes monthly) The facility also offers several enrichment programs such as soccer, Dance, Language studies, Tennis and Gymnastics. There is an indoor gym that they use during the cold winter months.

Hours of operation are: 6:30am-7pm Monday thru Friday

You can contact the center for more information at: 732-970-7979. Visit at 208 Commercial Ct. Morganville, or visit them on facebook: steps to success/ Morganville NJ. Email at: Steps7@Stepstosuccess.com



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Try these tips and keep your family healthy.

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



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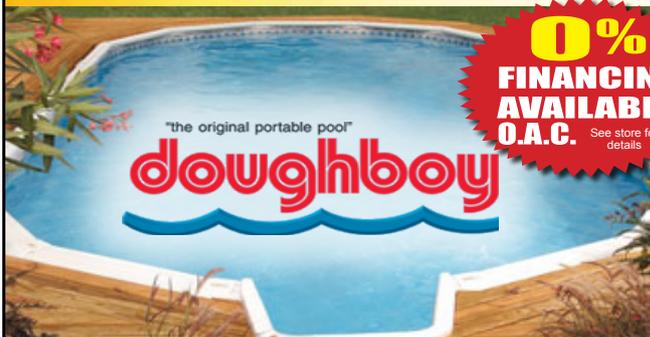


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The Healthy Hammock

By James Keys

It feels absolutely wonderful to lie suspended in a hammock, nearly weightless, swinging or swaying in the cool breeze. The draw that we feel to the hammock is that it is the simplistic ultimate resting device has to do with our body over our mind. The fact is that our bodies know exactly what they need and want when they feel it. If you haven't tried resting in a hammock, you don't know what you're missing. If you have tried resting in a hammock you know how wonderful it is, but there are also health benefits of a hammock, which is another reason why you should try one.

A hammock is absolutely the best way to rest your whole body from head to toe. It is a simple matter of ergonomics. Regardless of your age or weight, everyone can improve their quality of life by using a hammock. Mexican people have installed hammock hooks all through their homes, and they use them for sleepers and daybeds for their babies, which are perfectly safe when used with continuous supervision. A primary health benefit of a hammock is that the tilting, swaying, action which they offer stimulates the brain's cerebral activity.

This means that swinging in a hammock with a stand combo improves a person's ability to concentrate and focus and at the same time it relaxes the brain's overall activity. This has been scientifically proven to be true and is an invaluable therapy for those who suffer from autism, or even just those who have trouble with comprehension and reading. The hammock is being sold by medical suppliers as therapy devices that are prescribed by psychologists and physicians. This is only the beginning of the health benefits of hammocks.

Use of a hammock reduces brain activity, which helps to reduce stress. When activity in the brain slows, the stress throughout the body releases, and, as a result, the blood pressure drops significantly. Therefore, while your inner body rejuvenates and relaxes, the health benefits of the hammock also start to work on your physical body.

When you are resting in a hammock, your body weight is evenly distributed throughout, something like floating in water only you don't have to kick or paddle. Your vertebrae will stretch and go back into their natural positions, the tail and neck bones align, and you are effortlessly entranced into full meditation of mind and body.

You deserve to enjoy spring and summer, and get yourself a hammock!



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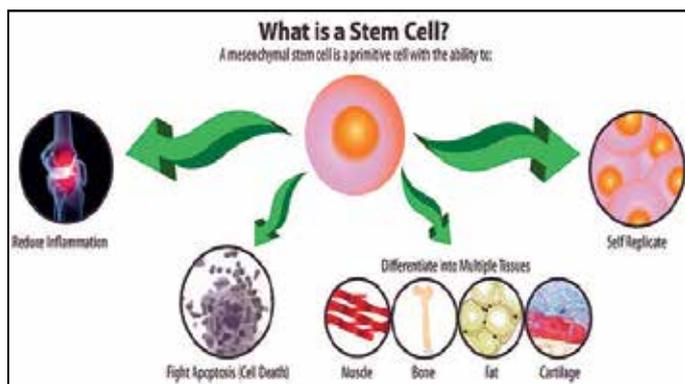


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QUESTION:

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.

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Lesser-known signs of cancer you shouldn't ignore

A constant headache that a Tylenol can't remedy, unexplained lower back or rib pain, or a nagging cough that won't quit, may not simply be signs of anxiety, stress or a cold or flu, but may indicate a more serious health concern—cancer.

According to the American Cancer Society, an estimated 1,735,350 new cancer cases will be diagnosed this year. However, thanks, in part, to the availability of new chemotherapy drugs and treatment technologies, more people are living with cancer as a chronic disease.

But, as we all know, early detection of cancer, no matter what the cancer type, is critical, yet, many symptoms of cancer don't always 'appear' the way you think they would.

So, what are some of the lesser-known signs of cancer we shouldn't ignore?

1. Changes in breast skin texture (e.g. puckering/dimpling) can indicate breast cancer
2. Swelling in the armpit or around the collar bone can signal lymphoma, a type of blood cancer
3. Hoarseness can indicate lung or vocal cord cancers
4. Persistent coughing can strongly imply lung cancer
5. Bowel changes can tip off colorectal cancers
6. Unexplained weight loss can be symptomatic of a slew of cancers, including lung, pancreatic and colon cancers
7. Lower back pain could reveal ovarian or testicular cancers
8. Rib pain can signal kidney or lung cancers
9. Recurring fever can be evidence of blood, kidney, lung and breast cancers

There are many other symptoms of cancer that are unfamiliar to most lay people, which include a rash, very heavy night sweats, persistent bloating, mouth or tongue sores that won't heal, breathlessness, excessive bruising, and chronic headaches, among others.

But, to not cause undue stress and worry, if you or a loved one experience any of these symptoms, don't panic because they don't always mean cancer, but don't ignore them either. Schedule an appointment with your physician to discuss your symptoms and medical history to rule out any chance of cancer. Again, early detection is key, and the more in tune with your own body and any changes that may take place to it, are habits of good health and can possibly lead to better outcomes if cancer is determined.

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Carrot Fries

These yummy baked carrot fries are crispy and delicious and simple to make! Carrots provide vitamin A and many other impressive health benefits including beautiful skin, cancer prevention and anti-aging.

INGREDIENTS

- 2 carrot
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup plain greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoons chives
- ¼ teaspoon salt
- ¼ teaspoon pepper

PREPARATION

1. Preheat oven to 425°F (220°C).
2. Cut carrots into fries and combine in a large bowl with olive oil, parsley, paprika, salt, and pepper.
3. Place on baking sheet lined with parchment paper in a single layer. Bake for 20-25 minutes, flipping halfway.
4. Prepare dip while fries are baking. Combine all dip ingredients in a small bowl and set aside in the refrigerator until ready to use.

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Pecan Milk Recipe

Pecan milk is a delicious dairy-free milk. It is also simple to make and a slightly sweet milk alternative. Pecans contain more antioxidants than any other tree nut. Pecan nuts rank among the top 15 foods with the highest levels of antioxidants according to the USDA. They also contain important vitamins and minerals such as manganese, potassium, calcium, iron, magnesium, zinc, and selenium, offering some fabulous health benefits.

Ingredients

- 1 cup raw pecan
- 1 tablespoon vanilla extract
- 1 tablespoon honey
- 1 pinch salt
- 1 tablespoon unsweetened cocoa powder
- 6 cups water

Preparation

1. In a medium bowl, soak raw pecans in 2 cups (475 ml) of water overnight.
2. Drain the bowl of water and place the almonds in a blender.
3. Add 1 tablespoon vanilla, 1 tablespoon honey, salt, 1 tablespoon of unsweetened cacao powder, and 4 cups (945 ml) of water to the blender.
4. Blend the mixture on high for 90 seconds.
5. Use a cheesecloth to strain the liquid into a pouring container.
6. (Optional) refrigerate 1-2 hours or serve immediately.
7. Makes 4 servings





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Before & Aftercare Available

Bronze Level College Save Membership included upon registration

<http://SportikaSports.com/programs/collegesave/>

Register here: <https://tinyurl.com/sportikasummerexp>

***If you want academic enrichment to be a part of your child's summer experience, contact our partner Brainstorm for information on Camp Brainiac and Jumpstart classes.
sportikastorm.com | 732-786-3799

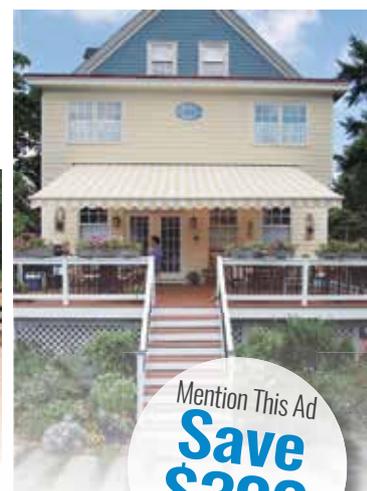
***If you want sports performance training and movement coaching to be a part of your child's summer experience, contact our partner Parabolic.
goparabolic.com | 732-446-9635

*Activities are subject to change



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