

Savvy Back-to-School Shopping Tips:

- Do Your Homework:** Before shopping, evaluate your child's wardrobe and set aside the clothes that still fit and decide what needs to be replaced. Consider what separates you will need to make outfits with existing pieces. Decide how many outfits your child needs to comfortably make it through the week, keeping in mind laundry turn around time. Comb the house for school supplies gathering pencils, pens, binders, crayons, etc. before buying new ones.
- Make a List:** Keep a detailed running list of those clothing pieces and school supplies your child will need to supplement what you already have on hand. Referring to your notes while shopping will help prevent overbuying.
- Be Patient:** While it is exciting to have a special, new outfit for the first day of school, don't buy everything at once. Purchase the essentials and a new pair of shoes and wait until mid-September and beyond when many back-to-school items go on sale.
- Consider Used Items:** Consignment shops and Goodwill stores are great places to purchase gently used items at deep discounts.
- Stock Up:** Eventually stores will want their school supplies and clothes off the shelves to make way for new inventory. Clearance sales of 75% or more are not unusual and offer an opportunity to stock up on items like backpacks, lunchboxes, notebooks and folders you know your children will need each school year.



Racing for a Cure for Breast Cancer in Scranton

September 12 marks the annual Race for the Cure in Scranton. The Susan G. Komen for the Cure is an organization that began as a promise Nancy Brinker made to her dying sister, Susan, to do all that she could to end breast cancer forever. Today, the Komen for the Cure is the world's largest grass roots movement of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. It is becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. Join with friends and neighbors on September 12 for a 5K run or walk or a 1 mile fun run.

Race fees are \$25, \$23 for students and seniors, \$5 for children under 12. Visit **komen.org** or call 1800-IM-AWARE for more information.



We Love Locks of Love

NEPA Family Magazine is looking to contact children age 14 and under who have participated in the Locks of Love program by donating their hair. We will be highlighting this wonderful program in a future issue and would like to feature local children. Please email us at nepafamily.com or call 714-2828.

Get on Track with MommyTrackd.com!

Called "popular and edgy" by the The Wall Street Journal, the Mommy Track'd website provides practical organizational tools for moms along with funny, informative and entertaining articles and columns. The survival guide offers tips on how to get organized, take shortcuts and work more efficiently, without forgetting to treat yourself from time to time. From articles for mothers who work outside the home to book reviews, this website is a great way for moms to stay connected and informed. Visit mommytrackd.com and enjoy the website just for moms that got rave reviews from the national press.



TABLETOPICS:

Great Questions to Spark Great Conversations

Want to spark a great conversation with your kids and spouse? TABLETOPICS conversation starters offer a fun way to engage your family in quirky, interesting and meaningful discussions around the dinner table, in the car and on the go. TABLETOPICS CUBE FAMILY EDITION offers a mix of age appropriate questions from the silly to the thought provoking to encourage conversation between parents and kids. Learn something new about your kids and even yourself. The 135 question cubes or 40 question Topics-on-the-Go are reasonable priced and make great gifts. They are available locally at Everything Natural in Clarks Summit, 586-9684 or online at tabletopics.com.