

TIME OUT FOR KIDS!



SICK FISHING

BY BLAISE COGHLAN

I'm Blaise, and this is my brother, Ryan. We're two kids living and fishing near Philadelphia, and we have our own website, www.sickfishing.com. Our Mom is Shannon Coghlan. She works in advertising sales at Merion Matters, which publishes *ADVANCE for NPs & PAs*. Some day, she'd like for Ryan and I to go to college and get good jobs, but we're hoping to own a couple of big fishing boats and take people on the trips of their lives. In the meantime, our website is a great place for us to share our fishing experiences with other kids who love to fish, and also a place where we support our designated charity, **Cross International**.

WEB WHYS

We put together our own website for one reason: We want to share our fishing experiences with our family and our friends, and other fisher kids around the world who love fishing as much as we do. Starting a website like ours was easy to do. Well, we tried a few different things, actually, but finally landed on Google's Blogger (www.Blogger.com), because it's easy and free. The only thing we pay for is our website address, which our Mom helped us with. It's \$10 a year and comes out of our allowance. We picked the name Sick Fishing, because "sick" means "awesome," and because when people tell their boss they're sick, sometimes they might just be fishing. On our website, Mom also helped us to set up some easy Google ads, which bring in a tiny bit of money each month.



The Coghlan boys photograph their trophy fish before releasing them.



WEB GIVING

We donate half of our ad money to Cross International. Ryan and I learned about Cross International at church last summer. They work with lots of good charities around the world to provide aid, food, housing, education, and emergency care to those in need. It's a pretty cool charity run by cool people. We picked a Christian charity because Jesus was a fisherman.

WEB ADVICE

If your kids want to start a website, I have two pieces of advice. **First** – Stay focused. Ryan and I could talk about all kinds of things on our website. We play sports and get into plenty of trouble worth bragging about. But what we really love to do is fish. Good fishermen (and fisherwomen, and fisher kids) come back to our website all the time – because they want to see our fishing pictures and read about our fishing adventures. **Second** – Use lots of pictures. People like pictures.

We hope you'll visit our website, and tell your friends about it too, especially if

they like to fish, or just if they're a kid.

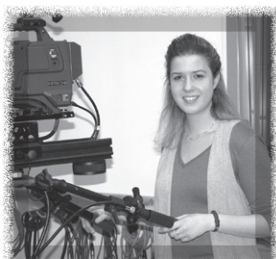
Blaise and Ryan are sons of Shannon Coghlan, Area Sales Manager, Product Advertising—ADVANCE for NPs & PAs, ADVANCE for Nurses, Healthy Aging, Advance for Imaging & Radiation Oncology, ADVANCE for Administrators of the Laboratory, 2900 Horizon Drive, Box 61556, King of Prussia, PA 19406. She can be reached at 800-355-5627, ext. 1624, or scoghlan@advanceweb.com.

Healthier, Lighter Eggplant Parmesan by Adam Sells

My daughter Tyann Sells, a Digital Film and Media major at Mercer County Community College (Honor Student, Deans List, Student Director and Producer), came up with this recipe. So tasty, you won't miss the added fat from all the usual cheese...and it's good for you!

Ingredients:

- 1 large eggplant
- 1 egg, whisked
- 2 cups of seasoned whole wheat bread crumbs
- 1/3 cup of oil or as needed
- 4 large tomatoes
- 6 mushrooms, diced
- 1 garlic clove, diced
- 1/4 cup basil, chopped
- 1 red pepper, cut into strips
- 5 scallions, sliced
- 1 pear, thinly sliced
- Parmesan cheese, shredded (optional, for garnishing)



Tyann Sells

Slice 1 large eggplant into 1/4" rounds. Dip each slice of eggplant into egg, and coat in whole wheat bread crumbs. Fry in large frying pan with 2-4 tablespoons of olive oil. Add oil as needed. Slice tomatoes into 1/4" rounds. Sauté mushrooms with garlic, basil, peppers, and scallions in oil. Set aside. Layer bottom of 2" x 12" or 2" x 9" baking/casserole dish with fried eggplant, then a layer of sliced pear. Add a layer of tomato and repeat. Distribute the sautéed vegetables evenly over the final layer. Sprinkle with Parmesan cheese (optional).

Place in 350° oven for 15-20 minutes, uncovered.

Adam Sells is Account Manager, Creative MediaWorks, 44 South Main Street, Pennington, NJ 08534. He can be reached at 609-737-1123, ext. 12, or adam@creativemediaworks.com.