

# The Millstone Times™

Allentown Clarksburg Cream Ridge East Windsor Hamilton Hightstown Millstone Monroe Perrineville Roosevelt Twin Rivers Upper Freehold

## *Prestigious Marble Somerville Courthouse*



**More Than Just  
Millstone Township  
News!**

Story on Page 65

**ADVANCED CENTER FOR orthodontics**  
www.acortho.com

Michael J. Chung, D.D.S., M.S.  
Orthodontic Specialist for Children and Adults

- Traditional and Clear Braces
- Invisalign and Invisalign Teen

Call us for a free consultation (5125 value)

Freehold: 535 Iron Bridge Rd. (732) 308-0022  
Manalapan: 225 Gordons Corner Rd. (732) 446-2299



**Need New CARPET or FLOORING?**  
See page 19!

**IN THIS ISSUE**

Health & Wellness.....	6
Senior Moments.....	20
Food & Dining.....	25
Automotive.....	31
Real Estate.....	36
Home Improvement.....	42
East Windsor.....	52
Camp Guide.....	54
Pet Pages.....	58
Opinion Article.....	61



SOLID HARDWOODS

ENGINEERED HARDWOODS

BAMBOO & CORK

STAIR & RAILS

## PROFESSIONAL RE-FINISHING

utilizing a four (4) coat commercial finishing system

- HEPA Filter Dust Containment.
- Low VOC and low odor
- Fastest cure available; 90% cured in 24 hours
- Superior scratch and scuff resistant
- UV Inhibitor minimizes sunlight-related color changes

\$2.79 SF



1171 HWY. 130 • ROBBINSVILLE, NEW JERSEY 08510 • 609-651-8148

# TENDER SMILES



Bring in  
this ad  
for a  
**FREE GIFT**

Dr. Max  
is proud to be  
on New Jersey's  
referral list for  
Special Needs  
Dentistry



**Finally, a dentist your kids  
will be excited to go to!**

Dr. Max Sulla's approach to creating a healthy smile is his commitment to educating parents and children of all ages on the importance of good dental hygiene.



**FREE**  
**Ortho Consultation**  
\$149 value

**FREE**  
**Infant Exam**  
\$99 value

**\$160**  
**New Patient Visit**  
\$399 value

**FREEHOLD**

122 Professional View Dr.  
**732-625-8080**

**NO. BRUNSWICK**

1330 How Lane  
**732-249-1010**

**EDISON**

1656 Oak Tree Rd.  
**732-549-3773**

[www.TenderSmiles4Kids.com](http://www.TenderSmiles4Kids.com)

# OUTSIDE SALES REPRESENTATIVE POSITIONS

If you are Hardworking, Ambitious, Ethical, and have a Positive Attitude, **WE WANT YOU!**



Gunther Publishing offers exceptional career paths and long term opportunities.

- VERY HIGH EARNING POTENTIAL
- BEST in MARKET COMMISSION and BONUSES
- No Commute/No Office Hours

Work From Home – FT or PT  
WORK-LIFE BALANCE GUARANTEED

Advertising Sales EXPERIENCE NECESSARY

Please contact: [TMFT@optonline.net](mailto:TMFT@optonline.net) or (732) 995-3456



A GREAT TEAM TO WORK WITH!

Targeted Publications That Get Results



THE MILLSTONE TIMES • FAMILY TIMES  
Monmouth County's ASK THE DOCTOR  
The Greater Princeton Area ASK THE DOCTOR

**Publisher**  
Cami Gunther

**Art Director/  
Graphic Designer**  
Mindy R. Jacobson

**Editor**  
Elizabeth Newman

**Marketing Consultants**  
Sheila Lidz  
Jolene Conoscenti  
Elizabeth Newman  
Susan Heckler  
Bill Campbell  
Dawn Gibson  
Leanne Swallowood

**Director of Recruitment/  
Event Coordinator**  
Jolene Conoscenti

**Writers**  
Susan Heckler  
Pam Teel

**Interns**  
Gina DiRusso  
Jordan Tinitigan  
Stephanie Maglio



Download  
"Bar Code"  
app on your phone

Scan this QR Code  
with your smart  
phone to go directly  
to our website.

©2015 by Gunther Publishing Ent. The content of GPE publications and its affiliates are copyrighted. GPE publications are published 12 times a year. Established 10/2008. Distribution and Post office receipt available. All GPE products are distributed free of charge. Average reader per copy is 2.1. No copying or reproduction of the content of this newspaper is allowed without the express written permission from the publisher. GPE's publisher/owner reserves the rights over all electronic copying and reproduction of material contained here within. The publisher, editor, agents, and sales staff reserve the right to reject the advertisements for any reason. Credit for mistakes shall not exceed the costs of the ad in the month which the error occurred.

**CONTACT US: PO Box 7632, Freehold, NJ 07728**

**Cami@GuntherPublications.com**

**Phone (732) 995-3456 Fax (732) 677-3390**



Follow us!  
@TMFTimes



Find us on  
Facebook!



Connect with  
Cami!

## Local Freehold Dance Gallery In 2016 Finale of TV Show Dance Moms

By Pam Teel



Members of the Gallery of Dance in Freehold, NJ, were so excited to have participated in the 2016 season Finale of Dance Moms, the American Reality TV Series that debuted on the Lifetime channel in 2011.

The show follows the training and careers of children in dance and show business under the direction of one Abby Lee Miller, an outspoken, tough, dance

coach who pushes her girls to the limits, and on more than one occasion, butts heads with some of the mothers. The show focused on Abby's junior elite competition team, which consisted of mostly preteen girls. Original production of the show moved in 2015 from Pittsburgh, Pennsylvania to Los Angeles, California.

The Gallery girls brought two numbers to the Starbound National Dance Competition, which was held in Asbury Park, NJ on December 11th, at the historic Paramount Theatre.

Gallery of Dance went up against the well-known dance studios of the Abby Lee Miller Dance Company, as well as their rivals, Candy Apples Dance Center, and others dance companies that were competing.

The choreography was created by one of the Galleries newest teachers, Ms. Amy Cowley, and executed by their Dazzler Dancers, Rachel Falcone, Isabella Federico,

Charlotte Fucarino, Caitlin Holley, Mackenzie Katz, Michelle Lobocchiaro, Grace McCool, Sofia Murray, Julianna Powers, Ashley Rodriguez, Grace Tempest, Rebecca Tobenkin, and Brooke Zolezi.

"The excitement and camaraderie was felt throughout the Gallery of Dance Studio," stated Gallery owner Karen Dolan.

Gallery Dance is located at 231 Throckmorton Street in Freehold. The longevity of the studio is a testament to the quality of instruction given at The Gallery of Dance, as well as the owners Pay it Forward leadership.

Karen Dolan teaches her students the importance of giving back to the community, which is why she was so excited to bring her dancers to the Starbound National Dance Competition. What made it even better was that the competition sent all of its proceeds collected from that day to the well known Dancers Care Cancer Foundation which represents the unified voice of the dance community and the most powerful active awareness movement built by dancers who are passionate about raising funds for cancer. 100 percent of profits raised at their performances go to cancer research. To donate, go to: [dancerscare.org/donate](http://dancerscare.org/donate).





**Maria P. Imbalzano, Esq.**  
*Co-Chair, Family Law Group*  
mimbalzano@stark-stark.com

**Corrine E. Cooke, Esq.**  
*Family Law Group*  
ccooke@stark-stark.com

**Louis M. Ragone, Esq.**  
*Family Law Group*  
lragone@stark-stark.com

**The attorneys of Stark & Stark's Family Law Group can help you navigate through your divorce in the most positive way possible – through collaboration.**

Divorce is one of the most stressful events a person may ever experience. If a divorce could be accomplished with less stress, or perhaps managed stress, shouldn't that be an alternative to consider?

A Collaborative Divorce is a strategic method wherein two married people, along with their lawyers, agree to deal with their divorce issues constructively, civilly, and with an open mind toward alternatives in settling those issues. The promise that each party makes to the other party is to stay out of court and to find resolutions that work for both parties, as well as the children. This is done as a team, with the help of a divorce coach and/or other professionals necessary to work towards a final settlement.

In addition to less stress, the benefits of the collaborative approach also include less time than the parties would otherwise spend in the court system, and less in attorney's fees.

**[www.Stark-Stark.com](http://www.Stark-Stark.com)**

1-800-53-LEGAL • 993 Lenox Dr., Lawrenceville, NJ 08648 •     



## Advertising in This Magazine **WORKS**

**Dr. Gerard DeBernardis**  
Director/Physician  
Central Jersey Spine & Wellness  
4251 US Highway 9, Freehold  
732-683-1800  
www.FreeholdChiropractor.com

*"I just started advertising in The Millstone Times newspaper three issues ago after three years of advertising consistently in Monmouth County's Ask The Doctor Magazine. I have had a tremendous response and received many new patients with my advertising in The Millstone Times."*

For more information about advertising, call 732-995-3456

## Salmon Is A Food That Boosts Your Brain

*Did you know that salmon could help to improve memory?*

Making sure you get as many nutrients as possible helps to optimise your focus, concentration, memory and even intelligence.

Salmon is high in B vitamins including B12, which is vital for healthy nerves and brain cells.

Oily fish such as salmon are high in omega-3 fatty acids called DHA.

DHA is found in high levels in the grey matter of our brain – proof that we need lots of it for healthy brain function!

Swiss researchers have suggested that having plentiful supplies of DHA supports learning and memory, as well as IQ.



## Grand Opening of Our New Location!



**SPIROS KARAS, DMD**



*CODA*  
**CLASSIC  
DENTAL ARTS**



732.352.3907

[www.classicdentalarts.com](http://www.classicdentalarts.com)

Lakeview Commons ~ 123 Highway 33 East, Suite 104, Manalapan  
next door from the new Dunkin' Donuts

### OPENING HOURS

Monday 9:00am - 7:00pm ~ Tuesday 9:00am - 7:00pm ~ Wednesday 9:00am - 7:00pm  
Thursday 9:00am - 7:00pm ~ Friday 9:00am - 7:00pm  
Saturday By Appointment Only ~ Sunday Closed

Accepts assignment on most dental insurance plans. Offers not applicable to services covered by insurance.

**NO INSURANCE?  
NO PROBLEM!  
JOIN OUR OFFICE PLAN**

*Our CDA Savers plan Includes:*

2 Exam Xrays and 2 Cleanings  
every year and an additional  
20% discount on everything else!

*Call the office for details...*

**STOP IN  
AND MEET US**

Get a **FREE**  
Dental Travel Kit.  
Available to all  
Millstone Times Readers.

(\$19.95) value.  
Absolutely free  
while supplies last.

Mention you saw this in The Millstone Times  
and you will receive this discount

**New Patient Special**  
**FULL EXAM \$59** Save \$311

Includes X-Rays, Cleaning, Periodontal Evaluation  
& Cosmetic/Implant Consultation

**New Patients Only. Regular \$370.**  
With this Coupon. Cannot be combined  
with any other offer. Expires 1/31/17.



Mention you saw this in The Millstone Times  
and you will receive this discount

**\$1,990 Invisalign Express**  
**The no braces alternative!**

Get the straight smile you always wanted!

**New Patients Only. Regular \$3900.**  
With this coupon. Cannot be combined  
with any other offer. Expires 1/31/17.



Mention you saw this in The Millstone Times  
and you will receive this discount

**\$1,990 Implants Special**  
**All on 4 implant  
alternatives available!**

includes implant, abutment and crown!

**New Patients Only. Regular \$3085.**  
With this coupon. Cannot be combined  
with any other offer. Expires 1/31/17.



**Crowns & Bridge • Dental Implants • Teeth Whitening • Veneers & Laminates • Sealants • Dentures • Root Canals**

# ANDEE PLAZA PHARMACY



**Free  
Prescription  
Pickup &  
Delivery**  
Some Restrictions Apply

- Personalized Consulting
- Free Blood Glucose Screening
- Free Blood Pressure Screening
- Prescription Refill Reminders
- Prescription Transfers
- Free Flavor RX Available For Liquids
- Jewlery, Handbags, Gifts and More

**We Do Shingles, Flu, Vaccine & Many More**

**We Deliver To Your Home Or Office! Just Call Us!**

**WE WILL MATCH or BEAT ANY COMPETITORS PRICE on Same product**

130 Rt 33 West, Manalapan

**732-431-9400**

[www.AndeePlazaPharmacy.com](http://www.AndeePlazaPharmacy.com)

Email: [AndeePlazaPharmacy@gmail.com](mailto:AndeePlazaPharmacy@gmail.com)



**OPEN 7 DAYS A WEEK**

*Most Major Insurance Accepted*

**20%OFF**

**All Over  
The Counter Items**

Not valid with any other Offers.  
Expires 1/31/17

**FREE \$40**

**in Gift Cards  
When You Refer our  
Friends**

Not valid with any other Offers.  
Expires 1/31/17

**Transfer Your prescription  
and Receive a  
FREE \$20 GIFT CERTIFICATE**

*1 per customer*

Not valid with any other offer. Expires 1/31/17

## Pineapple Juice is 5 Times More Effective Than Cough Syrup

**Pineapples contain bromelain, an enzyme with anti-inflammatory properties. It fights infections and kills bacteria. The juice from fresh pineapples can suppress coughs five times more effectively than cough syrup.**



## Hidden Spring Lavender Farm & Gift Shoppe



*All products are made here on our farm with our farm-grown lavender & 100% Pure Essential Lavender Oil.*

*Our shoppe is stocked and ready with a unique and complete array of items for gift-giving or a treat for yourself*



*Shower/Wedding Favors,  
Gift Baskets, Teacher's  
Gifts, Corporate Gifts,  
Bereavement Items  
Custom Orders accepted as well*



*Winter Hours:*

*Saturdays Only 10:00 am - 4:00 pm*

*890 Route 601, Skillman, NJ 08558*

*609-558-7034*

*online ordering available at: [www.hiddenpringlavender.com](http://www.hiddenpringlavender.com)*



**Dr. Helen Simigiannis,  
MD, FACOG**

## QUESTION:

### How does The MonaLisa 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 antilining 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 MonaLisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical 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. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

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

Dr. Helen Simigiannis, MD, FACOG  
Antheia Gynecology  
375 US Highway 130, Suite 103  
East Windsor, NJ 08520  
Next to the Americana Diner  
609.448.7800  
[www.antheiagyn.com](http://www.antheiagyn.com)

**Adolescent & Routine Gynecology**

**Menopause**

**Minimally Invasive Surgery**

**Endometrial Ablation**

**Birth Control**



## IMPORTANT HEALTH TIPS

- ♥ Don't take your medicine with cold water.
- ♥ Don't eat heavy meals after 5pm.
- ♥ Drink more water in morning, less at night.
- ♥ Best sleeping time is 10pm to 4am.
- ♥ Don't lie down immediately after eating a meal.
- ♥ Answer phone call from Left ear.
- ♥ When phone's battery is low to last bar, don't answer the call because the radiation is 1000 times stronger.

**Share this with your loved ones!!**

Schedule your **FREE** Consultation Today!



Orthodontics for  
Children, Teens & Adults

**Yana V. Newman, D.D.S., P.C.**

Board Certified Orthodontist  
NJ Specialty Permit #5585

**609.286.7500**

211 West Millstream Road, Suite 2  
Cream Ridge, NJ 08514

[www.CreamRidgeOrtho.com](http://www.CreamRidgeOrtho.com)



RECENTLY  
LISTED IN NJ  
MONTHLY FOR  
TOP DENTISTS  
FOR 2015

Impressions Without The Goop or Gag with our **NEW iTero Digital 3D Scanner**



**Delaware Valley OBGYN  
& Infertility Group, PC**



**Princeton Midwifery Care**  
A Service of Delaware Valley OBGYN & Infertility Group, P.C.



**Princeton IVF**  
A Service of Delaware Valley OBGYN & Infertility Group, P.C.

**Bruce Pierce, M.D.**

**Yana Markidan M.D.**

**Seth Derman, M.D.**

**Ursula Miguel, C.N.M.**

**Kenneth Ung, M.D.**

**Grace Fimbel, C.N.M.**

**Bani Sarma, M.D.**

**Maggie Power C.N.M.**

**Asha Proctor, M.D.**

**Margaret Bruno, C.N.M.**

**Shefali Goyal, M.D.**

**Yelena Laber, C.N.M.**

**Eugene Gamburg M.D. Tobi Smolensky C.N.M.**

**Lawrenceville**

2 Princess Road, Suite C  
Lawrenceville, NJ 08648

Phone: (609) 896-0777  
FAX: (609) 896-3266

**East Windsor**

300B Princeton-  
Hightstown Rd., Suite 202  
East Windsor, NJ 08520

Phone: (609) 336-3266  
FAX: (609) 443-4506

**www.delvalobgyn.com**



By Jill Garaffa

## How to Out-Smart Your Brain to Achieve Health

Dear Jill,

I know what I need to do intellectually, but I can't seem to get myself to do it. For example, I know that ordering pizza is an unhealthy choice; yet, I order it anyway in lieu of cooking a healthy meal. I know it's good to exercise; yet, I lay on the couch and can't seem to move or I over schedule myself so I don't have the time or energy to exercise. Am I crazy?

Signed, Good Intentions

Dear Good Intentions,

You're definitely not crazy. In fact, you are far from it: your brain is in top working order if this is your experience. Let me explain....

First, a quick brain anatomy lesson: Inside your brain, you actually have three separate brains, not just one: your cerebellum & brain stem are in charge of keeping you alive: breathing, heartbeat and anything out of your conscious control. Your neocortex is your logical, or conscious brain---you do all your thinking, reasoning and creative thought here. Your conscious brain is what makes New Year's resolutions and promises to make healthy choices. It has great intentions. The limbic system, which is your emotional, or unconscious brain, is where the good intentions get stuck. The unconscious brain runs purely on survival instincts. Very simply: it moves us toward pleasure and away from pain. It moves us toward safety and away from danger. If your limbic system senses danger or discomfort, it will propel you in the opposite direction.

If you are making sudden, drastic changes to your diet or exercise regime (which is what most people do around January 1st), you might only get a few days into your routine before your limbic system detects a serious threat to your survival. Suddenly, your string of positive, healthy choices comes to a screeching halt and you find yourself back on the couch or sitting with a bag of potato chips asking yourself, "how did I do this again?"

The way to over-ride the emotional brain from taking over is to make very small changes. Like, really, really small changes---so small that your unconscious brain does not detect a threat. How do you know if your changes are small enough? You have consistency. If you become inconsistent, then, chances are you are taking on too big of a change and you need to bring it down a notch or two.

Some questions for exploration & discovery: Ask yourself: What is the smallest change I can make to my eating that I am willing to make right now? What is the smallest action I can take right now to get my body to move more? What is one thing I can do to take care of myself today? What is something I can do today that will be fun & enjoyable to me?

Change is not easy. A life coach can support you with moving from where you are now to where you want to be. As a life coach, I am trained to support you through the internal emotional & psychological change that must come first before you can make lasting physical change.

Wishing you peace, clarity and power, Jill

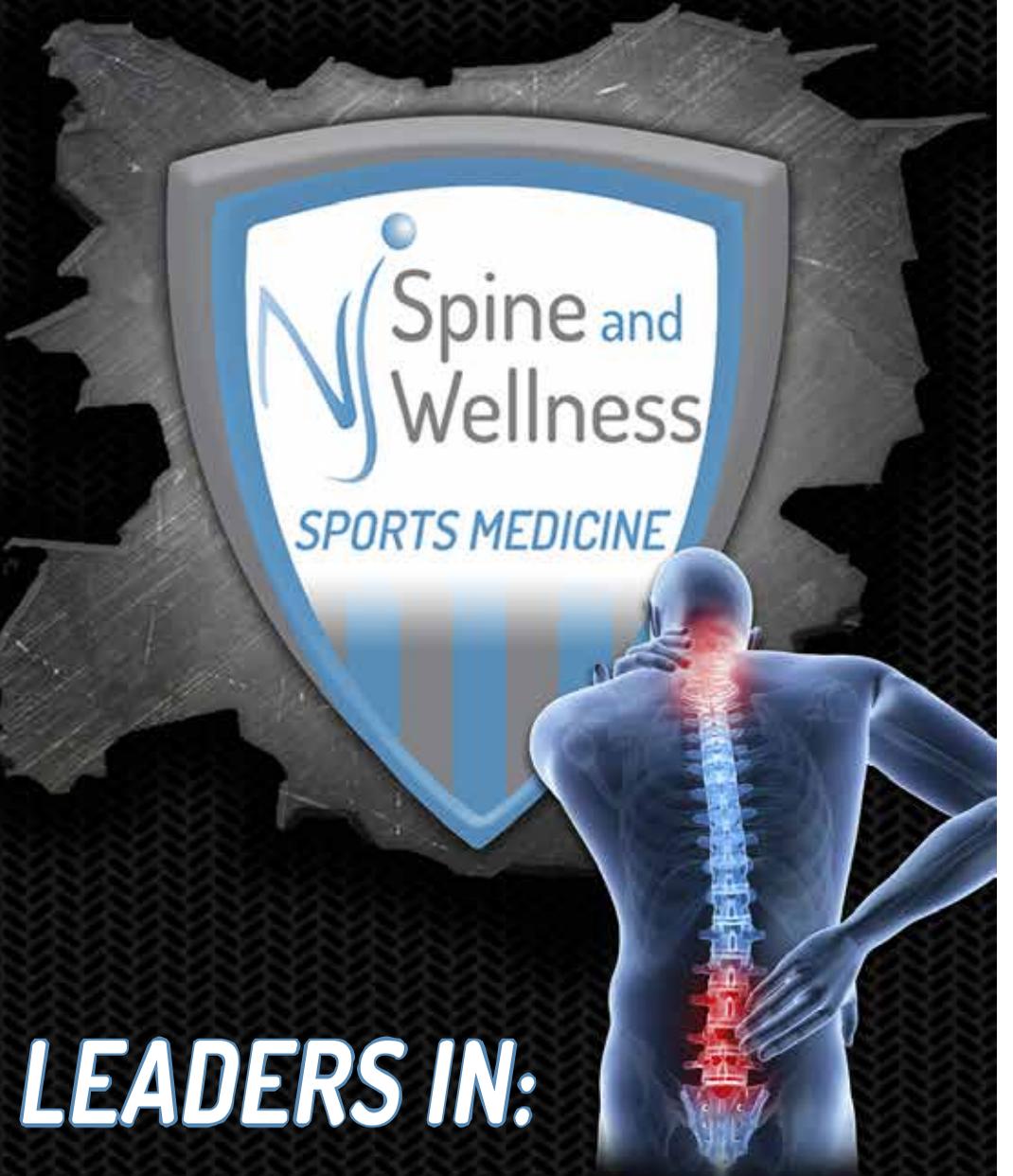
Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit [www.seedsofchangeoaching.com](http://www.seedsofchangeoaching.com) or call 732-859-6962.

If you have a life situation where you feel stuck or stalled, and would like coaching, please email [jill@seedsofchangeoaching.com](mailto:jill@seedsofchangeoaching.com) or visit [www.seedsofchangeoaching.com](http://www.seedsofchangeoaching.com) and click "contact us" to be featured in a future column.

# GET BETTER FASTER.

**Q:** *What is Dry Needling?  
Can It Help Me?*

**A:** Dry needling is a technique used by Physical Therapists that looks to break the pain cycle at its source. A tiny, solid filament needle is inserted directly into trigger points that your therapist finds and deems problematic. You may not even feel this part! Your body then recognizes the needle as a foreign invader and begins the healing cascade on a biochemical level. Microtrauma from inserting the needle and breaking adhesions will also stimulate healing. The therapist will then look to elicit a Local Twitch Response (LTR) where the muscle will actually twitch for a short second. This is the signal that the therapist has hit the right spot. Following this, the muscle will learn to relax and gain flexibility. Mild soreness following a session is completely normal and should subside within a day or so. It may take a few sessions until you start feeling lasting results. Dry needling will not hurt you and has many natural benefits. It can treat injured tissues from sports injuries, chronic injuries, post-surgical cases, those caused by emotional stress, and disease related injuries such as RA and fibromyalgia. Like every other modality we offer, this is completely optional but may be the piece of care you need to get rid of that stubborn pain! If you'd like more information on how we can tailor your care plan to include this for your injury, contact us today!



## LEADERS IN:

-  PAIN MANAGEMENT
-  PHYSICAL THERAPY
-  SPORTS PERFORMANCE
-  CONCUSSION REHAB
-  MASSAGE THERAPY
-  ACUPUNCTURE
-  CHIROPRACTIC

**FREE**  
CONSULTATION  
AND MRI REVIEW  
FOR MILLSTONE  
TIMES READERS!  
(\$250 Value. Exp 2/28/17)

**CALL TODAY!**

FREEHOLD • OLD BRIDGE  
MATAWAN

**(732) 414-2700**

[www.NJSpineAndWellness.com](http://www.NJSpineAndWellness.com)



## 2<sup>nd</sup> Annual PINK POWER PARTY

A "Ladies Night" full of fun, fashion & inspiration featuring fabulous food & cocktails, shopping with vendors, prizes and raffles, runway fashion show and an amazing SWAG bag.

**February 9, 2017 7-9 PM**

**\$45 per person (until 10/31 then \$50pp)**

**Vendor Opportunities Available**

**[www.komencsnj.org/pinkpowerparty](http://www.komencsnj.org/pinkpowerparty)**

benefiting

**Susan G. Komen.**  
CENTRAL AND SOUTH JERSEY



presented by



Morristown County's

**ASK THE DOCTOR**

## The Stars Are Out – and We Earned Four of Them.

CentraState is One of Only Eight Hospitals in NJ to Earn a 4-Star Quality Rating.

To learn more visit  
[centrastate.com/4stars](http://centrastate.com/4stars)



The full circle of health and wellness dedicated to excellence.



**CentraState**  
Medical Center

Freehold, NJ

### QUESTION:

**Why do I need that crown on my tooth?**

### ANSWER:

The terms "crown" and "cap" are actually synonymous. There are several reasons why your dentist may recommend the placement of a crown, the most common being fractured teeth or large, broken down fillings. If you fracture your leg, for example, your doctor will likely stabilize it in a cast for several weeks to allow the bone to heal. Teeth differ from bones, however, in that a fractured tooth is unable to repair itself. The crown, therefore, stays on the tooth providing lasting protection for years to come.

Crowns are custom fit to each individual tooth. First the tooth is "prepared"; a process in which old fillings are removed and any necessary room is made for the actual crown material. An "impression" is then made so that your custom crown can be carefully designed and fitted. Once the

Something to *Smile* About!



fit, shape and shade are verified the crown is then cemented in place.

Traditionally a tooth must be "temporized" so that the dental laboratory has time to physically construct the restoration, a process that takes 2-3 weeks on average. At Dental Arts Group we are able to provide our patients with same-day crowns using cutting edge CEREC (Chairside Economical Restoration of Esthetic Ceramics) digital technology which skips temporization completely and makes your crown right on premises in a single visit. No goopy impressions, no temporary and your crown is 3D printed right before your eyes!

**Call Dental Arts Group in Manalapan, to further inquire about how our compassionate dentists can help you.**



## DENTAL ARTS GROUP

93 Bridge Plaza Drive, Manalapan NJ

732.972.9950 • [www.DAGsmile.com](http://www.DAGsmile.com)



Find Dental Arts Group on Facebook!

\*To qualify for this offer, please bring this coupon with you or mention this ad when scheduling an appointment.

ADVERTISEMENT

## How do I know if my child has Learning Related Vision Problems?



**Dr. Steven Linker, OD**

People learn three ways; auditory, tactile/kinesthetic, and visual. 65% of the population learns best visually. Did you know 80% of what a child learns in school is information that is presented visually?

If your child's vision is not at its best, they may not be seeing a large percentage of the information being offered for them to learn. Their minds may be churning, trying to clarify a blurred image rather than trying to learn what that image means. Without good vision, children will never be able to reach their learning potential.

The best way to approach this is through a team approach, which may include the child's teachers, the school

psychologist, an eye doctor with experience in children's vision and learning-related vision problems and perhaps other professionals. Your eye doctor is the first line of defense.

Moms and Dads need to make sure their little student is visually ready for school. Step one is a trip to your local optometrist. It is essential to rule out simple refractive errors. But understand that nearsightedness, farsightedness and astigmatism are not the only visual disorders that can make learning more difficult. There are less obvious vision problems which relate to the way the eyes function and how the brain will process visual information which can also limit your child's ability to learn. These are called "learning-related vision problems."

Learning-related vision problems are not considered learning disabilities. According to Individuals with Disabilities Education Act (IDEA), learning disabilities do not include learning problems that are primarily due to visual, hearing or motor disabilities.

### Symptoms of learning-related vision problems include:

- Blurred vision or double vision
- Crossed eyes or eyes that appear to move independently of each other
- Difficulty retaining what was read
- Difficulty recalling, recognizing or replicating shapes
- Dislike or avoidance of reading and close work
- Evidence of developmental immaturity
- Excessive blinking or rubbing the eyes
- Headaches or eye strain
- Losing place while reading, or using a finger as a guide
- Omitting, repeating, or confusing similar words
- Persistent reversal of words or letters (after second grade)
- Placing the book very close to your face
- Poor eye-hand coordination
- Short attention span during visual tasks
- Slow reading speed or poor reading comprehension
- Turning or tilting the head to use one eye only, or closing or covering one eye

If your child shows one or more of the above symptoms, it is time to look a little further into what is going on. If no vision problem is detected, it's possible your child's symptoms are caused by a non-visual dysfunction, such as dyslexia or a learning disability.

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!



Check out our website for more information

License 270A00454300 270M00044200



Monmouth Vision Associates

Dr. Steven Linker, OD • 50 Route 9 North Suite 206 • Morganville, NJ, 07751

732-617-1717 • [www.MonmouthVision.com](http://www.MonmouthVision.com)

## Healthy Snacks for Kids

By Stefanie Maglio

Parents know that getting their kids to eat healthy is not an easy task. Children tend to go for the chips and candy, while parents would much rather their children pick a healthier choice such as fruits or vegetables. There are ways for kids to enjoy a snack that their parents are happy with as well. Here are some tasty, yet healthy snacks to try at home:

- Celery sticks with cream cheese and raisins (ants on a log) the cream cheese can be substituted with peanut butter
- Apple slices with peanut butter
- Strawberries dipped in yogurt as a substitute for chocolate
- Organic granola bars
- Fruit snacks. Be careful when choosing a brand, some consist of mainly sugar and artificial flavoring.
- A homemade fruit cup (chopped slices or cubes of various fruits that your child enjoys)
- Raw vegetables (broccoli, baby carrots, grape tomatoes, etc.) with low fat ranch dressing as a dip
- Homemade trail mix is also an option, but it is important to be aware of nut allergies.

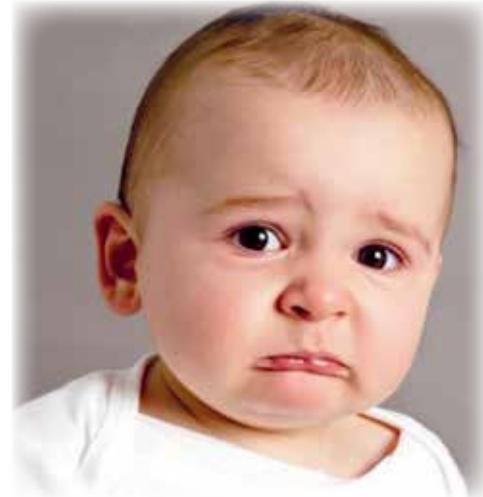
One of these snacks is bound to appeal to your child, making snack time a little less stressful, more fun for the child, and assuring for the parent. Happy snacking!



## How Do Babies Get Colds?

By Stefanie Maglio

The common cold is an infection of the nose and throat caused by multiple viruses. Once someone is exposed to a virus, they usually develop immunity to it. However since babies are new to the world, they can get infected easily and tend to have many colds early on in life. Once a common cold virus enters the eyes, mouth, or nose they will experience symptoms. These viruses can travel through the air when someone who is sick coughs or sneezes and get to your baby. Direct contact with someone who is sick can cause the baby to become sick as well. The virus can spread to the baby's hands and then to the eyes, mouth, or nose. Babies can also catch a virus by coming in contact with contaminated surfaces such as a toy. The likelihood of your child getting sick also depends on their exposure to other children who may be sick. Immature immune systems can also increase the chance of your baby getting sick, as they can't fully fight the virus this early in life. Also, the time of year can affect when your baby gets sick. Fall to late spring is when it's most likely. Just remember to take precautions and keep your baby clean. If they are sick, ask your pediatrician about possible medication and remember to remain calm.



# QUESTION:

## What's the best way to treat knee arthritis? Consider a non-surgical treatment that really works!

Osteoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub together causing pain swelling stiffness and limited range of motion. As the cartilage breaks down, the knee loses its lubricating fluid. We found that by replacing this lubricating fluid with a natural substance called Hyalgan, the lubrication is restored and many patients experience amazing pain relief.



### WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyaluronic acid which is normally found in high levels in healthy joints. Replacing the hyaluronic acid with Hyalgan lubricates the joint and reduces pain. Hyalgan has been administered over 40 million times and has been proven to provide long-lasting relief of knee pain from osteoarthritis.

### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

If you have had injections like this in the past and experienced poor results, there is still hope! Many doctors in this area offer similar injections, but very few use precision fluoroscopy guidance. Fluoroscopy guidance ensures that the pain relieving Hyalgan reaches the knee capsule where it bonds with the joint fluid to create a lubricating and cushioning layer. Without fluoroscopy, it is estimated that doctors "miss" the capsule over 30% of the time resulting in poor results. We want each and every one of our patients to have the greatest chance of success, so every injection is done with precision fluoroscopy guidance to ensure that the Hyalgan gets into the capsule 100% of the time. Because of this, patients who previously felt little to no relief with non-fluoroscopy guided injection are now getting excellent results.

The other "big difference" in our results is the multitude of other supportive care options that we have available to enhance the effectiveness of the Hyalgan procedure. These options include state of the art medical laser treatment, physical therapy, manipulation, corrective osteoarthritis bracing (takes pressure off the damaged section of the knee), and natural anti-inflammatory products. The combination of these treatments offers you what we feel is the most comprehensive non-surgical knee treatment program available.

### DOES IT HURT?

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

### WILL MY INSURANCE COVER HYALGAN?

This procedure is covered by most major insurance companies including Medicare. Our insurance department pre-verifies every patient.

### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy guided Hyalgan injections.

### SO HOW DO I KNOW IF YOUR KNEE PAIN TREATMENT PROGRAM WILL HELP ME?

If you are tired of suffering with painful arthritis of the knee, and you want to see if the latest advances in non-surgical treatment can help, all you have to do is call 732-683-1800 to set up a risk free consultation. During the consultation all of your questions will be answered in a warm and friendly environment. Knee replacement surgery is a very extreme measure to take without considering all of your other options first. Once it's done there is no turning back. For that reason we encourage you to schedule an appointment to see if you are a candidate for Hyalgan treatment.

We are proud to offer our patients a comprehensive knee pain treatment program that includes the best non-surgical methods to relieve pain all under one roof. We look forward to having the opportunity to help you feel better. Take the first step in ending your knee pain and call to schedule an appointment today!

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



ADVERTISEMENT

CENTRAL JERSEY SPINE & WELLNESS

4251 Route 9 North, Bldg. 3, Suite B (Freehold Office Plaza) • 732-683-1800



# THE SPEECH TREE

*The Speech Tree has been providing Speech, Language, and Feeding Services for over 20 years*

**OPEN 7 DAYS A WEEK**



**The Speech Tree specializes in the treatment of children with:**

- Receptive & Expressive Language Delays/Disorders
- Feeding Delays: Including Sensory & Behavioral Involvement
- Articulation/Phonological Disorders
- Stuttering/Cluttering
- Oral Motor Impairments
- Cochlear Implants/Hearing Aides
- Auditory Processing Disorders
- Apraxia
- Autism Spectrum Disorders
- Feeding and Social Skills Groups
- Down Syndrome

**We also offer Occupational therapy and Audiology**

*Speech Therapy available in Spanish, Russian, Urdu, Hindi & Punjabi*



**Morganville**

23 Kilmer Drive  
Building 1, Suites C & D  
Morganville, NJ 07751

**Most Health Insurances Accepted**

**Monroe**

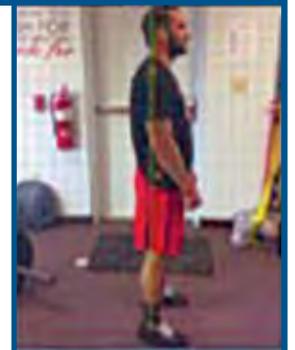
7 Centre Drive  
Suite 11  
Monroe, NJ 08831

Phone (732) 617-1500 • Fax (732) 617-1600 • [www.speechtreecenter.com](http://www.speechtreecenter.com)

## WE CARE ABOUT YOUR WELLNESS



**We look to the root cause of the problem, not just at the symptoms... We take a multi-faceted approach to health care, combining multiple disciplines as part of the health care team for the best approach.**



**A fresh, new state of the art approach to:**

- Chiropractic Care
- Physical Therapy
- Sports Rehabilitation
- Whole Body CryoTherapy
- Selective Functional Movement Assessment (SFMA)



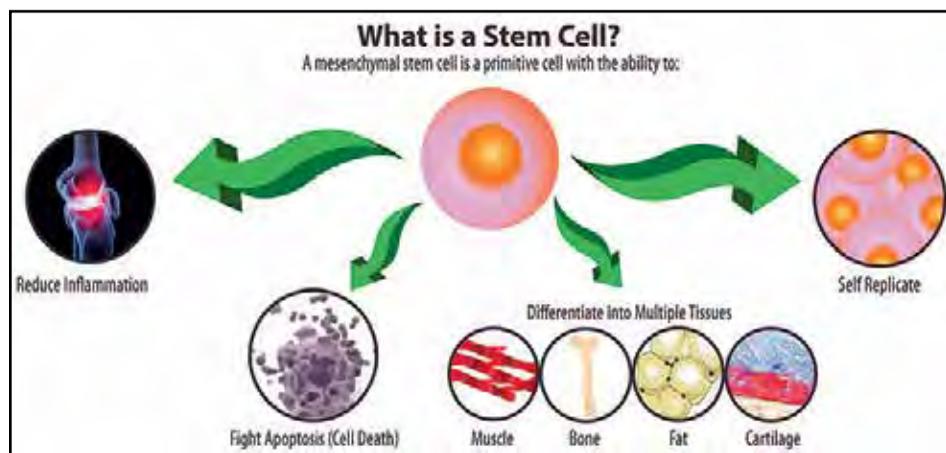
**Health Fusion Wellness**  
MOVE BETTER. LIVE BETTER.

57 Schanck Rd., Suite C-3, Freehold, NJ 07728  
Phone: (732) 665-6334 • <http://hfwnj.com> • Email: [info@hfwnj.com](mailto:info@hfwnj.com)

## QUESTION:

### Can amniotic stem cell therapy help my knee pain?

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



#### HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

#### WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

#### ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

#### AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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

ADVERTISEMENT

CENTRAL JERSEY SPINE & WELLNESS

4251 Route 9 North, Bldg. 3, Suite B (Freehold Office Plaza) • 732-683-1800



**Monroe**  
ORTHODONTICS LLC

609-409-1700  
www.monroeorthollc.com  
2 Centre Drive, Suite 300  
Monroe Township, NJ 08831

The beauty of a Healthy Smile at any age



Orthodontics for Children, Adolescents and Adults



Susan Leiva, DMD  
Orthodontist  
NJ Specialty Permit #3852

- 
- We accept most insurances
  - Advance state-of-the-art office and highly trained orthodontic team
  - All new equipment and materials
  - The most modern sterilization procedures available
  - Digital x-rays and imaging allows you to see your treatment plan
  - Invisalign certified - the new Invisible braces
  - Financing Available
  - Located next to Bank of America & across from Forsgate Country Club



**FREE**  
Orthodontic  
Consultation

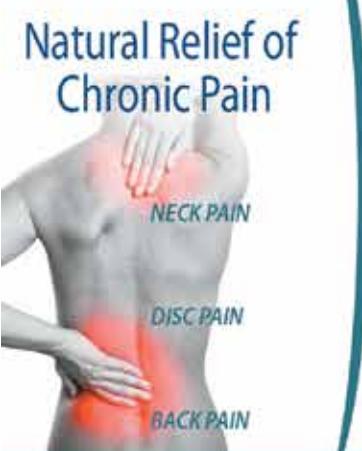
With Coupon.  
Not valid with other offer or prior services.  
Exp. 1/31/17

**\$300 OFF**  
A Full  
Orthodontic Treatment

With Coupon.  
This offer applies to new patients only and cannot be combined with any other coupons or offers. This offer may only be applied to full treatment. This offer cannot be used with discounted insurance plans.  
Exp. 1/31/17



**Happy New Year!**  
Celebrating 10 years  
of Health & Wellness  
Start Your New Year  
on the Right Track with Us!



**We successfully treat back and joint pain naturally with our Integrated Holistic Approach.**

**Did you know that your nutrition may be causing your muscle & joint pain?**

**(NEW) 4 week Pain Management Nutrition Program**

Major Insurance & Medicare Accepted

- OUR SERVICES:**
- Acupuncture
  - Chiropractic Care
  - Physical Therapy
  - Spinal Decompression
  - Nutrition Counseling with Dietitians
  - Therapeutic Medical Massage

**BOOST YOUR HEALTH WITH ACUPUNCTURE!**  
This Ancient Healing Art is Available Here! 

- WHY CHOOSE US?**
- We offer a unique holistic integrated approach
  - Our philosophy is geared towards improving the function and health of the whole body, not just quieting your symptoms
  - We are dedicated to disease prevention and health improvement
  - Treatments are safe for everyone, from infants to seniors
  - Experienced, Compassionate Clinicians

**YOUR HEALING BEGINS HERE™**  
220 Forsgate Drive, Jamesburg, NJ  
**732-656-1740**  
www.innovativewellnesscenter.com

**Take Control Of Your Nutrition Now!**



**Nutrition Solutions, LLC**  
For Health and Longevity  
732-966-0130  
Mynutritionssolution.net

# Best Exercise Tips for Busy Moms and Dads

By Stefanie Maglio

Busy moms and dads are constantly on the go, whether it be for their kids, work, or errands. They often don't have time to focus on themselves. This includes exercise. However, there are ways to get in some daily exercise without having to carve an hour out of your day to go to the gym. Follow these tips to get in shape while going about your regular daily routine. Purchase some five-pound Dumbbells. When you wake up in the morning, do a set or two of lateral raises. This will strengthen your triceps and biceps. Then at the end of the day before bed, do alternating lunges while holding the Dumbbells at your sides to exercise your quadriceps and calve muscles. During the day, find every chance you can to be moving. If your child's school is a few blocks a way, take a walk or light jog to pick them up. You will incorporate cardio into your daily routine and save on gas! If your job is local, or if your bus stop is local, walk there as well. As you become more comfortable with this, maybe you can fit in a morning jog before work as well. While exercising, it's important to push yourself but never to the point where you are putting yourself in danger. Always remember that exercising alone isn't enough to keep up a healthy lifestyle either. Eat healthy and incorporate vegetables, lean meats, and organic foods into family dinners. Soon enough, you're bound to see a great difference in your lifestyle.



*Chips*  
HAIR SALON  
EST 1998

You're  
Invited!

Come Celebrate our Grand Re-Opening!

Date: 1.19.2017

Time: 5:00pm-9:00pm

Venue: Chips Hair Salon  
21 West Main Street  
2nd Floor  
Freehold, NJ, 07728

RSVP: 732.431.9070.

- Raffle Prizes • Special Savings •
- Hors d'oeuvres • Beverages •



The  ne  
Eyed Turtle

Happy New Year!

Sales Event on now  
until January 31<sup>st</sup>

Call and book a personal  
shopping experience!

**609-558-8451**

**The Old Mill**  
42 S. Main St. • Allentown, NJ 08501  
On-Site Parking

# MILLSTONE SHOPPING CENTER

480 Rt 33 West, Millstone Township, NJ 08535

**HAPPY NEW YEAR!**

**Stop in and meet your local retailers.**

Redeem this coupon in any store in  
The Millstone Center  
and receive their discount.

*Happy New Year*

*A&S Salumeria*

<https://www.facebook.com/AandSSalumeria/>

Your  
**SUPERBOWL HEADQUARTERS**

**NOW TAKING ORDERS**

Call 732-792-7050  
for details on our Party Packages



- Open 7 days a week
- Law Enforcement Specials
- Father & Son Special on Wednesday's
- Hot Towel Shave Packages

**\$5 OFF any Service,**  
minimum of \$30

732.446.4000

my community source.com

www.EvilFades.com



*Elegance In Design*

**Outdated Kitchen?**  
NOT ANYMORE.

Kitchen & Bath Showroom ~ Interior Design Services

**15 year Anniversary Sale 50% off Cabinetry**  
WHEN YOU MENTION THIS AD

732-446-8222  
Designs4Us.com

Happy New Year!

We are on FB and friends of the Millstone and Allentown FB pages

**Century 21** 27 YEARS ANNIVERSARY

**ACTION PLUS REALTY**

480 Route 33  
Millstone Twp., NJ, Suite 2  
800.299.2129

**#1 CENTURY 21 COMPANY IN NJ/DELAWARE REGION\***

SEVEN OFFICE LOCATIONS:  
MILLSTONE, FREEHOLD, HOWELL, JACKSON, TOMS RIVER, FORKED RIVER, MANAHAWKIN (COMING SOON)

Each Office is Independently Owned & Operated \*According to CENTURY 21, LLC Stats through 9.16

**The Colore's**  
TRATTORIA RISTORANTE PIZZERIA

Pizza • Pasta  
Dine In • Take Out  
Catering • Partyroom  
BYOB • Free Delivery

**\$5 off any purchase of \$30 - Pick Up Only**  
**\$10 off any purchase of \$60 - Pick Up Only**  
**For all catering-10% of any purchase of min \$150**

**Don't forget to order -**  
**Wings & Pizza for The Big Football Games**

732-446-1500  
www.trecolorepizza.com

*Come Meet Your Neighbors*

# NEED NEW CARPET OR FLOORING?™ Never pay store prices again!™

## 5 for FREE Sale!

- ✓ **FREE** Measuring!
- ✓ **FREE** Premium Padding!
- ✓ **FREE** Furniture Moving!\*
- ✓ **FREE** Installation Included!
- ✓ **FREE** Financing!\*

# 2017 NEW YEAR! SALE

Schedule  
your **FREE**  
estimate  
today!

## SMART Carpet

### And Flooring!

1.800.526.RUGS (7847)

plus! [smartcarpet.com](http://smartcarpet.com)

12 MONTHS Special Financing Available\*



CARPETING { **We come to you** with over 4,000 styles and colors!

\$0

INSTALLATION CHARGE  
OF ANY CARPET!  
Custom labor may be additional.

**3<sup>69</sup>** sq. ft.  
SALE PRICE!

**Multi-Tone Berber Styles**  
10 Year Warranty, 45 ounce!

**2<sup>79</sup>** sq. ft.  
SALE PRICE!

**100% Filament NYLON Carpet**  
24 Vibrant colors, 10 Year Warranty

**4<sup>57</sup>** sq. ft.  
SALE PRICE!

**Shaw® Waterproof Carpet**  
Great for pets, spills and odors!  
20 Year Warranty, Glue-Down

**3<sup>34</sup>** sq. ft.  
SALE PRICE!

**Wool Inspiration Pattern**  
Available in 6 colors!

**3<sup>46</sup>** sq. ft.  
SALE PRICE!

**Multiple Pattern Berber**  
3 patterns, 6 colors each  
10 Year Warranty

**SMART FEATURED PRODUCT!**

**3<sup>31</sup>** sq. ft.  
SALE PRICE!

**Mohawk® Pavers Carpet**  
100% Wear Dated Soft Touch, BCF Nylon, 3 patterns, Lifetime Soil & Stain Warranty!

LAMINATE, VINYL AND TILE { **NEVER** pay store prices again!™

SHOP AT HOME AND SAVE!

**3<sup>31</sup>** sq. ft.  
SALE PRICE!

**Mohawk® Prospects Luxury Vinyl Plank**  
6"W x 36"L Planks, 11 colors  
Floor prep may be additional.

**3<sup>55</sup>** sq. ft.  
SALE PRICE!

**Glue-Down Vinyl Planks by Shaw®**  
Hottest new styles and colors!  
Floor prep may be additional.

**6<sup>09</sup>** sq. ft.  
SALE PRICE!

**Armstrong® Rigid Core**  
with an Acoustic Cork Underlayment, 3 widths  
Floor prep may be additional.

**6<sup>46</sup>** sq. ft.  
SALE PRICE!

**Congoleum® Timeless Luxury Plank**  
3 season product, Waterproof!  
Floor prep may be additional.

**3<sup>60</sup>** sq. ft.  
SALE PRICE!

**Shaw® DuraTru Resilient Sheet Vinyl**  
15 new colors and patterns!  
Floor prep may be additional.

HARDWOOD { **WE** Deliver! **WE** Install! **WE** Warranty your installation!

INCLUDES INSTALLATION!

**7<sup>99</sup>** sq. ft.

**Indusparquet® Santos Mahogany**  
2 1/4" Wide Solid Wood Flooring  
\*Nail down installation. Floor prep may be additional. Cannot be combined with other offers.

**9<sup>29</sup>** sq. ft.

**Mirage® Maple and Oak**  
3" Wide, 3/4" Thick, 35 Year Warranty,  
7 Maple colors, 7 Oak colors!  
\*Nail down installation. Floor prep may be additional. Cannot be combined with other offers.

**7<sup>73</sup>** sq. ft.

**Mohawk® American Designer Engineered Handscraped**, 5 colors, 5" width  
Floor prep may be additional. Cannot be combined with other offers.

**7<sup>99</sup>** sq. ft.

**Indusparquet® Brazilian Cherry**  
3" Wide Solid Wood Flooring  
\*Nail down installation. Floor prep may be additional. Cannot be combined with other offers.

**6<sup>09</sup>** sq. ft.

**Bruce® Turlington Full Finish Oak Flooring**  
3" Oak Flooring, 6 colors  
\*Nail down installation. Floor prep may be additional. Cannot be combined with other offers.

**5<sup>99</sup>** sq. ft.

**Mannington® Gloss Oak Flooring**  
6 colors, 15 Year Warranty  
\*Nail down installation. Floor prep may be additional. Cannot be combined with other offers.



**\$250 OFF**

**ANY MOHAWK CARPET PURCHASE**  
500 SQ. FT. OR MORE

**SMART Carpet**  
And Flooring!

Coupon not to be combined with any other coupons, offers or third party discounts. Minimum square footage must be of the same carpet quality. Colors may vary. Coupon must be presented at time of the sale. Cannot be presented at time of installation. Excludes all prior sales & contracts. Expires 1/31/17.

12 MONTHS Special Financing Available\* On purchases made with your SMART Carpet Credit Card! **APPLY TODAY!**

Call today to schedule a **FREE** estimate!  
**1-800-526-RUGS** or visit [smartcarpet.com](http://smartcarpet.com)

©Copyright 2017 Smart Carpet Inc. Sale ends one week from publication date. Excludes prior sales. \*On approved credit, 25% down and minimum purchase of \$500 on financed orders only. Financing provided by Synchrony Financial. Finance charges accrue on the purchase from the date of installation. IF THE SALES PRICE IS PAID IN FULL BY PROMOTION EXPIRATION DATE, NO FINANCE CHARGES WILL BE OWED ON THE PURCHASE. Otherwise, all accrued finance charges will be owed. Minimum monthly payment required. Within the United States: Standard APR 29.99, minimum monthly finance charge \$2.00. See SMART Carpet Representative for details. Excludes prior sales & current contracts. Not to be combined with any other coupons, offers or third party discounts. \*\*G.D. is for glued down applications. Floor prep additional (if needed). Free furniture moving does not include pool tables, pianos, electronics or furniture requiring disassembly. Small fee for service available. \*Your savings may vary.

NYCHIC#1442735 • NJHIC#13VH01833100 • PAHIC#PA087742



**\$200 OFF**

**ANY INSTALLED Bruce® hardwood floors HARDWOOD FLOORING**  
200 SQ. FT OR MORE

**SMART Carpet**  
And Flooring!

Coupon not to be combined with any other coupons, offers or third party discounts. Minimum square footage must be of the same hardwood quality. Colors may vary. Coupon must be presented at time of the sale. Cannot be presented at time of installation. Excludes all prior sales & contracts. Expires 1/31/17.



## PUTTING FAMILY FIRST AND QUALITY SECOND TO NONE

The BrookSide offers the personal assistance you need from caring, professional experts in Independent, Assisted Living, and Memory care. Through a holistic approach with an emphasis on living life to the fullest, the spiritual, social, health and recreational services included in base prices are second to none. Come in for a tour and see what LIVING really means!

## Please join us at one of our many events in January & experience LIVING at The Brookside!

- January 19<sup>th</sup> at 7:30 PM – Cabaret Night with Julian
- January 25<sup>th</sup> at 2:30 PM – Drum Circle with Deke
- January 26<sup>th</sup> at 6:00 PM – Dementia Support Group
- January 28<sup>th</sup> at 9:30 AM – Services and Kiddush
- January 31<sup>st</sup> at 3:00 PM – Ladies Club with Ester

**RSVP to 732-303-8800**



**THE BROOKSIDE**  
A Kosher Assisted Living and Memory Care Community

93 Manalapan Avenue, Freehold, NJ 07728 | 732-303-8800 | [www.TheBrookSide.com](http://www.TheBrookSide.com)

# Americans Living Longer



Advancements in medicine and health care have played major roles in expanding the percentage of Americans who are age 65 and older.

The Administration on Aging reports that 12.9 percent of the U.S. population — about one in every eight Americans — falls into this category with the numbers expected to rise to 19 percent by 2030.

This segment's growth slowed during the 1990s but is beginning to rapidly expand as the baby boom generation approaches age 65.

Another key number is 78.6, the average life expectancy of Americans. The senior population is growing and also living longer, making it an exciting time to be entering your golden years.

### Key Factors

The Centers for Disease Control and Prevention identifies many key factors driving the rising life expectancy, among them major victories in medicine and public health.

Vaccination against disease, control of infections and decline from deaths caused by heart disease and stroke are all major contributors to the rising life expectancy.

Improved safety in motor-vehicles, workplaces, food and water are also reasons for the growing senior segment.

### Outliving the Average

Many Americans eclipse the average life expectancy by 10, 20 or even 30 years. What is their secret?

Many centenarians and seniors in their 80s and 90s follow diets high in fruits and vegetables and low in processed foods and fatty meat.

They are also highly social, with involvement in community groups and events. Spending time with friends and

family members is important for emotional well-being and health.

### Health and Life Expectancy

Even though life expectancy is up, more Americans are suffering from non-fatal disorders, according to a new study published by the Journal of the American Medical Association.

Researchers discovered that a longer life expectancy doesn't always come with a healthy quality of life.

Physicians urge older Americans to incorporate healthier diets, smaller portions, more exercise and better management of stress to cut down on the number of preventable diseases.

**You have always been there  
for your mom, and now  
Golden Years Care  
is here for you**



**Medicaid/J.A.C.C. Covered Service**

**Call Us Today For A Tour or Info!  
(732) 851-6640  
[www.GoldenYearsCareNJ.com](http://www.GoldenYearsCareNJ.com)**

- Medical Appointment Transportation
- Around-the-clock attention
- Physical & Occupational Therapy In House
- Free Door-to-Door Transportation
- Delicious Food Options  
(Spanish, Russian, Italian & more)
- Onsite & Offsite Activities: (Ping Pong, Zumba, Shopping Excursions, Museums, Crafts, Trips to the Shore and much more)
- Onsite Hairdresser

*Serving Monmouth, Middlesex & Ocean Residents*

Conveniently off Rt 33 and NJ Turnpike Exit 8  
**108 Woodward Rd.  
Manalapan, New Jersey**

**If your loved one needs care during  
the day, trust Golden Years Care  
to put them in good hands!**

**We provide  
Adult Day Services  
For Special Needs Adults  
(21 years old +)**



**Medicaid/HMO/DDD**

**Call Us Today  
For A Tour or Info!  
(732) 845-3332**

- Free Door-to-Door Transportation
- Health Evaluations
- Bi-Lingual staff
- Music & Pet Therapy
- Educational Programs to assist & encourage independence with activities of daily living
- Social Activities
- Fabulous food and menu options
- Recreation, Exercise, Trips to Museums, Stores, Crafts and more...

*Serving Monmouth, Middlesex & Ocean Residents*

**20 1-A Jackson Street  
Freehold, New Jersey**

**We Offer Something Special Nowhere Else Found  
In CNJ For Your Loved One!**

**Active Day Adult Services**



# Hospitality Meets Healthcare at Allaire

**Introducing Allaire Rehab and Nursing, an unparalleled provider of hotel-style healthcare in the heart of Monmouth County.**

Our newly renovated upscale setting features luxurious patient suites, the latest rehab modalities and an array of comfort-enhancing amenities such as bistro dining and concierge service.

- Subacute Rehabilitation
- 7 Days A Week Therapy
- Neuro & Brain Injury Care
- Respiratory Care
- Long Term Care
- Respite Care

 Call Today **732.431.7420** to schedule your **PERSONAL TOUR!**



*\*In Larger Private Suites Only*

**OUR SUITES FEATURE:** Large Flat Screen Smart TVs • Bluetooth Compatible Surround Sound Bedside Speakers  
• Special Ceiling & Accent LED Soft Lighting • Sleeper Sofa, Desk & Refrigerator\*

115 DUTCH LANE ROAD, FREEHOLD, NJ 07728 • 732.431.7420 • ALLAIREHC.COM

# Monroe Township Office of Senior Services & Senior Center Membership Information

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age or older. The monthly newsletter, Senior Focus, is distributed around the 15th of the previous month and members can sign-up for the special, monthly activities either via phone -- or in-person for all programs with a fee. Sign-up dates are subject to change so please call to confirm.

Advance registration is recommended to ensure easy admission into a program. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members unable to attend a registered program, a cancellation phone call is appreciated.

For more information, visit the Senior Center to pick up a calendar of events or visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments."

## GOOD FOR YOU

**Bagels Plus:** On Friday, January 6, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, discuss "Life Hacks to Simplify Your Life". Please register in advance.

**Matter of Balance:** Starting on Friday, January 6, and meeting for a total 8-sessions on Mondays and Fridays (January 6, 9, 13, 20, 23, 27, 30, and February 3) from 2 to 4 p.m., this award-winning program is designed to empower older adults with practical strategies to manage falls and to make lifestyle changes to improve balance. Interested participants MUST commit to the 8 dates listed. SPACE LIMITED. Please register in advance.

**Creating the Life You Deserve Workshop:** On Thursday, January 12, from 1:30 to 3:30 p.m., join Gemma Nastasi, Health Coach, for this interactive workshop to learn how to make 2017 the year of positive change. Discover the tools of positive psychology to live your best life as you create your own personalized positivity plan. Please register in advance.

**Drivers' Safety Program:** On Tuesday, January 17, at 8:45 a.m., enhance your driving skills by attending AARP's drivers' safety class. For more information, please call the Center.

**Health Apps:** On Wednesday, January 18, at 1:30 p.m., Dr. Narula, via CentraState Health Awareness Center, discusses how you can live healthier by tapping into your smart phone. From medication to exercise regimens, get a starter education on useful tools for a healthier you...right in the palm of your hand! Please register in advance.

**Gently Getting to the Afterlife:** On Monday, January 23, at 1:30 p.m., join Bruce Birnberg, Executive Director of Stein Hospice, LCSW, as he provides this insightful talk that will make you laugh, cry, and ponder the meaning of life... and death. There will be illustrations of contrasting beliefs in advance.

**Laughter Therapy:** On Thursday, January 26, at 11 a.m., BrightStar Homecare and Parker at Monroe bring you laughs, games, snacks and giveaways, as you discover the health benefits of laughter for the mind, body, and soul. Please register in advance.

**Prostate Health & Lifestyle:** On Thursday, January 26, at 1:30 p.m., Anthony Disson, MA, RD, from Star and Barry Tobias Health Awareness Center, discusses what the most recent research is showing in how diet, stress relief, and exercise can be powerful tools in combating diseases of the prostate.

## MUSIC AND MORE!

**Jerry's Travels:** On Friday, January 6, at 1:30 p.m., take an armchair adventure through Eastern Europe by boat and bus during Part II of Jerry's journey. Visit Amsterdam as well as Melk, Salzburg, Munich, Wurzburg, Cologne, Castles on the Rhine and more along the way. Please register.

**Force of Nature:** On Mondays, January 9 and 30, at 1 p.m., witness the power of Mother Nature during these DVD presentations featuring true stories of extreme weather, from

El Nino's aftermath to baseball-sized hail in Texas. When registering, please note the dates that you would like to attend.

**Villa Air-Bel & The Story of Varian Fry:** Starting on Tuesday, January 10, at 1:30 p.m., join Julian Davis as he shares the story of Varian Fry who helped shelter artists and intellectuals in Nazi-occupied Vichy, France, in the 1940's, during this four-part lecture/slide presentation (Jan. 10, 17, 24, 31). When registering, you will be automatically enrolled in this lecture series. If you are unable to attend a specific date, please advise us when you register.

**Take a Chance:** On Thursday, January 19, from 2 to 3:30 p.m., The Gardens at Monroe hosts an afternoon of casino games, fun, and prizes! It's a great way to socialize with friends without trekking to Atlantic City. Assorted refreshments, too. Tickets: \$3 p.p., due upon registering in-person by 1/17/17. No Walk-ins. Proceeds to support the Township Food Pantry. (No refunds.) In case of inclement weather, the snow date for this event is set for January 26th.

**Pizza Plus:** On Friday, January 27, at Noon, while you partake in a slice or two of pizza, a drink and treat, get your "smile on" by strolling down memory lane by watching the best of Sid Caesar. Tickets: \$6 p.p., due upon registering in-person by January 25th. No refunds after 1/25/17.

**Duplication Bridge, Day Change:** On Tuesday, January 31, at 1 p.m., the Duplicate Bridge Group will have its sanctioned games on this day INSTEAD of Thursday, February 2, in order to accommodate a special, Friends-sponsored event.

## EXERCISE YOUR OPTIONS

**Bodies in Motion:** Starting on Wednesday, January 4, at 10:15 a.m., join Georgeann for 4 sessions of weight resistance training, with a focus on both standing and seated movements. Resistance bands, spikey balls, and light weights needed. Course fee: \$20, due upon registering in-person, in advance, by December 29th. Space limited. (Last class: 1/25/17.)

**Body Works:** Starting on Thursday, January 5, at 10:30 a.m., Julie provides this 10-session low-impact aerobics and weight resistance class that meets on Tuesdays (resistance bands) at 9:30 a.m. and Thursdays (light hand weights) at 10:30 a.m. Class fee: \$40 p.p. Walk-In Registration is scheduled for Wed., December 21, at 8:45 a.m. IMPORTANT: In case of inclement weather, PLEASE CALL THE OFFICE FIRST to determine the registration procedure. (If the office has a delayed opening, the registration time or day could be changed.)

**Move & Groove:** Starting on Monday, January 9, at 10 a.m., join Sarah for this 10-session dancing workout that will help you burn calories and increase your endurance. (No class on: 1/16 and 2/20; Last Class: 3/27.) Class Fee: \$40, due upon registering in-person, before January 4. Space limited.

**Triple 15:** Starting on Tuesday, January 10, at 10:30 a.m., join Deb for this 10-session, total toning program that provides three separate 15 minute routines for the upper and the lower body as well as low impact aerobics for the total body. Students need light hand weights and bottled water. Class Fee: \$40 p.p., due upon registering in-person, before January 4. (No Class on: 3/14. Last Class: 3/21.) Space limited.

**"Up to Barre" Demo and Class:** On Friday, January 13, at 11:30 a.m., Sarah provides a free demo session for her upcoming class, UP TO BARRE (that starts on Friday, January 27, at the same time). Sign up for the January 13th demo (in advance) to discover how ballet-inspired exercises promote flexibility, strength and balance with light hand weights. For interested demo participants, registration will be accepted right after the demo session. Course fee: \$40 (for 10 sessions). (Last class: 3/31.)

**Zumba Gold:** Starting on Friday, January 13, at 9 a.m., join Fran for this 8-session, Latin-infused exercise program that will get your hips moving. (Last class: 3/3.) Course fee:

\$35. Walk-In Registration is scheduled for Wed., December 21, at 8:45 a.m. IMPORTANT: In case of inclement weather, PLEASE CALL THE OFFICE FIRST to determine the registration procedure. (If the office has a delayed opening, the registration time or day could be changed.)

**Boot Camp Reboot:** Starting on Friday, January 20th, at 11 a.m., we wish Georgeann farewell as she passes the baton to Julie to continue boot camp on Fridays. Join Julie for this 45-minute, 10-session circuit training program that focuses on endurance and total body strength with spikey balls and resistance bands. Course fee: \$40 p.p. Space limited to ensure safety. (Last class: March 24th.)

**Tai Chi for Beginners:** Starting on Monday, January 23rd, at 11:15 a.m., join Siobhan Hutchinson for this 6-session Tai Chi class that focuses on specific movements that promote serenity and many health benefits. Course fee: \$30, due upon registering in-person, by January 18th. Space limited.

## ARTISTICALLY SPEAKING

**Mixed Watercolor Media:** Starting on Thursday, January 5, at 12:30 p.m., join Jeremy for her 6-session special, multi-level watercolor class. Acrylics and other water media may be incorporated, if desired. Use of both natural and synthetic papers will be explored. Bring out your own individual style. Course fee: \$50 p.p. (6 Classes for the Price of 5!) Supply list available upon registering in-person, no later than December 27. Space limited. (Last class: 2/9.)

**Watercolor Experience:** Starting on Friday, January 6, at 12:30 p.m., join Jeremy Taylor for her 6-session special watercolor class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. Course Fee: \$50 p.p. (6 Classes for the Price of 5!) due in-person, in advance. Space limited. Supply list available upon request. (Last class: 2/10.)

**New Day for Art Studio:** Starting on Monday, January 9, avid artists and painters are welcome to use the art room on this new day and time! Instead of Wednesday mornings, please feel free to bring your work and supplies on Mondays, from 9 a.m. to Noon —or — from 1 to 4 p.m. \*Please note that the afternoon session is shared with another activity. While pre-registration is not required, checking in at the computer monitor to note your participation is....

**Collage with Karen:** Starting on Tuesday, January 10, at 2 p.m., join Karen Starrett, Teaching Artist, for this two-day workshop (Jan. 10 & 17) as she focuses on self-expression through collage and other media with inspiration from Matisse, Bearden, and Schwitters. No experience necessary. Students are encouraged to collect autobiographic materials for their project. Course fee: \$20 p.p., due upon registering in-person, in advance. Space limited!

**Transparent Watercolor for Intermediate Students:** Starting on Wednesday, January 11, at 10 a.m. to Noon, Joanne Amantea, award-winning artist, provides this class for individuals who have experience with watercolor and wish to create special effects. Study how to handle the paint, enhance your brush work, and learn value and composition. Course fee: \$60, due upon registering in-person in advance. (An additional \$10 material fee is directly paid to the instructor on January 11.) Space limited. (Last class: 2/15.)

**Alcohol Inks Craft:** Tuesday, January 24, at 10 a.m., join Andrea Casey as she guides you through painting an abstract design on a 6x6 tile with alcohol inks. All supplies and instruction included. Class fee: \$15 p.p., due upon registering in-person by January 10. Space limited.

**Soft Pastels:** On Tuesday, January 31, at 8:45 a.m., Shelly Wish provides this 5-session class (1/31, 2/7, 2/14, 2/21, 3/7) to teach students techniques in using soft Pastels for portraits and still life. All skill levels welcome! Ask for a supply list when you register. Course fee: \$50 p.p., due upon registering.



## The Community That Treats You Like FAMILY!

- Assisted Living • Memory Care • Respite Care
- 24-hour Nursing - Bed & Breakfast Style Fine Dining
- Complimentary Transportation- Exquisite Suites
- Vibrant Life Enrichment & Social Programs

*Schedule Your Complimentary Lunch & Tour Today!*

**BEAR CREEK ASSISTED LIVING**  
 291 Village Road East  
 West Windsor, NJ 08550  
 609.918.1075  
[www.bearcreekassistedliving.com](http://www.bearcreekassistedliving.com)



**THANK YOU**  
*to all those who supported the*

**Children's FUTURES**  
 Holiday Toy & Book Drive

*A Neighbor You Can Count On*

**DePaul Healthcare**  
**ROSE HILL**  
 Assisted Living

1150 Washington Blvd.,  
 Robbinsville, NJ 08691  
 located across from Foxmoor Shopping Center  
 609.371.7007  
[www.rosehillassistedliving.com](http://www.rosehillassistedliving.com)

**Call for Lunch and a Tour!**

# MONROE TOWNSHIP SENIOR CENTER List of On-Going Activities

*(Membership Needed, Pre-Registration\* Depends on the Activity)*

- **Drop-In Bridge:** Mondays, from 9:30 a.m. to Noon
- **Yarn It\*:** Mondays, from 1 to 3 p.m. Bring in your knitting & crocheting projects!
- **Got Game?** It's "playtime" on Mon./Wed. afternoons and Tues./Fri. mornings. (Please bring in your game and your friends.)
- **Computer Support\*:** Select Days, by appointment.
- **Monroe Township Chorus\*:** Tuesdays at 9:30 a.m.
- **Chess-Mates:** Tuesdays at Noon.
- **SHIP/PAAD & SENIOR GOLD\*:** assistance: By Appt.
- **Blood Pressure Screening:** 2nd Tues. of every month from 1 to 3 p.m.
- **Green Thumbs\*:** 2nd Tues. of every month @ 11 a.m.
- **Cancer Support:** 3rd Tues. of every month @ 1:30 p.m.
- **Science Today\*:** 4th Tues. of every month @ 1:30 p.m. Range of topics.
- **Healthy Bones\*:** Seasonal program for Osteoporosis Prevention.
- **Art Studio:** Wednesdays at 10 a.m. Bring in Your Medium & Create Away!
- **Jewelry Gems:** Wednesdays at 1 p.m. Group of Jewelry Makers; No Instruction.
- **Cribbage:** 2nd & 4th Wednesdays, 2 to 4 p.m. For Novices & Players!
- **Parkinson's Support:** (via JFK): 1st Wed. @ 1 p.m.
- **Diabetes Support:** (via PHCS): 3rd Wed. @ 2:30 p.m.
- **Caregivers support for Alzheimer's Patients:** 4th Wed. at 2 p.m.
- **Ceramics Studio\*:** Thursdays, 10:30 to 12:30 p.m., \$5 fee due at first class each month; additional fees for bisque pieces & extra studio time.
- **Duplicate Bridge\*:** Thursdays, 12:30 p.m. Sanctioned games; Pay \$5 on day of game.
- **Lo-Vision Support\*:** 3rd Thurs.@ 10:30 a.m.
- **Canasta Clique:** Fridays at 10 a.m. (Players only)
- **Silver Poets Club:** Fridays at 10 a.m. For Poet Lovers, Readers, & Writers.
- **Harmonikids\*:** Fridays at 10:30 a.m. Harmonica Players Welcome!
- **The Busy Bees\*:** Fridays at 1 p.m. Knitting & Crocheting

# Food & Dining

## Lorenzo's Restaurant

Fine Italian Cuisine

Now located at  
350 Mount Corner Dr  
Freehold NJ 07728  
732-414-6078  
732-414-6079

Book you Events Now!

Live Jazz Music Friday and Saturdays by Tom Cuozzo

Catering Available On and Off Premises

Look for Daily Specials Menu

Come in on Sunday

Enjoy Sauce with meatballs, braciole & sausage over rigatoni pasta!

Mention you saw this in  
The Millstone Times  
and you will receive  
**A Complimentary Dessert**



[www.lorenzofreehold.com](http://www.lorenzofreehold.com)



## Scotto's

PIZZA & RISTORANTE ITALIANO

Twin Rivers Shopping Center • 400 Abbington Dr. • East Windsor, NJ  
[www.scottospizzaristorante.com](http://www.scottospizzaristorante.com)

**609-443-6410**



**DINE-IN • TAKE-OUT • DELIVERY • CATERING • PARTIES • BYOB**

Open 7 Days Sunday-Thursday 10:00 AM - 10:00 PM; Friday & Saturday 10:00 PM-11:00 PM

### JOIN OUR VIP CLUB

**GET 15% OFF YOUR PURCHASE**

Just text **SCOTTOS** at 51660  
and respond **YES**  
to be informed of our  
incredible offers,  
promotions and events!

**Tuesday All Day!**  
**Delivery/Pick-up**

**\$17.95+tax**

**2 Large Plain Pies**

With this Coupon. Cannot be combined with any other offer.  
Expires 1-31-17



### EARLY BIRD MENU

**\$13.95+ tax**

Mon-Fri 3-5 Sat-Sun 11-5

Dinner includes unlimited soda & coffee or tea

With this Coupon. Not Valid on  
Holidays. Cannot be combined with  
any other offer. Expires 1-31-17



### 15% OFF

Any Check with Purchase  
of two or more dinners  
at Regular Price

Dine in Only. With this Coupon. Not Valid  
Fri-Sat or Holidays Cannot be combined  
with any other offer. Expires 1-31-17



### \$19.95+ tax

Large plain pie & buffalo wings  
plus any 2 liter Coca-Cola beverage  
of your choice

With this Coupon. Cannot be combined with  
any other offer. Expires 1-31-17



### \$5.00+ tax

2 plain slices  
& a large Coca-Cola  
beverage of your choice

With this Coupon.  
Cannot be combined with any other offer.  
Expires 1-31-17

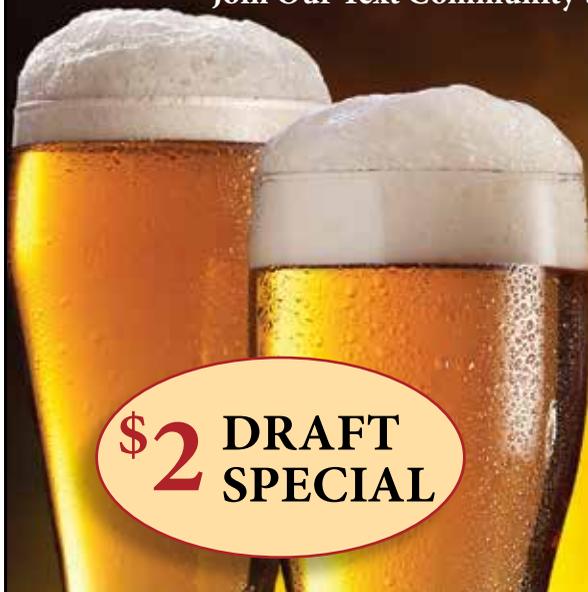


# Food & Dining

## Come Enjoy the Super Bowl at The Clarksburg Inn

Call For Special Pricing On Our Wings • Take Out

Join Our Text Community to Keep Up to Date on Special Offers and Events by Texting the Message "CBI" to 57711



**\$2 DRAFT SPECIAL**

**WEEKLY DINNER SPECIALS**  
*Best Value in Town*

<b>Sunday Nite</b> Select 1/2 Price Appetizers	<b>Wednesday Nite</b> Pizza Night – 2 Plain Pies for \$15
<b>Monday Nite</b> <b>Trivia Night</b> Chicken Pot Pie – \$10 \$5 Off Prime Rib	<b>Thursday Nite</b> <b>Ladies Night with Karaoke</b> Rib Eye Steak – \$15.99
<b>Tuesday Nite</b> \$12 Tacos	<b>Fri, Sat &amp; Sun Nites</b> Chef Specials!

**DJ Fridays Dinner Music starting at 6 pm**

### Let Us Cater Your Special Occasion

On or Off Premises  
Weddings, Anniversaries, Graduations, Showers, Birthdays and Retirement Parties  
Menu Prices Starting at \$17.99 per person  
**CALL FOR DETAILS!**

**Happy Hour at the Bar**  
Mon-Fri • 3-7 pm  
Special Priced Apps



RESTAURANT, TAVERN & CATERING

OUR PAVILION PUB OFFERS ALL OF OUR CLARKSBURG INN FAVORITES!

**609-259-2558**

465 Stagecoach Road, Clarksburg, NJ



*Delicious*

— Italian Cuisine —

**10% OFF** any check  
valid only Sun-Thurs up to \$10 value  
Offer valid at all locations

**CAPUANO RISTORANTE I ♦ 609-897-0091**  
**CAFÉ CAPUANO II ♦ 609-426-0020**

With this coupon. One Coupon per table. Not valid on holidays, weekends or with other offers. Valid only Sun.-Thurs. Please present coupon prior to ordering. Offer expires 1-31-17.



Capuano Ristorante I

WEST WINDSOR ♦ 897-0091

VILLAGE SQUARE SHPG. CENTER

217 CLARKSVILLE RD.

(Across from Avalon Princeton Junction Apartment Community)

Café Capuano II

EAST/WEST WINDSOR

426-0020

PRINCETON ARMS SHPG. CTR.

2025 OLD TRENTON RD.

## GRAND OPENING

"We make creative handcrafted food to satisfy your palate"

OPEN FOR LUNCH AND DINNER

# 618

RESTAURANT  
BANQUETS  
CATERING

- 3 Private Party Rooms Available (from 15-175 guests)
- Over 70 Five Star Facebook Dinner Reviews
- Reservations available online at [www.618nj.com](http://www.618nj.com)

### Book Your Events Now!

618 Park Ave.  
Freehold, NJ 07728  
732-577-0001  
[www.618nj.com](http://www.618nj.com)

Owner/Chef - Christopher Dutka



Receive A  
Complimentary  
Appetizer or Dessert

When You Order 2 Entrees

Limit One Per Table Not valid on Saturday's. Exp. 2/4/17

50% OFF  
LUNCH ENTREE  
Buy One Entree  
Get 2<sup>nd</sup> 50% Off

Not valid with any other promotions or discount. Exp. 2/4/17

### HAPPY HOUR

Tuesday-Saturday 3-7pm  
Sunday 4 to close

\$3 House wine  
Granny's Meatballs

\$4 Well Drinks  
Pork Belly

\$5 Cosmos & Margarita  
Cajun Shrimp and Grits



#### Hours

Tuesday - Thursday 11:30 - 10pm  
Friday & Saturday 11:30 - 11pm  
Sunday 4:00 - 9pm



## Life Is Short Eat Dessert First

We also make specialty desserts. Just ask!

Get all of your baked goods fresh here

- Personalized birthday and occasion cakes
  - Breads and rolls, baked fresh daily
  - Beautiful wedding cakes made to order & delivered
- Check out the wedding cake gallery on our website!

Warm up your winter with our Pastry Boot Camp!

Classes include:

- Pastry 101 - Breads
- Basic doughs & techniques
- Creams & fillings
- Basic cake decorating

See our website for details!

Follow us!



[www.facebook.com/berryrichbakery](http://www.facebook.com/berryrichbakery)  
[www.instagram.com/berryrichbakery/](http://www.instagram.com/berryrichbakery/)  
[www.twitter.com/berryrichbakery](http://www.twitter.com/berryrichbakery)

All major credit cards accepted.  
Gift certificates available.

Hours: Tue - Fri 7:00am-6:00pm Sat - Sun 8:00am-3:00pm

### 10% OFF any loaf of bread:

New World Sourdough, Pumpernickel Rye, 9 Grain, Seeded Jewish Rye, Seedless Rye, Marble Rye, Rosemary Pugliese, Sourdough, Ciabatta, Classic Italian, Garlic Seprata and French Batard

Limit 2 per customer. Not to be combined with any other offer. Expires 1-31-17

2 North Main St. • Allentown, NJ 08501 • (609) 259-4950  
[BerryRichBakery.wix.com/home](http://BerryRichBakery.wix.com/home) • [berryrichbakery@gmail.com](mailto:berryrichbakery@gmail.com)

## recipe of the month

### SWEET POTATO, CHICKEN, AND QUINOA SOUP

ATTENTION SOUP LOVERS!  
THIS CROCKPOT RECIPE IS FOR YOU

#### INGREDIENTS:

- 1 and 1/2 pounds boneless skinless chicken breasts
- 1 cup quinoa (or a black bean quinoa package)
- 2 large sweet potatoes (1 pound or ~3-1/2 cups)
- 1 can (15.25 ounces) black beans
- 1 can (14.5 ounces) petite diced tomatoes
- 1 teaspoon minced garlic
- 1 packet (1.25 ounces) chili seasoning mix
- 5 cups chicken broth\*
- Optional: fresh parsley

#### DIRECTIONS:

Spray the slow cooker with nonstick spray. Remove the fat from the chicken breasts and put them into the slow cooker along with the rinsed quinoa.

Remove the skins and chop the sweet potatoes into cubes adding them into the slow cooker.

Drain and rinse the black beans and add those in. Add in the undrained petite diced tomatoes, minced garlic, chili seasoning mix, and chicken broth.

Place on high for 3-5 hours

Using two forks, shred the chicken and stir all the ingredients together.

Add salt and pepper and if desired fresh parsley.

Serve immediately.



## YOUR NEW #BFF



EAT IN \* TAKE OUT \* CALL AHEAD \* NOW OPEN UNTIL 8:30PM

731 Route 33, Hamilton, NJ \* 609-838-9799  
608 Marketplace Blvd, Hamilton, NJ \* 609-585-3532  
www.JerseyGirlCafeNJ.com



Stop in for dinner and use this coupon, after 4pm  
1 Buffalo Chicken Quesadilla or 10% off your order.

\$20 minimum purchase. May not be combined with other offers, one per customer, one per day, expires 2/15/2017

## Pizza Night Done Right

By Jordan Timitigan

Nowadays, many families don't have enough time to have a family dinner. Whether it be sports, work, or extracurriculars, families are less likely to spend a night in together. With the clock ticking until the days your child moves out, five years can go by extremely fast. So, spend the time you have with each other. Do a family game night, watch the newest movie, or even make a pizza from scratch! No matter what it is, you and your family will appreciate it.

The most unique and fun idea is to make a pizza from scratch! It's actually easier than you think. All you need is Pizza dough, tomato sauce, mozzarella and Parmesan cheese, and some spices (oregano and basil). There are several youtube videos and websites that show step-by-step directions on how to make this perfectly, but here's an easier alternative. Mini pizzas! Use every ingredient listed above, except substitute pizza dough with a baguette. Combine all the ingredients and bake them in the oven and voila!



# Food & Dining

## We Deliver • BYOB



Mounts Corner Plaza  
300 Mounts Corner Drive  
Freehold, NJ 07728  
Phone 732.677.3988  
[www.LobsterHouseFreehold.com](http://www.LobsterHouseFreehold.com)



## SPECIALS

Pre fixe Lunch \$12.99

Tuesday through Thursday 'till 3pm

Pre fixe Dinner \$23.99

Tuesday through Thursday 'till 6pm

### FREE

### Zuppa De Mussels

When You Buy Two Entrées

*Expires 2/15/17  
Not valid with any other offers.  
One coupon per table.*

### \$10 OFF

### Any Dine In or Take Out Dinner

### \$60 or more

*Expires 2/15/17  
Not valid with any other offers.  
One coupon per table.*

### Holiday Catering Special

### 10% OFF

### Any Catering over \$100

*Expires 2/15/17  
Not valid with any other offers.  
One coupon per table.*

## HOURS

Monday CLOSED

Tues.-Thurs. 11:30AM- 9:00PM

Friday 4:00PM - 10:30PM

Saturday 12:00PM - 10:30PM

Sunday 12:00PM - 9:00PM

**\$6<sup>99</sup>**

TUESDAY & WEDNESDAY  
ALL DAY • DINE IN ONLY

**1 DOZEN  
CLAMS ON  
1/2 SHELL**

WHILE SUPPLIES LAST  
CANNOT BE COMBINED WITH ANY OTHER COUPONS OR SPECIALS

**LOBSTER LUNCH SPECIAL**

**\$16<sup>99</sup>**

**1 1/4 LB  
LOBSTER  
WITH CHOICE OF  
SOUP OR SALAD**

VALID TUES - THURS  
11 AM - 3 PM  
DINE IN ONLY

WHILE SUPPLIES LAST  
CANNOT BE COMBINED WITH ANY OTHER COUPONS OR SPECIALS  
PRICE CAN CHANGE ANYTIME

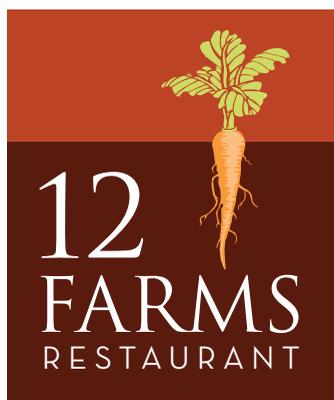


Treat your  
**Valentine**  
to a farm-to-table dinner...

Celebrate your love with good, clean farm-to-table food and live music!

Book Today!  
609-336-7746

Call to secure your reservations.  
Located in downtown historic Hightstown | [www.12farms.com](http://www.12farms.com)



**Molto Bene Ristorante & Cicchetti Bar**

17 N. MAIN ST. CRANBURY NJ, 08512 | 609.642.6724

A Venetian-inspired tapas style eatery or small plates  
**"Delicious Italian Food To Share"**



Buy one  
large plate and  
get 2nd half price

Tuesday thru Thursday only.  
Not valid on holidays.  
Not valid with other coupons.  
One per table.

Expiration date 1.31.17

Tuesday - Thursday: 11am-9pm  
Friday & Saturday: 11am-10pm  
Sunday: 11am-9pm



[MoltoBeneOnline.com](http://MoltoBeneOnline.com)

## THE ROOST

Restaurant & Bar

Live Music  
Every Friday & Saturday Night

Plan Your Next Event

Private Room  
& Great Packages Available

Football Playoff Specials

1/2 Price Game Day Specials

Happy Hour

Join Us for the  
Best Specials Around

Visit Us and See Why  
Everyone is Saying We Have  
the Best Food in Town!



609.208.2500 • [theroostatcreamridge.com](http://theroostatcreamridge.com)  
181 Route 539, Cream Ridge, NJ 08514

# AUTO DOCTOR

By John Speranza



## Car Safety Tips For An Emergency

You can avoid many dangerous weather problems by planning ahead. Plan long trips carefully, listening to the radio or television for the latest weather forecasts and road conditions. If bad weather is forecast, drive only if absolutely necessary.

*Check or have a mechanic check the following items on your car:*

- Keep your gas tank full - in case evacuation is needed.
- Do not drive through a flooded area - Six inches of water can cause a vehicle to lose control and possibly stall. A foot of water will float many cars.
- Be aware of areas where floodwaters have receded - Roads may have weakened and could collapse under the weight of a car.
- If a power line falls on your car you are at risk of electrical shock, stay inside until a trained person removes the wire.
- Antifreeze levels - ensure they are sufficient to avoid freezing.
- Battery and ignition system - should be in top condition and battery terminals should be clean.
- Brakes - check for wear and fluid levels.
- Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.
- Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas. A full tank will keep the fuel line from freezing.
- Heater and defroster - ensure they work properly.
- Lights and flashing hazard lights - check for serviceability.
- Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- Thermostat - ensure it works properly.
- Windshield wiper equipment - repair any problems and maintain proper washer fluid level.
- Install good winter tires - Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

If there is an explosion or other factor that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake.

If the emergency could impact the physical stability of the roadway, avoid overpasses, bridges, power lines, signs and other hazards.

### HOME OF THE MILLION MILE WARRANTY



**Coolant System Service**  
**Drain And Full Coolant**  
**\$79<sup>95</sup>** +Tax  
ADD UP TWO GALLONS OF COOLANT. PLEASE CALL FOR AN APPOINTMENT. WITH COUPON ONLY. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 1/31/17

Ask for Details **732-780-3860**

**MANALAPAN** (Shell Station)  
 199 Route 9 South  
 (Corner of Taylor Mills Rd & Rt. 9)  
 Phone: 732-780-3860

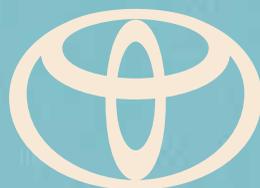
**FREEHOLD**  
 16 Throckmorton St  
 Freehold, NJ 07728  
 Phone: (732) 462-1873

**www.AllCarAutoGroup.com**

**WHEEL ALIGNMENT**  
**\$79<sup>99</sup>** +Tax  
PLEASE CALL FOR AN APPOINTMENT. WITH COUPON ONLY. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 1/31/17

DRIVE THROUGH 2017 WITH EASE

# TEAM



TOYOTA



609.883.4200 | 2871 ROUTE 1 SOUTH IN LAWRENCEVILLE, NJ 08648



DOWNLOAD OUR FREE APP TODAY!



#myTeamToyota

# TEAMPRINCETON.COM



**SPORTIKA and Manalapan Mighty Braves are Partnering  
To Host SPORTIKA'S First Competitive**

# WINTER FLAG FOOTBALL LEAGUE

Start Date

**SUNDAY, FEBRUARY 5, 2017**

**Sundays from 9am to 5pm**

1st/2nd Grade League 3rd/4th Grade League

5th/6th Grade League

7th/8th Grade League



**Fee \$150.00**  
per player

Plus \$20.00 Referee fee per team per game

*Volunteer coaches with child  
on team are needed.  
Call or email SPORTIKA.*

## COMPETITIVE DIVISION

- Eight (8) Games plus Playoffs and Championship (February 5 through April 9, 2017)
- Grade Specific All Youth Levels
- Official Flag Rules—7 Players on the Field. Maximum of ten (10) players on a team.
- Team or Individual Sign-Ups

## NON-COMPETITIVE DIVISION

- Eight (8) Games (February 5 through March 26, 2017)
- Grade Specific All Youth Levels • Modified Flag Rules—7 Players on the Field. Maximum of ten (10) players on a team.
- Team or Individual Sign-Ups • One (1) Coach allowed on field on both offense and defense if desired.

## HONE SKILLS through the Winter in SPORTIKA'S NEW State of the Art Facility in Manalapan, NJ

- Continue to work with your team during the off season honing all skills/timing/plays.
- Running skills setting up blocks hitting speed zones.
- Passing/Catching while under pressure—Timing Preparation.
- Hone Blocking/Snapping Techniques—Engage player with proper technique then Mirror Block up front and at perimeter. NO pushing player to the ground blocking.
- Getting edge on using Fall Playbook and Coaching to keep sharp.
- One coach allowed on the field if desired or practice play calling from the sideline.
- Defensively continue to work on coverage and breaking down in open field
- Compete against different teams/conferences/leagues throughout the Shore and Central Jersey areas...all ages.

For more information, call **732-577-1745** or email **sportika@sportikasports.com**

To Register Online...**www.sportikasports.com/flag-football**



**sportikasports.com**



SPORTIKA 323A Fairfield Rd., Ste. 10, Freehold, NJ 07728 | **NEW** SPORTIKA 146 Woodward Rd., Manalapan, NJ 07726  
732-577-1745 | sportika@sportikasports.com



Is The Proud Partner & Sponsor of  
iPlay America's Kids Club



# DANNY'S KIDS CLUB

Receive a **FREE**  
collectible wrist band  
when you sign up!



Wear your **wristband** to  
iPlay America and **SAVE!**

- **DOUBLE** Arcade Tickets on Tuesdays after 3pm.
- **Sweet Gifts** from Broadway Sweets!
- and **More!**

## SIGN-UP NOW!

*It's Free!*

### GET ALL THIS AND MORE!

- **50% OFF** Ride Pass when you sign up!
- **\$5** Arcade Game Card on your birthday!
- Invites to **EXCLUSIVE** Kids Club events!



[iPlayAmerica.com/KidsClub](http://iPlayAmerica.com/KidsClub)

# Smart Solutions When You Ate, Drank and Were Too Merry

By Susan Heckler



One of the biggest problems of the holidays is that we all tend to break out the old family recipes and traditions to make our holiday fare delicious and memorable. We tend to linger around the table longer, enjoying family and friends with seconds and thirds of our favorite dishes. Granny's recipes, while mouthwatering, did not take into account new nutritional information and guidelines for better health. While rich in nostalgia and flavor, chances are they are loaded with sodium, sugar and unnecessary fat.

The best way to stop weight gain during the holiday season is to monitor what we put into our mouths. That being said, how can you turn back the calorie clock once the damage is done?

Some recommendations may be:

- Morning exercise is more effective than other times of the day, which is not to say morning or nothing. Any exercise is better than none. Keep Moving!
- Make smart choices from here on; eat only what you love and observe all of your choices before loading up your plate. Envision everything on your plate being pasted on your body; it will stir up some willpower.
- Banking your calories isn't effective; starving all day to indulge on dinner is not a just reward. Frequent, smaller meals are the trick.
- Taste rather than eat it all. A few bites of each dish should satisfy your need-to-feed rather than cleaning your plate. You are not denying yourself the flavor, just the pounds.
- If you can't cook less food, from now on ask guests to bring their containers for leftovers. You will be their best friend, sending them home with goodies and getting the goodies away from your temptation.
- Haste makes waist; eating slowly means less fork-fulls per hour. Dial it down a bit and watch your body slim.
- Fill up on healthy fruit and vegetables rather than carbs.
- Drink water; it fills you, flushes your system and hydrates your body.

Have a happy, healthier New Year!

# Fruit Stickers...Annoying Yet Informative

By Susan Heckler

Remember back in the old days when an apple was an apple and if there was a sticker on it, it would just say what variety or where it was grown? PLU codes (Price Look Up) are 4 or 5 digit numbers which have been used by supermarkets since 1990 to make check-out and inventory control easier, faster, and more accurate. Those were the days of the kinder, gentler apple.

Today's apple may have been imported, genetically engineered, or treated with pesticides or fertilizers. Not knowing the long term effects, many consumers, especially parents, are very vigilant about what they want their family to consume.

First things first, the labels are not edible. They may be made of edible paper and food grade glue is used to adhere them unto the produce, but it is not a good idea. If you find them hard to remove without damaging the fruit, try using scotch tape. Simply press the tape unto the sticker and it should come off without a problem.

The numbers on the sticker have meaning beyond what is needed for the supermarket scanner.

Stickers on conventionally grown produce have four digit numbers. The last four letters of the PLU code (price look up) are simply what kind of vegetable or fruit. An example is that all bananas are labeled with the code of 4011.

Organic produce labels have five digit numbers and they always start with a "9". If there are five numbers in the PLU code, and the number starts with "9", this tells you that the produce was grown organically and is not genetically modified. An organic banana would be: 94011

Genetically modified produce labels also have five digits, but they always start with "8". It is impossible to eat organic produce that are grown from genetically modified seeds. A genetically engineered (GE or GMO) banana would be: 84011

The good thing is that these numbers have been standardized and are the same everywhere. For example, all conventionally grown bananas get stuck with the number 4011 everywhere you go. These codes are administered by the International Federation for Produce Standards (IFPS), who maintain a list of five-digit codes (which are sometimes four digits, because leading zeroes are typically not displayed) that identify qualities associated with an particular item of produce, such as its type, its size, where it was grown, and how it was grown.

The use of PLU codes is optional so the system is flawed. Food producers are not required to use the organic and genetically modified PLU number system and can use the 4-digit PLU code.

If you prefer organically grown produce, look for a specific "organic" label rather than relying on the PLU. Similarly, consumers who wish to avoid GM material can buy organic food. Another option for consumers who do not want to buy food that may contain GMOs is to select foods labeled "GMO-free."

## The Broccoli Question

By Susan Heckler

There is an age old question that has been handed down from generation to generation; does broccoli have more protein than steak?

Just kidding, our forefathers didn't have time to care. They were trying to survive and put good food on the table. It seems our generation is left to sort out the nutrition and health issues of what we ingest.

So the simple answer is no...Mostly.

It is all a matter of statistics. If you are comparing steak and broccoli by protein vs calories, then the answer is maybe. 100 calories of steak, roughly a 6 ounce serving, will give you 6.4 grams of protein. 100 calories of broccoli, a 3 cup serving, is 11.1 grams of protein. So yes, broccoli wins but it isn't a fair comparison and who would eat 3 cups of broccoli in one sitting?

A much better comparison is on the USDA's Nutrition Database. 100 grams of broccoli has 2.82 grams of protein. 100 grams of steak has 34 grams.

Additionally, not all proteins have equal health benefits. Meat, eggs and dairy products are considered complete high-quality sources of protein. These sources will provide the full array of essential amino acids needed to stimulate muscle growth and help weight management. Plant proteins such as grains, legumes, nuts and seeds are incomplete proteins; they do not provide sufficient amounts of essential amino acids. High-quality complete proteins may optimize muscle strength and metabolism, and ultimately improve overall health.

Protein is also only one of the important factors we need to consider when making our food choices.

Essential Amino Acid	Broccoli (1 oz)	Steak (1 oz)
Histidine	16.5 mg	236 mg
Isoleucine	22.1 mg	377 mg
Leucine	36.1 mg	646 mg
Lysine	37.8 mg	686 mg
Methionine	10.6 mg	207 mg
Phenylalanine	32.8 mg	317 mg
Threonine	24.6 mg	338 mg
Tryptophan	9.2 mg	79 mg
Valine	35 mg	395 mg

Bottom line, enjoy your steak with a side of broccoli as they both have rewarding benefits and taste great on a plate.

**DOES  
BROCCOLI  
REALLY HAVE  
MORE PROTEIN  
THAN STEAK?**





ATTENTION LOCAL REALTORS: The Millstone Times Is Your ONLY Local Advertising Media Source That Offers Realtors: Direct Mail with 100% Coverage, Web Advertising, Social Media Advertising All With A Direct Link To Your Website

# THE COMPLETE HANDYMAN

## Home Improvements

### "No Job Too Big Or Too Small"

All types of repairs and installations, Finished Basements, Bathrooms, Kitchens, etc.

Lic. #13VH04304300 \*Fully Insured

Serving Monmouth, Mercer and Middlesex County



## Bob Yacovelli

### 732-735-1540

# Some Fun And Worldly Real Estate Facts

In Scotland, Homeowners paint their door red when they pay off their mortgage.

Warren Buffet Is One Of The Richest men in the world. But, he still lives in the home he bought in 1958 for \$31,500.

In 2009, there were more home foreclosures than there were marriages.

The typical size home in many developing countries is 75 square ft.

**J/B ELECTRICAL CONTRACTORS LLC.** Lic# 12823  
*Servicing the New Jersey Area for over 23 Years*

**732-845-3333 • 908-907-5170 Residential & Commercial**

- New and old electrical work
- Circuit breakers replaced
- Attic and bath fans
- Smoke detectors
- Recessed lighting
- Security and outdoor lighting
- Swimming pool, hot tub and sauna wiring
- Ceiling fans
- Backup generators
- Lighting upgrades
- Surge protection

**24 Hour Emergency Service**



## BERKSHIRE HATHAWAY HomeServices

### New Jersey Properties

Offer Pending



9 Nicole Ct, Jackson  
\$568,500

Offer Pending



16 Pine Dr, Millstone Twp  
\$519,000

## FEATURED HOME

**SOLD and CLOSED in 59 days**



W/First Floor In-Law Suite And Finished Walk-Out Basement

7 Danser Dr, Millstone Twp \$819,999

Under Contract



64 Rising Sun Tavern Rd, Millstone Twp  
\$449,000

Under Contract



105 Alder Ct, New Brunswick  
\$265,000

Just Listed



10 Owl Rd 1000, Howell  
\$189,999



Robin Cittone, ePRO, SFR  
Sales Associate  
Office: 732-446-4959 x104  
Mobile: 609-647-8659  
robin.cittone@bhhsnj.com  
<http://www.bhhsnj.com/robin.cittone>

©2017 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.



494 Monmouth Road (Rt. 537)  
 Millstone Twp, NJ 08510  
*in Jade Plaza*  
**Office 609-208-1800**

**RE/MAX**  
 Homeland WEST



**\$899,900 Millstone Twp.**  
 Gorgeous 5,100 SF Colonial On 1.84 Acres With Upgrades Galore! 4 BR, 2.5 Baths, Gourmet Kitchen, Lg Conservatory, 2 Story Great Room, Library, Finished Basement w/Theatre Area, 3 Car Garage. The List Goes On.



**\$539,900 Jackson**  
 Spacious Floorplan For This 5 BR, 3.5 Bath Home - Gourmet Kitchen, Living Rm, Dining Rm, Great Rm, Full Finished Basement w/Kitchen, Bath & Living Area, 2 Car Garage & Inground Pool.



**\$329,900 Linden**  
 Lovely 3 BR 2.5 Bath Home Features Large Kitchen w/Stainless Appliances, Ample Closets, Finished Basement w/Bath, Backyard Patio & Long Driveway To Detached Garage w/Stairway To Storage Above.



**\$379,900 Plumsted Twp.**  
 Fabulous 5 Unit Multi-Family Property On Large Lot With Many Possibilities With Commercial Zoning. New Septic System!

**NOBODY**  
 SELLS MORE HOMES  
 IN NEW JERSEY  
**THAN RE/MAX**



**\$779,000 Millstone Twp.**  
 Custom 4,800 SF Home On 2.3 Acres Featuring 5 BR, 5.5 Baths, Formal Living Rm, Dining Rm, Family Rm, Finished Basement, 3 Car Garage & More!



**\$614,900 Manalanpan Twp.**  
 This 4 Bedroom, 3.5 Bath Home Has Spacious Floorplan With Large Welcoming Kitchen, Formal Dining Rm, Full Finished Basement Too!



**\$425,000 Berkeley Twp.**  
 Amazing Bay Views! Open Floor Plan With Lots Of Windows. Trex Deck Master Bedroom Balcony. Great Wide Lagoon With EZ Bay Access.



**OUTSTANDING AGENTS, OUTSTANDING RESULTS.**

This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/16 - 9/30/16. It includes which listings were sold by such organization itself, or with the aid of a cooperating broker for the state of NJ and time period indicated, according to the data by the following Multiple Listings Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Jersey Shore/Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data Maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.



**\$199,000 Jamesburg**  
 Great Location For This 3 Bedroom, 2 Bath Home With Hardwood Flooring, Detached Garage Plus Detached Building In Rear.



**\$1,099,000 Springfield Twp.**  
 48+ Acre Horse Farm! 40 Matted Stalls, 1/2 Mile Track With Watering System & Pond, 4 Run In Sheds, Indoor Arena, Numerous Paddocks, 2 Barns Plus Grand Historic 5 BR, 3 Bath Home



**\$189,900 Jackson Twp.**  
 Cute & Cozy Completely Renovated One Bedroom Ranch Home Features New Roof, New Septic, New Well, New Hardwood Flooring, New Kitchen, New Appliances & Property With Lots Of Potential.

**Experienced Agents - Proven Results**  
 Each office is independently owned and operated





Gloria  
**NILSON & co**  
REAL ESTATE

CHRISTIE'S  
INTERNATIONAL REAL ESTATE

*Thank*  
Over \$20,000,000+ in closed sales

THE BRAND THAT DEFINES LUXURY REAL ESTATE, WORLDWIDE.

**A Special Thank You for your continued support and referrals over the last 12 years!**

The Shearer Family  
The Kern Family  
The Ragusa Family  
Bruce Allen  
The Malunow Family  
The Vivelo Family

Al & Karen Esposito  
The Cappuzzo Family  
The Lange Family  
The Parente Family  
The Sleman Family  
The Vurckio Family

The O'Shea Family  
The Gaj Family  
The Ortenzio Family  
The Bronski Family  
The Divincenzi Family  
The Bagen Family

The Wisneksi Family  
The Corvace Family  
The Keenan Family  
The Caputo Family  
The Roth Kugel Family  
The Whyte Family

The Leva Family  
The Jamison Family  
The MacMath Family  
The Corey Family  
The Vancampenhout Family  
The Gallagher Family



**79 Imlaystown Hightstown Rd  
Upper Freehold Twp  
The Gould Family**



**54 Lakeview Dr Allentown Twp  
The Larocca Family**



**52 S Rhoda Dr Monroe Twp  
The Lange Family**



**30 Ambassador Way Jackson Twp  
The Davis Family**



**22 Gerard Ave Hamilton Twp  
The Erny Family**



**15 Mundy Ave Spotswood Twp  
The Dean & Kohler Family**



**4 Deer Trail Dr Millstone Twp  
The Guterl Family**



**116 Silver Dr Brick Twp  
The Limongelli-Acosta Family**



**75 Cottage Way Columbus Twp  
The Kubik Family**



**9 Fitzpatrick Run Millstone Twp  
The Caldwell Family**



**6 Algonquin Ter Millstone Twp  
The Pepe Family**



**55 Cliffwood Dr Allentown Twp  
The Lewis Family**

**ADDITIONAL HOMES SOLD IN 2016**

5 Fox Chase Dr New Egypt  
Chrissy G.

15 Fern Ct Hamilton  
Sherry D.

454 River Rd Toms River  
Chris & Rachel F.

15 Mundy Spotswood  
Janis G.

533 C Terry Ct Monroe  
Janis G.

12 Timmons Hill Dr Millstone  
Anthony & Suzanne D.

616 Greenwich Ct East Windsor  
Farbrice & Tina H.

5 Dryden Dr Burlington Twp  
Carl and Lauren A.

71 N Boston Jackson  
John & Dianna E.

275 White Oak Ct Brick  
Mark & Jessica G.

93 Agress Rd Millstone  
Al & Idalia P.

119 Agress Rd Millstone Twp  
Ron & Theresa G.

14 Belmont Dr Robbinsville  
Michael & Linda S.

9 Cheryl Ln Millstone  
David & Michele K.

283 Sykesville Rd Chesterfield  
Andrew & Lauren A.

Cell: 609-658-5916 | Office: 732-446-2424 x5113 | [MattNJRealtor@gmail.com](mailto:MattNJRealtor@gmail.com)

*Exclusive Affiliate of Christie's International Real Estate*

Mercer, Monmouth, Ocean, Southern Hunterdon and Southern Middlesex Counties

\*based on closed sales volume reported through Trendgraphix for the year 2015 for the combined Monmouth, Ocean, Mercer Counties.



# You!

and 50 Homes Sold in 2016!

**MATTHEW MERRITT**  
Broker - Associate



Multi-Million Dollar Producer

Relocation Specialist

NJ Realtors Circle of Excellence Award 2008-2015

**A Special Thank You for your continued support and referrals over the last 12 years!**

The Gesualdo Family  
The Marshall Family  
The Conocenti Family  
The Betelman Family  
The Cote Family  
The Kuzma Family

The Noon Family  
The Schrank Family  
The Canzanella Family  
Frank Sarcone  
The Stewart Family  
The Guidone Family

The Roth Family  
The McGarry Family  
The Genna Family  
The Renaud Family  
The Serio Family  
The Masarsky Family

The McMahon Family  
The Sneed Family  
Crossfit Hamilton Members  
All the Members of My Team  
My Mother, Father,  
Sister and Brother

My Wife Stephanie  
and Daughter Chloe  
and Son Nicholas  
And many, many more...



**9 Cheryl Ln Millstone Twp**  
The Cacciotti & Saburro Family



**9 Chatham Dr Howell Twp**  
The Pagoda Family



**8 Quaker Hill Dr Upper Freehold Twp**  
The Archer Family



**8 Crest Cir Millstone Twp**  
The DeFelice Family



**7 Sugar Pine Dr Jackson Twp**  
The Emer Family



**6 Doe Ct Millstone Twp**  
The Corey Family



**206 Milford Rd. Neptune Twp**  
The Cote Family



**10 Carriage Way Millstone Twp**  
The Battaglia Family



**17 Ivy Ct Millstone Twp**  
The Esquin Family



**325 E Millstream Rd Plumsted Twp**  
The Vrabel Family



**138 Dorchester East Windsor Twp**  
The McCleish Family



**18 Molsbury Ln**  
The Uk Family

**ADDITIONAL HOMES SOLD IN 2016**

4 Deer Trail Rd Millstone Twp  
Robert & Holly D.

16 Marilyn Dr East Windsor  
Robert & Maureen M.

79 Imlaystown Hightstown Rd  
Melodie K.

286 Hampshire Rd Plainsboro  
Margaret L.

8 Taylor Ave Hightstown  
Theodore & Cari Ann R.

115 Hansen Ave Hamilton  
Nicholas & Margo L.

6 Jeffrey Ln East Windsor  
Robert & Cynthia G.

4 London Dr Jackson  
Jason & Jaclyn G.

18 Molsbury Ln Millstone Twp  
Steven & Barbara Ann N.

34 Adelphi Dr Jackson  
Ryan & Kara V.

31 Adelphi Rd Jackson  
Andrew & Danielle D.

Cell: 609-658-5916

Office: 732-446-2424 x5113

MattNJRealtor@gmail.com

*Exclusive Affiliate of Christie's International Real Estate*

Mercer, Monmouth, Ocean, Southern Hunterdon and Southern Middlesex Counties

\*based on closed sales volume reported through Trendgraphix for the year 2015 for the combined Monmouth, Ocean, Mercer Counties.

*Gloria*  
**NILSON & co**

CHRISTIE'S  
INTERNATIONAL REAL ESTATE

REAL ESTATE

THE BRAND THAT DEFINES LUXURY REAL ESTATE, WORLDWIDE.



MLS#6813522

158 Pennington Hopewell Rd., Hopewell, NJ 08525  
\$775,000 Agent: Marjorie Owens

5br, 3ba home on 3.75 acres on a backdrop of open, wooded acres in Hopewell Township. Totally redone & expanded in 2015. Owner has spared no expense to deliver a quality constructed home ready to go.



MLS#6850575

112 Holmes Mill Rd., Upper Freehold, NJ 08501  
\$1,249,000 Agent: JoAnn Stewart

4br, 3.5ba A hidden Gem in Cream Ridge with premium construction & quality of craftsmanship that is evident to this unique custom built home situated on 9.9 secluded acres. Backing to woods! Come see this for yourself!



MLS#6751197

1 Sienna Ct., Robbinsville, NJ 08691  
\$879,900 Agent: Anthony "Tony" Rosica

Introducing Bear Creek Estates- 16 lot SFR subdivision in Robbinsville w/lots ranging from 1.2 - 2.1 acres. Homes range from 3200 - 4700sqft. Model home pictured, Sherborne "D" offers 4/5 br, 4 full & 1 half ba, 3 car side entry gar & full bsmt.



MLS#6786175

118 Meirs Rd., Cream Ridge, NJ 08514  
\$1,499,000 Agent: JoAnn Stewart

One-of-a-kind masterpiece created w/Shenandoah Stone & Imported Mahogany wood, 4 bedrooms, 4 full baths and 2 half baths. Gourmet kitchen and 4 fireplaces.



MLS#6772003

45 Imlaystown Hightstown Rd., Allentown, NJ 08501  
\$614,900 Agent: JoAnn Stewart

3br, 2ba Charming country log cabin on 11+ level open usable acreage including an approved building lot and paddock fencing in Cream Ridge.



MLS# 6896083

354 Shawn Place, North Brunswick, NJ 08903  
\$750,000 Agent: Banumathy Rajan

5br, 4ba East/North East facing beautiful colonial home w/brick front in prestigious community of North Brunswick with 3730 sq ft of living enjoyment. Fully finished bsmt w/brand new carpeting and possible 6th br and full bath. So much to offer schedule your tour and come experience this home.



MLS#6794408

2 Orchard Dr., Cream Ridge, NJ 08514  
\$759,900 Agent: JoAnn Stewart

4br, 5.5ba Provincial Model in Golf Edge Estates is a showcase home that has it all and then some! A 3-car garage, fresh paint and new landscaping, make this home everything you could want, priced to sell, come take a look today!



MLS#6846420

7 Heritage Dr., Allentown, NJ 08501  
\$574,900 Agent: Matthew Green

5br, 3ba Charleston model loaded with tons of upgrades. Finished basement features a theater sys w/ xlarge video screen and an amazing backyard with in-ground pool, hot tub, deck and tons of landscaping. Public water and sewer. A must see!!!



MLS#6732435

5 Hinkle Ct., Bordentown, NJ 08505  
\$324,900 Agent: Gena Garzillo

5br, 3.1ba Wonderful custom built, stone front home on a quiet cul-de-sac. Newer kitchen, granite counter tops & new appliances to name a few. Convenient laundry room on 1st fl. Oversized 1-car garage e/plenty of storage & storage shed.

*Gloria Nilson Welcomes*

Carmen Amodol & Mildred Hamilton



*Monmouth County's #1  
Real Estate Broker\**

*Gloria Nilson &  
Co Real Estate*

*is actively looking for new real  
estate associates.*

*Call John Burke for an interview  
and information on our Tuition  
reimbursement program.*

*\* #1 in Monmouth County according to Monmouth  
County MLS  
from 1/1/2015 - 12/31/2015 in closed Sales volume.*

**NEW LOCATION** Millstone Office 500 Route 33, Suite 1 B, Millstone • 732-446-2424

*glorianilson.com*





**BERKSHIRE HATHAWAY**  
HomeServices  
New Jersey Properties



**\$1,100,000** Millstone Twp.  
[www.37RobbinsRoad.com](http://www.37RobbinsRoad.com)



**\$789,000** North Hanover  
[www.397JacobstownCookstownRoad.com](http://www.397JacobstownCookstownRoad.com)



**\$682,000** Millstone Twp.  
[www.5RueCourtMillstone.com](http://www.5RueCourtMillstone.com)



**\$639,999** Millstone Twp.  
[www.21PaintIslandSpringRoadMillstone.com](http://www.21PaintIslandSpringRoadMillstone.com)



**\$599,999** Millstone Twp.  
[www.8TrentonLakewoodRoad.com](http://www.8TrentonLakewoodRoad.com)



**\$599,000** Brick  
[www.105QueenAnnRoad.com](http://www.105QueenAnnRoad.com)



**\$568,500** Jackson  
[www.9NicoleCourt.com](http://www.9NicoleCourt.com)



**\$524,000** Ocean Twp.  
[www.22PalDrive.com](http://www.22PalDrive.com)



**\$334,500** North Hanover  
[www.370MeanyRoadNorthHanover.com](http://www.370MeanyRoadNorthHanover.com)



**\$329,900** East Windsor  
[www.12SandstoneRoadEastWindsor.com](http://www.12SandstoneRoadEastWindsor.com)



**\$195,000** Roosevelt  
[www.15NRochdaleAvenue.com](http://www.15NRochdaleAvenue.com)

**Interested in a Career In Real Estate?**

**SCHEDULE A CONFIDENTIAL INTERVIEW WITH THE #1 REAL ESTATE OFFICE IN MILLSTONE!\***

Please Contact Broker-Associate/ Office Manager, Theresa Guttridge at **732-446-4959** for more information

Call, Visit us at [www.BHHSNJ.com](http://www.BHHSNJ.com) or Stop by for a List/Map of All Open Houses in Your Area

©2016 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.

**MILLSTONE OFFICE**  
222 Millstone Road, Millstone Twp.  
**732.446.4959**

# THANK YOU Aqua-Soft

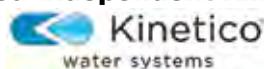
*Improving Your Water Is What We Do!*

**CITY or WELL FREE BASIC WATER TESTING\***

*I Love My Water!*

Customer friendly  
non electric water systems  
whole house and drinking water

Authorized Independent Kinetico Dealer



**732-446-9322**

504 Highway 33W, Millstone Twp.  
aquasoft@optonline.net  
www.aquasoftnj.com



Kinetico's K5  
removes more  
contaminants  
than any other  
drinking water  
system out  
there-including  
Chromium-6



**Aqua-Soft Water Treatment**  
Since 1966  
*Serving your community for 50 years*

\*Basic Water Test for Minerals & PH Only

**NEW SYSTEMS • UPDATING EXISTING SYSTEMS • REPAIRS • SUPPLIES • SPECIAL FINANCING**

## DUSTIN'S

### HEATING & AIR CONDITIONING

Call Today! **609-529-2505**  
www.DustinsMechanical.com

✓ HEATING / AIR CONDITIONING    ✓ AGRICULTURAL HEATING  
✓ BOILERS    ✓ GENERATORS  
✓ OIL TO GAS CONVERSIONS    ✓ RADIANT HEATING

**0% APR FINANCING\***  
For 60 Months\*  
Call For Details

**NJ Cool Advantage**  
Install an American Standard Energy Star Furnace  
**UP TO \$500 REBATE**  
On Qualifying A/C Installed

**NJ Warm Advantage**  
Rebate  
**UP TO \$500**  
On Qualifying New Furnaces Installed

dustins heat 5x7 1016 377-20-AO

**\$89**  
Heating / AC Tune Up  
With coupon. Not valid with other offers. Expires 2/15/17.

**\$50 OFF**  
Any Purchase or Repair of \$250 or more  
With coupon. Not valid with other offers. Expires 2/15/17.

**UP TO \$500 OFF**  
New System Installation  
With coupon. Not valid with other offers. Expires 2/15/17.

**\$675 INSTALLED**  
Aprilaire Humidifiers  
With coupon. Not valid with other offers. Expires 2/15/17.

**\$100 OFF**  
Honeywell  
Electronic Air Cleaners  
With coupon. Not valid with other offers. Expires 2/15/17.

Serving The Jersey Shore Since 1994

## B&K CARPET CLEANING LLC

B & K Cleaning Is The Symbol Of Quality Cleaning and Care!

**B&K Carpet Cleaning only uses the superior Butler® system to ensure your satisfaction!**

- Wall-to-wall carpeting
- Area rugs
- Automobile interiors
- Fabric furniture... and more!
- Carpet protection
- Pet odor control
- Powerwashing
- Treatment for water damage
- Upholstery cleaning
- Window cleaning

• Carpet Cleaning • Upholstery Cleaning  
• Tile & Grout Cleaning  
• Area Rug Cleaning • Kid and Pet Safe Cleaning

**732-904-5010**

Follow us on

Check out our Reviews on

**10% OFF ALL SERVICES**  
*Not to be combined with any other offer. New customers only. Expires 2/15/17*

# Tests for Defective Drywall

Some U.S. homes built between 2003 and 2008 contain imported drywall, known in the press as Chinese drywall. Some consumers who live in these homes have reported problems, including a strong sulfur smell, like rotten eggs; health issues, like irritated and itchy eyes and skin, difficulty breathing, a persistent cough and headaches; and premature corrosion or deterioration of certain metal components in their homes, like air conditioner coils and wiring behind electrical outlets and inside electrical panel boxes.

The Consumer Product Safety Commission (CPSC) is the lead federal agency investigating damage to homes blamed on imported drywall. The effort to identify the causes of the damage also involves the U.S. Environmental Protection Agency (EPA) and the Centers for Disease Control and Prevention (CDC). Other federal agencies, including the Federal Trade Commission (FTC), the nation's consumer protection agency, and state law enforcement and health authorities are investigating the issue, as well.

The Federal Interagency Task Force has performed significant testing of drywall and homes, and found a strong association between the problem drywall, the hydrogen sulfide levels in homes with that drywall, and corrosion in those homes.

The FTC says homeowners should be on the alert for anyone trying to sell test kits, inspections, and quick fixes for tainted drywall. The Federal Interagency Task Force is studying testing and remediation protocols for affected homes, but no federally-approved testing kits or remediation methods currently exist.

You can learn more about the federal government's drywall investigation, and sign up for email alerts, [adrywallresponse.gov](http://adrywallresponse.gov). File a complaint, with the CPSC online, by calling 1-800-638-2772 or via email, [info@cpsc.gov](mailto:info@cpsc.gov).

Premium Custom Window Treatments For Only **\$35!**

*Come Celebrate Our 35th Anniversary*



All Comfortex Premium Custom Window Treatments:

**Buy any Premium Window Treatment at the M.S.R.P. & get the 2<sup>nd</sup> one for only \$35.**

Must be of equal or lesser value. No Limit on quantities, Some Restrictions apply.

- Cellular/ Pleated Shades
- Wood/Faux Wood Blinds
- Shear Horizontal • Shear Verticals
- Odyssey™ Shade • Roman Shades
- Pannel Tracks • Roller Shades

**Stu-Mar Custom Home Interiors**  
**732.536.7070**

Manalapan, NJ

[www.Stu-Mar.com](http://www.Stu-Mar.com) | [stumarblinds@gmail.com](mailto:stumarblinds@gmail.com)

**0% FINANCING** for up to **36 MONTHS** with **ZERO DOWN\***...

**PLUS Lennox Rebates** up to **\$1,500\*\***...

**PLUS Utility Rebates** up to **\$1,000\*\***...

**PLUS 10 Years Parts and Labor Warranty Included!** (on Select Models)

**A TOTAL VALUE OF OVER \$3,000!!!**

And don't forget about how much money you can save through lower utility bills when you purchase a new Lennox Home Comfort System from Princeton Air this Winter! There's *never* been a better time to upgrade than *right now*; but please don't wait too long, because values this big will expire before the Season does!



**WINTER SAVINGS ON A NEW HOME COMFORT SYSTEM FROM**



**CALL US TODAY**  
**609-454-6670**



Or visit us at: [www.PrincetonAir.com/SpecialOffers](http://www.PrincetonAir.com/SpecialOffers) for more information

NJ Master HVAC Lic. #19HC00398 / NJ HIC Lic. #13VH00255200 / PA HIC Lic. #PA001066

\* Subject to Credit Approval. \*\*Rebate amounts based on Manufacturer's Equipment Selection Requirements & Minimum Efficiency Requirements; additional restrictions may apply – please speak with a Princeton Air Representative for more information.

# MERGER PARTNER WANTED



**YOU CAN NEVER TAKE YOUR WATER FOR GRANTED**

## WINTER SERVICE PROGRAM

- Annual Sanitation of your Well, Hot Water Tanks, & All Plumbing to KILL naturally occurring bacteria & get rid of that "Rotten Egg" Smell.
- Clean & Sanitize your Brine (salt) Tank.
- Clean & Flush Safety Float Assembly.
- Inspect & Clean or Replace Injectors & Screens in Backwash Valve.
- Flush & Re-Pressurize Well Pressure Tank.
- Clean Black Mold from Mineral Tanks.
- Iron Out Treatment in All Toilet Tanks.
- "Res-Up" Treatment for All Resin Beds.
- Test Tap Water for Iron, Hardness, pH & TDS.
- Inspect Sanitary Well Cap Seal for water tightness & insure exposed casing is intact.
- Clean Housings & Replace Mechanical Filters.

**A \$1500 Value for Only \$775**

WITH THIS AD



Left to Right:  
1) Auto-Chlorination System for bacteria and that "rotten-egg" smell.  
2) Acid Neutralizer for pH control.  
3) Fleck 9000 twin-alternating softener.

## THE ULTIMATE WELL WATER SYSTEM

If you should run out of salt, or if you are using the wrong salt, your Softener will not work efficiently, and your water quality will be compromised, i.e., rust stains, mineral or salty taste.

## What's The Right Salt to Use?

### NATURAL SALT

#### Natural Salt Water Softener Salt Cubes with RESIN KLEEN

The ultra high purity of Natural Salt Water Softener Salt Cubes with Resin Kleen results in a highly soluble product, which virtually eliminates tank clean-out and helps the softening unit operate at peak efficiency. Features: Keeps softener clean & maintenance free, highly soluble 99.8% pure salt, controls mineral build-up, eliminates brine tank clean-out, helps softener operate at maximum efficiency and product sized to eliminate bridging, mushing and channeling.



or

### NATURE'S OWN

#### Nature's Own Potassium Based Water Softener Crystals

Nature's Own processed cubes is a **POTASSIUM**, not sodium, ion exchange salt used to soften water by removing iron and other unwanted trace minerals. Your water will not only be soft, but it will actually be more healthful. Nature's Own works with any brand water softener, and Potassium can actually help lower the risk of stroke and high blood pressure. Plus, Nature's Own reduces the amount of chlorides discharged into the environment versus common salt, and it's friendlier to your lawn.



Order today and we will service your water softener free of charge while we are there.

**COMPLETE SALES • INSTALLATION • SERVICE**

### ASK FOR SPECIAL PRICING ON:

- Salt Delivery
- Water Coolers
- Purified Water Delivery
- Sanitizing & Changing R.O. Filters
- Upgrading Your Water Treatment System
- Installation of our Bacteria Removal System
- Swimming Pool Chlorine - FREE Sanitation System
- E-Z Breathe for Dampness & Odor Removal from your Basement



222 Millstone Road  
Millstone Township, NJ 08535



**(732)446-2021 • Fax: (732)446-2506**

Please visit our website @ [www.uswater.net](http://www.uswater.net)

What is an E-Z Breathe?  
It dries damp, moldy, smelly basements!



\*\*\*MERGER PARTNER WANTED\*\*\*

\*\*\*MERGER PARTNER WANTED\*\*\*

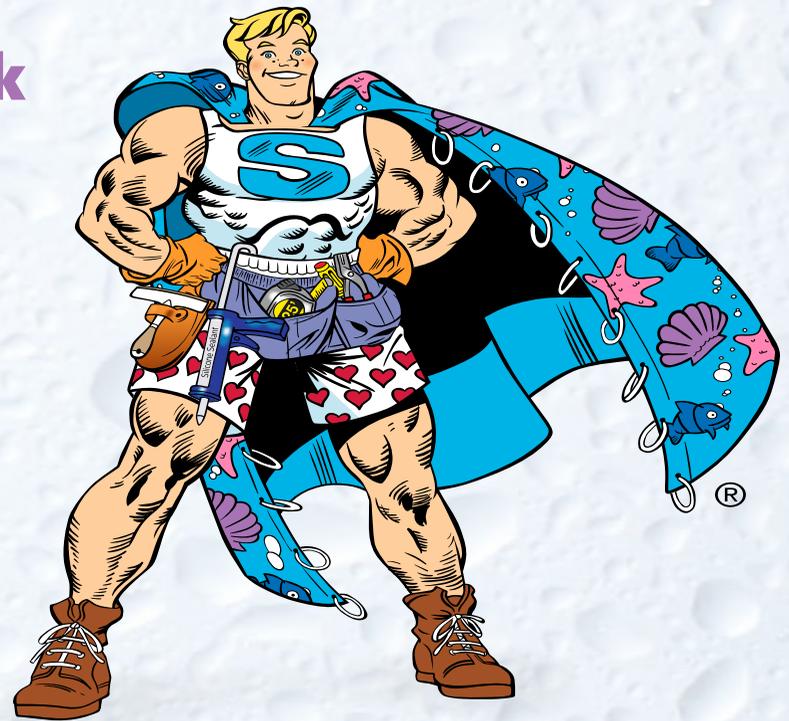
# MERGER PARTNER WANTED

Thinking Shower Doors? Think

**SHOWERMAN**  
The Frameless Shower Door Store

732-303-9044

www.ShowerMan.com



### Why Choose ShowerMan?

- 40 Years of Excellence
- No salesmen; we measure, design, and install!
- Our factories have the latest equipment
- We do not outsource our labor. All installation is done by our own trained craftsmen!
- Pleasurable experience from the first phone call to the installation
- Great reviews from happy customers
- **Our famous 15 Year Warranty!**



**SHOWERMAN**  
**\$100 OFF**  
Your Purchase of  
**\$1,000 or More**

With coupon. Must be presented at time of sale. Cannot be combined with other offers. Expires 2/15/17

**SHOWERMAN**  
**\$200 OFF**  
Your Purchase of  
**\$2,000 or More**

With coupon. Must be presented at time of sale. Cannot be combined with other offers. Expires 2/15/17



Visit our  
Showroom  
to see more!

Monday–Friday: 9am–5pm • Saturday: 10am–4pm  
Galleria Plaza, 100 Route 9 North, Manalapan, NJ  
Email us at tara@showerman.com

HOME IMPROVEMENT

Your Neighborhood Carpet and Flooring Store

**A.B. CARPET**



Concordia Shopping Center  
1600 Perrineville Road, Monroe Township

**609-395-5588**

www.abcarpetnj.com

Senior Discount Available

Happy to serve you for 29 Years

Carpets • Carpet Runners/Area Rugs • Vinyl • Laminates • Hardwood

**FREE** Padding • Estimates • Installation  
Removal of Old Carpet • Furniture Moving



Mohawk • Shaw • Quickstep • Armstrong • Kane • Mirage  
Mon-Fri 9am-5pm • Sat 10am-4pm



AB CARPETS • 609-395-5588

**\$250 OFF**

Any Sale of \$2500 to \$4000 Flooring Purchase

With coupon. Cannot be combined with any other offers or prior purchases.  
TMT

AB CARPETS • 609-395-5588

**\$500 OFF**

Any Sale of \$4001 & up or More Flooring Purchase

With coupon. Cannot be combined with any other offers or prior purchases.  
TMT



Experience 96 Years & 4 Generations of Jammer Quality & Commitment

Visit Our Showrooms:  
2850 Brunswick Pike (Business Rt. 1)  
Lawrenceville, NJ 08648  
609-883-0900  
10 North Main Street (At The Gristmill)  
Yardley, PA 19067  
215-493-7709

www.jammerdoors.com

PAHIC# 022787 NJHIC# 13VH0200800

Garage Doors • Operators • Gate Openers • Entry Doors • Patio Doors • Storm Doors • Windows • Retractable Awnings



**\$95 SERVICE OR REPAIR**  
ON ANY RESIDENTIAL GARAGE DOOR

**\$100 OFF**  
ANY PURCHASE OF \$1000 OR MORE

**\$200 OFF**  
ANY PURCHASE OF \$2500 OR MORE

Must present coupon at time of purchase. Additional parts & labor in excess of 1 hour will be at our scheduled rates. One coupon per customer/household.  
Expires 1/31/17

Must present coupon at time of purchase. Not accepted at time of installation. Not valid with any other discounts, repairs or prior purchases. One coupon per customer/household. Coupon has no cash value.  
Expires 1/31/17

Must present coupon at time of purchase. Not accepted at time of installation. Not valid with any other discounts, repairs or prior purchases. One coupon per customer/household. Coupon has no cash value.  
Expires 1/31/17



*Elegance In Design*

Kitchen & Bath Showroom ~ Interior Design Services

Happy New Year!

**Outdated Kitchen?  
NOT ANYMORE.**

*We could say more, but you get the picture!*

**Yorktowne**

DIY's & Contractors Welcome



Elegance In Design

15 year Anniversary Sale 50% off Cabinetry

WHEN YOU MENTION THIS AD

NJ License #13VH02978600

Designs4Us.com

eleganceindesign@gmail.com

Phone: 732-446-8222 • Fax: 732-446-8802

Millstone Center • 480 Rt. 33 West • Millstone Township, NJ 08535

# 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.** - Board Certified Civil Trial Attorney  
LAW OFFICES OF JOHN T. BAZZURRO, LLC  
200 Meco Drive, Millstone Township, New Jersey 08535  
Phone (732) 410-5350 Fax (732) 810-0006

LAW OFFICES OF  
**JOHN T. BAZZURRO**  
LLC



**LARGE FIRM REPRESENTATION  
WITH PERSONAL ATTENTION**

AREAS OF PRACTICE:

- Personal Injury
- Motor Vehicle Accidents
- Nursing Home Neglect
- Wills
- Municipal Court Practice, Including Defense of DWI, Traffic Tickets and Non-Indictable Offenses
- Workers Compensation
- General Civil Litigation
- Employment Law
- Residential and Commercial Real Estate Transactions

Certified by the Supreme Court of New Jersey as a Civil Trial Attorney  
Member of New Jersey and New York Bars

David P. Levine, Esq. Of Counsel to the Firm  
200 Meco Drive, Millstone Twp., NJ  
Email: [jtbazzurro@bazzurrolaw.com](mailto:jtbazzurro@bazzurrolaw.com)  
732-410-5350 • [www.bazzurrolaw.com](http://www.bazzurrolaw.com)

**DIRECT  
OIL  
DELIVERY**



Home Heating • Low Sulfur Diesel • Off Road Diesel

**Home Heating Oil**

**Best Price, Best Service. No Contracts!**

**CALL NOW!**

**732-298-2730**

**DirectOilDelivery.com**

**SPECIAL SAVINGS  
From Our Family To Yours**

**\$10 OFF**

100 Gallon Minimum

Not to be combined with other offers.  
One per customer. Expires 1/31/17

The Millstone Times



**\$20 OFF**

200 Gallon Minimum

Not to be combined with other offers.  
One per customer. Expires 1/31/17

The Millstone Times

# What to Look for When Buying Windows

Your eyes are the windows to your soul. Your home's windows, on the other hand, protect the inside, or soul, of your home.

Gorgeous windows for your home or commercial building can enhance the appearance of the property. It can also increase its value.

But weighing functionality, aesthetics, placement, price and efficiency can be daunting. There are a slew of things to consider.

Understanding the terminology used to describe various windows will help you make your decision. Here are common words and phrases you are likely to encounter:

## WINDOW GLAZING

The actual glass in a window is called glazing. Many homes and older buildings have a single pane of glass within each frame. It is a traditional style; however, it is not energy-efficient.

Double-glazed windows are the popular option. There are two panes of glass in a frame. The gap between the panes acts as a layer of insulation. It improves the window's ability to maintain the building's temperature.

Sometimes, newer structures have triple-glazed windows. They are more expensive, but they also provide additional insulation benefits.

## R-VALUES

R-values measure the amount of heat a window loses through its glass panes. Higher R-values mean more energy efficiency. An R-value of three is very desirable.

## U-VALUES

U-values tell you the level at which a window conducts heat. The lower the U-value, the better.

People who live in wintery climates should choose replacement windows with strong R-value and U-value ratings to conserve energy.

## LOW-E

Low-emissive, or low-e windows, are the latest innovations in the energy-efficiency mark.

Low-e glass traps heat by placing a thin metallic coating on the appropriate window pane. Indoor radiant heat is reflected back inside, cutting the burden on a building's heating system. If you live in a cold climate, install a low-e window as a complement to low U-value components.

People who live in sunnier, warmer climates can also take advantage of low-e windows. The

summer's higher levels of infrared rays are reflected back outside, keeping the interior of the house cooler.

## UV FACTORS

Blocking UV rays will spare your carpets and furniture from sun damage. That's why a window with high ultra-violet blockage is recommended, especially for people who live in warm climates.

## CASEMENT WINDOWS

When energy efficiency is a key concern, casement windows are the best choice. This simple high-and-crank design lowers air seepage. When the wind pushes against the glass, the seal becomes tight and reduces leakage.

Casement windows are hinged on the sides. When the windows have top hinges, they are called awning windows. Hoppers are bottom-hinged windows.

Hinged windows must be maintained, as the seal erodes over time. When left unchecked, the erosion can make the window less energy efficient.

## OTHER FACTORS

Large differences between interior and exterior temperatures create meddlesome condensation on glass. Always choose a window appropriate for your climate.

Window placement is another factor when building a new structure. Consider the building's position and location as they relate to the sun. Windows facing the south let in more heat than north-facing windows. Properly placed, a window can increase a structure's passive solar efficiency.

Extreme temperatures cause frames and seals to deteriorate more quickly. Windows using warm-air technology and adequate spacers reduce temperature fluctuations, placing less strain on seals and framing.

Before beginning any improvement project to your home or business, understand the building codes in your area. You may need a permit to do a major window-replacement project. If you don't have the required paperwork in order, you might have to pay a fine and remove the work that's already been done and start over.

Knowing basic terminology and concepts before you shop for windows will save you time and money in the long run. It is really less complicated than it looks.



## INDOOR AIR TECHNOLOGIES, Inc.

"Family Owned & Operated"






# Residential & Commercial HVAC

# 609-208-1330

## Financing Options

Subject to credit approval, contact Indoor Air for details

## Maintenance Agreements

indoorairtech.com





HOME IMPROVEMENT



**PRECISION TECH**

**We're Your Local Home Heating Experts**

**DON'T SUFFER WITH A COLD HOUSE  
OR UNEVEN HEATING... CALL US**



**New System / Replacement Special**

**FREE**

**Service Call If We  
Make A Repair**

Not valid with any other offers.  
New estimates only.  
Expires 1.31.2017

**FREE**

**Energy Audit for your  
home and air system.  
See where you are  
wasting money.**

Not valid with any other offers.  
New estimates only.  
Expires 1.31.2017

One call to us and we do it all. Expert installation of the following high efficiency components will save you \$1,000's on utility bills and increase the comfort and value of your home.

- 96% Efficient Furnace
- 16 Seer AC System
- .67 EF Water Heater
- WiFi Thermostat
- Home Air Sealing \*
- Free Energy Audit
- Home Insulation

**\$4,000  
Instant Savings  
PLUS... 0%  
Financing**

No cash out of pocket and 0% financing

**WE GUARANTEE  
Lower Heating & Energy Costs  
and Better Air Quality**

**Call 732-490-8105**



**PRECISION TECH**

[www.PrecisionTechNj.com](http://www.PrecisionTechNj.com)



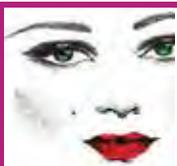
**HOME SERVICES**

**4 Ikes Lane, Manalapan, NJ 07726** HIC - 13VH07876000 Electric - 10153A Plumbing - 10772

New Jersey's Clean Energy Program is brought to you by the New Jersey Board of Public Utilities and does not endorse any one particular contractor.

Home Performance with ENERGY STAR®—helping you save up to 30% on your energy costs.





# Envision Permanent Makeup

by Sandy Marinko, *Micro Pigmentation Specialist*  
Now offering 3D Eyebrow

**If You Would Love These Eyebrows  
I Would Love Helping You Have Them**



## Microblading

Microblading, also known as eyebrow embroidery, is a semi-permanent makeup procedure that allows you to dramatically correct or fully reconstruct lost eyebrow. It was first introduced in Asia. Eyebrow Microblading is performed by manually depositing pigment in the basal layer of the epidermis by a special pen. It does not involve the use of a machine. Unlike permanent makeup brow treatments, Microblading techniques involves drawing individual, crisp hair strokes that are more natural looking than tattooing, brow pencil or powders.

The blade of a Microblading pen contains numerous pins that are 3 times thinner than the needles used in tattooing. When performed correctly, this procedure is almost painless. We use a very effective numbing solution to limit discomfort.

**For a FREE Consultation Call  
Sandy Marinko  
732-547-0643 (days)  
or 732-780-0216 (evenings)**

**www.EnvisionMakeup.com  
500 Route 33 West  
Millstone, New Jersey 08535**

# Must-have apps for the busy Mom

By Stefanie Maglio

Moms these days are always on the go, running from place to place to keep up with the busy lives of their children. This is no easy task, yet they miraculously are able to do it. Luckily, there are apps out there to make it easier for moms to go about their daily routine.



**ContinuousCare** is a health related app where you can store scheduled appointments, as well as medical records. Medical questions can be answered, and depending on the doctor, communication can occur through the app as well.



**Happy Kids Timer** is an app that allows younger children to begin developing an efficient morning routine with less supervision from mom. With cute animations, the app keeps your child motivated as it walks them through the daily steps off making the bed and brushing your teeth.



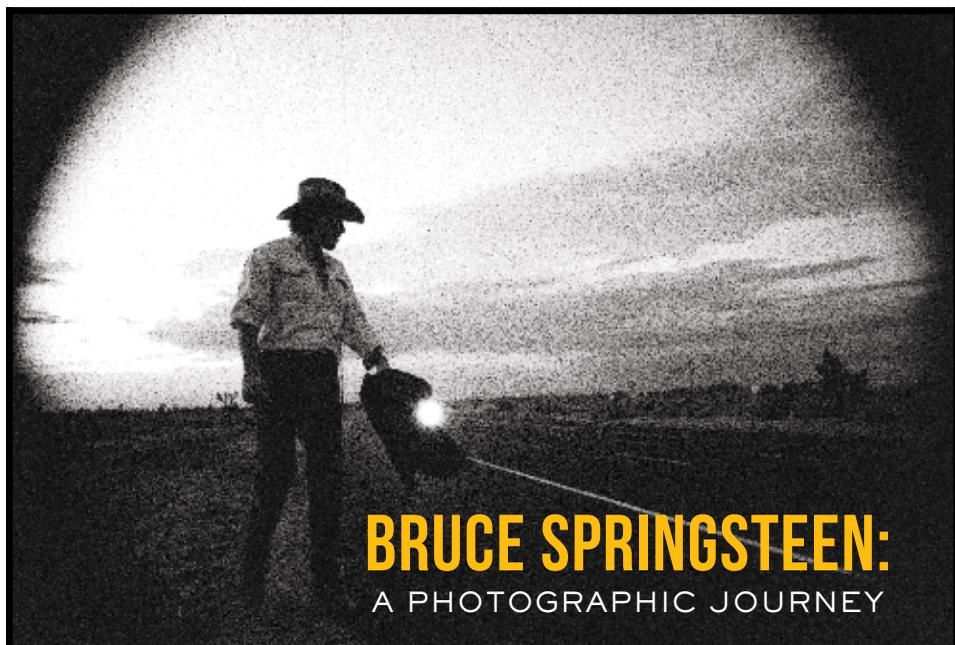
**VarageSale** is an app that allows you to sell unwanted items to your local community straight from your phone. Clothing, toys, and baby gear can be listed quickly and easily. This app was actually created by a busy mom herself, which can only mean good things.



**Playground Buddy** is a locator app that allows you to see local playgrounds and parks nearest you while doing errands and on the go, just in case your children need to burn off some energy.



**Trekaroo** is similar to VarageSale in which it locates kid-friendly activities such as zoos and museums, as well as restaurants and hotels. This app makes it easier to find all the places you need to go with just the touch of a finger.



## BRUCE SPRINGSTEEN: A PHOTOGRAPHIC JOURNEY

OPEN THROUGH **MAY 21, 2017**

CURATED BY THE  
**GRAMMY  
MUSEUM**  
AT L.A. LIVE

MUSEUM HOURS:  
WED. – SUN. 10 A.M. – 4 P.M.

PHOTOGRAPH BY PAMELA SPRINGSTEEN



55 Stockton Street, Princeton, NJ • 609.924.8144 • morven.org

THE SALLY F. AND  
JAMES SCOTT HILL  
FOUNDATION



SPONSORED BY  
PHEASANT HILL  
FOUNDATION



ANN AND AUSTIN  
STARKEY

This exhibition is supported in part by a grant from the New Jersey Department of State, Division of Travel and Tourism

**“People travel to us for our great  
selection and unbeatable prices.”**

Unique selection of furs,  
leathers, hats, scarves,  
handbags, gloves, boutique  
jewelry and more ....  
We have it all!



# Stephen's

**Fur • Leather • Accessories**

682 Whitehead Road, (off Route #1), Lawrenceville, NJ 08648

Hours: Tues-Sat 10-5pm

609-394-3663 [www.stephensfurs.com](http://www.stephensfurs.com)

Like us on Facebook





*A Smile Lasts Forever...*

**Jerry N. Falk, DMD**  
**Allyson K. Falk, DDS**  
 Family, Cosmetic & Implant Dentistry

• • • • •

**Orthodontics for Children & Adults**  
**Victor Kong, DDS, MS**

*Specialty License #5544*

- Invisalign Certified
- Comprehensive & Minor Treatments
- Major Insurances Accepted
- Interest Free Payment Plans

*Please call for a free, no-pressure consultation.*

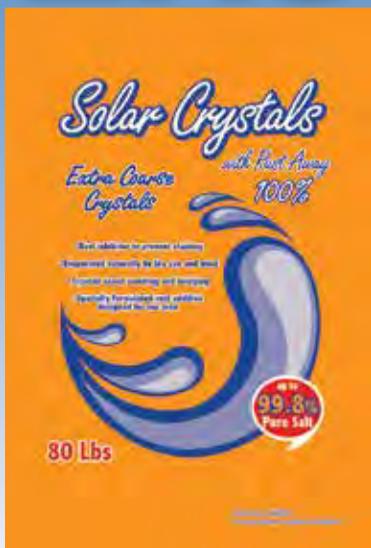
**609-259-3250**

15 Carrs Tavern Road • Clarksburg-Millstone Township

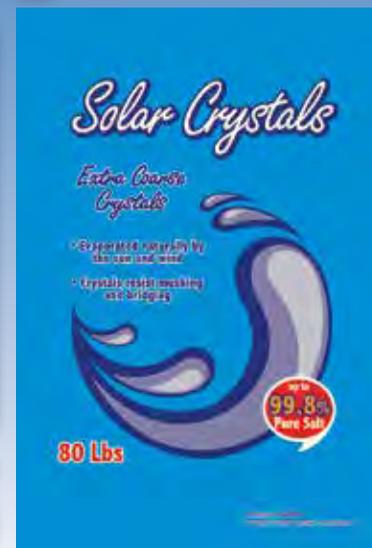
**We Will Beat ANY Competitors Price!**

Let East Coast Salt do the heavy work, from our warehouse to your basement.

**EAST COAST SALT**



CALL TODAY FOR **FREE DELIVERY**  
**732.833.2973**  
 621 Wright Debow Rd., Jackson NJ 08527  
 FAX: 732.833.4162 • [www.eastcoastsalt.com](http://www.eastcoastsalt.com)  
 Toll Free: 1.888.273.1444



**We are currently the only salt company that has 80lb bags on the east coast**

**\$11.90**  
 with a minimum order of ten bags for the Solar Crystals with Rust Away (the orange bag)  
 Cannot be combined with other offers and a minimum of 800 lbs on delivery only  
 Expires 1/31/17

**PICK UP SPECIALS**  
 on products when they are picked up

Receive **One FREE Bag** with order of Sun Crystals with Rust Away  
 Cannot be combined with other offers and a Minimum of 800 lbs on delivery only  
 Expires 1/31/17

**Like us on Facebook for promotions**



# East Windsor Township

## East Windsor Police Lieutenants Promoted

East Windsor Police Lieutenant George Cory Paieda and Sergeant Ryan Mattek Promoted to Fill Vacated Positions Created by Promotions and Retirements. Lieutenant Cory Paieda, hired by East Windsor in February 2001, has served in Uniform Services as a Evidence Technician, Field Training Officer, Secondary Officer in Charge, and Primary Officer in Charge. In November 2012, he was promoted to the rank of Sergeant, and for the past year has been the Operations Supervisor in Investigative Services. Lieutenant Paieda has a Bachelor's of Science Degree from Walden University and Master of Administrative Science Degree from Fairleigh Dickinson University. He graduated from the Ocean County Police Academy in May 1998 and formerly served as a police officer in Lambertville City. Lieutenant Paieda will be assigned as the Operations Commander of Uniform Services. Sergeant Ryan Mattek, who joined East Windsor in September 2003, graduated from the Cape May County Police Academy in 2002 and previously was a police officer in Chesterfield Township. Prior to becoming a police officer, Sergeant Mattek served in the United States Air Force and is a veteran of both Operation Southern Watch and Operation Enduring Freedom. He has served in Uniform Services as a Field Training Officer, and Secondary Officer in Charge. In October 2011, he was assigned as a Detective to Investigative Services. He received a Bachelor's Degree and a Master's Degree of Administrative Science from Fairleigh Dickinson University. Sergeant Mattek will be assigned as a Platoon Supervisor in Uniform Services.



*Pictured (from left to right) are: Mayor Janice S. Mironov; newly promoted Police Lieutenant George Cory Paieda; newly promoted Police Sergeant Ryan Mattek, and Chief of Police Harry Marshall.*

## New Year's Food Drive

East Windsor Township 2017 New Year's Food Drive will kick off January 1, 2017 and continue through January 31, 2017. Mayor Janice S. Mironov and Council Members are asking area residents and businesses to drop off donated non-perishable food items at the East Windsor Municipal Building (16 Lanning Boulevard) during business hours, the East Windsor Police/Court Building (80 One Mile Road) 24/7, or at East Windsor Volunteer Fire Company No. 2 (69 Twin Rivers Drive). The food drive will benefit the food pantries of RISE and St. Anthony's Church, area-based organizations that provide assistance to local individuals and families.

## East Windsor Residents Are Encouraged to Register and Urge Other Residents to Register to Receive E-News Updates.

E-News is used for alert communications in significant weather and service impacted situations, as well as generally weekly to provide information on new businesses and stores, roadway projects, grants, special events and other subjects of public interest. Visit the East Windsor Township website at [www.east-windsor.nj.us/](http://www.east-windsor.nj.us/) to register for E-News. East Windsor officials seek to expand resident subscribers. PLEASE SEND THIS E-NEWS INFORMATION TO YOUR EAST WINDSOR FRIENDS AND FAMILY ENCOURAGING THEM TO SIGN-UP.

You can contact the Township at (609) 443-4000, visit the Municipal Building at 16 Lanning Boulevard, just off Princeton-Hightstown Road (Route 571) or log onto [www.east-windsor.nj.us](http://www.east-windsor.nj.us). For Senior Citizen Program information call (609) 371-7192.

## Spotlight East Windsor

Every Wednesday evening at 7:00 P.M. on Comcast Cable Channel 27 and Verizon Channel 38, tune in to Spotlight East Windsor. This live show with Mayor Janice S. Mironov enables residents to call in and ask questions and discuss issues of importance to our community. You may call Mayor Mironov during the show at (609) 448-3068. Spotlight East Windsor replays on Mondays at 7, 8 and 9 PM, Wednesday at 7 PM and Thursdays at 5 and 7 PM. The most recent show also can now be accessed through the link below.

**To view the most recent broadcast please visit**

**<http://www.east-windsor.nj.us/>**



Happy New Year

THE  
GUNG-HO  
GO PHER  
L.L.C.



Elite Errand, Chore and Task Service  
What would you do with an extra hour of time?  
Spend time with your family?  
Work on your business relationships?  
Work on your mental health?

COMPANY MISSION STATEMENT

To simplify our customers lives by removing the hassle of time consuming errands and chores, thus allowing them to spend more time with family, and to work on their health, business and state of mind

"Let us Go-Pher you!"

"Any errand, chore or small task you can think of, we can complete it!"

Like us On Facebook:



FIRST TIME CUSTOMERS  
**10% DISCOUNT**

With this coupon. Mention this ad in The Millstone Times. Cannot be combined with any other offer or discount.

REFERRAL PROGRAM

Refer us to someone if they do business with us you receive an additional

**5% DISCOUNT**

With this coupon. Mention this ad in The Millstone Times.

908-670-4183

[www.TheGungHoGopher.com](http://www.TheGungHoGopher.com)

[www.facebook.com/thegunghogopher](http://www.facebook.com/thegunghogopher)

## How come the math my child brings home doesn't look like the math I remember?

If you don't recognize the math in your child's homework, think about how the world has changed since you were in school. The math looks different because the world is different.

Advances in science, technology, information processing and communication, combined with the changing workplace, make it necessary for all students to learn more math.

The basics are changing. Arithmetic skills, although important, are no longer enough. To succeed in tomorrow's world, students must understand algebra, geometry, statistics, and probability. Business and industry demand workers who can:

- solve real world problems
- explain their thinking to others
- identify and analyze trends from data
- use modern technology

The mathematics students do in middle school should prepare them for the new basic skills necessary for their futures.

Instead of worksheets, your child may bring home problems to investigate that are related to real life-investigating salaries, life expectancy, and fair decisions, for example.

Giving students opportunities to learn real math maximizes their future options.

Check with your school to make sure the math your child is learning today is the math they need for tomorrow's world. After all, the future is closer than it may appear.

# Coping With Homesickness At Sleep-Away-Camp

This summer, millions of children will get their first taste of independence at a summer resident camp. For many, it will also be their first experience with homesickness. But parents don't have to feel helpless when homesickness strikes. The prescription for camper homesickness is a simple solution of preparation and patience.

Phillips Exeter Academy psychologist Dr. Christopher Thurber studied homesickness in 329 boys between the ages of 8 and 16 at resident camp. According to his results, homesickness is the norm rather than the exception. A whopping 83 percent of the campers studied reported homesickness on at least one day of camp.

Thurber and the American Camp Association (ACA) suggest the following tips for parents to help their child deal with homesickness at camp:

Encourage your child's independence throughout the year. Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.

Involve your child in the process of choosing a camp. The more that the child owns the decision, the more comfortable the child will feel being at camp.

Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.

Reach an agreement ahead of time on calling each other. If your child's camp has a no-phone-calls policy, honor it.

Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."

Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.

Pack a personal item from home, such as a stuffed animal.

When a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.

Talk candidly with the camp director to obtain his/her perspective on your child's adjustment.

Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.

Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber's research shows that approximately seven percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.



## Is Your Child Ready For Camp?

Answering these questions will help you determine when your child is ready for camp.

What is your child's age? Children under age 7 may not adjust easily to being away from home. Consider the day camp experience to prepare them for future overnight camp.

How did your child become interested in camp? Does your child talk about camp and camp activities on a sustained basis? How much persuasion is necessary from you?

Has your child had positive overnight experiences away from home? Visiting relatives or friends? Were these separations easy or difficult?

What does your child expect to do at camp? Learning about the camp experience ahead of time allows you to create positive expectations.

Are you able to share consistent and positive messages about camp? Your confidence in a positive experience will be contagious.



### Sign Up NOW for Tomato Patch 2017 Summer Arts Workshops



Theater • Dance • Music • Visual Art

<b>Session I</b> June 26 - July 20 Grades 8-12 4-week session <b>\$775</b>	<b>Session II</b> July 24 - Aug. 10 Grades 5-7 3-week session <b>\$675</b>
--	--



**Fantastic Fridays  
& Master Class Too!**



Taught by professional artists, on the West Windsor Campus of Mercer County Community College. Tomato Patch, now in its 42<sup>nd</sup> year, is the longest running, most successful multidisciplinary summer arts program in central New Jersey.

Call 609-570-3566  
or visit [www.kelseytheatre.net](http://www.kelseytheatre.net)  
1200 Old Trenton Road • West Windsor, NJ 08550



It's not just day camp...  
**IT'S FROGBRIDGE!**

**OPEN HOUSE**  
**Saturday,**  
**Jan. 21<sup>st</sup>**  
**11am-3pm**



**Call to Register:**  
**609-208-9050 • 732-786-9050**

**Special Discount for Central Express Bus Option**

**Air-conditioned Door-to-Door Transportation ■ Hot Lunch ■ Towel Service - Bathing Suit Laundering**  
 67,000 sq. ft. of air-conditioned Indoor Space, 86 Acres of Fun, Indoor Gymnasium, "Windows on the Water" Dining Room & Patio, Dance Studio, 15 Craft Studios, Computer Center, Drama & Theatre, Large Heated Swimming Pools, Wading Pool, Three Lakes for Boating & Fishing, Bumper Boats, Rock Climbing Tower, 250 foot Ziplines, Music, Frisbee Golf, Ultimate Frisbee, Lacrosse, Cheerleading and Laser Tag, Low & High Ropes Course, Toad-ally Tubing, Go-Kart Track, Five Baseball & Softball Fields, Golf Driving Range, Football Field, Horseback Riding, Roller Hockey Rink, Four Tennis Courts, Outdoor Basketball Complex, Beach Volleyball, GaGa, Miniature Golf, Mini Basketball, Kickball, Gameroom, Gymnastics, Bonzi Ball, Three Soccer Fields, Handball, Archery Range, Little Fenway Wiffle Ball Stadium, Bocce/Horseshoes, Tadpole Playground, Bungee Trampoline, Ribbits Ice Cream Parlor, Frogarita's Frozen Smoothie Oasis, "Aqua" Dance Club and so much more!  
**7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ [www.frogbridge.com](http://www.frogbridge.com)**

# FROGBRIDGE DAY CAMP The Camp that Keeps on Giving

By Pam Teel

**F**rogbridge Day Camp is not just a camp that cares for its children that attend their programs but an outreach to help others in need, whether those in need have health issues or are too poor to afford every day qualities of life. The owners and staff at the Camp have been working effortlessly for years hosting fundraisers and food drives throughout the summer to aid various organizations.

At the camp, owner Frank Pugliese and his son Frank Jr., affectionately known as J.R., feel it is their job to not only teach the children to swim, dance and play, they also feel it is their responsibility to teach their campers important social skills in order to become successful in life. Some of those skills include how to make friendships that will last a lifetime, how to be respectful of others, and how to help out when needed and give back to those in need. Together, J.R., his father, the staff, and their extended camp family have found ways to reach out and help the needy and the sick. The campers learn hands on experience by helping to host fundraisers and food drives throughout the summer for groups such as the Pediatric Cancer Foundation, the Juvenile Diabetes Research Foundation, the Leukemia and Lymphoma Society, the Food Bank of Monmouth and Ocean County, the Jar of Hope Organization for Duchenne Muscular Dystrophy, Jason's Dreams for Kids, and the Manalapan Good Samaritan Center, among others.

The children have also been busy this past year making and writing birthday cards and decorating birthday boxes that will go to children they have never met. With the help of their parents and word of mouth, they have been able to collect food, supplies, and funds for presents so that they can fill the boxes up and help out those families that can't even afford to have a simple birthday party for their child. The camp also provides cake mix, birthday candles and gift cards for the needy. The parents of the campers have been instrumental in helping to collect food, supplies, and funds throughout the past summers, all of which have been and will continue to be handed out to an array of organizations in need.

One big event in October that Frogbridge throws is a family themed fun day called Frogtoberfest. This one-day event brings in thousands of guests, all of which are campers, their families, and friends. The day features, a not so haunted hayride, magic shows, pumpkin picking and decorating, carnival rides, bumper cars, face painting, a haunted house, and more. Children can also come in costume. The event includes a whole assortment of food, from your all American barbeque, to various meats, steaks, chicken, pizza, pasta dishes, salads, and more. After the buffet spread in the Lakeside, "Windows on the Water" Ballroom, guests get to enjoy dessert at the Ribbits Ice Cream Parlor. The price of admission to Frogtoberfest is free to campers and their families. It is not open to the general public. (The whole expense of the event is paid for by the Pugliese's. It is their way of giving back to the community.) All that they ever asked in return was for guests to bring with them one new unwrapped toy per household.

The toys are then divided up and delivered to different organizations in need. Some of the toys go to the Asbury Park Police Department, some to Millstone's Township Municipal Building for our own children in need, some go to hospitals and other places throughout the state. The satisfaction for the Pugliese's is seeing the frowns on the children's faces turn into smiles when they are handed a new toy; those same children who come to expect little during the Holiday Season. For J.R. and Frank Sr., to be able to wipe away the sadness for a while, is a gift in itself.

The toy drive is one event that is near to J.R.'s heart. Years ago, after spending seven days at Robert Wood Johnson Hospital in New Brunswick for treatment for Bells Palsey, J.R. noticed that the Pediatric Department was lacking toys for the patients to play with. He felt compelled to do something and with the help of the campers, they started raising money to replace old dirty broken toys with new ones to keep the children in the hospital occupied.

J.R. and some members of his staff enjoy going room to room delivering toys to the children at Robert Wood Johnson Hospital and seeing firsthand the joy on their faces as they are given a present. They have distributed more than 100 toys to the children and stacked the playroom with new toys at the hospital.

Thanks to this past Frogtoberfest, J.R. has already gotten his Santa sleigh out delivering toys in time for the Holidays and he set aside a very special day, May 27th, to deliver more toys to those in need. This was the birthday of a close friend of his whom recently passed away from pancreatic cancer. She wanted so much to be by his side helping him collect toys and passing them out to the children, but unfortunately it was not meant to be. J.R. will be distributing the toys on her birthday in her honor and will be taking some of them to the Jersey Shore Hospital's Children's Center, the same hospital that his friend was in.

The love and support that the Pugliese get from their campers and their families truly shows the mutual respect they all have for each other and their compassion to help others. The lessons these young campers take with them will hopefully help teach them that it is not all about the getting, but the giving; a lesson that they will hopefully carry with them throughout their lifetime.

Frogtoberfest will be held on Saturday, October 22nd next year. Please note, it is only open to registered families and their guests. There will also be an open house the same day from 9-1. If you register that day, you may stay for the activities. For more information about the camp, please visit [www.frogbridge.com](http://www.frogbridge.com) or call 609-208-9050. Frogbridge is located at 7 Yellow Meeting House Road in Millstone Township.

Thank You Frogbridge for all your generosity!

## JOIN US FOR OUR WINTER 2017 OPEN HOUSE

Save \$150 when you come to our Open House

January 16<sup>th</sup> - January 20<sup>th</sup>  
8:00 am - 5:00 pm

Meet Our Staff

Join Our Children

Learn About our Proprietary Curriculum

**Knowledge Beginnings®**

Child Development Centers

300D Princeton-Hightstown Rd.

East Windsor, NJ 08520

609-448-4333

[www.knowledgebeginnings.com](http://www.knowledgebeginnings.com)



**KinderCare**  
LEARNING CENTERS

1 Kinder Ct.

West Windsor Twp., NJ 08550

609-799-8787

[www.KinderCare.com](http://www.KinderCare.com)

REGISTER FOR  
CAMP 2017 NOW  
Limited Spots  
Available



Infants Toddlers PreSchool Pre-K Kindergarten School Aged Enrichment

East Windsor Township Recognizes Knowledge Beginnings With Litter Free Award

# SPORTIKA'S SCHOLAR ATHLETE CAMP



## LEARN, BURN AND EARN!

It's no secret that Sportika's unique Academic Athletic Summer Camp is designed to keep your child engaged, both mentally and physically, over the summer; but did you know that your child can earn thousands of dollars in discounts for college as well? Through our exclusive partnership with CollegeSave, each camper's family can receive up to \$4000 of college tuition credits the first year of summer camp alone (and up to \$3000 for each additional year they return to our camp), FREE! Your credits never expire and can be exchanged for up to a full year's tuition at nearly 400 colleges nationwide! Call us or visit our website for more information today!

June 26 - August 18, 2017  
Weekdays 9 AM to 4 PM

Includes all lunches, snacks, Sportika T-Shirt, complimentary before and after care, Camp Back Pack and much more!

DISCOUNTS ARE AVAILABLE FOR SIBLINGS & FOR PAYING IN FULL!



	Full 8 Weeks	Any Consecutive 7 Weeks	Any Consecutive 6 Weeks	Any Consecutive 5 Weeks	Any Consecutive 4 Weeks
Full Day, 5 Days Pre-K - 1 <sup>st</sup> Grade	\$3,400	\$3,250	\$2,950	\$2,700	\$2,500
Full Day, 5 Days 2 <sup>nd</sup> - 7 <sup>th</sup> Grades	\$3,900	\$3,750	\$3,450	\$3,200	\$3,000
Mini Day, 3 Days 9am-1pm (T,W,TH) Pre-K - 1 <sup>st</sup> Grade	\$1,950	\$1,875	\$1,725	\$1,600	\$1,500
Full Day, 5 Days 8 <sup>th</sup> - 10 <sup>th</sup> Grades	\$4,500	\$4,350	\$4,050	\$3,800	\$3,600

REGISTER ONLINE AT: <https://sportikasports.com/Scholar-Camp>  
146 Woodward Road, Manalapan, NJ 07726 • 1-844-SPORTIKA • 732-577-1745

# A LOVING FAMILY WANTED

By Pam Teel

Thinking about a new pet for the holidays or want to start the New Year off right by giving a pet a new home, please look to the shelters first before thinking about purchasing from a puppy mill. There are so many wonderful animals in shelters that are waiting for a forever home. Animal Assistance of East Brunswick is a mere half hour away from this area. They have many young cats and kittens waiting to be adopted. All you need to do is make one phone call, set up an appointment to see them, and take your pick!(Not all of the cats and kittens are on their petfinder site.) Please take a look at their website and the animals up for adoption and give these animals a chance at living a long and loving life as part of your household. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them.

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated, trained, and socialized. Animal Assistance is also there for you once you leave with your pet. If you need help with trainers and vet care, they will provide someone for you. If you are interested in finding out more about any of these animals please go to their website and search under petfinder. [www.animalassistance.com](http://www.animalassistance.com) or [animalassistance/petfinder](http://animalassistance/petfinder).

You can also sponsor a pet on this site. Sponsorships are handled by the Petfinder Foundation, so if you can't adopt a pet but still want to help in caring for those in the shelters, you can donate online. If you would like to talk to someone, please call Linda between the hours of: 7-10am Monday through Thursday- Friday 7-4 pm - Sunday 8:30-10:30am at 732-251-3210. Please note that all animals have updated vaccinations and are spayed/ neutered.

Located at 645 Old Stage Road, East Brunswick, just 5 minutes from the Jamesburg area, the facility is always looking for donations of food, cat and dog toys, blankets, beds, and more!

Angela is a cane corso Mastiff/ Pit-bull mix. This girl was thrown away by someone. She is a very intelligent clean dog. She is very sweet. She likes other dogs and bonds quickly.

Patricia is a hound mix- this female was found by animal control wandering. She was scared but very friendly. She weighs around 60 pounds and loves playing with other dogs.

Madeline is a gray cat about 6 weeks old. She also came from animal control. She has made friends with the other kittens and will soon be spayed. THERE A MANY SMALL CATS AND KITTENS TO CHOSE FROM. PLEASE CALL IF YOU ARE INTERESTED IN GIVING ONE A HOME.

Big Tom is clean, and overly friendly. He has bonded with another cat called Little Tom and it would be nice if the two went to someone together.

Laverne and Shirley are very friendly active kittens. They are just waiting for someone to play with and love them.

Autumn- calico female 2 years old. Was abandoned. She's very friendly. Looking for someone to bond with.

All Paws on Board Rescue located in Creamridge needs your help in finding homes for: Bella a young Yorkshire terrier and these three cats. They are local!!!!

Bellini is a beautiful, buff colored 10 month old girl. She is very affectionate and purrs up a storm. Bellini is fully vetted and gets along well with other cats and dogs. She would be a perfect addition to any home.

Rusty (left) and Bandit are friendly 10 month old brothers. They are very bonded and super sweet. Rusty is very outgoing while Bandit is a little shy but always follows his brothers lead. They are neutered and up to date on all medical. It is our wish that these guys will be adopted together and will give their owner double the love. Call Ann at 732-580-2067

Tina and Bellini are available through Calling All Cats Rescues. For more info 732-580-2067 or check us out on Facebook: Calling All Cats Rescues:

Tina is a sweet 3 year old girl who's owner recently passed away. She's doing very well in her foster home and learning to live with other cats and a dog. She is a true lap cat and loves to be held. Tina is fully vetted and would love to be in her forever home for the holiday.



Autumn- abandoned out in the cold, friendly and quick to bond, needs a loving home and someone to help her get over being so scared. Very gentle and shows it with all her purrs. Would do well with one person or a couple.



Cats and Bella, a Yorkshire Terrier- young female  
Contact All Paws on Board Inc.



Laverne and Shirley young kittens



Rusty and Bandit



Bellini



Tina



Patricia- Hound mix



Madeline- 6 week old kitten



Big Tom



Orange and white young cat- Michealangelo



Napoleon- please help find him a home. He has been at the shelter too long now. He is kind and loving and loves to ride in cars.



DJ Sparrow- playful and friendly



Cathy- a little love



Angela- Cane Corso, Mastiff, Pit-bull mix

# Treating Pain in Your Dog

*Keeping Your Best Friend Active, Safe, And Pain Free*

Controlling your dog's pain is essential to his overall well-being. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are a class of drugs commonly used to control pain and inflammation in dogs. NSAIDs help many dogs lead more comfortable lives.

## What are NSAIDs?

NSAIDs help to control signs of arthritis, including inflammation, swelling, stiffness, and joint pain. Inflammation—the body's response to irritation or injury—is characterized by redness, warmth, swelling, and pain. NSAIDs work by blocking the production of prostaglandins, chemicals produced by the body that cause inflammation. Some NSAIDs may also be used to control the pain and inflammation following surgery.

Your veterinarian may prescribe an NSAID to treat the pain of osteoarthritis in your dog or to control pain following a surgical procedure.

All NSAIDs approved for oral use in dogs and cats come with a Client Information Sheet (also known as the Information for Dog (Cat) Owner Sheet) that describes the drug's side effects. Dog and cat owners should ask veterinarians for the Client Information Sheet when an NSAID is prescribed. These Client Information Sheets provide the pet owner with important information in a user-friendly manner regarding what can be expected from use of the drug, potential side effects, and the need to seek veterinary attention if problems occur. By accompanying each NSAID prescription with an Information for Dog Owner Sheet, a handy reference of valuable safety information and drug company contact information is readily available to the owner.

## Veterinary NSAIDs approved for use in dogs:

ETOGESIC (etodolac) - not currently marketed	RIMADYL (carprofen)
METACAM (meloxicam)	DERAMAXX (deracoxib)
PREVICOX (firocoxib)	ZUBRIN (tepoxalin) - not currently marketed
NOVOCOX (carprofen)	VETPROFEN (carprofen)
CARPRIEVE (carprofen)	QUELLIN (carprofen)
OROCAM (meloxicam)	OXICOM (meloxicam)
MELOXIDYL (meloxicam)	

In the United States, there is one NSAID approved for up to 3 days use in cats: ONSIOR (robenacoxib) tablets

## What should you discuss with your veterinarian?

NSAIDs offer pain relief and improved quality of life to many dogs. However, before giving an NSAID, or any drug, you should first talk to your veterinarian.

### You should discuss:

what the NSAID is being prescribed for	how much to give
how long to give it	possible side effects
what to avoid while your dog is taking an NSAID	what tests are needed before giving an NSAID to your dog
how often should your dog be re-examined	
your dog's previous medical history and any previous drug reactions	all medications and products your dog currently receives

## What should you know before giving your dog an NSAID?

Never give aspirin or corticosteroids along with an NSAID to your dog.

NSAIDs should be approached cautiously in dogs with kidney, liver, heart and intestinal problems.

Never give your dog an NSAID unless directed by your veterinarian.

Don't assume an NSAID for one dog is safe to give to another dog. Always consult your veterinarian before using any medication in your pet.

Only give the NSAID as prescribed by your veterinarian. Do not increase the dose, the frequency, or the length of time you use the drug unless first discussing this with your veterinarian.

## What side effects should you watch for?

Most NSAID-side effects are mild, but some can be serious, including death in rare situations. Common side effects seen with the use of NSAIDs in dogs may affect the kidneys, liver, and gastrointestinal tract and may include:

- Not eating or eating less
- Lethargy, depression, changes in behavior
- Vomiting
- Diarrhea, black tarry-colored stool
- Yellowing of gums, skin, or the whites of the eyes
- Change in drinking
- Changes in skin (scabs, redness, or scratching)

## What to do?

If you suspect a possible side effect to an NSAID, STOP giving the drug to your dog and call your veterinarian immediately!

## When Giving Your Best Friend an NSAID, Remember these Signs:

Behavior Changes	Eating Less
Skin Redness, Scabs	Tarry Stool/Diarrhea/
Vomiting	

**STOP the Drug & Call Your Veterinarian!**

**GUNTHER**  **BEST PET PHOTO CONTEST**  
Publishing Enterprises, Inc.

**Do you think you have the most adorable pet?**

If so, send in your pet's photo by the 10<sup>th</sup> for the chance to win \$100 Gift Certificate to a locally owned pet store!

Send in your photo to: [tmft@optonline.net](mailto:tmft@optonline.net)  
 In the email subject line write: **Pet Contest**

Include a high resolution photo, your pet's name and town.





Angus



Chewy



Cinnamon & Skittles

**CONGRATULATIONS!**



Ivanka & Fireman Mike



Marshall



Star Barone

**All Your Dog and Cats Needs Under One Roof**  
**Over 100 Brands of Pet Food in Stock**  
**Full Line of Toys, Treats & Accessories**

**PAWSITIVELY  
 PURRFECT**



- 🐾 Great Selection
- 🐾 Superior Service
- 🐾 We Wont Be Undersold
- 🐾 We Deliver

**\$5.00 OFF**

**Any \$30.00  
 or more purchase**

Coupon can't be combined  
 with any other offer. Exp 2-9-17

**25% OFF**

**All Dog/Cat  
 Treats and Toys**

Coupon can't be combined  
 with any other offer. Exp 2-9-17

**625 Mercer Street, Hightstown, NJ 08520**  
**609-469-3525**

**HOURS: Monday-Saturday 10-8 • Sunday 10-6**

*Cats at Home:  
 Home Veterinary Visits*

*22 years  
 all-feline  
 experience*

**609-915-8671**

**EmilyJarvisDVM.com**

**\$10 OFF first  
 house-call fee  
 when you  
 mention  
 this ad**





# THE TRUMP TRAIN IS NOW IN THE STATION

By RUSS PERRINE -The writer, of Monroe Twp, was an on-air news editor at New York's former 97.9 FM and graduate of the CW Post Campus at Long Island University. He can be reached at Rperrine@aol.com

Mar-a-Lago in Palm Beach, Florida was built by Marjorie Merriweather Post alongside her second husband, financier Edward F. Hutton. The couple had one daughter who became better known as actress Dina Merrill. Marjorie Merriweather was the only daughter of Charles W. Post who, in 1895, founded Postum Cereal Company -- among their products Grape-Nuts and Post Toasties. In 1964 daughter Marjorie legally retained the Post last name for the remainder of her famous life, which included being married four times.

Wikipedia, the online encyclopedia, recently included an edit that this lavish estate on Palm Beach Island was purchased by businessman Donald Trump in 1985 who, as of January 2017, is President of the United States.

During the Thanksgiving holiday just passed, the Trump presidential team in charge of selecting a cabinet for our new POTUS spent much time working at Mar-a-Lago on this process.

The selection process of these individuals is not open to public scrutiny – nor is it expected to be. But if the public is interested, there is a wealth of information available to “the common man” (or woman) to satisfy the most robust curiosity.

I offer two examples.

On the Chief Executive's own webpage under the heading of “An America First Energy Plan” there appears a series red dot DJT vision energy points. One reads, “Unleash America's \$50 trillion in untapped oil and natural gas reserves, plus hundreds of years in clean coal reserves.”

The very next point reads, “Become, and stay, totally independent of any need to import energy from the OPEC cartel or any nations hostile to our interests.”

At this point it may be worthwhile to remind every reader here of the factoid this nation currently has a \$19,500,000,000,000 national debt on our books. On November 17, 2016 USA TODAY Network published a news account of the “largest continuous oil and gas deposit ever found in the United States”.

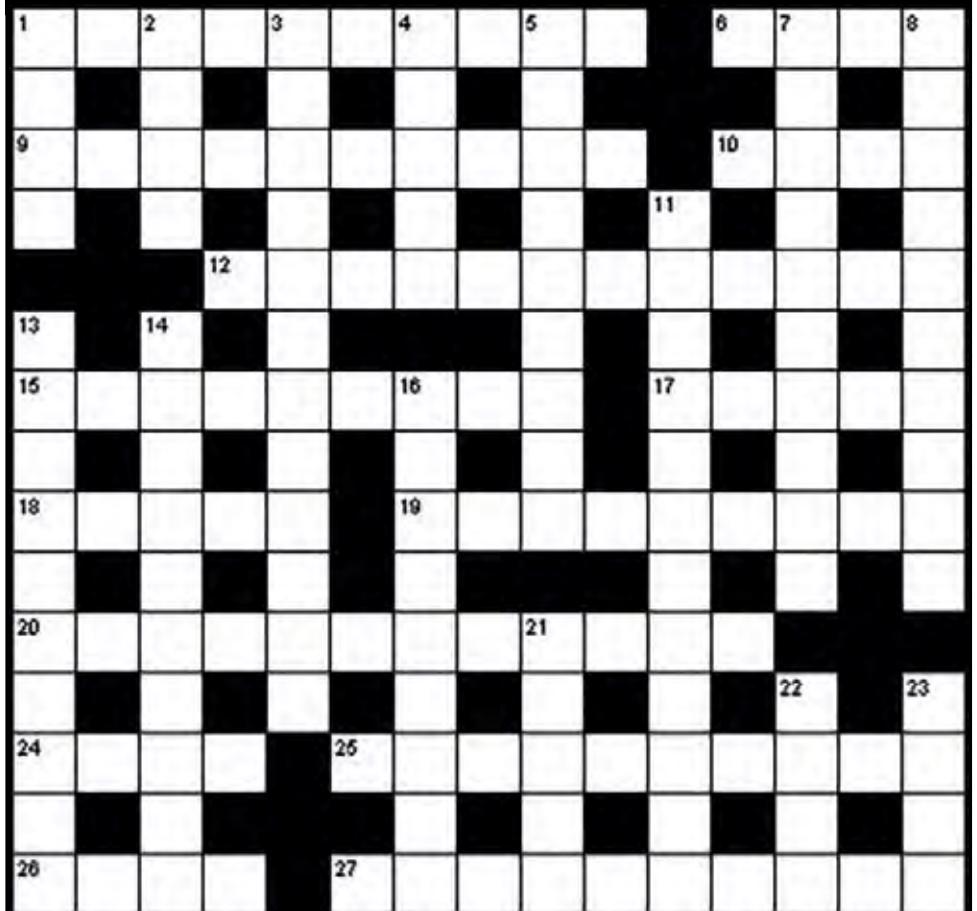
On DJT's webpage he cited \$50 trillion in untapped reserves; the current U.S. debt stands at \$19.5 trillion. Is it entirely reckless to believe these two figures cannot one day become reconciled?

Back in December, two news stories emerged that invited a small amount of attention to this situation. The first was a mention on Fox Business (FBN) that the USA TODAY story of the large Texas energy find went almost unnoticed...as in very little press reporting.

The other story was the intense news reporting about how OPEC was about to announce a record breaking oil drilling production cut in an eleventh hour last ditch effort to raise the world price of crude oil. The highest record price of world crude oil (WTI) was \$146.00 per barrel. Decades of paying \$4.00 per gallon gasoline for the privilege of driving our cars to and from work have left an indelible mark on U.S. driver memories.

The United States of America has never been a member of OPEC. Nor will it ever need to be.

## EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



### ACROSS

- 1 DISC is a record. OVER means concerning. ED is a common abbreviation for Editor
- 6 UR is an ancient city. DU = belonging to/of in French
- 9 Heading off means first letter missing so ESCAPE becomes SCAPE - which is “by” (next to) GOATS (animals)
- 10 This is a hidden word - in MumS PUDDing
- 12 SWEET is the opposite of SOUR so “contrasts” are provided by this style of cooking
- 15 PAT is a common Irish name; i/c is a common abbreviation for “in charge of” and RIOT is “contained” (inside).
- 17 IRA are/were terrorists and giving TE (a musical note) to that gives IRATE
- 18 This uses two meanings of LEECH
- 19 AB is a common abbreviation for sailor (able seaman). So sailor's is ABS. “Perhaps” is a common sign that an anagram is being used so “intent perhaps” means an anagram of intent.
- 20 “Upset” is also a common anagram indicator - so “A COMMENT SURE” is an anagram of the answer
- 24 “Told” means spoken - so which man's name sounds like to get on one's knees?
- 25 Boundary is a BORDER; LINE can be a rope; and if in cricket the ball may have hit the boundary rope the umpires have to think hard about whether a four or a six has been scored
- 26 A dog is a PET so dogs are PETS - “returning” means the word is written backwards to give the answer
- 27 A truly cryptic clue - if your best friend is your first mate...

### DOWN

- 1 A pretty girl and some food are both a DISH
- 2 Another hidden word - in SEA Location
- 3 Fat is OVERWEIGHT - and Edward is often known as ED. May be the hardest clue in the puzzle.
- 4 The first lady, biblically speaking, was EVE - and if she “tours” - goes round - Oklahoma (often abbreviated to OK) we get EVOKE
- 5 ENTRANCES can mean “thresholds” and “delights”
- 7 Heartless robbers - that means ROBBERS without a heart (centre) ie ROBERS. Go off means an anagram (ie go bad, go funny) and ROBERS has to go off with A PET - so ROBERS A PET is an anagram of the answer
- 8 Below = UNDER, or NEATH, or UNDERNEATH!
- 11 Clergyman is a MINISTER. “Dead” awkward means an anagram of “dead”; and situated in an anagram of dead is minister to give ADMINISTERED
- 13 After demolition of - ie once something has been demolished. Anagram again! Demolish “aspic plant” to get the answer
- 14 Steam LINES takes on (incorporates) head of Railtrack (R), first letter
- 16 “Must be arranged” means anagram - of ONES PARTS
- 21 RODE + the round letter O
- 22 Junk is rubbish - so another anagram here
- 23 MERE means “nothing but” and “a lake

Answers on Page 68

# Millstone Residents Answer The Call In Helping Local Family In Need

By Pam Teel



Imagine no heat, water, or electricity in your home during these cold winter days. It seems unthinkable in this bedroom community that anyone would have to live like that. Imagine the unthinkable happening because you didn't have enough money to pay the bills to keep the basic essentials of everyday life going for you. That's exactly what happened to one Millstone Township family, leaving a mother and her 20-year-old son getting by for three and a half years without heat, water, or electricity.

After losing her father in 2012, Cynthia inherited his house, but it came with a price, unpaid bills. One of which included a \$5,400.00 utility bill. Since then, Cynthia had been trying to catch up and repay the utility bill so they could get the electricity turned back on. She does have a job working full time at a Senior Center, where she assists and provides care to others, but her income is barely enough to cover her taxes and put food on the table. Imagine having to walk to a neighbor's home to fill up jugs of water just so you could bath and brush your teeth. Imagine not having any water to wash your dirty clothes.

To make things even worse, Cynthia's son was recently let go from his job. He worked at a local hotel and when the manager changed his shift, he tried to explain to him that he couldn't work that shift because he had to take his mother to and from work. The manager didn't seem to care.

When Township resident, Joe Buffa, heard the story of the family, he realized that this family didn't live that far away from him. He knew that he had to do something to help. Together, along with another township resident, Brian Lorenco, a gofundme site was set up. Their goal was to make enough money to settle the unpaid utility bill and to buy a new furnace /water heater.

Their goal was met all within a 24-hour period. The men were in talks with JCP&L to work on restoring the service and getting an electrical inspector in to check everything out in hopes that soon the family would get their electric back on and perhaps their dignity.

Brian had always told people that the thing he loved most living in Millstone was that there was such a feeling of community. He loves how he and his friends help watch and raise each other's children, whether it is through sharing good times on the sports fields or at each other's

barbeques. In Brian's own words, "Millstone is a community that feels like one big family." He was raised to remember that family comes first and when your family needs help, you do anything that you could to help them. That's exactly what Brian did.

Brian and Joe reached out to the community and in less than twenty-four hours they raised over \$9,600.00 dollars to help the family get back on their feet. Their response wasn't just for money donations. People in town started reaching out with job offers for the 20-year-old son. One resident offered Christmas dinner at their house and another resident offered free haircuts at her hair salon. Frank from Vesuvio's Restaurant offered the son a flexible part time job and a gift card. Another resident even offered to wash their clothes for them. To top that off, a local electrical company offered to stop by and check their electrical panels for free.

The outpouring of donations filled everyone's hearts with joy just knowing that this family will soon have some sense of normality back in their lives.

Update straight from Brian, "This just keeps getting better. After seeing my post this morning...I received a call from Stephen Novack, owner of New Egypt Oil, who didn't ask me...but TOLD me he was on his way with a truck full of oil for their oil tank.

After 4 hours of electrical work by Michael Zachary Hammerstone's crew from Hammer Electric, the repairs were made. A text to Town Council Members Mike Kuzinsky and Fiore Masci got the inspector to the house within minutes and I'm thrilled to say, gave us our approval. Joseph Buffa of Admiral Water has been at the house all morning supervising the work as well as greeting the DOZENS of residents who have been coming by all day dropping off food, water, clothing, and gift cards.

JCP&L is on their way to FLIP THE SWITCH, and complete this Christmas Miracle!!! We will update everyone on the next steps we will be taking to make some needed repairs to the house itself and the appliances."

It's amazing how in such a short time, the people in town who read Brian's letter quickly responded to his call for help. It shows you the power of this community and how proud that everyone involved must feel in working together to help this family out.

Thank you Joe and Brian for being such great Pillars of the Community!



# TADPOLE VILLAGE PRESCHOOL at Frogbridge



## REGISTERING FOR 2017!

### State-of-the-art Preschool Located In Beautiful Millstone Township

- NJ State Liscensed
- Certified & Experienced Teachers
- Excellent Teacher Student Ratio
- Ages 2 ½ - 6 years
- Kindergarten & Kindergarten Enrichment
- Mommy & Me & Transitional Mommy & Me
- Mornings, Afternoons or Full Day Classes
- Heartwarming Performances & Seasonal Celebrations
- State-of-the-Art Facility Equipped with Security Cameras and Monitors
- Caring and Nurturing Environment
- Smart Boards
- Special Events
- Spanish Classes
- Music Program
- Computer Lab
- Fitness Program
- 6,000 sq. ft. Gymnasium
- No Need to Be Potty Trained
- Morning Care Available
- Extended Care Option

**OPEN  
HOUSE**  
**Saturday,**  
**Jan. 21<sup>st</sup>**  
**11am-3pm**

**FOR A TOUR, CALL OUR DIRECTOR DR. LISA POLVERE**

**609-208-2114 • 732-786-9050**

**7 Yellow Meeting House Rd. Millstone Twp. NJ 08510 ~ [TadpoleVillagePreschool.com](http://TadpoleVillagePreschool.com)**

# MOVIE OF THE MONTH

By Jordan Tinitigan

**Grab your Family and some Popcorn and Enjoy these Parent-Approved Movies**

## Hidden Figures PG

Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

**Cast:** Taraji P. Henson, Octavia Spencer, Janelle Monáe, Kevin Costner, Mahershala Ali, Jim Parsons, Kimberly Quinn, Kirsten Dunst

## Monster Trucks PG

Looking for any way to get away from the life and town he was born into, Tripp (Lucas Till), a high school senior, builds a Monster Truck from bits and pieces of scrapped cars. After an accident at a nearby oil-drilling site displaces a strange and subterranean creature with a taste and a talent for speed, Tripp may have just found the key to getting out of town and a most unlikely friend..

**Cast:** Lucas Till, Jane Levy, Barry Pepper, Amy Ryan, Rob Lowe, Danny Glover, Thomas Lennon, Holt McCallany



# How to Make "Snow Dough"

By Jordan Tinitigan

New Jersey winter weather is something crazy. While it may be freezing some days, it can be warm others. However, a common similarity between these temperatures is that it may not snow. Even though we may not encounter a white holiday season, we can still have the joy of snowmen and snow angels with snow dough! Snow dough is a manmade substance that feels and resembles snow! Here's how you make it...

Mix 3 cups of baking soda with 1 cup of WHITE hair conditioner.

That's it! I know, easy right? Also, this is something that can be used over and over again. It may dry, but that's just fine! Just add more conditioner to it to make is snow again.



## Cold versus Flu... How do you know?

Your or a family member wakes up coughing, sneezing and congested and feels like they don't even have enough energy to get out of bed. But how sick are they? While people are able to quickly recognize that something is going through their system, many people are unable to differentiate between a common cold and influenza. The common cold and flu are different types of viral infections of the respiratory system that are spread from person to person. Because they share similar symptoms and may feel the same, it can be hard to tell them apart. Here is a chart to help you better determine if it the cold or flu.

### THINK YOU HAVE THE FLU? HERE'S WHAT TO DO!



**FACT:**  
Antibiotics treat bacteria, not viruses. Since both the common cold and influenza are viral infections, antibiotics will not help.

SYMPTOMS	COLD	FLU
Fever	Rare	Usual; High 100.4F -102F (38C-38.9C)
Headache	Rare	Common
Fatigue	Sometimes	Common; up to 2-3 weeks
Extreme exhaustion	Rare	Common at beginning
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort	Sometimes with cough	Common, can be severe
PREVENTION	COLD	FLU
	Wash hands often. Avoid close contact with anyone who has a cold.	Annual vaccination. Wash your hands. Avoid contact with others who may have flu-like symptoms. Use antiviral medicines. Contact your doctor.

## SOMERVILLE, NJ

## A Big Town with a Big Heart for its Community

By Pam Teel

Somerville, a borough in Somerset County, holds a lot of historic value. It was first settled in Colonial times by the Dutch, who purchased the land from English proprietors. The name Somerville was taken from the Somerville family, which consisted of four brothers originally from Castlehaven, County Cork, Ireland in the 1750's. Starting out as a farming town, it rapidly expanded after the completion of the railroad in the 1840's.

A lot of the borough features stately Victorian homes mixed in with row houses and other period style architecture. National Register sites include the architectural gem, the white marble court house, known as the Courthouse Green, which was designed by a prominent architect. Next to it is the stone English Country Church, which was also designed by a noted architect. The wooden and stone Wallace House Colonial is now a museum where George Washington spent a winter using the home as a residence and a headquarters during the Middlebrook encampment of the Revolutionary War in 1778-79. Close to the Wallace House is the Old Dutch Parsonage where Reverend Hardenbergh lived. He was the first president of Rutgers University, once called Queens College. On the corner of Main Street and Grove Street is a stately marbled fountain commissioned by Aileen Lord in honor of her deceased brother.

Other registered Victorian properties in town include The James Harper Smith Estate, St. John's Episcopal Church, The Fire Museum- a vintage firehouse, the Victorian Train Station (privately owned), and the Municipal Building, which was the former Robert Family Mansion.

The borough today is a destination for fine dining and boutique retail. Main Street's historical buildings are now specialty shops bringing in a lot of out of towners for a day of shopping and dining with a big diversity of restaurants to choose from. It was recently voted one of 'New Jersey's Great Places to Be' by the NJ Chapter of American Planning Association. (APA)

The community is vibrant and active with a population of some 12,000 plus, but the charm of the borough makes it still feel small town with over 50 events taking place throughout the year. Aside from the specialty shops, eateries, and small cafes, other attractions include Friday night cruise night, the Division Street pedestrian walk; where events such as Summer Stage take place. The hottest local bands and solo acts play for free for thousands of people who bring their own chairs for a night of entertainment. The diverse musical events are a draw for out of towners too. Music featured ranges from reggae, to country, blues, folk, Cajun, and more. An annual Halloween event takes place right in the heart of the town, as well as a Holiday Jubilee event with special guest star, Santa Claus. The Somerville State Theatre presents free outdoor movie nights on Division Street. And channel 12 News broadcasts live occasionally from Main Street, downtown Somerville. Somerville is home to New Jersey's largest antique complex, which is located on Division Street. Stroll the many shops and stop in at the Dessert Plate for a sweet treat. There are just too many businesses to list. For a list of shops and Somerville events go to: [www.somerville.com/events/](http://www.somerville.com/events/).

Somerville makes it easy for visitors with its ample parking lots, wide sidewalks and easy access to NJ Transit trains with a working train station right in town. Nearby attractions include the Doris Duke Estate, which has now become a haven for wildlife, including 30 endangered species and 230 varieties of birds, the bald eagle and the great blue heron among them. There are also available plots of land for what foundation officials say will be the biggest community garden in the country, as well as 250 acres of incubation space for aspiring organic farmers. In the greenhouses where Duke once recreated international gardens like those she had seen on her travels, the Duke Farms staff will offer classes and seed swaps for amateur gardeners.

Bridgewater Commons Mall is close by. The Somerset Patriots Bridgewater Minor League complex is a few miles away. Not far from town is Raritan Valley Community College, which presents live theatre events. Visit the Wallace House/ Old Dutch Patronage historical tours, Yestercades Arcades- step back to the 80's with old games such as Donkey Kong, Tetris, Ms. Pacman, etc. Visit the Firehouse Museum, which is open to the public on Saturdays. Be a participant or come to watch the Tour of Somerville Cycling Series, an exciting two-day event of competitive cycling for professionals and amateurs over Memorial Day weekend. The Tour is the oldest major bicycle race in the United States and a legend in the lore of bicycle racing.

Make this your weekend designation! You'll find that Somerville has it all!



Old Dutch Parsonage



Wallace House

# The Millstone Times

## STUDENT OF THE MONTH

### Chris Skelton

By Pam Teel



Twelve-year-old Chris Skelton lives in Millstone Township. He attends Oak Hill Academy in Lincroft where he is in the 7th grade. Chris loves to go to his science class. He has fun testing things and he enjoys physics.

Chris's favorite subjects are math and science. He gets good grades and maintains an A grade point average. In the future he would like to be a science teacher.

His favorite books that he likes to read are mystery and spy books. He is currently reading Stuart Gibbs books, which include Spy School, Fun Jungle and Space Case.

His favorite TV show is Gotham. He likes the show because it is suspenseful.

His hobbies are playing video games and playing the piano. Chris enjoys all types of music. His favorite game to play is Terraria. He is very good at it.

His favorite place to visit is Hershey Park. He loves to play the arcade games and win prizes.

Chris lives with his mom and dad and has two older brothers and a younger sister.

His favorite holiday is Christmas. Chris likes getting gifts but his favorite thing to do at Christmas time is to eat a lot of Christmas cookies.

Other than cookies, Chris's favorite food is pancakes.

If he had but one wish, he would wish that he never got any homework.

Chris loves to play chess and is pretty good at it. He belongs to the Chess Club.

Keep up the good work in school Chris and your love for science.

To quote Edward Teller, "The science of today is the technology of tomorrow."

# Ease the Family Freeze this Winter

By Stefanie Maglio

Winter is usually a fun and happy time for many families, but the cold temperatures and inclement weather isn't always convenient. Even with the heat on inside the house, it can still be chilly. There are other ways to keep your family staying extra warm this winter. Make sure everyone has long sleeve shirts and long pants. Clothing with fleece is a good choice. Extra sweatshirts and jackets can come in handy as well. Long johns and other undergarments are good for sleeping. Also, instead of wearing normal socks, pick up a pair of fuzzy socks at the dollar store. They are definitely worth it. Other ways to crank up the heat include using an electric blanket. These are better than just normal blankets, since they can help ease body aches and pains. Making a fire in the fireplace can help everyone keep warm as well. Make it a fun activity by roasting marshmallows with the family. Warming up can be as simple as making hot chocolate for everyone as well. Drinking tea or coffee is another option for those who don't like hot chocolate. It'll help warm you up from the inside out. When it's a cold winter night, get the whole family together and cuddle up on the couch for a holiday movie. Focus on each other and enjoying the time together. Before you know it you'll be feeling happier and warmer in no time.



## GOLD-N-TIME

FULL SERVICE JEWELERS

As Seen In:  
Neiman Marcus  
Bloomingdales  
Lucky Magazine  
In Style Magazine



Gabriel & Co.  
NEW YORK

STOP & SHOP SHOPPING CENTER, 700 TENNENT ROAD, MANALAPAN  
732-536-6020

## We All Deserve Some Style

# Illusions Salon & Spa



**20% OFF**

a new to you service

Expires 2/28/17

**20% OFF**

stylist top 10 retail products

Expires 2/28/17



- Full Service Salon
- Hair ~ Nails ~ Skin
- Blow Out Packages Available
- Weddings ~ Sweet 16's ~ Formal Affairs

Three Brooks Plaza 3475, Route 9 North, Freehold  
732.462.2101 • [www.IllusionsHairSalonAndDaySpa.com](http://www.IllusionsHairSalonAndDaySpa.com)



# GUNTHER

Publishing Enterprises, Inc.



## Get To Know Our Publications



CALL FOR A FREE MARKETING REVIEW

**732.995.3456**

[info@guntherpublications.com](mailto:info@guntherpublications.com)

[www.GuntherPublications.com](http://www.GuntherPublications.com)

*We've Got Your Business Marketing Covered!  
In Print, Direct Mail, Online, Social Media & more*

## I WILL REVIEW YOUR 2015 TAXES FOR FREE



### KENNETH R. DEITZ, CPA

42 East Main Street, Suite 204

Freehold, NJ 07728

**Email:** [deitzfreeholdcpa@gmail.com](mailto:deitzfreeholdcpa@gmail.com)

**Phone:** (732)780-3665 or (908) 415-8367

**Fax:** (732) 780-4402

[www.kendeitzcpa.com](http://www.kendeitzcpa.com)

*Kenneth R. Deitz  
Certified Public Accountant*

*Days, evenings & weekend appointments  
are available at my office or  
at your home or office!*

Call To Make An Appointment —  
Free Review Of All  
Personal And Business Tax Returns



Authorized IRS E-File Provider  
Major Credit Cards Are Accepted

Moving one piece or a few, across town or in house, call...

## The Moving Guys



*Family And Corporate Movers*

**(732) 333-1800**

240 Boundary Road, Marlboro, NJ 07746

529 Atlantic City Blvd, Beachwood NJ 08722

[www.MovingGuysNJ.com](http://www.MovingGuysNJ.com) | [info@MovingGuysNJ.com](mailto:info@MovingGuysNJ.com)

### PACKING COUPON

**1 Free Hour of Packing Labor Only**  
w/a 3-hour minimum, plus materials  
With this coupon. Cannot be combined.  
Coupon must be present at time of estimates.

### BOX COUPON

**5 FREE Wardrobe Boxes**  
with move of \$700 or more  
to be brought out on day of move  
With this coupon. Cannot be combined.  
Coupon must be present at time of estimates.



MC# 696812 | DOT# 1967597 | NJ Lic #39PM00103100

# Snap Happy

*By Jordan Timitigan*

Family portraits are a staple piece when it comes to home decor. But how do we make sure that these pictures are the best they could be? Here are a few tips on creating the perfect family photo.

Don't always use your phone camera. Although iPhone camera quality is getting better as newer models are being released, an actual camera's photo will look nicer when it is printed out and hung up. It will come off as less pixelated and higher quality.

Try and match the colors of the outfits. Stick to one or two staple colors and have everything else be neutral. (Gray, black, or white) This ties the family together and makes the picture flow smoothly. Likewise, try to avoid heavily patterned clothing as well as crazy patterns.

Don't always pose. Candid photos can be some of the nicest ones because they show how the models naturally interact with each other. Try strategically cracking jokes in between takes, so when the camera clicks everyone is laughing, or do a funnier pose like jumping all at once.

Have fun! Family photos should not be stressful. They're supposed to capture the energy of your family in a photo, so don't be too worried about how perfect it is.





# The Millstone Times

## PHOTOS OF THE MONTH

By Pam Teel

*Thank you for the great response in sending in your cherished photos. Being an amateur photographer myself, I cherish the art that goes into taking a picture. The vision goes way beyond just clicking a camera. Your eyes see the subject, and at times you are lucky enough to have a camera worthy of reproducing what your mind sees. Please keep them coming. These are a few of my favorite ones that were recently sent in from readers. I would also appreciate any photo tips you can share with the readers when taking pictures.*



Amateur photographer Bob Kwitkin recently took this photo of Snow Geese congregating over the lake in Allentown NJ. The lakes local swans, in the forefront, don't seem to mind to invasion.



Terry Goldstein lives in East Windsor. Terry frequently takes early morning walks in Assunpink. During these walks Terry comes across a lot of wildlife, especially White Tail Deer.

The photo of the fawn was taken last May in Assunpink. The photo of the buck was taken in Assunpink, on a separate occasion just recently. The large Buck stayed put and didn't seem afraid of him as he clicked away. Terry was able to take several photos with his 300 mm lens.



Alex Ostrow takes his camera everywhere he goes now that he is retired. Alex took this picture of the sunflowers in bloom at Dukes Farm in Hillsborough.



***Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: [crescent671@gmail.com](mailto:crescent671@gmail.com) Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time. If you prefer to send anonymously, we will leave your name out. Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.***

***Some of the photos received are breathtaking and a true inspiration to those amateur photographic enthusiasts who like to capture and keep the memory of the things they view in the world with their eye. It got me to thinking, if there would be any interest in forming a photography group where we could learn from each other, perhaps take in some field trips, and maybe even get a professional photographer involved to give us photographic tips, please email me and let me know if you would be interested. This is open to Millstone, Allentown, Jackson, East Windsor, and all the surrounding communities. Enclosed are some favorites that were recently sent in. Please note- if you don't see your photo in the next issue, have patience, I will get it in.***

# You've earned more.

You've been hands on in creating your wealth, so why wouldn't you be as involved when investing it? If your current brokerage firm doesn't encourage you to stay actively involved with your investments, it might be time for a change. At Schwab, we believe investors deserve a better way. And here's our promise:

You're not just a client at Schwab. We believe in partnering with you and getting to know you, so we can work together on your terms.

We provide access to commentary and insights from Schwab experts and advice that is understandable, relevant and actionable.

We offer a broad range of investment options from leading asset managers across the industry, not just our own.

We'll be open and honest in all aspects of our relationship, including what you pay for our services and the thinking behind our advice.

We design our products and services with a goal of driving down costs, so investors have more money to invest.

Talk to your local branch today about a more modern approach to investing.



**Rebecca A. Proske, CFP®**  
Independent Branch Leader  
and Financial Consultant  
**Freehold Independent Branch**  
3425 Rt 9 North, Suite 101  
Freehold, NJ 07728  
(732) 298-6380  
[schwab.com/freehold](http://schwab.com/freehold)

*charles*  
SCHWAB

*Own your tomorrow™*

# How Personalized Learning Will Become the New Normal At Millstone

By Scott Feder, Superintendent, Millstone Township School District

I did not fully grasp what was ahead of me when I submitted my application to become part of the third Lexington Education Leadership Award (LELA) Fellowship. Was this another advertising scheme? Did I just win \$10,000,000 from Ed McMahon?

Being a bit skeptical at first, I did my homework and quickly realized that the Lexington Institute, a nonprofit focused on education reform and more, and Education Elements, a leading provider of personalized learning consulting services, were the real deal. The LELA

Fellowship they offer in partnership remains the only national initiative that's designed to support public school leaders through a six-month program to facilitate the first steps to district-wide personalized learning implementation – and Education Elements would provide all the support we would potentially need along the way. It did not take long for the next realization, which was that instead of wondering what was ahead of me, I should have asked what amazing things were in store for our district.

Luckily, both the Lexington Institute and Education Elements understand that, while leadership is the key to systemic change, leadership is not a solo practice. My personal experience in this fellowship cannot be told without

including my internal team, as well as my district-based team. Over the six months of the LELA fellowship, my team and I worked closely with Education Elements through a series of strategy, vision, and design activities to better understand what personalized learning is and identify the right path for our district. We all had the opportunity to work with mentor Matt Akin, the Superintendent from Piedmont City Schools, Alabama, and I personally met many other great leaders from around the country who are looking to make a big difference in their districts.

The fellowship organizers also recognized that it takes the proverbial village to create systemic educational change. As such, our district assembled a cross-functional team to participate in the on-site Ed Elements Foundations workshop and final Graphic Facilitation in Washington D.C., where we built a common vocabulary and a shared vision for this district-wide shift. I did not anticipate how the fellowship would benefit others in my district, and I am so happy that it did.

Apart from the physical touchpoints of the fellowship, I deeply appreciated its philosophic underpinnings. While the LELA fellowship focused on personalized learning, when a district reaches self-actualization of a truly student-centered

system, then the term personalized learning (PL) won't even be needed.

With this in mind, in Millstone Township we are not in search of district buy-in specifically for PL. "Buy-in" is too narrow of a word and does not fully convey the magnitude of commitment and mindset shift which PL must create. When we reach the level of integration that we are striving for, no teacher, student or parent will even know the term personalized learning, because PL will simply be the only way we know how to do school. We will use the strategies of PL as a way of life, and it will be the oxygen we all need to feel good about our days. Saying that we hope that our teachers, students and parents will simply buy-in is selling ourselves and the LELA fellowship short.

I have never been one for labeling things and have been in education long enough to see the same things renamed, repackaged and re-adopted as new. PL is not that sort of initiative and could never be mistaken as such -- it represents a profound shift in how we structure education. So call it what you like, because in the end, when your entire school or district catches on to this work, everyone will recognize the reform we all know is so desperately needed in our country.

Scott Feder is Superintendent of Schools for the Millstone Township School District in Central New Jersey. As a 26-year veteran in education, he has enjoyed the past 5+ years as the Millstone Superintendent, impacting positive change and working with an outstanding Board of Education, administrative team, superior faculty and the best families

## We Will Come To You – Individual Or Groups



**We will buy all types of jewelry, in any condition, in any quantity**

**Free appraisals and never an obligation to sell**

**We also buy:**

- Diamonds in all shapes, sizes, colors and quantities
- Platinum
- Sterling Silver
- Gold Watches
- Coins
- Silver Flatware and Platters



**Visit our Website: [www.fromGold2Green.com](http://www.fromGold2Green.com)  
732-598-6908**

**WITH THIS AD**

**10% BONUS \$**

Not to be combined with any other offers. Must show coupon at time of transaction.



**ASK ABOUT FUNDRAISING FOR YOUR FAVORITE CHARITY**

**“Gold might be shiny, but green is even brighter”**



# Beware of IRS Fraud- Tax Scams and Consumer Alerts

If it sounds too good to be true, it probably is! In recent years, thousands of people have lost millions of dollars and their personal information to tax scams and fake IRS communication. **REMEMBER:** The IRS doesn't initiate contact with taxpayers by email, text messages or social media channels to request personal or financial information. In addition, IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action. Being able to recognize these tell-tale signs of a phishing or tax scam could save you from becoming a victim.

## IRS-Impersonation Telephone Scams

An aggressive and sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers claim to be employees of the IRS, but are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Or, victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

Note that the IRS will never:

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.

Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

Ask for credit or debit card numbers over the phone.

Remember: Scammers Change Tactics -- Aggressive and threatening phone calls by criminals impersonating IRS agents remain a major threat to taxpayers, but variations of the IRS impersonation scam continue year-round and they tend to peak when scammers find prime opportunities to strike.

## Surge in Email, Phishing and Malware Schemes

The IRS saw an approximate 400 percent surge in phishing and malware incidents in the 2016 tax season.

Scam emails are designed to trick taxpayers into thinking these are official communications from the IRS or others in the tax industry, including tax software companies. These phishing schemes can ask taxpayers about a wide range of topics. Emails can seek information related to refunds, filing status, confirming personal information, ordering transcripts and verifying PIN information.

Variations of these scams can be seen via text messages, and the communications are being reported in every section of the country.

When people click on these email links, they are taken to sites designed to imitate an official-looking website, such as IRS.gov. The sites ask for Social Security numbers and other personal information, which could be used to help file false tax returns. The sites also may carry malware, which can infect people's computers and allow criminals to access your files or track your keystrokes to gain information.

## ATTENTION HEALTH PROFESSIONALS

Get New Patients By Advertising With

*Monmouth County's*  
**Ask The DOCTOR**  
THE HEALTH & WELLNESS MAGAZINE FOR YOU AND YOUR FAMILY

*The Greater Princeton Area*  
**Ask The DOCTOR**  
The Health & Wellness Magazine For You And Your Family

Direct Mail  
On-Line Social Media & More

*"Best CNJ Advertising For Healthcare Businesses"*

Call Today For A Free No Obligation  
Marketing Analysis

**732.995.3456**

**info@guntherpublications.com**

## Don't Worry About College

*By Jordan Tinitigan*

Parents, I know you're all worried about your child leaving for school, but have no fear. College isn't that scary. Yes, it's their first time living on their own and taking care of themselves, but it's a transition into the adult world. It prepares them for what the world may throw at them, whether it be good or bad, and it gives them a taste of freedom. They learn from their own mistakes and fight for their own success. It is an amazing experience overall. Finances, on the other hand, are slightly scarier. However, it is encouraged to apply to FAFSA and other ways to receive aid. Likewise, have your child look for scholarships. (They have one for almost everything!) It may only take a few hundred dollars off, but it's still something! All in all, college is not as scary as it seems. Yes, it's a change, but a good one.





# Local Englishtown Teen Crowned Miss Teen New Jersey USA 2017

By Pam Teel

16-year-old Briahna Reinstein lives in Englishtown. A junior at Manalapan High School, Briahna was crowned as Miss New Jersey Teen USA for 2017. She will go on to represent New Jersey at Miss Teen USA.

Briahna has a busy schedule and many leadership roles both academically and in extracurricular activities. Briahna is a section editor in the yearbook club, a member of the Manalapan Chapter of Students against Destructive Decisions (SADD), a part of Braves against Diabetes, and one of the founding members of Students without Borders. Briahna has helped to raise thousands of dollars for Doctors without Borders, an organization that helps people worldwide, where the need is the greatest, delivering emergency medical aid to people affected by conflict, epidemics, disasters, or exclusion from health care.

Briahna remains on the high honor roll list, and has been on that list all throughout her academic career. An accomplished artist, Briahna received a place in her school's permanent art collection along with various other placement ribbons in art shows.

When she is not busy with schoolwork, Briahna models part time and has been in the industry for three years. She began her career at the Barbizon School of Modeling and Personal Development in Red Bank, New Jersey where she gained experience in runway and informal modeling. She has modeled in local runway shows for Nordstrom, Lord & Taylor, and Macy's, but her favorite memory is modeling in the Best of Monmouth. She has also modeled and shot with various designers including Lainy Gold.

Currently she works as a dental assistant in her hometown. She has learned an incredible amount about what it takes to be in a "hands on" medical environment.

Briahna has participated in many fundraising events such as the Walk for Mile for a Special Child event, which was organized by the Friendship Circle, and also a walk-a-thon for the Central New Jersey chapter of the Juvenile Diabetes Research Foundation. Other organizations she has helped raise funds for include Autism Speaks, Special Strides, and Big Brothers, Big Sisters of America. She is also active in the Susan G. Komen Breast Cancer Foundation fundraising events.

The Miss Universe Organization (MUO), a WME/IMG company creates and advances opportunities for women around the world through its network of relationships across entertainment fashion and philanthropy. MUO encourages every woman to challenge herself, find her unique voice and embody the organization's mission of being confidently beautiful. The 10,000 women who participate in Miss Universe programs annually inspire others to pursue their personal and professional goals while making an impact in their communities. The MISS UNIVERSE®, MISS USA® and MISS TEEN USA® competitions provide contestants and titleholders an international platform through dedicated partnerships with global charities, sponsors, and brands. For more information, and to learn more about The Miss Universe Organization's official global causes, please visit: [www.missuniverse.com](http://www.missuniverse.com)

IMG is a global leader in sports, events, media and fashion, operating in more than 25 countries. The company represents and manages some of the world's greatest sports figures and fashion icons, stages hundreds of live events and branded entertainment experiences annually, and is one of the largest independent producers and distributors of sports media. IMG also specializes in sports training; league development; and marketing, media and licensing for brands, sports organizations and collegiate institutions. In 2014, IMG was acquired by WME, a leading global entertainment agency.

Briahna is overjoyed and honored to be able to represent New Jersey at the 2017 Miss Teen USA pageant. She looks forward to bringing attention to education about substance and alcohol abuse. Her goal is to reach as many people as possible through fundraising events, speaking engagements, and information distribution. She is very excited about making lifelong friendships and for the journey that lies ahead.

We wish you all the best Briahna.



**Maria Tilton**  
Franchise Owner Cruise  
Specialist & Land Vacations

NORWEGIAN'S  
**FREE AT SEA**  
— Endless Summer Spectacular —  
Up To \$2,800 In Value

**CHOOSE UP TO 5 FREE OFFERS\***

- 1 UNLIMITED OPEN BAR
- 2 SPECIALTY DINING
- 3 PRE-PAID SERVICE CHARGES
- 4 WIFI
- 5 FRIENDS & FAMILY SAIL FREE\*

Oceanviews & Above Choose 2 or More

**Any bookings on a 7 day or longer will receive an additional \$100 OBC per stateroom**

[MTilton@CruisePlanners.com](mailto:MTilton@CruisePlanners.com)  
[iLoveVacationDeals.com](http://iLoveVacationDeals.com)  
888-430-9744 • 732-410-8962  
[facebook.com/CruisewithMaria](https://www.facebook.com/CruisewithMaria)

NCL NORWEGIAN CRUISE LINE **Feel Free** TRAVEL

**LIBERTY**  
INSURANCE ASSOCIATES  
COUNSEL • ADVOCACY • SERVICE

525 State Route 33 • Millstone Twp, NJ 08535 • (732) 792-7000  
[www.LibertyInsurance.com](http://www.LibertyInsurance.com)

## Insurance Made Easy by the Professionals at Liberty

We have a team of experts who live in, care about, and understand our community, with focuses on different segments of insurance including:

### Commercial Lines of Coverage

- Contractors
- Landlords
- Marinas
- Manufacturers
- Retail Stores and Services

### Personal Lines of Coverage

- Home
- Auto
- Umbrella
- Boats
- RV's

### Health Insurance

- Group Plan Design
- Medicare Supplement
- ACA "Obamacare" Compliance tools
- Voluntary/ancillary benefits

### Life Insurance

- Whole Life
- Term Life
- Variable and Universal Life
- Annuities

### Financial Services and Estate Planning

- Tax Planning & Strategy
- 401K
- Investments
- College Savings Plans
- ...and much, much more!

Call us For A Free Independent Policy Review at 732-792-7000, or request a quote online at [www.LibertyInsurance.com](http://www.LibertyInsurance.com)

# *Treat Your Special Love* **TO A NJ WINE & CHOCOLATE EXPERIENCE**

Give that special someone in your life a gift they can truly enjoy –  
a visit to a New Jersey Winery for the annual

**Wine & Chocolate Wine Trail Weekend**  
**on Saturday, February 11 & Sunday, February 12**  
presented by the Garden State Wine Growers Association

*Wineries in NJ will be offering special tasting room entertainment,  
special tastings and chocolate treats throughout the weekend  
to help everyone celebrate Valentine's Day.*

To learn what each winery in the state is doing visit [www.newjerseywines.com](http://www.newjerseywines.com).  
And, when you visit, make sure to ask for your 2017 NJ Wine Country Passport.



  
Garden State  
Wine Growers  
Association

Learn more at  
[www.NewJerseyWines.com](http://www.NewJerseyWines.com)

\*While supplies last

*Happy New Year*



# **BARNDOORE**

*Rustic Elegance  
Catering*

**Look for New  
Announcements  
Coming Soon!!!!**

**For your Special Event, Corporate Luncheon  
or Family Celebration**

**Call or email 732-446-7900 [Catering@Barndooore.com](mailto:Catering@Barndooore.com)**

---

# **BARNDOORE**

**Real. Fresh. Local.**

**353 Sweetmans Lane • Millstone Twp. • 732-446-7900**

**[Barndooore.com](http://Barndooore.com)**

breakfast • artisan sandwiches • deli salads • gourmet burgers • soup • great coffee

A decorative horizontal bar with a repeating pattern of colorful stripes in shades of red, yellow, green, and blue.

PRSRT STD  
U.S. POSTAGE  
**PAID**  
PERMIT 280  
LANC., PA 17604

ECRWSS

POSTAL CUSTOMER

**Call now to schedule guaranteed snow plow/removal services  
(Commercial & Residential)**



Fully Insured

Lic # NJ HIC#13VH06827800  
Pest # C006000

**Quality & Service**  
It's In Our Roots!



**CUSTOM PACKAGES  
AVAILABLE**



"Quality & Service" It's in our Roots!

# **BENCHMARK LANDSCAPE**

## **A Full Service Landscape Company**

- Residential & Commercial Lawn Service
- Fertilization & Weed Control
- Grounds Management
- Landscape Design & Installation

**Call for a free consultation on all your landscape needs**

**3D Graphic Designs available**  
**See your project complete before we start!**

**15% OFF all winter hardscape projects**



Credit Cards are accepted



**732-792-6734**

337 Sweetmans Lane, Millstone Township, NJ 08535

[www.benchmarklandscapenj.com](http://www.benchmarklandscapenj.com) • [info@benchmarklandscapenj.com](mailto:info@benchmarklandscapenj.com)