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Burn Extra Calories Without Effort

By Gina DiRusso

Wouldn't it be great if you could burn more calories without much effort on your part? We all understand that to lose weight we need to consume fewer calories than we burn. There are some products that can help you to burn more calories without the time required for another workout. You can use these products to help you achieve your weight loss goals.

Weight Vest: Anytime you add extra weight and continue to do your regular activities you will burn more calories. (Maybe women with big heavy purses are burning calories they haven't even considered). You don't have to be a runner or training to be a firefighter to wear one. Put this on when you walk, mow the yard or vacuum the house. You will be adding an additional 12% to 15% bump in calories burned while doing that activity.

Sauna Shirts: Now let's consider heating our bodies up and making us sweat. Sweat is good for you. It is a natural way to rid your body of toxins. Your body must use extra energy to cool down your body temperature. Many people use these shirts when they work out. But you can also use them when you are just around the house to increase your energy expenditure. These products are not a replacement for exercise and physical activity, but they may help you accelerate your losses or provide some short-term calorie burning while getting through an injury. Good luck with your health and weight loss goals!

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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.

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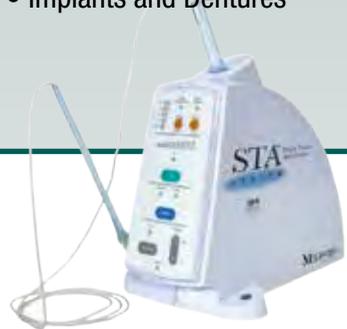
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By Jill Garaffa

Overcoming Overwhelm

Dear Jill,

I tend to get overwhelmed with all the things that I need to get done in a day. I constantly feel like there is not enough time and I have too much to do. This causes me so much stress and I'm always exhausted. Can you help?

Signed,
Overwhelmed

Dear Overwhelmed,

Thank you for writing in with your question. You are not alone! There are few experiences that cause upset like the pressure of having too much to do and not enough time to get it done. There are a few coaching strategies that may help to regain some control and order in your day.

First, Reframe your thinking: In any given moment, your brain can only focus on one thing at a time. This is true. Multi-tasking is a myth. You can have many things happening at once, but in reality, your attention is only ever on one thing. Use this to your advantage. Once you start a project, finish it. Consider setting a timer for the amount of time it should take to finish and be on guard for distractions and interruptions. Also, it may feel like everything has to be done "now," however, in reality, some things can wait—or be delegated.

Second, Refresh your environment: There is a saying "out of sight, out of mind". It is also true: "In sight, in mind". A messy, cluttered environment is distracting. Losing or misplacing items can also contribute to overwhelm. Take the time to tidy up and get yourself organized. Also, consider turning off your phone or keeping it away altogether to avoid the temptation to check it for texts, email and other applications that waste time.

Last, Renew your spirit: If you are saying "yes" to a task out of guilt or obligation and the activity will bring you no joy, consider saying "no" (saying no is an option, really). Take time to reconnect to your inner self through prayer & meditation. Ask yourself, "What do I need right now?" Doing so will give you a sense of peace and control. Also, when taking on the planning of a new project, ask yourself, "Am I the only one that knows how to do this? Or "Should I be the only one that knows how to do this?" If the answer is "no," then delegate it or teach someone else how to do it. At home, this is where teenagers and kids thrive. Little kids want to learn new skills, while teenagers need to learn new life skills. There are some activities only you can do given your talent and passion. For all the rest, delegate.

Life coaching is a process that can help you become clear on what really matters to you. Understanding your core values and needs is a starting point to create the life you want. For more information, check out www.seedsofchangeoaching.com or go to Facebook and "Like" Seeds of Change Coaching Facebook page.

Wishing you peace & purpose,
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 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 or visit www.seedsofchangeoaching.com and click "contact us" to be featured in a future column.



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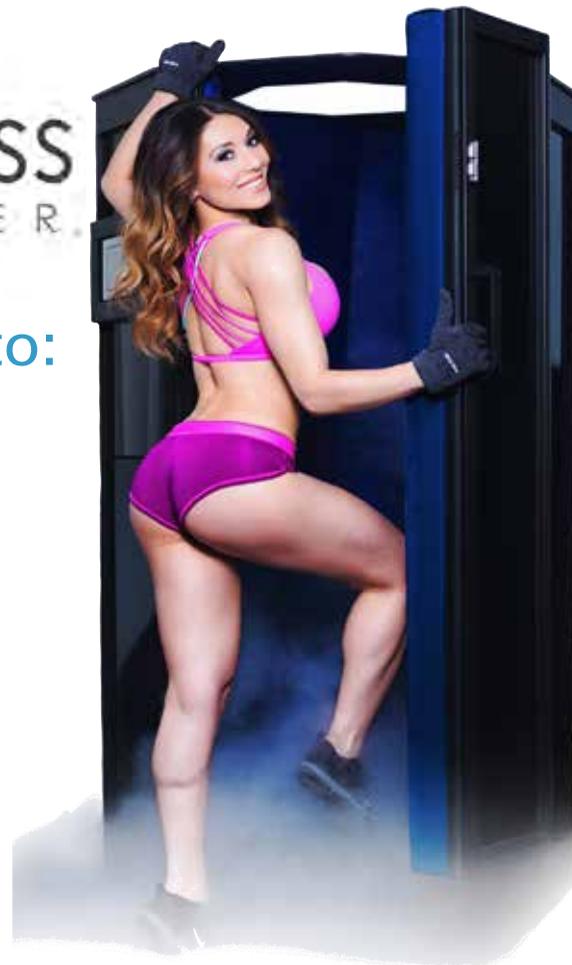
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Even Thin People Can Be Fat on the Inside

By Jordan Tinitigan

Thin people are often stereotyped as people who eat very little, exercise a lot, and they don't feel insecure about their bodies. All of these are completely wrong. However, physically thin people may be fat on the inside. Some people are just naturally thin, especially when it comes to younger people. They could eat normally and never exercise, but still maintain a "perfect" figure. Due to a fast metabolism, a person can eat as much as they want and gain little-to-no weight at all, essentially allowing them to eat as much junk as they please. Likewise, someone who does work hard to maintain his or her figure could still enjoy junk food and be as lazy as a stereotypical "fat" person. Fat or thin, a person's eating habits and interests are not always connected to their weight.



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

QUESTION:

How does The Mona Lisa Touch counteract vaginal dryness?

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

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

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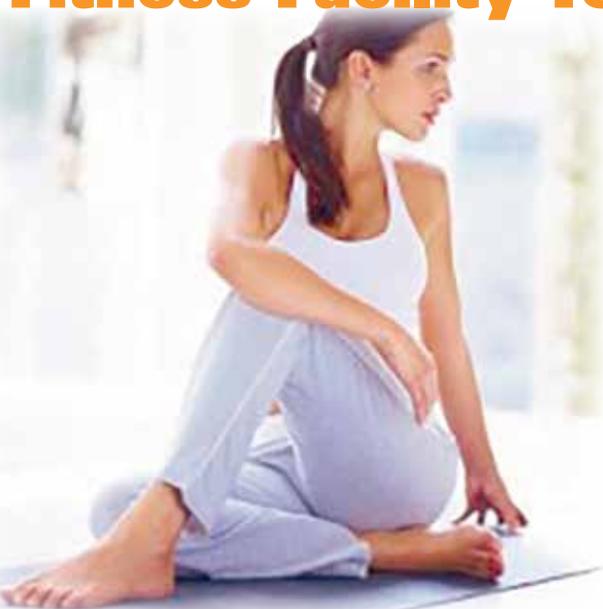
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Study finds low rates of baseline BMD testing among older women with breast cancer

Aromatase inhibitors (AIs)—drugs that stop the production of estrogen in women—are standard adjuvant therapy for post-menopausal women with hormone-receptor positive breast cancer. AIs are an effective treatment for this population, but have the major side effect of bone density loss, which can lead to increased fractures and long-term injury. To ensure patient safety, the National Comprehensive Cancer Network® (NCCN®) recommends that patients undergo bone mineral density (BMD) testing before starting treatment with AIs, and that women at increased risk for osteoporosis consider antiresorptive therapy, such as bisphosphonates, which slow or stop bone density loss.

Researchers at Medical College of Wisconsin, led by John Alan Charlson, MD, Associate Professor of Medicine, Division of Hematology and Oncology, studied women ages 67 and older to assess when and if they were undergoing the recommended bone density testing. According to the findings, as women aged—increasing their odds of osteoporosis and bone fracture—they were less likely to receive NCCN-recommended baseline testing. The study, Bone Mineral Density Testing Disparities among Breast Cancer Patients Prescribed Aromatase Inhibitors (AIs), is featured in the July issue of JNCCN – Journal of the National Comprehensive Cancer Network.

“This study highlights sub-optimal U.S. compliance with guideline recommendations for baseline BMD testing when starting AI therapy,” said Dr. Charlson. “Older women, at higher risk for fractures in general, are least likely to get testing, and the slight increase in empiric treatment in no way closes the gap.”

Looking at Medicare Part A, B, and D claims from 2006 through 2012, Dr. Charlson and fellow investigators found that approximately two-thirds of patients received recommended baseline BMD testing. Lower rates of baseline testing correlated to several factors, including race and income, but the most substantial correlation, the investigators found, was older age—86 years and older. In the study population, baseline BMD test rates fell progressively from 73 percent in women ages 67-70 to 51 percent in women over the age of 85.

“The oldest patients are most likely to be vulnerable to bone density loss, so BMD testing results may be especially important in this age group for analysis of risks and benefits of treatment, as well as to determine whom should be treated with bone-modifying agents,” said Dr. Charlson.

Older women are at higher risk of osteoporosis and bone fracture. Hip fracture rates, according to the study, are seven times higher in women ages 70 and older than in other populations and higher comorbidity is also linked to these fractures. Although the oldest women in the study were least likely to receive BMD assessment, they did receive slightly higher rates of bisphosphonates as empiric therapy.

“While a larger number of older patients did receive bisphosphonates, this does not explain the disparities in bone density findings, or even substantially change our finding that attending to BMD was higher in lower risk younger women,” said Dr. Charlson.

“These findings may be even more important in light of recent data from additional studies suggesting bone fracture rates may be even higher than previously recognized for women using adjuvant aromatase inhibitors,” said Steven J. Isakoff, MD, PhD, Massachusetts General Hospital Cancer Center, Member of the NCCN Guidelines Panel for Breast Cancer. “In addition, many women may now be using aromatase inhibitors beyond five years, which may further increase the risk of fractures. This study highlights that, as a breast cancer community, we need to do a better job screening for bone health because with proper screening and treatment, many of these fractures can be prevented, particularly in the older patients at highest risk for fractures but who have the lowest rates of bone health screening.”



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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

Senior Nutrition and Gardening

Nutrition and gardening go hand in hand. More fruits and vegetables in your diet is a good thing, plain and simple.

But for seniors, gardening can also have a major impact on other areas of their physical health by keeping them active and engaged in a hobby.

Gardening requires just enough physical activity to strengthen muscles and increase blood flow throughout the body. And the emotional payoff of producing and sustaining your own source of food is definitely worth the effort.

Nutrition

Especially in urban areas where fresh, organic produce may be less available, gardens provide an inexpensive way to add healthful fruits and vegetables to your diet.

Fill your table with organic tomatoes, green beans and corn – all picked from the convenient location of your back yard. And gardeners like to share, meaning that friends and family members often reap the benefits of their green-thumbed acquaintances.

The Perfect Exercise

Many seniors prefer a walk around the mall or neighborhood as their source of exercise. And while that is a great way of staying active, so too is spending some time in the garden.

Maintaining a great-looking garden requires a lot of raking, watering, pulling and picking – all light exercises that involve the use of different parts of the body.

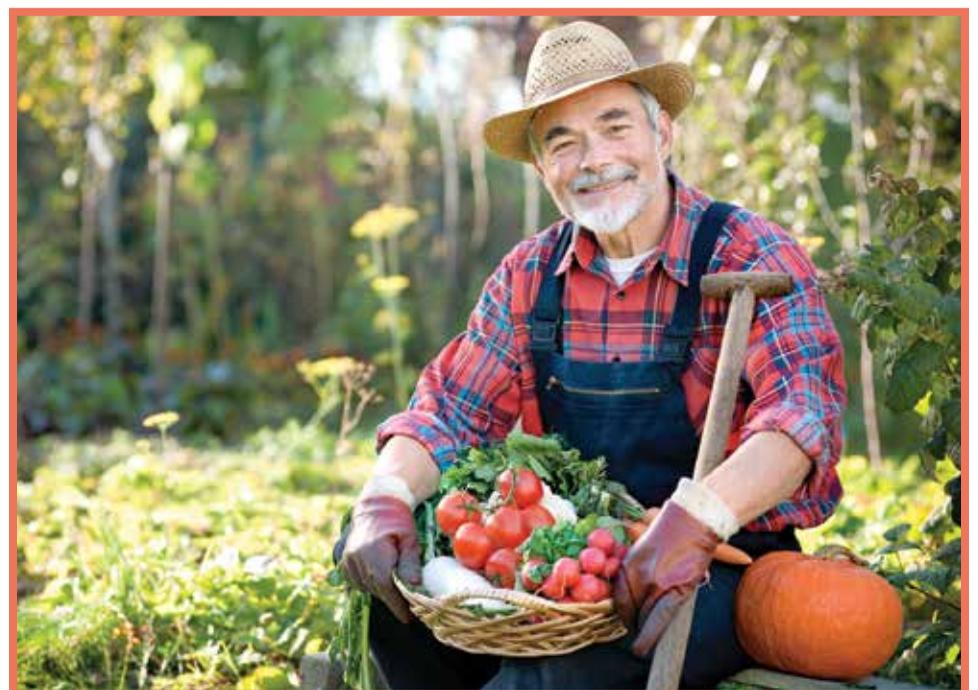
These activities also provide ongoing exercise because consistent work is required to pull off a healthy, thriving garden.

Get Involved

In senior centers across the country, officials are establishing fully funded programs aimed at attracting and retaining senior interest in gardening.

Funds have been devoted to help build beds and structures needed to support gardens, as well as tools, watering hoses and irrigation equipment.

These community centers are also providing free nutrition education and cooking classes to help seniors find out not only how to grow their own produce, but how to use it, too. Contact your local senior center to find out if it is offering any gardening services.





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Getting the Flu Shot

With information about the flu hitting the airwaves and newspaper pages, you may be asking yourself if it's worth getting the flu shot. The answer from the Centers for Disease Control and Prevention is a resounding "yes."

The CDC recommends all people ages six months and older get a flu shot, especially those who are older than 65.

Seniors and caregivers can watch for common flu symptoms in order to identify and pursue treatment of the flu. These warning signs include fever, chills, fatigue, muscle aches, sore throat, runny or stuffy nose, headache and cough. Other signs can include pneumonia and diarrhea, which can be severe symptoms that require immediate medical attention.

It is never too late to get protected. October through May marks the highest risk time for contracting the flu, and seniors are encouraged to get vaccinated before and during this season.

If you have a caretaker or are around family members often, the CDC also urges these people to receive the flu shot to avoid potentially spreading the virus to you.

You can get a flu shot at your doctor's office, hospitals, clinics and many pharmacies. Be sure to ask about Medicare and your insurance coverage to make sure you're paying the correct amount.

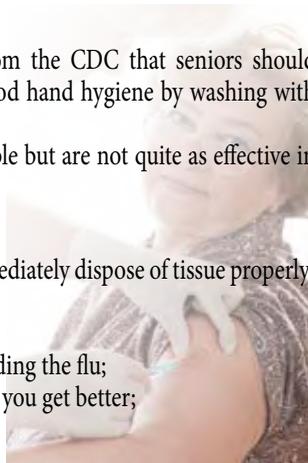
Preventive Measures

Along with the flu shot, there are a few recommendations from the CDC that seniors should incorporate into their daily lives. The CDC suggests consistently good hand hygiene by washing with warm water and soap.

Hand sanitizers can be used when soap and water are not available but are not quite as effective in eliminating all germs.

Other recommendations from the CDC:

- Cover your mouth and nose when you sneeze or cough and immediately dispose of tissue properly;
- Avoid touching your mouth, nose and eyes;
- Avoid contact with people who are sick;
- If you are sick, stay home in order to reduce the chance of spreading the flu;
- Rest, fluids and some medications to relieve symptoms will help you get better;
- Drink plenty of water to keep your body hydrated; and
- Eat a balanced, healthy diet high in fresh fruits and vegetables.



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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, and look for the "Office of Senior Services" link under "Departments."

GOOD FOR YOU

Macular Degeneration: On Tuesday, October 4, at 1:30 p.m., Dr. Elena Ng, from Millennium Eye Care, discusses the differences between dry and wet macular degeneration, risk factors, prevention, and treatment options. Please register early.

Back Pain Neuropathy: On Wednesday, October 5, at 1:30 p.m., join Dr. Anthony Alfieri, from North-East Spine and Sports Medicine, as he discussing low back pain, neuropathy, and the relationship between the two. Find out what causes each condition as well as the non-surgical treatments available to help alleviate symptoms. Please register in advance.

Balance Screenings: On Thursday, October 6, by appointment only, Carol Bartlebaugh, PT, JFK Rehabilitation Institute, returns with her team to provide balance screenings. Appointment times limited; so, please call to make your appointment early.

Why We Wobble: On Thursday, October 13, at 10 a.m., join Helena Zarco, PT-DPT, JFK Rehabilitation Institute, for an informative discussion on balance, what happens to it as we age, and what can be done to prevent falls. Please register in advance.

Senior Care Options: On Thursday, October 13, at 1:30 p.m., Teresa Sajkowski, owner of Independence Home Care, provides this informative, generic discussion concerning the different types of senior care options and facilities available. Empower yourself and be prepared. Please register in advance.

Bagels Plus: On Friday, October 14, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, host and present this program on falls prevention. Please register in advance.

Medication Management: On Friday, October 14, at 1:30 p.m., Deepika Choudhri, PharmD, RPh, a certified Medication Therapy Management Pharmacist, discusses the importance of taking medications as prescribed, why certain drugs need to be taken during specific times of the day, and how food and beverages can affect absorption. Please register in advance.

AARP Smart Drivers Course: On Monday, October 17, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

The Great Mammography Debate: On Wednesday, October 26, at 10 a.m., Dr. Christopher Ananian, Diagnostic Radiologist and Breast Imaging Specialist, from Princeton Radiology, unpacks the debate on benefits vs. the risks of a mammography. He also discusses the risk factors, explores the state-of-the-art 3D imaging techniques, and helps you understand what to do to protect yourself. Enjoy a light breakfast before the lecture, courtesy of Princeton Radiology. Please register in advance.

Table 'n' Treat: On Monday, October 31, from 11 a.m. to 2:30 p.m., join us for this new event that features our supportive,

networking professionals in the senior services field. From free screenings to hand and chair massages, enjoy a "treat" at each table along with useful information, too! Vote for your favorite vendor table; and, at Noon, enjoy a quick hot dog, chips, and beverage for only \$3 p.p. Please be sure to register by 10/26.

MUSIC AND MORE!

About Harold Arlen: On Thursday, October 6, at 1:30 p.m., Dr. Karen Z. returns to provide a musical discussion on the life and career of Harold Arlen. Interesting facts and unforgettable melodies will be shared. Please register in advance.

Jerry's Travels: On select Fridays at 1:30 p.m., join Jerry as he takes you on a 3-part adventure to Italy on: October 7... to Rome, Amalfi Coast, Positano, Sorrento & Florence; and, on October 21... to Siena, San Gimignano, Venice, Portofino and more. Enjoy the amazing architecture, fountains, panoramic views, and picturesque streets. (Part III is scheduled on November 4th with visits to Milan, Pisa, Verona, Pompeii, and Sicily.) When registering in advance, please indicate the program dates you wish to attend.

Ted's Classics: On Monday, October 17, at 1 p.m., join Ted this afternoon to enjoy Alexander's Ragtime Band, starring Tyrone Power, Alice Fay, Don Ameche, and Ethel Merman. Please register in advance.

Fred Miller Presents: On Tuesday, October 18, at 1:30 p.m., we welcome back Fred as he provides a musical guessing game: he presents an unfamiliar verse and then the audience guesses (and sings) the famous chorus/refrain. Discover how the chorus, most often, outshines the verse! Please register in advance.

Michael & Ted Present: On Thursday, October 20, at 2 p.m., join our friends, from WWFM's The Classical Network, as they look at the classical and popular music of Leonard Bernstein. Michael and Ted will look at Bernstein's wonderfully varied work in shows like West Side Story, Candide, Wonderful Town, 1600 Pennsylvania Avenue & more Please register.

Bennett & Gaga: On Wednesday, October 26, at 1 p.m. Michael Ferreira hosts this DVD presentation featuring the musical stylings of Tony Bennett and Lady Gaga. "Anything Goes" with this entertaining concert. Please register in advance.

Classic Songs from Classic Films: On Thursday, October 27, at 1:30 p.m., we welcome back Gordon James as he brings to life the films and the songs that everyone loves from the 20's through the 60's. Enjoy a brief description about the film (from Casablanca to West Side Story...and many more) along with a particular scene/song and not-so-well-known facts. Please register in advance.

SPOOKTACULAR SIGHTS AND SOUNDS

FrankenMurder: On Saturday, October 8, with doors opening at 12:30 p.m., join us for some murderous fun as The Riddlesbrood Touring Theater presents its "FRANKENMURDER". Boxed lunches catered by Business Bistro with your sandwich choice, fruit salad, pasta salad, beverage and dessert. TICKETS: \$15 p.p. Limited seats available for Senior Center Members only. No tickets sold at the door! Visit the Senior Center to complete the mysterious event registration form in advance. Parties of 7 or 8, paid in full, will have a reserved table. No refunds after 9/29.

Edgar A. Poe: On Monday, October 17, at 10:30 a.m., we welcome back Irene Curran, retired Monroe Township teacher, as she discusses how the turbulent life of Poe affected his writing, with an emphasis on his short stories, such as, "The Masque of the Red Death" and many more. Please register in advance.

Superstitions: On Monday, October 24, at 10:30 a.m., join Paul White as he explores superstitions which have stemmed from cultural traditions, religious beliefs and personal experiences. Since ancient times, people have interpreted almost every

occurrence as a sign of something good or bad. If you dare, take a walk through thousands of years' worth of "good" and "bad" luck. Please register in advance.

Mind Reading Game Show: On Monday, October 24, at 2 p.m., we welcome back Flavian as he makes you laugh while reading your thoughts and revealing answers to some very funny questions. Light refreshments, too. Please register in advance.

Ghosts of the Poconos: On Tuesday, October 25, at 2 p.m., we welcome back LAura Hladik Hoffman, Author and Founder of the NJ Ghost Hunters Society, as she journeys through the picturesque Pocono mountains to uncover the haunting history of this tourist mecca. Various haunted restaurants, theatres and local legends, such as, The Rain Man of Stroudsburg, will be explored. Please register.

EXERCISE YOUR OPTIONS

Project Healthy Bones for Beginners: Starting on Thursday, September 22, at 9 a.m., a NEW SESSION for Project Health Bones commences. This 24-week program relies on the commitment of each student to build strength via weight-bearing exercises in the prevention of osteoporosis. Please register with the Senior Center and pick up medical release forms before 9/19. A registration fee of \$10 (made payable to "The Friends of the Senior Center, Inc.") is required at the first session along with your completed release forms.

Tai Chi Silent Practice: On Monday, October 24, at 1 p.m., join Siobhan for this special session for previous Tai Chi students who are familiar with the form. This silent practice can be performed in a chair or standing with gentle guidance. Class Fee: \$10 p.p., due upon registering in-person no later than October 17th. Monthly sessions will be scheduled. Min of 10 students required,

Line Dancing: Starting on Wednesday, October 26, at 9:15 a.m., enjoy 1.5 hours of line dancing fun, to all different kinds of music, with Leslie during this 5-session class. Course fee: \$40 p.p., due upon registering in-person before October 20th.

ARTISTICALLY SPEAKING

Mixed Watercolor Media: Starting on Thursday, October 6, at 12:30 p.m., join Jeremy for her 5-session, 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. Supply list available upon registering in-person, no later than September 28. Space limited.

Watercolor Experience: Starting on Friday, October 7, at 12:30 p.m., join Jeremy for her 5-session 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, due in-person, in advance. Space limited. Supply list available upon request.

Art of the Masters: On Friday, October 21, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on Winslow Homer. Then, individuals, with a PROJECT COUPON, create a personal masterpiece, using watercolor, in the artist's style. Coupons are available, while they last, during an "in-person" registration.

Transparent Watercolor for Beginners: On Monday, October 31, at 10 a.m., join Joanne, Signature member of the Garden State Watercolor Society, for her 5-session class, with step-by-step instruction from basic washes to color mixing. A note pad to the first class is a must! Supply list available when you register. Course fee: \$50 p.p., due upon registering in-person, in advance. (Space Limited!)

Important questions to ask on college tours

By Stefanie Maglio

When it comes time to start thinking about applying to different colleges, it's important that you know which ones would be best for you. The best way to discover if a college is right for you is to visit the campus itself. Colleges tend to have all sorts of tours and open houses all the time. Go online to the school's website and find out when their next tour is. While on the tour or attending the open house, it's important that you get as much out of the visit as you possibly can. The way to do this is by not being afraid to ask any questions that you may have. Chances are that the tour guide or really any of the staff members are happy and more than willing to answer your questions. Some questions you may want to consider asking are: What is the average class size of introductory classes? Do you have an honors college? Do you have a learning community or other freshman experience? Not only should you be asking academic questions, but questions regarding financial aid as well. For example: What is your average financial aid package? What is the average merit award? What is the average college debt that students leave with? What work-study opportunities are there? Also ask about student life regarding dorms and activities on campus. Depending on where the student is attending college, questions regarding student parking and other forms of transportation should be asked as well.

Lastly, ask about outside opportunities like internships. After all, outside opportunities will only help when it comes to getting a job after college, which is the ultimate goal.



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By Jordan Tinitigan

This month's teacher of the month is one of Monroe Township High School's art teachers, Mr. Virelles. This year is his fourth year at the high school and his twelfth year teaching. When asked what made him want to teach art, he said, "When I was in high school, I guess I really connected with my art teacher and it seemed like a very fun job." He also stated that his favorite thing about teaching now is that he has total creative freedom. He proves this by giving students extremely exciting projects, playing fun music, and wearing mismatched socks. He loves his job so much that he now is involved in the National Art Honors Society. He is loved by all the students that have had him in the past. Brianna Rodriguez, Linda Terrones, and Caitlin Neumeier are just three examples. All being seniors, they have had Mr. Virelles for four years now and they all rave about how much they love him.

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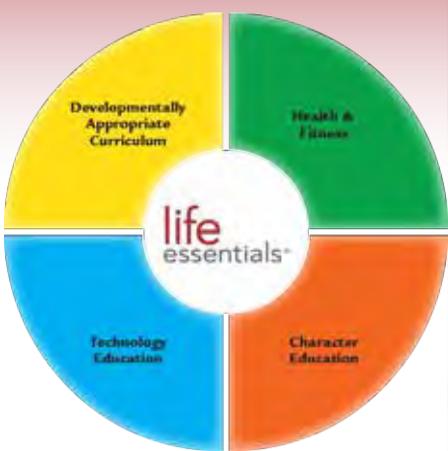
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Millstone Writer, Pam Teel, Receives A Thank You

Hi Pam...Just want to let you know that one of our members got a copy of THE MILLSTONE TIMES, which she gave to me.

Pam, the article with that lovely picture of the Memorial Park is absolutely beautiful and so well expressed, which actually brought tears to my eyes. I can't wait to stop at the Memorial Park to check out all the symbols in the design that you mention.

Once again, thank you on behalf of myself and all of us at Monroe Township Chorus....Micki

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MOVIE OF THE MONTH

By Jordan Tinitigan

Grab your Family and some Popcorn and Enjoy these Parent-Approved Movies

Middle School: The Worst Years of My Life

Release Date: October 7th, 2016 PG

Imaginative quiet teenager Rafe Katchadorian is tired of his middle school's obsession with the rules at the expense of any and all creativity. Desperate to shake things up, Rafe and his best friends have come up with a plan: break every single rule in the school and let the students run wild.

Cast: Griffin Gluck, Lauren Graham, Rob Riggle, Thomas Barbusca, Andy Daly, Adam Pally, Retta, Efren Ramirez

Blinky Bill the Movie

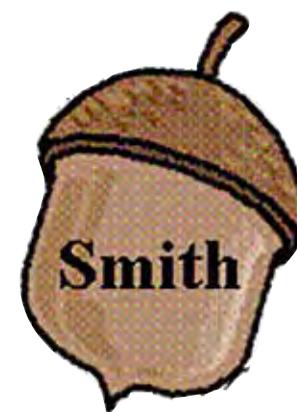
Release Date: October 7th, 2016 PG

With help from another koala (Robin McLeavy) and a frill-necked lizard (David Wenham), Blinky Bill (Ryan Kwanten) embarks on a journey through the Australian Outback to find his missing father.

Cast: Ryan Kwanten, Rufus Sewell, Toni Collette, David Wenham, Deborah Mailman, Richard Roxburgh, Robin McLeavy, Barry Otto



MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE ANNOUNCES 180 DAY CLUB KICK-OFF



Millstone Township Foundation for Educational Excellence (MTFEE) announces the kick-off of its "180 Day Club" for the 2015-16 school year. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget.

The "180 Day Club" asks for contributions of \$1.00 a day for each of the 180 days of school and "extraordinary" learning. Families who contribute will have their name displayed on an acorn. The acorns will be hung on the MTFEE oak tree murals that are displayed in the lobbies of the primary, elementary and middle schools.

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$523,700 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEAM enrichment programs, learning lab, book rooms, professional development, fitness equipment, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall.

There are currently more than 60 MTFEE-funded grant programs running. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant. MTFEE is a member of New Jersey Education Foundation Partnership and The National Consortium of State and Local Education Foundations (NCEFS).

For more information about the "180 Day Club," becoming a trustee or its fundraising efforts, please e-mail info@mtfee.org, visit www.mtfee.org and Like Us on Facebook.



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Wednesday Night - Pizza Night - 2 Plain Pies for \$14.99

Thursday Night - Rib Eye Steak - \$15.99

Friday & Saturday - Try Our Chef Specials

Sunday - Select half price appetizers

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Family Fun Events

By Stefanie Maglio

Fall is such a fun time of the year. Plenty of great, festive activities to get involved in and enjoy at places near you. Halloween is right around the corner, which has the kids all excited too. Go out and do something fun with the family this October and make a day out of it! Here are some upcoming events:

October 01, 2016 - October 30, 2016
10:30am - 04:00pm

Pumpkin Festival

www.oasisfamilyfarm.com
Oasis Family Farm, Robbinsville, NJ

October 7th

iPlay After Dark

turns down the lights for five hours of Friday night fun. Admission includes unlimited go carts, rides and laser tag plus a live DJ, music, dancing, giveaways, half price kids meals, chances to win prizes and a \$10 game card.

September 23, 2016 - October 29, 2016
5:30pm - 10:00pm

Oasis Island of Terror

www.oasisislandofterror.com
Oasis Island of Terror, Circle Drive, Trenton, NJ

April 19, 2016 - December 27, 2016
4:00pm - 12:00am

Grandparent Tuesdays

http://www.iplayamerica.com/special-event/grandparent-tuesdays
110 Schanck Road, Freehold, NJ
732-577-8200

Friday, October 7

and runs every Friday, Saturday & Sunday in the month of October. Advanced tickets required.

THE GLOW

A Jack O' Lantern Experience, a quarter mile walk-through event featuring thousands of jack o' lanterns. Food and drink will be available.

Fall is in the air at Monmouth Park Racetrack and with it comes one of the brightest events of the season!

October 8, 2016
10:00am until 4:00pm

Fall Arts and Crafts Festival

Main Ave. and Pilgrim Pathway Ocean Grove, NJ

October 14, 2016 to October 22, 2016
6:00pm until 9:30pm

Haunted Hay Rides and Haunted Village

The Historic Village at Allaire 4263 Atlantic Avenue Farmingdale, NJ

October 22, 2016
9:00am until 3:00pm

Special Olympics NJ Dodgetoberfest

Robbinsville Fieldhouse, 153 West Manor Way, Robbinsville, NJ

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Millstone Township Resident Awarded Second Place in the 2016 National Vision Essay Grant

Millstone Township resident Stefanie Hwang, '16 OD was recently awarded second place in the 2016 National Vision Essay Grant at the National Optometric Association's (NOA) 48th annual convention in Chicago.

Focusing on the topic "Biggest Challenges Facing the Optometric Profession," Hwang submitted a one-page resume highlighting community service and involvement in optometric associations as well as a 500-word essay. As the second place recipient, she received a \$2,000 prize.

An Allentown High School graduate, Hwang earned her undergraduate degree from The College of New Jersey. Currently enrolled in Salus University Pennsylvania College of Optometry (PCO) program, Hwang previously served as the PCO chapter president of the National Optometric Student Association (NOSA) and the national chapter's recording secretary.

About Salus University

Salus University, founded as the Pennsylvania College of Optometry in 1919, today is a diversified, globally recognized professional academic center of learning that offers a wide range of degree programs in the professions of Optometry, Audiology, Physician Assistant, Public Health, Education and Rehabilitation for the Blind and Visually Impaired, Biomedicine, Occupational Therapy and Speech-Language Pathology. Salus operates four clinical facilities in the Philadelphia area that provide highly specialized vision, hearing and balance, and speech-language pathology services. The University has more than 1,100 students, including PhD candidates, and more than 12,500 alumni worldwide. For more information, please visit www.salus.edu.

Teaching Yourself and Your Kids How to Recognize Manipulation

By Stefanie Maglio

It's important that from an early age in life, parents teach their children that healthy relationships are based upon respect for one another, trust, and security. Everyone has their moments of selfishness, but anyone who is healthy-minded will generally be able to recognize when they're being completely unreasonable. This should be followed with some sort of fair negotiation or apology. However, life doesn't always work that way. When people are self-centered they want everything to go their way, no matter the cost. This means that they turn to manipulative behaviors. Here are a few red flags to look out for when trying to spot a manipulator:

They twist your words around for their benefit. Manipulators do not own up to their actions. If you call them out on something, they always have a way of turning it around on you so you feel bad or guilty.

They may say something but later deny it. For example if they say yes to a request or make some sort of commitment to you, they pretend to forget it ever happened later on. Their lies come before your "bad memory" unless you have some way to prove it.

They use guilt trips. These are fairly self-explanatory. For example, "You go ahead to the movies without me. It's fine. I'll stay home and finish the laundry."

They make you feel like your problems aren't as important as theirs.

They use aggression and or anger to keep control of a situation.

Once you are able to recognize these behaviors, it's important to know and to let your kids know that it's completely unacceptable. We teach people how to treat us, and by allowing this behavior to go on the manipulator only becomes stronger. Put a stop to it as soon as possible.



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 9:00 a.m. Motorcoach Departs for Lancaster, Pa.
 11:30 a.m. Traditional Pennsylvania Dutch Smorgasbord Lunch at Shady Maple.
 Includes shopping time after lunch.
 1:45 p.m. Depart for Sight & Sounds's Millenium Theatre
 2:45 p.m. Samson begins in the Millenium Theatre
 5:15 p.m. Approximate departure for home. (Comfort stop/dinner optional)
 8:30 p.m. Approximate arrival at St. Joseph's

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THE 2016 FIRST TIME VOTER: A PROFILE

By RUSS PERRINE -- The writer, of Monroe, 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

During short drives in a car around my hood, I cannot help but notice the lack of political candidate lawn signs or roadside billboards. Since my very unofficial tabulation began, I have only seen two blue TRUMP front lawn signs -- one of which was book-ended by one small American flag on each side. I have not seen one Hillary sign anywhere.

Something has changed.

The conventions have come and gone without incident. The news coverage continues of all candidate appearances, and, in the case of Donald Trump the crowds still appear to be very large. The Democrat rallies may appear smaller because the DNC handlers believe Hillary Clinton has already won the November election based on the polls.

So who are the Trump for President rally goers? If all these first time voters intend to cast a vote...they MUST be registered. The Trump campaign is now under the management of their third campaign manager, so it is unthinkable they have not considered requiring the registration of all their new (first time legal age) voters since day one.

The profile of these young 18+ year old's is fascinating.

Quick review of what we know: none of these "aging" teenagers ever experienced a quiet home life with only black and white television sets to watch. And, unless they are passionate Woody Allen movie fans -- they have never watched a motion picture without major animation. The images with animation have no boundaries. Buildings can be blown to smithereens. Cows can fly like birds in a windstorm. Nothing is left to the individual's imagination because it is always visible on demand in digital pixels on a hand held smart phone.

The first time voter knows they must earn money to survive. And to survive means a lot more than just eating fast food each day! The communications whirlpool our children have grown up in makes them far more competitive than their elders. The major question surrounding these first time 2016 voters is: Just how well do they understand each candidate's message? There may be a well-hidden clue attached to the missing candidate lawn signs referred to in the first paragraph.

The overall broadcast advertising effect may be on a serious decline.

Technology has provided us with a very small...but significant...mind control device. It may be found on any remote control device: the MUTE sound button. Live audio may be rendered silent without one word ever being heard. Even better, by pre-recording a broadcast program the remote control device allows a viewer to speed through an entire group of commercials, again...without one word ever being heard.

So the over 18 population is free to form their own opinions by other means. It would be nice to believe they are readers of all online or print news publications, but that is a stretch. More realistically these teens turning twenty rely heavily on what their peers say and think.

The Washington Post recently published a lengthy news story that Trump "has a Catholic problem." The thrust of the story suggests Trump (or any candidate) may experience a loss of votes because he or she is not a member of a local Catholic parish. President John Kennedy addressed this issue back in 1960 and deftly convinced the electorate it was a non-issue. In the current election fever, the non-issue facing the first time voters is more remote: Who will pay for the border wall between Mexico and the USA? Answer: no one will "pay" for this fence. The funds will simply be deducted from the foreign aid that is normally sent to Mexico. According to Wikipedia, the most recent year amounted to \$560,400,000.

In just a few weeks we will learn how these new first time voters really think. And then they themselves will endure the next four years to guide them as they become second time voters in a democracy called The United States of America.



Ask the Expert

Talking with Donna Davis



Donna Davis believes in the future of full-service sports facilities – in the winter of 2017, Sportika will move to a new sports complex now under construction at 146 Woodward Road in Manalapan. The new Sportika will have 170,000 square feet of sports and non-sports elements that cater to both parents and children. Unlike other competitive facilities nationwide, the new Sportika will provide The Ultimate Sports Experience™, offering competitive and non-competitive play, training on a private and team basis, league games and tournament hosting. Sportika's ultimate goal is for each and every person who enters the facility, whether player or non-player, to have a relaxing and enjoyable experience.

What is a “sports complex” and how is it different from traditional sports facilities?

Most current sports indoor facilities in the United States focus all of their attention on only the players, teams and coaches. The sports complex model caters to both competitive and recreational athletes of all ages, in a variety of popular sports, while also providing opportunities for the entire family to enjoy the sports experience while they support their young athlete. What truly distinguishes the modern sports facility concept from other indoor facilities is that it is designed to consider all age demographics of both participants and their fans.

How does the concept of a sports complex meet the needs of young athletes?

What was considered the norm in youth sports prior to the mid 90s is no longer the mainstay. The landscape of organized youth sports has expanded exponentially, and now we find a flourishing of training grounds for collegiate and professional curriculums in this country and all over the world. Children as young as six years old are informally being recruited by private, professional academies, college scouts and pro scouts.

Because of this, organizations are looking for state-of-the-art facilities where their players can train and practice for competition.

In many instances, players are being forced at very young ages to make critical decisions in terms of the sport they will focus on. Recreational sports, although a former breeding ground for elite athletes, are now considered to be an enjoyable agenda that gives a player the option to pursue sports at a higher level or simply remain in the program for enjoyment and physical activity.

Does a sports complex generally provide sports training as well as play opportunities?

Any sports complex with a comprehensive sports mission will offer training on a private and team basis, league games and tournament hosting. A new and exciting concept is to offer training through an inclusive program, where each player plays for a specific age group within an academy operated by the facility on a set fee membership basis. Included in their yearly fees is team training sessions and league games. For additional fees, players may also elect to have private training sessions, participate in summer programs, and develop their skills within select focus groups.

Moreover, a good sports facility makes it a priority to decipher through thorough background screening and data-based research, which players and teams are to play at what skill level. Screening teams will insure a competitive league, and accurate academy and tournament placement at all levels.

What are some of the current and future trends in sports facilities in what they offer?

In a large, well-equipped complex like Sportika, different themed areas can accommodate young children, and adults can take advantage of a beautifully designed and landscaped compound. Features such as a state-of-the-art video arcade center, a spacious and entertaining lounge, a personal training center, birthday party rooms, and a myriad of self-standing retail kiosks make these new facilities entertaining destinations for the whole family.

Some specific trends in a modern facility include comfortable seating so that seniors will be able to remain in their seats for the entire duration of each event. Instead of being bored and restless, children will be able to enjoy the state of the art arcade while their siblings are playing in games or participating in practice. Parents waiting for young athletes to complete practice sessions will have the option of training in the personal training center or conducting business in a Wi-Fi lounge or meeting rooms. These exciting trends in sports facilities mean that not only players, but other children and adults of all ages will have a winning experience.

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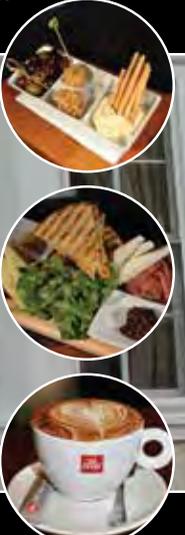
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Hay Rides and other Halloween Activities

By Stefanie Maglio

Summer has come to an end, but that doesn't mean the fun has to stop! There are plenty of cool activities to do during the fall leading up to Halloween with friends and family. Here are some to consider going to or keeping an eye out for:

- Haunted Scarehouse in Northern NJ, Morris County. One of the largest and scariest haunted houses returns for the 2016 Halloween Season!
- Field of Terror Sunshine Acres in Mercer County. Sunshine Acres offers fun activities during the day for kids, while Field of Terror is for brave teens and adults at night.
- The Dark Carnival in Ocean County
- Fairfield Farms: Family Fun in Essex County includes hay rides, pumpkin picking and a corn maze
- iPlay America Spooky Spectacular Halloween in Monmouth county includes the Jack-O-Lantern Jamboree Show. Every half hour, iPlay America's Jack-O-Lanterns will sing favorite Halloween songs on the jumbo screen above the Welcome Center, the haunting sounds of the Phantom of iPlay's organ! See the Phantom perform in a hilarious interactive musical show. Also participate in the Trick-or-Treat Trail.
- Cicconi Farms in Ocean County is hosting kid-friendly Halloween activities from 11-4pm every weekend throughout October.
- Corner-Copia Family Fun Maze in Mercer County
- Halloween at Happy Day Farm in Monmouth County includes pumpkin picking, a hay ride, and one of New Jersey's largest corn maze's
- Etsch Farms in Middlesex County has an eight-acre maze, a hay ride, and is open on weekends throughout September and October.
- Halloween in Ocean Grove, Monmouth County. Come out for the Fall Harvest Festival Oct. 10th and Halloween Parade on the 31st.

The Millstone Times PHOTO OF THE MONTH *By Pam Teel*

These two photos came from the same area- The Assunpink Wildlife Management area in Roosevelt.

The first photo was sent in by Brian Brown who loves to fish at the Assunpink. He took this just as the sun was coming up.

The second photo was taken by Mary DeSaucey whose mom owns the last farm on the way into the Assunpink. Mary and her husband help her mom take care of goats, sheep, horses, Willie the pet pig, and more. Mary and her husband come out every morning before they go to work to care for the animals. In this shot, she surprised the sheep just before sunrise. You can see more of Mary's pictures on the farm at "Fobota farm" on facebook.



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 Include your name and a description of the photo. If you have a brief story that goes with it, please send that along too. 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.

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October 4 : Nordic Designs

November 1 : Tessellations (optical illusion and 3-D)

December 6 : Inspirational Quotes

Our Wednesday Programs Begin at 1:00 pm on the following dates:

September 21 : Mandalas (circular meditative design)

October 19 : Flowers

November 16 : Stained Glass

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THE TEAL PUMPKIN PROJECT

by Dr. Ameer Bhatia

Halloween is a time for good old trick-o-treating fun however, for children and parents of children with food allergies this can pose quite a challenge or outright fear. According to the Asthma and Allergy Foundation of America (AAFA) there are approximately 6 million children in America who have food allergies and 30.4% of them are allergic to multiple foods. The top eight allergy causing foods are milk, soy, eggs, wheat, peanuts, tree nuts, fish and shellfish. Many popular Halloween candies contain milk, nuts, soy and wheat. Often times, the miniature versions of some candies have different ingredients than the full size ones making it very confusing to determine what is safe or not.

The Food Allergy & Research Education (FARE) foundation estimates one in 13 children in the US has a food allergy and in some children exposure to even the tiniest amount can be life threatening. Therefore, FARE launched a national Teal Pumpkin Project in 2014 in an effort to create a safe and inclusive means of participation during Halloween festivities for children with food allergies. The project was inspired by awareness activities run by the Food Allergy Community of East Tennessee. The idea is to raise awareness that food allergies do exist and can be life threatening for some, thus offering an alternative for these children, as well as to those for who candy is not an option. This can include children with food intolerances; eosinophilic esophagitis (EoE); Celiac disease; Food protein induced enterocolitis (FPIES); children with feeding tubes and ones on a special diet. The premise is not to take away Halloween candy, rather to provide safe choices in addition to, or in place of traditional treats.

Anyone can participate in this project by following these steps

- Provide non-food treats for trick-o-treaters (ex: glowsticks, toys, books, tattoos etc)
- Paint/Spray a pumpkin teal or purchase one from a local retailer or online
- Place the pumpkin in front of your home
- Display a free printable sign or premium poster from FARE explaining the meaning of the teal pumpkin

As a mother of a five year old daughter and three year old son who both have food allergies, I will definitely be participating in this great cause and I do hope members of my community here in Millstone and surrounding areas will spread the word by informing their friends and families of the existence and meaning of this wonderful project.

Those interested can visit tealpumpkinproject.org or foodallergy.org for further information, literature, donations, and ideas on how to get yourself and your community involved in this project.

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3. Display a free printable sign or premium poster from FARE to explain the meaning of your teal pumpkin



Find out how you can take part
TEALPUMPKINPROJECT.ORG
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“My Friends Laughed When I Told Them I Wanted to Lose Weight Again... But When The Dietitian’s from Caruso Physical Therapy and Nutrition Helped me Lose 61 Pounds, They Nearly Fainted In Disbelief.”

ALLENTOWN - These are the words of Caruso Physical Therapy and Nutrition’s patient Deborah after she told her friends and family about her accomplishment.

“I didn’t even think it was possible to get my 44 year old body to ever look good again. But Caruso Physical Therapy and Nutrition told me they had a plan that was custom fit for people just like me. I had diabetes, high cholesterol, high blood pressure and I didn’t think anyone could help me. They were offering to change my life forever without surgeries, injections, pills, or diets that leave you starving... so I decided to give it one more try,” said Deborah.

The extra 61 pounds was a lot to carry around every day. I’m a working mom with 3 very active kids. “Sometimes as a mom it is hard to feel sexy!” Especially with my back hurting from all of the laundry.

This weight loss not only helped my back hurt less, but I noticed my husband looking at me in a whole new light. And now I don’t have diabetes, and my cholesterol and blood pressure is normal.

Not only was the Caruso Physical Therapy and Nutrition Program effective, but it was even covered by insurance. “It was so much more effective in comparison to everything else I have tried with minimal results.”

The Dietitian’s from Caruso’s Physical Therapy and Nutrition Clinic explained, “Deborah’s weight loss was never really approached the right way... but when we take on a client, the right way is the only way and we mean it. For people like Deborah, this approach to weight loss is a huge opportunity!”

As a result of seeing the impact we have on the lives of our clients, for a limited time we will be offering the customized approach we did for

Deborah for 21 more people this month.

Due to our customized approach we can only work with 25 people per month and at the time of this article four spots were already taken.

“We are out to make sure these 25 people will be ready to be slimmed down,” said The Dietitians.

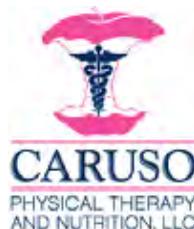
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FALL FOLIAGE

Best Fall Photo Ops for New Jersey & Pennsylvania

By Pam Teel

Fall is upon us and soon we will become enthralled with the vivid colors of the changing leaves from green to vibrant yellows, oranges, reds, and browns. It's time to dust off the camera and capture the magnificent changing colors of nature at its best. Both Pennsylvania and New Jersey are full of fall photo ops. It's the best time to rediscover the state's great outdoors from the shore to the great highlands. Peak fall foliage viewing is usually the last week of September and the first week of October.

In New Jersey, you can start with State Parks like Highpoint and Stokes State Forest in the northern part of the state. Here you can get long views and a lot of different fall colors with a mix of deciduous, maples, and evergreens. Stokes State Forest is located in Branchville. It has hiking paths, scenic overlooks and picnic facilities. Highpoint State Park, in Sussex County, boasts the highest elevation in NJ. From 1,803 feet, it is a photographer's paradise with dramatic views and winding hiking and biking paths up the mountain. On a clear autumn day you can see up to 80 miles of spectacular fall colors.

The Delaware Water Gap National Recreation Area, which has over 70,000 acres of multi colored trees, is one of the most beautiful locations to take fall photos in NJ with its mountainous surroundings and fantastic trails.

Ringwood State Park, which includes Norvin Green Forest and Shepard Lake, is a spectacular sight in the fall. You can walk the nature trails, rent a canoe on the lake, or just sit back and enjoy the scenery.

The New Jersey Botanical Gardens at the Skylands Manor has spectacular photo opportunities with 90 acres of gardens and natural treed areas.

There's also Wanaque Wildlife Management Area and Abram S Hewitt State Forest where you can view the fall foliage, hike, picnic, or bird watch.

In Andover, you can enjoy the fall scenery at Allamuchy State Park. This is another area with hiking trails, camping and fishing. There is also splendid fall scenery at Monksville Reservoir in Passaic County.

We can't forget the magnificent abundance of colors as we go up the Hudson River and over to the cliffs of the Palisades. There's nothing more enthralling then a fall cruise up the Hudson. Closer to home you have Clinton, Whitehouse, Stockton, Lambertville, Wharton State forest, and Frenchtown where fall photo ops abound.

Cream Ridge resident, Alexa Johnson works full time as the Public Relations Manager for "Visit Bucks County Tourism" and in her spare time she uses her photography skills by

taking pictures of local engaged couples and families. Included in this article is her list of her favorite places in Pennsylvania to capture Fall Foliage. Alexa has a Bachelor's degree in Media Arts & Design industry, so whether you're looking for pictures to include on your save-the-dates, holiday card pictures of the family, or just want to capture the precious moments of your child living their childhood, contact Alexa on her website, www.alexalynnphoto.com, or at www.Facebook.com/alexalynnphotography. (On her website, Alexa also shares with you five tips on how to take better Holiday Photo Cards.)

Alexa's Pennsylvania Fall Photo list includes:

- Ringing Rocks Park in Upper Black Eddy
- Tyler State Park- a 1,171-acre park in Newtown, PA
- The Schofield Ford Covered Bridge in Bucks County where the Neshaminy creek flows under, complete with gravel hiking trails and a large open field for serious photographers to set up their equipment.
- Bowman's Hill Wildlife Preserve- not very far from to New Hope, PA - Home to over 800 native plants, hiking trails and mature forests (Professional photography requests must be made in advance)
- Peace Valley Park- a 1,500-acre park in Upper Bucks County, which encloses the giant Lake Galena
- Fonthill Castle- a concrete castle in Doylestown, next to the Moravian Pottery Works. The property is surrounded by large stately tall trees that brim over with fall colors.
- Nockamixon State Park in Bucks County where there is a 7 ½ mile lake surrounded by a forest of beautiful deciduous trees.
- And of course we can all enjoy the beautiful fall foliage right here in our own back yards, so get your camera's ready!



NJ side- Palisades Cliffs and fall foliage



Vibrant Autumn orange- taken last fall in Millstone Township

recipe of the month

CHICKEN CRUST PIZZA

This recipe gets five stars. It is quick and easy to make, gluten free, and tastes amazing!

INGREDIENTS:

- 1 Pound of Ground Chicken
- 1/4 Cup Parmesan Cheese
- 1/4 Cup Shredded Mozzarella Cheese
- 1/4 Teaspoon Black Pepper
- 1 Teaspoon Italian Seasoning Blend
(or just a bit of Oregano and Basil)
- Sauce and toppings of your choice such as leftovers like;
grilled veggies, grilled chicken, or whatever it is you are craving.

DIRECTIONS:

Pre-heat the oven to 400°

In a medium bowl combine the ground chicken, cheeses and spices. Line a pizza pan or cookie sheet with parchment paper sprayed with non-stick cooking spray.

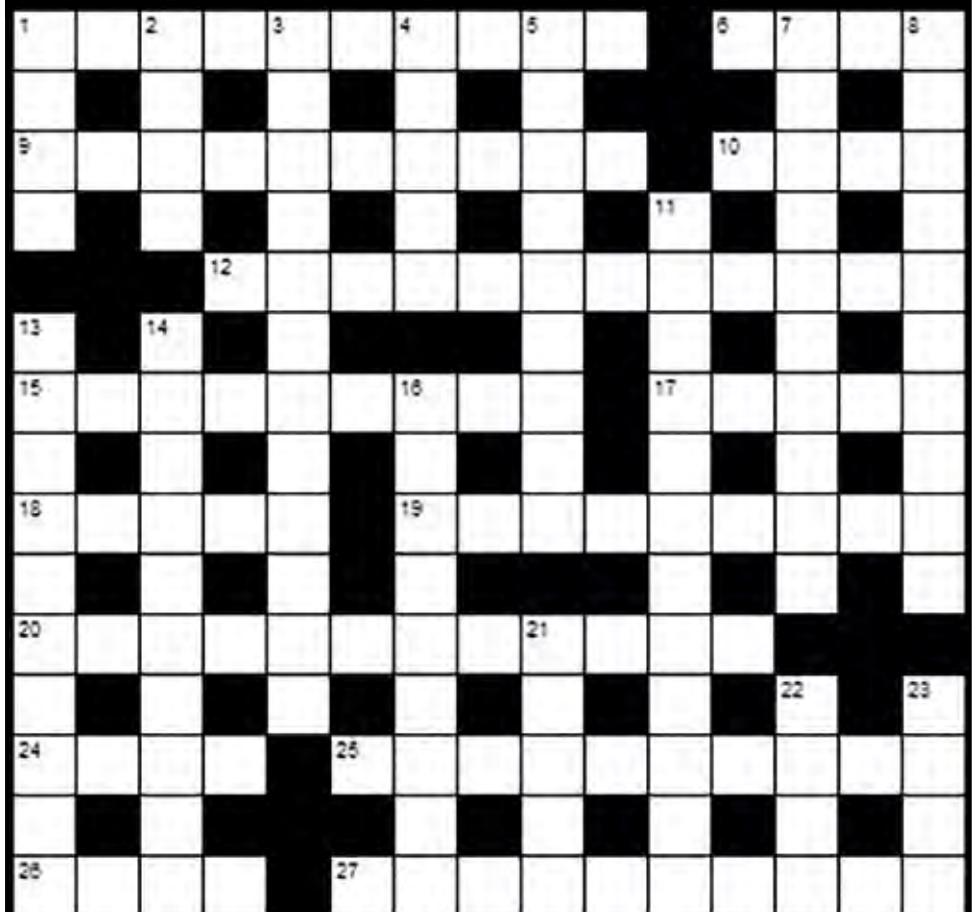
Place the ground chicken mixture onto the pizza pan. Then Place a piece of parchment paper or plastic wrap on top of the chicken mixture. Evenly press the mixture into the pizza pan with a rolling-pin to get it nice and even. Remove the parchment/plastic wrap once done.

Bake in the oven for 20 min or until the crust is golden.

Place whatever sauce, toppings and cheese you like on the chicken crust, then return to the oven to bake for an additional 10 min until the cheese and toppings are melted to your taste preference.



EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



ACROSS

- 1 Stroke given by creep after show (5,5)
- 6 Band has hit without manager, initially (4)
- 9 Ammunition law announced by party (10)
- 10 A "page one" article reveals capital in South Pacific (4)
- 12 Sweet woman helping children on the road to education? (8,4)
- 15 Party of lookers with the same status? (4,5)
- 17 Faithful follower's story coming with good energy (5)
- 18 Scrap drink in empty club (5)
- 19 Hot and Cold article includes section on one musical instrument (9)
- 20 Soccer nation displayed devotion (12)
- 24 Article on police is biting (4)
- 25 Top angler lands bird! (10)
- 26 Lean in to impart lurid tale, first of all (4)
- 27 Hot English skater goes to pieces - effect of over-exposure? (10)

DOWN

- 1 Meet by dilapidated cafe (4)
- 2 Animal's sound is coming from demo in kitchen (4)
- 3 Trained to support out-and-out racehorse? (12)
- 4 About Britain, the Spanish put up a fight (5)
- 5 Defence essay earns decoration (9)
- 7 Greek character's name showing up under "B" in order of characters (10)
- 8 Steely air? (5,5)
- 11 He looks into caves with misplaced steps, occupied by sign with reason mostly (12)
- 13 Vessel with elbow-room? It will take you out of this world! (10)
- 14 Quiet lanes redeveloped following an order (10)
- 16 Manage their woes - or else (9)
- 21 Close match gets time to replace first of linesmen (5)
- 22 Go away with second husband and unlimited food (4)
- 23 Release without charge (4)

Answers on Page 47

The Millstone Times STUDENT OF THE MONTH

Sean Ryan



Sean Ryan

By Pam Teel

Nine-year-old Sean Ryan of East Windsor goes to the Roosevelt Public School in Roosevelt, NJ. He likes his teacher Mrs. Wolf very much and right now his favorite place to go in school is the library because his mother is working there.

Sean's favorite subjects are Math, and Steam (Science, Technology, Engineering, Art and Math) Sean is exceptional in math. He gets really good grades in school and always strives to do his best.

His favorite books he likes to read are Amulet and Harry Potter novels. Sean's favorite television shows are Wild Krats and Pokémon.

Sean's hobbies include video gaming, watching television, swimming, reading, playing the keyboard, and collecting Pokémon cards.

His favorite place to visit is Texas where his grandparents live. He likes the fact that everything is nearby his grandparents' homes. If he wants to go to a museum or the zoo, it is close by.

Sean lives with his mom and dad and has a pet cat named Mittens. His favorite Holidays are, of course, his Birthday and Halloween. His birthday is the day after Halloween and he likes the fact that he has a lot of candy to eat for his birthday.

Sean's favorite sport is swimming and his favorite outside activity is playing tag with his friends. His favorite foods to eat are pizza first and then hamburgers.

If Sean had one wish it would be a magical one- to be a Pokémon trainer, but in real life Sean would like to work with animals and also work on making video games.

Sean is a sensitive, caring young man with great manners and respect for other people. He has a smile that could brighten up your day. Keep up the good work in school Sean. Here's to a great school year!

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AUTO DOCTOR

By John Speranza

Recalled Products On Your Automobile

A recall is an action taken by a manufacturer, or the government, to protect the public from products (such as medications, food, vehicles, child safety seats, cosmetics, and more) that may cause health or safety problems.

Some recalls ban the sale of an item, while others ask consumers to return the item for replacement or repair. Sometimes, a seller will provide a part that reduces the danger of using the product.

Before you buy a new or pre owned automobile be sure to check that the manufacturer has not recalled it. Visit these websites to find the latest on safety recalls:

- Recalls.gov lists government-initiated recalls from federal agencies. You can sign up for free e-mail notifications on recalls.
- Safecar.gov publishes safety information on vehicles and equipment such as children's car seats.
- SaferProducts.gov allows you to report incidents and safety concerns with consumer products, and search for incidents reported by other consumers.

Safecar.gov is a great website to look up information and facts regarding everything you need to know on automobile safety, repairs and more.

Maintenance that can save on gas

Steps you can take to lower your bill at the fuel pump

With gas prices fluctuating wildly, most drivers want to do everything they can to squeeze better gas mileage out of their current car.

Fortunately, with proper maintenance, cars can get noticeable improvements in fuel economy that will help to save money down the road. Here's a look at six things you can do to boost your car's gas mileage:

TIRE PRESSURE: Among of the easiest but often overlooked maintenance items on your car are the tires. Experts say you can improve your gas mileage by up to 3 percent by keeping your tires properly inflated. It's also an important safety measure.

TUNE-UP: Giving your car a tune-up can improve gas mileage by up to 4 percent. Check your car's owner's manual to follow the proper maintenance schedule. Worn-out parts or outdated sensors can cause your car to waste fuel, so make sure everything under the hood is in good condition.

OIL CHANGES: Regular oil changes aren't just required for a long-lasting engine. They can also help improve gas mileage, too. By keeping the friction in your engine down to a minimum, fresh oil can create a slight improvement in fuel economy.

SPARK PLUGS: Old, dirty spark plugs can cause a 2-mpg drop in your car's gas mileage. Use the correct spark plugs for your car, and carefully check the plug gaps to ensure a clean spark and complete combustion in your engine, which saves on gas money.

AIR FILTER: Your engine needs to breathe cleanly to get the best performance and fuel economy. Dirty or clogged air filters can cause a drastic drop in mileage — up to 14 percent on older cars — so always make sure your air filter is clean to get the most out of every tank of gas.

GAS CAP: Finally, your gasoline can disappear into thin air if your gas cap is loose, damaged or missing. Gasoline will evaporate if there's not a tight seal at the cap, so make sure you regularly check it for proper function and condition.

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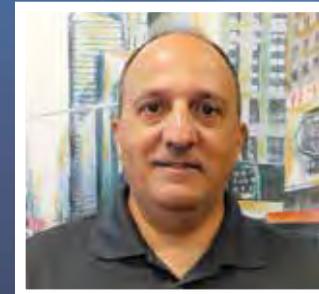
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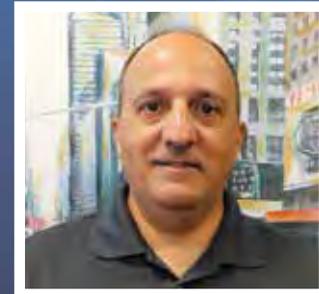
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A LOVING FAMILY WANTED

If you're looking for an addition to your family, why not adopt a homeless pet first. Each month we will showcase one or more pets for adoption at Animals Assistance in East Brunswick and other nearby shelters. 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.

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 or animalassistance.com/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. There is also an online adoption form for those interested in adopting online. If you would like to talk to someone, please call Linda between the hours of: 7-10am Monday through Thursday- Friday 7-10 am- Sunday 8:30-10:30am at 732-251-3210. Please note that all animals have updated vaccinations and are spayed/ neutered.

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 years 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.

We are happy to tell you that George and James Dean found a loving family but Robin and Napoleon are still out there waiting for their forever home. They are featured again in this addition.

Robyn- is a young female tabby spayed/neutered and all up to date on her vaccinations. Won't you make her day by adopting her?

(You can find out more about each animal by calling the phone number between office hours and asking for Linda. Applications for animals can be filled out in person or by mail)

Napoleon is a male Chihuahua who loves to be around people. He loves to take rides in cars and is quiet for this breed.

Angie is a three-year-old Beagle who is also very friendly, clean, and quiet.

Allison is a small adult Dachshund.

Amy is a female Chihuahua. She is a treasure and would make a great addition to a loving family.

Mandy is an adult female Cocker Spaniel.

Huck and Finn are from Millstone and are available. They are about 8-weeks-old. Please email me at crescent671@gmail.com if interested in **Huck or Finn**.

Petey is a loving, friendly, mix and loves to be around people.

Please open up your hearts and help these pets find a loving family!



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Petey



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Robyn

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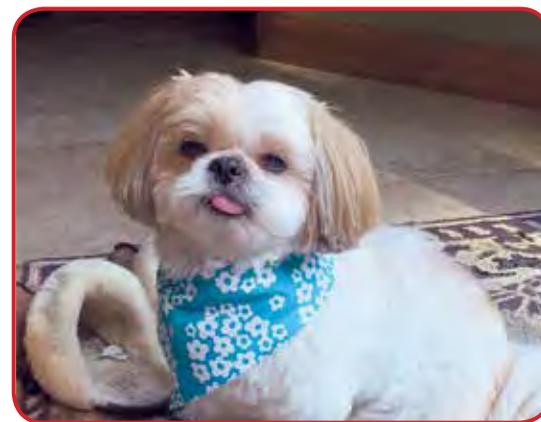
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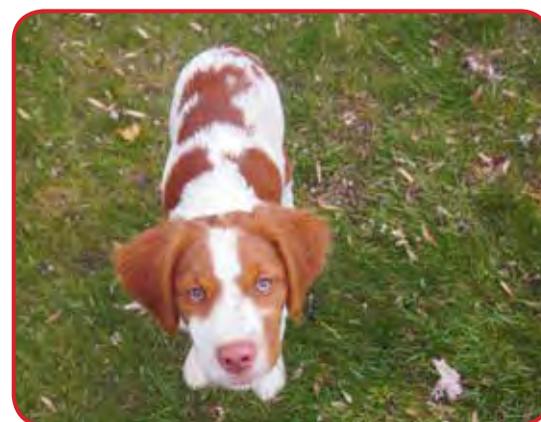
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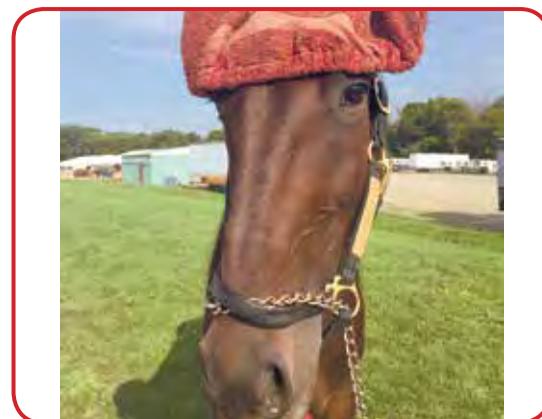
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Millstone Township Resident- Mary Anne Broderick Photography Named Gold Medalist at International Photographic Competition

Mary Anne Broderick of Mary Anne Broderick Photography in Millstone Township, New Jersey was named a Gold Medalist during Professional Photographers of America's 2016 International Photographic Competition. Broderick's work will be on display at the Henry B. Gonzalez Convention Center in San Antonio, Texas, Jan. 8-10, 2017. This International Photographic Exhibit is held in conjunction with Imaging USA, an annual convention and expo for professional photographers.

A panel of 46 eminent jurors from across the United States selected the top photographs from nearly 5,700 total submitted entries at Gwinnett Technical College in Georgia. Judged against a standard of excellence, just over 2,428 images were selected for the General Collection and 1,007 were selected for the esteemed Loan Collection—the best of the best. The Loan Collection images will all be published in the much-anticipated "Loan Collection" book and over 200 selected General Collection images will be published in the "Showcase" book by Marathon Press.

The level of the award is determined by how many of those four images receive the highest possible honor: acceptance into the PPA Loan Collection, which is displayed at photographic exhibitions, conventions and other photography events. Broderick was named a Gold Medalist, meaning that two of her four merited images entered the PPA Loan Collection. In 2016, she was one of only 102 Gold Medalists.

About PPA:

Professional Photographers of America (PPA) is the largest international nonprofit association created by professional photographers, for professional photographers. Almost as long-lived as photography itself, PPA's roots date back to 1869. It assists nearly 30,000 members through protection, education and resources for their continued success. See how PPA helps photographers Be More at PPA.com.



CAN YOUR NEIGHBOR TAKE YOUR LAND?

By John Bazzurro

Pursuant to New Jersey law, the short answer to this question is yes. Depending on the circumstances, your neighbor may be able to claim title to a portion of your property. This doctrine is called Adverse Possession.

Under the doctrine of adverse possession, a person who openly, notoriously, continuously and exclusively utilizes another person's property for a certain period of time may file a cause of action with the Superior Court in the county in which the property is located seeking a declaration from the court that they are the properly titled owner to such property. The basis of such a claim under New Jersey law is the failure of the true property owner to file an action for ejectment of the "adverse possessor" within the period of time designated by statute.

Typically, these cases arise when a landowner's fence encroaches onto their neighbor's property or when one landowner builds and continuously uses a structure (such as a driveway, walkway, etc.) which is situated either totally or partially on the neighbor's property. The requirement that the use of the land be open and notorious is to give the rightful landowner the opportunity become aware of the improper use and take action to correct it. Thus, where a fence or driveway only encroach upon the neighbor's property by an inch or two, such an encroachment may not be considered "open and notorious" because such a minor encroachment would not put a reasonable landowner on notice that its property is being encumbered. Other factors which relate to the "open and notorious" requirement include whether or not the adverse possessor consistently acted as if it were the owner of the land in question.

The present statutory timeframe for which the adverse possessor must "occupy" the subject property in order to achieve adverse possession is generally 30 years for developed land and 60 years for undeveloped land. As indicated above, such possession of another's property must be "continuous and exclusive" for these statutory periods. Thus, any attempt by the rightful landowner to exert control over the subject property or any abandonment by the adverse possessor during the applicable time frame will generally defeat a claim for adverse possession. It should be noted, however, that the applicable time frame may be satisfied by the "adverse possession" of more than one titled owner. Thus, if four successive owners openly, notoriously, continuously, and exclusively use their neighbor's land for the applicable time frame, the last titled owner may seek adverse possession based on the time accrued by three prior owners' adverse use. This is called "tacking."

What does all of this mean in practical terms? Basically, if you own real property, you should regularly check your property boundaries to ensure that none of your neighbors are improperly asserting any type of control over it. If you believe one of your neighbors is doing so, we would suggest seeking legal advice as soon as possible and potentially obtaining a survey to determine the nature and extent of the encroachment or use. Similarly, when you purchase a home, you should go over the survey with the surveyor in order to determine whether or not any of your neighbors' fences or improvements (driveways, etc.) do not exist within your property lines. If such condition exists, you should immediately discuss this issue with the attorney who is representing you in that real estate transaction so that your rights may be fully protected.

The bottom line is that, in the event you believe any of these issues potentially affect you, you should seek legal advice as soon as possible given the legal nuances involved.

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Baby-proofing Your Home on a Budget

By Gina DiRusso

Baby-proofing your home is a constantly evolving process. As the wee ones gain experience, they learn to find the weakest link in your strategy. This stage can lead to a "How did they do that?" question on a daily basis.

Our nine tips for baby-proofing your home on a budget will help you stay ahead of the curve. You can also take these suggestions on the road because you'll eventually visit a hotel or relative's house that does not have the standard safety applications in place.

1. Before bath time, put a laundry basket in the bathtub, insert the baby and then turn on the water. The basket will keep your tadpole safe from potential slipping injuries. Laundry baskets also make marvelous toy transporters while traveling.

2. Use a chalkboard as a fireplace cover. Toddlers instinctively gravitate to the most dangerous areas of the house, so cut them off at the pass with constructive use of their curiosity. If you have a hearth, make sure to cover the sharp edges with a guard.

3. Cover a doorknob with a sock and secure the foot-warmer with a rubber band. This is an instant safety mechanism as well as a use for that one rogue sock that has lost its mate.

4. Adhesive hangers are your friend. Install one on your wall by the curtain or blind pulls. Save your toddler from the temptation to pull on window treatment cords.

5. Hang dish towels on a wall or the underside of cabinets, not over the door. Youngsters can open oven doors with the help of a towel or two.

6. Plastic cookie cutters work as cabinet locks if you have two cabinet door pulls close together. Another solution is a magnetized lock and key system for cabinets. The magnetic locking part goes on the inside of the door, and a key turns the lock from the outside. No unsightly zip ties with this solution.

7. While we're on the topic of magnets, replace small refrigerator magnets with big magnetized clips or remove them altogether as they can slide down to grabbing height.

8. Outlet covers can be tricky, but they are a necessary safety feature for your home. We did find one by Guardian Angel that is more expensive but claims to be shockproof and allows access to sockets without hassle.

9. Drawers on dressers are fun to pull and push if you're a curious child, not to mention the sheer joy of slinging all the contents on the floor, right after you match, fold and put away all the socks. Adjustable lock straps that you can use in your kitchen to keep the knife drawer secure will also work on a dresser drawer.

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How to be an Optimist

By Jordan Timitigan

There are two types of people in this world. There are the optimists, who see the glass half full, and the pessimists, who see the glass half empty. Most people try to be an optimist, even though they feel like they carry the weight of the world on their shoulders. Sometimes it is tough, but here are some tips and tricks to stay optimistic. First, instead of letting bad experiences get to you, think about how you can benefit or grow from it. Doing this will help you think "on the brighter side of things," and clear your head from the fog. Another tip is to surround yourself with optimistic people. Instead of constantly being around with Debby Downers, hang out with the people who see the glass half full. Their optimism and joyfulness could be contagious, and rub off on you as well. Finally, write down good things that happen throughout your day. Whether it be a promotion or a simple compliment, writing them down and reflecting before bed can help your mindset become more hopeful.



Did You Know that...

By Pam Teel



Did you know that the Quaking Aspen is also known as the trembling Aspen tree? They are named for their flat leaves that are attached to the branches with lengthy stalks called petioles, which quake or tremble in light breezes. These trees turn a stunning golden yellow in the fall. What a great way to celebrate the beginning of the season with these tall majestic trees dancing in the wind. Stemming from an intense root system, clusters of trees pop up thanks to one giant tree. The roots run shallow like runners. The combination of all the stems and their single root system is a structure called a clone. The many different stems appear to separate trees but they are all linked and are genetically identical. All trees of the same clone will change leaf color at the same time in the fall and the same thing happens in the spring when the tree regains flowers and re-grows. The white bark is one way to identify this tree, but the bark is special for other reasons as well. The bark layer of the aspen carries out photosynthesis, a task usually reserved for tree leaves. In winter when other deciduous trees are usually dormant, the aspen is able to keep producing sugar for energy.

It provides great shade for deer, elk, and moose, who seek shade in the summer, as well as a year round supply of food stemming from its bark to its leaves. Wild rabbits, muskrats, and beavers consume the bark, songbirds eat the seed, flower buds, and fruit, and woodpeckers carve aspens to create nesting holes. The tree attracts butterflies and plays hosts to various caterpillar species.

The leaves are light green and during the fall turn to a brilliant yellow-gold. Greenish white fruit capsules called catkins, less than an inch long, appear just before the leaves in March and April. The tree produces hundreds of miniature hairy seed that are easily dispersed by the wind.

Belonging to the Willow family, there are six species of Aspen that can be found in the temperate areas of the northern hemisphere. They can grow anywhere from 50 to 100 feet in height, depending on the species.

Aspens are a dioecious plant, which means that they are either male or female. Each gender produces different types of flowers. Only the female tree produces fruit after being fertilized by a nearby male tree. Clones or root sprouts produce saplings that are the same gender as the parent tree.

Native Americans have long used the leaves of the Aspen in treating burned skin, swollen joints, and headache. Bark was used in treatment of urinary tract and stomach disorders.

Today, Aspen tree wood is used to make paper, furniture, and matches.

Ancient Greeks wore crowns made of Aspen leaves because they thought that they had magical powers. Greek warriors also used the wood of the aspen to make shields, and according to ancient legend, the stake of an aspen can kill vampires and werewolves. Good to know!

The trembling of the aspen leaves in the wind produces a calming sound throughout the forest. The lifespan of the Aspen depends on the vegetative part of the tree. Part of the plant that grows above the ground can last from 40 to 150 years depending on the amount of sunlight it receives, while the root may survive thousands of years.

Now the question remains, will they grow in New Jersey?

They grow best in Northern America, Canada and Alaska but also grow south to the mountains of Mexico. Quaking Aspens grow singly and in multi-stemmed clones. Their range extends from Newfoundland and Labrador west across Canada along the northern limit of trees to northwestern Alaska, and southeast through Yukon and British Columbia. Throughout the Western United States it is mostly in the mountains from Washington to California, southern Arizona, Trans-Pecos Texas, and northern Nebraska. From Iowa and eastern Missouri it ranges east to West Virginia, western Virginia, Pennsylvania, and yes, even New Jersey.

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New Report Card for Millstone Township

The Millstone District will unveil its new report card and grading procedures to parents

The Millstone Township (Monmouth County) School District announced new report card formats at this week's Back to School Night for parents of Elementary School students on Wednesday (9/21) and parents of Primary School Students on Thursday (9/22). Last week parents of Middle School students learned about new grading procedures at their Back-to-School Night.

Changes were made to the report card and grading procedures in order to better reflect the successful shift to standards-based teaching that began in Millstone years ago. The new format allows Primary and Elementary School teachers to more accurately report student progress towards achieving grade level goals. It focuses on growth and mastery of specific core curriculum concepts, not letter grades.

"Millstone was proactive and stepped out ahead of the curve in implementing standards-based instruction. We believe strongly in the value of setting developmentally appropriate goals for each grade level and then basing assessment on how each child is progressing toward meeting those goals," explained Millstone Township Superintendent Scott Feder. "The report card parents receive should provide a clear and accurate snapshot of their child's progress towards mastery throughout any given year."

Changes are more evident for students in third grade than in the lower grades. According to Karen Barry, Millstone Township School District director of curriculum, third graders will receive the new report card format starting this year. Up until now, all students in the Elementary Building (3 - 5) received letter grades on their report cards. The plan is to roll the new report card format up each year as the students progress to fifth grade.

The new report card format is progress-based instead of grade-based. Student progress will be represented as achievement towards mastery of developmentally appropriate goals, or standards, instead of a letter grade. Listings of developmental skills, such as math number sense and word reading fluency, will be included under the core academic areas and related arts. Progress will be reported for each of the skills.

The report cards at the primary grades (K - 2) were realigned to the standards, with some minor updates to format. Students at the primary level traditionally received progress-based report cards in Millstone Township, which will make the transition to the new format seamless for third graders.

"Letter grades at the elementary level are not informative enough. They restrict the teacher's ability to accurately and thoroughly report on student progress, mastery level, and performance. It also leaves too many unanswered questions for parents," commented Barry. "These are much needed changes that will better reflect how our students are achieving."

Suzanne Guidry, principal at the Elementary School added, "Parents will find the new report cards help them gain understanding of how their children are progressing towards mastering educational goals. They will have a clearer picture of their child's strengths and achievement."

All parents heard about a district-wide change in grading procedures. Compliance behaviors are being removed as a factor in academic performance. This means that progress marks and grades will reflect only how the student is achieving academically. A separate section on the new Primary and Elementary School report cards will show progress on age appropriate responsibilities and behaviors.

According to Dr. Christopher Huss, principal at the Middle School, "This actually holds students more accountable for their learning and behavior. If they don't do what they are supposed to do, they are going to miss the opportunity to get the most out of their classes, they will miss important information or practice, and their grades will suffer."

The report card at the Middle School will remain the same, even with this change in grading procedure. These students will continue to receive the letter grades they need for placement in the local high schools, and acceptance into clubs and honor societies.

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Owning a Historic Home

Some homeowners are so passionately drawn to history that owning a historic home seems like common sense. Instead of being intimidated by the classic nature of such a home, these types of owners are excited by the opportunity to update and refine the home while staying true to its vintage values.

A historic or architecturally significant home exemplifies a "signature architectural style, captures the essence of a given time period or is associated with famous people from the past," according to the National Register of Historic Places.

If you are excited about the possibility of owning a historic home for the first time, there are some things to consider.

The Benefits

The beauty and grace of a historic home is unmatched. Walking through the halls and rooms is like experiencing life in a museum setting every day you wake up. There are stories associated with each room that are passed down from owner to owner over the years. It is easy to fall in love with a property that is so richly connected to significant times, places and people of American history.

Financially, states and local governments offer tax credits and lower-interest loans on historic properties. This can be another major benefit of buying and owning a historic home.

Renovation Restrictions

Because the home is historic, there might be some renovations needed for it to be livable. Make sure to get the necessary estimates for how much these repairs may cost. There will be some restrictions as to the renovations that you can carry out to preserve the home's true nature.

Realtor.com lists the following restrictions often associated with owning a historically registered home:

- **Additions:** You may not be allowed to add an extra story to the house.
- **Windows, shutters, roofs:** Any structural items such as these that embody the original architecture of the home can only be replaced with the same kind.
- **Taxes:** Tax levies for merely living in a historic neighborhood may be higher than others.
- **Bills:** Older homes may be draftier and larger than their newer counterparts, which also makes them harder to heat during the winter and cool during the summer. This can lead to a high electric bill.

Trusting your judgment is the most important thing to remember when considering owning a historic home. You will likely be taking on large-scale projects to update the home in ways that are both compliant to historic registries and in line with your own aesthetic goals. If you're up to the challenge, owning a one-of-a-kind home can be a great reward for your efforts.

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MLS#6786175
118 Meirs Rd., Cream Ridge, NJ 08514
\$1,499,000 Agent: JoAnn Stewart

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MLS#6812246
14 Elm St., Hopewell, NJ 08525
\$575,000 Agent: Kathleen Goodwine

4br, 3 full baths lovely colonial style home accentuated with a contemporary flair is just steps away from the quaint & charming Boro of Hopewell. This home is warm welcoming and waiting for you!



MLS#6849045
12 Woods Rd., East Windsor, NJ 08520
\$447,000 Agent: Donna Moskowski

4br, 2.5ba "Nothingham" model complete w/9ft ceilings throughout first floor. Owners replaced the roof 2 yrs ago & hot water heater 4 yrs ago. Home has bright open floor plan & spacious yard. Home is move-in ready!



MLS#6851349
504 Perrineville Rd., Robbinsville, NJ 08520
\$719,900 Agent: Cynthia Duvin

5br, 3.5ba brick-front colonial located on 3 acres. Fam room has wbp& glass doors leading to patio, hot tub and l/g pool. 24'x36' detached metal barn with one 12'x12' stall & one 4'x12' stall. Too many upgrades to mention.



MLS#6751197
1 Sienna Ct., Robbinsville, NJ 08691
\$749,900 - \$1,099,900 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. \$919,000



MLS#6813522
158 Pennington Hopewell Rd., Hopewell, NJ 08525
\$845,000 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#6816707
166 Westcott Ave., Hamilton, NJ 08610
\$329,900 Agent: Jan Rutkowski

4br, 2.5ba Colonial with 2628 sq ft of living space that is an absolute must see, with tons of upgrades and amenities! Rear yard has a 16x36 in-ground pool w/ concrete pavers, deck & patio area w/grill. 4 zone gas hot water baseboard heating & 2 zone c/a. A must see to appreciate!



MLS#6842516
16 Montgomery Ave., Rocky Hill Boro, NJ 08553
\$399,900 Agent: Patricia Hogan

3br, 1.5ba Charming cape with private lush 1/2 acre of property that includes fenced in area, patio with a view & detached 2+ car garage.



MLS#6840601
43 Heritage Dr., Allentown, NJ 08501
\$649,900 Agent: Patricia Hogan

5br, 3.5ba Colonial in Heritage Green. 3831 sf including an addition of 18'x14' flex space w/ sound dampened walls; large closet for storage and full bath. Full bsmt under complete. Footprint 3 Zone Heat/AC. Sprinkler system. New Roof 8/2016.



MLS#6762361
10 Harvest Bend Rd., Robbinsville, NJ 08691
\$889,900 Agent: Iris Rodriguez

Beautiful 4br, 3 full and 2 half ba home, eat-in-kit, Walkout Fin Bsmt complete w/Full ba, 3 car gar, Backing Woods on 2+ Ace & Convenient to Train. 2 Gas FP. Deck & Patio overlooks the pvy backyard w/beautiful in-ground pool.



MLS#6842845
63 Tindall Rd., Robbinsville, NJ 08691
\$300,000 Agent: Kim Olzewski

3br, 2ba custom built ranch on 1 acre. Ready for you to move right in. Circular driveway makes parking a breeze! 2 car garage. Includes a newer 250 gallon above ground oil tank & a sump pump/ French drain system. Great value in Robbinsville Township!!

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Oct. 16: 3 - 4:30pm | Oct. 23: 1 - 3pm



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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 - 6/30/16. 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.



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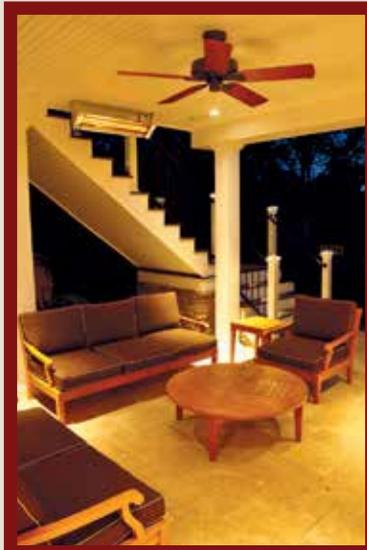
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Craig's Flooring; My Flooring Guru

By Susan Heckler

It's sad but true, summer is over...done...gone but not forgotten. Your perennials have gone to seed, your pool is closed, what is a homeowner to do?

Fall is the time for introspection. Look inside your home and take the focus off of the outside for a bit. The holiday season is rapidly coming, so get a head start on making your home the dream it can be.

I recently visited Craig's Flooring in beautiful, convenient Cream Ridge. I had done the big box stores, looking for bargain carpeting and that is essentially what they had. Bargains without a personality that would reflect in my home and hopeful yet helpless staff. I needed someone with experience to take me by the hand and walk me through flooring choices.

And then there was Peggy!! Peggy and Craig are my new flooring guru's. Their store is family owned and operated. They each have 30+ years of experience and the desire to share it with you. They carry everything from the exclusive to the inclusive for every budget.

Questions on carpeting choices are not answered with "oh that's pretty too" or "that would look lovely". The answer is more like "With a dog and small kids in the home, I would recommend something else that would be more durable in a high traffic room". I love these people because I would have gone with something that looked nice and would not have been the best choice for my home.

Another thing that I love; most of their products are Made in the USA and they are very pet friendly and family friendly with their products. They focus on health and what chemicals might be used in the production that may affect your home and family. Formaldehyde can be released from adhesives used in composite wood products, such as laminate or bamboo flooring. There is sufficient evidence from studies in humans to show that individuals with higher measures of exposure to formaldehyde are at increased risk for certain types of rare cancers. Peggy and Craig do all the research necessary to make sure that all the products they carry are safe, to eliminate any worries you should have about the products they carry.

Working with a smaller business for home improvements gives you a sense of being hosted not hassled. Their attention to the details and the customer's needs (and budget) was comforting. I didn't feel pressured to spend more than I intended and I didn't feel like I was going to get lost in a sea of a thousand other orders.

When I called a few days later with a question, they remembered who I am and that my dog had an upset tummy. Peggy even asked how she was! Now that is having a personal shopper in my book!

Stop by at Craig's Flooring at 827 Monmouth Rd. in Cream Ridge or call Peggy and Craig at (609)286-2069 and you will see what I mean. Tell them Susan from The Millstone Times and her dog say Hi!

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Is it time to replace your front door?

By Stefanie Maglio

Your front door is one of the first things guests notice when visiting your home. In addition to providing security and protection, your front door can make a bold statement and reflect your personal style.

But whether or not your current front door matches your home's interior and your taste, if you feel a draft, see any cracks or hear squeaky joints or scraping sounds, it may be time to replace it. Consider your options with some of the most common front door materials and features.

Materials

- **Wood:** Though beautiful, solid wood doors are expensive and sensitive to the elements. Some modern wood doors come with steel cores to minimize warping and reduce cost.
- **Fiberglass:** A durable and cost-effective option is a fiberglass composite door. Their foam cores are good insulators, and they can withstand harsh climates.
- **Steel:** Strong but subject to dents, steel doors are the least expensive of the three. They have shorter life spans and aren't well-suited for extreme climates, but depending on their core, they can be energy efficient.

Styles

There are multiple styles to choose from, including:

- Solid panel doors
- Arched doors
- Dutch or split doors
- Double doors
- Decorative doors with glass inserts
- Frosted glass doors with ornamental wrought iron overlaid for added security

You could even complement your front door with sidelights or a transom window while also letting in more outside light.

Colors

The color of your front door should depend mostly on the exterior style and colors of your house, your personal taste and the type of door chosen. If your house is mostly neutral in color, don't be afraid to go bold with your front door.

Use these tips to help make your front door an inviting entrance that not only offers protection from the elements but also reflects your personal style.



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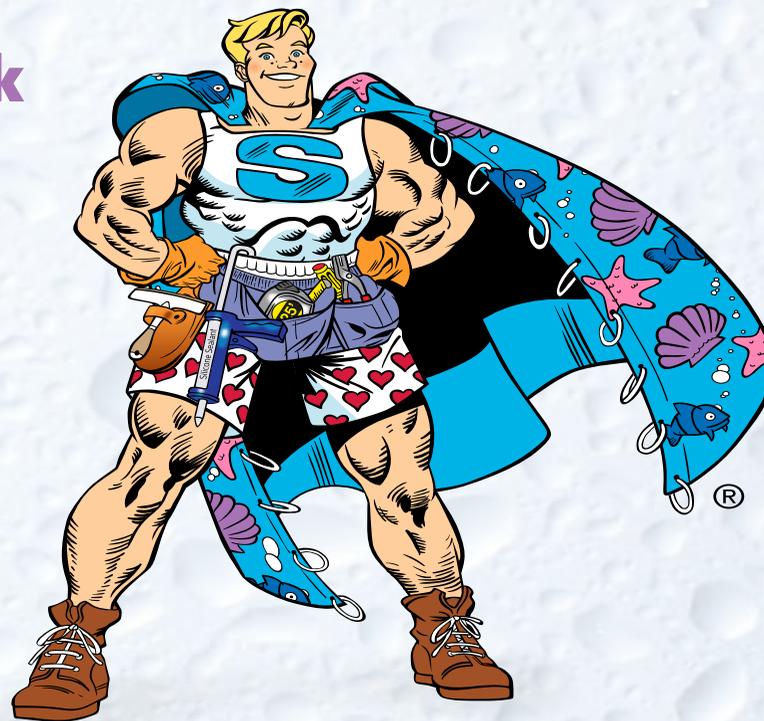
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Basic Plumbing Tips

For the beginner DIY-er, plumbing can seem like a monumental skill to acquire. But fixing leaky fixtures and slow-running toilets requires only the proper tools and a basic understanding of how plumbing works.

The most important course of action you can take regarding your home's plumbing is to continually pay attention to its performance and systems.

The quicker you are able to identify a leak or drain issue, the more likely you are to avoid major damage to your home and wallet.

By understanding the common plumbing issues that all homeowners deal with at one time or another, you will be able to take on basic challenges before they become full-blown emergencies.

Common Issues

Faucets leak, toilets clog and pipes break. Any homeowner can tell you that. It is what you choose to do about these problems that can mean the difference between a quick fix or a pricey call to the plumber.

Educate yourself on your home's basic plumbing systems – both the water service and the drain. Know where your shut-off valves are for your main service,

washer, sinks, toilets and icemakers for quick access during emergency situations.

The Right Tools

If you're spending more time lately tending to your home's plumbing needs, then you have probably become quite familiar with the pipe wrench.

This tool is vital in your ability to loosen and tighten pipes of all sizes, and troubleshoot issues. Plumbers' putty also comes in handy when replacing sink fixtures and drain coverings, as does teflon tape for effectively wrapping threads of shower heads and pipes.

Plumbing Emergencies

Of course, some homeowners will unfortunately experience major plumbing emergencies that require professional help.

Always have the number of a reputable, certified plumber handy in case of such a situation.

Be prepared to pay a pretty penny for comprehensive repairs, but also take comfort in the fact that the job will be correctly executed and often guaranteed for the life of any new parts.



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East Windsor Township

East Windsor Township Will Hold Recycling Day

East Windsor Township Will Hold Recycling Day on Saturday, October 8 from 10 am to 2 pm, at the East Windsor Senior Center, located at 40 Lanning Boulevard. This Township event is sponsored by Mayor Janice S. Mironov and Members of Council, in conjunction with the East Windsor Clean Communities Committee. Free document shredding will be available to East Windsor residents. There is a limit of ten boxes per household, and no commercial drop-offs are permitted. Residents also will be able to drop off cell phones, fluorescent bulbs and toner cartridges, as well as used electronics, computers, computer equipment and televisions. The East Windsor/Hightstown Lions Club will be collecting used eye glasses. RISE will have trucks on-site to collect clothing, shoes, blankets, housewares (plates, mugs and related items) and working household appliances and electronics. For further information, call (609) 443-4000, ext. 215.

East Windsor Offers Bus Trip

Township Senior Center Offers Trip to Myrtle Beach and Charleston, South Carolina on Sunday, October 16 to Saturday, October 22. The price of \$585 per person (based on double occupancy) includes: motorcoach transportation; six nights lodging including four consecutive nights in the Myrtle Beach area; ten meals (six breakfasts and four dinners); three evening shows (Legends in Concert, Carolina Opry Show at the Calvin Gilmore Theater, Alabama Theatre's ONE The Show); one morning show - Hot Jersey Nights at the Palace Theatre; guided tour of Charleston, SC; visit to Broadway at the Beach complex, and admission to Brookgreen Gardens. The Senior Center is open to seniors ages 60 years old and over who reside in East Windsor Township and Hightstown Borough. Contact (609) 371-7192 for additional information.

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/>



Ocean Grove, NJ - A Gem at the Jersey Shore

By Pam Teel

It's not just in the summertime that you can enjoy all that Ocean Grove has to offer. The town is filled with music, arts and craft shows, giant flea markets, guided historical and architectural house tours, performances by legendary artists, and a great auditorium that attracts crowds of people daily. With a cute small town to stroll through, pristine beaches, a boardwalk free from commercialism, free concerts in the boardwalk pavilion and nightly musical entertainment, Ocean Grove is a favorite among the Jersey Shore towns. The town seems to take on a life of its own during the summer months, tripling in size with a nice quiet beach, sandcastle contests, boogie board and inner tube races, kite flying contests, volleyball games, lifeguard competitions, and more.

Nestled in between Bradley Beach and Asbury Park, and connected to the latter by a boardwalk, it makes it easy to visit both beaches and walk to the trendy town of Asbury Park for a bite to eat or for some shopping in its specialty stores that line both sides of the Main Street. You'll find many upscale eateries and you can count on fresh seafood delivered right out of the Atlantic Ocean and onto your plate. You'll also find a large convention center and some hot spot clubs hosting musical venues and endless nightlife. Other nearby towns to see are: Avon By The Sea, Belmar and Spring Lake.

The Ocean Grove Great Auditorium puts on many concerts and shows a year with many headliners coming to perform there. The Great Auditorium holds 6,500 people and has one of the largest pipe organs in NJ. Many of the musical venues are religious in nature. In 1869, a group of Methodists clergymen assembled and formed the Ocean Grove Camp Meeting Association for the purpose of developing and operating a summer camp meeting site on the NJ shore. The Association still exists today and is now a part of the Ocean Grove United Methodists Church, a nonprofit corporation chartered by the State of New Jersey to provide and maintain for their members and friends a proper and convenient permanent camp meeting ground and Christian seaside resort. Their mission is to provide opportunities for spiritual birth, growth, and renewal through worship, education, and cultural and recreational programs for persons of all ages in a Christian seaside setting. They also have a youth temple, which is a NJ State Youth Orchestra Venue and Activity Center offering a wide range of activities and programs including dramatic programs, games, arts, crafts, children's shows, as well as religious programs. In 1976 the town had

the honor of being entered into the National Register of Historic Places and in 1977 it was entered into the NJ State Register of Historic Places.

If you like fishing, Ocean City has a fishing pier that extends out several hundred feet into the coastline.

At Pilgrims Way you will find tent city, which is located around the Great Auditorium. There were originally 660 tents, but now there are 114 summer vacation tents mostly leased by fourth and fifth generation families vacationing at the beach during the summer months. Don't hold your breath; there is a 10-year waiting list to reserve a tent. The tents are taken down in the fall and put back up again in May. Parking in town can be a problem as it does get a lot of tourist coming through. Best bet is to get there early to find a parking spot. There is parking by the boardwalk.

Not limited to just summer events, Ocean Grove holds a Victorian House tour in December, Chocolate lovers weekend in February, and the Garden State film festival in April. Upcoming events include- September 17th- British Car Show- Sept. 8th- Fall Harvest Festival Arts and Crafts show, October 29th- Halloween parade. For more information about Ocean Grove go to: <http://www.njoceangrove.com/>



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Thanksgiving Eve Party

November 23rd at 8:30pm

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Additional activities available for additional cost. Last ticket sale 5 pm.

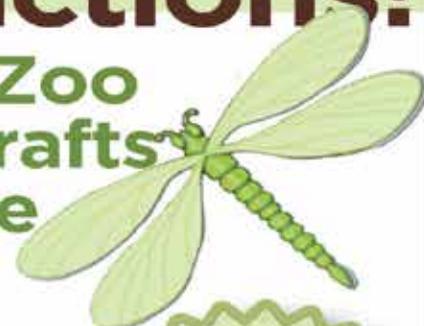
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HOMEFRONT

A Central New Jersey Mission to End Homelessness

By Pam Teel

Homefront is a program, which houses homeless families with children for a minimal amount of time while helping them get back on their feet again. They help with housing, childcare, schooling, finding employment and more. Their goal is to help homeless families while they are getting back on their feet.

In its twentieth year, The Homefront Organization, now located in Lawrenceville NJ, in a 42,000 square foot Family Preservation Center can accommodate up to 38 families who set up residence in dorm style rooms. This is a temporary arrangement for these families as they learn to stand on their own two feet. The facility also includes a dining hall, music and art room, book room and more. The families have meals as a community and must follow rules and guidelines in order to live in the building. The Center, a decommissioned Navy training station, has undergone a \$6 million makeover to become an inviting haven for homeless families yearning for stability and success.

Their mission is to end homelessness in Central New Jersey by giving their clients the skills and opportunities to ensure adequate incomes and strive for ensuring affordable housing for them afterwards. Homefront does a ton of different programs for the families all year long. One of the programs they do is hold monthly birthday parties for children in the program. Each month, they hold a big birthday bash for the children to celebrate their special day together. Volunteers help out by hosting the parties. Many volunteers create birthday themes. Everyone joins in the celebration.

Millstone residents Erin Wagner and Jen Luizza took their Brownie troop #782, along with their families to help host the August Birthday Event by throwing a Birthday Carnival at the Campus. The troop collected donations from family and friends to help make the event a memorable one. They had about ten different carnival games that even the teenagers living at the campus enjoyed. Ms. Wagner's two sons, Tyler and Isaiah, walked around as the popcorn vendors passing out bags of popcorn, her daughter Molly dressed as a clown, the children in the troop ran the games, and there were two ponies for children to get pony rides. The volunteers who host the parties also provide the cake and gifts for the birthday children. The Brownie group helped prep for the event before hand as well as host it. They ran all the games and activities, passed out cake and juice, wrapped gifts, filled goody bags, and more. According to Ms. Wagner, "It was an amazing time for everyone involved, both as a volunteer and a guest. The event was a success due to everyone's hard work, from the donations from our community and our troop and the pony rides from Clare at "It's a Party," located in Millstone. Our girls were eight years old and had the chance to help others out. Everyone left that event feeling happy, loved, supported and with many memories."

The Homefront project strives to break the cycle of poverty and serves thousands of Mercer County families. On any given night they provide emergency shelter, transitional housing, and permanent service enriched housing to over 450 people, two thirds of them children. Their services include case management, homelessness prevention services, free clothing, emergency food, household goods, and affordable housing and job searches. They also have a life skills academy where they work on job training and career development.

There is special programming for children, which includes preschool programs, summer camps, after school tutoring, and other recreational and educational activities.

If you are a boy or girl scout troop leader and would like to find out how you can help host a party, if you would like to donate, whether it be monetary or personal items, (food, furniture, clothing) or if you would like to sponsor a child through summer camp: go to www.homefrontnj.org/donate/ for more information. Homefront welcomes nearly all sorts of donations and volunteer help. If someone has a skill that they would like to share like, cooking, sewing, resume building, crafting, and so on with either parents or children, please contact them.

Donations are tax deductible and can be sent to Homefront Organization, 1880 Princeton Avenue, Lawrenceville, N.J., 08648.



The girls in Brownie troop #782 ran all the carnival games



Molly Wagner served as clown for the day

PAY ATTENTION TO THE BALLOT QUESTION

By Susan Heckler

This year's election day is presidential, but there are many other decisions on the ballot. November 8, 2016 may be a turning point for New Jersey, as there is a referendum on the ballot that affects each of us in more ways than you may realize. The State Legislature approved placing a constitutional amendment up for a vote that would expand gaming to northern New Jersey.

The question on the ballot reads: "Do you approve amending the Constitution to permit casino gambling in two additional counties in this State? At present, casino gambling is allowed only in Atlantic City in Atlantic County. Only one casino in each of two other counties would be permitted. Each casino is to be located in a town that is at least 72 miles from Atlantic City. The amendment would allow certain persons to apply first for a casino license."

As a Monmouth resident, you are aware that we have the Freehold Raceway which was established in 1853, as well as Monmouth Park which dates back to 1870. This rich equine history helped shaped Central New Jersey and we can accredit part of its beauty to the lush horse farms gracing our roads.

Atlantic City has held a monopoly on casino gambling in New Jersey since the mid-1970s under another constitutional amendment. Monmouth Park and Freehold Raceway aren't in consideration of a casino given the geographical restriction of 72 miles. Proponents in favor of the new referendum feel that billions of dollars can be recaptured, thousands of jobs can be created, and all the while reviving the equine industry as well as preserving the vital open space areas especially in hugely agricultural Monmouth County.

Horsing is a business. The owners will race their beautiful animals where they will make the most money. According to Mark Ford, President of the New Jersey Standardbred Breeders and Owners Association "The Meadowlands, once the world capital of harness racing is no longer able to compete on an equal basis with racetracks in neighboring states in terms of purse offerings even though The Meadowlands totally outdistances those tracks in attendance and betting handle but in this the Racino Age, it's still not enough." Our neighboring states like Maryland, Delaware, Pennsylvania, and New York have all attained casino gaming at their racetracks. This makes it very difficult for New Jersey to compete with purse structures of those racetracks with casino gaming. Revenue from slot machines has increased purses and breeder awards in states with gaming. The Pennsylvania Gaming Control Board published an annual report on April 19 stating that the state's horse racing industry received \$246 million from slot revenues last year, a 1.6% increase over 2014.

Horse racing purses have dropped nearly 50 percent in the last 6 years, in part because Governor Christie removed a \$30 million subsidy to the industry. Even with this declining movement, New Jersey horse racing still supports over 14,000 jobs. According to Dr. Karen Malinowski, Director of the Rutgers Equine Science Center, "The high level of veterinary, farrier and feed and supply stores that New Jersey horse owners have available will dwindle, because the primary economic flow to these businesses is the racing industry. A percentage of the pari-mutuel handle from racing is allocated but not limited to the following entities: Horse Park of New Jersey, the New Jersey Equine Advisory Board and 4-H Youth Development programs. Thus there will be no allocated money for these programs and there will be little incentive for young people to enter what was a thriving field of endeavor." The Rutgers Equine Science Center report valued the annual economic impact of the equine industry to the State of New Jersey at \$1.1 billion.

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ROCK FOR RICH

A Musical Tribute to a Beloved Husband and Father

By Pam Teel

Millstone resident Marian Baylor knows all too well the pain of losing someone special in her life. Three years ago she lost her beloved husband Richard, just fifty-six years of age, to sarcoidosis, a multi system disease that causes inflammation of the body's tissues. Rich suffered with sarcoidosis of the lungs and sadly lost his fight to it after developing pneumonia. His early passing was devastating for his wife, twins, Trevor and Kerianne, and son Andrew.

Rich was first diagnosed in 2006 with interstitial lung disease; a group of lung diseases affecting the tissue and space around the air sacs of the lungs. In sarcoidosis, the immune system doesn't function properly and lymphocytes become overactive. These overactive lymphocytes release chemicals, which cause masses of inflamed tissue to form in various organs in the body. Inflammation of the organs can occur in almost any part of the body although lungs are affected in over 90 percent of people with the disease.

The cause for sarcoidosis is unknown. One third of the patients will experience non-specific symptoms such as fever, fatigue, weight loss night sweats, and an overall feeling of sickness. Symptoms generally depend on which organs the disease affects. In some cases sarcoidosis will go away on its own, but in other cases the disease is chronic and life threatening. Rich went through many surgeries and therapies throughout the years, but his body kept beating him down.

Rich loved music and played the guitar in several bands. He also loved writing songs. His home was where all his musician friends would come to jam bringing their spouses and others along with them.

As a tribute to her husband, the Baylor family hosted the Second Rock for Rich Musical Event in his honor. The event was held at the Millstone Elks Club on Friday, September 16th. The Baylor family would like to thank the musicians, singers, her son Trevor Baylor, Jennalyn Brown, Lori, Joe and Paul Cuffari, Dave Korey, Joe Vassallo, Greg Haines, Brian Ricci, Steve Salinas, Keith Rosenthal, Vinny Iuzzolino, in spirit- Mitch Sharoff, and give a special shout out to Camille Ricci and Colette Salinas for their wonderful songs. She would also like to thank her family, friends, and supporting vendors who attended and contributed in putting together this event.

Marian's goal was to help raise money that will be used for educational scholarships, sarcoidosis awareness, and youth and mission church projects, all donated in Rich's name. To learn more about sarcoidosis, go to FSR Foundation for Sarcoidosis Research www.stopsarcoidosis.org

For donations to Richard Robert Baylor Foundation, please send to P.O. Box 67, Millstone Township, NJ, 08535-0067



Marian with her two sons Trevor and Andrew



Rich Baylor on guitar



Musician friends paying tribute to Rich



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MILLSTONE DAY 2016

A Gathering of the Community

By Pam Teel

The threat of rain held off as residents arrived for the annual Millstone Day at Frogbridge Day Camp. Once again, owners Frank Pugliese and his son J. R. hosted the event on their spacious eighty-six acre grounds. Sponsored by the Millstone Township Recreation Department, the event is a place where local people come together, meet up with friends they haven't seen for awhile, meet new friends, promote their organizations, sell their wares, and just spend a day seeing all that the Frogbridge campus has to offer.

The high temperature and humidity made it a perfect day for people to make use of the pools and use the pedal boats on the lake. They also got to enjoy playing miniature golf, bumper cars, using the basketball courts, playing tennis, volleyball, horseshoes, and more. If you were within earshot, you would hear the live DJ blasting out the newest dance tunes as the little kids danced around him.

The kids had a blast in the inflatables and on the bungee trampoline and the rock wall was a challenge to some. You got to pick and decorate your own pumpkin at the Recreation Departments tent. The Allentown Marching Band and The Millstone Women's Auxiliary were on hand selling hot dogs, hamburgers, French fries, drinks, and more. There were cold lemon ice vendors and Vesuvio's mobile food truck was on hand. Other booths included Girl Scout troops 1231 and 1232. Representatives from the Millstone Cub Scouts and Boy Scout troops were also present. Other organizations included The Moms Club of Millstone, both Republican and Democratic Organizations, the United Presbyterian Church of Millstone, and a child ID booth, to name a few.

Anne Haines, from The United Presbyterian Church, demonstrated sewing techniques and holds sewing classes daily at the church for people of any age. If you would like more information about classes, please call her at 732- 299-7827 or go to upcm.org for more info on classes and church related events.

Helen Varvi, from the Millstone Drug Alliance, was on hand with educational information about pain prescription addiction and the dangers and consequences of parents hosting underage drinking parties.

If you're looking for reliable in home pet service, veterinary technician Gina Schneller from Piper Pet Pal Pet Care Services was on hand to tell you about her business. You can contact her at www.piperspetpals.com.

Check out It's a Dog's Life Rescue of New Jersey whose mission is to remove animals from situations that are not sustainable and find them their forever homes. Right now they are trying to place five dogs up for adoption. You can find out more about this local organization and the dog adoptees at <http://itsadogsliferescueofnj.com>. (609 712-6144). You can help by volunteering, fostering, and adopting!

The Frogbridge Facility is one of the best facilities on the east coast with over 70,000 square feet of indoor air-conditioned activities with three lakes for boating, tubing, and fishing. This includes an air-conditioned facility that houses preschool to kindergarten classes, to 1st Grade Campers, a 3000 Sq. ft. air-conditioned dining hall, and a 6000 sq. ft. air-conditioned gymnasium on the premises. On the grounds is a 30 ft. rock wall with two 200ft. zip lines over the lake, Spin Zone Bumper Cars, Ribbits Ice-Cream Parlor, Frogarita's Island Oasis, Aqua Lakeside Dance Club, Little Fenway Wiffle Ball Stadium, LeapFrog Alley, an Inflatable Zone, Championship GaGa Stadium, Pet Shop, high and low ropes courses, Bungee Trampolines, Archery Range, Lazer Tag Field, a private Beach area, three heated pools, a professional Go-Kart track, 20 regulation sports fields, an air-conditioned theater and dance center, and an indoor fine arts studio. To find out more about the Frogbridge summer camp experience or the state of the art year-round preschool, visit www.frogbridge.com.



Vesuvio's Mobile Food Truck was on hand at Millstone Day



Cara Persciotti, Morgan Mark, and Jillian Finnigan from G.S. Troop 1231 were at Millstone Day selling their homemade crafts

How to tell if your child's Halloween candy is safe

By Stefanie Maglio

Halloween is an exciting holiday, especially for children who are going trick-or-treating because this means candy. This is great and all, but safety is still of number one concern. It's important to take precaution and keep your child safe from candy that could have potentially been tampered with, or candy that is simply old. Before taking your child trick-or-treating, make sure that they are well fed, this way they will not ask to eat candy until you return home where it can be thoroughly checked. Once you do return home, take all the goodies your child received and inspect it under a bright light. Any candy that has already been opened should obviously be thrown away. Also if any candy doesn't look or feel right, throw it away. It is better to be safe rather than sorry. Any candy or other treats that have been repackaged into a plastic bag from someone you don't know should really be thrown out too. The same goes for any homemade or baked goods such as cookies or brownies from people you don't know or trust. If your child receives any fruit while trick-or-treating be sure to wash it and then slice it up into smaller pieces. Check carefully for any sharp blades or pins. This is scary, but people can be dangerous. It is always better not to risk anything. Call the police immediately and report any candy that you think has been truly tampered with. Lastly, make sure your child doesn't go overboard with the sweets. Moderation is key for a happy and healthy lifestyle.

Top Halloween Costumes for 2016

By Stefanie Maglio

Halloween is just around the corner and people of all ages are getting into the spirit. Whether going trick-or-treating, attending a party, or simply giving out candy, dressing up is a great way to be festive. Of course going to the store or ordering a costume online might be the easier route to take, but making your own costume can be even more fun and rewarding. Whatever you decide to do, here are some of the top Halloween costumes for this season:

Small children:

Baby Joker, Baby Harley Quinn, Baby Where's Waldo, Baby Chase Coverall (Paw Patrol), Despicable Me Minion, Princess Moana, Cozy Polar Bear

Kids-Preteen:

The Joker, Harley Quinn, Pineapple, Cotton Candy, a Ghostbuster, Popcorn

Teen-Adult:

Jack and Rose, Snapchat Butterfly Filter, "Netflix and Chill", Kylie Jenner, The Joker and Harley Quinn (adult version), Regina George

These are just a few of the new costumes that are out there. However, these are not your only options. Companies are constantly creating new designs for new costumes as well redesigning classics. Some of the classics include the Scream mask, a witch, a princess, a cat, or even a zombie. There are many different versions of these as well as creative ways to make your own costume unique. Stores such as Party City, Spirit Halloween, or Halloween Express are fairly local. They are great for buying costumes as a whole as well as buying different accessories to create your own. Whatever you decide to do, have fun with it and have a happy Halloween!

Ideas for Halloween Decorations

By Stefanie Maglio

Of course we love the costumes and the candy, but a lot of the Halloween fun comes from getting to decorate! Depending on where you go for decorations, prices can vary. However whether you're shopping online or at the store, there is no hiding the fact that a lot of Halloween decorations are expensive. That's why it's a great idea to get inspired and create some of your own! Here are some do-it-yourself decorations as well as some quality dollar store additions:

1. **Black Cat Pumpkins:** These are fairly simple. All you need is a pumpkin, some black paint, googly eyes, and any other simple craft pieces that can be easily purchased at your local dollar store.
2. **Milk Jug Ghosts:** You will need an empty milk jug, a battery-operated candle, and either a black sharpie or some paint to create a spooky face.
3. **Candy Corn Candles:** Brighten up your porch with hurricanes filled with candy corn, and place a small battery-operated candle on top of the candy. A battery-operated candle is the safer way to go. A pillar candle is an option as well, just make sure to blow it out before it burns below the candy.
4. **Ghost Draperies and Fake Spider Webs:** These are more difficult to create yourself, but your dollar store will most likely sell cheap packages that contain these decorations. These are an easy way to cover a larger area outside or inside the house, and they really stand out.
5. **Creepy Wreath:** You will need a wire hanger, some construction paper, glue, googly eyes, fake spiders, and anything else you'd like to add. Bend the hanger into a circle and cover it with the construction paper. Once secured, begin gluing on creepy accessories and before you know it you'll have the perfect Halloween wreath. They're not just for Christmas you know!



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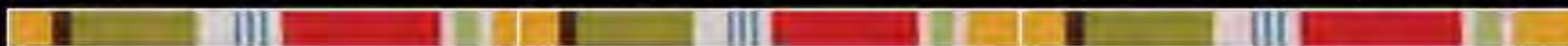


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