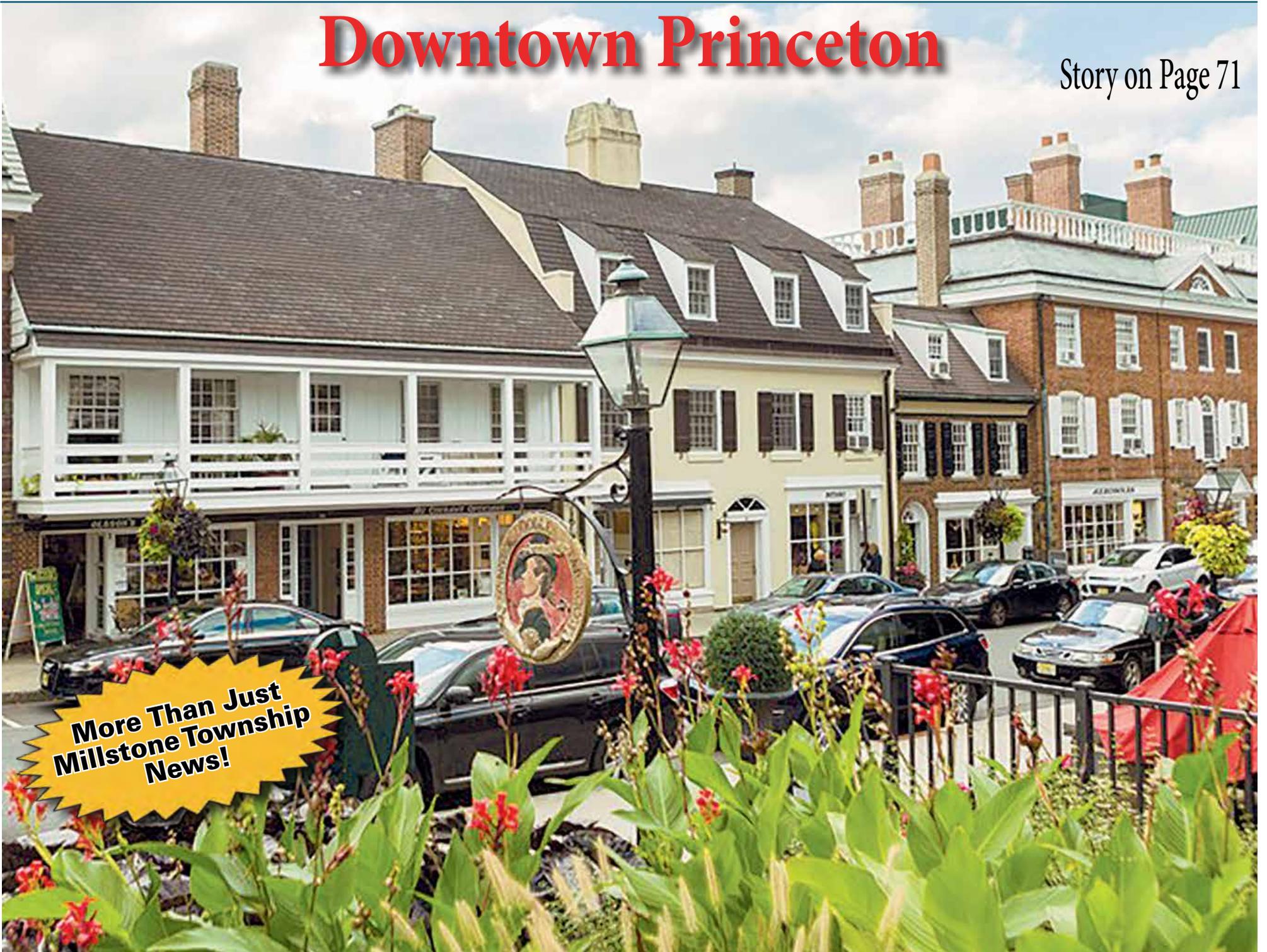


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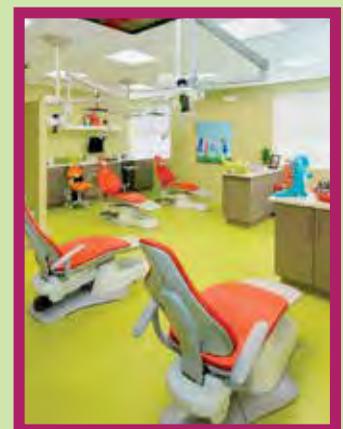
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How to Make a Gift Stand Out

Birthdays, holidays, baby showers, condolences. There's always a reason or a season to give. But what makes a gift stand out? The person that's giving it? The gift itself? *Actually, it's both!* And a personalized gift can put you above the rest. **How?**

- **You can say it your way.** Gifts that include a personal message let you say exactly what you want to say. Many companies let you get super specific by printing a funny phrase directly on the gift or on the packaging it comes in.
- **It builds relationships.** Personalized gifts enhance your connection with everyone from loved ones to friends to clients. They show you took the time to put thought into the gift rather than just choosing something anyone can buy.
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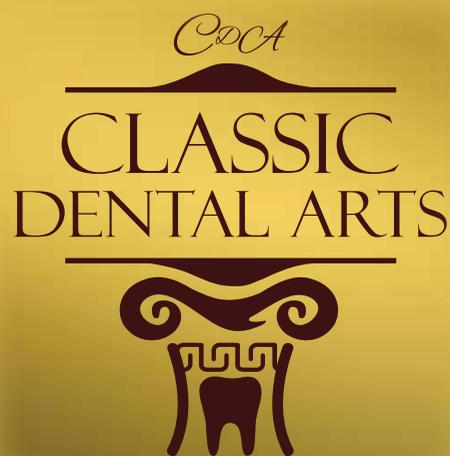
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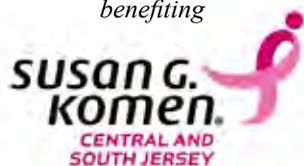
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By Jill Garaffa

Reaching Your Goals

Dear Jill,

There's a pattern that repeats every year when a milestone has been reached like my birthday or anniversary and I'm hoping you can help me break it. Each year, I look at all the areas of my life that need fixing. I look at my bad habits that I want to change. The first week or so things are fine. Then, I start to slip and eventually completely give up. The following year, the list of things I want to change is discouragingly similar to the year before, so it always looks like I'm trying to fix the same thing.

How can I break out of this pattern and get some momentum going in the right direction?

Frustrated,

T.J. in Holmdel, NJ

Dear T.J.

Thank you for your courage to ask about a topic to which so many people can relate! There are a few things I can offer from a coaching standpoint to help you move forward.

First, take a look at your language. Anytime your focus is on "fixing" or "changing" something about yourself you will actually end up repelling the very thing that you say you want. The secret is to be grateful and celebrate where you are in this very moment. What accomplishments have you already achieved? Why is this area of your life not worse? (It could always be worse, right?). You are doing something right. What is it?

Coming from a place of gratitude & celebration in an area of life you'd like to transform provides more power than when you come from a place of judgment. You are either blessing or cursing the very thing you want by your intention around it.

Next, true and lasting change comes from the inside out. In order for a goal to come alive, it must be connected to something you deeply value and believe is possible. Why is this goal important to you? What is worth the sacrifice you will be making to achieve this goal?

Last, in order to create momentum, connect your goal to a clear vision & action plan. See yourself a year from now, succeeding. If this goal is a reality in one year, what actions would you need to take right now? This allows your future to pull you forward and your goals to come alive!

Wishing you clarity, focus & power!

Jill

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

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NJ Spine and Wellness is offering a PRP workshop on Thursday, December 8th at 7 p.m. at 210 Mounts Corner Dr in Freehold. This is open to patients and non-patients by RSVP. For information and to make a reservation, you can contact them at (732) 414-2700 or visit www.njspineandwellness.com.

***“My Friends Laughed When I Told Them I Wanted to Lose Weight Again...
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These are the words of Caruso Physical Therapy and Nutrition's patient Kimberly after she told her friends and family about her accomplishment. "I didn't even think it was possible to get my 46 year old body to ever look good again. But the dietitians at Caruso Physical Therapy and Nutrition told me they had a plan that was custom fit for people just like 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. The extra 57 pounds were a lot to carry around every day. I'm a working mom with two very active kids and my back was 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. Sometimes as a mom it is hard to feel sexy! Not only was 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 dietitians from Caruso's Physical Therapy and Nutrition Clinic explained, "Kim'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 Kimberly, 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 Kimberly to 17 more people this month. Due to our customized approach we can only work with 20 people per month and at the time of this article

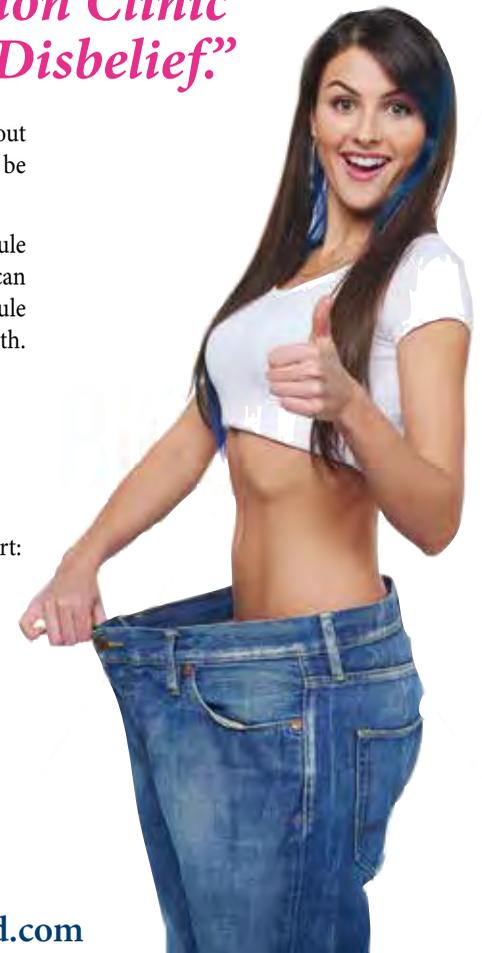
three spots have already been taken. "We are out to make sure these 20 people will be ready to be slimmed down," said the dietitians.

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How Friendship Makes You Healthier

By Stefanie Maglio

Many people don't consider the fact that friendship can be beneficial to a person's health on many levels. Friendship is a great type of relationship that promotes positive physical and emotional benefits. Having an active social network is good for the mind and soul. Actually, in one study it was shown that people who are more socially involved had fewer colds than those who were socially isolated. In addition to the physical aspect of one's health due to friendship, it was found that those who had more friendships slept better at night. This was because those who had fewer friends were lonely. Loneliness is said to lead to restless sleeping. Mentally, having social support reduces the risk of cognitive decline. Also, in a study conducted in 2010, it was found that those who had stronger social connections lived longer. Friendship is truly a blessing people should participate in and receive. It may not seem like it at first, but when thinking about it a little deeper, it actually makes sense that friendship makes people healthier. It is truly beneficial for the mind, body and soul. Humans need to have other interactions with other humans. People need to be social just as much as they need other necessities of life such as food and rest. Friendship has a positive effect on people emotionally, which then in turn cause a positive effect on our physical bodies.

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Avoid Child Identity Theft And Keep Social Security Numbers Secure

When your child is born, along with getting a birth certificate, parents also are tasked with getting a Social Security card and number for their child. A stolen Social Security card can be used to open everything from a bank account to a cell phone to a bank loan, so, keeping it safe is critical. If it falls into the wrong hands, someone could potentially set up an account in your child's name. Parents magazine recommends parents and guardians be very cautious to whom they release that private information, and don't provide it to organizations that don't actually need the information. The fewer groups and people who know the number, the less likely it is to be stolen. Another step that can be taken is to mail anything featuring a Social Security number from the post office, instead of leaving it in the mailbox where it could be stolen. The report notes a crafty thief could see the red mailbox flag as the perfect opportunity to steal information. If you want to take it a step further, you can require a signature for those letters via certified mail.

Protect Their First Bank Account. It's not uncommon for parents to open a bank or savings account in the name of their child, to start everything from a future piggy bank to a college fund. If the account details fall into the wrong hands, that data could cause major problems. Bank statements typically come via snail mail. A potential identity thief could get his hands on that number and use it to open a loan or drain the money from the account. Opt out of mailings for special offers and account statements, or have them switched to an adult's e-mail address. If you do receive credit card or loan offers in the mail linked to the account, be sure to shred them immediately — don't just throw them in the trash, where they can be found.

Speaking with Stefanie: Things to Avoid When Posting Pictures of Your Child

By Stefanie Maglio

In this day and age, social media has become such a normal and constant part of many peoples' lives. Not only are teenagers using different social media platforms, but adults are using them as well. When adults are posting on social media, specifically Facebook, they are clearly not posting all of the same pictures that teenagers would be. Therefore, the majority of pictures adults are posting on social media are of their children. This may seem like a fairly harmless way for parents to show off their children and how proud parents are of them, but in actuality this could be quite dangerous. Some specific kinds of pictures to avoid posting include bath time pictures. If the child in the photo is even partially naked, the photo could fall into the wrong hands depending on the circumstances. Group pictures are another kind of photo to be careful with. It is fine to share pictures of your own kids, however if other children are in the photo it is a best to get permission from their parents before posting. Posting pictures of kids when they are sick or injured is also not the best decision. It is a good idea to avoid most pictures that your child may consider embarrassing, especially in the future. Once something is online, it's online forever. This is important to remember. Parents sharing photos of their kids is a great way to show how proud they are of them. However, when posting anything online it's important to remember to be safe and avoid sharing any personal information in general.



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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

Medical Alert Systems For Seniors What You Need To Know

With more seniors opting to age at home in their later years, this statistic is likely to only rise. So what can you, the caregiver, do when the potential for falls seems to be on the increase? Fortunately, there are numerous medical alert systems on the market, many of which have had great success in helping the elderly population stay safer in their homes. There are different types of systems and applications, so be sure to do your research before purchasing one. It's important that you choose one that fits your family member's preferences if you want it to be a successful experience.

DIFFERENT TYPES OF DEVICES

There are many devices available that will instantly alert you and emergency personnel in the case of a fall or other related incidents. Also referred to as personal emergency response systems, these monitors allow the user to push a button on the transmitter to summon emergency help, including medical, fire or police personnel. These systems allow seniors to wear the transmitter around their necks, on their wrists or even affixed to their wheelchairs for convenience. This easy-to-reach button will give you great peace of mind in knowing your family member is ready to respond quickly to emergency situations.

CONSUMER TIPS

With so many different options on the market, how do you know which medical alert system is right for you and your family? There are a few factors to keep in mind before spending your hard-earned cash. Here are a couple: • Pricing structure. For many of the top medical alert companies, you will be required to pay a monthly fee for emergency-capable services. Always compare your pricing and make sure to get locked into a fixed monthly rate. • Company reputation. As always, before entering into a monthly contract, be sure to do your homework on the company. How long have they been in business? What types of guarantees can they give you on the quality of their product? Reading objective reviews can help narrow the field.

Cold Weather Safety For Seniors

One of the first steps to making this happen is preparing your home and vehicle. Follow our tips below for making sure you're ready for the chill.

WINTERIZING YOUR HOME & CAR

Your home needs to be winterized to keep you safe and warm all season long. A local contractor or handyman can do this job well by checking your heating system and assessing the amount of insulation in your attic. Most contractors will advise having at least a foot of blown-in insulation in your attic as one of the best ways to make sure your home retains its heat this winter season. As for your vehicle, consider having it serviced by your mechanic about a month before the temperature really starts to dip in your region. Tires, windshield wipers and heaters are just a few of the things that need to be checked. Remember to keep the gas tank full throughout winter and keep an emergency kit including blankets in the car at all times.

SENIOR OUTDOOR TIPS

A little fresh air is a great way to keep healthy this winter. Obviously, you'll want to avoid below-freezing temperatures, but a leisurely stroll around your neighborhood in the crisp weather can do wonders for keeping you healthy. Dressing in the appropriate attire is critical to maintaining healthy body temperature while enjoying the great outdoors. According to the Centers for Disease Control and Prevention, seniors should wear layers of light, warm clothing, gloves, hats, scarves and waterproof boots for maximum protection from the cold. Around your home, there can be various hazards to look out for, including patchy ice or slippery snow. The CDC advises sprinkling cat litter or sand on icy areas to avoid falling and to always let friends and family members know when you plan to leave the house during the wintertime. The winter season can be hazardous to everyone, but one of the most at risk and susceptible populations is seniors. Comprehensive winter preparations and strategies must be put in place to ensure a healthy, happy winter.

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Monroe Township Office of Senior Services & Senior Center

MEMBERSHIP INFORMATION

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

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

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

GOOD FOR YOU

Bagels Plus: On Friday, November 4, 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 communication with a loved one with dementia. Learn how to foster independence and manage challenging behavior with dignity. Please register in advance.

Laughter Yoga: On Friday, November 4, at 11:30 a.m., join Norine Stewart, Certified Laughter Yoga Leader, for a fun afternoon filled with child-like playfulness to promote good times and good laughs as a form of physical exercise. Sponsored by Senior Helpers Home Care and Brandywine Governor's Crossing, learn how Laughter Yoga increases circulation, releases endorphins, and reduces stress. Space limited; so, please register in advance.

Positive Holiday Tools: On Monday, November 7, at 10:30 a.m., join Gemma Nastasi, Health Coach, as she positively prepares you for the holiday season. Learn how to create happy moments by controlling your mind chatter, reframing your thoughts, increasing your willpower and nurturing your relationships. Please register in advance.

AARP Smart Drivers Course: On Monday, November 14, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

Sound Healing: On Tuesday, November 22, at 1:30 p.m., Shelly Botwinick, MA, Holistic Health Educator, CentraState Medical Center, provides this informative and interactive demonstration on what sound healing is and its benefits. Playing drums, tuning forks, and Tibetan singing bowls will be used to help reduce stress and balance the mind, body and spirit. Space limited for this special presentation. A \$5 commitment fee is required upon registering in-person by November 14.

Declutter Tips: On Monday, November 28, at 10:30 a.m., Aileen Hollander, Community Liaison, Right at Home, explains how to let go of valued possessions and personal treasures when faced with downsizing. Discover step-by-step workable solutions to determine whether something is an heirloom or a "have-to-go". Please register in advance.

De-Stress Yourself: On Wednesday, November 30, at 1:30 p.m., join Toby Ehrlich, LCSW, Director of Marketing, Wilf Campus for Senior Center, as she offers techniques to identify stress and gives simple tips to relieve everyday stressors. Please register in advance. Space limited.

MUSIC AND MORE!

Elefant Presents: On Tuesday, November 1, and Wednesday, November 2, at 1:30 p.m., Thomas Elefant, Orchestra Conductor, provides two wonderful programs:

"WHAT IS SYMPHONY" as developed by Haydn and Mozart (11/1) and "THE COLOSSAL BEETHOVEN" and the reasons that made his music so intense and unusually meaningful throughout the ages (11/2). Please register for each program separately, in advance.

Crazy for Patsy Cline: On Thursday, November 3, at 2 p.m., join Maggie Worsdale, Jazz Singer, as she pays tribute to Patsy Cline...an earthy, innovative legend who put the Nashville sound on the map. Please register in advance.

Jerry's Travels: On Friday, November 4, at 1:30 p.m., traveling through Italy concludes with the sights of the Cinque Terra, Milan, Pisa, Pompeii, and Sicily. Please register in advance.

The Syncopations: On Monday, November 7, at 2 p.m., enjoy the tapping and dancing of THE SYNCOPATIONS: a very special dance troop with fun costumes, routines, and some shtick. Please be sure to register in advance.

From Dust to Dreams: On Wednesday, November 9, at 1 p.m., enjoy "opening night" at the Smith Center for the Performing Arts with the talent of Jennifer Hudson, Carole King, Willie Nelson, Luciana Paris, and many more. This DVD presentation runs for 120 minutes. Please register in advance.

Michael & Ted Present: On Thursday, November 10, at 2 p.m., join our friends, from WWFM's The Classical Network, as they look at the Broadway and Hollywood musicals of Harold Arlen, such as "Over the Rainbow", "Stormy Weather" and more. Please register in advance.

Radio Comedians: On Monday, November 14, at 1:30 p.m. join David Aaron as he takes you down memory lane and explores the artists who made us laugh way before the invention of the TV: Fanny Brice, Eddie Cantor, George Burns, Amos and Andy, and more. Please register in advance.

Best of the Silver Screen: On Tuesday, November 15, at 1:30 p.m., Marvin Fischer examines the film industry's contribution to musical hits, from classic music sung by performers to memorable background music. Please register in advance.

Leading Ladies: On Thursday, November 17, at 1:30 p.m., Patty Carver returns and brings to life a new set of Leading Ladies who were all the "first" to do something: Dolly Madison, Elizabeth Blackwell, Nellie Bly, and Belva Lockwood. Please register in advance.

Jimmy Van Heusen: On Friday, November 18, at 1:30 p.m., we welcome Dr. Karen Zumbrunn as she shares the legacy of Van Heusen's wonderful standards that are still played today like "Love and Marriage", "Call Me Irresponsible" and "Swinging on a Star". Please register in advance.

The Rat Pack 2: On Monday, November 21, at 1:30 p.m., ladies and gents must join the rollicking Vegas Rat Pack as Francine and Joel recreate the "hey-hey" days of Vegas with musical memories of Judy Garland, Marilyn Monroe, Dean Martin, and Frank Sinatra. Please register in advance.

Two on Tap: On Monday, November 28, at 2 p.m., enjoy the fancy footwork of Melissa Giattino and Ron DeStafano, two Broadway musical veterans, as they perform classic songs by Gershwin, Mercer, Berlin, and others with beautiful voices and precision tap choreography.

The S.S. St. Louis: Starting on Tuesday, November 29 at 1:30 p.m., Julian Davis examines the voyage of 937 German Jews, in 1939, on the S.S. St. Louis. During this 3-part lecture (11/29, 12/6. & 12/20), uncover the intelligence operations and political propaganda that affected the fate and freedom of the refugees aboard the ship. When registering in advance, members will be automatically enrolled in all three lecture

dates.

EXERCISE YOUR OPTIONS

Bodies in Motion: Starting on Wednesday, November 2, at 10:15 a.m., join Georgeann for 8 sessions of weight resistance training, with a focus on both standing and seated movements. Resistance bands, spikey balls, and light weights needed. Course fee: \$40, due upon registering in-person, in advance, by October 24th. Space limited. No Class: 11/16; Last Class: 12/28.

Tai Chi Silent Practice: On Monday, November 14, 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 November 7. Min. of 10 students required to run this session.

Total Toning: Starting on Wednesday, November 30, at 11:15 a.m., join Deb Edelman for a total toning experience for 8 sessions, from head-to-toe. This "No-Aerobics" routine focuses on light hand weights to build core strength, endurance, balance, and flexibility. Proper footwear, water, and 1 to 3 lb. weights are needed. Course fee: \$40, due upon registering in-person by Nov. 21. Space limited. No Class: 12/28; Last Class: 1/25/17.

ARTISTICALLY SPEAKING

Acrylics for All: Starting on Tuesday, November 1, at 10 a.m., join Andrea for this 3-session class (11/1, 11/15, 11/22) as she brings out the best in both the beginner and advanced painter. Seasoned Students (requiring no supplies): \$20 p.p. Newbies (requiring supplies): \$45 p.p. Payment due upon registering in-person, before 10/25. Space limited.

Collage with Karen: Starting on Tuesday, November 15, at 2 p.m., join Karen for this two-day workshop (11/15, 11/22) as she follows in the footsteps of Matisse, Bearden, and other artists who paint with paper. Experiment with different mediums to create realistic and abstract images. Course fee: \$20 p.p., due upon registering in-person, by November 7. Space limited!

Mixed Watercolor Media: Starting on Thursday, November 17, 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 11/9. Space limited. (No Class: 11/24).

Art of the Masters: On Friday, November 18, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on Salvador Dali. Then, individuals, with a PROJECT COUPON, help create a group masterpiece, using tempera paint, in the artist's style. Coupons are available, while they last, for "in-person" registrations only. Lecture only? Please call to reserve your spot in advance.

Renoir: On Monday, November 21, at 10 a.m., join Maurice Mahler, Art Historian, for an enlightening lecture and DVD presentation on Claude Renoir that focuses on the artist's life and art through his canvases, correspondence, and dialogue with his son and art dealer. Please register in advance.

Pastels Demo: On Tuesday, November 29, at 1:30 p.m. Shelly Wish provides a descriptive demonstration using soft Pastels for portraits and still life. This is a prelude to his 5-session, multi-level class starting in December. The demo is not a prerequisite to sign up for the class. However, new students are encouraged to attend. Please register in advance.

Renewing Friendships For Seniors

But with the evolution of technology, it's easier than ever to reconnect with your friends and loved ones. With a little computer savvy and a commitment to "getting the crew back together" you can reclaim these relationships in no time.

BENEFITS OF FRIENDSHIPS

Research shows that close and healthy relationships with others. These benefits can be physical, mental and emotional — all of you're trying to find new friends or convince previous ones to so may put you out of your comfort zone. It's important to so will help keep you focused on putting in the energy and those around you.

SOCIAL MEDIA

Many seniors go to their favorite social media platforms prominent in their lives. Social media makes it easy to past connections. By simply sending an re-introductory been up to and if they'd be interested in reconnecting. If meet for coffee or a meal.

FINDING FRIENDS

If you have recently moved to a new area, it may be The AARP has put together some tips to help seniors meet friends, of ways to do so. Consider incorporating some of the following people: • Churches and other faith groups put on social events that can afraid to chat with people you don't know. • Join a senior citizens' center. of events, such as dances and parties, volunteering opportunities and recreation Even if you're looking for part-time work or a volunteering opportunity, the key is being around new people to increase your chances of finding people looking for the same thing as you: friendship



can contribute to your overall health, especially for senior citizens. which can contribute to healthier, more fulfilling lives. Whether start spending time together again, the effort required to do remember the advantages to a more friend-filled life. Doing dedication required to build and enhance relationships with

to find and reconnect with people who were once search for people by name or location, helping you locate message, you can easily find out what your friends have they live close enough, you may be able to set up a time to

challenging to put yourself back out there to find new friends. especially those seniors who may have a hard time thinking practices in your daily life to improve your chances of meeting new be great sources for new connections. Consider attending, and don't be These organizations are active in the community and put on a broad range events. • Finding employment can open up a world of networking opportunities.



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FALL INTO HARMONY

With the Heart of New Jersey Chorus

By Pam Teel

There are friends to be had and songs to be sung with the ladies who make up the Heart of New Jersey Chorus. Do you like to sing? Would you like to refine your singing voice? The ladies in the Chorus would like to meet you. They practice nearly every Wednesday night at 7:30 pm at the Primary School, at 18 Schoolhouse Road, in Millstone Township.

The Chorus, a chapter of the Sweet Adelines International Group, is a chorus of female singers who sing four-part acapella harmony in the barbershop style, which includes base, baritone, lead, and tenor. They sing a variety of music from show tunes to swing, ballads to boogie, and more. With the guidance of their newest director, Jeanne Elmuccio, a graduate of the Brooklyn Conservatory of Music, and a member of the Sweet Adeline's for many years, among other musical assets, comes a renewed positive energy. With a year behind her, the Heart of New Jersey Chorus brought home third place in the Small Chorus Division of the Sweet Adeline's International Greater NY/NJ Region #15 Convention this past April. This was a huge accomplishment for a chorus who had only months to prepare under the new leadership.

There's no stopping these talented and friendly women who welcome new talent with open arms. The chorus consists of twenty-five women from six different counties who come together to share a passion for singing. These women are committed to advancing the art form of barbershop harmony through educational competition and performances. They welcome you to come and watch one of their rehearsals and see if this is for you.

Women of all ages are invited. (It's best to call first before heading out to a rehearsal to make sure they will be practicing that night.) The contact membership chairperson is Kerrie and she can be reached at the number below. For information on upcoming rehearsals, go to: www.HONJ.org or call 609 469-4537.

The Chorus performs for civic events, charities, private parties, and more. They also host an annual show of their own. Upcoming events include November 6th at the Summit Library in Summit, NJ, and December 3rd at the Millstone Primary School. You can find more information on how to obtain tickets for the show on their website. If you are interested in booking the Chorus for your next event, you can call 609 469-4537 or email honjmembership@gmail.com.

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By Jordan Tinitigan

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Trolls

Release Date: November 4th, 2016 PG

This hilarious film transports audiences to a colorful, wondrous world populated by the overly optimistic Trolls, with a constant dance in their step and a song on their lips, and the comically pessimistic Bergens, who are only happy when they have trolls in their stomachs.

After the Bergens invade Troll Village, Poppy (Kendrick), the happiest Troll ever born, and the overly-cautious curmudgeonly Branch (Timberlake) set off on a journey to rescue her friends. Together, this mismatched duo embark on a rescue mission full of adventure and mishaps - trying to tolerate each other long enough to get the job done.

Moana

Release Date: November 23rd, 2016 PG

In the ancient South Pacific world of Oceania, Moana, a born navigator, sets sail in search of a fabled island. During her incredible journey, she teams up with her hero, the legendary demi-god Maui, to traverse the open ocean on an action-packed voyage, encountering enormous sea creatures, breathtaking underworlds and ancient folklore.



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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?

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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.

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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! ©■



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Oscar Hammerstein II Residence To Become A Museum

By Pam Teel

Born in New York City in 1895, Oscar Hammerstein lived and died on his beloved Highland Farm property, in Doylestown, Pennsylvania. Hammerstein, an American writer and lyricist, best known for his partnership with Richard Rogers, went on to compose some of the best songs and musicals of the times. These popular songs have transcended time from one generation to the next. Some of his more successful musicals include Oklahoma, Carousel, South Pacific, The King and I, and The Sound of Music. Hammerstein won an Academy Award twice, received the Hundred Year Association of New York's Gold Medal, in recognition of his outstanding contributions to New York City, won eight Tony awards, and received a special Pulitzer Prize in 1944 for Oklahoma, and an annual Pulitzer Prize for Drama, in 1950, for South Pacific.

His song, "Oh What a Beautiful Morning," from the musical Oklahoma, was an ode to his Doylestown Farm, which was his principle residence for twenty years until his death in 1960. According to Alexa Johnson, Public Relations Manager at Visit Bucks County, Hammerstein's grandson Will is working hard to raise money to turn the Highland Farms property into a bustling museum within the next two years. The museum will include house and barn tours where costumes, sheet music, props, and interactive exhibits will be on hand.

The home was entered on the National Register of Historic places in 1988. First known in the 1740's as Evergreen Farm, it included a main house, smoke house and wine cellar. Bucks County was called Buckinghamshire County at that time. By 1840, the original home was replaced with the current structure, an impressive three story mansion with the original smoke house and wine cellar remaining intact. A barn and carriage barn were added to the property. The farm itself is over 260 years old.

In 1941, during a lull in his career, Hammerstein and his wife were looking for a country escape and while driving up the hill to the farm; they spotted a rainbow and thought that to be a good luck sign. The move proved to be inspirational for Hammerstein. It's where he went on to write his masterpiece musicals.

During their twenty years living in their home, the couple had many famous guests, as well as local town folks come to visit. Hammerstein flew many different colored flags as signals to the neighborhood children. One color would mean for them to come and swim. Another color would mean to come and play tennis. There was also one flag that told them that he wasn't to be disturbed that day. In addition to their own children, the Hammersteins were known to take in children who

needed a home. Among one of those children was Stephen Sondheim, who Hammerstein mentored and encouraged to become a theatrical songwriter. Other guests included writer, James Michener, who was from Doylestown, and Oscar's long time collaborator, Richard Rogers. After his death, his wife sold the farm and the new owners turned it into a bed and breakfast.



Highland Farm -Doylestown, Pa.

Once owned by Oscar Hammerstein II., his inspiration for many of his songs!

In 2007, the home was fully renovated by its current owner, who is fully on board with turning the home into a museum in Hammerstein's honor. To date, many township meetings and much compromise has been made to make their dreams become a reality, but things seem to be going in the right direction. An early October meeting signaled the go ahead for the project. Though early in the game, Ms. Johnson will keep us posted on the progress of the project and funding information as soon as it becomes available.

If you haven't visited Doylestown, it's a great place for a weekend drive with plenty to see and do. It has a great downtown with many restaurants and places to shop. The Oscar Hammerstein Museum will be a great addition to the other attractions around town, which include the Mercer Museum, Fonhill Museum, the James A Michener Museum, and the Moravian Pottery & Tile Works. For more information on Doylestown, go to: http://visitdoylestownpa.com/local_attractions.html



OPERATION PROM is a non for profit organization established in 2005. Operation PROM was originally established to help low-income students attend their Proms by providing free Prom dresses and tuxedo rentals. It has since expanded to include regular donations of clothing and school supplies to students who are sick, homeless, disabled, or live in shelters.

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HICKORY CORNER LIBRARY BOOK SALE

The Friends of the Hickory Corner Library, Inc., will be holding their Fall book sale starting on Thursday, November 17, 2016, at the library, 138 Hickory Corner Road, East Windsor, NJ. On Thurs., Nov. 17, 2016, from 4:00 - 6:00 pm, we will be open only for members of the Friends of the Hickory Corner Library. The general public is invited for the rest of the sale: Thurs., Nov. 17, 6:00 - 8:30 pm; Fri. and Sat., Nov. 18 & 19, 10:00 am - 4:00 pm; and our special BAG SALE on Sun., Nov. 20, 1:00 - 4:00 pm. (All the books you can fit into our bag - \$5.00.)

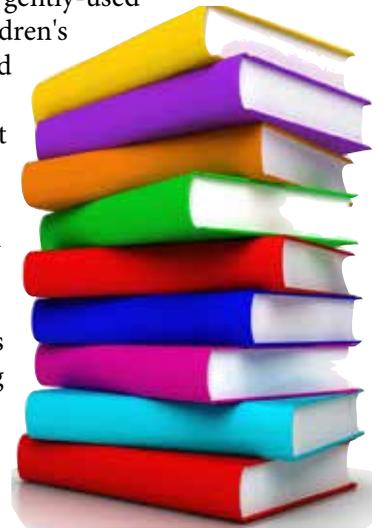
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CONTACT:

For information on reserving a space to sell your arts & artifacts, please contact RAP at rooseveltartsproject@gmail.com.

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Visit <http://www.rooseveltartsproject.org> for information about the 2016-2017 schedule of cultural events presented by RAP.

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1:45 p.m.	Depart for Sight & Sound's Millenium Theatre
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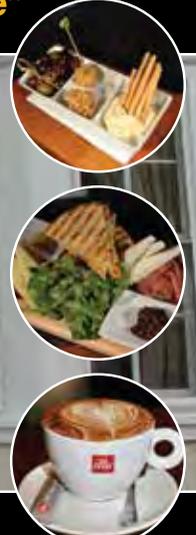
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Millstone Elks Post 2613 Hosts Annual Handicapped Dance

By Pam Teel

The Millstone Elks recently sponsored their annual Handicapped Dance with the theme of Halloween in the air. This dance is part of a monthly September to June dinner/dance held for special needs and handicapped individuals throughout Monmouth County.

The Elks Lodge started up in 1983 and not soon after their inception they began reaching out and helping the special needs children of their community and other surrounding communities. They have been sponsoring the dances for over 40 years. The population now consists of mostly adults but some of these adults started out coming to the dances when they were just children. Some of the group homes that participate include Millstone Township, Trenton, Eatontown, and Hazlet.

The Elks also sends two special needs children, up to 21 years old from Millstone or a surrounding area, for one week at their Camp Moore. Secluded in the hills of the Ramapo Mountains, the Elks Camp Moore offers a fun filled vacation away from home for children with special needs. The primary goal of the camp is to further develop the recreational and social skills of each child. In a relaxed and accepting atmosphere, each camper experiences new adventures, lasting friendships, and opportunities that promote independence and greater self-confidence.

The Millstone Elks also holds a Charity Ball every year in March, however donations have dwindled over the past few years and the lodge is in dire need of donations to help keep these functions going, not only for the handicapped and special needs population in our community, but for the Veterans outings and dinners as well.

This year they started the first annual Millstone Elks Antique and Classic Car Show where money was raised to benefit children of special needs. The event will continue again in the spring and will be held at 5 Dawson Court in Millstone Township. You can check on their website for future details. There is also a large banquet Hall with a bar that they rent out. If you have an upcoming event coming up, please give them a call. Lodge number: 609 259-8911, Office: 609 259-3180.

Leah Tye, whose husband is an Elks member, has been helping to coordinate these events, which include reaching out to group homes to planning menus and decorations. She has whole-heartedly volunteered her services for many years. She and the other volunteers, some who have been there for over twenty years, would hate to see this all end because of lack of

funding. Just to look at the smile on the faces of those with special needs on the dance floor says it all, that this is a fight they are going to win, but not without help from the community and nearby businesses. It's time to reach out and help an organization whose members have dedicated their time and services to their community from the moment that they opened their doors.

Edward Bazelewsky now heads the handicapped committee and also sponsors the events for the Veterans. Donations can be sent to Millstone Elks #2613 Handicapped Committee care of Ed, P.O. Box 34, Clarksburg, NJ 08510.

The Elks invest in their communities through programs that help children grow up healthy and drug free, by undertaking projects that address unmet needs, and by honoring the service and sacrifice of our veterans.

Public service is a large part of being an Elk. The Elk National Foundation provides more than 3.65 million in College scholarships to graduating students and has programs for youth that include, the Hoop Shoot, Drug Awareness programs, the sponsoring of state projects, serving our veterans, sponsoring Americanism Essay contests, a soccer shoot, a junior golf program, and a dictionary project bringing nearly 10 million dictionaries to schools and students over the past 15 years. They also help sponsor youth recognition projects and the

Antlers program for young people between 12-21 years of age. For more information about these programs and about the Elks Organization, go to: (<https://www.elks.org/lodges/home.cfm?LodgeNumber=2613>)

You can make a difference by helping the Elks continue to provide charitable services to their community. Please donate now. The winter dance will soon be coming. Let's keep that smile on those special faces!



Event organizer, Leah Tye, in the middle with some of her friends enjoying the Halloween Costume Dance.

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

Ralph Pietro of East Windsor sent in these photos of his trip last year to Italy. These two photos were taken in Paestum, Italy. Paestum is an ancient Greco-roman city in the Campania region of southern Italy just south of the major city Salerno. Settled by the Greek colonists in 6 century BC, Paestum was later occupied by the Lucanians, Romans, and Christians. Malarial swamps surrounding it led to its abandonment in the 9th century AD but also helped to preserve the ancient city. There are three well preserved Dorik Greek temples still standing, ruins of ancient homes, and a museum of Greek artifacts in the area. While visiting the Roman ruins at Pompeii, Ralph was told about this lesser traveled ancient site and decided to make a day of it. You could take the train from Salerno right into Paestum, but you might have to wait a few hours to get back. Being that this not as popular a site as Pompeii, the train schedule is more erratic. There is a little town and some places to sit and have lunch. Ralph would also like to point out that the best thing to do if you plan on visiting the Paestum site is to purchase a two-way ticket in Salerno. From Naples/ Pompeii to Salerno train station is 37 minutes; from Salerno to Paestum is another 43 minutes. Ralph and his wife enjoyed the train ride through the countryside and the ancient ruins immensely. The first photo is the Temple of Athena c500 BC and the second photo is the Temple of Hera II.



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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IT'S LATER NOW THAN IT'S EVER BEEN

By RUSS PERRINE -- The writer, of Monroe Twp, was an on-air news editor at New York's former 97.9 FM and graduate of the CW Post Campus at Long Island University. He can be reached at Rperrine@aol.com

The November 2016 presidential election, as we go to press, is upon us.

The turnout is predicted to break all known records going back as far as when election record keeping began. The founding fathers who set all this up 241 years ago should be proud of the high turnout – while at the same time painfully dismayed it took this long.

The campaign which began around eighteen months ago has revealed a divide in America as wide as the Grand Canyon. The conflicting point(s) of view have been there all along – but the division was shrouded in a haze that rivals the 1930 era dust storms. For any reader who is unfamiliar with the dust bowl history of the USA, please seek out and view a shocking – and I do mean shocking -- film documentary by Ken Burns on PBS-TV.

We are very fortunate that television technology has quietly been expanding its reach and impact since digital format broadcasting began. Every reader of this column should be aware that up in your attic, where temperatures routinely rise to 110 degrees during summer and fall to 32 degrees on frigid winter nights...a valuable secret has been waiting for you.

At the highest point of your attic -- crisscrossed by all those two-by-fours -- are powerful TV signals. When older weak analogue signals were replaced by modern digital transmitters, they brought with them a vast new variety of programming...totally free. Cable companies and satellite providers are constrained by law to not offer competing market signals that are considered out of town...but nonetheless they are there!

In this area, Philadelphia is the source of our secondary channels. So what's up there that is worth watching? Glad you asked.

First of all, do not attempt this on your own. Serious injury might result. But technicians who are familiar with HDTV air signals can be employed to position a strange looking antenna high up inside your attic space, with pinpoint compass aim provided by any smart phone using a map. The antenna itself is protected from all weather and will provide decades of service, connected to a 50' lead-in wire to comfortably reach an upstairs office or bedroom.

I invested in a battery powered HDTV receiver with handy antenna input jack that takes the sting out of an electric power outage – or more often -- a cable provider outage!

The battery may be recharged from any car 12 volt plug while driving around to survey all those homes in the dark. Gone is that stress filled telephone call to your cable provider reporting the outage.

The best part is Philadelphia local stations are well aware many New Jersey homes are watching them using this free over-the-air system. Even more interesting, the higher (above channel 13) numbered channels are owned by independent station owners that offer dozens of English language news channels from every corner of the world.

To my astonishment, an Australian commentator the other night read an American news story that trumpeted the news “a large American city recently offered a cash money buyback of all gang weapons and guns, making that city safe again”.

The commentary was followed by a terse statement that is still resonating inside my head.

When the buyback strategy was considered in Australia it was rejected because: "THE MONEY PROVIDES ILLEGAL GUN OWNERS WITH FUNDS TO GO OUT AND PURCHASE A NEW AND MORE DEADLY GUN."

Now...I ask you, why can't we understand things like this?

Historic Allentown

Allentown Garden Club presents Backyard Chickens Lecture

Gwenne Baile, an environmental commissioner in Haddon Township and chair of both the Haddon Twp. Backyard Chicken Advisory Board and of Camden County Chickens, will be the featured speaker at the November 10 meeting of the Allentown Garden Club. Gwenne was instrumental in changing her town's laws to allow a very successful pilot project which continues today, and she will share her experiences and valuable information for home gardeners who would like to raise hens. The meeting will be held at the Allentown Methodist Church on Church St. (next to La Piazza Restaurant) at 7 p.m. All are welcome. For more information, go to www.AllentownGardenClub.net.

Live Life in Color Adult Coloring Program



Join us at the Allentown library on the following Tuesday and Wednesday afternoons and unleash your creative genius.

Each week we will feature a special coloring theme. Supplies and refreshments will be provided.

Our Tuesday Programs Begin at 2:00 pm on the following dates:

- October 4:** Nordic Designs
- November 2:** 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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Your Bakery Dreams Come True at BerryRich

By Susan Heckler

Congratulations Allentown, a new gem has joined your ranks. BerryRich Bakery & Café celebrated their grand opening at 2 North Main Street over the summer on July 9.

I stopped in for a visit recently and to do my Sweet Tooth Taste Test. The first thing you notice as soon as you open the door is the aroma. All baking is done on the premises and you get hit with that deliciousness just by inhaling. The décor has that small town feel with comfy seating for guests to sit and enjoy a cup of coffee and some chit chat with friends or while they wait for their order to be packed up.

I had the pleasure of meeting Ernie Rich, the Executive Pastry Chef/owner and his wife Doretta, the Barista of the family. They are both New Jersey natives and currently live in neighboring East Windsor. Ernie has 35 years of experience all over New York, New Jersey and Philadelphia. He was trained at Johnson & Wales and honed his craft working at some amazing restaurants over the years. He is also the Chef instructor of "Chocolates and Confections" at Mercer County Community College. So essentially, he has a degree in delicious and teaches it as well.

Doretta likes to stay behind the counter and give Ernie the spotlight but seriously...you have to taste her coffee! Watch your back Starbucks. Doretta took

me behind the scenes and introduced me to their secret weapon...Big Bertha. Big Bertha is their behemoth oven from the 1970's, though a little temperamental, bakes your purchases the way they were when you were a kid.

I have sampled baked goods from famous bakeries in our area. They are picture perfect but the taste was disappointing. Unlike most bakeries, BerryRich's cakes look great but they taste even better. My sweet tooth was doing the happy dance! Warm chocolate croissants right out of the oven, cider donuts, a great selection mini-cupcakes, beautiful breads to adorn any dinner table. Even my savory tooth was happy after eating their Western Omelet Croissant. Nothing better than one of those and a cup of Doretta's coffee to start your day.

Do you have a special occasion coming up? Ernie can build your dreams in pastry creams. Bring in a photo of your dream cake and let that man loose. He is truly an artist!

Definitely check this place out and remember them for your holiday dinners. I suggest getting your order in early to be sure your favorite cakes, cookies and pies will be waiting for you when you arrive. Save me a red velvet mini-cupcake when you go!



The Thomas Baird Homestead 3rd Annual Fall Harvest

By Pam Teel

You couldn't have asked for a better fall day to highlight the 3rd Annual Harvest Fest held by the Friends of Millstone National Registered Properties (MTHRP). The event was held on the spacious grounds of the historic Baird Homestead. This 1830's Greek revival farmhouse was tastefully restored by members of the MTHRP, the Millstone Township Historic Committee, and volunteers, to reflect the memories and the moods of the 18th & 19th century, complete with period pieces, furniture, and old farm equipment.

The event included a tour of the home and grounds, including the blacksmith barn and the larger barn where the elementary school children's artwork was hung up on display. A blacksmith was on hand to talk about life in the earlier days and explain the tools used during that period. Some of the original wood that went into the blacksmith barn was taken from a wagon shed on the former Allen Property on Stagecoach Road. Other happenings of the day included a pig roast, face art, a petting zoo, games, prizes, music, arts and crafts, a pumpkin patch for the little ones, comfort food, and a hayride, all for the admission fee of \$5.00.

The Baird Homestead is a living cultural Resource Center providing Educational programs for students in Monmouth County. The grounds include a blacksmith barn, a larger barn, a greenhouse, an educational classroom, and more.

If you haven't had a chance to tour the restored home, there will be another chance on December 11th when the Millstone Township Historic Committee will host "Holiday House" on a Sunday from 12-3. Come and share some coffee, cider, and baked goods as they ring in the Christmas season.

Noah, Leah and Ezra Necerato enjoying the petting zoo at the Harvest Fest



The blacksmith explaining the early history of his trade



Children picking pumpkins after their hayride

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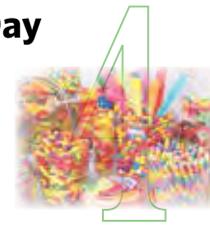
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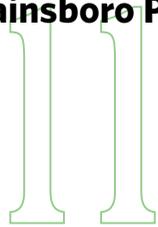
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**Where the Wild
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**Holiday Express
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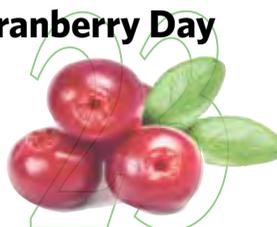
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Newell Elementary School Once Again Honored

By Pam Teel

The Newell Elementary School in Allentown was once again honored for its participation in the 2016 Scholastic Summer Reading Challenge, coming in as number 1 and earning them the title as “**Best in State for New Jersey**” with a total of 2,606,028 words read this summer. They also took 8th place Worldwide in the 2016 Scholastic Summer Reading Challenge.

The school will also be featured in *Best and Buzzworthy 2017: World records, Trending Topics, and Viral moments*, and they will receive a special celebration and personalized plaque to commemorate their summer reading achievements. This summer children from all 50 states and 27 countries read 204,594,918 million minutes in the 2016 reading challenge.

Newell Students celebrated their success on September 23rd with a school-wide rally, continued with a water balloon challenge and scavenger hunt. Top readers were given a gift certificate presented by the PTA to be used during the schools Scholastic Book Fair, and top classes were awarded pizza parties for the whole class to enjoy.

This is Newell’s 5th year participating in the Summer Reading Challenge and also the fifth year for placing in the top 20 Worldwide. Newell began competing in the challenge at the behest of Principle Kelly Huggins who wanted to find a vehicle that could be used to promote summer reading. The reading challenge is a way for the students to maintain reading skills over the summer as they work together towards their goal in the Summer Scholastic Reading Challenge.

The students as very excited about their goals this year and look forward to next summer’s Scholastic Reading Challenge.

Congratulations to all the students who participated. Keep up the fine work!

“The more that you read, the more things you will know.
The more that you learn, the more places you’ll go.” (Dr. Seuss)



Top readers stand with Principle Huggins, Julia Larkin, Susan Downs, and Kimee Moore

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The Millstone Times STUDENT OF THE MONTH

Ella Skelton

By Pam Teel

Nine-year-old Ella Skelton lives in Millstone Township and attends Oak Hill Academy in Lincroft, NJ. Ella loves to read. Her favorite time in school is to go to the library and pick out new books to read. Right now she is reading *The Warriors*, *Night of the Howling Dogs*, *Pax*, and the *Wings of Fire* series. Ella likes to read fiction stories that she can imagine in her mind.

Ella earns excellent grades in school and her favorite subjects are computer, library, and art. She also likes to go on class trips. She really enjoys playing all kinds of songs on her piano and her recorder.

Besides reading, her two other favorite hobbies are needlepoint and crocheting.

Ella lives with her mom and dad and three older brothers. She loves to visit Florida where she visits her grandparents and relatives. While in Florida, she likes to go to the Clear Springs. Ella also loves to go to Canada. She loved seeing Niagara Falls and all the other smaller Falls when she was there.

Her favorite holiday is Christmas because it is also her birthday.

Her favorite sports are running and softball. She is on the cross-country team at her school.

Ella's favorite food to eat is chicken wings.

Ella loves animals, especially dogs and cats. When she grows up she would love to be a veterinarian so that she could help animals.

If she had but one wish, it would be a magical one; she would love to be a cat because she loves them so much, but only if she had a nice owner.

Keep up the reading and the great grades in school Ella. Don't ever lose your imagination. As Einstein once said, "Logic will get you from A to B, but imagination will take you everywhere!"



Ella Skelton

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AUTO DOCTOR

By John Speranza

Doing Your Own Auto Repair Work Can Save You Money, But It Can Also Be Dirty, Dangerous Work

The following tips are provided to help you avoid the dangers of auto repair so you don't injure yourself or someone else. Most of these tips are common sense warnings, but there may be some things you are not aware of that could pose a potential danger.

First and foremost, DO NOT attempt repairs that are beyond your ability. If you feel unsure about a repair, you should seek out a competent professional to do the work for you. Better to pay someone who knows what they are doing than to attempt to fix it yourself and screw it up. Many systems on vehicles today are very complex. Repairs often require considerable skill and expertise, not to mention special tools and equipment. A simple mistake could ruin sensitive (and expensive!) electronic components. So don't tackle jobs that are beyond your abilities.

Do not attempt to undertake any maintenance or repair work on your vehicle if you are tired, not feeling well, tipsy, intoxicated, on medication or otherwise impaired. Exhaustion, illness, alcoholic beverages and even some medications may affect your judgment and perception creating a potential for injury or error. Always have a fire extinguisher near by just in case. Never crawl under a improperly supported vehicle and do not trust a jack alone. It is important to always disconnect one of the battery cables and/or remove power fuses for any circuits when doing electrical repair work.

Watch out for AIRBAGS. Crossing, jumping or shorting wires in the air bag circuit could cause the air bag(s) to accidentally deploy and possibly injure you. Air Bag wiring is often color-coded YELLOW.

If your car needs service, licensed auto mechanics consistently offer better value as much as safety. You want to make sure the technician doing the work is licensed. It pays to be meticulous in selecting the best available professional.

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Mazda CX-5 Sport

Lease **\$169** /mo. 36 mos.

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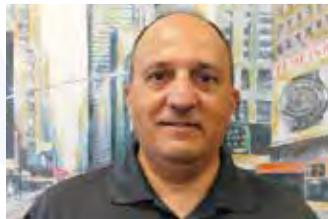
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Mazda CX-9 Sport AWD

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A LOVING FAMILY WANTED

Warning- This is a notice to people who think it's alright to dump cats into already established cat colonies in the Millstone and Jackson area. Just know that it is against the law to dump off an animal anywhere else because you don't want them in your neighborhood. There are other solutions that you must figure out on your own merit. It is not fair too overburden kind volunteers who use their own money to care for these colonies. These cats in the colony are already spayed/neutered, taken to the vet, and provided for with some shelter out of these individuals' own pockets. To think it is ok to dump a cat or dog into these colonies is not right and you could be brought up on charges of animal abandonment. Most of these facilities in the area where these colonies are have security cameras and can identify you and your car. Don't be surprised if the ASPCA comes knocking at your door with a hefty fine. You must cease with the illegal dumping of these innocent cats now.

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, crate 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. Please take a look at their website and the animals up for adoption and give these animals a chance at living a long and loving life as part of your household. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them. Animal Assistance does a great job of finding the right home for these animals. Please consider looking here first. You never know. You just might find your forever pet at Animal Assistance.

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. 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.

Little Boy Blue- Is a baby Pit Terrier with a great disposition. He loves to cuddle, is friendly and looking for love.

Bella- is a young female Rhodesian Ridgeback. She's quiet and loves to play with toys.

Napoleon is a small adult Chihuahua. He is super friendly and likes to travel in the car.

Allison is part Dachshund and Hound. She was found abandoned by a negligent family. She is sweet and clean and would be a great therapy dog.

Jack Sparrow is a young male cat. He's all black and is very sweet and affectionate.

Rose and Lily are young American short hair cats found abandoned. They are litter trained and very loving and playful.

Rudy was found in an abandoned home. He is well mannered, clean and a very happy dog. He is about 1 or 2 years old.



Bella



Jack Sparrow



Allison



Little Boy Blue



Mandy



Napoleon



Rose and Lily



Rudy

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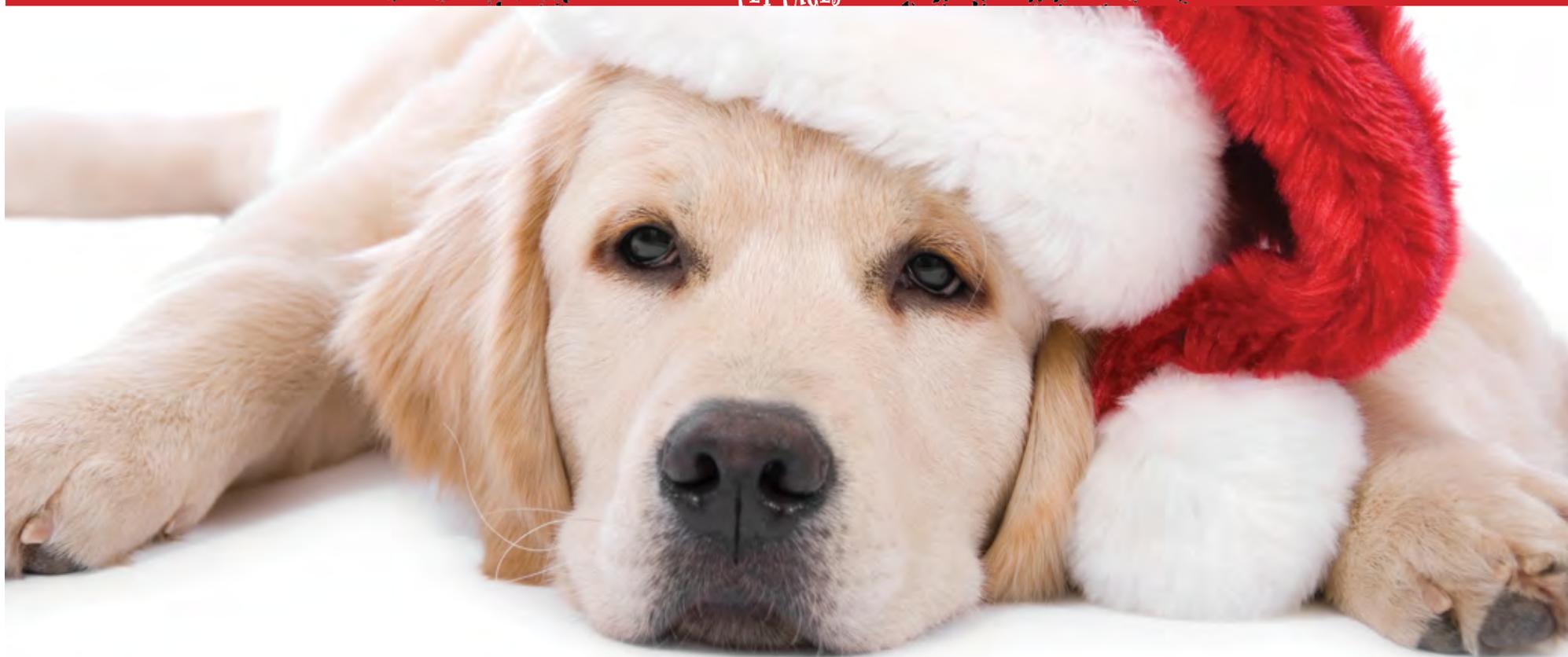
Send in your photo to: tmft@optonline.net
In the email subject line write: **Pet Contest**
Include a high resolution photo, your pet's name and town.

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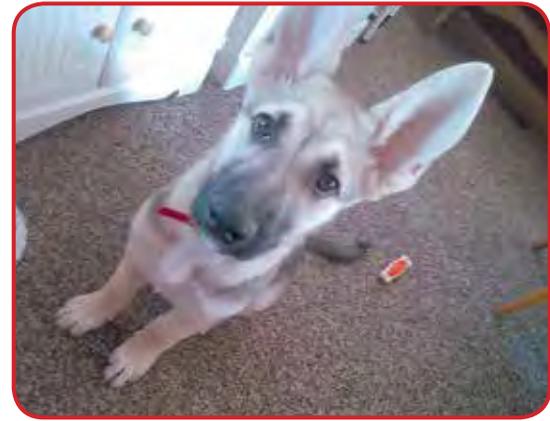
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Myra



Decker



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Gracey

CONGRATULATIONS!



Boaz (Bo)

10 questions you should ask your vet when medication is prescribed.

1. Why has my pet been prescribed this medication and how long do I need to give it?

Your veterinarian can tell you what the medication is expected to do for your pet and how many days to give it.

2. How do I give the medication to my pet? Should it be given with food?

Your pet may have fewer side effects, like an upset stomach, from some drugs if they are taken with food. Other medications are best to give on an empty stomach.

3. How often should the medication be given and how much should I give each time? If it is a liquid, should I shake it first?

Giving the right dose at the right time of the day will help your pet get better more quickly.

4. How do I store the medication?

Some medications should be stored in a cool, dry place. Others may require refrigeration.

5. What should I do if my pet vomits or spits out the medication?

Your veterinarian may want to hear from you if your pet vomits. You may be told to stop giving the drug or to switch your pet to another drug.

6. If I forget to give the medication, should I give it as soon as I remember or wait until the next scheduled dose? What if I accidentally give too much?

Giving your pet too much of certain medications can cause serious side effects. You'll want to know if giving too much is a cause for concern and a trip to the animal emergency room.

7. Should I finish giving all of the medication, even if my pet seems to be back to normal?

Some medications, such as antibiotics, should be given for a certain length of time, even if your pet is feeling better.

8. Could this medication interact with other medications my pet is taking?

Always tell your veterinarian what other medications your pet is taking, including prescription medications, over-the-counter medicines, and herbs or other dietary supplements. You may want to write these down and take the list with you to the vet's office.

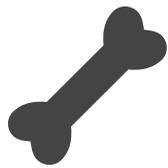
9. What reactions should I watch for, and what should I do if I see any side effects?

Your veterinarian can tell you if a reaction is normal or if it signals a serious problem. You may be asked to call your vet immediately if certain side effects occur.

FDA encourages veterinarians and animal owners to report serious side effects from medications to FDA's Center for Veterinary Medicine at 1-800-FDA-VETS. For a copy of the reporting form and more information on how to report problems, visit the Web site, How to Report An Adverse Drug Experience.

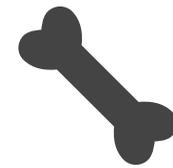
10. When should I bring my pet back for a recheck? Will you be calling me to check on my pet's progress, or should I call you?

Your vet may want to examine your pet or perform laboratory tests to make sure the medication is working as it should.



IT'S A DOG'S LIFE RESCUE

An Affair of the Heart



By Pam Teel

It's a Dog's Life Rescue of NJ is a 501© nonprofit organization located in Creamridge. Right now it consists of five individuals who have their hearts in the right place. Their goal is to save as many dogs and cats that they can before their time is up in the shelters.

It continues to break founder, Ralph Pellecchia, and his wife Jerelyn's hearts when they hear about a perfectly healthy animal that was euthanized because the shelter ran out of space, so Ralph and his wife decided to do something about it. They wanted to make a difference. They are on a mission to help save as many cats and dogs that they can from an early demise. Along with their friends, Gina Schneller Rand, her mother Regina, and Lianne Hughes, the group has already successfully adopted out 28 animals they have rescued in the past year alone.

Their mission is to remove cats and dogs from situations that are not sustainable and find forever homes for them. Their plans are to pull more animals from the NYC Animal Control Center where approximately 8,000 totally adoptable pets are put down yearly.

Ralph's own dog Jack was rescued just an hour before he was to be euthanized. He was told the dog was a stray but when Ralph got him home, the dog understood all his commands and proved more to be a dog that was likely abandoned by its owner.

It's a Dog's Life Rescue will meet or exceed all ASPCA guidelines. Once the rescue takes control of the animal they will receive an intake examination by a licensed veterinarian, updated vaccines, scanned for microchips, and given a free behavioral assessment prior to being approved for adoption by Bobby Amone from Confident K9 Professional Dog Training. (confidentk9s@gmail.com)

Recently a Paint Party fundraiser was held at Vesuvio's Restaurant for approximately 40 people who enjoyed an afternoon of painting, wine, and a very delicious dinner. Artist Vickie Butler from Partytyme Travel Paint Company was on hand to help the guests master a fall scene. There were baskets to raffle off, two of which were donated by Vesuvio's Restaurant. The rescue raised \$620.00 dollars from the paint party event. They count on these events and other future fundraisers and donations so that they can continue to save healthy animals lives.

With support from Vesuvio's Restaurant, the Tractor Supply Company of Allentown, Pet Value of Jackson, All Fur Paws Animal Hospital in Millstone, Bubbles Away Pet Spa, ConfidentK9 Dog training, and other local businesses, who donated items, gift baskets, gift certificates, and their time to help the rescue raise money, Ralph's Organization is well under way, but he could use your help too.

It costs just about \$500.00 for each new animal Ralph brings into the rescue. This money goes toward a medical exam, vaccines, deworming, spaying and neutering, food, supplies, and more. The staff is strictly volunteers who have spent a great deal of their life helping and caring for animals. They happily accept donations, whether it is monetary, food, blankets, supplies, or toys. The more monetary donations they receive, the more animals they can pull from the shelters.

You can also help by volunteering your time or becoming a foster parent for one of their adoptees. Please take a look at the animals they currently have for adoption. If you are looking to adopt and don't see the right pet for you, call Ralph and he can help you find the right pet. There is never a shortage of adoptable pets needing homes. Adoption fees are extremely reasonable and the use of the fees goes towards the animals' care and the rescue of other animals. For upcoming events, animals to foster or adopt, or to sign the petition to stop the killing of healthy animals in the NYC Animal Control Center, go to their website at <http://itsadogsliferescueofnj.com>

Phone 609 712-6144 or email itsadogsliferescueofnj@yahoo.com and check them out on FACEBOOK.

YOUR DONATION COULD SAVE AN ANIMALS LIFE!

Dogs currently up for Adoption-

Lil Bit- 4 year old, medium size, 50 lb. female spayed pit-bull who loves people but cannot be with cats or small children as she is quick and strong.

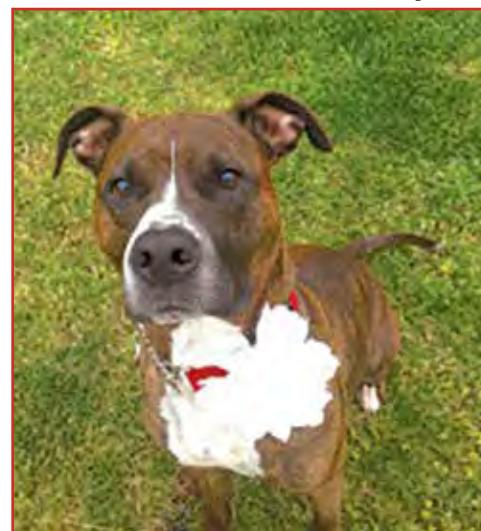
Suzy- Approximately four-years-old. Medium/large size mixed breed (possibly plott hound) Special needs girl. She has anxiety, which is being controlled by medication. She needs to be the only pet as she becomes nervous. She walks like a professional on a leash and is in training to help her feel more confident.

Pete- 3-year-old medium sized neutered male American Bulldog who loves children and other dogs. Walks great on a leash and is housebroken. Pete needs to gain weight and needs someone willing to help him feel secure.

These three animals are currently up for adoption!



Ralph Pellecchia and Lil Bit



Suzy - part Plott Hound



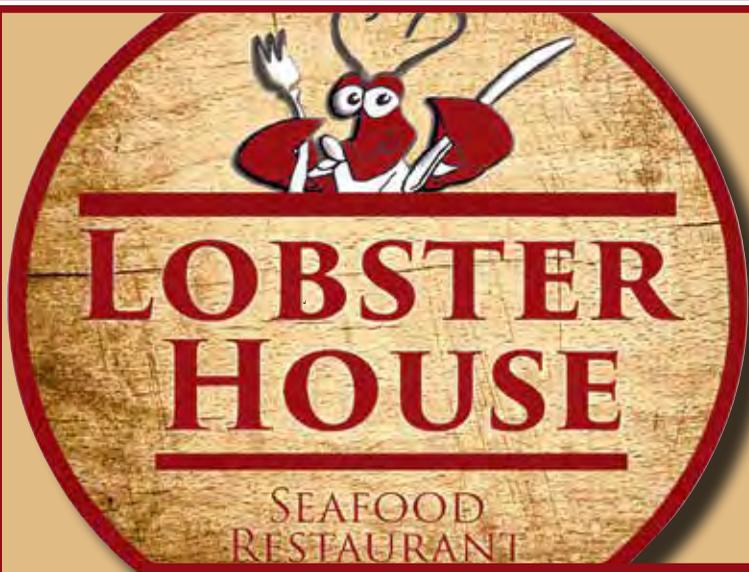
Nora Hughes and Petey in his foster home



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Friday 4:00PM - 10:30PM
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Sunday 12:00PM - 9:00PM



Do you have the right Automobile Insurance?

By John Bazzurro

In my day-to-day practice, I generally see two or three new clients per week that have been involved in automobile accidents. Unfortunately, about 90% of these people carry a policy of automobile insurance that does not allow them to sue for personal injury resulting from a motor vehicle accident. The purpose of this article is to educate the public with respect to its rights as they relate to automobile insurance policies and to inform the public of its options with regard to what type of car insurance they should obtain.

The State of New Jersey is one of many states that have a "no-fault" system of automobile insurance. This basically means that your own automobile insurance company pays your medical bills arising out of a motor vehicle accident regardless of who was at fault in causing the accident. In many states that have a "no-fault" system, there is generally a "tort threshold" in insurance policies or within the state's statutes. New Jersey is a state that contains a "tort threshold" in its statute. This is generally called the "verbal threshold" or the "limitation on lawsuit" threshold.

What does this "threshold" term mean as it relates to your rights as a citizen? Basically, because of this statute, in order to obtain damages for an injury from an injury sustained in a car accident, you must prove that your injury fits into one of several categories. Generally, in such cases which involve spinal injuries, an injured person must prove that they have a permanent injury to an organ or body part that "has not healed to function normally and will not heal to function normally with further medical treatment" before they will be entitled to money damages.

Insurance companies use the above statutory language in an attempt to convince a judge or jury that such injuries are not related to an accident and, even if such an injury was related to the accident, the spine now "functions normally." Oftentimes, juries "buy into" these arguments and refuse to find that a permanent injury has occurred. Once a jury reaches that conclusion, the injured party is not entitled to receive a monetary award even where the injured party has sustained rather significant life-changing injuries.

What can you do to protect yourself and your family against such an unfair outcome? Fortunately, in the State of New Jersey, you have a choice as to whether or not you want this "limitation on lawsuit" option to apply to your policy. Of course, it is better if this limitation does not apply to your policy. Unfortunately, you must pay an extra insurance premium to have this limitation taken off of your insurance policy. Once you pay the extra premium, the limitation described above will not apply to you or any family members living in your household.

If you do not know whether or not the "limitation on lawsuit" applies to your automobile insurance policy, please feel free to contact us so that we may advise you appropriately. If you do have this limiting option on your car insurance policy, we suggest that you immediately contact your insurance company or agent to have the limitation removed. Generally, the increased premium will be no more than a few dollars per month but will provide you with an unlimited right to sue in the event you are injured in an accident.

Should you have any questions with regard to the above or other questions concerning automobile insurance as it relates to personal injury law, please feel free to contact our office.

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Township Residents Send their Thanks

Millstone Township residents, Andy Ferrara and Scott Moore, would like to personally thank Mayor Bob Kinsey and the Township Committee for helping them resolve an issue in their subdivision that has been going on for years. High praise goes to the mayor for spearheading the issue and helping to see it through with a resolution that is not just satisfying to Mr. Ferrara and Mr. Moore but to the whole neighborhood as well.

New Jersey Wine Makes the Holidays Shine

By Susan Heckler

Hopefully we all have a lot to be thankful for and that your personal cornucopia is overflowing with wonder. Thanksgiving is all about abundance and appreciation, dating back when we were a new colony with severe struggles.

Did you know New Jersey is home to over 50 wineries? The industry dates back to the colonial days. Unfortunately, Prohibition killed it until 1981 when the laws were changed. We have 35 new wineries that have taken root in our state since 2000.

While you are planning out your holiday menu, don't forget about the abundance of amazing local wines for your table. Have you mulled over which wines you are pairing with each course?

No two wineries were created equal. They are each distinct in their own way. The soils are a bit different, the variety of grapes and the combination of them, the techniques used and the character and personality of the winery itself. Just because you have seen one doesn't mean you shouldn't see them all and the drive there is magnificent...rural New Jersey at its finest.

The Garden State Wine Growers Association is inviting you to winery hop before the holidays to bring cheer to your table. It is the perfect time to showcase the goodness New Jersey grows, sparkling wines, reds, whites, Moscato.... Come to the winery and taste before you buy. Sample the different varieties and shop with your taste buds rather than TV commercials and marketing campaigns.

Don't go to that big box store and get holiday cheer baskets; shop the local wineries for your gift giving of the grape. Support your state and keep your dollars local. If you can't manage to get there before Thanksgiving, spend that weekend on a New Jersey Wine Trail. Bring the family and hit the fall foliage for a festive weekend of wine tasting. Visit www.newjerseywines.com for a list of events and a map of where to find all of the wineries. Many of them give out holiday ornaments to remember the day or grapevine wreaths to adorn your home.

Holiday Wine Trail WEEKEND

November 25th, 26th and 27th

At participating wineries across New Jersey

Spend Black Friday, Saturday, & Sunday far from the mall crowds,
in the safe confines of New Jersey winery tasting rooms.

The holiday season begins in New Jersey wine country during the annual Holiday Wine Trail weekend! Statewide, 'tis the season for new wines, sales and discounts, tasting room entertainment, special tastings and more during the three days following Thanksgiving. There's a different experience at each winery. And, when you visit, make sure to ask for your NJ Wine Country Passport

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Start Being Green and Saving Green In Your Home This Winter

By Jordan Tinitgan

Where do you spend most of your time? For most people, the answer is “home.” Why not take the necessary steps to make sure it’s as eco-friendly as possible? Check for drafts around your home. These can lead to major leakages in your heating and air systems — and major leakages from your wallet. Hire a professional to take a peak around your home or do it yourself. Use spray foam insulation to fill in cracks or holes around the foundation. Seal drafty windows with caulking. These simple steps can go a long way toward making your home more energy-efficient.

ADJUST YOUR APPLIANCES AND THERMOSTAT: Check the settings on your refrigerator, freezer, microwave and stove. Are they set to the manufacturer’s guidelines, or have you adjusted them? Determine if they are turned up too high to make sure you’re not spending too much on electricity. When it comes to your thermostat, use a digital option that can adjust your home’s temperature throughout the day. Download the smartphone app for your thermostat that allows you to choose your home’s temperature remotely. These steps can lead to big changes in your heating and cooling bills.

SUNLIGHT IS YOUR FRIEND: There may not be a more powerful ally in the fight against environmental waste than the sun. You can strategically harness the heat of sunlight by adjusting the amount of window dressings you have in your home — and how you use them throughout the day. Leave west-facing rooms more exposed in the afternoon to help naturally heat your home from the sun’s rays. This can be especially helpful advice in the cold winter months.

Making Your Home Office Green

By Jordan Tinitgan

The next time you shop at your local office supply store, ask what types of green options they have. This can include going with recycled paper products. These types of materials help reduce your carbon footprint, especially if you use a lot of paper for your work. Eliminate disposable products as much as possible. Examples are non-refillable pens or pencils that seem to hit your trash can often. Making these simple choices in the materials you buy can greatly reduce the amount of trash you contribute to landfills. **WHAT’S YOUR DIGITAL FOOTPRINT?** Think sending your files to the cloud means you’re doing your part to clean up the environment? The servers and storage platforms that store your information are actually emitting energy to manage data. Make a habit of keeping your online file storage to a minimum to lessen your impact on the Earth. **EVERY DIGITAL FILE STORED IS CONSUMING ENERGY SOMEWHERE IN THE WORLD.** **FURNITURE CHOICES:** How you outfit your home office can play a big role in how eco-friendly your space is. Consider investing in furniture that fits your budget as well as your environment-focused principles. Shop smart at your local, family-owned furniture stores for the best quality and value. Why buy three chairs over the next five years when you can invest in one high-quality option? Consider your furniture an investment in your business and your productivity. The more comfortable you feel, the more focused you will be on the work at hand.



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MLS#6813522

158 Pennington Hopewell Rd., Hopewell, NJ 08525
\$815,000 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#6869440

8 Haymarket Ct., Cranbury, NJ 08512
\$289,000 Agent: Jonathan Brunone

3br, 2.5ba spacious, move in ready, townhome. Situated on a premium lot w/private back yard. Formal living room w/vaulted ceilings, frpl, custom light fixtures, ceiling fans & 2 story window for more natural lighting. Enjoy the beautiful brick patio!



MLS#6751197

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

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



MLS#6849737

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
\$699,900 Agent: Cynthia Duvin

5br, 3.5ba brick-front colonial located on 3 acres. Fam room has wbfpl & 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#6786175

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

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



MLS#6840601

43 Heritage Dr., Allentown, NJ 08501
\$635,000 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#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#6794408

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

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



MLS#6846420

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

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



MLS#6851853

815 East Drive, Bordentown, NJ 08505
\$189,900 Agent: Robert Angelini

3br, 1ba totally remodeled Ranch. Includes new roof w/warranty, new gas heater & central air, new windows & sliders. New deck, a storage shed and 2-car driveway. A great starter home!!

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\$1,075,000 Princeton www.9KingletDriveN.com



\$725,000 Millstone Twp. www.14IvyCourt.com



\$699,900 Millstone Twp. www.136TrentonLakewoodRoad.com



\$599,000 Upper Freehold www.292Route539.com



\$575,000 Freehold Twp. www.5FawnCourt.com



\$549,900 Millstone Twp. www.1NathanielDrive.com



\$475,000 Plumsted www.14MariaDrive.com

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37 ROBBINS ROAD

\$1,200,000 Millstone Twp. www.37RobbinsRoad.com



2 BABBITT WAY

\$899,000 Upper Freehold www.2-Babbitt-Way.com



170 PAINT ISLAND SPRING ROAD

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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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7 Danser Dr, Millstone \$825,000

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64 Rising Sun Tavern Rd, Clarksburg
\$449,000

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Mother & Daughter Walk-Out Basement



4 Quail Hill Rd, Clarksburg
\$639,000



436 Stagecoach Rd, Millstone
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Preventing Pests In Your Home

Rodents and insects such as cockroaches and fleas are known to be disease ridden. The good news is that preventing these pests from taking over your home can be done with a few simple steps. Take some time this winter to protect your home from a costly infestation.

PREVENT ACCESS

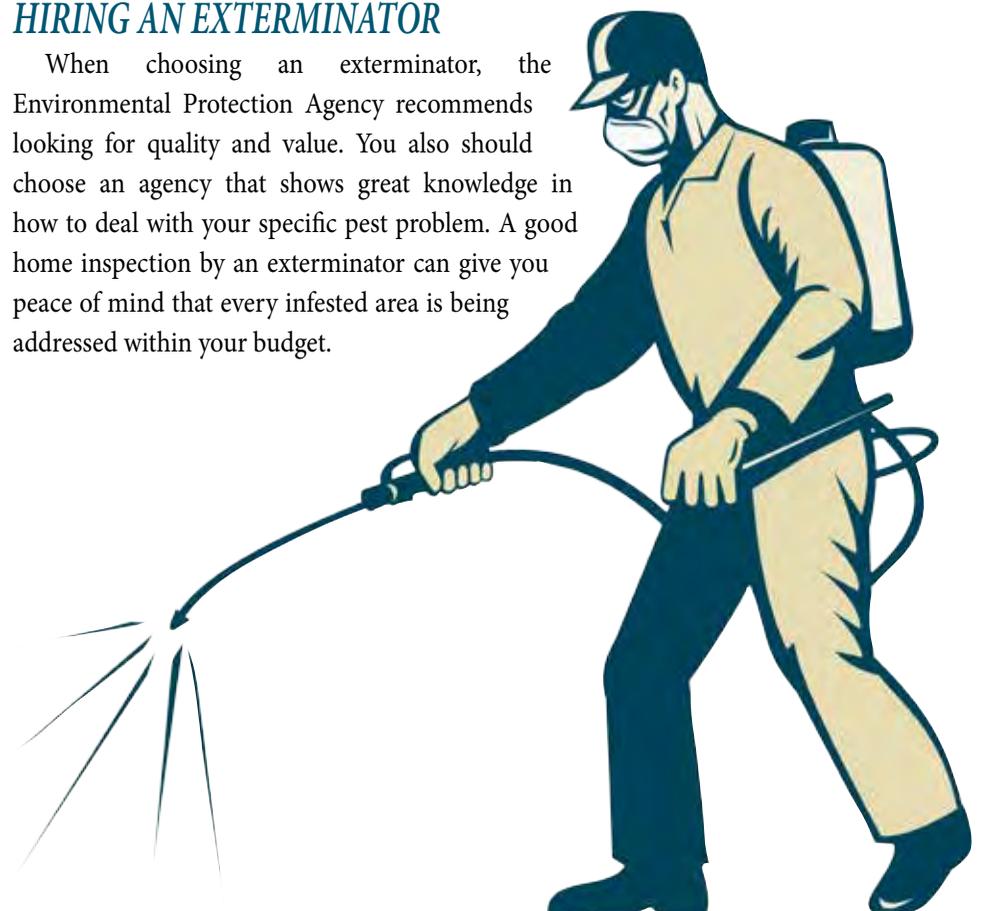
The National Pest Management Association says that a mouse can fit into a hole the size of a dime. Look over the perimeter of your home for weak spots. A common reason for holes like these to be left in your home may be from previous cable or satellite companies. Unused holes that were drilled to allow cables inside your home are hot spots for rodents to gain access. Fill any visible hole with silicone or foam fillers. If this seems overwhelming, call a local contractor.

KEEP A DRY HOME

High-moisture areas are another attraction for pests. Many insects rely on damp, moist conditions for survival. A termite will begin its infestation on wet wood, then spread its terror to dry wood, causing extensive damage. While fixing a wet basement may be a costly repair, it may be necessary to free your home of pests. You can hire a local professional to seal your basement. If you are only experiencing water in one area of your basement, consider installing a sump pump to rid your home of unnecessary moisture. Small leaks under the sink can usually be fixed relatively inexpensively. If you are up against a large leak that requires new pipes, you may consider hiring a local plumber to set you up with a leak-free system.

HIRING AN EXTERMINATOR

When choosing an exterminator, the Environmental Protection Agency recommends looking for quality and value. You also should choose an agency that shows great knowledge in how to deal with your specific pest problem. A good home inspection by an exterminator can give you peace of mind that every infested area is being addressed within your budget.



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What Is Geothermal Heating?

By Jordan Tinitgan

The initial cost can be higher than installing a traditional heating and air system, but the long-term savings can make it a worthwhile endeavor. Consider these statistics from the Geothermal Resources Council: • Geothermal power plants employ about 1.17 persons per megawatt. Adding related governmental, administrative and technical jobs, the number increases to 2.13. • Over the course of 30 to 50 years, an average 20-megawatt geothermal power facility will pay nearly \$6.3 million to \$11 million dollars in property taxes plus \$12 to \$22 million in annual royalties. Seventy-five percent of these royalties (\$9.2 million to \$16.6 million) go directly back to the state and county. • Geothermal flash plants emit about 5 percent of the carbon dioxide, 1 percent of the sulfur dioxide and less than 1 percent of the nitrous oxide emitted by a coal-fired electricity plant of equal size.

HOW IT WORKS: With geothermal systems, the earth becomes your source of energy. During the winter, heat moves from underground to your home's HVAC system. In the summer, your AC removes excess heat and dissipates it underground.

NATURAL ENERGY: Below the Earth's crust, the layer of hot, molten rock continuously produces heat, mostly from the decay of naturally radioactive materials. The amount of heat within about 33,000 feet of Earth's surface contains 50,000 times more energy than all the oil and natural gas resources in the world, according to the U.S. Energy Information Administration.

ULTIMATE EFFICIENCY: An official EPA study on energy efficiency listed geothermal heating and cooling systems as the most environmentally friendly heating and cooling systems. Geothermal heat pumps are extremely efficient, using the constant temperature underground to heat and cool a home instead of fluctuating external temperatures.

AN EXPANDING MARKET: As more homeowners opt for geothermal heating and cooling systems, state and federal policies are likely to encourage developers to tap into the technology. The Geothermal Energy Association estimates that 125 projects now under development around the country could provide up to 2,500 megawatts of new capacity.

Why Upgrade Your Thermostat?

The most obvious difference between an electronic and a mechanical thermostat is its interface. An electronic thermostat will feature buttons to change the temperature or set different timers. On the other hand, a mechanical thermostat will most likely only display a dial. An electronic thermostat can be an inexpensive upgrade to make your home feel more modern. The insides of the different thermostats are what really matters. A mechanical thermostat uses two pieces of metal that are joined together. Temperature is measured by these two pieces expanding and contracting. They are usually accurate within two and five degrees. An electronic thermostat relies on digital sensors to measure temperature and alert your furnace when the temperature needs to increase or decrease. These state-of-the-art sensors are usually accurate within one degree.

ENERGY STAR TIPS

Using a programmable thermostat can keep your home warm without hurting your wallet. Take a look at some tips laid out by Energy Star to get the most out of your thermostat.

- Follow your device's "savings setpoints" for at least 8 hours a day. A good time for this is while you are at work or sleeping.

- Find your home's comfort spot and avoid overriding the programmed settings. Using the "hold" feature to turn the heat up uses more energy. • Keep an eye on your batteries. Most units feature a low battery indicator. Change the batteries each year for peace of mind.

WHILE YOU'RE AWAY

It may come as no surprise that you can control certain thermostats from a smartphone application. These advanced thermostats work well for vacation homes. This will allow you to control the temperature from anywhere. You only need to download an app and be sure that your thermostat is connected to a Wi-Fi network.

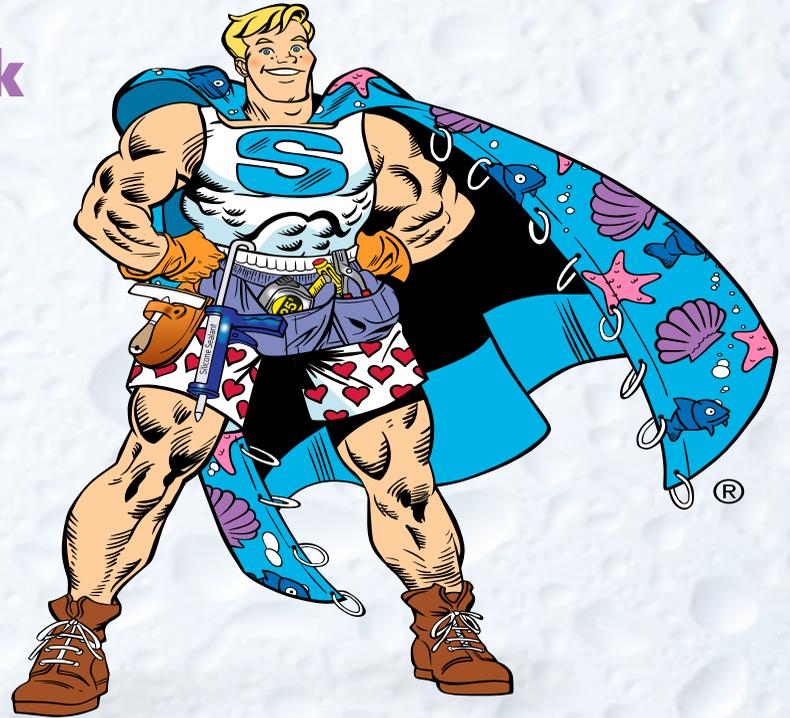
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FALL PREVENTION

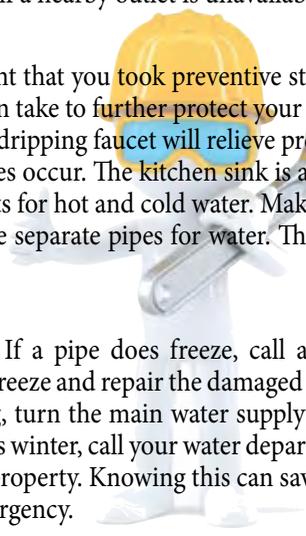
No one wants to be crawling under their house or rooting around in an unfinished basement during winter's bitter temperatures. Take some steps during the warmer weather to protect your home's pipes. The Insurance Institute for Business and Home Safety recommends that you purchase rubber or foam insulation wrap to slide over pipes in your basement or crawlspace. This will keep your pipes warm during the freezing temperatures, allowing water to flow freely. You also can use heat tape. Wrap it around pipes that are at risk of freezing. The only downside is that this tape requires electricity. Check the manufacturer's handbook to see if you can safely use an extension cord if a nearby outlet is unavailable.

WINTER PREVENTION

Your pipes have been wrapped, and you feel confident that you took preventive steps to combat freezing. There are some additional steps you can take to further protect your pipes. Leave at least one faucet at your home on a slow drip. A dripping faucet will relieve pressure between your faucet and ice blockage when freezing does occur. The kitchen sink is a good place to run a slow drip. Most sinks have separate spigots for hot and cold water. Make sure both of these are contributing to the drip since they use separate pipes for water. This will protect each pipe.

IF YOUR PIPES FREEZE

A frozen water pipe can sometimes be inevitable. If a pipe does freeze, call a local plumber immediately. He can professionally relieve the freeze and repair the damaged pipes, if necessary. If your pipe actually bursts due to freezing, turn the main water supply off as soon as possible. Before the temperatures dip too low this winter, call your water department and ask them where this main valve is located on your property. Knowing this can save you a lot of money and damage in the case of a freezing emergency.



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- 5 - Represents the amount of nitrogen that is present. This promotes grass growth.
- 10 - Represents the amount of phosphorus. This helps root strength.
- 5 - Represents the amount of potassium. Potassium promotes cell function. If you're unsure which formula is best for your lawn to reach its highest potential, call your local landscaping company to have your lawn analyzed.

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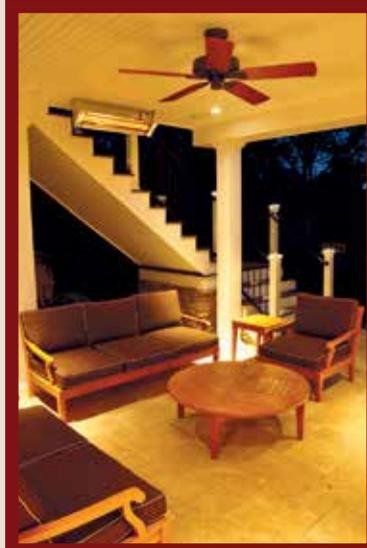
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Did You Know...

By Pam Teel

Did you know that Leonardo Da Vinci was a man ahead of his time?

He was one of the first people to make analytical drawings of the human body. He also designed the first robots, was a talented scientist, inventor, artist, and musician. He was renowned in the fields of civil engineering, chemistry, geology, geometry, hydrodynamics, mathematics, mechanical engineering, optics, physics, pyrotechnics, and zoology. He rarely failed at anything that he tried except he had a problem with finishing what he started.



He was born in 1452 of a young unmarried couple in the region of Tuscany. His father was a notary and his mother a local peasant. Coming from two different worlds, they eventually split up. Though considered illegitimate and not able to take his father's title, Leo went to live with his father when he was five years old.

His father married another woman and between Leo's two parents they went on to have 17 more children, who were Leo's half siblings. Only one of Leo's relations shared some of the talent that he had. One of his nephews became a great sculpturer.

During his life, he traveled as a military engineer and helped to create many machines of war. He was most famous for his paintings such as the Mona Lisa and the Last Supper. He was particularly fond of making mathematical discoveries, learning the anatomy of the body, and inventing. In his teens he spent his time studying and drawing animals and plants. He loved to observe nature. He loved music and played the Lyre and other renaissance instruments. He also enjoyed singing. As a teen, he was sent to Florence to serve as an apprentice for artist Andrea Del Verrochio. He learned a lot from his apprenticeship about techniques. He improved the technique of creating oil paintings by mixing ground pigments with linseed oil and adding beeswax and water to the paint while it was boiling to keep the colors light and to prevent oversaturation of the colors. He was a vegetarian, was also left handed, and was always in great physical shape.

As an engineer, Leonardo conceived ideas vastly ahead of his own time, conceptually inventing an improved version of the helicopter based on earlier preexisting ancient Chinese helicopter toy technology, an armored fighting vehicle, the use of concentrated solar power, a calculator, a rudimentary theory of plate tectonics and the double hull. He drew sketches of flying machines, mechanical looms, a car, a bicycle, a multi barreled gun, a parachute, gliders, and more. He sketched out a hydraulic sow, which was a design to improve on the Archimedean screw water wheel. He designed a water clock alarm that worked based on the amount of water flowing from one container to the other.

Sadly, much of his inventions remained on paper. In practice, he greatly advanced the state of knowledge in the fields of anatomy, astronomy, civil engineering, optics, and the study of water (hydrodynamics). Leonardo's most famous drawing, the Vitruvian Man, is a study of the proportions of the human body, linking art and science in a single work that has come to represent Renaissance Humanism.

He had a great love for horses and all animals, and when he saw an animal in a cage, he would purchase it and set it free. He dressed fashionable with the time and was known for his jokes, stories, songs, and playing his instruments. He was a humanitarian and was also kind to servants and remembered many of them in his will.

When he died in 1519 at the age of 67, he left behind more than 6,000 journal pages filled with his personal musings as well as plans and designs he drew up over his lifetime.

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Millstone Township PTO & PTSA's second annual Millstone Color-a-Thon

A HUGE Success on Saturday, October 8, 2016!!

Despite threats of rain, the Millstone Township PTO/PTSA's second annual Color-a-Thon went off without a hitch Saturday, October 8th at the Millstone Middle School. Nearly 400 people came together for a morning filled with exercise, fun and a sense of community. "The Color-A-Thon was a special event and a huge success," said Superintendent Scott Feder. "Watching families enjoy a day together laughing and just getting silly was a true highlight." Prior to the race, Maria Ragosa from Karma Fitness and Wellness warmed up the crowd, while children bounced in a giant bounce house which was donated by Millstone resident Clare Taylor from It's a Party! Then, there was a countdown to cannon shots of color launched into the sky as students and their families took off under a giant inflatable archway and into the woods and onto a new and improved 2.5-mile race route. "It was so cool and so much longer this year," said fourth grade student Hamilton Appel who attended the event with her family. "It was so much fun!"

This year there were school celebrity color blasters which included Superintendent Scott Feder, Primary School Principal Trish Bogusz, Assistant Principal Scott Hobson, Elementary School Principal Suzanne Giudry, Middle School Principal Dr. Huss and Second Grade Teacher Lori Hanson. Also there to support the event were Middle School Athletic Director Joseph Muni, Middle School Teacher Kevin Norris and Elementary School Teacher Jo-Ann Trifiro. While the final totals are not in yet, the event is estimated to have raised nearly \$25,000. "I am so proud of this event," said event Co-Chair Christina Baldino. "Our committee worked really hard to make the focus of the event fun for the whole family. I loved that our administrators and teachers supported this event with enthusiasm and think it adds an extra layer of excitement to have school leaders interacting with students in a relaxed atmosphere."

Whether racers walked, ran or danced their way through the course, participants dressed the part ranging from white wigs, rainbow tutus, crazy colored socks and wacky sunglasses. Participants got color-blasted with safe, eco-friendly, powdered dye at every zone along the way, including pink, blue, yellow, purple and two rainbow color stations. There was also gold shimmer and special neon rainbow dust which was saved for the after party. "This was the most exciting fundraiser we have ever had for students in Millstone," said PTSA President Jody Dona. PTO Co-President Tara DiBari agreed, "The energy and the excitement of the crowd was contagious. Everyone had a blast!"

"We want to give a huge thank you to all of our volunteers, both parent and student, that came and gave their time that day, especially the students from the Allentown High School Leo Club. We couldn't have done it without everyone's help!" said event Co-Chair Kristin Schloss. With the help of Nancy Reyes, nearly three dozen Allentown students, some who reside in Millstone, volunteered their time to help set up, douse runners with color and clean up afterwards.

After the race, participants jammed out to music at the After-Blast Party. DJ David Paul kept kids captivated with his energy, fun music and dance party games. "The after-blast party was a spectacle to be seen! After the race the children and members of the community continued to move and shake and, yes, get color blasted some more, to the booming base of a world class DJ," said event Co-Chair and PTO Co-President Juli Hilbert. "The atmosphere was truly electrifying. It was the perfect end to a perfect day."

Top earners in each grade from the Primary School, Elementary School and Middle School earned the opportunity to kick off our color blast at the After-Blast Party. Preschool student Emiliana Polito was the top earning student out of all three schools raising \$1,000 all by herself. "I want to give a special shout out to Emiliana for being the district fundraising champion," said Feder. "I can't wait for next year's event!"

"This event would not be possible without the generosity and support of our sponsors," said Baldino. Super Star Event sponsors for the second year in a row include Baldino Dental Arts, Cobra Power Systems and Saker ShopRites. "When Saker ShopRites was asked to sponsor again, I was honored to lend my support," said Tom Saker. "As Millstone residents, we are proud to stand behind the BOE, PTO, and PTSA and all of their dedication in making a difference. This was a fun day for all and we are #Proud2BMillstone!" New Super Star Event sponsors this year include Knob Hill Golf Club and Amirita Singh. Other sponsors included: Mathnasium of East Windsor, the Dona family, Dr. Holli Alster, DPM, Family Foot & Ankle Center of Central Jersey, Kiddie

Academy of Upper Freehold, Karma Fitness and Wellness/Ernie Reyes' World Martial Arts, Juli Designs, Solitario & Tierney Certified Public Accountant, the Pereira family of Dunkin Donuts in Howell, Team Swish, Menar & Menar, Dennis & Don's Collision Center, South Brunswick Veterinary Hospital, Rosta Fit, the Acquaviva family, the Manfre family and the DiBari family. Millstone Resident Frank Costagliola brought his family food truck from Vesuvios Pizzeria and was there from start to finish serving up breakfast and lunch.

The Color-a-Thon committee included Christina Baldino, Kristen Saker, Kristin Schloss and Juli Hilbert. The committee is already planning on holding this event again next fall.

All the proceeds from the event will go directly to the students in grades PreK-8 of the Millstone Township School District. The Millstone Township PTO and PTSA are 501(c) (3) organizations that operate independently from the school district. All donations are tax-deductible to the extent allowed by law.



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Visit Prestigious Princeton

By Pam Teel

Who can say that they have never heard of Princeton, NJ? Surely not those living on the east coast. Best known as the home base for Princeton University, Princeton's worldwide popularity goes beyond its historic campus with a great downtown for strolling, great restaurants, historic buildings, cultural events, and more.

Thousands of tourists descend on the town yearly just to take in the sites of the stately Campus buildings with some of its earliest structures draped in old English ivy in the midst of the bustle of students scuttling to and fro to classes.

The University itself offers organized tours of the historic buildings and the guides provide a stealthy wealth of information about Princeton's role in early American Independence. The Princeton area itself began in the late 17th century when European travelers crossed the narrow "waist" of New Jersey between the Delaware and Raritan rivers along paths created by the Lenni Lenape Indians. One former path became the King's Highway and central New Jersey's main road for well over a hundred years.

New Englander, Henry Greenland, built a house on the highway in 1683, and is believed to be the first European to settle within the present Township boundaries. He opened his home and offered it up as a tavern. (Portions of his house survive within the Gulick House, at 1082 Princeton-Kingston Road.) Around 1685, Greenland's son-in-law, Daniel Brinson, settled along the highway on the land where the house known as "the Barracks" stands at 32 Edgehill Street. East Jersey and West Jersey representatives met in 1683 at Greenland's tavern to establish their common boundary. George Keith, a prominent Quaker, surveyed what became known as the "Keith line," which also became the boundaries of several Counties and Townships, including the western border of Princeton Township in East Jersey. In the 18th century settlers developed the "province line" into roads in several places, including portions of the present Province Line Road. East Jersey proprietors established four counties in 1683, including Middlesex County, which extended to the province line and included the Princeton area as part of Piscataway Township. In 1688 the proprietors created Somerset County, which included the northern portions of the Princeton area.

Princeton has always played an important role in American history. It was originally named Prince-Town after Prince William III of Orange and the House of Nassau. The University was chartered in 1746 and was first known as the College of NJ. The University was in Elizabeth for a year and then in Newark for nine years before moving to Princeton. The entire college was housed in Nassau Hall for fifty years. It was officially renamed Princeton University in 1896 when it expanded its program offerings. Princeton has been home to many famous scientists, scholars, writers, and statesmen. In 1930, the building for Advanced Studies was built and Albert Einstein was one of its first professors.

The Battle of Princeton was fought close by in a field in 1777 and was a victory for George Washington and his troops. Two of Princeton's leading citizens signed the declaration of independence and in 1783 the Continental Congress met in Nassau Hall, making Princeton the country's capital for four months.

The town was an overnight stop on the Trenton- New Brunswick line until the mid 19th century. The building of a nearby canal and railroad encouraged more businesses to the area and a lot of real estate development.

Today Princeton is a hustling happening town saturated with great places to eat, from finer dining to Main street sandwich shops, from trendy stores to eclectic quaint shops throughout the borough. Some of the favored eateries in Princeton include: the Forrestal Grille, the Salt Creek Grill, the Blue Point Grill, Agricola Eatery, the Peacock Inn, and the Despana restaurant.

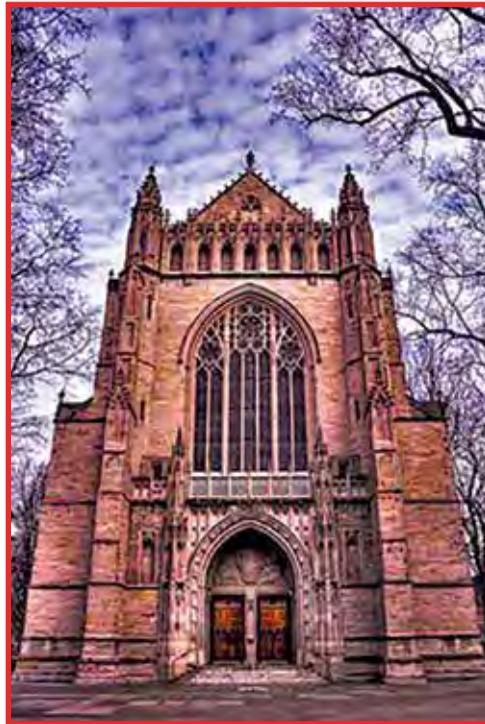
This town has so much to offer in ways of safety, spectacular schools, a wide variety of dining options, and endless entertainment, to name a few. Financial website, [WalletHub](http://WalletHub.com), recently named this Central New Jersey neighborhood "Overall Best" in their ranking of over 1200 smaller-sized cities throughout the United States. It was also ranked as the best college town to live in, which included one of the top-ranked high schools in the nation.

Stroll through Palmer Square, a downtown area with New England style buildings, where you will find an abundance of different stores to browse through. Walk down Nassau Street and you'll find more eclectic stores to browse; stores that include second hand clothes shops to antiques to jewelry. One of my favorites is the Record Exchange, located in the historic downtown, where you can buy used CDs, used DVDs, and used records at their music store.

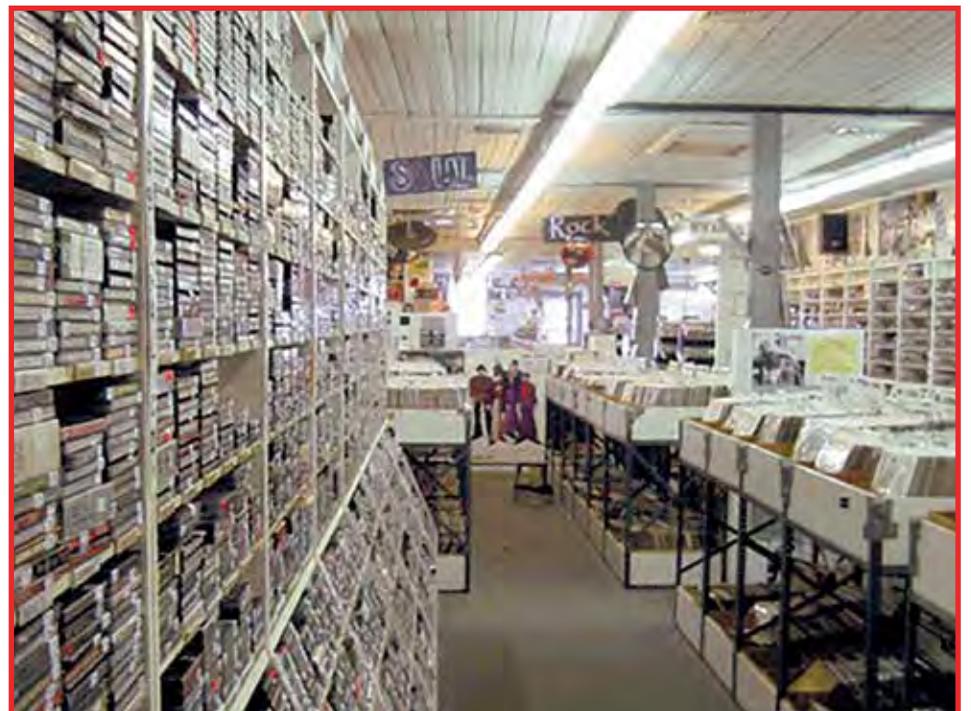
Historical places to visit include: Princeton Battle Monument, The Princeton University Art Museum, McCarter Theater Center, The Princeton University Chapel, Morvan Museum and Garden, Nassau Hall, The Westminster Choir College, just to name a few. Take a tour of the Governor's Mansion at Drumthwacket or walk through the town's historic cemetery where famous people like President. Grover Cleveland and V.P. Aaron Burr are buried.

Visit the Triumph Brewing Company or spend the day at the Delaware and Raritan Canal State Park where you can rent canoes and kayaks. You can even plan on taking guided tours of the town.

To help plan your day, go to: www.virtualtourist.com/princeton. On this site you will find detailed descriptions of the attractions at hand. For a list of upcoming events, go to princetonol.com.



Princeton University Chapel



Princeton Record Exchange- a favorite place to visit

East Windsor Township

East Windsor Honors Firefighters of the Year Robert Pycior and Bruce Cowper for their volunteer fire service dedication. Robert Pycior of East Windsor Volunteer Fire Company No. 1 and Bruce Cowper of East Windsor Volunteer Fire Company No. 2 were presented with proclamations from Mayor Janice Mironov in conjunction with Fire Prevention Week. Robert Pycior joined East Windsor Volunteer Fire Company No. 1 in October 2011 as a probationary firefighter then graduated from the Mercer County Fire Academy in June 2012. He quickly ascended through Company leadership, serving as Recording Secretary in 2013, Engineer in 2014, and Lieutenant in 2015 through the current time, as well as Chairperson of the Business Fund Drive and a member of the Golf Outing and Business Fund Drive. Robert Pycior also is actively involved on the Fire Prevention Committee visiting schools and daycare centers, where he has worked closely with children during fire prevention presentations, as well as participating in numerous community events and prevention activities. In 2015, Robert Pycior was the top Company responder, responding to 429 calls and also attending many drills, meetings, special trainings and work-details for a total of 578 firematic man-hours. Bruce Cowper joined East Windsor Volunteer Fire Company No. 2 in 2015 then graduated from the Burlington County Fire Academy in June 2015. He was honored at the Burlington County Chiefs' Dinner for achieving the Academy's highest grade point average in 2015. Bruce Cowper, currently serving as Vice President, has responded to over 123 fire calls and attended over 30 training drills as well as numerous community events and prevention activities. He also participated in the 9/11 Tunnel to Towers run in 2015, honoring 9/11 first responders. Thank you to all of our great fire company volunteers!



Mayor Janice S. Mironov honors East Windsor Volunteer Fire Company No. 1 Firefighter of the Year Robert Pycior. Pictured (from left to right) are: Chief James McCann, East Windsor Volunteer Fire Company No. 1; Mayor Janice S. Mironov; Robert Pycior, East Windsor Volunteer Fire Company No. 1 Firefighter of the Year, and President Jack Israel, East Windsor Volunteer Fire Company No. 1.



Mayor Janice S. Mironov honors East Windsor Volunteer Fire Company No. 2 Firefighter of the Year Bruce Cowper. Pictured (from left to right) are: Bruce Cowper, East Windsor Volunteer Fire Company No. 2 Fire Fighter of the Year; Mayor Janice S. Mironov, and Chief Stephen Genthe, East Windsor Volunteer Fire Company No. 2.

Recycling/Paper Shredding Day

Mercer County Improvement Authority Holds Electronics Recycling/Paper Shredding Day on Saturday, November 19 from 9 am to 2 pm, Rain or Shine, in Parking Lot 4, South Broad Street, Trenton (directly across from County Administration Building at 640 South Broad Street). Accepted electronic items include televisions, VCRs, computers and monitors, laptops, keyboards, circuit boards, printers, copiers, fax machines, scanners, phones, camera equipment, microwaves, and stereo equipment. For further information, visit the MCIA website at www.mcianj.org or call (609) 278-8086.

Volunteer for Township

East Windsor Township Mayor and Council Encourage Citizens to Volunteer for Township Boards and Committees. Citizens can apply to serve on the Clean Communities Advisory Committee, Commission on Aging, East Windsor Municipal Utilities Authority, Economic Development Committee, Environmental Commission, Health Advisory Board, Planning Board, Recreation Commission, Zoning Board of Adjustment and the East Windsor Municipal Alliance for the Prevention of Substance Abuse. Residents interested in volunteering can obtain an application form from the municipal clerk or can fill out this form ([CLICK HERE](#)) and return by email to clerk@east-windsor.nj.us, by fax to (609) 443-8303, or by mail to Mayor Janice S. Mironov and Township Council, East Windsor Township Municipal Building, 16 Lanning Boulevard, East Windsor, New Jersey 08520. For further information, call the Municipal Clerk's Office at (609) 443-4000, ext. 240.

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/>



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