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**More Than Just
Millstone Township
News!**

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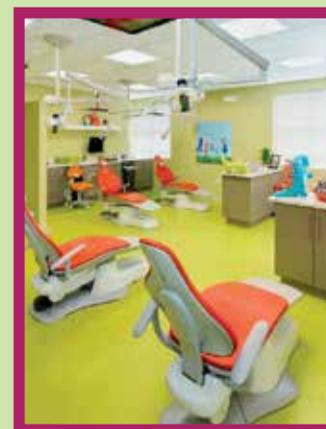
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Dear Millstone Times Readers,

As a Monmouth resident for 30 years, a news hound and an avid Facebook follower, I am continually impressed by the great comradery and neighborliness Millstone Township and the surrounding towns possess. I am on all of the local Facebook sites and see how you all pull together, especially when it comes to kids, dogs, and people in need.

I write a column "Let Me Shake Your Hand," honoring residents and local employees who go above and beyond to make a difference. I am reaching out to the readers to nominate candidates for this honor. Please send me an email with whom you are nominating and why you feel they deserve to be acknowledged.

Thank you and keep on reading and enjoying our paper!

Susan Heckler

Managing Editor

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HAPPY LEFT HANDED PERSON DAY, AUGUST 13!

By Susan Heckler

Back in my mother's childhood (1940's), kids were discouraged from being left handed. Her teachers went so far as to tie her right hand behind her back during penmanship lessons.

While no exact set of "left handed genes" have been discovered, people who dominantly use their left hands do have more left-handed family members.

Life is easier for lefties than it used to be, more gizmos and gadgets have been invented and produced for their use. They may still struggle with even simple tasks for that very reason.

DID YOU KNOW?

- The word left came from an old Anglo-Saxon word (lyft). It means weak or broken.
- Up to 10% of the population are lefties.
- Close to 30 million people in the U.S. are left-handed.
- We've been dominantly using our right hooks for more than 500,000 years.
- Mothers over 40 are twice as likely to have a left-handed baby.
- Lefties are 3 times more likely to be an alcoholic.
- They mostly use the right side of the brain.
- They are late bloomers – reaching puberty 4-5 months later than others.
- People with psychosis had a 20 percent likelihood of being left-handed.
- 8 Presidents were lefties- James A. Garfield, Herbert Hoover, Harry S. Truman, Gerald Ford, Ronald Reagan, George H.W. Bush, Bill Clinton, Barack Obama
- They're better at divergent thinking.
- Lefties who graduate college tend to become 26% richer than right-handed people.
- Lefties are typically better at architecture and math. (Right-handed people tend to be better at verbal skills).
- 25% of the Apollo astronauts were left-handed.
- Lefties are more likely to suffer from asthma and allergies.
- There are a few members of the royal family who were lefties, including, the queen's mother, Queen Elizabeth II, Prince Charles and Prince William.
- Lefties are more likely to have insomnia.
- Lefties can see better underwater.
- The right hand is mentioned positively 100 times in the Bible, while the left hand is mentioned only 25 times, all negatively.
- 50% of CATS are left handed.



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Toms River, NJ Their Motto “Great Places, Familiar Faces”

By Pam Teel

Toms River is a township in Ocean County, New Jersey. It was formerly known as the Township of Dover but in 2006 voters approved a change of the official name to the Township of Toms River, adopting the name of the largest unincorporated community within the township. As of the 2016 United States Census, the township had a total population of 91,837.

Toms River can be seen in various TV and news media including MTV's *Made in Jersey* and *Jersey Shore* (seasons 1, 3, and 5), HBO's *Boardwalk Empire* and the original *The Amityville Horror* movie. In 1998, Toms River East Little League won the Little League World Series. The township has what is said to be the second-largest Halloween parade in the world.

Various sources list the naming of the township as either being named after English captain William Tom, farmer and ferryman Thomas Luker, or a Native American named Tom but in 1992, as part of celebrations commemorating the township's 225th anniversary, official recognition was granted to the tradition that the "Tom" in "Toms River" was for Thomas Luker, who ran a ferry across Goose Creek (now the Toms River), during the 19th century. Toms River became a center for shipbuilding, whaling, fishing, and iron and lumber production. The settlement and the river were usually spelled "Tom's River" in its early days, though its current spelling has been standard since the middle of the 19th century.

Toms River was located in the southern section of the Township of Shrewsbury that obtained a royal charter to secede in 1767 and form Dover Township. During the American Revolutionary War, Toms River was home to a strategically important salt works that supplied colonial militias, as well as a base for privateer vessels that plundered British and Tory ships off the coast. In March 1782, a group of British and loyalist soldiers attacked a blockhouse along the river that housed the colonial militia and captured Captain Joshua Huddy, who was later hanged at Sandy Hook. Also destroyed were the salt works and most of the houses in the village. The incident greatly complicated the tense relationship between the British, loyalist, and colonials and was a factor in prolonging the peace negotiations that were then in progress in Paris until 1783. The Village of Toms River is listed on both the National and State registers of historic places.

The township just celebrated its 250-year anniversary with a huge ceremony and party at Huddy Park, named after Captain Joshua Huddy.

Today, Toms River has a diverse downtown with fine dining, concerts at the riverfront Park, river boat dining, entertaining street festivals, a variety of stores for shopping, an award winning Library, local museums and galleries, and more. There are excellent restaurants to choose from and eclectic shops to browse in.

Pop into the Downtown shops @53 Main and enjoy great boutique shopping.



River Lady Cruises



Robert J. Novins Planetarium

Other places of interest include: The Ocean County Library, located in the heart of the historic Downtown. They have great programs and resources for all ages.

Cattus Island County Park has a viewing area to see wetlands and nature. They sponsor sightseeing cruises in the summer. In the park you can hike, walk, ride bikes, and enjoy viewing birds and wildlife such as snow-white egrets, blue herons, osprey, and more.

The Robert J. Novins Planetarium offers many different types of light and sound shows. You can check out their website for what is currently playing.

Insectropolis the Bugseum, located on route 9, is a well-organized educational experience. Want to hold a scorpion in your hand or eat fried bugs- then this is your place to go. There are hands on exhibits that have you learn by being a part of the experience.

Have fun at Ricochet Paintball or at the Jump Street Skate Park.

The River Lady boat tours offer lunch and dinner cruises at a moderate price. Listen to the history of the area as you cruise the river or sign up for the Dinner Dance cruise. The food is catered by a local Italian Toms River Restaurant.

East Coast Escape Room- imagine you and your friends locked in a room with a designated plot where group members have to work together, solve problems, and get out within a certain amount of time.

Ocean County Historical museum- learn about local history. The museum is located in an old period house that was saved from demolition and moved to its present site.

Toms River Seaport Society Maritime Museum- Free Admission.

Places to eat: https://www.tripadvisor.com/Restaurants-g46870-Toms_River_New_Jersey.html



Ocean County Historical Museum Toms River

Celebrating A Milestone And A New Beginning

Help J&L Amish Depot celebrate its new store and anniversary with a Grand Opening and Harvest Festival 10 a.m. - 4 p.m. Saturday, Sept. 23 at J&L Amish Depot, 2611 Route 206 in Eastampton Township. The King family is hosting a festival for the community to celebrate 25 years in business and opening a new J&L Amish Depot to showcase their quality products. "This move represents another important milestone for my family and me, and we would like to invite all of our old friends and new neighbors to help us celebrate it," said owner Jake King.

During the free festival, there will be tours of the new store, which opened in early August, games, food and Amish crafts. Guests will have a chance to see live demonstrations from Amish builders, speak with them and see samples of their work. At the event, attendees will have a chance to win a handmade shed that will be built onsite during the festival. J&L Amish Depot's new custom-built store and 21-acre property on Route 206 in Eastampton will provide ample room to display the authentic, Amish-made indoor and outdoor furniture and structures that they offer. For information call 609-265-0298 or visit AmishDepot.com



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The Millstone Times PHOTOS OF THE MONTH

By Pam Teel

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, send that to. You may send photos more than one time. (If you prefer to send anonymously, we will leave your name out.) Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.

Thank you to those people who love to share your photos with others. Please keep them coming!



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Anne Benedict, of East Windsor, took this photo of a Red Tailed Hawk flying around in East Windsor. These birds of prey were hovering low looking for rodents and other small animals in a field.

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Talented artist, Sarita Garner, put down her brushes for a while to concentrate on her camera. With an app called Retouch, she is able to use her creativity and turn her photos into works of art. She uses a special pen so she can add detailed work. Being an artist helps her draw with it. She can take things out and add things to her original photos. Here are a few examples of her creativity.

.....

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The Logic of Logos & Catch Phrases

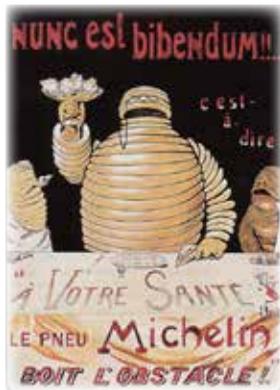
THE MICHELIN MAN

By Pam Teel

Logos are a graphic mark, emblem, or symbol commonly used by commercial enterprises, organizations and even individuals to aid and promote instant public recognition. Logos are either purely graphic (symbols/icons) or are composed of the name of the organization. In common usage, a company's logo is today often synonymous with its trademark or brand.

Even before global marketing campaigns, television commercials, and social media, a company's logo has been important. Over time, as businesses and consumers have changed, most major companies have also changed their logos dramatically. Still, some logos have had incredible staying power and have lasted for decades or even hundreds of years. The world's oldest logos have all retained some core visual element, although several have been noticeably altered.

The Michelin Man was thought up in 1898, but the "Bibendum," as he's officially known, wasn't always the smiling eyed marshmallow man we know today. In his early years, he wore a pince-nez and chomped on a stogie. The advertisement that introduced the mascot to the public featured this creepier looking version raising a champagne glass as a toast. (The tagline being, "Cheers, the Michelin tyres drink up obstacles." It was supposed to be a pile of tires holding a cup filled with broken glass and nails, but it looked more like a drunkard. It only succeeded in giving rise to its unfortunate nickname, "The Road Drunkard." It was introduced at the Lyon Exhibition of 1894 where the Michelin brothers had a stand. Bibendum is one of the world's oldest trademarks.



No sooner was his character conceived, he began to take on a life. He began to play an important role for the company. He presented the products and advised and assisted motorists, thus becoming the brand's worldwide ambassador.

Michelin dominated the French tire industry and was one of the leading advertisers; to this day its famous guidebooks are widely used by travelers. Bibendum was depicted visually as a lord of industry, a master of all he surveyed, and a patriotic expounder of the French spirit.

In 1905, Michelin opened a sales office in London where the character was turned into a knight in order to conquer his new territory. For every country, the logo was changed to fit into their culture. The company used an array of different artists from around the world and each one brought in their own interpretation of the character with his appearance always reflecting the customers of the time.

In 1907, he came across the Atlantic and Michelin set up a factory in Milltown, NJ. The advertising became more educational and he was depicted as a giant accompanying and advising travelers by explaining the advantages of his product.

From the 1930's on, images of the Michelin tire man became more standardized. His rings became thicker and they moved toward a broader customer base trying to appeal to everyone, not just the rich.

In 1998, the character got a new slimmer and dynamic look. Props such as scarves, medals, etc, were added here and there to go along with certain events and themes. Still over 100 years after his birth, Bibendum still appears as the spokesman for Michelin tires all over the world.



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August is Family Fun Month in Bucks County

By Pam Teel

Celebrate Family Fun Month in Bucks County, PA

August is Family Fun Month, and our neighbors across the Delaware have tons of activities that guarantee a great time for the whole family! Check out any of these attractions for hours of nonstop fun and make some new memories with your loved ones...

For the... Water-Loving Family

When it's hot, there's no better way to spend time outdoors with your family than at Bucks County River Country. Located in the beautiful village of Point Pleasant, they offer kayaks, canoes, river rafts and the popular river tube available to take for two- to four-hour trips along the scenic Delaware River. Come see the "World's River Tubing Capital" for an adventure the whole family will love! Come early on the weekends – arrive before 10:30am and get a \$4 discount off the day price. (Rivercountry.net)



For the... Outdoorsy Family

Grab your family and a hammer and head to Ringing Rocks Park, an eight-acre boulder field and geologic wonder. When struck with a hammer, the rocks give off a loud, high-pitched ringing noise so you can make your own music all day long. After you and your family take turns taking your swings, hit the trail to explore the rest of the park, home to Bucks County's tallest waterfall. Make a weekend out of it and pitch a tent at Ringing Rocks Family Campground. This month, enjoy their 'Corn & Doggie Roast' August 4-6, 'Beat the Heat Weekend' August 11-13, 'Pig Roast & Hawaiian Luau' August 18-20, and 'Back to School Weekend' August 25-27. (Rringingrocksfamilycampground.com).



For the... Musical Family

If your family is into Broadway, they'll love Bucks County Playhouse, known as "America's Summer Theater" since it's right next to the scenic Delaware River in the charming town of New Hope. Catch the classic 'Guys & Dolls' and 'Seussical Jr.' until August 12, and 'Other Desert Cities' beginning August 18. Stroll around New Hope afterward and grab a cone (or two) at Moo Hope ice cream. (Bcptrheater.com).



For the... Foodie Family

Enjoy trying new foods? Peddler's Village is hosting their annual Peach Festival August 12-13, as well as the recurring 'Food Truck Thursdays' until September. Make a meal together after picking your own fruits and veggies at Shady Brook Farm. In August, you can pick sweet corn, blueberries, tomatoes, eggplant and peppers there, and celebrate their 'Peachy Fun Days' from 11am – 4pm with wagon rides, inflatable attractions and more. (Shadybrookfarm.com).



For the... History-Loving Family

Ride through the scenic Bucks County countryside on an open-air vintage train car! The New Hope and Ivyland Railroad has the Wildflower Express running daily throughout August, plus the Song & Story Train, Murder Mystery Dinner and Family Dinner trains running at special times. Bring your bikes to Washington Crossing Historic Park to explore the trails and climb Bowman's Hill Tower. Tour William Penn, founder of Pennsylvania's, original plantation at Pennsbury Manor, which is open daily. (Pennsburymanor.org).



Information courtesy of
Alexa Johnson, Public Relations Manager
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Phearless Phragmites Phighters Bring Home the Gold

By Pam Teel

You heard it right; the Millstone Elementary School brought home the gold. That is the gold trophy for taking first place in the Junior Team Division on June 11th for Environmental Concerns at the Future Problem Solvers International Conference in La Crosse, Wisconsin.

Teacher, Beth Topinka, and co advisor Jennifer Modula, should be very proud of their children in the Problem Solvers Club. The competition included teams from all around the world, representing 10 different countries. Each team indentified an issue affecting their local or global community, then spent countless hours over a year or more analyzing, researching, and developing action plans and working to address the problem.

The team was scored on their timed assembly of a complex, dynamic tabletop display, with no adult assistance permitted. The display included a moving drone model, a Phragmites density model, a rhizome model, 3 scrapbooks documenting the team's research, actions and outcomes, a project video, a drone aerial survey video, GIS maps, an interactive Invasi-away demonstration, and more. The team was also scored on their performance in a half hour interview conducted by the International Conference Evaluators. Following their competitive events, Community Problem Solving Division Teams presented their work at a CmPS Fair. For two hours, the Phearless Phragmites Phighters enthusiastically explained their project to fairgoers.

In addition to their competition events, the team was invited for a private tour of the U.S. Geological Survey's Upper Midwest Environmental Sciences Center in La Crosse. USGS Wildlife biologist, Dr. Randy Hines, led the tour that featured research tanks of native and invasive fish and the geology of the Mississippi River in the La Crosse region. Dr. Hines complimented the team on their efforts to educate the public about the impact of invasive species and asked the students questions about their project.

The Sunday before traveling to the competition, the team presented their invasive species project at the 2017 World Science Festival at NYU's Kimmel Center in New York City. As part of the ultimate Science Sunday events, team members were interviewed by 4- time Emmy award winning writer, Lynn Brunelle, who writes for Bill Nye the Science Guy.



What a feeling it must have been to be the last ones standing on stage! The children were each given a small trophy and a large team trophy for all of their hard work and dedication to their project.

The children took it upon themselves to study an invasive species of plants and strove to make an impact by finding ways to eradicate a target patch of invasive Phragmites Australis in Millstone Township. After a lot of time, effort and research on the plants, presentations to their own classmates, presentations on their findings to The Millstone Township Environmental Committee, and the Monmouth County Park System, their hard work and persistence paid off with them coming in first in the International Competition.

Congratulations to The Phearless Phragmites Phighters for all the hard work that you put into this project. Your community is very proud of you!

Assemblymen Ron Dancer and Parker Space Sponsor Legislation Making

Legislation, sponsored by Assemblymen Ron Dancer and Parker Space, making more food available to soup kitchens and food banks won Assembly approval last month. The bill (A3056) encourages schools and colleges to donate excess food to feed the poor through nonprofit organizations.



“It’s shameful to throw good food in the dumpster when people who are hungry need a good meal,” said Dancer (R-Ocean). “This is an effort to get schools to donate surplus food so that people who cannot afford it because they have fallen on hard times or are on a fixed income can feed their families. This is basic common sense.”

The measure requires the Department of Environmental Protection, working with other state agencies, to develop guidelines to encourage school districts and colleges to contribute surplus food, and to partner with nonprofit organizations to facilitate the cost-effective, safe, sanitary means for donation. It also expands the Food Bank Good Samaritan Act, providing legal immunity to school districts that donate food.

“Often, school cafeterias have considerable amounts of good, nutritious food left over every day which is thrown out because there is no other viable option,” said Space (R-Sussex).

“We can help people from going hungry and, at the same time, help the environment by reducing the amount of trash generated by schools. This bill creates a process for packing and shipping this food to centers where it will feed families.”

Absolutely Knot

What happens when Millstone Township Elementary School decides to plug a few holes in computer teacher, Phyllis Matseur’s schedule by assigning her to the Gifted and Talented (G & T) program? The Knackpac program emerges. What’s a Knackpac, you ask? The title Phyllis gave to her self-designed, student-directed, G & T program. “Everyone has a knack for something,” says Phyllis and her program gave Hannah Basha and Francesca Scibilia a chance to prove it through their “Scarves for Families” project.

In her personal life, Phyllis Matseur is a philanthropist who wanted to bring her lifelong philosophy of giving and caring about others to her students. Phyllis was charged by the school district to develop a student-based program that would meet technology standards and demonstrate technology learning outcomes. Pair this directive with her personal life philosophy of philanthropy and you’ve got the framework for interesting things to emerge. So, on day one, Mrs. Matseur told her students to “think deep, to challenge themselves, to work beyond their comfort zone and to do something for the betterment of others.” Enter then 5th grade students, Hannah Basha and Francesca Scibilia. How would they meet the challenge of creating a project that used technology and helped others? Francesca says that Hannah remembered a project that she had done as a Girl Scout that involved making scarves. The procedure: trace, cut slits in the fabric and knot the fringe. Hannah smiles and says, “When you’re not chatting too much, it takes about 15 minutes to make a scarf.” In total, the girls made twenty scarves.

To meet the technology standards of the program, the girls created their own website featuring their mission statement, project goals, procedure and outcomes which can be found on their school’s website until September. After some Internet research, they decided to donate their scarves directly to a charitable organization. They discovered Rise-A Community Partnership where Leslie Koppel, Executive Director, accepted the scarves on behalf of needy families in the community.

These young life philosophers believe that they have changed the world a little by their project. Hannah says, “Even though we only helped 20 families, it’s still 20 families.” She says she’s learned that, “You have to stay on task and work really hard to get something done.” Francesca commented that, “It was really hard achieving our goal and actually making the scarves, but it feels good to help others.” Hannah’s one regret is that they didn’t make 40 scarves!

“Scarves for Families” by Hannah Basha and Francesca Scibilia - warming one neck and heart at a time.



Photo Credit: Maitiel Jimenez

Book Signing by Local Author of Jersey Shore Cook Book Draws a Crowd

By Pam Teel

Local Author, Deborah Smith, drew a crowd on Thursday, July 20th, at the White Butterfly Café and Boutique in Jackson, NJ. Deborah is the owner and founder of New Jersey's popular food and dining blog, JerseyBites.com. This site, launched in 2007, and is now home to over 30 food writers, with over 30,000 social media fans on a daily basis on Facebook, Twitter, Pinterest and Instagram. Deborah wrote the blog herself for two years sharing her recipes and reviewing local eateries before it began to take off in a direction of its own. When a publisher came to her with an idea to create a Jersey Shore cookbook, Deborah jumped at the chance.

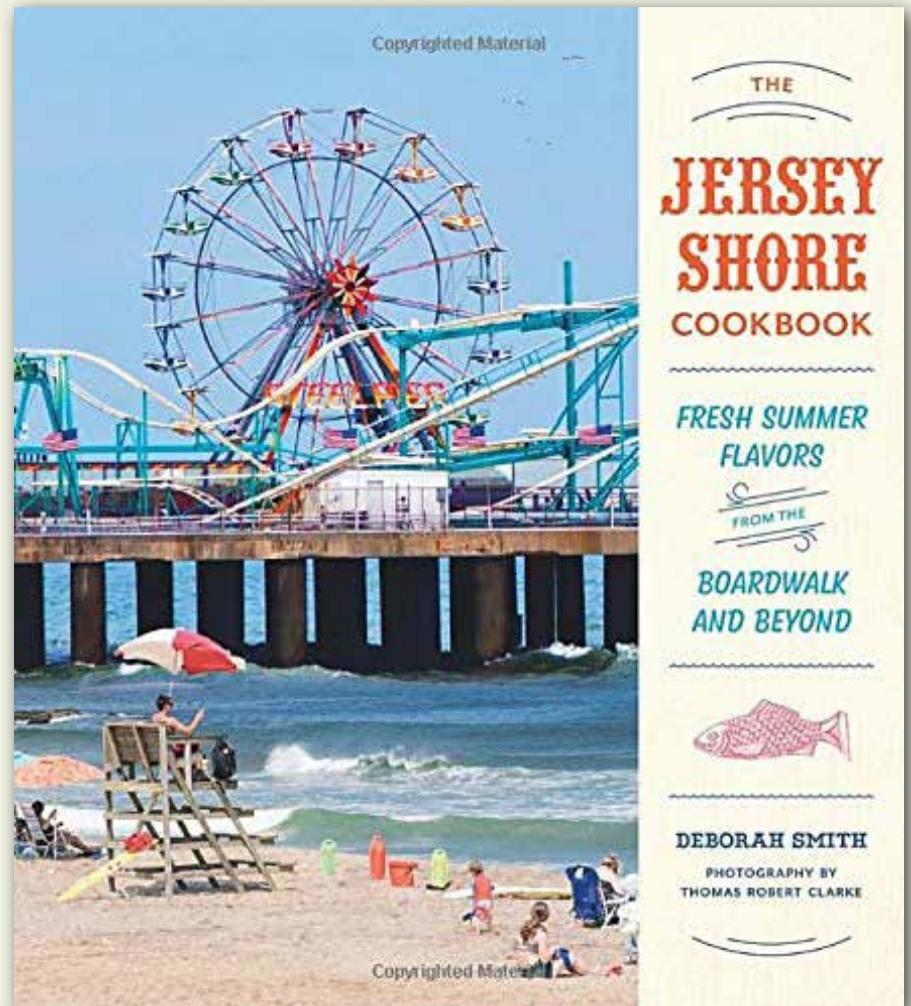
Growing up at the Jersey shore helped her shape the cookbook into something that not only showcases a recipe each from fifty chosen restaurants, but tells about the families of the small business owners, some third generation, that run the restaurants. Deborah started the cookbook over the summer of 2015. Included are some firsthand accounts of the devastation of super storm Sandy that affected nearly every establishment that gave her a recipe donation for the book.

To be considered, a restaurant had to be in a town that touched the ocean. Deborah also wanted to showcase the New Jersey fresh produce and seafood used by all of the restaurants and spotlight some restaurants that were doing innovative things. She also wanted to point out that the jersey shore is a great place for families to vacation with all sorts of great restaurants and things and places to see.

As executive editor of Jersey Bites, Deborah is a founding member of Jersey Shore Restaurant Week where she recently served as a judge for Jersey Shore Restaurant Week's TASTE Awards. Debbie has also judged numerous food competitions, beer, wine, and martini contests.

Deborah was on hand to sign her latest cook book titled, "The Jersey Shore Cookbook" at the White Butterfly Café. Her cookbook features 50 recipes contributed by well loved shore town restaurants, bakeries, markets, and more. This book delivers a slice of life from the restaurants in and around the jersey beaches and boardwalks we all love, along with the inside scoop of where to sit, what to order, and when to get there before the crowds.

Deborah's deep love for the Jersey Shore is eminent. Her grandparents owned a beach club at the shore and she grew up playing on the sandy shore. Deborah now lives a half mile from the ocean in Point Pleasant and continues to love and write about coastal cuisine from Cape May right up the eastern coast. Deborah encourages those that buy the book and who make one of the recipes to send her a photo at #jerseyshorecookbook.



Members from the White Butterfly book club got to meet with the author at her signing firsthand and discuss her new cookbook. For those interested in joining the monthly White Butterfly book club family, you can call the White Butterfly Café check them out on their facebook site. 732 -901- 6262. The White Butterfly Café and Boutique has events all throughout the summer, so be sure to check out their facebook page for the latest information.

Deborah's cookbook has been selling like crazy. There was even a hint that there might be a book two coming sometime in the future, and why not, there are still so many fine NJ eateries waiting to be discovered at the Jersey shore!

For a signed copy of the book order at: Jerseyshorecookbook.com. It is also available on Amazon for kindle users.

Visit her food blog at Jerseybites.com



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Months Of: AUGUST & SEPT

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
| | | | | 10 New Brunswick- Movie & Picnic Date Night @ Rutgers Gardens | 11 Holmdel - Lady Antebellum, Kelsea Ballerini & Brett Young PNC Bank Arts Center | 12 Middletown- Farmers & Makers Market |
| 13 East Brunswick- Middlesex County Fair  | 14 Middletown- Neighbors Helping Neighbors @ Township Library | 15 Atlantic City- Wedding of the Sea Festival  | 16 Long Branch- National Theatre Live  | 17 Bradley Beach- Bradley Fresh @ Local Vendors  | 18 Brick- Italian Feast @ Church of the Epiphany  | 19 Belmar- Finding Dory @ 8th Ave Belmar Beach  |
| 20 Oceanport- Tu Sello Latin Fest  | 21 Watch the Solar Eclipse!  | 22 Sea Isle City Farmer's Market  | 23 Freehold- Trivia Night @ iPlay America  | 24 Keyport Thursdays @ Local Vendors  | 25 Smithville Historic Smithville's Car Cruise  | 26 Long Branch Jazz & Blues Festival @ The Great Lawn on the Long Branch Promenade  |
| 27 Seaside Heights- Sunday Family Fun Nights | 28 Cape May- Carnival on the Lawn  | 29 Jackson- USO Show Troupe Performance at Six Flags Great Adventure | 30 Point Pleasant- Wednesday Night Musical Festival @ Jenkinson's Boardwalk | 31 Cherry Hill- Al Fresco Affair @ Croft Farm Arts Center | 1 Wildwood- Boardwalk Craft Show  | 2 Manasquan Beach Labor Day Celebration Main St & First Ave |
| 3 Farmingdale- Allaire Bacon, Bikes & Brews at Allaire Village  | 4 Oceanport- Monmouth Park Labor Day Weekend BBQ & Craft Beer Festival | 5 Enjoy the beaches after Labor Day  | 6 Lavallete- Lavallete Founders Day Outdoor Festival | 7 Wildwood- Bike Rally  | 8 Asbury Park- Oysterfest  | 9 Atlantic City Seafood Festival  |
| 10 Princeton Montgomery FunFest @ Princeton Airport  | <p>Keep Your Parents Busy!</p>  | | | | | |

Local Resident Wins First Place

10th Annual Susan G Woman Race



Photo Credit: Eloquent Studios

Lisa Arpaia, 50, of Millstone Township crossed the finish line in 25 minutes and 15 seconds to win 1st Place in the Survivor Division of the 10th Annual Susan G. Komen North Jersey Race for the Cure 5K USATF Timed Run. More than 2,000 people came out to Liberty State Park in Jersey City to attend the May 21st fundraiser, which raised more than \$600,000 for the fight against breast cancer—an increase of \$100,000 over the previous year (fundraising closed June 30th).



Photo Credit: Eloquent Studios

Kids Wish'n to go Fish'n - Outdoor Fun Day

By Pam Teel

Children with special needs will be able to attend the very first annual free “Kids Wish’n to go Fish’n” Outdoor Fun Day at Lake Julianna, on the Ponderosa Estate Farm in Millstone Township, on Saturday, September 30th.

With the theme being “Making Smiles,” special needs children ages 6 to 16 years old are invited to catch and release fish on beautiful Lake Julianna. The main goal of the fishing and outdoor fun day is to provide a psychological boost for special needs children while relaxing at a beautiful private lake with their family caregivers.

This past April, a similar fishing event took place at the lake for disabled Veterans. Entitled, “Play HOOK-e, Take a Veteran Fishing.” Disabled veterans had a chance to decompress, catch big fish, learn fly-casting, and enjoy a barbecue lunch. The veteran fishing program was so successful that it has already been scheduled for sometime in April 2018.

Mr. Vito Cardinale, of Cardinale Enterprises LCC, and owner of Lake Julianna on the Ponderosa Estate Farm thought that it would be a perfect opportunity for children with special needs to enjoy a day at the water’s edge and have fun participating in outdoor games at the farm. Mr. Cardinale stated, “If fishing and enjoying the outdoors brings a smile to a youngster’s face, let’s make it happen.”

Fishing on the lake is great opportunity for children with special needs because fishing is something they can do without exhausting themselves. There is plenty of space at the Ponderosa Estate Farm to navigate for physically challenged youngsters along with outdoor restroom facilities and lots of parking.

Participants are welcome to bring their own fishing equipment and bait or they can use loaner fishing rods and reels provided by the Jersey Coast Anglers Association (JCAA) and Boating Education and Rescue (BEAR) loaner program. Volunteer members from the following organizations will provide support for the youngsters fishing and participating in outdoor activities: (Project Healing Waters Fly Fishing (PHWFF), Jersey Shore Chapter, Newark Bait Fly Casters, New Jersey Beach Buggy Association, Hudson River Fishermen’s Association, and Vietnam Veterans of America Chapter 12).

Mike and Debbie Bennett, BEAR Environmental Educator’s, will spend time teaching youngsters fun games about the environment. Volunteers from PHWFF will teach fly-casting and the JCAA Youth Education Committee will have a surprise learning activity for youngsters and fishing safety tips.

Mr. Cardinale’s vision of “Making Smiles” for special needs children will also include a hot dog and hamburger barbecue lunch for all attending, complements of Cardinale Enterprises, LLC.

Local merchants and contributors are providing prizes, goodie bags, and tee shirts for girls and boys fishing Lake Julianna’s “Kids Wish’n to go Fish’n.” All children go home winners and the fish win too. Things you might want to bring to have and enjoyable time: sunglasses, cap, dress in layers, sunscreen, pliers, fishing cloth, wet weather gear, and a smile.

If you would like to donate to this worthwhile event for special needs children, please contact Don Marantz, JCAA Youth Education Committee at 908-347-1434.

To register and receive directions for this free event, please phone Danielle @732-747-7846 or email: Info@cardinaleenterprises.com



Aerial view of beautiful Lake Julianna on the Ponderosa Estate Farm.



Veteran Don Marantz with a 3.5 lb. largemouth bass caught and released on Lake Julianna.

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Wine Tasting Event to Raise Funds for The Linda E. Cardinale MS Center

By: Pam Teel

CentraState Healthcare Foundation will host its sixteenth annual multiple sclerosis fundraiser titled, "An Evening in the Vineyards" on Friday, September 15, 2017, from 7 p.m. to 10 p.m. at CentraState's Star and Barry Tobias Ambulatory Campus, 901 West Main Street, Freehold. Proceeds will support the Linda E. Cardinale Multiple Sclerosis Center, which is now the largest and most comprehensive MS Center in New Jersey.

Guests will enjoy over 70 wines from around the world, which will be poured by the distributors of Max's Beer Wine and Liquor, along with delicious cuisine provided by The Metropolitan Café and Great Restaurants Catering, both of Freehold. In addition, guests can upgrade to the Gordon Stillwell Tasting Room, hosted by Carol Stillwell, which offers tastings of some rare and unique wines of the Napa Valley along with their own array of food and hors d'oeuvres to complement the wine choices. Learn about the vineyard, the grapes, and why Carol Stillwell chose these particular wines to feature at the event. These wines are often not ones you can purchase at the store. The event generally draws five hundred plus people and it raised nearly \$200,000 last year alone for the Linda E. Cardinale MS Center at CentraState.

The Linda E. Cardinale MS Center was developed jointly with CentraState Medical Center and the National Multiple Sclerosis Society, New Jersey Metro Chapter, with the support of Vito Cardinale of Cardinale Enterprises in honor of his late wife, Linda. The comprehensive regional center provides diagnosis, treatment, rehabilitation and support for patients with MS and their families and also offers a MS Wellness Program, which was modeled after the highly regarded programs of USC and UCLA. The Center treats more than 2,100 patients yearly.

Tickets are available at \$150 per person. Sponsorship packages are available. For more information, call the Foundation at (732) 294-7099 or visit <https://www.centrastatefoundation.org/an-evening-in-the-vineyards>.

CentraState Healthcare System is a nonprofit community health organization consisting of an acute-care hospital, a health and wellness campus, three senior living communities, a Family Medicine Residency Program, and a charitable foundation. Their teaching program is sponsored by Rutgers Robert Wood Johnson Medical School.



Special Strides Receives Grant from Dunkin' Donuts "Joy in Childhood Foundation" for New Therapy Playground

Special Strides is excited to announce the opening of their new therapy playground. Located on Congress Hill Farm in Monroe, New Jersey, Special Strides is a non-profit 501(c)3 organization devoted to improving the lives of individuals with special needs. Using a unique combination of horses, therapy, and a natural setting, Special Strides has been servicing the community for over 19 years. The playground was made possible through the generosity of Dunkin' Donuts' charitable foundation, "Joy in Childhood Foundation", who awarded a \$7,500 grant to Special Strides for a new playground. The focus of Dunkin' Donuts' charitable foundation, is to help kids find joy in their daily lives. As a result, Special Strides upgraded their old playground with a new "forever" vinyl playground including ramps, ladders, swings, slides, and rock walls.



Special Strides will use this outdoor play area as an integral part of their physical and occupational therapy services. The ability to include the playground into their therapy model allows the children to improve functional skills. Motor skills, including improved balance, communication, and confidence are gained with the aid of their dedicated therapists.

A special thanks to local Monroe and Spotswood Dunkin' Donuts franchise owners, Carol and Kevin Decker, for their continued support and commitment to Special Strides. Additional thanks go to Russ Romeo (Sr. Director of Field Marketing for Dunkin' Brands), Jeremy Landy's movie launch of Lemi's Appalachian Adventure (GoFundMe), Steve's Trees, and an anonymous donor.

For more information on Special Strides please visit our website at www.specialstrides.com or email us at information@specialstrides.com.

Open House Ice Cream Social at the Historic 1844 Clarksburg Methodist Church

By Pam Teel



An ice cream social welcoming the community in to see the major renovations done on the historic church was quite a success as it drew in townspeople not only Millstone, but surrounding communities as well. All came out to marvel at the progression of the church's restoration and share a cup of Swal's ice cream. The celebration was hosted by The Friends of Millstone Township Registered Properties and the Millstone Township Historic Preservation Commission on the 3rd of June. The celebration also included the ringing of the 1892 Bell in the church's tower and adding local news and items to a time capsule that will be opened in 2069.

The restoration was made possible through the Monmouth County open Space Grant Program and the Monmouth County Historical Commission. The inside of the church was bright and cheery with its pale yellow walls, renovated old floors, that looked brand new, and a one of a kind square paneled ceiling. The renovation started in the spring of 2016 when first the damaged ceiling was removed; discovering that the original ceiling was all plaster. The attic floor was then secured from below. The tower Bell, donated by Mrs. Charles Allen in 1892, was still intact.

The rotten beams were then replaced on the front west side of the church and a new furnace was installed in the attic. The carpenter, Dave Mauger, did a wonderful job in so short a time period. The roof was installed in December. Inside the vestibule, workers noted the original sandstone foundation.

Volunteers stained a total of 35 square panels of ceiling that were later reinstalled. Robert Mount installed the last piece of plywood subflooring and volunteers installed the new old floors. There was a precious treasure found inside the wall. It was a signature that stated, "I Thomas." It is believed to be the signature of the boss carpenter in 1844, Thomas Gravatt. There was also an old axe on display in the church that was found in the attic. Many companies donated their time and services; those of which included were Warren Lightning Rod Company, Fresh Start Renovations, and Larry's Painting.



Doreen Polhemus, Church Stewart, with the time capsule that is to be filled and opened in 2069.



The church's next door neighbors come to check out the renovations and enjoy the ice cream.

Let me Shake Your Hand Anthony Conoscenti

by Susan Heckler

Millstone resident Anthony Conoscenti is a talented licensed barber and a devoted member of the Knights of Columbus. This young man let his scissors do the talking to raise money for a great cause.

On June 24, Anthony held a fundraiser for Knights of Columbus – Prince of Peace Council # 5903 in Englishtown at Columbian Hall on 3 LaSatta Avenue. Anthony spent the day cutting hair and donating all proceeds to the Council, which will in turn donate to several community charities.

Anthony, 24 years old, certainly could have thought of a thousand other things to do with a Saturday, but he chose to help those in need instead. Giving back to the community is a family tradition for the Conoscenti family.



The Millstone Times would like to Shake Your Hand and thank you for giving your time and attention to your community and being an example to others!

If you'd like to learn more about the Knights of Columbus, please check their web page at www.kofc5903.org



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Meet Your Neighbors

By Pam Teel

Millstone Township resident, Jolene Conoscenti, is the founder of, "Lorraine's I Believe Foundation." The Foundation was started to spread awareness about Brain Radiation. She, along with her two sisters, started the Foundation in 2012 in memory of their mother, Lorraine Giordano. The sisters are not doctors, nor in the medical industry. Their intent is to share their experiences with others about their mother's brain radiation treatments.

Their Foundation also serves a dual purpose by paying it forward and helping to raise money in memory of their mother, for Make-A-Wish® New Jersey. The mission of Make-A-Wish New Jersey is to grant wishes of children with life threatening medical conditions and to enrich the human experience with hope, strength and joy. Our goal is to "help fund a wish" Our mom loved children and we believe this is the foundation she would want to help. To date the "Lorraine's I Believe Foundation" has proudly taken part in helping to make three wishes come true so far.

This year, Jolene and her two sisters teamed up with two other local business owners in the area. Melissa Saul, owner of CrossFit Delirium at Rewind Functional Fitness; a 3,375 square foot all-inclusive fitness center located in Eatontown, and Nick Bowden, owner of The Lift Project, a young adult ministry located in Central New Jersey. This past June, they hosted a fund raiser to help raise money for Make-A-Wish New Jersey. With Nick and Melissa donating the use of their time and facility at no costs, 100 percent of the money raised went directly to Make-A Wish New Jersey.

Both CrossFit and the Lift Project are committed to hosting a fundraiser every month towards a charitable organization. Their generosity and kindness is incredible. They give up a Saturday personally and financially to help a cause. When small business owners give back to the community it is so important that they are recognized.

For Jolene, it is very emotional seeing complete strangers who were so giving, kind, and generous. "I have never met people like this. They should be recognized for their generosity and kindness to our community. Lorraine's I Believe Foundation and Make-A-Wish New Jersey are so grateful to both of them."

It goes to show you what good communities can do when they put their best efforts forward and work together to accomplish their goals. Their selflessness is helping to make someone else's dreams come true. Jolene and the Lorraine's I believe Foundation are busy working on their 4th wish-granting fundraiser for Make-A-Wish New Jersey. You can help by donating to their cause and others!



Rewind
FUNCTIONAL FITNESS
CROSSFIT DELIRIUM

MAKE-A-WISH
New Jersey

The LIFT
PROJECT

LORRAINE'S I BELIEVE FOUNDATION
Brain Radiation Awareness

- **CrossFit Delirium at Rewind Functional Fitness** - <http://www.cfdelirium.com/> - **Melissa Saul - Owner**
- **Lorraine's I Believe Foundation** <http://www.LorrainesIBelieveFoundation.com/> - **Jolene Conoscenti - Founder** - To make a donation visit our website and go to the donate tab- [http://site.wish.org/goto/lorrainesibelieve--Make-A-Wish New Jersey](http://site.wish.org/goto/lorrainesibelieve--Make-A-Wish>New%20Jersey) will send you a receipt for your taxes.
- **The Lift Project** - <https://www.theliftproj.com/> - **Nick Bowden - Owner**
- **Make-A-Wish New Jersey - Monroe Township, NJ - Samuel & Josephine Plumeri Wishing Place** - <http://nj.wish.org>

Shore Luxury Limo; Great Service, Great Neighbors

By Susan Heckler

If you have an event coming up or a vacation planned and you need a limo service, Shore Luxury Limo comes highly recommended. They may have just celebrated their first anniversary, but the staff at Shore each has tremendous knowledge which, when combined is 20 years of transportation experience, makes for a seamless experience.

Conveniently located at the Jersey Shore, Shore Luxury Limos offers clients Professional Chauffeur service throughout New Jersey, New York City, and Philadelphia. Their professionally trained chauffeurs are background checked, fingerprinted, safety trained, and experienced.

They have an extensive fleet of vehicles to fit all size parties and occasions. Whether it is going to a concert in style with a chauffeur as your designated driver, a black tie wedding or a ride to the airport...Shore does it in style.

Shore Luxury Limos' fleet of 2016-17 vehicles has grown with the addition of The White Trolley for the 2017 season. This is not intended as a party bus, it's an elegant throwback to Shore days gone by with all of the newest amenities. The White Trolley is equipped with luxurious features to provide comfort and relaxation for passengers. It is glass-enclosed and includes both high-output heating and air-conditioning to support any event date and weather. A cooler compartment provides storage for bottled water and beverages, and a 1500-watt surround sound satellite radio system supports the celebration with music. The charming rear porch of the White Trolley offers a perfect setting for a photo opportunity. The spacious ride offers 28 seats in total for parties of all sizes.

"I have always thought that the White Trolley would be a good fit for events here on the Jersey Shore. Commissioning a brand-new, state of the art trolley was a dream come true. The trolley offers a unique experience for weddings, proms, tours, and all types of events," says Tom Mirabella, President of Shore Luxury Limos.

Here is a great visual...The White Trolley decked out in Christmas decorations as part of Downtown Freehold's Light Tour.

"The addition of the White Trolley to our fleet will enable us to be of better service to our brides by offering them such a unique vehicle. The trolley compliments our fleet, allowing us to be a full-service transportation company," says Mike Grieco, Director of Operations at Shore Luxury Limos.

In addition to giving top of the line service with state-of-the-art vehicles, Shore Luxury Limos is a proud partner with Make a Wish Foundation, Daniella's Wish, and The Dream Factory of the Jersey Shore (DFJS, Inc.) and Downtown Freehold. The common theme here is this great company gives back to the community in a big way, helping children in need live a better life or fulfill a dream.

Thank you Shore Luxury Limo, you are an asset to the community and a great company to do business with! Tell them I say, "Hello" when you make your reservation.

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Do's and Dont's of Dry Shampoo

By Aleena McIlvaine

Instead of throwing your hair in a bun or putting on an ever popular "dad hat" when you're having a bad hair day, simply spritz a bit of dry shampoo throughout your roots, give it a little tousle, and be on with the rest of your day feeling confident. When it comes to using dry shampoo products, whether it be a spray or powder, no one knows exactly what they're doing. Everyone understands that it must cover their roots in order for it to make a difference in the look and feel of their hair, however, not many people really think about how to go about this. One of the biggest mistakes is simply applying it too close to the head, when it should be about ten inches away from the roots. Many people start out quite concerned because the spray comes out white, but this goes away as soon as it is brushed out. The product should sit for a minute or two before either brushing or combing it through with your fingers. This will leave your hair refreshed and looking brand new.



Dry shampoo can not only breath life back into oily hair, it can also help curls last longer, keep bobby pins in place, and hold a tease (backcomb) for longer. The starch or silica in the dry shampoo will coat the natural oils in the hair which keeps the curls from clumping together. The same products also keep bobby pins from slipping out of place by giving them a little extra grip. Dry shampoo has many other odd but practical uses other than keeping you hair looking clean. If you feel your brows are looking a bit sparse, you can spray some on your finger or a q-tip and brush it through your brows for a more naturally full look. The same starch that pulls oil out of your hair, can also pull oil/grease out of real oil stains in clothing, you simply spray the dry shampoo on the problem area before throwing it in the washer.

A good dry shampoo is a must have for any beauty lover. It keeps your hair looking fresh and clean between washes and can be used for other everyday quick fixes. Most products won't cost more than about \$15, which is a steal for something that can really save you from a bad hair day. It's not hard to love your hair when it always looks freshly washed thanks to dry shampoo.

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Extending Shoe Life

By Susan Heckler

Shoes are expensive, and some of us develop an attachment to our favorites. To keep them looking and smelling great and a welcome addition to our closet, here are some helpful tricks for happy shoes and happier feet. You may want to check with manufacturers before trying these cleaning hacks.

Toothpaste can put a whiter smile on your shoes as well as your teeth. It acts well as a cleaning agent for dirty sneakers. Just apply a bit of toothpaste to an old toothbrush, work it into the dirty spots on the rubber, making sure to scrub the sides well. Then work the toothpaste into the fabric of the shoes. Let it sit for a few minutes, and then wipe it off with a damp towel.

Rubbing alcohol, available at supermarkets and drug stores, can be used to safely remove stains from finished leather. Use a Q-tip, or a cotton ball, and soak it up gently with some rubbing alcohol. Rub the alcohol into the stain on the shoes, and let that sit for about 30 minutes.

Barefooting can lead to sweaty, stinky shoes. Removing smelly odors is a vital part of cleaning shoes! Try putting a bit of baking soda into your shoes to freshen them up, and let them sit overnight. Baking soda has special properties that enable it to effectively remove odors from many objects and appliances around the house.

Suede surfaces scratch and stain very easily. Nail files come super-handly. First use a soft cloth to gently rub the area with the stain, to try and remove as much of the surface spotting as possible. Gently rub the spot with a nail file or sandpaper, until the stain has diminished in appearance. Take it slow so you only remove as little suede as possible.

As you know from laundry, vinegars are great for removing odors, because they have great acidic properties. Try soaking stinky sneakers in a vinegar solution, using around two cups of vinegar mixed in with two gallons of water. Dunk the shoes in, and keep them submerged.

Patent leather shoes are extremely easy to care for, and usually can easily be given a shine with store-bought patent leather cleaners. Better yet, try applying some mineral oil or petroleum jelly on a clean cloth, and rub off the scuff marks on the shoes. Use a little more to buff the entire shoe to be consistent.

Spilled grease on your blue suede shoes? Cornmeal can be rubbed into greasy areas on suede shoes and left on to soak up the grease or oil from the stain.

Afterward, brush it off with a cloth.



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SPECIAL EVENT AUGUST 18TH

The One Eyed Turtle introduces Wazi Shoes

By Susan Heckler

The One Eyed Turtle has been part of The Gunther Family for several years, advertising their lovely Allentown boutique in The Millstone Times. When one of our employees, Leanne Swallowood, met one of the founders of Wazi Shoes at an event, and mentioned the uniqueness of their launching shoe company, my matchmaking skills went into hyper drive. One of the services Gunther Publications provides for its advertisers is accessibility to our extensive network. Advertisers and readers are like family to us.

For those of you who don't know, The One Eyed Turtle's collection of clothing, accessories, toys and Zen items have been hand selected from a very short list of artisans from around the world. You can't just have a great product at a great price and get in their doors. The One Eyed Turtle also carries original designs made just for you! Another priority of the boutique is to carry clothing for all sizes, from pixie to goddess.

There is a boutique with a conscience. Owner Mary Anne Coleman discovered the beauty of fair trade several years ago. Their products are sourced from ethical and fair trade oriented vendors working directly with the artisan groups in the vast underdeveloped areas of the world. The One Eyed Turtle can be a part of the value chain offering unique, good quality products that are touched by human hands and that provide the producer an honest, living wage.

The principles of the Fair Trade Federation are to:

- | | |
|--|---|
| 1. Create Opportunities for Economically and Socially Marginalized Producers | 5. Pay Promptly and Fairly |
| 2. Develop Transparent and Accountable Relationships | 6. Support Safe and Empowering Working Conditions |
| 3. Build Capacity | 7. Ensure the Rights of Children |
| 4. Promote Fair Trade | 8. Cultivate Environmental Stewardship |
| | 9. Respect Cultural Identity |

Similarly, at Wazi Shoes, sisters, Alice and Heather believe that supporting local economies and workers in Tanzania is as essential as their give-back mission. By providing long term, appropriately-paid employment, Tanzanians and their communities benefit. Wazi Shoes were first designed by and for Tanzanian women. They are made by hand by a variety of shoe workers using time-honored techniques and bead work that ties tradition to modern style. Wazi Shoes is striving for 100% local sourcing of materials to further help the local economy, but has some way to go.. Even the packaging is made with a purpose, the accompanying shoe bags are sewn by a vocational sewing school by school leavers affected by HIV and the shoe boxes are made by hand from recycled cardboard. Wazi Shoes donates a portion of sales of their ethically produced artisan shoes to The Gretta Foundation which helps young people pursue nursing training in Eastern Africa. Wazi Shoes are sold via the website at www.wazishoes.com and at special pop-up events.



Also exhibiting will be Sportnduck a high end work out and yoga wear group who donates one dollar for every shirt sold to supporting women's heart health. Help us put an end to heart disease's "reign" as the number one cause of death in women.

The One Eyed Turtle has invited Wazi Shoes and Sport N Duck to share a special event on Friday August 18 from 12:30pm - 6pm at their location in The Old Mill, 42 South Main Street in Allentown. Shop from all three of these giveback companies and make the world a better place.

For more information on The One Eyed Turtle and the event, contact Mary Schwab (609) 558-8451, mary@theoneeyedturtle.com. For more information on Wazi Shoe (888) 674-WAZI.



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Organize Your Home for Back to School

It may sound silly, but your home's layout can actually be the difference between a smooth school day and a rough one.

Think about the logistics required to pull off breakfast, bathroom time and homework. A house with a smaller kitchen, only one bathroom and no designated spot for studying can lead to challenges both before and after school.

Get started now on equipping your home with the right tools to make this the smoothest school year ever.

The Homework Spot

Do you have a family room or a quiet area of your home? You can designate this as a study area for your younger children. Older children can have the option of studying in their room, if they've proven their ability to maintain good grades and on-time homework completion.

Having a dedicated spot for homework can help you children stay in a nice routine for finishing it. Choose a well-lit spot away from distractions such as TV, radios and even phones, for an optimal learning environment.



The Coat Spot

Nothing can drive an organizational mother mad like a coat or laundry room in disarray. Don't allow scattered shoes, backpacks and lunchboxes to simply land where they may. Overhaul your laundry room to include a bench with multiple cubbies underneath for shoes, and hooks above it for jackets, backpacks and umbrellas.

You can find easy online building blueprints that you can follow with a few pieces of lumber and some simple tools. You'll have an extremely organized laundry room before you know it.

Overcome Morning Madness

Add sleepy kids and a deadline-driven environment and you've got the ingredients for a hectic morning. Nothing says "good morning" like stress and chaos. Surely you'd like to send your kids off to school in a calm, collected manner. You just may not be sure how to do it. The key is in the planning. Load up your evenings with preparation-type responsibilities, such as packing lunches, gathering lunch money, signing permission slips, ironing clothes and writing yourself a to-do list. By the time 7 a.m. comes around, you'll be sipping your coffee in peace while your children calmly wait for their school day to get started.

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\$549,900 Agent: Nina Cestare

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17 Hampton Ct E, Robbinsville, NJ 08691
\$579,900 Agents: Cynthia Duvin

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MLS#6997273

24 Rock Run Rd., East Windsor, NJ 08520
\$383,000 Agent: JoAnn Stewart

This renovated 4 bedroom 2.5 bath Greenwich Model offers new wide plank hardwood floors, a 2-stry Fr w/Fireplace, 42" Kitchen cabinets w/granite, tile floors, SS appliances, 1st floor laundry room & 2-car garage. The convenient location makes this a desirable community to come home to.

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How to Teach Your Children to Play Safely With Dogs

By: Erin Mumby

Did you know that most dog bites to children come from the family dog or another familiar dog? Over 75% of dogs that bite children are owned by a child's family or friend. It is important that kids know how to interact with Even if the dog loves a child, they can easily snap or bite if provoked by the child. Here are some tips to help kids stay safe when they meet a new puppy or play with an old familiar dog:

ASK PERMISSION BEFORE PETTING

If your child sees an unfamiliar dog, teach them to ask the owner if they can pet the dog. The dog's owner will know how their animal will react to a new person. When the dog warms up to you, gently stroke him underneath his chin. Teach your children that a safe dog is one that has a soft body and relaxed with a happy face! A dangerous dog will be one that has its mouth closed or open with tight lips.

SHOW THE DOG YOU'RE FRIENDLY

Instead of attacking the new dog with hugs, your child should extend its palms up to the dog. The dog will have the opportunity to sniff your child. Reaching out can startle an unfamiliar dog.

BE A ROCK, OR A TREE!

Teach your child to be a "tree" if a dog is overly friendly. Stay still! Fold your hands and look at your feet and count in your head until the dog goes away or an adult helps. If a dog actually jumps on your child, teach them to be a "rock." Curl up on the ground and protect your face and neck with your hands and arms.

THINK LIKE A DOG

Ask your son or daughter: "Would you be happy if your somebody started poking you?" It is important to teach children to not provoke their pets. It can be difficult for children to understand that their pet may not always welcome their attention. If a dog leaves the room, they might want to escape the attention of your child. It's important to let your child know to let your dog have some alone time.

CHILDREN SHOULD NEVER TRY TO TAKE FOOD AWAY FROM A DOG

Kids should be taught to never interfere with a dog that is chewing something. Their little fingers could be mistaken for a snack! Tell your kids to leave dogs alone when they are eating. They should also be taught to let sleeping dogs lie! Our pets need their rest too. Kids should know that they should never break up a dog fight. They should never get in between two dogs that are acting hostile.

MOST DOGS DON'T LIKE KISSES.

Children kissing and hugging a dog too tightly is the major cause of facial bites to kids. Telling your children to think like a dog is a great general rule in keeping them safe and sound around your dog.



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Do I Really Need To Socialize My Dog?

By: Lauren Egierd, General Manager of Golden Paws Pet Resort & Spa

If you're like most dog owners, socialization isn't the first thing you think about when caring for your dog. You focus on regular vet visits and vaccinations, healthy food and flea and tick control. Socialization seems like a daunting task that can wait. But in fact socialization should be addressed early and treated as a top priority in maintaining your dog's health.

Dogs that aren't socialized properly can suffer from poor health, pose a danger to others and be unable to accept vital medical treatment if needed.

Fear Has a Negative Impact

Being fearful is not only unpleasant for the dog, it causes hormonal reactions in the body that can have negative effects over time. When poorly socialized dogs are continually fearful, several things happen. Adrenalin hormones are released and increase heart and respiration rates and blood pressure. Corticosteroid hormones are released to increase the dog's awareness and ability to react quickly. Unfortunately, corticosteroids also decrease blood flow to the kidneys and intestines, encourage muscle breakdown and suppress the immune system.

Inability to Tolerate Vet Care

To ensure a dog's health and identify any illness, vets need to perform complete examinations. This can be next to impossible for poorly socialized dogs that respond to stressful or new situations with aggression. Even using a muzzle is not a solution because it prevents the vet from examining the dog's mouth and determining dental health, appropriate red blood cell production and hydration. As a result, owners often choose the easiest solution, which is to forgo medical checkups altogether. This is not a healthy course for the dog.

Lack of Exercise

Another result of poor socialization is the tendency for dogs to not get enough exercise. Owners are worried about their dog's behavior in public and shy away from going out altogether. Unsocialized dogs can run away and get into fights with other dogs causing harm and potentially expensive vet bills. When exercise is limited, dogs can become overweight and suffer the health risks of obesity.

Insufficient Grooming

Dogs require regular bathing and grooming to keep their skin and coats healthy. Poorly socialized dogs cannot tolerate the stress of a bath or stay still long enough to receive a proper cut. A struggling fearful dog can potentially harm the groomer and himself. Tranquilizing a dog under these circumstances is not a safe option because it poses unknown risks to the dog. Consequently, grooming is often not worth the risk.

So what is the solution? How do you avoid all these risks and socialize your dog? There are many ways to socialize your dog and help is out there.

Hire an Experienced Trainer

Dogs have a sensitive period for socialization between the ages of 3 and 12 weeks. It is recommended that during this period your dog be exposed to roughly 7 new people, objects and/or situations per week. Hiring a professional trainer to socialize your pup will ensure that the exposures are pleasant and have a positive influence on the sociability of your dog.

Socialization should be an ongoing practice continued into adulthood. It is not enough to socialize your pup only during puppyhood. A dramatic change in your dog's social contact can be detrimental to his overall confidence and cause him to develop fear or aggression during social encounters. In order to maintain a well-balanced pet, your dog should be exposed to a variety of different people, animals and situations continuously throughout his life.

Benefits of Doggie Daycare

Consider enrolling your dog in doggie daycare. A regular routine of group play will expose your dog to other dogs, new people and different situations. As important as it is to properly socialize, it is equally important to ensure that those interactions are positive and frequent. Enlisting the help of a professional that is trained to read the dog interactions and body language is always a plus.



WANTED A LOVING FAMILY

By Pam Teel

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 years experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org.

To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html>

If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phones are answered during open doors hours or email: linda@animalassistance.org. Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am

All proceeds and donations taken in are for the animals' medical fund. Animal Assistance personnel does not take salaries. All animals have their recent vaccinations and are neutered and spayed.

These four animals have been at the facility the longest, they deserve a good home. Please consider these pets first and help us find them a good home!

Senator Bob- large super friendly male cat domestic shorthair- A talker.

Yoyo- adult pot bellied pig- medium size needs a place to call home.

Sweetie- female cat was found in an abandoned home. She was malnourished but is coming along fine. About 7 months old. She is tiny and so gentle.

Chili- This little guy was rescued on the streets. Not even a year old. Super friendly orange cat.

Others up for adoption-

Mr. Moe- small baby orange domestic short hair male

Bonnie- adult beagle small male

Paul- Large adult Alaskan malamute

J.R.- Adult medium Jack Russell terrier

Lady Linda- Large female adult female pot bellied pig. Domesticated

Butterscotch-Calico cat- would prefer to be only pet

Kait & Allie-Labrador retriever and chow mix. Both female. Bonded- would love it if they could go together. Found abandoned.



Senator Bob



YoYo



Mr. Moe



Bonnie



Paul



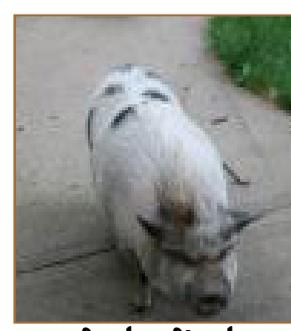
J.R.



Sweetie



Chili



Lady Linda

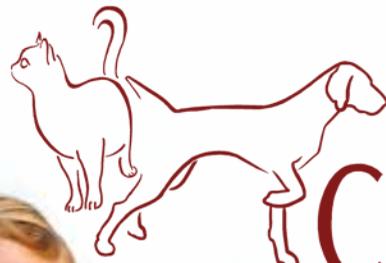


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But with so many trainers claiming to be the best, how do you know you're choosing the right one?

Doing your homework is critical to finding the perfect dog-trainer situation. Start by asking friends and family members, and search online for certified trainers in your local areas. Many K-9 police officers spend their weekends training dogs and can be excellent sources for quickly improving an errant dog's behavior.

Preparing Your Dog

Before you even walk into the doors at your local dog-training facility, there are a few things that Fido should do:

- Eat only a light meal before training to ensure maximum energy and mobility.
- Make sure he is wearing the type of collar and leash specified by the trainer.
- Take care of any potty breaks so he doesn't need one during his course.

If you choose a group class instead of a private one, take the time to prepare your dog for interaction with peers and people. One of the most valuable aspects of working in groups is that doing so will help strengthen your dog's focus and ability to overcome distractions.

Prepare Yourself

✓ Be ready to answer basic questions about your dog and what you hope to accomplish during the training sessions. Are you simply seeking a better-behaved dog or do you have more advanced goals such as competitive obedience or therapy work? Knowing this information before you start the vetting process will tell you if trainers have the professional experience specific to your needs.

✓ Be sure to understand the training fees and payment, as well as any documentation or proof of vaccinations you may have to provide prior to the classes.

✓ What you wear to a training class is also important to consider. Go with tennis shoes and comfortable clothing instead of sandals or high heels.



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Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression. Contact us today for more information!

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August is National Immunization Awareness Month

By Susan Heckler

The Centers for Disease Control (CDC) recommends getting 29 doses of 9 vaccines (plus a yearly flu shot after six months old) for kids aged 0 to six. No U.S. federal laws mandate vaccination, but all 50 states require certain vaccinations for children entering public schools. Most states offer medical and religious exemptions; and some states allow philosophical exemptions.

Vaccines do have some controversy; it is not our intention to advise whether or not you should get your immunizations, just to inform our readers of the recommendations.

Getting all the vaccines recommended by age 2 will help protect your child from diseases that can be dangerous or even deadly, including:

- Measles
- Chickenpox
- Whooping cough (pertussis)
- Hepatitis A and B

Doctors recommend that all pre-teens ages 11 and 12 get the following shots:

- Meningococcal vaccine- This shot protects against types of meningococcal disease, including meningitis. Meningitis is a very serious infection of the tissue around the brain and spinal cord.
- HPV shots- These shots protect against human papillomavirus (HPV), which can cause several types of cancer. The HPV vaccine is given as a series of shots over several months, starting at age 11 or 12.
- Tdap booster- This shot protects against tetanus, diphtheria and whooping cough (pertussis). It's a single shot that's given to pre-teens ages 11 or 12.
- Yearly flu shot- Getting the flu vaccine every year is the best way to protect against the flu.

As young parents, we stress and obsess about making sure our children are up to date on all of their vaccinations to be sure they have the best chance at wonderful health. Sometimes we forget that it doesn't end there. Vaccines protect not only you, but those around you too.

- Adults need to get vaccinated just like kids do. Make sure you are up to date on your shots. Even if you got all your shots as a child, you still need shots as an adult. The protection from some shots can wear off over time. Also, as you get older, you may be at risk for other illnesses, like shingles.
- An annual seasonal flu vaccine is the best way to protect yourself and others from the flu.
- Get the Tdap shot to protect against tetanus diphtheria and whooping cough (pertussis). Everyone needs to get the Tdap shot once, and pregnant women need a dose during every pregnancy.
- After you get a Tdap shot, get a Td shot every 10 years to keep you protected against tetanus and diphtheria.
- Older adults (60+) need shots to protect against diseases like pneumonia and shingles.

There may be other shots needed depending on your lifestyle choice, profession, other diagnosis, travel plans etc. Always check with your doctor.

Under the Affordable Care Act, the health care reform law passed in 2010, most private insurance plans must cover recommended shots for adults. Depending on your insurance, you may be able to get your shots at no cost to you. Talk to your insurance company to learn more.



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Flip Flops: The Foot's Worst Nightmare

By: Aleena McIlvaine

While many times flip flops are the easiest shoe option in the summer, they cause more harm to your feet and legs than they are worth. What makes a flip flop most appealing, the ease to just slip it on, is what makes it the most hazardous.

Flip flops have almost zero arch support. The foot naturally has a bit of an arch in the middle, and shoes that give support to that part of the foot are the best for your feet and legs. Flip flops are made of a very soft, flat foam, which causes the ligaments and tendons in the foot to stretch in all directions. This will obviously cause foot pain and possibly cause bunions to form as well. The straining of the tendons can also cause "hammertoe" in which one toe crosses over the other. This may not sound very serious at first but, if not fixed right away, it may require surgery to be corrected.

While not as serious as bunions or "hammertoe," blisters are also a very common "side effect" to wearing flip flops. The plastic thong part that goes between your toes is constantly rubbing on the sensitive skin there, which will eventually cause painful blisters to form. Because your feet have no protection from the sun, the moisture from the sweat can make blister form almost every time you wear them. Allowing your feet to be exposed like that for a few weeks, if worn daily, can completely dry out the skin, which also may cause a fungal infection to grow. The dry cracked skin, mixed with the moisture from sweat and other times your feet are wet, make the perfect breeding grounds for infection.

A lot of people also wear foamy flip flops in public or shared showers. The thought is, they are protecting themselves from the possibility of bacteria and fungus. This however, doesn't always work. If the shoes are not dried off and kept that way, bacteria may actually begin to grow inside the foam of the shoe itself. This may spread from the shoe, to your foot, causing severe pain when just trying to put pressure on it.

The next time you go to reach for your favorite pair of flip flops, just think about the real damage they can do to your feet. Most of these things only happen after long periods of wearing flip flops, but the risk for infection and pain is always present. Switching up the types of shoes will not only up your style, but also keep your body feeling much better.



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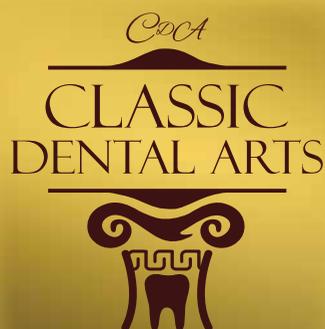
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HOW DOES REIKI WORK ON THE BODY?

Reiki focuses energy into the body to remove pain and swelling. Reiki energy can be channeled to emulate the effects of thermal treatments, medication, laser surgery, and ultrasound to treat any number of issues, promoting recovery from illnesses and injuries.

DOES REIKI ALSO HELP A PERSON'S EMOTIONAL STATE?

Yes! Reiki helps people dealing with anger, grief, anxiety, and other ailments by providing calm, soothing energy. Reiki can also help balance the residual energy from past emotional traumas.

SO HOW IS REIKI SPIRITUAL?

Reiki practitioners often learn to "read" the spiritual energy of a client in front of them, expanding their energy work into the psychic level. When I work with grieving clients, I often combine Reiki with spirit mediumship to connect to Loved Ones who have passed on and promote emotional healing and closure. Reiki was the first step in my psychic development.

Reiki promotes health and complementary wellness on all levels. It is one of the most versatile energy healing therapies available, and it is believed to improve just about any aspect of life, from physical health and stress relief to mental clarity and emotional balance. Are YOU ready for Reiki?

Find YOUR Intention and Love Your Well-Being!
-Jeff

Jeffrey Carpenter is a certified Reiki Master Teacher, psychic, and spirit medium providing services, awareness, and training for individuals and organizations. For more information, please visit <http://dimensionsreiki.com> or call 732-832-1036.

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New in NJ- Duchenne Muscular Dystrophy Awareness Week

By: Erin Mumby

In Trenton, – The Assembly approved a joint resolution (AJR124) that will make the week of September 7- September 13 as Duchenne Muscular Dystrophy Awareness Week. The bill was sponsored by Assemblyman Ron Dancer (R-Ocean). This bill will help increase the knowledge that the average New Jersey resident holds about Duchenne Muscular Dystrophy Awareness Week. “Educating parents and health care professionals about the condition will help improve early diagnosis and treatment of the disease which can improve the quality of life for everyone affected,” said Dancer (R-Ocean). “It can also help encourage further research into treatments for the condition.”



Did you know that Duchenne Muscular Dystrophy is the most common fatal genetic disorder? 300,000 boys worldwide will be affected by Duchenne Muscular Dystrophy. 20,000 cases are documented in the United States. Symptoms of the disorder will usually appear before a boy is 6 years old.

DMD is a form of muscular dystrophy that is caused by a mutation of the dystrophin gene, located on the X chromosome, which codes the protein dystrophin. An absence of dystrophin in the body causes muscles to deteriorate and break down. DMD is the most frequently occurring childhood neuromuscular disorder. It is also one of the most rapidly progressive childhood neuromuscular disorders. Boys are primarily affected because the disorder is inherited on the X chromosome. Girls can be carriers and mildly affected.

When a child has Duchenne Muscular Dystrophy, their exons are deleted, duplicated, or cause an abrupt stop in the protein production process. The impaired exons then interfere with the rest of the gene being pieced together. This then results in a mutation that causes the body to lack the protein needed to protect and rebuild muscle fibers. The lack of protein leads to continuous muscle degeneration and premature death. Treatment is usually aimed at controlling the symptoms a patient has, as there is no cure for the disorder.

Symptoms like progressive muscle degeneration and weakness can begin as early as age three. When a boy reaches their early teens, critical organs including the heart and lungs will be affected. The life expectancy is not high for men with Duchenne Muscular Dystrophy. The average life expectancy is 26 years old. Recent advances in cardiac and respiratory care are now allowing men to live into their 30s or later.

Worldwide, September 7 is World Duchenne Day. September 13 is the date on which Jamesy Raffone was diagnosed with the disorder. As a result, his parents founded JAR of Hope, a New Jersey charity focused on Duchenne muscular dystrophy. Their mission is dedicated to bring awareness and raise funds directed to ongoing research in the hope of eliminating Duchenne Muscular Dystrophy.

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3. Not only human beings, but also koalas have unique finger prints.
4. At birth, a child's body is made up of around 300 bones. But an adult has just 206.
5. Every year more than 2 million left-handed people die because of mistakes they make when using machines designed for right-handed people.
6. If someone kisses another person for a certain amount of time, this is much more effective in terms of hygiene than using chewing gum, as it normalizes the level of acidity in your oral cavities.
7. An adult person performs around 23,000 inhalations and exhalations a day.
8. The total strength of masticatory muscles on one side of your jaw is equal to 195 kilograms.
9. Men are officially classified as dwarves if their height is below 1.3 m, whereas for women the measure is 1.2 m.
10. A person uses 17 muscles when they smile, and 43 when they frown.

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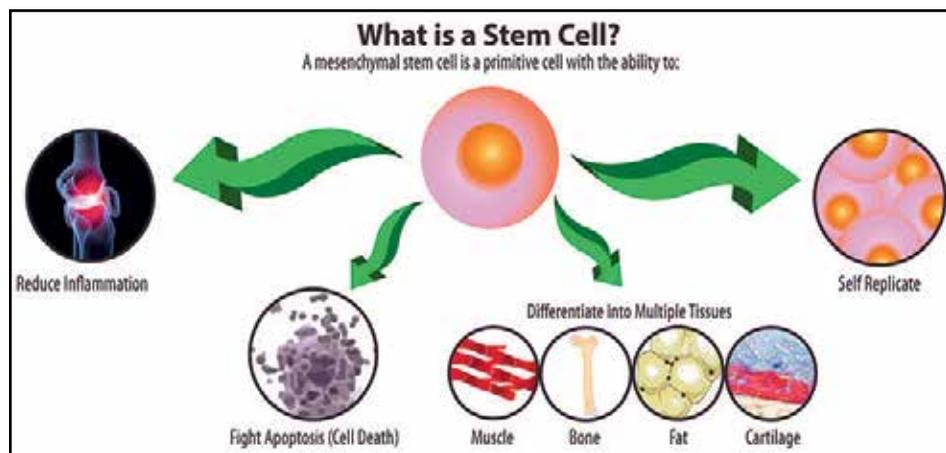


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Millions of patients suffer with knee pain due to arthritis. The options for treatment, until now, have been limited to physical therapy, steroid injections, viscosupplementation injections, or joint replacement surgery. Central Jersey Spine & Wellness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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

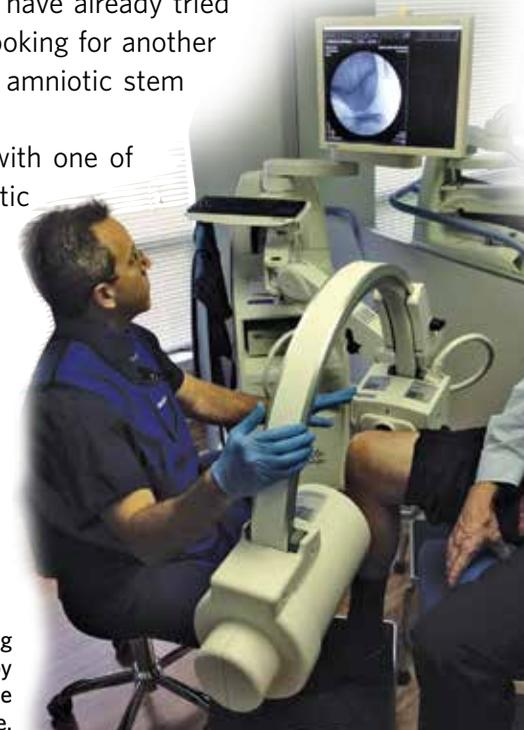
Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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

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Dr. Steven Linker, OD



QUESTION:

We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?

ANSWER:

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly

vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

Visionaries in the optical field have come up with a clear solution to harmful exposure to UV and blue rays. They have developed no-glare protective lenses that filter out the harmful rays. We carry Crizal Previncia No-Glare lenses which provide 25 times more UV protection than going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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The Powers of Flowers

By Susan Heckler

A team of researchers at Rutgers, The State University of New Jersey conducted a behavioral research study that explored the link between flowers and life satisfaction. During a 10-month study of participants' behavioral and emotional responses to receiving flowers, the outcomes show that flowers are a natural and healthful moderator of moods.

Anyone who has received an unexpected bouquet of flowers can corroborate this, as it is a combination of a surprise, a gift and beautiful flowers. Flowers have an instantaneous influence on happiness. All study participants conveyed "true" or "excited" smiles after receiving flowers, demonstrating extraordinary delight and gratitude. This reaction occurred in all age groups. A specific smile, the "Duchenne smile" is associated with the raising of the cheeks and crinkling around the eyes and has been linked to positive emotion and related changes in the brain.

Flowers have a long-term positive effect on moods. Study participants reported feeling less depressed, anxious and agitated after receiving flowers, and demonstrated a higher sense of enjoyment and life satisfaction. Flowers last for many days so the feeling lingers with them. They stimulate several of your senses, sight, smell and touch.

Not all flowers have the same effect on us. There is a theory that the color of a flower plays a key role in the perception of people's senses, which undoubtedly has an effect on our emotions and our cognition. Red flowers supposedly improve a person's performance on jobs that are very detail-oriented. Red is also linked with caution and danger. Blue increases creative thinking and is associated with honesty and peace. The shades that seem to be the most appealing are blue-green, blue, green, purple and red-purple. The least likable hues of flowers consist of yellow and yellow-green.

Studies conducted at Rutgers and Harvard revealed that participants in the study were twelve percent more productive when fragrant plants were introduced in the workplace. The study also showed that compassion and kindness levels increased within a week in people when fragrant plants were introduced into the workplace.

Edward Bach, British doctor, discovered and developed 38 flower essences in the 1930's. Today they are called Bach flower remedies and are used homeopathically in conjunction with herbs. The purpose of these remedies is to gently re-balance our mental and emotional state. Most of them are from wildflowers found in the countryside and woods. Each one relates to a different emotional state. These are grouped in seven categories:

- Fear
- Loneliness
- Uncertainty
- Lack of interest
- Despondency and despair
- Oversensitivity
- Over-care for others

The philosophy of Dr. Bach was principally to deal with the balance of the soul, spirit and body. Pick up a bouquet for yourself or a friend, plant that dream garden and smile, smile, smile!



QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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**Dr. Helen Simigiannis,
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QUESTION:

What can I do to control my heavy periods this summer?

Many women begin to experience heavy and/or irregular bleeding in their 30's and 40's, as they begin to get closer to menopause. Heavy periods are more than just a hassle - they take a physical, social, and emotional toll as well. NovaSure® Endometrial Ablation is a 5 minute procedure used to treat heavy bleeding. It can be done in a doctor's office and it is performed without any incisions.

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most women report no pain and can return to most activities within a day.

This is how it works: Each month during a period, the uterine lining is shed and a new lining starts to grow. By preventing the re-growth of this uterine lining, we can stop periods sometimes permanently. Prior to the introduction of endometrial ablation as a treatment option, hysteroscopy with D&C was performed to thin the lining of the uterus. Alternatively, hormones and hysterectomy were offered. With advancements in medicine, Novasure endometrial ablation has become a well recognized treatment. Dr. Simigiannis will use the Novasure to permanently remove the cells that grow a lining in the uterus. Dr. Simigiannis is committed to providing you the best experience possible by having a Board Certified Anesthesiologist available making the experience pain free.

You may return to work the day following your procedure.

Please call Dr. Simigiannis at 609-448-7800 for more information and a consultation. A full exam and evaluation is always necessary prior to any procedure. If you are still considering child bearing, this is not the procedure for you. Medical insurance eligibility is evaluated and we encourage patients to check this as well.

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG

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STRESS & YOUR HEART HEALTH

How do you react to a stressful situation?

Do you shut down or lash out? Take to unhealthy habits to deal with the pressure building up inside of you? How you handle life challenges can have a major impact on factors that have been proven to negatively impact your heart health.

Stress may affect behaviors and factors that increase heart disease risk, including high blood pressure, cholesterol levels, smoking, physical inactivity and overeating. So step back and take a deep breath — for your heart's sake.

OVERALL BODY IMPACT

Bodies react to stress in different ways. You may experience a headache, back strain or even stomach pains if you're stressed out. Your energy level can be greatly reduced and your sleeping patterns disturbed.

All of these factors can set off a chain of events that leads to a potentially compromised cardiovascular system. When you're stressed, your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. Depending upon how long you're stressed, your body may experience this set of circumstances off and on for days at a time.

And although the link between stress and heart disease isn't clearly defined by organizations like the American Heart Association, chronic stress may cause some people to depend on unhealthy lifestyle habits, like drinking too much alcohol, which can increase your blood pressure and may damage the artery walls.

DEALING WITH STRESS

Managing stress is a challenge, but a necessity if you hope to be a picture of good health. A few studies cited by the American Heart Association have examined how well treatment or therapies work in reducing the effects of stress on cardiovascular disease, and the results have shown positive links.

The best place to start when dealing with your stress is a qualified professional. Speak to your physician about how you're feeling. They will be able to refer you to a specialist who can offer effective treatment or preventive strategies.





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Happier Feet

By Susan Heckler

I have noticed that if my feet are not happy, the rest of me is miserable. Blisters, bunions, rubbed raw, pinched...when you are on your feet all day it happens. No matter how expensive the shoe and how well it fits, time and gravity takes its toll.

Our poor feet are encased in shoes for terribly long stretches of time; they often become strained, blistered, and pained.

Got new shoes and no time to break them in? Try to apply heat to them with a blow dryer, to loosen them up. The material will be more pliable when you slip your feet in.

If the shoe fits but your toes are a bit squished, place them straight in the freezer. Fill two small Ziploc bags with water, and seal them tightly. Tuck the bags inside the shoes, specifically in the boxy part where your toes go, and let them sit overnight in the freezer, until the water in the bags freezes. The freezing water will slowly expand the bag to gently stretch the walls of your shoes. Let the ice melt for about 20 minutes before removing the bags.

Rubbing sandpaper on the bottoms of new shoes will improve the grip and better traction.

Did those shoes rub the last time you wore them? Apply clear gel deodorant to the areas in the shoe that are most likely to cause friction with your skin to act as a lubricant.

Does wearing heels cramp your toes? Try applying tape to your second and third (or third and fourth toes) to lessen the pressure on the ball of your foot. Medical tape or Scotch tape works.

Wet feet are no fun so waterproof your canvas shoes with beeswax. Cover the entire surface of your shoes with beeswax, and then use the heat from a blow dryer to warm it and press the substance into the shoes.

Read this too late and have blisters? Try dabbing apple cider vinegar on your feet or rubbing Aloe vera gel to relieve the inflammation and redness. Soak your feet in black or green tea, which have amazing anti-inflammatory properties.





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TICK REMOVAL

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

HOW TO REMOVE A TICK

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.
- Your goal is to remove the tick as quickly as possible—not waiting for it to detach. Avoid folklore remedies such as "painting" the tick with nail polish, petroleum jelly, essential oils or using heat to make the tick detach from the skin. This directly contradicts experts' advice and actually increases the likelihood of contracting tick-borne illnesses, like Lyme and Powassan virus.

FOLLOW-UP

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.



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An Increase in Charging Stations Means Electric Vehicles Are Here to Stay

By: Ryan Lennox

As more and more people purchase electric vehicles in the United States, all these people need a place to charge their cars. Many astute businesses have noticed this, and have put up charging stations in their parking lots.

Not only do these charging stations come in handy for the owners of electric vehicles, but many of them are solar powered, so they do not have a large environmental impact.

The Tesla Motor Company is the current industry leader in electric vehicles and charging, and their charging network is ever expanding. Right now, there are over 50 charging stations in New Jersey. Most stations are located at hotels, but they are expanding quickly. Soon, many shopping malls and other areas for leisure will be adding electric vehicle charging stations to their list of amenities. Currently, the malls in New Jersey that offer Tesla charging stations are the Short Hills Mall and the Jersey Shore Outlets.

While many malls are not yet on the list of Tesla charging stations, it is safe to assume that they will be joining the network soon, as many other malls across the country are joining the Tesla Network. Outside of Tesla and their network, many local businesses are buying electric vehicle chargers. The only difference here is that these businesses can charge for customers to use their charging stations, as they are not included in Tesla's charging network. According to Google Maps, there are at least ten non-Tesla charging stations in central New Jersey alone. Like with many other things however, the amount of charging stations increases dramatically as you get closer to big cities like New York and Philadelphia.

Besides shopping malls and random charge points, the vast majority of chargers are set up at hotels. Over 90% of the Tesla chargers in New Jersey are at hotels or casinos. Across the country, the narrative is very similar, in that most of Tesla's chargers are located at hotels and motels. This allows electric vehicle owners to charge their cars while they sleep, and then wake up and finish their drive, or drive back home.

Outside of New Jersey, electric vehicle charging stations are also booming. There are hundreds of locations available on Google Maps, as well as within Tesla's network. There is even a pair of chargers in the parking deck of the college that I attend. Electric vehicles seem to be here to stay, and the country is catching onto the frenzy.





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East Windsor Kicks-Off "We Check for 21" Campaign Joined by Township License Holders, an Initiative of Mayor Mironov and Council Members to Deter Underage Drinking.

As part of the Township campaign, liquor license holders are required to sign the "We Check for 21" pledge, affirming strong support of the program, as a condition of receiving their liquor license renewal. The Township recognizes and thanks the license holders personally attending the kick-off event for their support.



Mayor Janice S. Mironov recognizes local liquor license holders for their participation in the 2017 "We Check for 21" campaign. Pictured (from left to right) are: (front row) Brett Mansue, Days Inn of East Windsor; Matt Falcon, TGI Fridays; Kathy Vogel, Charlie Brown's; Mayor Janice S. Mironov; Tara Welch, Bottle King; Paul Miller, Peddie Golf Club; Ed Bogdan, David's Pub & Package; (back row) Jason Gershon, Holiday Inn of East Windsor; Council Member Peter Yeager, East Windsor Municipal Alliance for Prevention of Substance Abuse Coordinator; Tony Menendez, Town Diner; Karen Kleber, East Windsor Bowl and USA Wine Traders Club; Ranga Adavelly, PST Associates; Wayne Varga, Hightstown Elks #1955; Steven Weston and Michael Gebhardt, Veterans of Foreign Wars Post 5700, and Kevin Chabra, Americana Diner.



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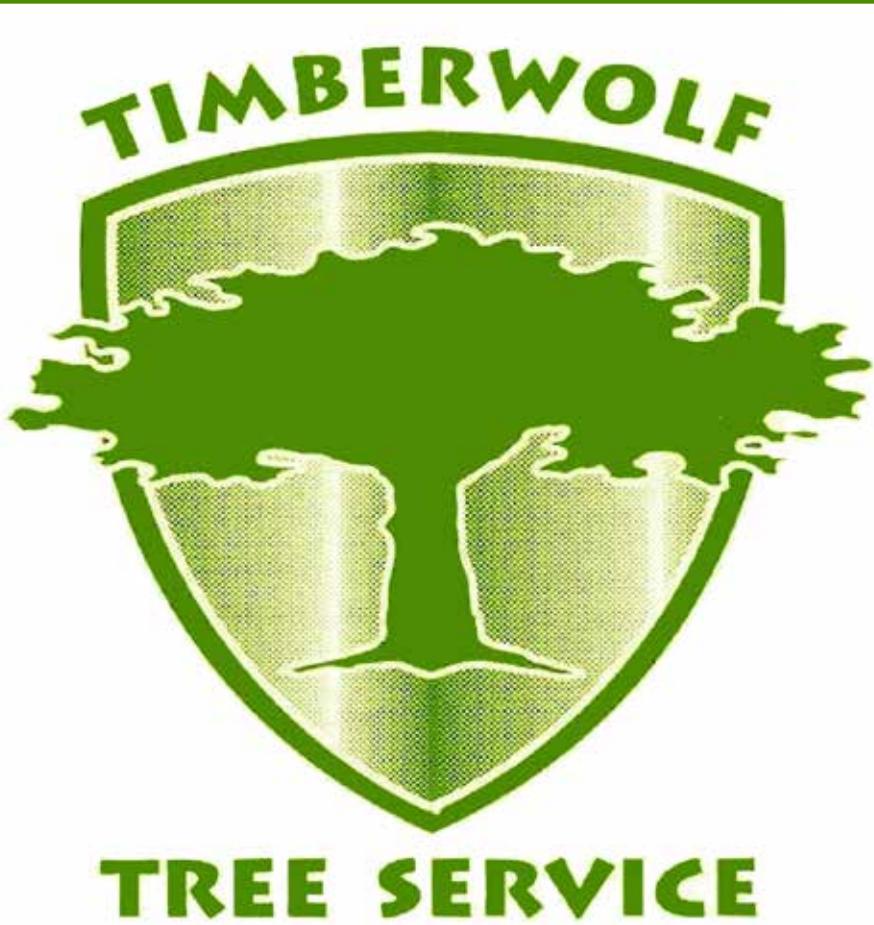
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Strawberry Watermelon Margaritas

*ALCOHOL OPTIONAL
Makes 4 margaritas

INGREDIENTS:

- 1 ½ cup sugar
- 1 ½ cup water
- 24 strawberries
- Chopped watermelon equaling 2 cups
- Pinch of cayenne pepper
- 1 lime
- 6-8 oz. tequila
- Ice (optional)



DIRECTIONS:

1. Make a simple syrup with the sugar and water by bringing them to a boil over medium-high heat.
2. Stir occasionally to dissolve the sugar. One sugar is dissolved, boil for another 30 seconds before letting cool on the stove.
3. Once cool, pour into a blender with strawberries, watermelon, cayenne, lime juice, tequila, and as much ice as you'd like.
4. Strain or pour into glasses rimmed with salt and some cayenne pepper.



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IT'S EASY BEING GREEN

By Alexandra Tringali



Avocados are quickly becoming a staple ingredient in American households. They're loaded with vitamins and nutrients, and their creamy, yet mild flavor allows them to be the perfect addition to almost any recipe, whether it's brownies, shakes, on toast, or even on their own, with a sprinkle of salt and pepper. However, as soon as you cut into an avocado, the vibrant fruit will begin to brown.

Why does this happen to fruits like apples and avocados? It's because of the reaction between the phenols and oxygen, from an enzyme called polyphenol oxidase (PPO.) Once the phenols are hit with oxygen, PPO oxidizes them, forming long chains of polymers called polyphenols. These turn any fruit with phenols brown. While the brown flesh is still edible, it may have a bitter taste to it, and the longer the fruit is exposed to air, the more bacteria can grow on it.

However, with the right tips and tricks, you can delay this process and extend your avocado's shelf life.

Chopped Onions

The first and most effective method of maintaining an avocado's freshness and vibrancy is to store it with chopped onions. While this means you probably shouldn't add this avocado to brownie or milkshake recipes, chopped onions help extend your avocado's shelf life due to sulfur dioxide. (Try adding both the avocado and onions to scrambled eggs instead!) When cut, an onion releases sulfur dioxide, which inhibits polyphenol oxidase and stops the fruit from browning. Storing an avocado with chopped onions extends its refrigerator life for up to five days.



Low Temperatures

The lower the temperature an avocado is stored in, the better. Storing an avocado at 5° Celsius (around 41° Fahrenheit) extends the shelf life of an avocado to five days. This is because colder temperatures slow down the polyphenol oxidase activity.

Acidic Juices



Every elementary school science class included an experiment with putting lemon juice on apples to see if the apples will turn brown. This is because acidic juices, like that from lemons or limes, inhibit polyphenol oxidase. Lemons and limes are rich in ascorbic acid (vitamin C) and citric acid, which keep avocados fresh and green for up to two days.

Basic Storage Techniques

Tricks like storing an avocado with onions or lemon juice can limit the amount of uses an avocado has, because it can very easily take on the powerful flavors it's stored with. By tightly wrapping an avocado in plastic wrap or storing it in an airtight container and placing it in the refrigerator, you can avoid browning for up to a day.



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For the Love of Rangrez Indian Cuisine in East Windsor

By Susan Heckler

Indian cuisine is very different from other international food. When you try to describe it to someone who has never had it, it cannot be compared to any other food. It must be tasted to really be appreciated.

Leanne had never had food from India before and my attempt at an explanation came up short. Thus, a trip to Rangrez was in order for my friend. On a dare, we ventured into Rangrez at 319 Route 130 near her home in East Windsor. From the front, you would never know how spacious and comfortable the restaurant is.

So what do you order for someone who is a bit food shy and has no idea of what to expect? A little bit of everything! Isn't that what lunch buffets are all about? Leanne got the opportunity to try authentic, distinctive flavors from India, ranging from street food to aromatic curries to tandoor meats. As in other countries, food choices range from north to south to east to west or, in the case of India.... from Kashmir to Hyderabad, from Rajasthan to West Bengal. The flavors have a great range of diversity as does the heat.

Little Miss Afraid to Try New Food fell in love. I asked her what her favorites were, but since she couldn't pronounce them she just pointed to the photos. I guess you don't have to say it out loud to inhale it. It is now her favorite place and she wants to go there every time we get together. Her love of Rangrez cuisine has spread to her family, apparently it is contagious.

If you are not a fan of hot and spicy, their dishes can be made to order at any degree of spicy. The staff was so accommodating and friendly, they just want you to taste and enjoy the food they love.

I definitely recommend trying Rangrez. When you walk in or make a reservation, ask for Sunny and tell them you want Leanne's table.



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Reasons to Love Watermelon

By: Alexandra Tringali

There's nothing better in the summer than a fresh, juicy watermelon; it makes for a great picnic snack or post-barbeque dessert. In addition to being incredibly refreshing and delicious, the watermelon is full of nutrients that benefit your whole body, like your immune system, brain, and heart. Whether you prefer red or yellow, seedless or not, the benefits of watermelons – sometimes called the pin – are countless! Check out these top five healthy benefits below, so you'll have yet another reason to eat this fruit all season long!

1. Helps You Keep a Healthy Heart

Watermelon is full of lycopene, a nutrient that not only gives fruit such as tomatoes its bright red color, but also keeps the heart strong, and all heart functions up to speed, while acting against free radicals. (Free radicals are atoms that are not paired with an electron, and therefore are highly reactive. They interfere with cellular components involved with DNA and the cell membrane. When free radicals interact with cells, the cells could die.) Watermelon also has lots of potassium, which reduces the risk of heart attacks and bad cholesterol, improves blood circulation, and even regulates heart rate.

2. Strengthens Joints & Bones

Lycopene and potassium not only helps with heart function, but also with bone health as well. The lycopene and potassium found in watermelon decrease the risk of osteoporosis, while the potassium also helps the calcium aiding in the health of joints and bones.

3. Keeps the Immune System Sharp

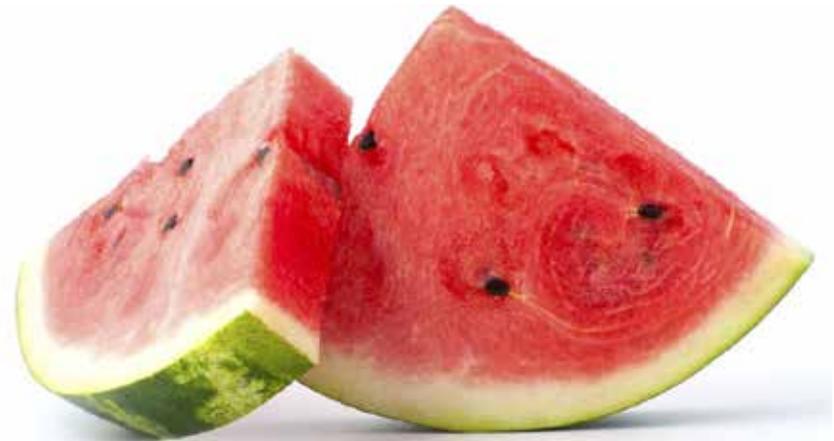
Watermelon, like many other fruits, contains a lot of vitamin C, which not only wards off less common diseases like scurvy, but also strengthens the immune system and helps your body's healing processes.

4. Watermelon for Weight Loss

Watermelon is 90% water, and therefore extremely low in calories. It's a healthier option for a snack than your go-to bag of chips, and makes for a much better dessert option than your banana split. Watermelon also contains citrulline, an organic compound that is converted to the amino acid arginine by our bodies. This amino acid aids in the burning of fat.

5. Naturally Reduces Inflammation

As briefly mentioned above, watermelon helps your body's healing processes, which makes watermelon a natural anti-inflammatory. The large number of flavonoids, carotenoids (including lycopene!), and triterpenoids are molecules that aid in reducing inflammation throughout your body.



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Do You Know What's in Your Cooler?

By: Erin Mumby

What do you think is in your favorite can of soda? You might expect sugar, sodium, and artificial coloring. Did you expect bacteria from the tops of your cans? You might not know that bacteria is lurking on the tops of your soda cans. When cans are transported from the manufacturer to the grocery store, they are often stacked on top of each other. When the cans are stacked, the bottom of one dirty can moves to the top of the other. Another popular belief is that rats and other rodents run on the stacks of cans when they're stored in a warehouse. When we finally get the cans home, we pull back the soda tab and drink. Think of all the germs that are transferred to us!

All cans can carry some form of bacteria. Bacteria is on cans that are found anywhere, including grocery stores, gas stations, restaurants, and vending machines. Mold, yeast, and staphylococci are all found on soda cans. The common bacteria bacillus is also found on cans.

Other bacteria found on cans can be more concerning. Aerugenosa is a bacteria that is typically found in hot tubs or Jacuzzis. Another concerning bacteria is Enterobacter cloacae or coliform. This rod-shaped bacteria is found in water, sewage, soil, and in the feces of health people. This bacteria could arise from a store clerk not washing his hands after using the restroom. It could be from vermin in the warehouse. There is no way to know for sure, but the bacteria is all around us. Some bacteria can cause serious infection in patients with medical conditions. Bacteria will effect those with low immune systems the most. Most healthy people should not worry about bacteria. However, bacteria can cause skin or ear infections

The odds of getting sick from the bacteria on soda cans is very low if you are a healthy person. Make sure to keep your cans cold as bacteria won't thrive in a chilly environment. Storing your cans in a cooler is a perfect solution on a hot summer day! If you are still worried about exposure to bacteria, running water on the top of your unopened soda can is the best method to clean a can. Consider running your can underneath the faucet next time you drink a soda. Cans with the highest germ counts generally come from convenience stores and gas stations. Vending machines and cans directly out of 12-packs have lower germ counts.



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HOW TO GET THE MOST OUT OF YOUR HEALTH INSURANCE

By: Erin Mumby

It seems like everywhere you go, people are talking about the pros and cons of health insurance. Our health insurance is such an important part of our lives. Health insurance can get expensive, but it's necessary! Here are some ways to get the most out of your health insurance:

- A lot of health plans offer steep discounts on vision. LASIK surgery is usually heavily discounted through your healthcare provider. Designer sunglasses and eye glasses can even be free through certain vision plans. Vision plans also give you personalized service. Special discounts are usually given to federal employees, military personnel, and retirees.
- Some plans offer classes to keep you educated. Parenting classes and ways to cope with depression, diabetes, arthritis, and heart disease can be sometimes found through your healthcare provider. Programs for quitting tobacco use are also offered a lot. Many health plans have a lot of different tools to help you stop smoking. Coaches, hotlines, and support groups can all be found through some healthcare providers. A lot of health plans will also offer discounts on products like nicotine gum or patches to help you curb your smoking habit.
- Many plans have programs that help members keep their health in check. Some plans offer blood pressure, cholesterol, weight, height, and BMI screenings for free. Sometimes you can even get a health coach to help you meet health goals. Other important screenings are offered for free. These include important cancer screenings. You must absolutely get preventive screenings. Some plans even reward their members for being healthy. You could get extra money for exercising, eating right, or meeting goals.
- More insurers are starting to cover alternative medicine. This can include acupuncture, massage therapy, yoga, and Pilates. Some may offer free tai chi classes to fight stress. Some providers can even offer up personal trainers. Herbal medicines and supplements can sometimes be covered by your provider as well.
- Most insurers offer benefits for children and the family. Childbirth education classes can be offered. A lot of health care providers offer special care management for babies and their expectant mothers. Breast feeding classes and free pumps are offered to new moms. Discounts on child care and safety products are usually offered. These can include child proofing products, parenting books and videos, and educational books and videos for children.

Living a healthy lifestyle and keeping chronic diseases under control can help you to lower your health care costs. With the right tools from your health care provider, you can keep your health in check. Preventative care is key in ensuring a healthy lifestyle. Research your health plan and see what perks you can get to help you live your healthiest life!



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Coach's Corner

By Jill Garaffa

How to Create Body Gratitude & Appreciation

Dear Jill,

Over the past few years I've put on weight due to various life changes & stresses. I can't stand the way my body looks and feels. I exercise and eat healthy, yet I can't seem to get this extra weight off. I struggle with self criticism and negative thoughts because of my body. Do you have any suggestions?

E.W.

Manasquan, NJ

Dear E.W.,

As a life coach, I work in the area of energy. What that means is: my concern is not so much for what you are doing; it is in how you are being.

We can often "do" all the right things—eat healthy, exercise, etc-- but if our "being"—our energy or vibration is off, the physical world (our body) will not budge because our thoughts & feelings are not aligned with what we actually want—they are aligned with what we don't want. The universe is like a magnet. Energetically speaking: it will give you exactly what you think about & talk about. Our being, or energy, encompasses our thoughts, attitudes, beliefs, and our words.

For example: If you're wanting a smaller body, but you are constantly being critical of yourself, thinking "I'm fat" and feeling "fat" and talking with others about being "fat" then the energy you are putting out is "fat" and it will be the only thing you can attract and experience.

If, on the other hand, you were feeling grateful and appreciative of your current body and you were focused on what you do want, as if you already have it: vibrant health, vitality, energy, strength, etc—then, the universe has no choice then to deliver that to you over time.

To develop gratitude & appreciation for the body you have, consider this: if you had the opportunity to trade in your current body and randomly be assigned a new body, would you take the risk? You can't pick the new body--it will be randomly assigned and could potentially be much worse than the body you have now. This question brings most people to the realization that they have many things to appreciate about their body, no matter what its size or shape.

At first, the body gratitude exercise may feel awkward, but stick with it. Transforming your physical body begins with transforming your mind, thoughts and feelings. As your coach, I can help you get very clear on what it is that you want so you begin to attract it.

Wishing you clarity, peace and power,
Jill.

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

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WHAT IS CONSUMER FRAUD?

By John Bazzurro

As we swing into the fall, many people have work performed on their homes. Fortunately, under New Jersey state law there is protection for homeowners who enter into contracts with home improvement contractors. New Jersey has promulgated the Consumer Fraud Act for the protection of consumers in various types of transactions. One type of transaction to which consumers are entitled to protection under this Act is home improvement contracts.

“Home-improvement contracts” are any type of contract in which improvements are made to the home of a consumer. When such a contract is entered into between a consumer homeowner and a “home improvement contractor,” certain information and language must be contained within the form of the contract to ensure that consumers within the State of New Jersey are adequately protected from potentially fraudulent and/or “fly-by-night” companies.

The most important aspect of the Consumer Fraud regulations as they apply to home improvement contracts is the necessity for the contract to be in writing and for the written contract to include various pieces of information. The contract shall contain the contractor’s legal name, address and registration number; a copy of the contractor’s certificate of insurance; the total price of the contract including any finance charges; the right to cancel within a three day period; and a full and complete detailed description of the work with part numbers and manufacturers’ names if any equipment is to be installed. If the work under the contract requires permits from the local municipality, it is the obligation of the home improvement contractor to obtain same and insure that any such permit applications are closed out at the completion of the job. Importantly, the regulations prevent any home improvement contractor from demanding final payment of the contract unless and until any such permit applications are closed out to the satisfaction of the local municipality. Basically, all of these requirements are to prevent any confusion as to the terms and nature of the contract between the homeowner and the contractor.

The good news for homeowners is that, in the event a home improvement contractor violates any of the terms of these regulations and such violation causes monetary damages to the homeowner, the homeowner may be entitled to triple the amount of damages together with counsel fees in the event the homeowner is required to bring a lawsuit against the contractor. Unfortunately, as I have seen many times in my practice, despite the fact that regulations are in place to protect the homeowner, oftentimes the contractor does not have sufficient assets to pay to the homeowner even if the homeowner wins their case in court.

Importantly, based on all the above, I recommend to my clients that they utilize a home improvement contractor who has been in business for a number of years and has a long-lasting reputation in the community. First and foremost, if the contractor has such a reputation, the chances are that the work will be satisfactory. Second, in the event something does go wrong with the job, the contractor will have the assets to make the homeowner whole.

If you believe you have been the victim of some type of consumer fraud, please do not hesitate to contact my office to discuss this matter with an attorney.

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A Community Recovers

By Chase Temple

Even on the darkest and gloomiest of days, every cloud has a silver lining. While the State of New Jersey has been utterly plagued by the evil forces of addiction in recent years, the Garden State has shown glimmering signs of hope in the battle against addiction.

It is easy to be blinded by all the negativity that is encompassed in the term "addiction." From the horror stories you read in the newspaper of teen overdoses, celebrity relapses, or even the illogical disregard for the drug epidemic by our federal government officials, there are signs everywhere of the havoc that addiction wreaks on families.

What's important to acknowledge right now is that it is the utterly complex nature of the mental/physical illness of addiction that suffocates the lives of those affected and makes it so difficult for them to escape. But although it is challenging, it is by no means impossible to beat the disease. There is a way out. Metaphorically speaking, drug addiction in people works similarly to how gardeners tend to weeds that grow on their property. If the root of the weed isn't fully removed from the soil, the weed will continue to keep growing back. The same theory applies to addicts, for if individuals do not address the underlying root of the issue, the symptoms will always be present and the addict will continue to be at risk of chronic relapse.

Like addiction, recovery is also a complex, multi-layered process. There are many programs, steps, and principles that an addict can follow and use as tools to lead them out of the painful life that results from drug addiction. Some of these approaches to the recovery process can actually make it more incomprehensible than it truly needs to be. The Alcoholics Anonymous program, with its twelve steps, and the various treatment programs and facilities that base themselves around these specific philosophies is one well known avenue. What you may not have heard of though, is a route to recovery with multiple vehicles, pathways, and navigation tools unlike any before.

Enter SMART Recovery and CFC Loud N' Clear Foundation 501(c)(3). The program, which I like to refer to as the "Siri" of recovery organizations, knows exactly how to fill in the blanks, cross the T's, and dot the I's when it comes to post-treatment care for clients. For them, it is simple. Address the underlying root, and pull the weed. Through various life skills building workshops, SMART Recovery meetings, career building programs, educational presentations, meditation/yoga classes, community volunteerism, family recovery planning, and even recovery coach certification courses, CFC Loud N' Clear offers its members numerous outlets in order for them to thrive as people in recovery and equips them with the necessary tools to address the underlying causes of their addiction.

Not only does the Foundation offer two sober living homes for its members to continue their recovery in a safe environment, but its program also incorporates sober activities into its weekly agenda in order to create a fun and fresh outlook of the drug-free social experience. With over 2,500 people placed into treatment, 350+ members placed into recovery, 300+ Narcan trained community members, and 145+ certified recovery coaches, CFC Loud N' Clear Foundation is addiction's latest kryptonite.

With a correlated force of camaraderie, combined with a potent sense of hope, this organization is undoubtedly distinct. Because of its unique perspective and philosophy, sober individuals who are linked to CFC Loud N' Clear Foundation immediately gain an advantage in becoming successful in their recovery. When immersed into the CFC culture, members are provided with mindfulness, self-care, and addiction education tools in order to create a balanced, drug-free existence.

This group also firmly believes in 'real life exposure, clean and sober'. Because a large part of recovery is reintegrating into society and dealing with the public norm, the directors of the program emphasize the importance of fully engaging in social situations with other people in recovery where alcoholic beverages are served in order to teach them how to deal with these situations in a safe, secure, and responsible way. On September 16th, members will get a chance to be exposed to this type of situation as they help support the Foundation's "Rock the Farm: Faux-Chella" music festival fundraiser in Seaside Heights, NJ. Although alcoholic beverages will be served, sober members will stand strong and proud in recovery while still being able to enjoy everything the festival has to offer including food trucks, street vendors, yoga, meditation, and drum circles. All proceeds from the sale of alcoholic beverages at Rock The Farm will be donated to the Seaside Heights Business Association.

The foundation's philosophy is "power with purpose, stand in your truth and give back." This they echo in all that they do. By creating an environment that provides many roads to recovery, without judgment of opinion, identity, or choice, it allows members the freedom to annihilate their addiction in a unique and individualistic approach.

Although recovery may be a complicated process, it is never unattainable for an addict, no matter how hopeless the situation may seem. And although we may never find an absolute cure for the illness of addiction, one thing is evident. Recovery works, and so does CFC Loud N' Clear Foundation.

For more information about the organization, please visit <http://www.healingus.org> or <http://www.rockthefarmnj.com> to purchase music festival tickets.

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I have made legal arrangements to avoid Guardianship if I become disabled.

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I have made legal arrangements so my family would have access to my medical records (especially in light of the new HIPAA rules) and the authority to make my health care/life support decisions if I am unable to do so myself.

YES NO

I have made legal arrangements to appoint Guardians (Back-Up Parents) for my minor children, if they are ever orphaned.

YES NO

I have made legal arrangements to protect the inheritance of my children from their potential future divorces, lawsuits, creditors and/or bad judgment.

YES NO

I have made legal arrangements to protect the inheritance of any family members with special needs (i.e. mental or physical), so they are not disqualified from public assistance.

YES NO

I have made legal arrangements to protect the inheritance of my own children, from a prior marriage or otherwise, if my surviving spouse remarries.

YES NO

I have taken steps to prevent the IRS from taking over 40% of my life insurance proceeds from my family.

YES NO

I have made legal arrangements to protect my estate from State and Federal Income or Estate Taxes.

YES NO

I have made legal arrangements to protect my business interests from disagreement, disability retirement and/or death.

YES NO

I would rather be a voluntary philanthropist (supporting my own favorite charities) through charitable giving than an involuntary philanthropist through federal income, capital gains, estate and gift taxation.

YES NO

If you are not satisfied with any of your answers, it may be time to schedule an appointment with our office to review your legal planning. If you would like to meet with Ira Karlstein please contact us to schedule an appointment.

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Defining Loan Types for Mortgages

By Mia Ingui

When it comes to buying a home, there are so many things to take into consideration, making it one of the most difficult yet most important decisions of your life. Besides considering the look of the home and if it is the right fit for you, there is one other very important aspect to think about: the price. It is imperative to know and understand the types of mortgages and mortgage loans that are out there and to select the one that will work best for you in the long run.

There are two basic types of mortgages:

- **The Fixed Rate Mortgage:**

These mortgage loans have one fixed interest rate for the entire term. It will never change. The monthly payment that you will make remains consistent every week, month, and year. These are the most popular loans, making up 75% percent of all of home loans, and they usually come in terms of 10, 15, or 30 years.

- **The Adjustable Rate Mortgage:**

These mortgage loans have adjustable interest rates that vary and change from time to time based on a specific schedule.

Of course, there are pros and cons to each mortgage loan. Once you weigh the pros and cons of each type, it will be easy to decide which is right to go with.

Fixed Rate Mortgages:

PROS: You have security in knowing that your interest will always remain the same. This works best for those who plan to live in their homes for a long time and keep the same mortgage for many years.

CONS: These can be much more expensive than starting off with an ARM. Plus, when rates fall, the only way to take advantage of them is to refinance, which could be a lengthy process requiring thousands of dollars.

Adjustable Rate Mortgages:

PROS: This offers a lower rate to those who do not plan on staying where they are for long. The interest rate will change at pre-determined points in time over the course of the loan. There is a cap, though, to how much the rate can fluctuate when it does change. You will get a lower interest rate in the initial phase of home ownership.

CONS: It is unpredictable, since although you know when the rate will change, you never know by how much it will change, and it may not pay off to take this risk in the end.



Do you need an Umbrella Policy?

By Susan Heckler

Thinking points:

- Do you have a new driver in the family?*
- Do you have a swimming pool or hot tub on your property?*
- Does your family enjoy high risk sports?*
- Do you own rental property?*

If the answer is YES to any of these, you are more vulnerable than average to potentially costly lawsuits.

Your typical homeowners and auto insurance only gives you so much liability insurance.

A personal umbrella policy affords you an extra level of liability coverage in addition your automobile or homeowner's policy. Once your liability limits have been reached, your umbrella policy will be in effect and offers significant protection against liability claims or lawsuits for serious personal injury.

Case in point, say your homeowner's insurance has a \$500,000 liability limit. If a catastrophic accident occurs and you are responsible for \$1 million in medical bills, property damage and legal fees, your umbrella policy can cover the remaining \$500,000. This protects you from being sued personally and having your assets attached.

When in doubt, speak to your insurance professional who can walk you through your insurance needs.

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Sometimes Mom & Dad need to pick and choose when to say yes or no. You may feel like a Meany but looking back at the giveaway pile, how much of that money would you have spent in hindsight?

Big Vacations with Babies: If you feel the need to take a big vacation and need to take your kids, think long and hard. Will you enjoy it? Traveling with baby is tough! Don't expect relaxation and a tan. You may want to postpone an expensive vacation until the whole family is old enough to appreciate it. Make sure your destination is age appropriate and everyone can have a good time.

Smartphones: Every kid on your block has a smartphone, but do they need it? Up to a certain age, the phone is for you to be able to reach out to your child when you need to. It is a toy until they are old enough to take responsibility. For many, it is a source of trouble making as they have access to too much. You, on the other hand, deserve the latest technology. Give your child your previous phone and treat yourself to a new one!

Trendy Toys: Trends come and go, if you can postpone the purchase for a while, the wow factor pales and Johnny and Judy may not want it anymore. Don't rush; they don't have to be the first on the block to get the latest gadget.

Computers and Electronics: Every kid wants a brand-new, state-of-the-art computer capable of playing all the latest video games. Does your child actually need their own computer? Start with the basics for the younger child until your teen has established good Internet habits and responsibility. Refurbished is a big savings.

Musical Instruments: Music lessons have so many positive rewards; they could have their own article. Many schools have an instrumental rental program. This gives your child a chance to test it out before you invest. When you do invest, buy used until they are ready to progress.

Expensive Clothes: Before the 7th or 8th grade, expensive clothes are more to impress the parent than the kid. Once they hit Middle School, kids will develop a sense of style. Investing in expensive clothing for little ones means a big pile in a Goodwill donation bin. They grow so fast and can only wear it for so long. Check out the local bargain stores that sell the big brand names discounted or consignment shops. You will laugh all the way to the bank.

Playsets: Looking out outdoor play yards? They are classic with long play value but many people get carried away and spend way more than needed. Purchase one that has all the safety built in and durable, splinter-free material. Stick to the basics. If you are buying used, make sure it is safe.

Bicycles: Good Bikes are expensive. For the little guys, an inexpensive, safe bicycle is just fine. They will outgrow it shortly anyway. Hand me down bikes from siblings work just fine. When your child is old enough to really be serious, you may want to invest in a good bike if your feel the maturity is there. A second hand bike is a big savings and, like cars, looks used after a month of use anyway. Always invest in new, good safety gear...that is not the place to scrimp.

Single Parenting

Data from the 2010 census shows that the number of children living in single parent homes has nearly doubled since 1960.

One-third of American children – 15 million – are being raised without a father. Nearly five million more children live without a mother.

The effect on children without a two-parent structure is often debated by child psychologists and researchers. One thing is for sure: Single parenting is a tough job.

Along with the added responsibilities of daily life, a single parent is charged with disciplining, nurturing and protecting his or her children with little help.

According to the latest statistics:

- 69.4% of American children live with both parents
- 23.1% of American children live with their mother only
- 3.4% of American children live with their father only
- 4.1% of American children live with neither parent

The Challenges

Single parents who have job responsibilities may find it hard to balance their career and child-rearing duties.

Juggling work and child care can be financially difficult, and can also lead to fatigue, lack of sleep and an overall negative outlook on life. This can lead to a high-stress and an edgy demeanor that can actually trickle down to a child's behavior.

Ask for Help

Before letting it get to this point, reach out to those around you. Parents, friends and even co-workers are generally willing to help if you ask them, even if it is by watching your children for a few hours on a weeknight so you can visit your friends or go shopping.

Many cities have local single-parent groups, as well, and can provide the perfect opportunity to meet people who are in similar situations as you.

Building a network of supporters can help you get through the tough times of single parenting.

Prioritize Family Time

It is easier said than done, but by showing your children extra attention you can cut down on the risk of them acting out in negative ways.

Think of activities to stimulate them physically and mentally, and encourage them along the way. Schedule play dates so they can interact with children their age.

If they are older, spend time taking your children to the movies, the museum or even just the backyard for a fun outdoor game.

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Angie's list

Getting the Lead Out

By Susan Heckler

If you are exposed to a dwelling built prior to 1978, there may be a risk of lead based paint. Prior to that, lead was a typical component in interior and exterior paint. Lead poisoning is a health risk to small children or pregnant women as it is a toxic metal.

The paint doesn't pose a serious health threat if the paint is in good condition with the surface being unbroken. The problem comes when the lead paint starts deteriorating. The lead dust and flakes of lead paint begin collecting on surfaces such as window sills, counter tops, and floors, as well as on children's belongings.

Small children, who have a tendency to put their hands and other objects in their mouth, are at an increased risk of accumulating harmful amounts of lead in their bodies.

High levels of lead in the child's system can cause damage to the brain and nervous system, kidney damage, behavior and learning problems, such as hyperactivity, slowed growth, poor muscle coordination, hearing problems, headaches and bone marrow problems. Symptoms for adults present as high blood pressure, fertility problems in men and women, nerve disorders, memory and concentration problems, muscle and joint pain and anemia.

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The Environmental Protection Agency strongly recommends that lead tests be done by either a certified lead inspector or a certified lead risk assessor. You also have the option of collecting your own paint samples and send them to a lab for analysis.

If you have lead paint in your home, immediately clean up any paint chips you find, keep play areas clean, don't let children chew on painted surfaces, clean dust off of window sills and other surfaces on a regular basis, remove your shoes when you enter your home so you don't track in lead from the soil and if you rent, tell the landlord about the results of the test and the fact that there is peeling or chipping paint.

To completely remove lead paint hazards and protect your family's health, you need to permanently remove the paint or seal it with special material. This would require you to hire a certified lead abatement contractor. A certified contractor will take precautions to keep the dust and lead paint chips contained until all surfaces can be cleaned and the lead removed.



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AQUABOT POOL CLEANER

Every pool owner appreciates cutting out at least one annoying and time consuming chore. That's why so many people appreciate robotic pool cleaners like the Aquabot Classic. Check out our review of this classic pool cleaner.

This excellent investment for inground pools is great for any skill level. It uses active scrubbing brushes to thoroughly clean the floor, walls, waterline, and stairs. Included in this machine is:

- A power supply
- Cleaner attached to a 50-foot floating power cable
- Filter bag with flotation and intake extensions

This plug-and-play equipment is ideal for anyone who doesn't want to put in a lot of time or effort to pool cleaning. And let's face it, who does? Here are some simple tips to using it:

- Put the filter bag inside the cleaner.
- Plug the power supply into a GFCI outlet.
- Insert the floating power cable from the cleaner into the power supply.
- Situate the cleaner in the shallow end of the pool; the cleaner will slowly fall to the bottom.
- Switch on the power supply.
- Let the cleaner run.
- Shut it off when you want it to stop.
- Remove the cleaner from your pool.
- Allow any water to drain out.
- Remove filter baskets.
- Rinse with a high-pressure garden hose.

Not only is the Aquabot Classic easy to run, it's affordable compared with other models. It's also a long-lasting piece of equipment that should last you many years. In addition, it's very efficient at cleaning pools of all sizes, and it's super simple to set up and use. This self-contained unit is able to filter the water down to two microns.





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Have you heard of the latest superhero coming to life near you? His name is ShowerMan; he represents, "all that is good and clean in the world." The ShowerMan character was created to promote an environment filled with enjoyment and fun, while being clean and healthy. The creators were destined to create a role model to encourage children to maintain great personal hygiene, show respect to their peers, as well as supporting anti-bullying efforts. The characters within the 'The Adventures of ShowerMan' storyline all withhold characteristics that promote healthy habits. With that being said, these spectacular characters with colorful personalities have the ability to become a household name when it comes to teaching your children that it is FUN to be healthy and its FUN to be clean.

You can read the stories, and learn more about the characters by navigating to the website 'theadventuresofshowerman.com'. On this website you will be able to meet the characters, learn about their mission, and most important of all, educate your children about health, hygiene and respect!

Many thanks go to ShowerMan of Manalapan, and the Balaban family for their invention of 'The Adventures of ShowerMan' series. ShowerMan has been designing and installing Frameless Shower Enclosures since the design gained popularity in the 1990s. Located at Galleria Plaza at 100 Rt. 9 North in Manalapan, this family run business has brought many a beautiful bathroom to homes across New Jersey.

If you would like to meet and take pictures with the fun and loving characters, you can find them at Marlboro Day on September 10th in mascot form! Once again, check out their website 'theadventuresofshowerman.com' to become educated about what 'The Adventures of ShowerMan' has to offer for both you and your family!



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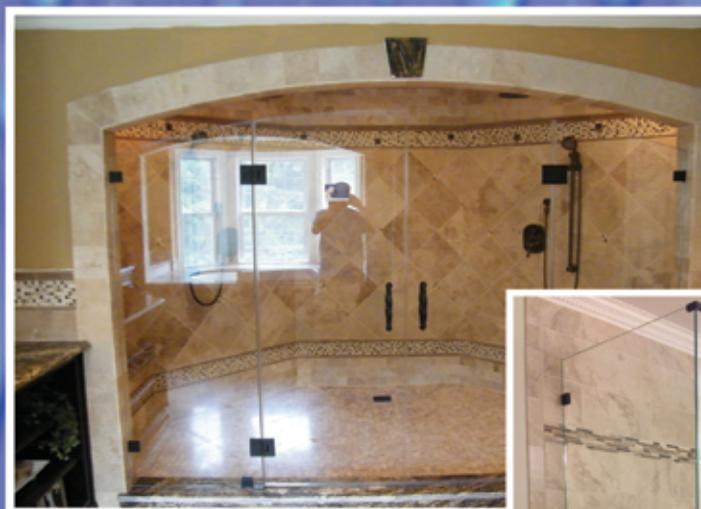
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Optimal Setting for Your Central Air Conditioning

By Susan Heckler

So now it is August. You have seen your electric bill double since June. What is a homeowner to do? How can you stay comfortable without breaking the bank?

Those with individual room air conditioners can change the setting as you move from room to room. Central Air owners have that all or nothing issue. There is just so much adjusting the vents can do for you.

According to Energy Star, for optimal cooling and energy efficiency, the coolest you should keep your house is 78° F and that's only when you're at home and awake. A programmable thermostat makes it easy to match your cooling needs to your schedule but you can make the adjustments manually if you don't have one.

Try the following set points:

- 78° F when you're home.
- 85° F when you're at work or away.
- 82° F when you're sleeping.

The rule of thumb is you will save 3% on your air conditioning outlays for every degree you raise the temperature. If you aren't comfortable at 78° F, lower the temperature a degree at a time. You may want to try a ceiling fan or some other fan to move the air which causes a wind chill effect. It enhances cooling as long as humidity isn't an issue.

Being that most people I know keep their homes between 70° and 75°, that is a pretty big electric bill. They may want to opt to:

- Keep their windows open on cool nights.
- Look into a whole house attic fan to cool the home and attic down on those cooperative evenings.
- Rethink your window treatments to keep the strong sun out, especially with east and west exposure.
- Look into programmable thermostats that will control the air conditioning to meet your schedule.
- Check out Apps to regulate your air conditioning from your smartphone so you can cool it down shortly before your arrival home.
- Rather than cooling an entire house, look into Window Air Conditioners. Why spend the money cooling rooms you are not in?
- Look into heat sources that fight your air conditioner such as outdoor air seepage, incandescent lighting, and appliances.
- Avoid using appliances during the heat of the day.
- Use your exhaust fans in the kitchen and bathroom.
- Grilling outdoors is sounding like a fine idea instead of heating up your kitchen.



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How to Remove A Stripped Screw

By Susan Heckler

There I was, standing in my garage with the Road Side Service, looking down at my dead car battery, which was stuck in the car because the screw that was holding it in was stripped. Mr. Roadside was packing up his tools and heading home, giving up on me and my stranded car.

NOT!

Out of sheer desperation, I ran in the house and googled. Here, my friends, is a compilation of my research. Make sure you have all types of screwdrivers in all sizes or these may not work. You also need to consider where the stuck screw is; you don't want to man-handle something fragile to get the screw out.

Needless to say, my battery got changed.

1. Size Bigger Screwdriver – If you have a stripped Phillips head screw, sometimes using a size bigger Phillips screwdriver can give you the extra grip needed to get the screw out. Maybe even try a smaller Phillips also.
2. Rubber Band – Put a fairly thick rubber band over the stripped screw then place your screwdriver over it (with the rubber band sandwiched between the screw and the screwdriver) Push forcefully and turn slowly.
3. Hammer Method – For non-fragile items! Put the screwdriver into the stripped screw and tap down with the hammer on the end of the screwdriver. Hopefully this will get the screw driver to go into the soft metal of the screw, allowing you the add grip to screw it out.
4. Use the Dremel or similar tool to cut a notch in the screw head, then take a flat-head screw driver and try and unscrew it using the notch you created.
5. Screw Extractor – This is a special tool that is made for the purpose of removing stripped screws. There are various names which do a similar job of removing screws. It is a good tool for your box.
6. Use a pair of pliers If the head of the screw is slightly above the hole, you can use a pair of pliers or vise grips to securely grab the screw head and turn it out. This is the easiest method if the screw is stripped but the head is sticking out above the hole.
7. Use a drill and as a last resort, drill the head of the screw completely off. Use a smaller drill bit than the width of the screw so you do not drill the threads out on the device the screw is in. Do not drill deep and you only want to remove the screw head. When the screw head is removed, the shaft of the screw should be sticking out. You should be able to grip it with a pair of pliers and unscrew it out.
8. Use super strong "welding" adhesive to attach a nut that is about the same size as the screw head or at the least such that the diameter of the to the screw head. Fill the hole with adhesive, being careful to not let it run everywhere. Now let it dry the recommended time. Once it has hardened up, use a socket wrench on the attached nut to remove the screw.



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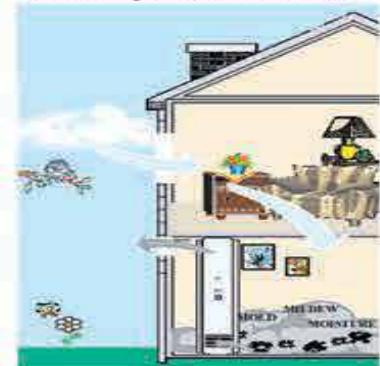
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Update Kitchen Hardware

Replacing kitchen cabinet hardware can totally change the look of the room and can be as easy as using a screwdriver. Measure the distance between screw holes when needed and choose hardware with the same spread as your current pulls and knobs.

Install a Backsplash

Tiling the space between your kitchen countertop and upper cabinets can be a style changer. This DIY project looks a lot harder than it actually is. Choose single tiles in larger sizes—such as classic 3x6 inch subway tiles—or 12x12 inch sheets of smaller tiles or mosaic designs. They even have peel and stick look-alikes!

Try Open Shelving

Floating shelves in place of upper cabinets is a popular kitchen trend ideal for cookbooks, utensils, and cookware. Use appropriate screws and anchors and follow installation instructions to be sure the shelves can safely hold your things.

Install Space-Saving Door

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AQUAPONICS FOR THE HOME

By Susan Heckler

Herbs you can grow inside with just water

If you have been loving your outdoor herb garden and want to keep those beauties coming, try aquaponics for the home. There are some herbs you can grow with just a glass of water. No matter what color your thumb is, fresh herbs year round are easy.

All you need is a medium-sized glass jar and fresh water to start cultivating your 12 herbs that don't require soil to grow. Your choice of jars can show your decorating flair as they will be visible, needing sunlight.

- **Cilantro** is an ingredient used in delicious dressings, rice, pasta, and a variety of other dishes. Your cilantro supply will be plentiful if you place your plant in a sunny spot.
- **Peppermint** is good as a fragrant herb, which makes a great tea, can be turned into an essential oil and tastes good. It will do well in a partially sunny or shady window.
- **Lavender** smells amazing and can be made into a tea or oil. This sun loving plant is used to soothe depression, ease migraines, and cramping, and promotes good sleep.
- **Oregano** plants grow large, but you can snip at it with kitchen scissors to trim off the leaves. Toss it on just about everything.
- **Marjoram** brings flavor to chicken and beef dishes, but is also used in lotions and bath soaps. It grows best indoors in full sunlight.
- **Basil** can be used in sandwiches, sauces, and just about everything else. It needs 6 to 8 hours of sunlight per day to thrive.
- **Chives** are an herb/onion combination, which is also a popular choice to bring in flavor and texture to dishes. Chives need a lot of water and sunlight for optimal growth.
- **Sage** is used holistically. Great in egg, chicken, lamb, or pineapple dishes. Needs moderate sunlight.
- **Lemon balm** relieves anxiety, improves digestion, and helps with better sleep. It likes a lot of sunshine.
- **Stevia** is a great alternative to sugar when you need to sweeten things up. Stevia can grow in both sunny and shadier spots.
- **Rosemary** is wonderful in chicken dishes and grows nicely in full sunlight.
- **Thyme** needs lots of sunshine to grow. You can harvest thyme and dry it out by hanging the stems before it flowers or you can eat the flowers too.



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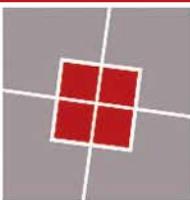
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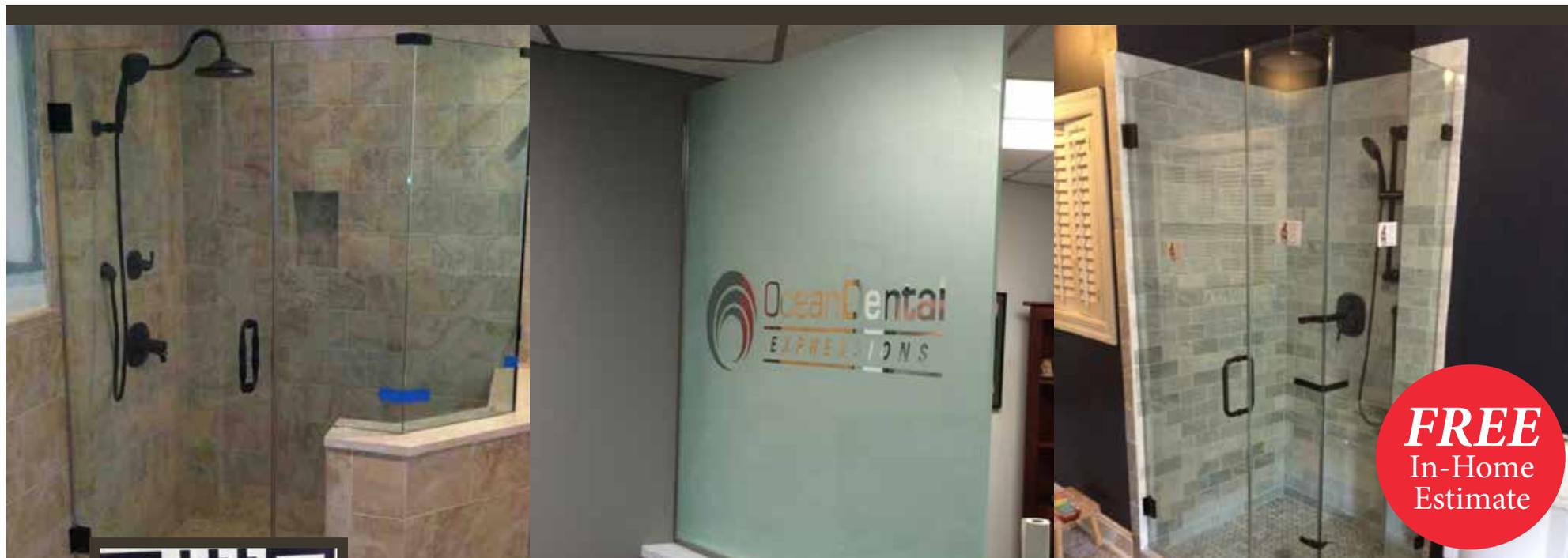
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Scents are a Simple Way to Refresh Your Home

By: Erin Mumby

Scents can easily make your house a home. Every house has a scent. Make sure that yours is a good one! A new smell in your home can energize you and your mind. Here are some simple ways to make your place smell and feel like home sweet home without using store bought air freshener.

Essential Oils



Using essential oils is a great way to avoid the toxic chemicals in most air fresheners. Lemon, peppermint, and rosemary are all examples of great smelling essential oils that are perfect alternatives! If you have an air filter, use a dropper to add a few drops of your favorite essential oil on the new filter. A fresh new scent will flood the desired room in no time. You can also place a few drops of your choice essential oil onto a light bulb or a warmer to get a soft scent in the room.

A New Use for your Crock Pot

A crock pot is a great tool in refreshing your home! Ever notice when you cook a meal in the crock pot, your whole home smells like your dinner! You can fill the crock pot with your favorite herbs and spices to create a unique, sweet-smelling scent. Toss in some scented twigs, your fruit slices, herbs and spices into your crock pot. Pour some water into the pot and set it to low heat. Leave the crock pot uncovered and your whole house will smell like your favorite scent.

You can also use baking soda to neutralize the smells in your house. It's no secret that baking soda is great at absorbing nasty smelling odors. Combine a few tablespoons of baking soda with water and pour it in your crock pot. Turn the crock pot to low and make sure the lid is off. The solution will work to absorb the nasty smells in your kitchen.

Vanilla



Vanilla is one sweet and strong smelling scent! Take vanilla coffee beans and place them into a small bowl. Place a small tea light candle in the middle of the bowl or jar. Light the wick, and the candle will heat up the coffee beans. Your home will be smelling like vanilla coffee in no time. Another way to get your home smelling like vanilla is to place a few teaspoons of vanilla into an oven dish. Bake at 300 degrees, and your home will smell sweet in a few short minutes.

Cinnamon in a Sauce Pan

A super simple way to freshen your home is to use cinnamon sticks! Fill a sauce pan with water and a couple of cinnamon sticks. Simmer on low heat. Your home will smell like sweet cinnamon in no time! If you don't feel like heating up the cinnamon sticks in a sauce pan, you can throw them into the crock pot as well!



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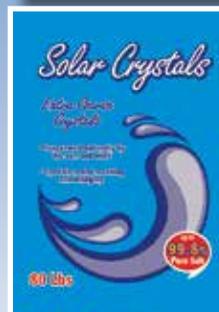
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Teen Privacy- Balance Is The Key

By Stefanie Maglio

Teenagers will almost always fight for freedom in the form of privacy from their siblings and parents. This is where parents may struggle to find the right balance of privacy they allow their teen to have. Many factors can come into play while navigating through this situation. For example, a parent knows their kid best. Do they have a history of making good choices and obeying rules? Or have your children demonstrated a history of untrustworthiness? Trust is a majorly important quality to have in a parent-teenager relationship. The more trust the parent has in the child, the more privacy that is likely to be given. When kids are in their younger teen years, it is okay to be a bit more strict with rules such as monitoring social media and what programs they're watching. However, if the child shows responsibility and capability of handling more privacy, it is okay for the parent to be a bit more lenient and let go even more so. It's truly about finding the perfect balance. A parent shouldn't let go of the reigns too soon, as their child may make dangerous decisions that could threaten their health or future. However, it is also not good for the parent to let go too late, such as being too intrusive without reason. This can disempower the child. Most importantly, there should always be an open, caring, and safe dialogue between the child and parent. Honesty is key. It is all about give and take. The teen will earn more privacy as they prove they are responsible and trustworthy. Once they prove to do otherwise, some privacy may be revoked. Remember that it's all about doing what is best for your individual teenager, as they are all unique and different.



EXTRACURRICULAR ACTIVITIES

There is a fine line between too much and not enough extracurricular activities for your child. Once you find the right balance, the positives are overwhelming.

Indicators of successful participation in school extracurricular activities include consistent attendance, academic achievement and aspirations for continuing education beyond high school, according to the National Center for Education Statistics.

Take It Easy

- Too much scheduled time can be stressful, especially for young children. Consider your child's age and your family's schedule when signing up your kids for activities.
- Quantity does not beat out quality, so make sure you're putting your kids in the music, sports and art functions in which they show the most interest.
- If you have multiple children, you know the challenge associated with managing overlapping schedules or varying locations. All of this should be factored into your decisions.
- You can overcome some of these issues by selecting activities where you have someone with whom you can carpool.
- If there are after-school activities available that take place mostly at the school, those also can be great activities if you're looking to minimize driving.
- Most importantly, remember that the main point of your children being involved in extra activities is that they have fun. Putting too much pressure on them — or yourself — can turn what is supposed to be an enjoyable experience into a stressful hassle.

Athletics

Sports are popular extracurricular activities because they build leadership qualities and teamwork skills. Even individual sports such as golf, tennis or ice skating can develop mental toughness and a love for competition.

Many sports can be enjoyed outside of school during the summertime to help prepare your student for a strong in-school athletic experience. Here is a list of popular sports, some of which may not be available in your area.

Spring & Summer Sports

- Baseball
- Softball
- Fishing
- Golf
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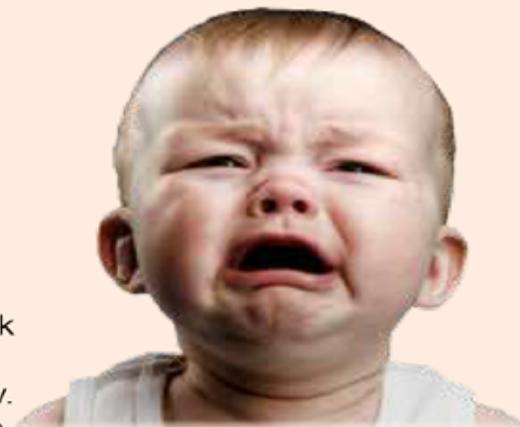
It's normal for babies to cry, even when you are trying to comfort them. Some babies cry more than others or for longer periods of time. This is normal too. It is also normal for a caregiver to become frustrated. No matter how stressed, tired, angry or frustrated you feel, you must never, ever shake a baby. Shaking a baby can kill or cause serious injuries.

The message is simple: NEVER SHAKE A BABY

HOW TO COPE WITH A CRYING BABY

- Make sure the baby's basic needs (food, diapering, appropriate clothing, etc.) are met.
- Try swaddling, tightly wrapping your baby in a blanket for warmth and security.
- Offer the baby a pacifier.
- Lower the lights and noise to help calm the baby.
- Walk the baby around holding him or her close to you.
- Take the baby for a ride in a stroller or a car.
- Call a friend, relative, neighbor or medical provider for help.
- Take a break - sit down and count to 10 or 20.
- If all else fails, put the baby in the crib on his or her back. Close the door and check back every five minutes or so. Don't pick up the baby until you feel calm.

If you are a child care provider and cannot handle a crying baby, please let the parent know. Remember, a baby will outgrow crying, but shaking a baby may cause permanent damage.



SHAKING A BABY IS DANGEROUS

Shaken Baby Syndrome is a serious brain injury that occurs when a frustrated caregiver "shakes" an infant, usually to stop him/her from crying. It is considered a form of child abuse.

Some parents, siblings, or caretakers who would not consider hitting a baby, think that shaking a baby is okay. THIS IS DANGEROUS!

Shaking a baby can cause bleeding inside the brain which may lead to:

- Death
- Brain damage
- Retardation
- Blindness
- Paralysis
- Seizures
- Developmental delays

Protect our future by handling infants with the loving care they deserve!

And remember, some play activities also can be dangerous, such as:

- Vigorous, repeated tossing of a baby into the air
- Jogging while carrying an infant on the back or shoulders
- Bouncing an infant on an adult's knee or swinging the baby on an adult's leg
- Swinging the baby around by the ankles
- Spinning an infant around

SYMPTOMS OF SHAKEN BABY SYNDROME

- Constant crying
- Stiffness
- Sleeping more than usual
- Unable to wake up
- Seizures
- Dilated pupils
- Decreased appetite
- Vomiting
- Difficulty breathing
- Blood spots in eyes

If for any reason the baby has an injury, take him/her to the nearest hospital emergency room or call 911. The baby will not get better without receiving medical treatment.

GETTING HELP

IF YOU FEEL THAT YOU CAN'T COPE, HELP IS ONLY A TELEPHONE CALL AWAY.

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Should Schools Start Later in the Day?

By Susan Heckler

Waking up a school age child at any time is not an easy task. Let's face it, they all want to stay up late and they all require lots of sleep. In actuality, waking a sleepy parent up to wake a sleepy student up is a double whammy.

Research from the 1990's shows that it is nature telling our kids how to sleep, and that their sleep patterns are biologically determined. There is evidence suggesting that teenagers are seriously sleep deprived. A recent poll conducted by the According to the National Sleep Foundation, 60% of children under the age of 18 complained of being tired during the day, according to their parents, and 15% said they fell asleep at school during the year. A growing brain and maturing bodies need on average 8.5 - 9.25 hours of sleep per night. Due to shifting circadian rhythms (your internal body clock), many teens can't fall asleep before 11pm even if they wanted to (which they don't).



School times vary within communities. In our part of Western Monmouth County, many schools stagger the start times within the district to maximize the use of their school transportation. If all schools started and ended at the same time, you would need to increase the amount of buses and drivers to accommodate it.

A 2005 congressional resolution introduced by Rep. Zoe Lofgren (D-CA) recommended that middle schools nationwide start at 9:00 or later. The theory is that if schools start later, the student will have more time to sleep in, leaving them more rested and able to concentrate on lessons which may increase student achievement. The theory goes on to state that earlier start times will not mean earlier bed times for students, especially once adolescent hormones kick in.

Mary Carskadon, PhD, a renowned expert on adolescent sleep, cites several advantages for teens to get the sleep they need:

- Less likelihood of experiencing depressed moods
- Reduced likelihood for tardiness
- Reduced absenteeism
- Better grades
- Reduced risk of drowsy driving
- Reduced risk of metabolic and nutritional deficits associated with insufficient sleep, including obesity.

According to Phys.Org, a recently published article by the American Psychological Association where the research was led by Peggy S. Keller, a UK associate professor in the Department of Psychology in the College of Arts and Sciences, she found that earlier school start times were associated with lower standardized test scores, poorer attendance, lower school rank and school under-performance.

For those of you with high school drivers, here is something to think about. A 2011 study found that the weekday crash rate among high school students in Virginia Beach, where classes began at 7:20-7:25 a.m. was significantly higher than in adjacent Chesapeake, VA, where classes started at 8:40-8:45. For students too young to drive themselves, waiting for a school bus in the dark, at any age, is not a good idea.

School hours are set by each district; it is not mandated by government at any level. If your district is in favor of a change, they have the power to do it without legislation. The question to parents would be if they would be willing to pay higher school taxes to cover the increased cost of transportation if it meant a well-rested student with a better chance at succeeding.

HEALTHY MOUTH: The Early Years

Caring for your teeth and gums is a lifelong journey that begins shortly after birth. Dental professionals urge parents to bring their child in for a visit whenever the first primary tooth is visible.

This recommendation, which used to define 3 as the starting age, has shifted over the years as the science related to oral hygiene has improved.

What's behind the change? The importance of baby teeth now carries more weight than ever before. The American Dental Association says that properly caring for those mini-pearly whites that begin popping up through the gums at around 6 months is crucial in keeping space in the jaw for adult teeth.

Parent Education

A child's first trip to the dentist can be an educational experience for parents. Dental professionals will show you how to properly clean your baby's teeth and recognize trouble signs in the mouth, which are critical health tips not usually doled out during pregnancy or within parenting magazines.

Dentists can also explain baby-specific concerns regarding dental health, which include baby bottle tooth decay. Avoiding this potentially damaging issue is simple: The ADA recommends wiping your baby's mouth with a clean gauze pad to help remove plaque that can harm erupting teeth. Gentle brushing with a toothbrush and water should begin as soon as you start seeing teeth.

Dental Emergencies

Once more teeth start showing up, the risk for dental emergencies increases. Accidents happen, but knowing how to react in such situations can be the key to retaining your child's oral health. Here is how the ADA recommends you act in a dental emergency:

- Keep a knocked-out tooth moist at all times. If you can, place the tooth back in the socket without touching the root and call your dentist right away.
- For a cracked tooth, immediately rinse the mouth with warm water to clean the affected area. Look out for facial swelling and treat appropriately with cold compresses.



Age Appropriate Chores You Can Give Kids at Various Ages

By Susan Heckler

There are several schools of thought as to how much responsibility you can or should give your children at various ages. Some parents feel that giving chores to kids can deprive them of too much of their fun time during these vital carefree years of their lives. Some parents feel they are members of a household and should share in the day to day chores.

If Mom and Dad both go to work, it is also a big help to both to have your children helpful and a bit more autonomous. What you teach them to do for themselves is one less thing you have on your "to do list."

Psychologists maintain that our children feel like fully-fledged members of the family, learn to be independent, and avoid becoming too overwhelmed by ideas of responsibility.

It doesn't have to feel like a chore, you can make a game out of it but they should be able to do this. Each child matures a little differently so you evaluate and judge what they are ready to try next.

Age 3 your child is ready, willing and able to:

- Collect their toys and put them away.
- Feed the family pets.
- Wipe up a simple spill

Age 4 your child is ready, willing and able to:

- Make their bed. (Don't expect hospital corners and perfection, but a beginners 'neating up' is a great start)
- Set the table
- Help put away groceries

Age 5 your child is ready, willing and able to:

- Do basic dusting
- Do basic food prep
- Clear the table

Age 6 your child is ready, willing and able to:

- Feed the pets
- Putting out the trash
- Putting away their own laundry

Age 7 your child is ready, willing and able to:

- Be introduced to the vacuum
- Shake hands with a Swiffer
- Fold laundry

Age 8 your child is ready, willing and able to:

- Bring dirty laundry down to the laundry room
- Take care of pets
- Unload the groceries from the car

Age 9 your child is ready willing and able to:

- Help wash the car
- Learn to wash dishes (not the fine china)
- Rake leaves

Age 10-12 your child is ready willing and able to:

- Help prepare simple meals.
- Clean the bathroom
- Use the washer and dryer
- Watch siblings

Age 13+ your child is ready willing and able to:

- Most teens are skillful at handling nearly any chore in the home as long as they've been taught properly. They can begin to make meals for the family, babysit siblings and others, and assume adult responsibilities. Today's teens have a full schedule with school and after school activities to keep all that in mind.



You are not being mean; you are doing them a favor. By the time they are ready to go off to college, they are able to take care of themselves.

SCHOOL BUS SAFETY

Nothing says school is back in session like seeing the bright yellow buses out and about in your town.

The American School Bus Council estimates that 480,000 buses provide transportation for children every school year. A new report shows that from 2004 to 2013, 327 school-age children were killed in school transportation-related crashes. Of those, 54 were occupants of school transportation vehicles, 147 were occupants of other vehicles, 116 were pedestrians, nine were pedal-cyclists and one was classified as an "other non-occupant."



The report also puts the school transportation-related crash data in the context of overall vehicle crashes: From 2004 to 2013, there were 340,039 fatal motor vehicle traffic crashes. Of those, 1,214 (0.36%) were classified as school transportation-related.

Safety Tips

The National Safety Council recommends students and parents follow the following precautions when heading out for the bus stop:

- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building;
- Remind your child to wait for the bus to completely stop before approaching it from the curb;
- Make sure your child walks where she can see the bus driver;
- If your child's school bus has lap or shoulder seat belts, make sure your child uses one at all times.

Share the Road

Remember that school buses stop at all railroad tracks. They do this for the safety of your children, so give them the space to do so.

Also, when you see a school bus approaching you from the opposite lane, be on the lookout for flashing lights and extending stop sign, which mean the bus is slowing for a student drop-off. Be sure to come to a complete stop in your lane and don't hit the gas until the bus has disengaged the stop sign and turned off the flashing lights.

Bullying Behavior

The school bus is a prime spot for bullying because of the limited view the driver has of all the passengers. Here are some signs of bullying, from The U.S. Department of Health and Human Services and what the department recommends doing about them.

Signs to Look For

- Unexplained injuries;
- Changes in eating habits;
- Frequent nightmares;
- Frequent stomach aches or headaches; and
- Declining grades or interest in school.

Actions to Take

- Encourage open, honest discussions with your child about the subject;
- Set a meeting with your child's teacher or principal;
- Offer your child actions to take that are an alternative to fighting or verbal abuse;
- Give your child positive and affectionate attention; and
- Keep a close eye out for injuries or worsening attitudes toward school.

The Millstone Times STUDENT OF THE MONTH

Hunter Wagner

By Pam Teel

Nine-year-old Hunter Wagner is in the third grade at the Millstone Township Elementary School. Hunter lives in Clarksburg. He loves his art and writing classes the most. He also likes to see his friends in school and looks forward to spending recess with some of them.

He likes his teacher, Mrs. Meyrick. His favorite subjects are writing, reading, art, and computers. He keeps up his grades in all of his classes and is very conscientious about his schoolwork.

His favorite books that he likes to read are, Timmy Failure books, Captain Underpants books, and House of Robots books. He likes funny books.

Some of Hunter's hobbies include, building with Legos, he has an impressive Lego collection, playing video games, and gardening. He also is learning the piano. Hunter is in the Cub Scouts, Pack 116. He just became a Webelo and really enjoys it. He wants to continue on to become a Boy Scout. His favorite place to visit is Universal Studios in Florida and Lego Land.

Hunter lives with his mom and dad. His dad always plays with him and helps him with his garden. His mom is always helping him with lots of different things. He loves spending time with his mom. He likes it when his Grandma and grandpa visit from North Carolina. He also likes going to Chicago to visit his grandparents, Papou and YiaYia. His Mema lives in NJ and comes to watch him sometimes. He has a lot of aunts, uncles and cousins too.

Hunter has three dogs. Sophy is his favorite. There is also Jasper and Bella. He has four birds that just laid 10 eggs. He is hoping that they hatch soon. He also has two fish.

Hunter loves Christmas because he gets lots of presents. His favorite sports and activity is swimming and biking.

His favorite foods to eat are pizza, hotdogs, tortellini, popcorn and ice cream.

In the future, he would love to be a detective because he is really good at finding things, and according to Hunter, everybody always loses things so they will need somebody to help them.

If he had but one wish, it would be to have a potion that would let him live forever and make him never get hurt.

Keep up the good work in school Hunter, especially with your writing and reading. You have a good imagination and maybe one day you will write down some of your made up stories for people to read.

Attention East Windsor, Allentown, Creamridge, Hightstown, Upper Freehold, Roosevelt, and surrounding towns, if you know of a student or a friend who works hard in school that you would like to showcase in our Student of the Month Section, please email me at crescent671@gmail.com. I am looking forward to hearing from you!



SMART BACK TO SCHOOL SHOPPING TIPS

Go shopping early. Make a list. Go to the store prepared. You already know those back-to-school shopping tips, right?



Here is a list of smart strategies that will help you save money while also making your kids happy with their updated wardrobes.

TAKE INVENTORY

Treat your child's closet like the stockroom at a major retailer.

- Grab a pencil and notebook, and make a complete list of all school-quality clothes your child possesses. Maybe some of her summer clothes will still work for the fall before the weather turns.
- Assess the list and make a new one of items needed.
- Go over your updated list with your child and welcome feedback on certain styles and types of clothing he or she would like to see in their school selections.
- Take your child shopping with you to help make tough decisions on which items to sacrifice when the budget starts running out. This will teach personal discipline and financial responsibility — two invaluable traits for any age.

CHECK THE RULES

Schools have gotten stricter with wardrobe rules over the years. And with standards varying across states, districts and schools, it's always a good idea to have a handle on what your student can and can't wear.

There are certain articles of clothing that should be a given. Student appearance can be regulated if it is vulgar, indecent, obscene, insulting or if it carries message that encourages inappropriate behavior, the Education Commission of the States states.

But this rule isn't always cut and dry. According to a 2014 CNN report, a 5-year-old student in the Oklahoma City public school district was told to turn his University of Michigan T-shirt inside-out because it violated school rules.

The dress code only allows college shirts from Oklahoma institutions in an effort to deter gang activity. Even if you don't necessarily agree with them, policies like this can be adhered to with just a little bit of research on your part.

TRUST YOUR TEEN

For high school students in need of new school clothes, you can enlist their help to make the shopping experience a bit easier on you.

Your teen may even ask if he or she can go shopping alone this year or with a group of friends. Set clear standards if you choose to allow this. Have your teen build a detailed list of wants and needs, and talk them through the importance of staying under or on budget.

You can even keep the majority of the budget yourself and have your teen pick out a few T-shirts or some tennis shoes.

Any shopping power you hand over can help teach your teen the importance of choosing quality, affordable items.

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Urinary Incontinence

Incontinence affects millions of Americans and is a more common issue for elderly people, although not exclusive to an age group. Thirty percent of elderly respondents admit to "one or more episodes of incontinence." Women are disproportionately affected, even if they haven't had children. That doesn't mean that it's a normal part of the aging process.

Many believe that they can't do anything about bladder and urinary issues or fail to seek treatment. This course of action often creates unnecessary stress. Rather than deal with incontinence, seek help.

Stress incontinence causes urine to leak when you laugh or cough. Overactive bladder (OAB), or urge incontinence, is caused by urinary muscle spasms. Multiple pregnancies, being overweight and genetic weaknesses can increase your risk.

Urge Incontinence

This is also called overactive bladder (OAB) when you have an urgent need to go to the bathroom and may not get there in time.

Causes of overactive bladder include:

- Damage to the bladder's nerves
- Damage to other parts of the nervous system
- Damage to muscles

Conditions such as multiple sclerosis, Parkinson's disease, diabetes, and stroke can affect nerves, leading to urge incontinence. Bladder problems, such as infections and bladder stones, and certain medications can also cause it.

Overflow Incontinence

If you can't empty your bladder and may dribble urine, the possible causes include:

- Weak bladder muscles
- Nerve damage
- Conditions that block the flow of urine, such as tumors or an enlarged prostate
- Constipation
- Certain medications

Regardless of the type of incontinence, you need a doctor's diagnosis to be sure what it is and you need to get the condition treated. If your bladder can't empty, that can lead to infections and other problems.

There are numerous treatment options for older individuals, including physical therapy (namely pelvic floor exercises), pharmacological treatments, and surgeries. These treatments can be extraordinarily effective, particularly when they're used as soon as incontinence occurs for the first time.



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Additional Support for Grandparents Raising Grandchildren

Grandparents can access a variety of information via the Internet and through state agencies the New Jersey Aging Services, Department of Health and Human Services. For grandparents or for friends, teachers, and social service staff who know of grandparents raising grandchildren, the following information and Internet resources may be of assistance.

- National Extension Website for Family Caregiving: http://www.extension.org/family_caregiving. There is a special section on Raising Grandchildren. In addition there is information on the extension website on parenting
- American Association of Retired Persons (AARP): www.aarp.org. AARP provides information on financial assistance for grandparents, becoming the best grandparent, support groups in local communities, and other resources.
- Generations United: www.gu.org. This advocacy organization works on family issues across the lifespan. They have a specific link to information on grandparents raising grandchildren.
- Children's Defense Fund: www.childrensdefense.org. The CDF educates the nation about the needs of children and encourages preventive investment before they get sick or into trouble, drop out of school, or suffer family breakdown.
- CYFERnet: <http://www.cyfernet.org/>. CYFERnet is designed to be used by anyone who needs comprehensive children, youth, or family information including: educators, researchers, parents, youth agency staff, community members, human services and health care providers, students, policy makers, youth, or media.
- Fostering Connections: <http://www.fosteringconnections.org/>. This site discusses the federal Fostering Connections Act and services.
- Grandfamilies State Law and Policy Resource Center: <http://www.grandfamilies.org>.
- This is a website that was developed and maintained by several national organizations. Laws pertaining to grandparent are available from all 50 states.
- Grandfamilies of America: <http://www.grandfamiliesofamerica.com/>. Grandfamilies of America is a national organization that is staffed and governed solely by relative caregivers.



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2017 "Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer" Awarded to Stephen Schienvar by Mayor Janice S. Mironov and the Township Commission on Aging

Steve Schienvar, an East Windsor resident for 44 years, volunteered for 30 years as an Emergency Medical Technician as well as 10 years as Treasurer with East Windsor Rescue Squad, District 2. Currently, he continues to serve as Chairperson of the East Windsor Township Juvenile Conference Committee, on which he has volunteered for over 27 years, a Court-appointed group which handles Township juvenile referrals to provide guidance to help prevent future misconduct. Steve also volunteers as a Care Ambassador in the emergency room of the University Medical Center of Princeton at Plainsboro. The "Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer," presented annually by East Windsor Township, recognizes a senior citizen who has exhibited outstanding service through volunteerism to the community by way of schools, religious institutions, service organizations or directly to the public. Sylvia Weiss was a former East Windsor Township Council Member, past Council senior citizen advisor and chairperson of the Commission on Aging, and was instrumental in the original formation of the senior citizen program.



East Windsor Mayor Janice Mironov and the Township Commission on Aging members present the 2017 "Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer" to Stephen Schienvar. Pictured (from left to right) are: Ina Heiman; Mayor Janice S. Mironov; Stephen Schienvar, 2017 Sylvia Weiss Award Recipient; Carol Schienvar; Ondina Jeffers, Chairperson, Commission on Aging; and Gloria Golbert.

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