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International Women's Day

By Nicole Iuzzolino

March 8th is a day to celebrate the social, economic, cultural, and political achievements of women. International Women's Day is all about, "...unity, celebration, reflection, advocacy, and action..." as stated by their official website. The start of this day can be noted all the way back to the early 1900's. It all began with great unrest stirring amongst the women of that time. The inequality that women were suffering from made them start to speak out. "In 1908, 15,000 women marched through New York City demanding shorter hours, better pay, and voting rights". In 1975, International Women's Day was celebrated for the first time by the United Nations.

While it seemed like fighting for women's rights was on the rise, in the early 2000's it actually stalled in many countries. Feminism got pushed to the side and pushed out of people's heads, while new issues and concerns took its place. However, the movements goals have not been reached yet and there was still more to be done. In 2001 the International Women's Day movement created an online sight to try to get everyone back into the movement. Every year the campaign adopts a new theme to advocate for. In 2011, International Women's day saw its 100 year centenary. The first event was held in 1911, in Austria, Denmark, Germany and Switzerland. Celebrities started advocating for the movement as well. Annie Lennox, a celebrity activist, led a huge march along an iconic bridge in London for gain attention to global charity for women. She is just one of the many famous figures in society fighting for this cause.

At the end of day, women have made massive head way since the 1900's and society has evolved immensely. It is time to have all women come together and celebrate the greatness we all embody within.



AUSA

Monmouth Chapter

By Pam Teel

AUSA stands for the Association of the United States Army. It is a private non-profit organization that acts primarily as an advocacy group for the United States Army. Founded in 1950, AUSA is divided into nine regions throughout the United States, Pacific, and Europe, with 121 chapters and 109,000 plus membership worldwide that is open to everyone, not just limited to Army Personnel who subscribes to AUSA's aims and objectives of a strong national defense.

The AUSA First Region includes ten states and twenty-two chapters stemming from Maine to Delaware. The AUSA Monmouth Chapter is one of four chapters in New Jersey comprised of 17 volunteer Board Members, 47 Community Partners, 750 plus membership and led by President, Colonel Samuel Fuoco, USA, Retired, who is an Iraq and Disabled Veteran. The AUSA Monmouth Chapter was formally recognized as AUSA National BEST Chapter in their category of 46 competing chapters both in 2016 and 2017. Additionally, Mrs. Catherine "Kit" Roache, Vice President Programs, AUSA Monmouth Chapter, was honored as AUSA National 2017 Major General Anthony J. Drexel Biddle Medal Recipient for her outstanding contributions to the Association of the United States Army Mission and Programs. Mrs. Roache is the 62nd individual to receive the Biddle Medal and the second person and only woman from New Jersey.

The AUSA Monmouth Chapter serves the New Jersey County of Monmouth. Our mission, Voice for the Army-Support for the Soldier, is supported by four pillars; the first is fundraising, the second is raising community awareness, the third is soldier support and the fourth is focused community education. These pillars are implemented through the many activities that are highlighted below:

- Well established AUSA Monmouth County annual community events such as the Gingerbread Ball and the Blue Claws Night at the Ballpark, raise funds to support Fisher House Foundation. Additional annual events include our Pancake Breakfast and a Golf Tournament; both raising funds to support our Service Dog Initiative.
- Robust participation in community based organizations including; the Monmouth Regional Chamber of Commerce, the Monmouth Park Charity Fund, Eatontown Industrial Park Association and the Monmouth County Sheriff's Veterans Council.
- Active support through activities/events involving NJ based Soldiers currently serving in the United States Army, the Army Reserve, and the Army National Guard.
- Recognition and support for NJ Veterans and Retirees through fundraising and participation in various Veterans' organizations, Veterans' Councils, and Veterans Retirement Homes.
- Collaboration with other organizations supporting the United States Army, including Army Aviation Association of America, Mid-Atlantic Chapter; Association of Old Crows, Garden State Chapter; Armed Forces Communications-Electronics Association, Greater Monmouth Chapter; and the NJ Veterans Administration to raise funds and support programs focused on active Army, Veterans, Retirees and their families. Our Gold Star Families are recognized with Honor and Remember Flags and the NJ Run for the Fallen.
- Educational activities and promotional events that tell the Army story by directly interacting with the local community. This also includes running events to fund our soldier support initiative.
- Support for High School Junior Reserve Officer Training Corps (JROTC) Cadets and Students through our Scholarship Awards Program

For more information about AUSA Monmouth Chapter- how to join, donate and view upcoming events, visit their website at www.ausa-monmouth.org; Colonel Samuel Fuoco, USA, Retired, President, AUSA Monmouth Chapter, samuelfuoco@msn.com, 732 668-3417 or Mrs. Kit Roache, VP Programs, kitroache@verizon.net, 732 788-4005.

AUSA Monmouth Chapter welcomes new members and volunteers to assist with our programs and fundraising goals".



Left: AUSA Best Chapter 2017. Pictured Left to Right: General Carter F. Ham, USA, Retired, CEO and President, AUSA; Colonel Samuel Fuoco, USA, Retired, President, AUSA Monmouth Chapter; Mrs. Ellie Smith, Secretary, AUSA Monmouth Chapter; Mr. Frank Brogna, Veterans Council, Monmouth County Sheriff Shaun Golden's Office and Lieutenant General Patricia E. McQuiston, USA, Retired, Vice President Membership and Meetings, AUSA.
Right: AUSA 2017 Major General Anthony J. Drexel Biddle Medal. Pictured Left to Right: General Carter F. Ham, USA, Retired, President and CEO, AUSA; Mrs. Catherine C. "Kit" Roache, Vice President Programs, AUSA Monmouth Chapter and Lieutenant General Patricia E. McQuiston, USA, Retired, Vice President Membership and Meetings, AUSA.

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How to Deal with Difficult Family Members

By Pam Teel

Do you have a family member you just can't deal with and you just don't know how to handle the things he/she says and does? Well, there is hope. Knowing how to approach a difficult family member, what to say and what to do, can help you finally stop dreading every interaction you have with them.

Face it- Family members are who they are; as much as you want them to be different, they won't ever change. The only thing that can change is how you see them. According to, Debbie Mandel, MA, a Stress Reduction Specialist and Coach, if you don't like what you see in a family member, change what you see and how you react.

Focus on the positive. Before meeting with your family member, don't focus on how much he/she irritates you when they do this or that. Instead, think of all the qualities you like about them. Focusing on the good rather than the bad will prepare you for dealing with the actions that do annoy you. This is because your stress level won't already be heightened before you even see them, which will make you more able to tolerate them.

Be prepared. Imagine what this interaction will look like, specifically based on your previous experiences with this person. Typically, difficult family members have a certain behavioral pattern that is easy to track once you become aware of it. Based on their past behavior, mentally prepare yourself to deal with any possible scenarios you think may unfold. By doing so, you may find that you have an easier time reacting appropriately.

Be empathetic. Difficult people are not born that way, they become that way based on the interaction of nature and nurture. Even though it can be really hard, try to understand their perspective. You do not have to agree with their viewpoint, but understanding why may help you interact with them in a calmer way.

Sometimes, there isn't much you can do to avoid the annoyances of your family member. This is when you should employ some good conflict resolution techniques.

Use "I" statements. It takes the blame off the person you are speaking to, which then helps them become less defensive. For example, you can say, "I feel threatened by the topic you are discussing." If the person doesn't stop when you try to change the topic or when you voice your lack of appreciation for his thoughts, state that the person can either end the discussion or you will have to leave.

Suggest a break. If you are sensing that the discussion is heading down a negative or unhealthy path, excuse yourself for a quick breather. Tell them you need some fresh air or that you have to make a phone call.

Postpone the conversation. If you feel too overwhelmed by the conversation and would like to discontinue speaking with him/her, tell them in a gentle tone that you don't wish to have this discussion at this time and excuse yourself.

Monroe Seniors

MEMBERSHIP HAS ITS BENEFITS

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members, unable to attend a registered program, a cancellation phone call is appreciated. For more information, please call the Office/Senior Center at: 609-448-7140.

Falls Prevention: On Thursday, March 1, at 1:30 p.m., St. Peter's Community Health Services provides an informative discussion about falls and how to prevent them. From changing one's environment to setting realistic goals and improving balance, participants will walk away feeling empowered. Please register.

Income Tax Assistance: Now through April 10, on Mondays and Wednesdays, BY APPOINTMENT, AARP-trained volunteer tax counselors provide free income tax assistance to individuals with low-to-moderate incomes. Limited time slots available for those in need of transportation services. To make an appointment, please leave a message for Rosanna.

Fun with Yiddish II: Starting on Monday, March 5, at 10 a.m., join Naomi Miller for this fun and interactive, 8-session class for intermediate students or for those familiar with the language. Course fee: \$16 p.p., due upon registering in-person, in advance.

Empty Bowls Kick-Off Brunch: On Friday, March 9, at 10 a.m., join Monroe Township students, during this catered brunch, as they spread awareness about hunger in America and how you can help. From painting a ceramic bowl to attending the evening auction in June, learn more about this special project from the students who are passionate about it. Tickets: \$5 p.p., due upon registering in-person, by March 1st. (Sorry, No Refunds.)

iPhone Basics: On Mondays, March 12 and 26, from 2 to 3 p.m., expand your iPhone know-how, with the help of Joel and Arthur, during this hands-on, interactive 2-day workshop. Designed for individuals who own an iPhone or iPad AND who have NOT yet attended this class, discover what you can do (besides calling and texting) with these "high-tech toys." Please be sure to bring your iPhone each day!

Space limited! A commitment fee of \$5, to benefit the Township Food Pantry, is due upon registering in-person, in advance.

Celtic Woman: On Wednesday, March 7, at 1 p.m., enjoy this stirring program of traditional Irish songs, hosted by Mike Ferreira, as well as works by contemporary artists and compositions by musical director David Downes, during this DVD presentation of the CELTIC WOMAN concert performed in 2007, at Slane Castle, Ireland. Please register in advance.

Michael & Ted: On Tuesday, March 13, at 2 p.m., join our friends from WWFM's THE CLASSICAL NETWORK, for an enlightening look at the life and career of Gene Kelly. From his dancing beginnings in Pittsburgh, PA to dancing on the big screen with Olivia Newton-John, discover how Kelly reinvented the film musical and American popular dance. Please register in advance.

Acrylics for All: Starting on Tuesday, March 6, at 10 a.m., join Andrea for this 3-part workshop (March 6, 20, 27) for all artistic levels as you create your own masterpiece using acrylics. For newbies, the cost is \$50 p.p. with all supplies are included. For seasoned students, with their own supplies, the cost is \$30 p.p. Pre-registration is required, with payment, by March 1st.

Transportation to and from the Senior Center is a **FREE** service available to ALL Senior members/residents during regular business hours. Please advise us of your transportation need when registering for Center activities. Need to cancel? Please let us know immediately, noting the original purpose of your transportation need (i.e. program, appointment, etc.)

SINGERS WANTED

The Monroe Township Chorus is looking for new members to join the 2018 concert season. **IF YOU ARE A SOPRANO, ALTO, TENOR, OR BASS, COME SING WITH US** every Tuesday, at 9 a.m., in the Senior Center. For additional information, please call Sheila Werfel, Artistic Director, at 609-619-3229.

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THIS MONTH BRINGS VALENTINE'S DAY!

Candy, flowers and jewelry are the usual gifts. Let me suggest that an effective estate plan for your family's future is a gift that keeps giving forever.

If you own a business, your estate plan must have a business succession plan. Do you have one or more adult children in your business? Do you have a valued employee who may take over? Do you have a friendly competitor that would someday like to double the size of their business?

If you work for a large organization with a pension, 401K or other plan and your account is over \$100,000 or more at 40 years of age, or \$250,000 or more at 60 years of age, please review the December and January articles regarding the benefits of an IRA Inheritance Trust.

About half of U.S. Citizens do not have a Will, Power of Attorney or a Health Care Designation. I would hope that the percentage is higher in New Jersey, but too many people ignore this vital planning.

**Ladies, tell your man that the usual stuff can wait until next year!
"Provide for our protection NOW!"**

In the 1980's, large number of people came to this country as immigrants from Korea. I met a Korean General manager at NY Life who built a large agency of many of his countrymen and women who had recently come from Korea. When I asked why his community was so very attracted to life insurance, he explained that in his culture, when you asked a woman's father to be allowed to marry her, you had to promise to take care of her for the rest of her life, not just yours! In Korea your family would care for your widow. Here in the USA where families do not have the same traditions, a substantial life insurance policy provides that protection in 2 ways, either the death benefit or a substantial accumulation of "cash value" that may be used as a non-taxable retirement plan.

If you're single, consider a legacy for your children, siblings nieces or nephews.

If there is nobody in your life that you love enough to care about what financial legacy you are going to leave, Valentine's day is a great time to find someone.

My first date with my second wife was Valentine's Day of 1993 – 25 years ago. We all need someone to love and, if we care enough, we should provide more than enough for them.

Life is uncertain. Death is often not a planned event. Now is the perfect time to plan for that time.

If you can't find a person that you care enough, call to speak about Pet Trusts. 732-414-2898



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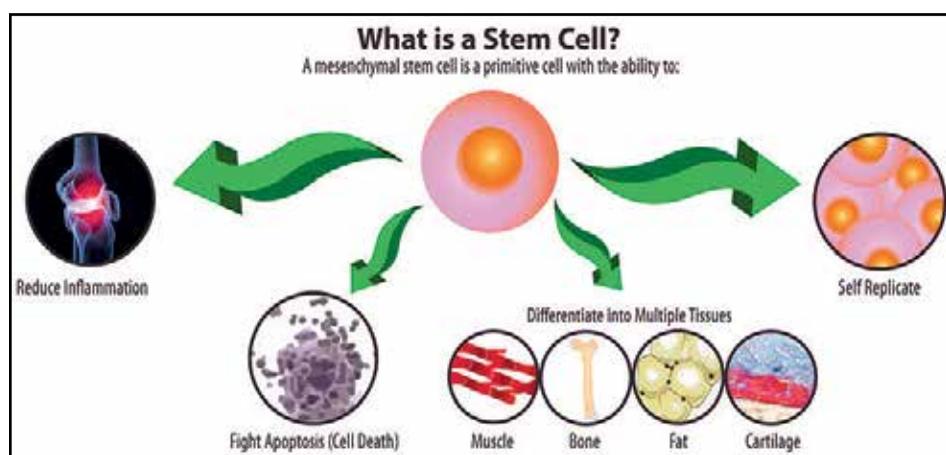
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QUESTION:

Can amniotic stem cell therapy help my knee pain?

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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

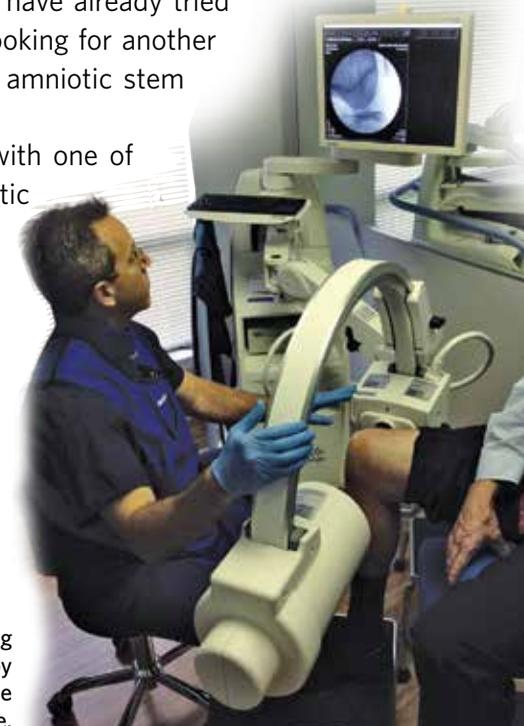
Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

Dr. Scott 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.

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In a recent study published in the Journal Biological Psychiatry, the theory of stress and depression contributing to obesity was tested. Two separate 9.5 hour sessions were conducted; the first session they received either a highly-saturated fat meal or a high oleic sunflower oil meal. Their stresses from the prior day were assessed by the Daily Inventory of Stressful Events.

Within the 6-hour difference between one day prior of stress versus no stress, the results had translated into that extra calories could add an average weight gain of 11 pounds a year!

Stress and depression can not only have a negative impact on us mentally, but it is also clearly a contributor to the obesity epidemic.

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Cat Emotions

By Nicole Iuzzolino

Just like dogs, cats and humans have the same brain structure, and experience the same emotions we do. Owners can tell by their cats body language, facial expressions, and sounds to detect how the cats are feeling. For example, when a cat is scared or experiencing fear, the cats will run away and hide. When cats want to cuddle with their owners, they are exuding positive emotions. Researchers discovered that mammals, including cats, have seven basic emotional systems. Purina states that these systems include searching for food, a fear system, a play system, and a care system.

One study done at Oakland University studies 12 cats, their owners, and how the cats reacted to different kinds of emotions. When the owner was smiling, the cats began purring and jumping on their owners laps. The cats were also seen spending more time in the area where their owner was. Cats also are known for forming strong attractions and bonds for their owners. When an owner is gone for long periods of time or passed away, they show massive signs of distress. Cats will go into hiding or sit outside their owners bedroom door and cry. Some cats will even refuse to eat. These all show how strong a cats' bond and feeling of love towards an owner can be. Pet Centric states that the strongest proof that cats experience the emotion of love and attraction is when cats travel thousands upon thousands of miles just to find their owners again.

Cats also have been known to have feelings of selflessness. Researchers discovered that cats have been known to risk their lives for their owners. Pet Centric states that, "One kitty we know of fought off a poisonous snake and took the bite that was meant for her owner. Another cat jumped out of a window right after his owner fell out".

Cats have the stereotype of only caring about themselves, however that is not very true. Cats are caring animals that care greatly for their owners. They are loving creatures, and should never have that stereotype.



Cats at Home: Home Veterinary Visits

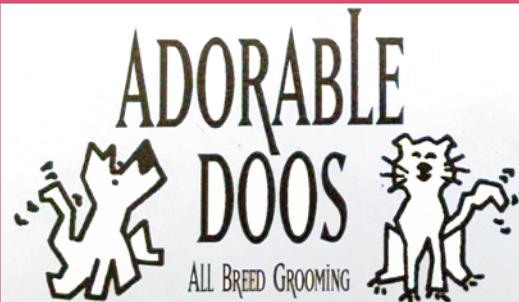
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The Food Stealer

By: Nicole Iuzzolino

Dogs love food, it is a simple fact. When it comes to people food, it is solid gold in their eyes. They will do anything in their power to get that food, and some will even jump on the table to get what they want. However, this is a major issue to most dog owners, and they do not want their dogs running across their kitchen table stealing their dinner. Jolanta Benal, a dog trainer, starts off with some ground rules when it comes to training your dog. She states that to not get mad at your dogs for “counter-surfing” because they actually are not being bad. Dogs used to be scavengers, so they will look for edible food items that are lying around, and will want to take it. She explains that eating anything edible that is lying in their paths kept them and their ancestors alive for centuries.



Now there are many ways to stop your dog from wanting to steal.

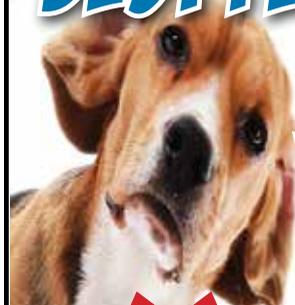
- The first is to simply **keep food items out of reach**. Make sure to clear off all table and countertops after eating as well. Since there is no food on the table then, your dog will not feel the need to counter-surf.
- Another great and easy way to train your dog is to just **supervise**. Every time you see your dog attempting to steal give them instant feedback so they start to learn that they should not be doing that. But make sure to also praise your dog when they decide against counter-surfing. Positive and negative feedback is very important when it comes to training.
- Another step in the training process is to **only serve dogs their food in their designated bowl**. Do not throw them your leftovers from dinner either because that would incline the dogs to want more table food. Dog Training Central suggests that you give your dog a stuffed Kong to play with while you are eating.

These are just a few ways to stop your dog from stealing food at the dinner table. All you have to do is put in effort and you will see results.



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By Pam Teel

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On this website, you can find links to our pets that are currently up for adoption, as well as pictures of pets who have been previously adopted. Please call us at 732-251-3210 during morning working hours (7-10 AM Mon-Thurs, 7-4 PM Fri, 8:30-10:30 AM Sunday) only; afternoons are spent with the animals. Visitors are welcome during above business hours. We are closed on Saturdays, Thanksgiving, Christmas, and Easter. All donations are 100 per cent tax refundable. We do not take a salary. All money goes back into the facility and is used for the animal care. Email: linda@animalassistance.org. Visit website at: WWW.animalassistance.org. 645 Old Stage Road, East Brunswick, NJ.

On the website you can also view other nearby pets that need homes that are being held at other local facilities.

Read up about Animal Assistance's affiliated Pet Sanctuary in Pa.

You can also purchase home-made organic certified non-chocolate dog brownies. All proceeds go to help the animals. Visit them on facebook at: **Brownie the Plain Brown Dog.**

Visit our wishlist -Amazon.com- go onto our site and click the link. Amazon Smile will contribute 0.5% from all of your purchases to Animal Assistance. When you search to select "Your Charity" please enter 04-3654364 OR Animal Assistance E Brunswick. We appreciate your support!

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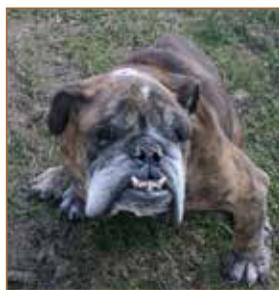
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All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel does not take salaries.



James Bond



Jack



Mr. Smiles



Lexus



Jerry

James Bond- Pit Bull Terrier adult male spayed/ neutered found outside in the frigid weather. He almost froze to death.

Jack- English Bulldog senior male

Mason- Adult male Labrador Retriever

Emma- Adult male Dachshund small- loves the outside, hunting and being in the woods. Would make a great farm dog.

Lexus- Young black male cat. House trained loves other cats, super friendly.

Jerry- Young medium male gray/blue/silver super friendly declawed. About 1 1/2 years old.

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Mason



Emma

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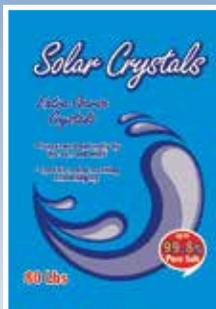
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2018 Garden Resolutions

By Nicole Iuzzolino

Spring is around the corner, which means the flowers will start to be blooming soon. It is about that time to whip out the gardening gloves and seeds to start planting. Gardening can be a bit of a process and a lot of work. But with a solid list of resolutions, you can get it all done in no time.

Organization is the key to everything, and it certainly helps with gardening. Make a list in advance so you know exactly what you need for the season. Make a journal of your experience gardening each year. Maybe you sowed the beans too soon or waited too late to plant. By jotting down these notes you will improve your gardening skills every year. Another great thing to do is journal your observations. Maybe a certain type of butterfly prefers one of your flowers over the other. Maybe one plant you planted this year attract hummingbirds that you never got before. This will make you take time to appreciate the beautiful garden you put so much effort into doing. Also, adding some heirloom vegetables to your garden will definitely spice things up for you this spring season. Heirloom vegetables are open-pollinated, and passed down through the family for generations. Besides having massive amounts of flavor, you can save the seeds and replant them each year. If you did this with hybrid seed you would not get the same result. Plus, heirloom vegetables come with wonderful stories on how they came to the United States. You can grow a magenta sunset chard, sweet chocolate peppers, japanese white eggplant, and so much more! Another way to really add some character to your garden is by building a "bee motel". It'll be a little get away for all the little bees ready to pollinate your newly planted garden. Use hollow reeds or bamboo to make a little nesting place for them. It is the perfect way to attract bees to your garden.

This is just a few resolutions to have for spicing up your garden this 2018. Remember to have fun and make the garden the way you envision it to be.



Crushing on Velvet

By Nicole Iuzzolino

Velvet took the world by storm this past year, and continues to make a statement in 2018. There are velvet scrunchies, velvet tops, velvet pants, and even velvet boots. While there is so many clothing options, what about room decor? Here are a few ways to make any bedroom look on trend with velvet.

One: Chairs

If you have enough chair in your room, a velvet chair is great piece to have. If you have space in a corner in your room, create a little reading nook! Have a tiny little basket for books and add a velvet chair. The velvet chairs look regal and age very well. It'll instantly increase the elegance of the room. Plus the velvet is very comfortable.

Two: Headboard

Velvet headboards can instantly increase the level of style in a bedroom. Velvet headboards have always been popular, and since the velvet craze, their popularity increased even more. Adding a few pieces like this, elevates a rooms style.

Three: Bedding

Velvet bedding will make anyone fall asleep feeling like royalty. Add a popping blue or royal purple bedding to have a trendy look. If you want to put a colorful twist, add in some gold and white velvet pillows. It'll be comfortable and stylish.

Four: Throw Blanket

Everyone loves a good throw blanket. Why not upgrade your normal blanket to a trendy velvet one? Just like the bedding, it is comfortable and stylish. Buy a popping color and throw it across a crisp white. It is look that is appealing to everyone.

Five: Floor Pillows

Floor pillows are big, fluffy pillows that lay on the floor and add the feeling of comfort to any room. They are great for dorm rooms and bedrooms and serve many purposes. They are great for relaxation, a studying session, or for when you have friends over to hang out. A popping velvet floor pillow raises the style factor in any bedroom.



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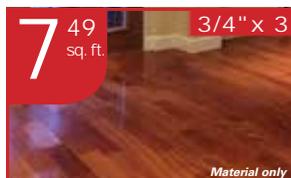
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If they come to your home and see that you are running out of space, it's the biggest turnoff you could give.

Simple decluttering will really make all the difference. Also, sorting through your stuff ahead of time will help you to see that all your things will move with you, and to focus on that rather than the actual house.

Consumer Reports includes cleaning and decluttering in its list of "Top 5 Ways to Boost the Value of Your Home," estimating a boost of 3-5 percent in value for a \$205,000 home. The magazine recommends that sellers with serious clutter problem hire a professional through the National Association of Professional Organizers. Read the entire Consumer Reports list at <http://bit.ly/1vaRQrr>.



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STUDENTS CAN MAKE A BIG DIFFERENCE

The 2018 Junior Humanitarian Contestants run Carnival for children of all ages

The CentraState Healthcare Foundation's 3rd annual Junior Humanitarian Winter Family Carnival was held in the Jack Aaronson Conference on the Star and Barry Tobias Ambulatory Campus at CentraState on Saturday, January 13th. Over one-hundred children and their parents enjoyed a fun-filled day, jam-packed with games, activities, prizes, food and lots of carnival fun. Even Batman and Wonder Woman made an appearance in the afternoon.

The Junior Humanitarian Contest is run each year to provide leadership and community service opportunities to students ages 15-21 from the communities surrounding CentraState. The contest runs from September through May each year as contestants host individual fundraisers as well as a few joint events, such as this Winter Family Carnival. Scholarship winners are chosen at the end of each contest, based on their fundraising results and additional points for engaging other volunteers. All proceeds from the Junior Humanitarian Program benefit the Pediatric Department at CentraState Medical Center.

The CentraState Healthcare Foundation would like to thank Joseph Rucci from Party Zone Entertainments and Rentals for donating his DJ Services, John Slazyk and Steve Gattoni for donating the prizes, the thirty-three volunteers, Marti Enterprizes and the CNHS ROTC program for volunteering their time to make this event a success. To support the Pediatric Program at CentraState, go to www.centrastatefoundation.org or call (732) -294-7030.

About CentraState Healthcare System:

CentraState Healthcare System is a non-profit 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. CentraState's teaching program is sponsored by Rutgers Robert Wood Johnson Medical School.

About CentraState Healthcare Foundation:

CentraState Healthcare Foundation is the fundraising arm of the CentraState Healthcare System. The Foundation's mission is to inspire broad based community philanthropic support for advancing exceptional healthcare at the CentraState Healthcare System.



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Chose to your liking almond, walnut, hazelnut or peanut butter. They are all high in Omega 3 fatty acids, which have been shown to lower LDL cholesterol and provide other cardio protective properties. In addition to providing healthy fats, nuts also contain high amounts of fiber, protein, Vitamin E, and a variety of essential minerals. These muffins are a great snack food and can be used as a vegetarian protein source.

Ingredients

- 9 bananas
- 1 ½ cup nut butter, of choice
- ½ cup cocoa powder
- 1 ½ cup blueberry

Preparation

1. Preheat oven to 350°F.
2. In a bowl, mash the bananas with a fork.
3. Add nut butter and mix until combined.
4. Divide the batter into two bowls.
5. Add cocoa powder to one bowl of batter and mix well.
6. Add the blueberries to the other bowl of batter and mix well.
7. Add the batter to a muffin tin.
8. Bake for 18-20 minutes.
9. Let muffins cool.
10. Enjoy!





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Ingredients:

- ½ avocado
- 1 banana
- 1 cup chocolate milk, of choice

Directions:

1. Add avocado, banana, and chocolate milk to blender and blend until smooth.
2. Pour into a glass, and enjoy!



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INGREDIENTS:

- 1/2 cup fat-free frozen yogurt
- 1 tablespoon blueberry jam (Blueberry Jam)
- 1 tablespoon fat-free caramel topping
- 2 tablespoons light or fat free whipped topping
- 1/2 tablespoon chopped nuts

DIRECTIONS:

1. Place ice cream in bowl.
2. Place jam on ice cream and follow with caramel, then whipped cream.
3. Add nuts on top.



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THE HOT DOG STOP

came to be through our love of hot dogs and the lack of any really good hot dogs in the area. Once we decided on the location it was no easy task to make it the cozy, welcoming restaurant it is today. Originally the building was a lawn mower shop and then went through several different businesses before the process of turning an empty building into what we have now. Most of the construction was done by Rich himself. The Hot Dog Stop is a family owned and operated restaurant getting ready to celebrate our one year anniversary on January 27. We serve Texas Weiner style hot dogs that have a natural casing, so you get that tasty snap with every bite. For those of you that don't eat pork, we also have all beef hotdogs upon request. Our menu doesn't stop with hot dogs and toppings. We also serve breakfast sandwiches, Italian hot dogs (a real favorite), burgers, pork roll sandwiches, chicken tenders, veggie burgers, fries, onion rings, mac n cheese bites and fresh cut, homemade potato chips. New to our menu are cheesesteak sandwiches and hot soup of the day. Our chili is homemade and always available. Our hotdog buns and sandwich rolls are picked up fresh from the bakery every morning. For those of you that are gluten free, we offer gluten free hot dog buns and a deep fryer dedicated just for fries. The wood burning stove is a warm welcome on these cold winter days, especially if you're lucky enough to get a table nearby. We are open 6 days a week and are closed on Sunday. Monday and Saturday: we're open 8 AM - 5 PM, Tuesday, Wednesday, Thursday and Friday our hours are extended from 8 AM - 7 PM. Stop by and say hello, grab a bite to eat, and dine in or take out. Call in orders are always welcome. We are located at 1392 Route 130, Windsor, NJ, in front of the Windsor Industrial Park. If you need directions or have any questions give us a call at 609 301-7585.



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WIPER BLADES ARE ONE OF THE MOST AFFORDABLE REPLACEMENT PARTS FOR YOUR VEHICLE

They also play a major role in keeping you safe by promoting visibility. Winter is almost over, it's time to begin the rainy season with new blades.

While replacing wiper blades can often be performed at home, without much auto-motive knowledge, today's "water knockers" can be a bit tricky. Some manufacturers are designing their wiper arms differently than the standard J-hook of the past.



Check with your auto parts professional to determine which blades are a good replacement, and don't be afraid to ask about an install.

Ensuring your windshield will be kept clean during inclement weather will give you peace of mind. An improper installation can have dangerous results to everyone on the highway.

The frigid temperatures of winter cause stress to nearly every component that makes up a vehicle. Your windshield is no different. Take the time this spring to erase the wear left behind from the ice and snow.

Before replacing your wiper blades, make sure to thoroughly clean the windshield. A good way to perform this is with a towel and washer fluid. Gently scrub the exterior glass to eliminate any grime that may lessen the blade's impact.

You also should examine your wiper blades before you replace them. Checking for cracks, uneven edges and missing pieces can give you a good perspective on how long they will last in your climate. Don't wait until they begin leaving streaks. Lackluster performance is not safe when driving in rainy conditions.

In addition to different attachment styles, you also have a couple options when it comes to performance. After making sure the installation mechanism and lengths are correct for your specific vehicle, you can choose from these different types, according to Consumer Reports:

Conventional wipers:

Typically, the most inexpensive option, these blades feature a metal frame that easily installs on a vehicle's wiper arm. When a replacement is due, you can use rubber refills, rather than buying the entire assembly.

Beam blades:

A style that is growing in popularity thanks to their ability to curve with the shape of modern vehicles' windshields. Beam blades are generally more expensive but provide premium performance.



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- Your engine takes longer to reach its optimum temperature. Most shorter trips will use more fuel since an engine won't have enough time to warm up.
- Cold weather causes tire pressure to decrease, which means more fuel is required to make up for the rolling resistance.
- Warming up your vehicle before a commute will lower fuel economy because idling gets zero miles per gallon.
- Winter grades of gasoline sometime contain less energy than summer blends.

WHAT CAN YOU DO?

Although you won't be able to completely relieve cold weather's effect on fuel economy, there are some things you can do to help.

- Keep your vehicle in the warmest condition possible to increase the initial temperature of your engine while it's not running. Parking your car in the garage during cooler weather gives you a big advantage.
- Nobody likes to get in a vehicle on a chilly morning without allowing the heater to warm the cabin. However, the EPA says this is a bad idea for fuel economy and emissions. Most manufacturers recommend driving about 30 seconds after starting the engine. This quick departure allows the motor to warm faster than at idle.
- Use the engine oil recommended by your owner's manual. Using an improper viscosity or type (synthetic, conventional, semi-synthetic) can hurt your fuel economy and harm your engine.





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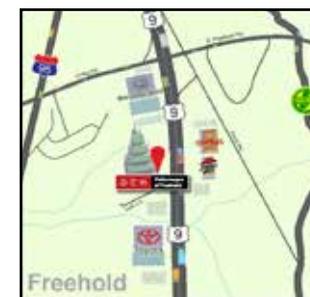
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QUESTION:

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:



Dr. Steven Linker, OD

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.

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CentraState Fitness & Wellness Center is pleased to announce the success of its January 6th Free Community Health Fair and 10-year anniversary celebration.

The center hosted a great crowd of visitors throughout the day, both members and residents from the local community who'd never visited the center before. The free health screenings included: blood pressure, glucose, and balance. Especially popular were the local performing artists, NY Giants Legend Stephen Baker and extensive group fitness class offerings. Local vendors were on hand to provide food samplings and giveaways.

For photos and video, please visit our Facebook page at <https://www.facebook.com/CentraStateFitnessWellnessCenter/>

"We're thrilled so many people from the community came to our free Community Health Fair and 10-year anniversary celebration," said Gary Reidy, Managing partner of CentraState Fitness & Wellness Center. "We want everyone, and their families, to take their fitness and wellness seriously, and we believe CentraState Fitness & Wellness Center is the best place to get started on this journey. Beyond the outstanding equipment and facilities at our center, and our stellar aquatics program, our members can meet with nurses and trainers, place their kids with our childcare professionals while they work out... we have everything you need to start and stay on a path to real fitness and wellness, and we hope our community health fair inspired people to get started – we're here to help them stay with it, for life."

For more information, call 732.845.9400 or visit centrastatefitness.com • Facebook: [CentraStateFitnessWellnessCenter](https://www.facebook.com/CentraStateFitnessWellnessCenter/) • Instagram: [CentraStateFW](https://www.instagram.com/CentraStateFW/)



NY Giants Legend Stephen Baker posing with Jade Glad, Miss Monmouth County



NY Giants Legend Stephen Baker posing at the Movofit table



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

QUESTION:

How does The MonaLisa Touch counteract vaginal dryness?

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

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

increasing blood flow to the genital region and helping maintain the size of the vagina. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

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February is a big month for buying Valentine gifts, but shouldn't we be celebrating compassion and gratitude throughout the entire year?

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Jeff Carpenter is a Reiki Master Teacher, psychic, and spirit medium who founded Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for these events; please email dimensionsreiki@gmail.com or call 832-832-1036 to register. Register online at <http://dimensionsreiki.com/calendar>.

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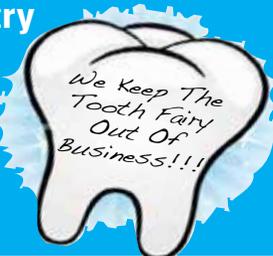




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E-Cigs, Flavored Tobacco & Your Kids: What You Should Know

With an increase in vape usage among teens, it is important to share validated information and resources.

What is an E-Cigarette or Vape?

A "substitute" for a cigarette or traditional "marijuana joint" that has become popular with teenagers due to easy concealment. Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.



According to the Center on Addiction, teens are using vaping devices to smoke marijuana or hash oil instead of nicotine liquids. The vaporized marijuana smoke has little smell, which makes it hard to detect.

Why should I be concerned as a parent of a teen?

Teenager use of e-cigarettes is on the rise due to accessibility (internet, stores) and easy concealment. Teenagers are inhaling a multitude of toxins including nicotine, Volatile Organic Compounds (VOCs), and THC (marijuana) in large quantities using e-cigarettes and vapes. Marketing companies are targeting teenagers by promoting e-cigarettes and vapes as a "healthier alternative" to cigarettes or a traditional joint.

In the past few decades, anti-tobacco lobbyists including the American Cancer Society's advocacy organization, have made great strides in banishing the seductive advertisements that once lured people to smoking.

Certainly, fewer people are lighting up conventional (combustible) cigarettes these days. Even our kids -- and that certainly is a great victory. But a new genre of noncombustible, candy-flavored smoking products is hitting the market -- and slick, provocative pinup ads are sneaking up on us once again. The target? Our children.

According to the CDC's National Youth Tobacco Survey, the decline of regular cigarette smoking among our kids has gone together with a sharp jump in the use of e-cigs.

"We're seeing alarming number of kids using flavored products of all kinds, such as hookahs and e-cigs," says Cliff Douglas, Vice President for Tobacco Control and Director of the Tobacco Control Center at the American Cancer Society. "The industry is producing these products using thousands of flavors, like watermelon and gummy bear, many of them clearly designed and aggressively marketed to appeal to and reach youth."

The U.S. Food and Drug Administration (FDA) has banned all flavoring in conventional cigarettes, except menthol. However, federal regulations to prohibit e-cig promotion and sale to youth are not yet in place.

Vaping: Reglamorizing Smoking?

E-cigs can be designed to look like a cigarette, cigar, or pipe; however, some resemble a pen or even a USB device, which means students could stash them easily into a backpack. They deliver nicotine and other chemicals and flavors into the lungs using water vapor, not smoke. Manufacturers and users refer to the act as "vaping," not smoking, but Douglas says it looks the

....continued on page 45

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...continued from page 44

same. "The products are designed to create a very visible vapor, even more visible than cigarette smoke. This has created a whole new era of unfettered marketing concerning e-cigs that is re-glamorizing the act of smoking."

And that's one of the many worries: Vaping ads – along with sweet lollipop-like flavors – are enticing our kids to use the nicotine products in the same way cigarette ads lured us or our parent's decades ago. According to the National Youth Tobacco Survey, about 7 in 10 U.S. middle and high school students were exposed to e-cigarette advertisements in 2014. They were most likely to see the ads in retail stores, followed by the Internet, TV and movies, and newspapers and magazines.

At the same time, battery-operated e-cigs are soaring in popularity among kids. In 2014, nearly 2.4 million of them vaped. Among middle and high school students who used tobacco, about 80% used at least one flavored tobacco product (e-cigs, hookahs) within the last 30 days, according to a survey of kids ages 12 to 17 published early online October 13, 2015 in Journal of the American Medical Association.

Some worry vaping could serve as a gateway to using other tobacco products. The same JAMA survey found that most students started with a flavored product before trying any other type of tobacco. Would they ever have done so if they weren't introduced to that item first? It's hard to say. But there's legitimate concern. More than half of the students who used e-cigs in the last 30 days also used multiple tobacco products.

Begin talking to your kids about the dangers of tobacco and nicotine starting in elementary school. Tell them about the dangers of addiction and how tobacco use can hurt their lungs and their overall health. Parents are encouraged to talk to their kids about flavors. Tell them how it can seem like candy, but it's not. Teach them how to say no and develop ways to reward them for doing so.

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Virtual Reality Fitness Machines

By Susan Heckler

Virtual reality is a computer technology which uses specifically designed headsets and/or environments projected through multi-media to generate realistic images, sounds and other sensations that simulate a user's physical presence in a virtual or imaginary environment. You have seen this in the gaming industry for years and it has been a huge success.

Take this high-tech idea and project it into the workout environment in combination with physical environments and props and voila...you have, Virtual Reality Fitness! This wonder of wonders takes you 'out of the gym' and into any place you prefer to be working out. You can be biking in your field of dreams or stair mastering the Himalayas. The variation of where and when fools your mind into a state of exploration rather than hum drum workout place.

If you think of how Wii Sports made an athlete out of anyone, so can these virtual reality fitness machines. Also called "Immersive Fitness", the world is your yoga mat. VR takes you out of the gym and into a place of exploration and imagination. Your mind is so busy absorbing where you are that you are stressing less about what you are doing, and the time passes by so much faster (and better)! You choose the time and place, and let VR take you away.

Exer-tainment isn't a new concept but it certainly is improved. High cost and limited imagery have caused the old products to fail. The companies have stepped up their game with new technology and lower costs to make the equipment a success. The graphics are amazing, and the choices are wide.

There are still the traditionalists who prefer watching CNN or reading while they put in sweat equity building their bodies and their health. The price tag is up there, make no mistake.



You also have socially interactive VR fitness where you are in a group with others who are working out using the same programming. You can bike in a group in your head. You can join VR fitness classes with instructors and classes projected onto a screen which has already penetrated some thousands of clubs worldwide. Even Zumba got in on the act a few years ago.

Gamers are not the only ones who Got Game. Fool my mind into working out harder and smarter and make me a healthier person...I dare you! Pardon me while I go back to exploring the world on my stationary bike.





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QUESTION:***Tinnitus. What is it and how do you pronounce it?***

Tinnitus, simply put, is the perception of noise or ringing in the ears which is not coming from an external source. Tinnitus can vary from person to person. It can be a hiss, click, single steady tone or a sound which may vary in frequency and volume-sometimes differently from day to day. It is pronounced (tin-ih-tus,) not as an "ITIS" such as laryngitis.

What are some of the common causes?

The causes of tinnitus are multiple. The most common cause is hearing loss. This is due to the fact that the organ of hearing is not providing the brain with the appropriate amount of information at a given frequency, so it begins to create its own information. This is similar to "phantom limb pain", wherein an amputee may experience pain in an extremity that is no longer present. Another cause could be temporomandibular joint abnormality, which is an irritation of the nerves in the head, neck or jaw that cross over into the acoustic nerve. It could also be as simple as too much ear wax.

What can be done?

For the person who suffers from tinnitus, 'background noise' is your friend. This means that if you can provide the brain with a sound a bit louder than the tinnitus, the brain will be distracted. Playing music, using white noise generators, a fan in your bedroom etc. are some ways to alleviate the distress brought about by tinnitus, especially at night when it is very quiet.

If you have hearing loss, wearing hearing devices can not only help you hear more clearly, but can oftentimes also reduce the perception of tinnitus. Some hearing devices have built-in noise generators for even more relief.



Schedule your appointment today to discuss your concerns about, and possible remedies for, your tinnitus.



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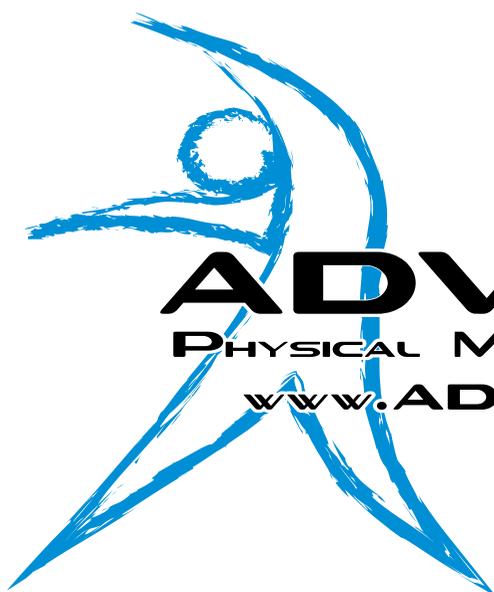


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GROUNDING:

A technique to reduce anxiety in the moment

By Lauren Kolacki

The more we understand our anxiety and can name what emotions are causing it at any given moment, the more capable we will be to help our Self. While education on anxiety doesn't make it go away, it does make it less scary and more predictable.

We all know anxiety is uncomfortable. And we all experience anxiety in different ways. Some people feel jittery, some people feel it in their stomach or intestines, some people feel it in their heart area. Some people feel it in their head in the form of dizziness, headaches, foginess, confusion and more.

Below are times we can anticipate feeling some anxiety:

When we give up using a defense in favor of dealing with the underlying emotions. For example, let's say I typically avoid (defense) asking for what I want but decide I really would get more from life if I asserted my needs. The first few times I ask for what I want, I will likely have a spike in my anxiety.

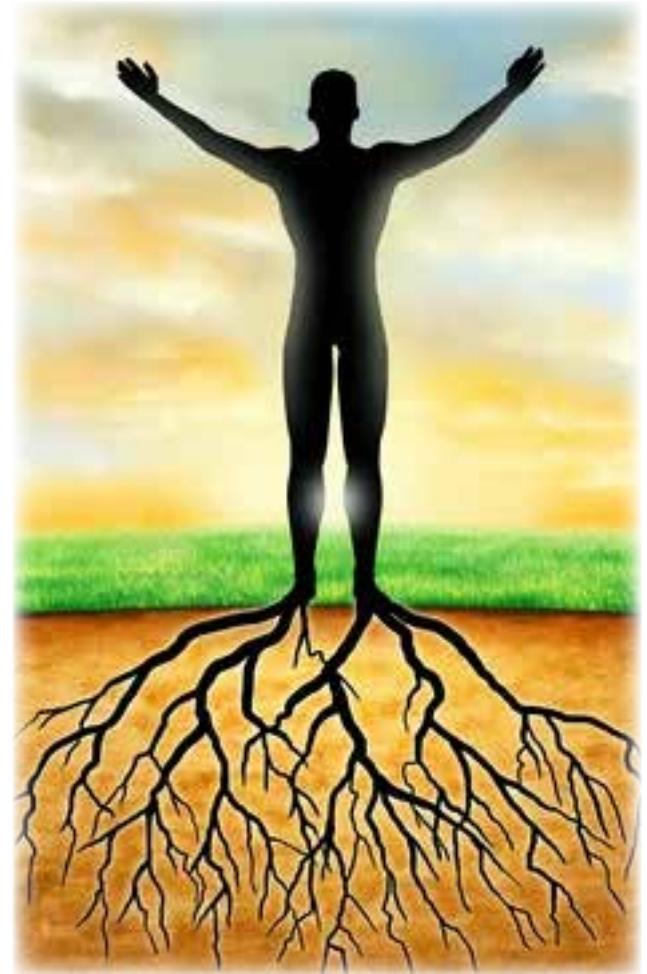
Core emotions that we are not used to arise. For example, if I am frightened of my anger but try to feel it in my body, I will likely get anxious and experience some sort of physical tension or constriction as my anxiety tries to squash or constrict my anger.

When many core emotions or inhibitory emotions or conflicts arise, I am likely to experience anxiety. Again, my mind is trying to block the whole upsetting experience and anxiety is the signal.

When you feel overwhelmed and anxious try this simple quiet practice that you can do anywhere in public or private:

1. Shift from thoughts or images from the past or future to being in the present moment. By sensing your feet on the ground. Literally and immediately focus on the soles of your feet, feeling the ground with them. This is called grounding. It is as simple as feeling your feet on the floor. If you want to do more, go to step 2.
2. As you sense your feet on the ground, take 5 or more slow, deep breaths using belly breathing.
3. Without casting judgment, but radically accepting what you find, try to name each core emotion under the anxiety. Don't search for logical thoughts. Instead, search your emotional world which is in your core or rest of your body. Literally ask your Self, "Am I sad?" "Am I angry?" "Am I scared?" "Am I disgusted?" "Am I joyous?" (Yes, Joy can cause anxiety!) "Am I excited?"
4. Name and validate each emotion you find. There can be more than one emotions and often there is when anxiety is very high.

Remember that listening to your body and connecting with yourself is the most important way to reduce your anxiety.



MEET YOUR NEIGHBOR

Upcoming Millstone Songwriter and Producer Doing What He Loves Most

By Pam Teel

Nineteen year old Nick Benton from Millstone Township is an up and coming artist. Fascinated with music at an early age, Nick played a variety of instruments in different types of bands throughout his young life.

After getting mono and being stuck at home for a solid month in third grade, Nick kept himself busy playing the video Rock Band. It was during that time that he found just how much he loved music. He learned to play the drums from his video games and actually switched to a real drum set with ease. In seventh grade he taught himself guitar and began producing his own music on his laptop a year later.

As Nick got older, he found himself playing in different bands where the music ranged from pop-funk, to metal, to Reggae. Now Benton is working on taking his music career to the next level. He recently co-wrote and produced an album titled, "Native Jane" with a California Reggae/rock group called Clear Conscience during his junior year in high school. Benton is heavily influenced by Reggae after spending his whole life listening to this type of music. His inspiration behind his music is to take an idea he has and just start playing. Half the time it works and half the time he ends up creating something that's nothing like he thought it would be. Benton adds, "That's the fun of making music."

Shortly after that, he wanted to create his own sound and "Benton" came to life. Benton's unique style combining Tropical House, Reggae and Hip-Hop is a sound that will fill your ears with excitement. Benton has released his latest track "Crazy" and is set to release "Motion" very soon.

He is currently working on his first album entitled "Say My Name" projected to release in April 2018! Go stream Benton's latest singles such as "Motion" and "Crazy" on all digital platforms! Nick strives to create those deep emotional songs that you can vibe out to on your own as well as the happy, good vibe party songs to listen to with friends.

You can check him out at: <https://www.whobenton.com>



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WINTER BINGE WATCHING

Some Shows Worth Mentioning

By Pam Teel

Stuck home in a snowstorm? Too cold to go outside? Now is the time to catch up on all the top TV series and Netflix originals that you never had time to keep up with. In the era of streaming television, no single platform has offered an easier way to watch your favorite shows, including exclusive properties, than Netflix. There are enough shows on Netflix that you'll never be able to plow through all of them before something new comes out. In fact, Netflix has made it so easy to watch your favorite content, from crime dramas to stand-up comedy, that the internet entertainment company has invented a whole new term for television on its own: the binge watch. Whether you're up until the wee hours streaming old seasons of Grey's Anatomy, or you're spending your weekend watching the newest Marvel superhero crime shows, Netflix has got you covered for all your entertainment.

Content that is either produced or co-produced or distributed by Netflix on their services exclusively is called a Netflix Original. Some noteworthy Netflix original series to check out include: House of Cards- Political drama, Orange is the New Black- Comedy drama, Marvel's Jessica Jones, Marvel's Luke Cage, Marvel's Daredevils, Marvel's The Iron Fist, Marvel's the Defenders and Marvel's the Punisher, Stranger Things- sci-fi horror, Narcos- crime drama, and Bloodline- crime drama.

Some favorites to watch that have already seen a series ending include- Longmire, Hemlock Grove, Lilyhammer, and Marco Polo.

Comedy series shows that are streaming on Netflix and getting rave reviews are Schitts Creek, with Eugene Levy and Katharine O'Hara, about a rich family of four that loses all of their fortune and ends up living in a beat up motel in rural Schitts Creek. Santa Monica Diet, starring Drew Barrymore and Tim Olyphant, about a loving wife and mother who somehow ends up turning into a zombie. One thing a zombie needs to survive is fresh meat; need we say more! Vice Principals, about two unorthodox Vice Principals who form a bond to take down the current new principal. Which one will be chosen to replace her when they finally drive her out of the school? Crazy Ex-girlfriends, starring Rachel Bloom, combines romance and musical numbers. Show deals with her mentally instability and her quest for love.

Some favorite series stand outs that are a must watch include, Curb Your Enthusiasm, adult sitcom humor from Larry David, creator of Seinfeld, The Outlander Series, based on the bestselling novels written by Diana Gabaldan. The show is a British- American drama TV series about an English combat nurse from 1945 who is mysteriously swept back in time to 1743 to the moors of Scotland. Then of course there's everybody's favorite, Games of Thrones, which is an American fantasy drama television series. It is an adaptation from the Song of Ice and Fire Novels by George R.R. Martin.



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Q: What is an Endoscopic Discectomy? (Also known as a "Laser Procedure")

A: The word endoscopy refers to a physician's use of an endoscope, a small, flexible tube with a light to look inside of your body. It is the least invasive way to treat disc problems and takes about an hour. Ultimately, the patient is left with a ¼ inch scar but a lifetime of pain relief.

Recent studies have proven that endoscopic spine procedures are a safe and effective way to treat various spinal conditions such as disc herniations, spinal stenosis, failed back surgery syndrome, as well as other neck and back conditions.

If your neck or back pain is preventing you from participating in your daily activities, we encourage you to consider an endoscopic procedure as a possible option.



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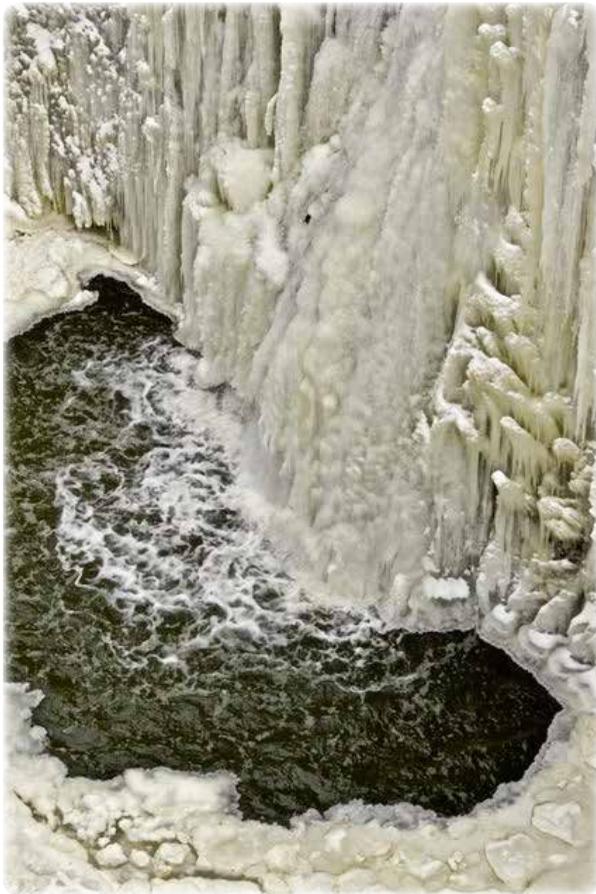
*Send Us Your Photos
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By Pam Teel

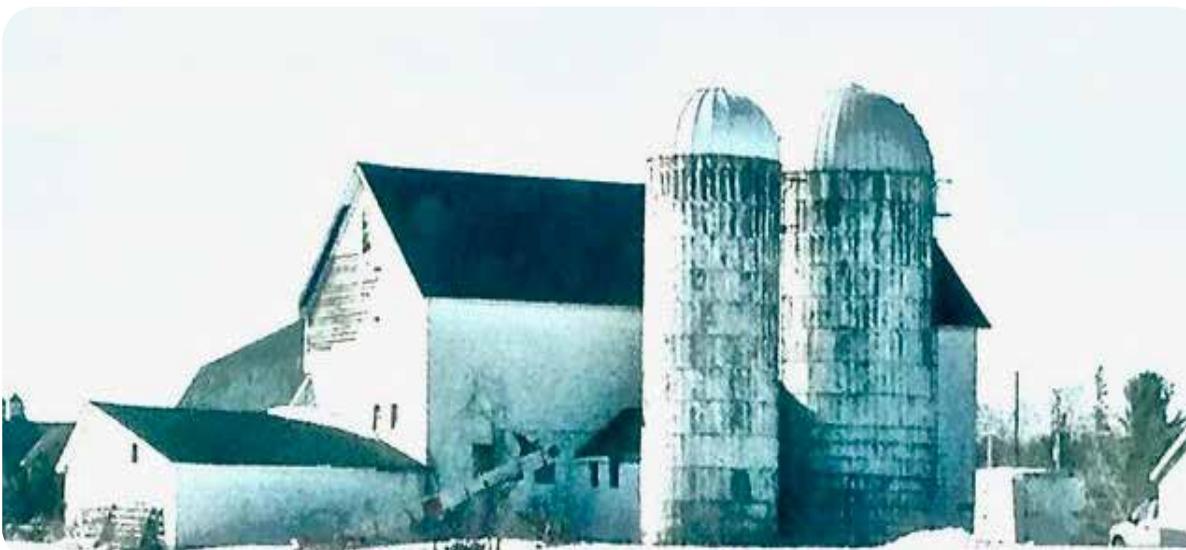
Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: crescent671@gmail.com

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.



There's even beauty in the frigid cold of winter. Alex Ostrow from Monroe Township recently captured these photos of the Frozen over Great Patterson Falls. The Great Falls of the Passaic River is a 77 foot high waterfall located in the city of Paterson, New Jersey. The Falls and the surrounding area are protected as part of the Paterson Great Falls National Historical Park.



Alex also took this photo on a gloomy winter's day of a barn coated with snow and its silos in Colts Neck, NJ.

Your Fire Department Needs Your Help!



Support Millstone Township Fire's Proposed Rescue Pumper Truck Purchase! Vote Sat., Feb. 17!

The proposed firetruck would:

- Be built to meet the specific emergency needs of Millstone Township.
- Support both rescue and fire suppression, creating efficiencies that improve response time.
- Replace two vehicles that are more than 20 years old.

Millstone Township Fire District #1 needs **NO TAX INCREASE** to buy this truck.

The District, Millstone Township Fire Department, and your Millstone neighbors do need your help to make this important, potentially life-saving purchase. **Please VOTE on Saturday, Feb. 17!**

The poll will be open from 2 p.m. until 9 p.m. at Millstone Township Firehouse, 461 Stage Coach Road, Millstone Township.

The truck question is part of the annual Millstone Township Fire District Election ballot, along with the District's operating budget and election of fire commissioners.

For more information visit www.millstonefire.com or www.mtbofc.com

The Princeton Lore

Take a Stroll through History

By Pam Teel

So close but yet so far. I'm baffled by people who live in this area and have never ventured out to explore the lively College town of Princeton. There's so much to see and do to get it all in one article. Aside from the quaint eclectic shops that line the well manicured streets of this old town, the fine dining restaurants, and the wonderful architecture to behold throughout the town, there are so many other surprises awaiting you on a tour through Princeton.

Princeton has a very rich past, and a visit to the University is a good way to appreciate the history of the United States, in learning the history that took place right here in Princeton. Nassau Hall is the oldest building in Princeton and is currently serving as an administrative building. It was here that British soldiers took refuge after the battle of Princeton. Colonial artillery opened fire on the building in 1776 and a canon ball was said to hit the building. You can still see the place where it was said to hit. It was also noted that Alexander Hamilton blasted canon ball fire that went through a window and decapitated the portrait of King George. (There is a portrait of King George in Nassau Hall as he once chartered the University).

Princeton is a great town to visit and Old Nassau Hall is a must see. It certainly is a focal point of campus, especially from Nassau Street entering the campus through the iconic gates. It was the first capitol of the US (or what could be considered the United States) even before Philadelphia and is now the main administration building.

Princeton University is one of the greatest Institutions you'll ever visit. It is the home of 38-46 Nobel Laureates and Princeton resident, Albert Einstein spent his last days here working at the institution. Walk around the 500 acres campus and admire the magnificent architecture of the buildings yourself or take an organized tour given by a college student.

Visit **Cleveland Tower**, the Graduate College of Princeton, and marvel at the architecture of this large structure where it is well known to be a lucky place to propose to your sweetheart in front of the tower. At certain times of the year bell concerts are held at the tower.

Visit the **Westminster Choir College**, where on occasion a chorus of singers can be heard practicing from the main street where the building stands. This is one of the top notch Music Schools in the country with frequent concerts of choral music, operas, handbells, organ playing and more. The Westminster Choir often plays with the Philharmonic Orchestra and the National Symphony.

Visit **Drumthwacket**, the Governor's Mansion. Tours are available of this lovely home and elegant gardens. Learn about the history of the area and New Jersey.

The Princeton University Art Museum has thousands of artwork on display. Almost every object -approximately 100,000, are described in detail so that readers can really appreciate what they see. The artwork covers 5000 years of global artwork and there are special exhibitions too. Visit them online for hours at Princeton University Art Museum or call 609 258- 3788 for hours.

The **Princeton Tour Company** offers weekend public walking tours and seasonal cemetery visits, ghost hunts and trolley tours. The tours include sites on Princeton University Campus, the neighborhoods of Albert Einstein, TS Eliot, F. Scot Fitzgerald, Robert Oppenheimer, James Madison, Woodrow Wilson, Grover Cleveland, JFK, Signers of the Declaration of Independence and more. findus@princetonontourcompany.com.

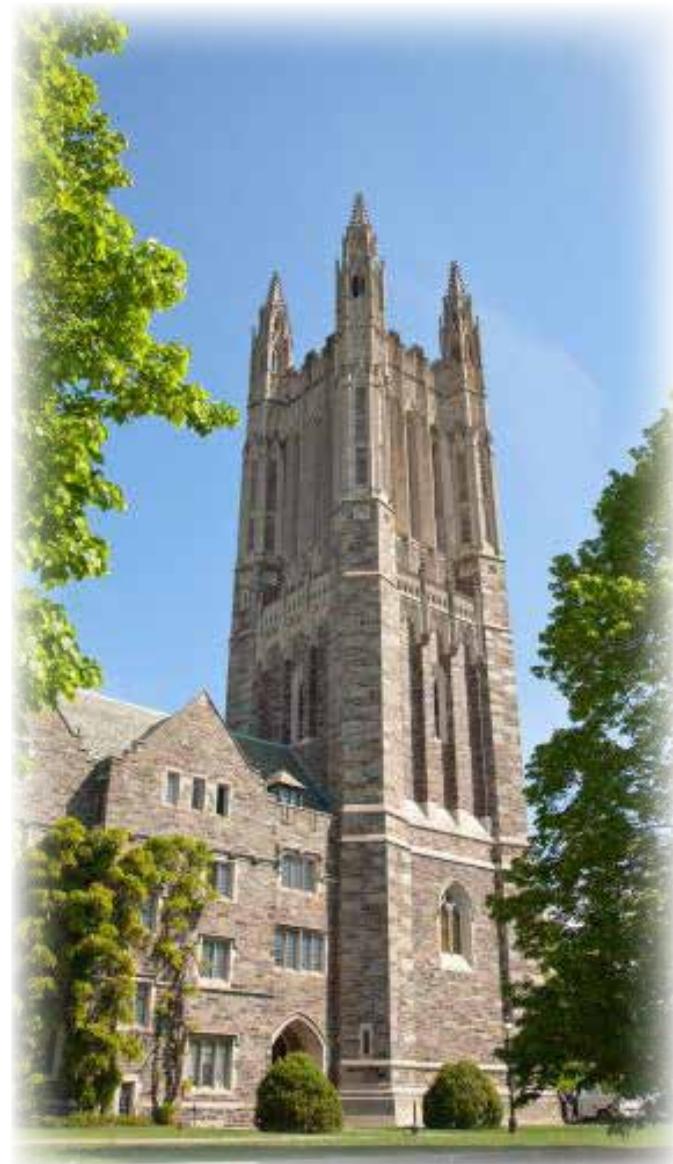
Make sure to visit **Princeton Battlefield State Park**, all 681-acres, located in Princeton. The park preserves part of the site of the Battle of Princeton (January 3, 1777), which was a victory for General George Washington's revolutionary forces over British forces.

Highlights of the park include the Princeton Battlefield site; the Clarke House Museum; the site of the Mercer Oak, a tree which stood in the middle of the battlefield until recent years; the Ionic Colonnade designed by Thomas U. Walter (fourth Architect of the U.S. Capitol); and a stone patio marking the grave of 21 British and 15 American soldiers killed in the battle. A poem was written for the site by Alfred Noyes, Poet Laureate of England. The park's hiking trails lead to the Delaware and Raritan Canal and to the 588-acre adjacent property of the Institute for Advanced Study. The Princeton Battle Monument is located in town near Princeton University on non-adjacent park property at Stockton Street and Bayard Lane.

The Thomas Clarke House Museum was built in 1772 by the third generation of Quakers at Stony Brook. The house is furnished in the Revolutionary period and contains military artifacts and battle exhibits, as well as a research library. During the battle Hugh Mercer was brought to the Clarke House and treated unsuccessfully by Benjamin Rush.

Princeton Battlefield / Stony Brook Village Historic District

In 1989 the National Register of Historic Places designation of the Battlefield was expanded to form the Princeton Battlefield / Stony Brook Village Historic District. Princeton's original settlers were Quaker farmers along the Stony Brook immediately to the south and west of the battlefield. The Stony Brook Meeting House and Cemetery was well established at the time of the revolution and in full sight of the battle. The meetinghouse and associated farms are part of the contiguous preserved area that includes the battlefield.



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\$405,900 Agent: JoAnn Stewart

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116 George St., Robbinsville, NJ 08690
\$574,900 Agent: Jessica Leale

This immaculate, 4 bedroom, 3.5 bath, move in ready, large Carriage VI Model in Robbinsville Town Center on one of the most desirable quaint streets, is steps from the gazebo on the lake and close to both Foxmoore and Town Center shopping/restaurant areas. You must make an appointment to see this, to believe how spectacular this home truly is. Your new home is awaiting you.



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\$849,900 Agent: Kathleen Goodwine

Elegantly appointed and masterfully crafted with exceptional quality and details, this 4br, 2.5ba custom crafted colonial is situated on 2.67 park-like acres on end of cul-de-sac.



MLS#6751197

1 Sienna Ct., Robbinsville, NJ 08691
\$749,900- \$1,099,900 Agent: Anthony "Tony" Rosica

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



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502 Buckelew Ave., Monroe, NJ 08831
\$779,000 Agent: Suzanne Garfield & Cynthia Duvin

Monroe New construction! Maplewood Model. Beautiful 3500 sq. ft., 1 acre lot, 5 bedrooms, 3 full bath with 2 car garage and east face side door. Upgrades galore! Features and upgrades will vary call associate for details and stop by.



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72 Harness Way, Crosswicks, NJ 08515
\$439,899 AGENT: Elaine Gutowski

This 4br, 2.5ba turnkey home has it all! Location, amenities luxury. Situated on a corner lot the views from the front porch are tranquil. Modern kitchen complete with granite countertops, backsplash, pantry brand new countertop stove, unique double wall oven, and SS appliances. Don't let the opportunity to own this elegant home on your dreams slip by!



MLS#7089230

27 Wesleyan Drive, Mercerville, NJ 08690
\$349,900 Agent: Susan Brooks

Pristine 3br, 2ba ranch located in Hamilton's Steinert school district. Full unfinished basement, one car garage, sunroom with dedicated HVAC system, fenced yard and shed in rear. Solar Panels have been installed call and speak to the sales associate for details.



MLS#7090518

923 Edinburg Rd., Hamilton, NJ 08690
\$309,900 Agent: Jan Rutkowski

Gorgeous, 3 bedroom, 2.5bath totally renovated colonial featuring new kitchen with SS appliances and granite counter tops. Full basement, 2 tired deck and 2 car garage. Close to Hamilton train station and easy access to major highways. Stop by today!



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154 Chesterfield Georgetown Rd., Chesterfield, NJ 08515
\$409,500 Agents: Susan Metzger

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\$275,000 Agent: Anthony "Tony" Rosica

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MLS#7041870

4 Somerset Ct., Allentown, NJ 08501
\$699,900 Agent: Rhonda Golub

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How to Remove a Pop Corn Ceiling

By Pam Teel

Popcorn ceilings were all the rage in the '60s and '70s, but they have long ago fallen out of favor. Getting rid of popcorn ceilings is pretty easy if you follow the directions carefully.

GETTING STARTED: Clear out the room entirely. Tiny pellets of paint will get everywhere if you don't. Remove any and all furniture and household items. If some furniture is going to remain in the room, ensure that you completely cover it in plastic.

Cover the floor with a plastic covering or a drop cloth. Although a canvas drop cloth is best, several pieces of overlapping plastic will do the job. Tape it together for additional added protection. Put a fan in the room for added ventilation. Keep it pointed downward from the ceiling. Put it on low so you don't blow debris around.

If your popcorn ceiling is pre-1979, get it tested for asbestos. Seek professional help for a diagnosis and removal.

REMOVING THE POPCORN: Use a gardener's portable hand sprayer, also called a Hudson sprayer, and spray down portions of the wall. First spray a 3' x 3' area of ceiling. Let it soak in for a minute and then spray again. The popcorn material is very dry and porous, so it will easily soak in the water you spray on it.

After a few more minutes, get up on stepladder and scrape the popcorn off with a ceiling texture scraper. (It would be advised to wear a mask while doing so.) If you don't have a scraper, use a large putty knife or drywall knife, 4" to 6" is good. It should come off very easily. If not, soak it some more, but be careful, you can damage the underlying drywall with too much water.

If using a ceiling texture scraper, attach the refuse bag to the scraper. Most scrapers will come with this; then throw the popcorn stubble right into the garbage. If your room is tall, use a scraper with an extension pole. Then move onto the next 3' x 3' area of the ceiling and repeat the process.

When all the popcorn is scraped off, sand the entire ceiling with a sanding pole and screen. Gather any of the scraped off popcorn that's on the drop cloth and put it in a garbage bag. Vacuum up the remaining debris.

COMPLETING THE PROCESS: Apply any needed joint compound if necessary. You will probably see that your ceiling has only been fire taped, meaning that the drywall installer only did a crude job with the drywall tape, probably putting only one coat of mud on, so be prepared to put a couple of coats of drywall mud on the ceiling.

For the best finish, do a skim coat, which involves topping the compound applied to the entire ceiling with a 12" or 24" drywall knife. Sand this skim coat for a flawless finish before you apply the primer and paint.

You're now ready to prime and paint your ceiling.



Who SOLD the MOST LISTINGS* in Millstone Township in 2017?



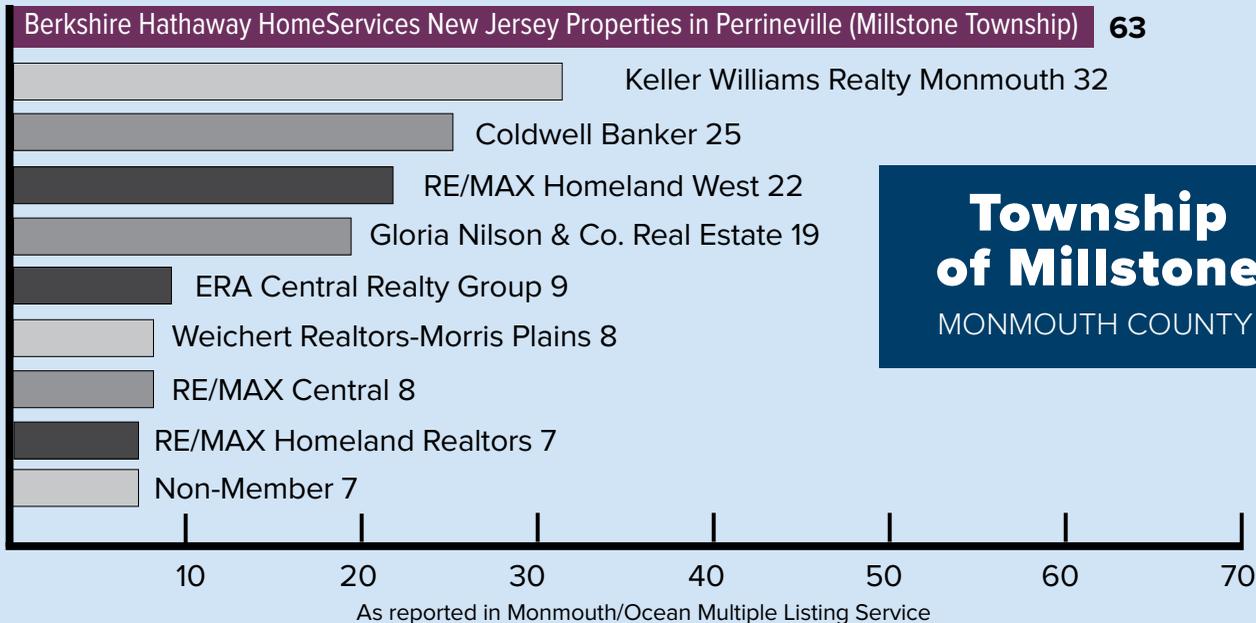
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LISTINGS SOLD

JANUARY 1 - DECEMBER 31, 2017



**Township
of Millstone**
MONMOUTH COUNTY

* Based on transactions reported in the Monmouth Ocean Regional Realtors/Flex MLS between January 1 and December 31, 2017, including listings sold and sales. All transactions were not Berkshire Hathaway HomeServices New Jersey Properties listings. Property types include residential, land/lots, multi-family, commercial and residential rental.

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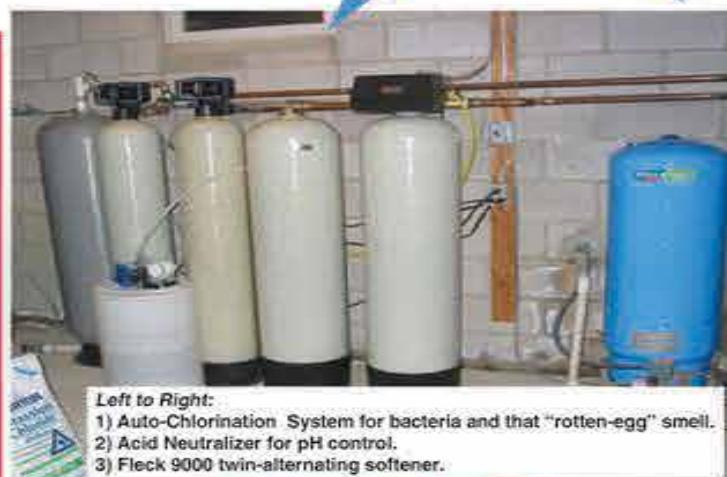


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Millstone Twp.



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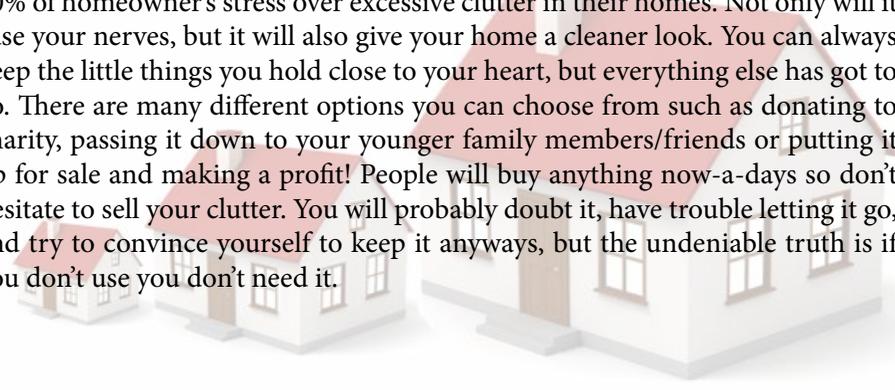
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Downsizing Your Home

By Gabriella Mancuso

Downsizing your home is a common activity done by people who are leaving or moving out of their current house. Many times, the "downsizing" process is done prior to the "resetting the furniture to make your house look more appealing to buyers" process. Downsizing is the elimination of old junk and unnecessary items you felt the need to keep around all these years. From the first tooth of your youngest kid to the piece of cloth you used to wipe your tears at your daughter's wedding, these items surround us and take up space every day. Although it is hard to get rid of the little things kept over the years it will provide you with amazing results in the end; less boxed, less clutter, less stress. Reducing clutter can take away stress and relax your mind and nerves. 70% of homeowner's stress over excessive clutter in their homes. Not only will it ease your nerves, but it will also give your home a cleaner look. You can always keep the little things you hold close to your heart, but everything else has got to go. There are many different options you can choose from such as donating to charity, passing it down to your younger family members/friends or putting it up for sale and making a profit! People will buy anything now-a-days so don't hesitate to sell your clutter. You will probably doubt it, have trouble letting it go, and try to convince yourself to keep it anyways, but the undeniable truth is if you don't use you don't need it.



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The Millstone Times STUDENT OF THE MONTH

By Pam Teel

Alexa Martinez is nine years old and goes to the Millstone Township Elementary School. She is in the 4th grade. She loves her science classes and her teachers. She loves seeing her friends in school. She also loves to participate in after-school activities. She has high grades and maintains all A's.

- Her favorite foods to eat are fried rice and sushi.
- Her favorite book that she likes to read right now is Harry Potter.
- Her favorite TV show right now is The Flash.
- Her favorite song she likes to listen to is Havana.
- Her favorite place to visit is her Grandma's house in Edison. Her grandparents are very nice and fun loving.
- Alexa lives with her parents, two sisters and her new dog Penny.
- Her favorite holiday is Christmas. She loves to see the joy on people's faces when they get presents.
- Her favorite sport is Lacrosse.
- Her favorite activities include play practice after school. She likes meeting so many new friends there. Alexa also plays the piano.
- When she gets older, she would like to be an elementary school teacher.
- If she had but one wish, she wished that she could fly.



Attention Allentown, East Windsor, Creamridge, Millstone and surrounding area - if you would like to nominate someone for Student of the Month, please email me at crescent671@gmail.com. Looking forward to hearing from you!!!!!!!



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Sat	May 5	10:00-12:00p
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Sat	May 19	9:30-11:30a
Thu	June 7	5:30-7:30p

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Prepare Your Child... and Yourself for Camp!

For parents, the most heart-racing, adrenalin pumping moments happen when you let go and watch your child try something on his or her own. The moment the training wheels come off, the first trip down the driveway on the skateboard, the time our children ride the school bus – these are more than just memories, these are critical moments that define growth and change. For many families, the first time they send their child to camp is one of the biggest let go, hold your breath, and watch them soar moments in childhood.

In today's world of high-tech kids and families who have a constant connection to each other, it's essential to take the time to emotionally prepare for camp. It is, of course, important to prepare the first-time camper, but families need to make sure that Mom, Dad, younger siblings at home – virtually everyone – is ready to adjust to camp life. The American Camp Association® (ACA) provides the following tips to help ease first-time families into the camp experience:

- **Parents** – As parents, it is important to focus on the positive aspects of camp. Remember that separation is natural, necessary, and inevitable – what better place to have that first experience than in a caring and nurturing environment designed specifically for children? Parents can also focus on the amazing benefits of camp – an experiential education like no other teaching valuable 21st century survival skills like leadership, teamwork, problem-solving, and interpersonal communication. “The greatest gifts that parents can give their child are independence and resiliency,” said Peg Smith, ACA's former chief executive officer. “Parents should remember that by choosing camp they are giving both.”
- **Siblings** - Bob Ditter, family therapist and one of the nation's leading experts on camp, cautions it is likely that the child left at home will experience separation anxiety and truly miss his or her sibling. To help them prepare, be sure to talk about the upcoming separation. Before the eldest child leaves for camp take a picture of your children together that the sibling can keep in their room or carry around. Remind your children about the communication they can have with each other through letters and postcards.
- **Other family members** – Be sure that everyone is aware of the upcoming experience. Let family members know how to contact camper if they are interested through letters and care packages — make sure they are aware of any communication policies the camp may have, i.e. no phone calls or restrictions on what can be sent in a care package. In addition, an increasing number of camps are using Web sites to display photos or video during the camp session. According to ACA's 2011 Emerging Issues Survey, 75 percent of responding camps indicate that they post photos or videos to a Web site for families to view. Forty-five percent indicate that they post information, photos, and videos to social media outlets like Facebook. Families should be sure to ask camp directors about these options.

Camp is an equal opportunity life-changer. By sending a child to camp, families are truly giving a gift that lasts a lifetime. By taking steps to mentally prepare for camp, families not only keep from getting “kid-sick” for their camper, but they can stay positive about the camp experience – which goes a long way toward helping first-time campers adjust to life at camp. And just like taking off the training wheels, the moment families see their camper radiating confidence and joy they will feel that burst of pride and gratitude that they allowed their child this experience.

For more information about preparing for the summer camp experience, or to Find A Camp, parents can visit www.ACAcamps.org. This online resource for families includes expert advice, information on health and safety, and ACA's searchable database of over 2,400 ACA-Accredited® camps.

Contact Public Relations at 765.346.3391 or pr@ACAacamps.org to interview an ACA spokesperson for more information about the essential camp experience. For customizable public service announcements or article reprints, visit our Media Center at www.ACAcamps.org/press-room/.

WHAT'S HAPPENING

February & March 2018

By Gabriella Mancuso

- Feb 15-** Seal and Waterfowl Walk-Sandy Hook, NJ. Drive to different locations on a tour of the winter wildlife on Sandy Hook Beaches.
- Feb 16-** TAO: Drum Heart- a show combining music and Japanese art. State theatre @ New Brunswick 8pm-10pm
- Feb 17-** Boat Sale+Expo-Edison, NJ. Missing summer days? This expo includes a beautiful and large selection of boats for everyone.
- Feb 18-** Peking Acrobat at NJPAC
- Feb 19-** Family Day-State Theatre @ New Brunswick, NJ. A day filled with performances, activities, games, foods and fun.
- Feb 20-** Frozen In Ice at Skylands Stadium- A festival filled with everything ice! Ice sculptures, slides, games and foods & drinks. Starts at 11 am.
- Feb 21-** Monmouth Museum Member Miniatures: Big Art in Small Packages-Monmouth Museum @ Lincroft, NJ. This art show consists of sculptures on a smaller scale and by very talented, local artists.
- Feb 22-** African American History Month At The Constitution Center- The Constitution Center presents exhibits that will teach about the history of Africans Americans 9:30am-5pm.
- Feb 23-** Documentary Film Series-Secaucus, NJ. At the Secaucus Public Library they will be screening a selection of environmental movies. 7pm-9pm
- Feb 24-** Grounds for Sculpture- Hamilton, NJ. Stroll through outdoor/indoor art exhibit with your family and friends.
- Feb 25-** Dr.Seuss' Birthday Bash-Lakeshore Learning Store @ East Brunswick. Celebrate Dr. Seuss' birthday with crafts and activities. 10am-3pm
- Feb 26-** Newport Skates @Jersey City, NJ. Enjoy this outdoor skating rink with a beautiful view of NYC, fun for the whole family!
- Feb 27-** Shopkins Live! @ State Theatre New Brunswick, NJ. Go and see a performance by everyone's favorite Shopkins.
- Feb 28-** Ski the Peak Tours-Brick @ NJ. Ski and Snowboard on the slopes of Brick, NJ 24 hours a day.
- March 1-** Culinary Classes @ HCCC Family & Kids- The Culinary Conference Center in Jersey City, NJ is offering culinary classes for families to make food and have fun. 1pm-5pm
- March 2-** Keller Williams @ White Eagle Hall Jersey City, NJ- A performance filled with music, fun and tons of enjoyment. 8pm-12am
- March 3-** Dr. Seuss Birthday Breakfast @ Liberty Hall Museum. 11am-1pm. Celebrate the birthday of the famous author Dr. Seuss. Includes crafts, activists and food for all!
- March 4-** Second Annual Holi Festival-Cora Hartshorn Alboretum 12pm-5pm Celebrating the festival of colors and music @ Short Hills, NJ.
- March 5-** Visit the Planetarium! Robert J. Novins Planetarium-Toms River, NJ. Experience planets & stars like never before in wonderful, new exhibits. 10am-2pm
- March 6-** American Bridal Show @ Point Pleasant Beach, NJ
- March 7-** Ice Age Late Night at the Rutgers Geology Museum-Rutgers Geology Museum New Brunswick, NJ 4pm-8pm. Learn about the Ice Age through different activities (all ages)!
- March 8-** INTERNATIONAL WOMANS DAY!!! Support your strong and fearless girls by reminding your favorite women how important they are!!!
- March 9-** Art in The Park-Trenton City Art Museum of Ellarsile Mansion Trenton NJ. Art classes for parents and children taught by local artists; create and have fun! 10am-11:30am
- March 10-** DAYLIGHT SAVINGS!!!! Turn your clocks back because longer nights and warmer weather is on the way!!!
- March 11-** Visit Liberty Science Center!-Jersey City, NJ. Open from 9am-4pm, come and experience science in an exciting, fun and awesome way! Multiple exhibits and extractions!
- March 12-** Crowns @ Matthews Theatre-McCarter Center Princeton NJ. Enjoy this wonderful production with family and friends!
- March 13-** Marvel Universe Live!-Prudential Center Newark, NJ. Live action Marvel Superhero show including all your favorite evil fighters on one stage!

KIDS



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FEBRUARY 19TH - 23RD : EXTENDED HOURS

From Monday, February 19th through Friday, February 23rd, iPlay America opens all day starting at 11am!

MORE INFO ON THESE & OTHER EVENTS AT
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What is Phelan-McDermid Syndrome?

By Lauren Kolacki

First characterized in 1985, Phelan-McDermid Syndrome (PMS), is a rare neurodevelopmental disorder where there is breakage and rearrangement within the 22nd chromosome. Chromosomes are found in the nucleus of all body cells and are responsible for carrying genetic information for the growth and development of everyone. The deletion of 22q13, results in an inversion that depresses cognitive, intellectual, and physical growth which alters speech, motor skills, and muscle tone.

Phelan-McDermid Syndrome is usually first characterized by hypotonia, which is low muscle tone in a newborn, but is also discovered when children have a lack of developmental milestones such as; rolling over, sitting up, walking, or talking on time. Those who are diagnosed with PMS may possess behavioral abnormalities that mimic autism. These include, animosity towards changes in routine, sensory sensitivity, repetitiveness, chewing, delayed speech, etc.

Unfortunately, there is no specific treatment for this syndrome. Each symptom can be treated specifically with the help of pediatricians, neurologists, nephrologists, gastroenterologists, immunologists, orthopedists, physical or occupational therapists, and speech/language pathologists. It is important to spread awareness of this rare disease to provide support for those experiencing it and to educate those who will be affected in the future. If you have a child with these symptoms, please speak to your physician.



Phearless Phragmites Phighters Present at a Major Environmental Conference!

By Pam Teel

Millstone Township School District's Phearless Phragmites Phighters are Continuing the Phight. On Friday, January 19th, the Phearless Phragmites Phighters team presented in front of 27 Environmental Experts at the Annual Conference of the Alliance for New Jersey Environmental Education (ANJEE), in Princeton, NJ.

The presenters consisted of fifth and sixth graders from the Millstone Township Middle and Elementary school (Ethan Bailey, Rafferty Burden, James Chen, Anna DePinho, Evangeline Huey, Gianna Iannaccone, Rachel Glantzberg, Thomas Maltese, and Jai Patel).

They were excited to deliver their multimedia presentation followed by six workshop stations where people attending the session could learn about the main points of their project as well as the purpose of the Community Problem Solving Program.

The aim was to inform Environmental Educators about how they connected with experts locally and across the country. They also got to share their findings from last year and spoke about their new project goals for this year. They provided a link and QR code leading to an online survey asking if the Environmental Educators would like to test this year's digital invasive species projects: an eBook for young children and a Virtual Reality invasive species field trip experience for teens and pre-teens. Fifteen educators eagerly volunteered to test the eBook and VR prototypes and will provide feedback so they can make their eBook and VR even better!

Thanks to Anna DePinho for her accurate synopsis, and to all those involved in the Community Problem Solving Program.

Keep up the great work!



Using Phragmites for Engineering Projects: Ethan Bailey, James Chen, Jai Patel, Rachel Glantzberg



Showing their project trifold before the session started: Jai Patel, James Chen, Thomas Maltese, (conference attendee), Ethan Bailey, Rafferty Burden



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***Activities are subject to change**



The Importance of Having Cousins

By Pam Teel

They always say, nothing should be more important than family and that includes cousins. They're like the siblings that you never had, and you love them just the same. They aren't meant to be people that come in and out of your life when it's convenient. They are meant to be there forever, no matter the distance.

In the past, when people all lived in the same area, you would get to know your cousins' children and your second and third cousins, but nowadays, everyone is so spread out all over the country, you might be lucky to know one or two people in your extended family outside of your first cousins and maybe their children. With great DNA sites like Ancestry.com you are now able to connect with first and second cousins that you never knew ever existed. It's interesting and fun to fill in the family history blanks.

Most people grow up close to their first cousins. They look forward to seeing them around holidays and weddings and unfortunately funerals. Anytime they can all get together is a special time. Cousins are some of the most important people we will ever have in our lives. They understand us, they love us unconditionally, and they share some of the most amazing experiences with us. Whether you are with your cousins 24/7, or you're just getting close with each other, cousins are huge blessings in our lives.

Here are some reasons why cousins are the best.

1. **Siblings usually police what you do, and don't want to get involved, whether it's good or bad, but your cousins will join in on your plot no matter what it is.**
2. **Cousins will give you advice like a best friend would.** They are Lifelong Friends. Friends come and go, but cousins are family—cousins are forever. Cousins will always be there for you.
3. **Visiting your cousins is more like a choice instead of a requirement.** Siblings, you have to live with, and you're stuck in a house with them. On the other hand, you can always go to your cousin's house whether you want to hang out with them or escape from your siblings.
4. **You might not see your cousins all the time, but when you do, it's always a good time together.** Not all of us live down the street from our cousins and get to see them every day, but when we do see them, it is guaranteed to be a good time. You and your cousins instantly click, kind of like you all haven't gone a single day without seeing each other.
5. **Cousins are forever.** Your cousins are like your siblings; they will always have a place in your life. Whether or not you see your cousins every day or talk to them every day, they will always and forever have your back -- just like how your siblings should! You will always cherish the memories you create with your cousins and will look back on these memories and laugh or cry together about them.
6. **Cousins are forever and are huge blessings in our lives.** They can act As Replacement Siblings. Not everyone is lucky enough to have siblings. So when that is the case, cousins can be essential to the family dynamic. Cousins have An Understanding. You and your cousins will always understand your dysfunctional family dynamics. No matter how crazy a situation gets, you have each other to share it and get through it.
7. **Cousins Can Help You through Rough Times.** Cousins will be there to talk with you, laugh with you, and comfort you when you need it most. They are the Family you need when you just lost a loved one. They are there to remind you that you have not lost all of your family because they still got you and they are grieving for your lose just as much as you. Cousins can be that extra love and support you need.

If you haven't been in touch with your cousins lately- email them, facebook them, call them! Give them a great big nod- just for being there!!!!



Millstone Middle School Sets Sail with "Anything Goes"

Pam Teel

This year's Eagle Productions presentation of "Anything Goes" is underway, with a cast of more than 60 students from all grade levels singing, dancing, and acting their way across the Atlantic Ocean on the Millstone Performing Arts Center stage.

The production is set to open on Friday, March 2, at 7:00 pm., with additional performances at 7 pm, on Saturday, March 3, and a 2:00 pm Sunday matinee, on March 4. All Performances are on stage in the Millstone Performing Arts Center, 5 Dawson Court, Millstone Township.

The story takes place on a trans-Atlantic luxury cruise from New York to London, aboard the S.S. American. Set in the late 1920's, the ship's passengers include rich and famous socialites, businessmen, and beautiful stage performers. While aboard, famous Nightclub singer/evangelist Reno Sweeny (played by 8th grader Emma Morris) helps her friend, Billy Crocker (8th grader Jacob Normand) who is stowed away, to be near his love, Hope Harcourt (8th grader Brianna San Phillips). The problem is Hope is sailing with her wealthy fiancée, Sir Evelyn Oakleigh (7th grader Aidan McGovern), and her overprotective mother. (8th grader Tara Wenger)

The plot thickens as Public Enemy #13, Moonface Martin (6th grader Mark Cagnetta) and his sidekick Bonnie (8th grader Ellie Mashkevich), try desperately not to be noticed. With the help of some elaborate disguises, dancing around the deck, and good old-fashioned blackmail, Reno and Moonface join forces to help Billy in his quest to win Hope's heart while steering clear of his boss Elisha J. Whitney (8th grader Zak Kheder).

Joining in on the shenanigans are the Ship's Captain (Eric Iannaccone), Purser (Gavin Elwell), Steward (Keith Colazzo), and sailors (Brayden Reyes and Patrick McManus). Also aboard are Bishop Henry T. Dobson (Ian Ionescu), and Chinese converts Ching and Ling (Melissa Bernieri and Emily Hamnett). Reno Sweeny's glamorous singing and dancing crew of Angels, played by featured dancers Nicole Rubino and Olivia Stauder, along with Alexa Oliveira, Francesca Curreri, Gianna Giacolona, Janelle Guzman, Abbie Nazario, Angelina Villalva, Allie Solitario, and Sarah Cox also step out on the main deck.

The production is directed by Millstone Middle School theater arts teacher Lisamarie Cappuzzo, the musical director is music teacher Heather Philhower, and the assistant director is language arts teacher Karen Shaffer. Frank Iglesias, Middle School art teacher, is the set designer, and Aimee Lane, a Millstone Middle School graduate and professional dancer is the choreographer.

Tickets for all performances are \$8 for students and \$9 for adults in advance. All seats are \$10 at the door. Advanced tickets can be purchased online starting Feb.18 at noon at www.millstoneperformingarts.com .

The production is open to everyone. You don't have to have a child in the play to attend. The kids are energized and they really pour their hearts out into their performances. Show your support to these Millstone students and go and see the play. It's a great night out!!!!

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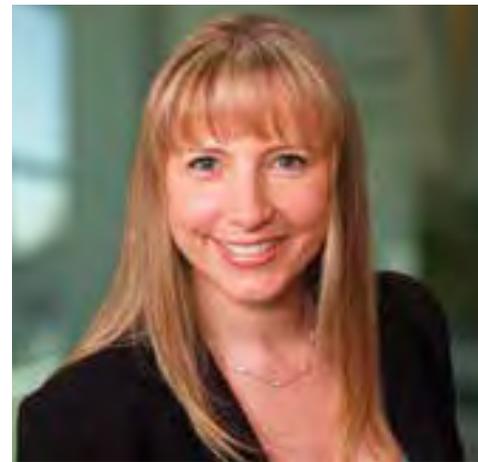
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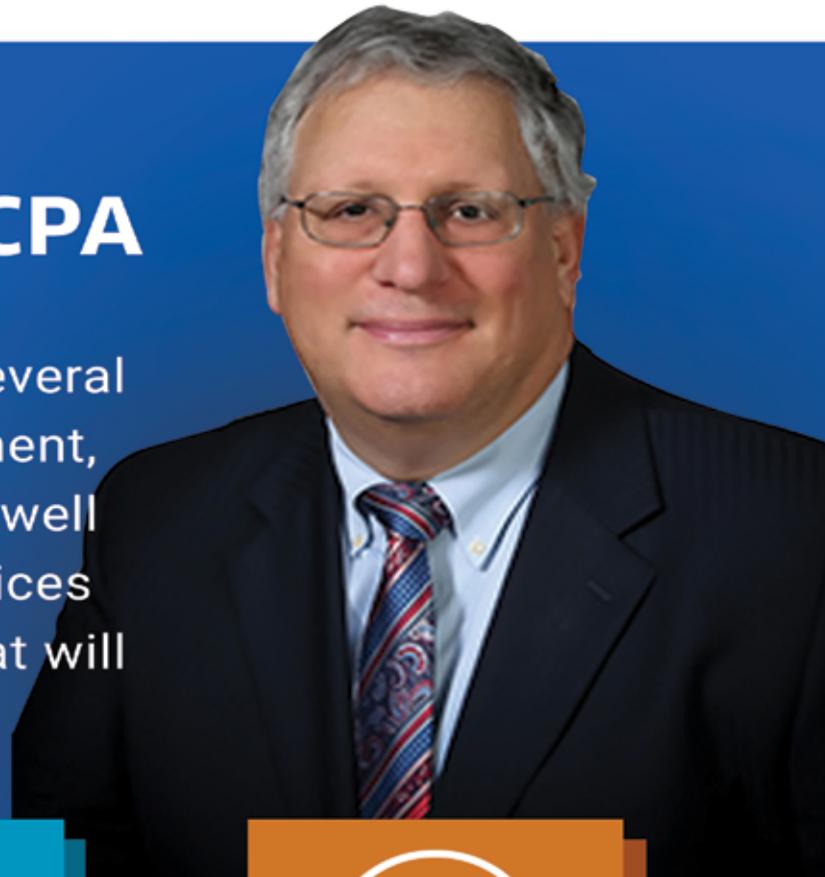
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DON'T GET BITTEN BY THE ACTIONS OF YOUR DOG

By John Bazzurro

Many of us own dogs as pets and companions. As such, we should all be familiar with the state of the law in New Jersey as it relates to the liability of dog owners for their dog's actions.

New Jersey, like many other states, has a "strict liability" dog bite statute. Basically, this means that, if your dog bites someone, you will be automatically responsible to that person for any damages that the person receives as result of the dog bite. That statute, N.J.S.A. 4:19-16 imposes liability upon a dog's owner where the dog actually "bites" someone and the bite occurs while that person is either in a public place or lawfully in a private place, including the property of the dog owner. Thus, under New Jersey law, even if a dog owner has no previous indication of a dog's propensity to be vicious or to bite, the owner will be responsible in damages to a person who is bitten by their dog under the above circumstances.

Of course, in addition to actual biting, dogs can also cause injuries in many other ways. For instance, a dog may jump up on someone and knock them down, cause serious scarring as result of scratches, or cause a motor vehicle accident by darting into the street. When damages are suffered by individuals as result of these types of actions by a dog, general negligence principles, as opposed to the above statute, will apply to determine whether or not the dog owner is ultimately responsible for damages. For instance, if a dog owner knows that its dog likes to jump up on people but fails to prevent the dog from jumping up on a stranger, etc. and the dog ultimately knocks that person down, it is likely that the dog owner will be responsible in damages. Similarly, if a dog owner knows or has reason to know that its dog routinely gets out of its yard or house and runs in the street, that owner it may be responsible for a car accident caused by the dog's darting out into traffic. Under these circumstances, however, the improper actions of the injured party, if any, will be compared to the dog's owner and any damages that the injured party would otherwise be entitled to would be adjusted accordingly.

Interestingly, there have been cases which discuss the dog owner's knowledge of its dog's "dangerous propensity" based, not on the prior specific actions of that individual dog but, instead, on the dog owner's knowledge of the "dangerous propensity" of a certain type of breed. So far, in the State of New Jersey, courts have rejected this theory of liability and, as such, an injured party, under these circumstances, must prove that the specific dog was engaged in prior vicious acts.

The good news for dog owners is that a typical homeowners' policy of insurance will often cover claims resulting from dog bites or injuries caused by dogs. However, as you can imagine, not all homeowners' policies of insurance are the same and some homeowners' policies may specifically exclude coverage for such dog related claims. Therefore, it is important that, if you own a dog, you contact your insurance company to ensure that you have appropriate coverage. Further, it is similarly important that, when filling out an application for insurance, you inform the insurance company of all animals that live in your home.

Of course, because there are many different factual scenarios in these types of cases, is important to contact a lawyer to discuss the specific facts of your individual case whether someone has made a claim against you or whether you have been injured by someone's else's dog. We invite you to contact our office to discuss any issues or questions you may have with respect to this article.

JOHN T. BAZZURRO, Esq.

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Oscar Night

By Nicole Iuzzolino



We are steadily approaching Oscar season once again. It is a whirlwind evening full of dramatic evening gowns, tearful acceptances, and the occasional political joke. Looking at the past award shows, one thing is for certain: anything can happen. Since the awards begin on March 4th, we still have to wait a little while to go, which means the excitement is eating up most of us. To get many of us in the Oscar spirit, let's look at the most iconic oscar moments in history.

1969 Best Actress Award

In 1969, two actresses made history. Barbra Streisand and Katharine Hepburn were nominated for the best actress award. With both actresses receiving 3,030 votes, it became the third tie in the Academy's history. Since the 1969 awards, there has been three more ties.



Leonardo DiCaprio's Long Awaited Win

After being nominated for six oscars, it was finally time for him to be granted one. After waiting for ages, he finally snagged the award for his role in *The Revenant*. Instead of giving a thank you speech, he took the stage and talked about a serious issue important to him; global warming.



Hattie McDaniel

In 1940, Hattie McDaniel was the first African American to win an Oscar. She won for her role as Mammy in *Gone with the Wind*. She described it as one of the happiest moments of her life.



Kathryn Bigelow's Win

In 2010, history was made once again. Kathryn Bigelow became the first woman to win an award for Best Director with her film *The Hurt Locker*. She was up against the director for *Avatar*, who just so happened to be her ex-husband. The film received six awards.

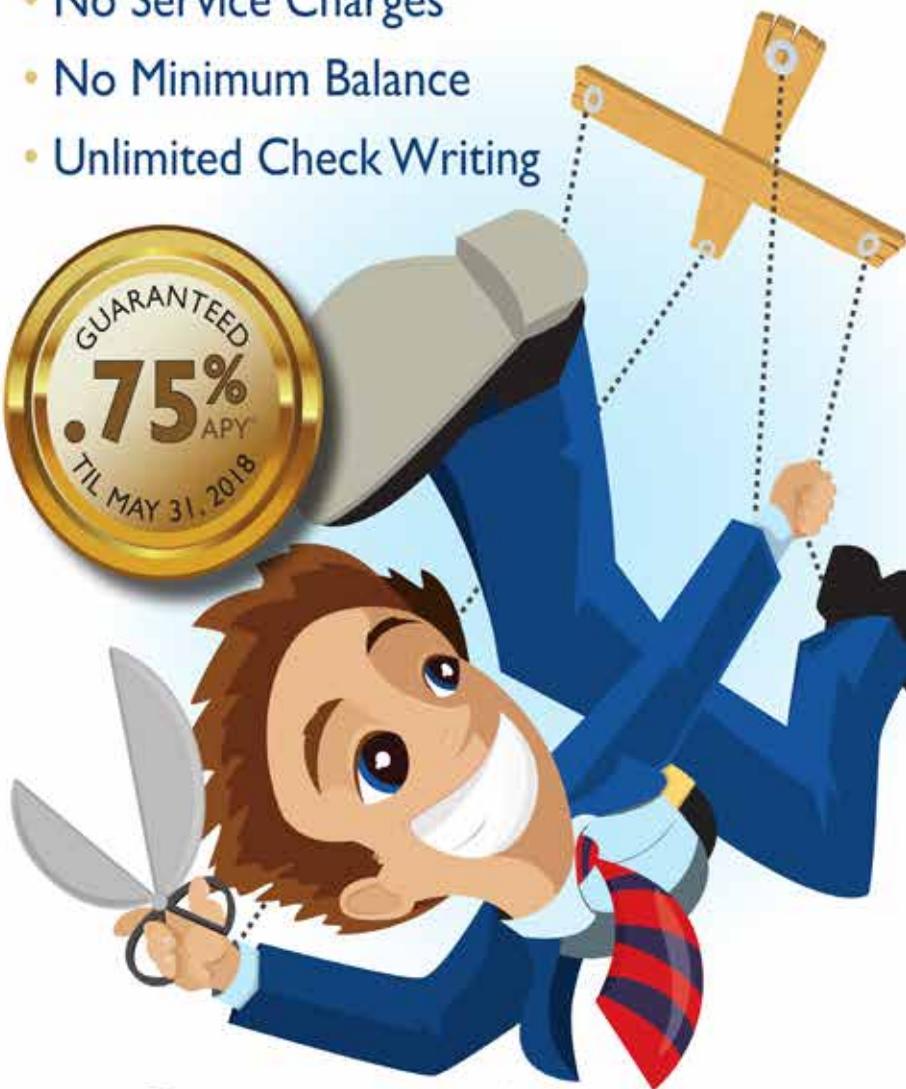
The 2017 Mix Up

The most awaited moment as the Oscars is who is awarded best picture. Warren Beatty and Faye Dunaway went on stages and announced the winner was *La La Land*. The problem was that the true winner was *Moonlight*. The announcers were given the envelope for Best Actress instead, which listed *La La Land's* Emma Stone as the winner. After some major awkwardness, both teams were very supportive of each other.

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Did you know...?

By Pam Teel

Do you know the meaning of the barber pole?

So you think the red, white, and blue stripes paired together in that universally recognized classic barber pole has something to do with patriotism? You couldn't be further from the truth. For most people, the barber pole evokes images of shop-talk, brushes and lather, old school barbershop quartets, and trusting people with razorblades. What you may not realize is that the barber pole is a far more interesting and complex symbol with a rather gruesome history.



Let's just say you wouldn't have wanted to visit a barbershop in the Middle Ages. Along with a shave, probably with an unsterilized razor, and a mediocre haircut, you could also get a treatment that was prescribed to cure the majority of human ailments – bloodletting. This was a procedure which involved cutting open a vein to release bad blood. People would tightly grip a rod until their veins popped out and the barber- surgeon, as they were called, would cut a few of the veins to let blood out. Think of it as a very nasty historical detox.

Originally, they were often the monks who would perform the procedure. Due to their work with razors and the mastery of craft with sharp instruments, barbers were often called in to assist them. However, Pope Alexander III forbid members of the church from further taking part in those operations. At that point, barbers became more less specialists for every condition – from taking care of the trimming of your beard and your hairstyle, to pulling teeth, treating wounds, taking care of wounded in battles, lancing boils, setting bones, amputating gangrenous limbs, bloodletting and skull trepanation – which basically means drilling holes in ones skull to release evil spirits. To summarize – visiting a barbershop back in the Middle Ages generally meant a bloody surgical procedure without anesthetic.

The colors of the pole most probably got their roots from their bloodletting procedures. When a barber was letting the blood out, the patient would grasp the bloodletting rod, which was white. The barber would wash the bloody bandages that he used out and hang them to dry on poles outside his shop so he could use them over and over again. To advertise the sort of services they could provide, barbers would place the red/white symbol outside of their establishment, white for the rod and red for the blood. Hence, the two main colors of barber poles used in Europe.

So why is it that some barbershops, especially in the U.S., use three colors: red, white and blue? One theory holds that it is because blue symbolizes the veins. But that is not the end of the barber pole's significance! We have yet to discuss the brass ends that hold the colorful barber pole. It is said that one end might represent the bowl of blood that would be filled during the bloodletting. The other end symbolizes the use of leeches – charming creatures that drink blood. Yeah, basically it's all about blood. Next time you find yourself sitting in a barber chair, thank God that you're not living back in the Middle Ages.

Millstone Township Fire District Seeks Voter Approval on Feb. 17 Referendum to Purchase a Multi-Purpose Fire Truck

The proposed rescue pumper truck would be designed, built, and equipped to help Millstone Firefighters protect people and property in Millstone Township

The Millstone Township Fire District hopes to replace two, 20+ year-old Millstone Fire Department trucks with a single, multi-purpose truck built to handle the specific emergency needs of Millstone Township.

A ballot question seeking the blessing of township voters will be held Saturday, Feb. 17 from 2 p.m. until 9 p.m. at the firehouse, 461 Stage Coach Road, Millstone Township. New Jersey law requires voter approval for the purchase, for which no new taxes are needed.

The proposed new fire truck – A Pierce Velocity Rescue Pumper – has features that support the rescue of victims in motor vehicle accidents (MVAs), which have become the most common type of emergency for which fire department help is needed. Millstone Township Fire Department responded to 44 MVAs in 2000. In 2016, Millstone responded to 143 MVAs – an increase of 122%

Because it can store and pump water and has two types of foam systems, the rescue-pumper truck also is very well-equipped for the fighting of vehicular and structural fires.

“Replacing the two aging trucks with a single, modern firetruck versatile enough to support our firefighters as they suppress structural and vehicle fires and rescue people from vehicular and other accidents is extremely efficient,” said Millstone Township Fire Chief John Fiore.

“Firefighters could take this single truck to many incidents,” said Millstone Township Firefighter Ed Reed, who led the committee that determined the truck that would best meet the fire department’s needs. “We could also respond to a subsequent emergency – even one of a different type – without returning to the firehouse.”

The rescue pumper would take the place of both a 1997 pumper and a 1993 special services rescue truck. The new truck would cost no more than \$878,000. Replacing the old pumper and special services rescue truck separately instead would cost more than \$1.3 million. Due to careful spending in prior years, the new truck can be partly funded with available budget reserves. As a result, **NO TAX INCREASE** is needed to make this investment in community safety.

Today’s low interest rates also make the proposed timing of this purchase ideal. The truck would be purchased through Millstone Township Fire District #1. As a municipal entity, the Fire District can use a Municipal Lease Purchase and would receive an interest rate even lower than the market rate.

Millstone Township Fire District Commissioners and Millstone firefighters are confident that the more voters learn about this proposed fire truck and how it would help protect the community, the better voter turnout will be on Feb. 17, when the poll will be open from 2 p.m. to 9 p.m. at the Millstone Township Fire Department, 461 Stage Coach Road, Millstone Township.

Millstone Township Board of Fire Commissioners Chairman David Markunas said providing all the information to voters is important to the Commission and the Fire Department. “We believe that once residents learn about this truck, how well it fits emergency response in Millstone Township, and that careful budgeting means no tax increase is necessary, they will want to cast a ballot on February 17.”

More about the proposed fire truck:

- The Pierce Velocity Rescue Pumper would replace a 1997 pumper AND a 1993 special services rescue truck. The proposed purchase would allow the fire department to decrease the vehicle fleet by one truck, creating savings in future fuel and maintenance costs.
- Millstone Township Fire Fighters are now called to motor vehicle accidents (MVAs) more frequently than to structure fires.
- The rescue pumper truck has features that support the rescue of accident victims.
- The proposed truck is equipped with both a 750-gallon water tank and Class A and Class B foam systems. Class A foam can expedite extinguishing structure fires. Class B foam helps firefighters better extinguish the gasoline or diesel fuel fires often encountered at MVAs.
- Having one vehicle that can supply water in combination with either Class A or Class B foam makes this truck extremely versatile. This multi-purpose vehicle is well-suited to support MVA responses and fire suppression in homes and other buildings.
- The rescue pumper truck has enough space to accommodate more and updated rescue and firefighting equipment. This allows the Fire Department to operate more efficiently, and that translates into increased safety for our residents regardless of the type of emergency.

For more information or to request an interview with Millstone Township Fire Chief John Fiore or Millstone Township Board of Fire Commissioners Chairman David Markunas, please contact Kellie Gates at kellie@comsolutionsgroup.com or 215-884-6499.

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The 2018 Closet Purge

By: Nicole Iuzzolino

2018 has finally come, which means it is time to purge of anything old and unwanted. Every new year is always a great time to get rid of anything that you just do not wear any longer. It is time to get rid of the old and fill your closet with the new. Here are the top five things to get rid of from your closet this 2018.

One: Faux Leather Bags

Everyone is guilty of buying those cheap leather bags that they sell at any clothing store in the mall. However these bags begin cracking and falling apart so quickly. It is time to purge of these bags and take on the saying "quality over quantity". One quality bag will last you a lifetime, so you do not have to buy twenty more fake ones.

Two: Free T-Shirts

We all know those t-shirts that you get at local fundraisers and events. They really hold no value but for some reason we always keep them around. These shirts are the perfect thing to remove from your closets this season. It will make room for everything else that you buy throughout the new year.

Three: Uncomfortable Shoes

Everyone has those pairs of shoes that we never wear because of the blisters they cause. These are the shoes that must go this 2018. They are sitting there, collecting dust, and never being worn. It is time to get rid of those, and replace them with shoes that are actually comfortable.

Four: Dirty White Sneakers

As much as we try to wash them, there are times where the shoes refuse to come clean. While it may break your heart to get rid of them, you can always invest in a brand new pair.

Five: Corset Belts

If this was something purchased during the 2017 craze for these, it's time for them to go. It is a trend that is short lived, and should not be part of your 2018 wardrobe.



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Best Lip Trends

Lipsticks are a must in the world of makeup. No look is ever truly complete without the pop of red, shimmer of gold, or a striking pink. However, lip trends change every year. Once it was the year of glosses, then it was the popping “Taylor Swift” red, and then it transitioned to liquid mattes. Things come and go and a lot of these trends are still used today! With 2018 around the corner, that means more trends are coming to light. Isn't it time to be on top of them?

Trend 1: The Glass Lips

Refinery29, a site for all fashion and beauty lovers, states that heavily glossed lips are very in trend right now. There are images floating everywhere of models rocking the heavily glossed look on the runways. Even Rihanna, who dropped the most sought out makeup brand of the year, made sure all her models wore the “glass lip” as they modeled her designer clothing line for spring 2018. Fenty Beauty has a huge line of glosses, if you wanted to get Rihanna's exact look. However, glosses are sold everywhere and this look can be accomplished so easily.



Trend 2: Cupid's Bow

Adding highlighter to the Cupids bow has been in trend for ages. However, Refinery29 states that makeup artists are taking this to a whole new level. Makeup artists are now making the Cupids Bow the focus point of the look. Just put on a dark lipstick with a bright liquid liner on the Cupids bow, and your makeup look will be amped up immensely.



Trend 3: Bright Colors

Bright colors are in for the 2018 season. It is all about being bold and taking risks this year. Maybe it is time to purchase a nice fuchsia or a brighter pink!



Trend 4: Blood Red Lips

Red lipstick has always been a popular color, however, this year things are a little different. The blood red color is being seen on so many models as they walk down the runway. It is very bold and a shade that exudes confidence.



Trend 5: The Peach

Finally, this color is going to take 2018 by storm. It is neutral, minimalistic, yet a very trendy shade. Selena Gomez, a role model and a fashion icon to many, has been seen rocking the peachy lip look. It is an easy look to pull off if you want to be just like Selena!



The trends are constantly changing and are hard to keep track of at times. This list will have any makeup lover ready to take on 2018 in a flash!

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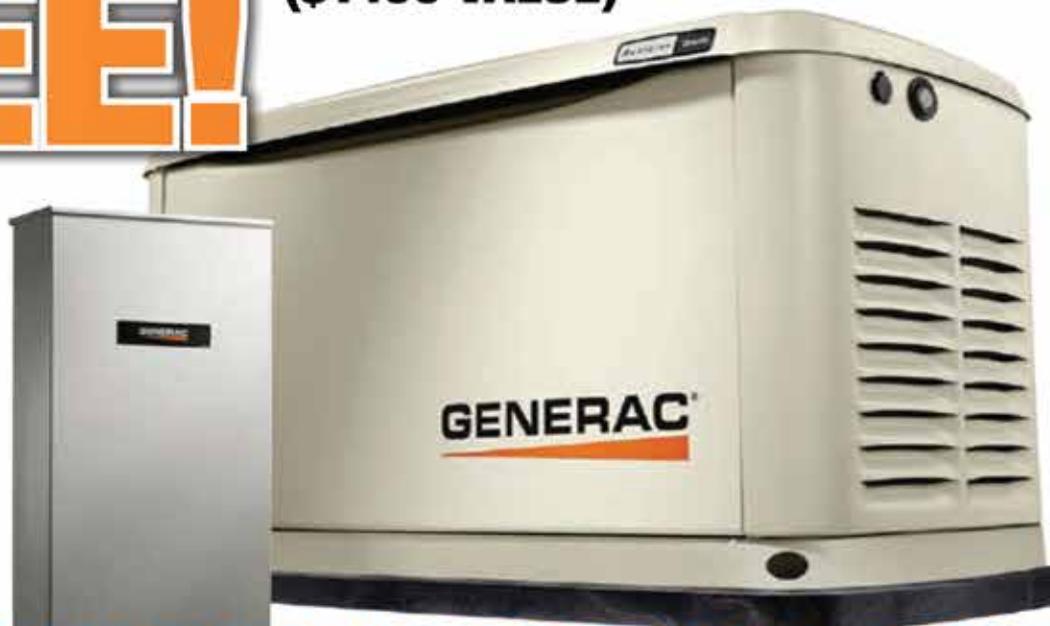
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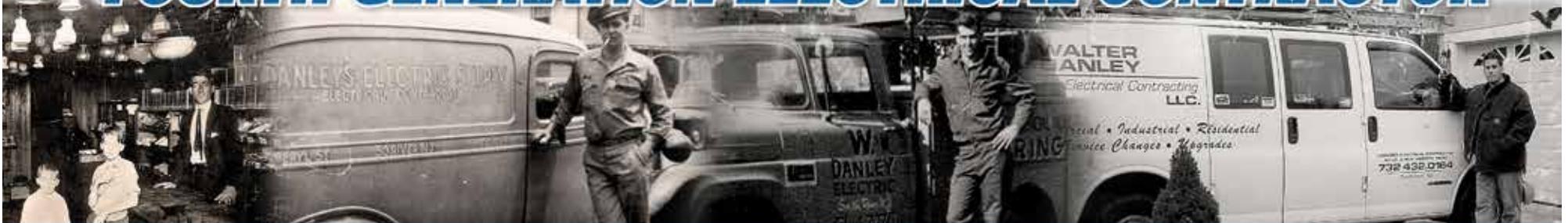
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