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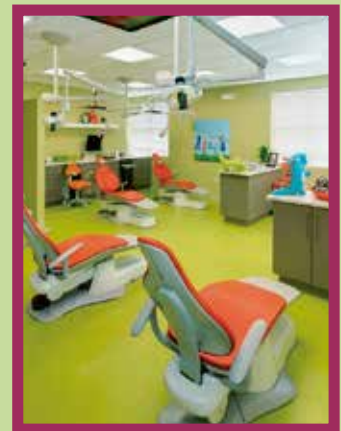
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The Millstone Times STUDENT OF THE MONTH

Lee Sortore

By Pam Teel



Lee Sortore

Lee Sortore is a tenth grader at the New Jersey United Christian Academy in Creamridge, NJ. Lee lives on the border of Allentown and Hamilton Township. The New Jersey United Christian Academy is located on 43 acres of a wood-lined campus in Upper Freehold. NJUCA is a junior high and high school, with a student enrollment of close to 100 students. The small Christian school is dedicated to educating their students in fundamental biblical principles accompanied with a solid academic foundation.

Lee likes the fact that the teachers at the Academy consistently challenge him by engaging him in critical thinking activities. What is special to him is that the whole student body meets for prayer and devotion before school starts.

Lee loves his campus and the fact that it is surrounded by nature. He loves his drive to school every morning and particularly loves the fall foliage. The campus also has a retreat center with housing, a pool, tennis courts, and an auditorium for special events. Lee loves science and math due to his interests in engineering.

He loves watching and reading true stories about men who beat the odds, such as the book *Unbroken*. He also likes to watch the Murdoch Mysteries, set in Toronto, as well as Agatha Christie's, Poirot. Chariots of Fire was one of his favorite movies ever.

Lee likes alternative rock as well as the blues. Lee plays the guitar, banjo, piano, drums, bass guitar, mandolin, and the ukulele. He plays guitar every Sunday morning for his church's worship team as well as for the school's worship team on Wednesdays. His whole family is musical.

Lee loves woodworking in his garage barn. He likes to make cutting boards, benches and boats. He also likes to work on cars and is restoring a 1961 Pontiac Catalina from the ground up, hoping to have it complete by the time he gets his driver's license. Lee grows a garden each year and this past year he grew wheat for making bread. He is a life scout of Boy Scout Troop 180 in Allentown. He and his brother Kyle went to Philmont Scout Reservation in New Mexico this past summer with a scout contingent from Monmouth County. They hiked 82 miles through the mountains. He is also a member of the Clever Clovers 4H club. Lee raises and shows dairy goats. Lee is also actively involved with his youth group at Graceway Bible Church and went on a mission's trip to the country of Montenegro last July.

Lee runs cross country and track for NJUCA. This season he became the Penn Jersey league Cross Country Champion. He also plays on his school's basketball team. The youngest of four children, Lee has lived his whole life on his three acre farm where he has goats, chickens, peacocks, horses, a donkey and a king Shepherd named Buddy. Lee loves pizza and cheese steaks. He loves traditions and loves spending time with the family on holidays.

Time management is very important in Lee's life with all the things that he's involved in, but doing his homework and studying is a major priority. Lee hopes to be an engineer of some kind. He wants to have a hands-on constructive job in the future. Lee is an honor roll student and a very well rounded young man.

If Lee had but one wish, he would wish to have his dad back in his life again. His dad passed away three and a half years ago. Lee feels extremely blessed to have had the time with him that he did. His dad passed on all his skills, abilities, and interests to Lee. Lee credits his dad for helping to shape his life.

Lee's faith is critical to his worldview and how he lives his life. As a Christian, he strives as best as he can to honor God in all that he does.

We wish you all the very best in life, Lee! Keep up the good work. You certainly are a model student and an inspiration to others. God Bless!

Attention Millstone, Creamridge and Allentown Parents

If you know of a student, son, daughter, neighbor, who works hard in school and you feel is deserving of being student of the month, please email me at crescent671@gmail.com

The Millstone Times PHOTO OF THE MONTH

By Pam Teel

Michele Lenzo took this picture at Bullock Farm in Creamridge. Isabella Lenzo and Marcello Aprile were enjoying a beautiful fall day playing in the corn.



Are you a photo Buff? Do you like taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share. We want your photo for our photo of the month section. You can send your photo to the following email address: crescent671@gmail.com. You can send more than one photo at any time. Make sure you put photo in the subject matter. Please include your name and a brief description of the photo. If you have a story that goes along with it, please send it along.



KEEP THOSE PHOTOS COMING! WHO KNOWS, YOURS MIGHT MAKE THE NEXT ISSUE!

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Let Me Shake Your Hand Christina Sarni

By Susan Heckler

Christina Sarni has been hearing impaired since birth. Growing up in Millstone in a hearing world, without having the same ability of others, can mold a person into many things. In Christina's case, she is a mentor, an optimist and a role model.

You would think a hearing impaired person would have difficulty appreciating music. Not only did she appreciate it, she flourished from it, using music as a vehicle to express herself through dance. AKA "C-Bunny," Christina watched and studied music videos by Michael Jackson to be a self-taught dancer and performer. She overcame her own shyness and realized that she became a performer rather than "that hearing impaired girl."

Christina has performed at several theme parks such as Hershey Park, and Six Flags. She was very proud to be a part of the MJ Tribute at Beatstock 09, which was held at the PNC Bank area with NJ top dance school Icon Dance Complex and well known choreographer/dancer Geo Hubela. 2010 marked C-Bunny's big break when she landed a backup dancer position with Grammy award winning artist T-Pain. "C-Bunny get on up here," were the words that told her she finally made it.

Working with T-Pain was a great experience and she got to be in her first official music video, which was the soundtrack song "This Instant" for the popular movie Step Up 3!!

Christina, now 30, is a motivational speaker to teach youth that a disability can be something to embrace; she feels in her own case it allows her to see what others can't. She is inspired to teach youth that a disability is not a reason to be a victim; with dedication and hard work you can achieve your goals in spite of it all.

She currently works at Centrastate Fitness and Wellness as a Personal Trainer and Group Fitness Instructor. She is involved and advocates for training her clients with special needs. Next goal she has set out to achieve is going to professional wrestling school where she hopes to be the stand out hard of hearing wrestler.



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MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE RAISED MORE THAN \$3,100 AT ITS FIFTH ANNUAL “FAMILY MOVIE DAY”



Millstone Township Foundation for Educational Excellence (MTFEE) raised more than \$3,100 from its Fifth Annual “Family Movie Day” held on November 15 at the Millstone Township Performing Arts Center (MPAC). Proceeds will help provide grant funding for innovative classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials that are beyond the scope of the general school budget to enrich education for the district's public school students.

The event opened with an hour and a half of children's activities including minute-to-win-it games with prizes, face painting, crafts and temporary tattoos. The activities were followed by a screening of “Inside Out”—a movie that won a school township wide student vote.

The following served as sponsors:

- Event Sponsor – Saker ShopRites, Inc.
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- Movie Sponsors – Ace Home Improvements; Admiral Water; Carpets to Go; The DeRose Family; Dunkin Donuts & Baskin Robbins (Howell); LearningRx Marlboro; Precision Tech Home Services; and South Brunswick Animal Hospital, Dr. Douglas Cotler DVM
- General Sponsors – Caravaglio Self Defense & Fitness Training; The Cotler Family; The Kuhns Family; The Griggs Family; The Pratt Family; The Pyhel Family; Joseph R. Raccuglia, MD Family Medicine; and The Sikkema Family

Additionally, Vesuvio's Pizzeria & Family Restaurant donated 10 percent of each dine-in check that week and then matched that amount, for a total donation of \$300. The Cotler Family and The Schloss Family donated the craft items for the pre-event activities.

The foundation also collected non-perishable food items and ShopRite gift cards that day for Millstone Township families in need.

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$515,500 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEAM enrichment programs, book rooms, fitness equipment, SMARTBoards®, mobile computer and iPad™ labs and a rock climbing wall.

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

TUTORING VS. TRAINING

A Parent's Guide to Making THE RIGHT CHOICE

Your child has difficulty in third grade math. You send him to a tutor. The tutor works diligently for several weeks with him on his grade-level math concepts and assignments. He goes on to pass the third grade with Bs. So far so good. Summer comes and goes. His fourth grade assignments hit, and once again, basic weaknesses prevent him from learning the new concepts. The processing and visualizing skills he needs just aren't there. You could pay for another round of tutoring to help with these assignments as well, but the underlying reason he failed to understand them in the first place goes untouched. The weakness will reemerge...

How do you 'train' someone to learn?

Current learning science makes it necessary to look at learning as two distinct parts: Specific academic study and a student's underlying ability to learn. To create the best opportunity for maximum academic progress, the underlying mental skills that lead to easy learning must be as strong and efficient as possible, and this may require specific training. Why? The brain physically changes in response to appropriate training. Its neural pathway efficiency improves in much the same way that muscle cells respond to progressive resistance training by developing added strength. The "untrained" brain that performs slowly and inefficiently (resulting in persistent sub-par learning) can become a fit brain, quick to respond when facing new learning challenges. You can literally train and strengthen your mental skills and have more brainpower!

What is Brain Training?

Brain training (also known as mental or cognitive skills training) is significantly different than tutoring. Common academic study, and special help such as tutoring, both focus on specific academic tasks, and simply ignore the condition of a student's underlying mental skills. In fact, success in general academics or special tutoring is completely dependent on the student's underlying ability to learn. For those who struggle or fail, it is not necessarily his or her study habits or missing academic knowledge that is the problem. Underlying cognitive weakness is often the cause of the difficulty. Until the underlying skills that provide the basic ability to learn are strengthened, tutoring help can only produce temporary progress at best. Struggles WILL reemerge at the very next new challenge, and the next, and the next, until the challenges grow too difficult even with tutoring help, or the student simply gets frustrated and gives up. If this is your child, he or she is at risk of being identified as a failure by these repeated struggles. You risk paying for tutoring each and every year with absolutely no guarantee of future success. The appropriate mental skills training is different. It provides you and your student the chance to get to the root of the problem and literally rebuild his or her basic ability to read and learn. A struggling student, or one seeking to optimize academic performance, must consider training the mental skills that are the foundation to learning.

Two Different Needs, Two Solutions

As mentioned above, learning can be divided into two elements: the specific academic challenge (such as reading) and the underlying skills needed to perform it well (for example, auditory processing and word attack). A tutor can enhance academic success in a given task if the student has sufficient underlying skills to meet the challenge. If that student struggles due to skill weaknesses, a trainer, not a tutor, is needed. Once you learn to read, you should be able to do it with little thought. But if one of the basic and necessary reading skills (such as sound blending and auditory processing skill) were missing, you'd have difficulty reading well no matter how much tutoring you got. Further assignments in reading theory or even practice reading wouldn't overcome the underlying problem.

Look for Better Testing and Training Options

It's a misconception that the brain is a stationary mass of cells whose skills are permanently fixed. Intense training exercises focused on specific areas of weakness can quickly strengthen key mental skills, and literally change the way a student learns. But how do you know if training is what your child needs? When looking for effective help, the right testing is also critical. Far too often a student's individual underlying skills are either not identified or are averaged and reported as an IQ score. Even when classified in terms such as "an auditory learner" or "a visual learner" this imprecise identification limits the help a student can receive. On the other hand, testing prior to skills training is designed to single out key skills that impact the learning or reading struggle. It is then possible for a qualified mental skills trainer to enhance cognitive skills such as auditory and visual processing, logic and reasoning, and working memory through direct training. The results are better academic performance almost immediately, and an enhanced ability to learn into the future. Tutoring can benefit students in certain situations, but for those with underlying cognitive skill weaknesses, cognitive skills training is the answer. So, when you're looking to help your child eliminate persistent struggles in school...think brain training first.

Michael Ginsberg is the Executive Director and Owner of LearningRx Brain Training Centers in Marlboro and Red Bank, NJ. He became involved in the benefits of brain training after his own child was having difficulty staying attentive and reading at grade level at the completion of third grade. If you suspect there is unrealized learning potential in your child, don't ignore it. A simple cognitive skills test is the first step to finally unlock that potential. For more information or for a complete evaluation of your child's cognitive learning abilities you can contact the LearningRx center at 732-444-8579.



• With a faster, smarter brain, life is easier.
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- **Is your child struggling with learning? Reading? Homework?** If so, you're probably seeing the impact of those struggles on your child's confidence, attitudes at home and school, even dreams for the future.

Fortunately, there's a fixable problem behind most learning struggles. In fact, 80% of all learning struggles are caused by one or more weak cognitive skills. At LearningRx, we identify weak cognitive skills and make them stronger. In other words, if your child is struggling with learning, reading, homework—even attention—we can find the cause and fix it.

Best yet, our innovative one-on-one brain training programs get results that are unmatched by any other program out there, including brain training websites, digital products or tutoring. In fact, our programs raise IQ an average of 15 points and improve some mental skills by an average of 30 percentile points.

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Monmouth County Teen Named 2016 NJ Agricultural Fair Ambassador



Rebecca Carmeli-Peslak of Millstone Township has been chosen as the 2016 New Jersey Agricultural Fair Ambassador. The 16-year-old 11th – grader at the Hun School of Princeton was selected from among 10 contestants by the Agricultural Fair Association of New Jersey during the group's fall dinner on November 1 in Eastampton.

As ambassador, Carmeli-Peslak is charged with visiting the state's agricultural fairs in 2016, discussing the fairs, promoting agritourism to the public and bringing people together to support the state's agriculture industry.

"Based on Rebecca's enthusiasm and passion for agriculture, we know she will be a wonderful spokesperson as she attends our state's agricultural fairs next summer," said New Jersey Secretary of Agriculture Douglas H. Fisher. "Rebecca's dedication is sure to inspire other young people to get involved in agricultural youth organizations and perhaps move into agriculture careers in the future."

Carmeli-Peslak is currently a student member of New Jersey Farm Bureau and has been involved in 4-H since she was in first grade. She raises sheep, goats, chickens and rabbits on her family's farm and spent time when she was younger visiting her great-uncle's dairy farm.

"As Agricultural Fair Ambassador, I plan to increase awareness of the importance of New Jersey agriculture in our daily lives and encourage people to become involved and participate," said Carmeli-Peslak. "Agriculture has connected me with people who have a similar interest but who are also extremely diverse because agriculture includes such a wide spectrum of topics. I have learned a great deal from my friends and their knowledge in their areas of agriculture."

Carmeli-Peslak hopes to attend Rutgers School of Environmental and Biological Sciences to pursue a career in veterinary medicine. Her goal is to one day become a large animal veterinarian, treating farm animals.

This is the 13th year the Agricultural Fair Association of New Jersey has named an ambassador. In choosing an ambassador, the Association seeks a good representation of young people active in agriculture in the Garden State and their county fair.

There were 20 agricultural fairs in the state this past summer, including the New Jersey State Fair at the Sussex County Fairgrounds. The earliest fair is held in June, with the final fair of the season in September.

For more information on New Jersey's agricultural fairs, visit www.njagfairs.com.

To learn more about the New Jersey Department of Agriculture, find us on Facebook at www.facebook.com/NJDeptofAgriculture and www.facebook.com/JerseyFreshOfficial or Twitter @NJDA1 and @JerseyFreshNJDA.



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A Tribute to an Entrepreneur and a Great Humanitarian Stanley Switlik Part 4

By Pam Teel

As we wrap up our tribute to Stanley Switlik, we are in awe of this man coming to America at the young age of sixteen. With no formal schooling, he set his sights on working hard and achieving certain goals in America. Having the equivalent of a grammar school education, Mr. Switlik was a strong believer and heavy contributor to the cause of improving education in this country. It was truly his hard work and insight that allowed him to seek opportunities in America. During his climb up, he never forgot the poor and struggling people around him.

During his company's formative years, Switlik hired many poor unemployed immigrants, giving them a chance by which to feed their families. He lived by the motto, "You can't take it with you." His contributions include: 180 acres off Route 528 that was used to build the Jackson Memorial High School, Joseph E. Clayton Middle School, and the Switlik Elementary School. He also gave \$125,000 for construction of the elementary school in Jackson in the early 1950's. At one time, he donated 61 acres to the Girl Scouts for a camp behind Prospertown Lake. The camp was named Camp Wanda after his wife.

Mr. Switlik also helped improve the town of Marathon, in Florida. He donated 30 acres for an elementary school in Marathon Florida. He also built the Marathon High School. He felt that it was important that a town have a bank, schools, and a hospital. He supplied all three to the Marathon area including a country club and golf course. He bought up swampland for 250,000 dollars, formed his own Keys Engineering Company in April 1955, and began to dredge the area. Before long there was a spacious lagoon and the officially designated "Sombrero Lagoon area," began to take form. Stanley built a golf course, adjacent dock, resort, and a residential area that surrounded the golf course. All in all, Stanley spent over \$4,000,000 to build the Sombrero projects. In 1966, after several years of Operation Sombrero, Mr. Switlik, for both philanthropic and other reasons, decided to sell the Club. In the spring of that year, Mr. Switlik sold the Sombrero Club to a group of its members and local residents for only \$250,000. This was but a fraction of its real value.

After Mr. Switlik sold the Club, he continued to take an active interest in its affairs and to make it the object of his benefactions until March of 1981; when in his ninetieth year, he passed away. He loved living in Marathon and loved to spend time between his Florida home and his New Jersey home in Jackson. Mr. Switlik was a major contributor to Fishermen's Hospital in Florida, the hospital in which he died. He was a trustee for 15 years, chairperson of the buildings and grounds committee, and a major contributor to Rider College. There is a dormitory named after him on the campus.

He also donated 7,000 acres of an area known as Greenwood State Forest in S.W. Ocean County. He donated \$200,000 to construct a public beach in Monroe city, Florida. He donated the Prospertown Lake to the township. For years the lake was used as a public swimming hole for area residents, complete with a sandy beach. The township then turned over the lake area to the NJ Division of Fish and wildlife. He also donated Lake Success and Collier Mills to the township.

Stanley's intentions for his beloved Lahaway Plantation was for it to remain as a nature

preserve. When he sold a portion of the property, his understanding was that there would only be a safari park built on the land. When he found out that the purchaser had other plans, he tried to delay the sale of the property. It ended up backfiring on him and the courts ruled in favor of the plaintiffs.

Mr. Switlik is buried in a Trenton cemetery on a hill overlooking the Delaware River. His legacy still lives on through four generations of the Switlik family. His Company is still thriving today. You can check out Stanley's legacy at: www.switlik.com.aviation or on facebook under Switlik Survival Products.

Men like Stanley Switlik should never be forgotten for all of the wonderful and generous contributions that they made to their communities. Mr. Switlik truly was a gentleman, entrepreneur and a great humanitarian.

A special thank you goes out to Historian, Glen Burns, from the Prospertown area, who generously shared his extensive research with me. Your love and your devotion to pass on the history of your community and nearby communities to others are quite evident!



Switlik sewing machine line - sewing parachutes together



Sharing Information With Camp Staff

Some parents are reluctant to share too much information with camp staff for fear it will have negative repercussions for their child (for example, they may wonder if the camp will still take their child or if they're setting their child up for failure). But good camps will want and need to know as much as possible — the more information they have, the better.

Consult with your child's doctor and other specialists, such as a physical therapist, to make sure you give the camp director and staff all necessary information, and ask the camp staff if they have everything they need from you.

You can help educate the staff by spending time with them and answering and asking questions before you drop off your child. This can be critical. For example, if your child will be attending a mainstream camp, you'll want to make sure that everything is accessible for your child and that the staff understands your child's needs.

Many camps have paperwork you can fill out to share information about things like dietary and medical needs. And regardless of whether your child is going to a day or residential camp, you should give the staff a list of emergency phone numbers and email addresses, and make sure they know how to reach you at all times during your child's camp stay.

If your child takes any medication, include the phone number of your doctor in case the prescription is lost and needs to be refilled by camp staff. Check whether the camp infirmary stocks your child's medication, too. If it doesn't, send extra medicine in case of an emergency.

Camps For Kids With Special Needs

Ah, summer camp. The mosquitoes, the swim races, the friendships, the bug juice, the postcards home. What child wouldn't benefit from the fun and structured freedom camps provide?

Kids with special needs are no exception. But the idea can seem challenging to parents and kids alike — how can you be sure that your child will get the attention he or she needs? Will your child be able to participate fully? What about the other kids? Will your child make friends? Will they understand your child's special needs?

The good news is that there are many camp choices for kids with special needs. From highly specialized camps to regular camps that accommodate kids with special needs, options abound.

Look Into Different Types of Camps

When it comes to camps, kids with special needs have as many choices as other kids. The Americans with Disabilities Act (ADA) requires all camps to make reasonable accommodations (such as the installation of wheelchair-accessible ramps) so that kids with special needs can attend. So, camps that previously couldn't host kids with special needs might now be on your list of possibilities.

Inclusionary (or mainstream) camps do just what their name implies: They include kids with special needs in their groups of children with regular needs. These camps may have started out serving only a general population of kids, but they've gradually changed as the needs of the families they serve have changed.

Some camps are designed just for kids with special needs, including kids who have learning or behavioral problems, those with specific chronic illnesses, and kids with mental or physical impairments. Many accept kids with a variety of needs, but some only accept kids with specific problems (such as camps for kids with diabetes, cancer, speech or hearing impairment, cystic fibrosis, cerebral palsy, epilepsy, etc.).

Within all of these categories, you'll have even more choices to consider regarding length of stay, philosophy, and cost. There are nonprofit and for-profit camps, religious camps, camps run by national organizations, private camps, daycamps, camps that run weekend sessions, and sleepover camps that accept kids for the entire summer.

Away at Camp

Taking part in an annual camp can be one of the most exciting parts of a child's summer.

There are nature walks, cookouts and up-all-night summer fun. Camp has long provided many staples of American childhood and should be experienced by any child seeking some adventure and camaraderie.

But before you pack a bag and send your child off to summer camp, you should take some precautions to ensure that the trip is both fun and safe.

Research the Camp

As a responsible parent, you should get to know what medical and safety services are available at the camp. According to recommendations from the American Academy of Pediatrics, a safe camp will make public its written health policies and protocols.

All children attending a quality camp should be required to have had a complete exam by a doctor in the past year and be up to date on all childhood shots. Before camp starts, parents should make sure camp officials understand any health issues the child has, as



well as past significant illnesses, operations, injuries and allergies.

It also is important to find out if the camp has nurses or other medical personnel on site. Is there a place your child will be able to go if she doesn't feel well? What are the caregiver's credentials and background in treating children? These are critical questions to ask camp officials before sending your child there.

Homesickness

The stress of being away from home should be a serious consideration before enrolling your child in summer camp. Eight out of 10 campers report being homesick at least one day at camp, according to American Camping Association statistics. Less than 10 percent of those cases result in the child becoming so anxious or depressed

that he stops eating or sleeping, the ACA says.

You know your child best, so if she has struggled with leaving your company in the past, maybe a short day camp is good way of testing readiness for the overnight variety.



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www.campriverbend.com

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www.ocymca.org/programs/child-care/camp

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http://www.ymcanj.org/content/locations/freehold_borough_camps.asp

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Summer Camps in Monmouth, Ocean, Middlesex

Preparing Your Child For Day Camp

By Brianna Siciliano

The weather is warm, the sun is shining, and your child is preparing for a new adventure. Day camp is a great opportunity for children to stay active and social while having a blast. Campers at day camp have the option to participate in tons of creative, exciting, and safe activities and memories will be created that will last a lifetime. Summer of 2016 can be an amazing, fun-filled season for your child, and you can ensure this by signing your child up for day camp.

There is a good chance that going to camp for the first time may be a frightening thought to your child no matter what his or her age is. Your child does not know what to expect, and your child may be asking: Will it be easy to make friends? Are there activities offered that I enjoy? Will I miss home too much while I'm away? These are all great questions that every child thinks about, and as a parent, it is your job to be positive, encouraging, and reassuring. If you attended camp, share your own experiences and memories with your child. Let your child know about the excitement you felt day after day when you were among camp friends, and about the activities that you participated in at camp. Reassure your child that he or she will make friends--possibly even best friends--that will last much longer than just this summer.

A great way to get your child excited for camp is to attend an open house. A summer camp open house is very similar to a real estate open house: you and your child will have the chance to tour camp grounds and get a preview as to what life will be like once camp begins. At your child's camp open house, your child will have the chance to ask unlimited questions to the camp staff, and encouraging your child to ask these questions is a fabulous way to allow your son or daughter to open up his/her mind and become more comfortable with the camp grounds, camp staff, and the camp overall.

During the days leading up to camp, review the camp schedule with your child so your son or daughter will know what to expect. Imagine how awful it would be if you were forced into a situation with no background on what you were walking into... you wouldn't like that very much, would you? Neither would your child! Going to summer camp is an exciting experience that will bring all sorts of emotions to the

table. With that said, it is important to discuss "what if" scenarios with your child. 'What if I lose something? What if I get sick? What if I am afraid to do something? What if I get involved in an argument with someone else?' are all natural questions. Talk about these situations and let your child know what they should do, such as talk with a counselor.

The first few days leading up to camp, and the first few days of attending camp, may be a bit rocky. Sometimes it takes a few days for children to adjust to new environments. Do your best to be encouraging throughout your child's entire camp experience, and keep in mind that camp is not just about the facilities or the activities. Attending day camp will help your child gain independence and learn more about social interaction, and at the same time, it is about making friends and spending everyday in a positive environment. Day camp is where campers learn the true meaning of friendship.



Starting Your Camp Search For Your Special Needs Child

To find a camp, make lists of the basics you're looking for: a list of goals, a list of care-taking priorities, and a list of other considerations (such as cost).

Then consider which type of camp might best suit your child:

- inclusionary (or mainstream) camps
- camps for kids with a specific special need
- camps for kids with many different kinds of special needs

Consider whether your child has ever been away from home, for the day, weekend or even longer, and what experiences might have helped prepare him or her for camp. This will help you to decide not only the type of camp, but whether your child is ready for a day camp or a sleepover (residential) camp.

Involving kids in the camp search will help to ensure that they get the most out of the camp selected. So, ask your child:

- What do you want to get out of summer camp?
- What are your preferences?
- Do you want to go to a coed camp, or just be around kids of the same gender?
- Are there any activities you really want to try?
- Would you be more comfortable going to a camp with kids who do or don't have special needs?
- Are you comfortable being away from home? If so, for how long?
- Do you have classmates or friends who have gone to a summer camp? If so, which ones? And did they like it?
- Do you have a friend who you would like to go to camp with? What camp will they be attending?

If it turns out that the idea of camp is a bit overwhelming for both you and your child, you might want to try starting small, like weekend sessions at a special-needs camp.

The benefits of camp for kids with special needs are often the same as for any child:

- increased confidence and independence
- activity and exercise
- the opportunity to interact with other kids, develop friendships, and build relationships
- positive role modeling by adults
- a chance for parents to have a much-needed break

Camp provides a variety of activities such as swimming, wheelchair racing, dancing, tennis, or golf. These give immediate health benefits (such as improved cardiovascular fitness) and recreational options that can carry over into adult life.

Picking a Summer Camp

Summer camps are opportunities for kids of all ages to create fabulous lifelong memories.

Everybody loves summer camp. Children can make new friends and take part in fun activities, such as hiking, swimming or telling stories. Parents can also enjoy time for themselves.

When looking for a summer camp, here are a few things to keep in mind.

Coed or Same-Sex

The first aspect to consider is whether you want your child to attend a coed or same-sex camp. There are advantages to both choices.

Coed camps allow boys and girls to socialize together, which may concern some parents. But coed camps usually have strict rules and supervision. They separate the boys and the girls for certain activities and housing.

Single sex camps can allow kids to develop confidence and self-esteem. They also eliminate the possibility of distractions and the rigidity of gender stereotypes.

Education

Many camps focus on educational activities, such as music, drama or science. Think about your child's interests. You may want him to focus on certain activities, especially if he needs additional tutoring.

Consider your choices and research your options. It is important to ask your child for his opinion. While it is ultimately your choice, the child will have a better experience if he feels as if he had some power in making the ultimate decision about how he will spend his summer.

Special Needs Camps

If you are searching for a special needs camp, be cautious about choosing the right camp. Experts and trained personnel should be on hand to help children with health or wellness needs.

Talk with the camp director before making a decision. Read reviews on the Internet and speak with parents who have sent their children to the camp. Also, be sure the facilities are properly equipped and safe before allowing your child to attend the camp.

Track Record

It is essential that the summer camp has long record of keeping children safe and happy. Also ask your friends, family and neighbors for information about summer camps for kids. Don't base your judgment solely on their opinion, but positivity is a good first step.

Once you have collected enough referrals, start looking deeper into what each camp has to offer.

Even if you had a fantastic childhood experience at a particular camp, times are different now. The staff and camp counselors have changed. The facilities may have aged substantially.

Visit all of the prospective camps before making a final decision.

Supervision

Supervision varies substantially from camp to camp. Some facilities have plenty of camp counselors on hand to look after the children. At the very least, camps should have enough staff to ensure the safety of all kids.

Each state typically has a minimum staff-to-student ratio. Be sure that the camp complies with these regulations.

Also, consider the following questions: Are the supervisors adults, older teens or a mixture of both? What kind of training and experience do they have? Do they have appropriate licenses and basic medical training?

Background checks should be performed on everyone who is around children. It is important that you verify that the camp has performed the proper background checks.

Long-Term Investment

There is a wide range of costs associated with summer camps.

If you are on a budget, consider sending your child to a basic day camp. People who can afford more might consider specialized private residential camps.

Cost alone should not be a deciding factor. Remember, you are paying for memories and experiences that will last a lifetime.

Never, ever risk your child's safety in order to save money. You will have to find a camp that meets your needs as well as those of your child. Your budget should also be a factor.

It isn't easy, but finding the best camp for your child is well worth the time and expense you put into it.



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GIVE THE KIDS A BREAK

ENJOY TIME OFF WITH A VACATION AT A SUMMER CAMP

Summer camps can be a great way for your kids and grandkids to relax and unwind after a hard year at school.

Those camps can provide fun, interesting things to see and do, and the best kinds of learning experiences. At summer camp, kids can get back to nature, hike through the woods, learn how to swim, go horseback riding and just enjoy time being a kid.

SPECIALTY CAMPS

Kids can also attend a host of specialty summer camps designed to help them hone their skills and explore their interests.

From fitness camps and sports training camps to computer camps and even astronaut camps, there are plenty of ways to keep your kids entertained and engaged as the long, hot days of summer roll around.

Choosing a camp should be a family activity, with both parents and kids taking an active role in the discussion.

As the parent, you may have your heart set on the type of camps you loved as a kid, but it is important that your child be interested in that type of camp as well. After all, your goal is to help your son or daughter forge his or her own.

SHOP AROUND

Cost is unfortunately a factor as well. As much as you might like to send your kid to Houston for astronaut camp, if it is not in the budget you might have to aim a little lower.

The key is finding a camp that is affordable, nearby enough to be convenient but still lots of fun. Fortunately, there are plenty of camps that fit that category, some run by church groups, others run by non-profit and civic organizations.

You can find information about these camps in your local newspaper and by talking to other parents.

LEAVING HOME

As the parent, you also need to decide whether a day camp or a sleepaway camp works best for you and your child.

Many young children are reluctant to spend the night at camp, but after they get over those initial jitters they may find that they love it.

Even so, you might want to choose a day camp for the first year, then discuss a sleepaway camp for the next year.

PARENTAL INVOLVEMENT

Of course, these days camps are not just for kids.

Parents can relive the fun and excitement of their own childhood days by attending theme camps ranging from football and baseball fantasy camps to music camps and computer camps.

No matter what your interest, you can find a camp that can accommodate it. Whether it is spending a week on the trail camping under the stars on a cattle roundup or spending a week with your favorite musicians learning to play guitar, you can find an adult fantasy camp that can accommodate your interests.

So as you pack little Johnny or Jane off for that first sleep-away camp adventure, why not consider booking an adventure of your own?



Millstone Township Foundation For Educational Excellence Awards Grants To Millstone Township Schools Totaling \$11,651.47

Grant awards included balance ball chairs; keyboard and tuners; Future Ready classroom; Brainology® and Zoo On Wheels

Millstone Township Foundation for Educational Excellence (MTFEE) awarded 5 grants today totaling \$11,651.47 to its schools. The grant awards included balance ball chairs; keyboard and tuners; Future Ready classroom; Brainology®; and Zoo On Wheels. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget. Through the creativity of the teaching staff's grant applications and the fundraising efforts of MTFEE, the foundation is proud to have awarded more than \$527,200 in grants to Millstone Township schools, since 2002.

Following is a listing of the grants and recipients:

Bounce, Focus and Learn! (\$3,498.72) (*Stephanie Dunk, reading specialist; Peggy Schaneman, reading specialist; Christine Smith, remedial math; and Jason Suleski*) (Grades K-2) - The grant consists of 45 balance ball chairs. The chair features a large balance ball to sit on and a back support. The use of these chairs will help students achieve greater success, as well as support better posture and health. There is a body of research that indicates the positive learning outcomes for balance ball chairs. Studies show when students use these chairs, they are able to sit still by moving allowing them to focus better, write more words clearly and be more engaged. The balance ball may also reduce obesity and improve students' overall health. These chairs will be implemented for all students in a small group setting. In addition, each classroom teacher will have one balance ball chair and can implement it based on the needs of their class and students.

Keyboard and Tuners (\$3,433.35) (*Heather Philhower, music teacher and Gwen Parker, instrumental music teacher*) (Grades 6-8) - The grant consists of an 88 key electronic piano, piano stand and 30 electronic tuners. The electronic piano and stand will be used by the entire music department. The electronic tuners will be used by all three middle school bands and will allow student autonomy when tuning their instruments. This will enable continued improvement of students to create, perform and critique a wide variety of musical styles.

Future Ready Classroom (\$2,564.40) (*Jaime Golizio, social studies teacher*) (Grade 6) - The grant consists of a "Future Ready" classroom, which will include stand-up desks, cushioned stools, portable rocking chairs, rugs and bean bag lap desks. This type of classroom is designed with a functionality to enhance student learning, while creating an environment where students form interpersonal spaces that facilitate cooperative, out of the box learning. Classroom design is an integral part of student learning. Studies have proven that the design and function of a classroom can affect the way students learn and perform. Seating arrangements and small pods dedicated to a specific function all contribute to the idea of the "Future Ready" classroom. It is in these types of classrooms, where students of all learning abilities have access to furniture that meet their needs while given the opportunities to collaborate with their peers.

Brainology® (\$1,680) (*Cathleene George, science teacher; Jaclyn Morrison, special education teacher; and Karen Shaffer, special education teacher*) (Grade 6) - The grant consists of a research-based method for teaching students a "growth mindset," along with tools to put into practice. Positive academic mindsets motivate students to persist at schoolwork (i.e. facilitate academic perseverance), which manifests itself through better academic behaviors and lead to improved performance. This curriculum combines online, interactive animation with classroom-based activities to teach students how the brain changes with learning, and how they can use brain-based study strategies to accelerate their progress. The Brainology® curriculum closely aligns with the concepts taught during a sixth grade science unit and will be implemented during that time in the classroom.

Zoo On Wheels (\$475) (*Brittani Adams, pre-school teacher*) (Pre-K) - The grant consists of a visit from the Philadelphia Zoo On Wheels Program. This interactive program will engage students for 45 minutes through live animals, role play, songs and touchable biofacts. It will go along with the classroom themes of animals and the five senses, as well as meet critical early childhood curriculum standards.

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

For more information about donating to MTFEE, becoming a trustee or its fundraising programs and events, please e-mail info@mtfee.org, visit www.mtfee.org and like us on Facebook.

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- Clean & Flush Safety Float Assembly in Brine Tank
- Inspect & Clean or Replace Injector & Screens
- Flush & Re-Pressurize Well Pressure Tank
- Clean Black Mold from Mineral Tanks
- Iron Out Treatment in All Toilet Tanks
- “Res Up” Treatment for All Resin Beds
- Test Tap Water for Iron, Hardness, pH & TDS
- Inspect Well Cap Seal for Damage
- Clean All Housings & Replace Mechanical Filters

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- ☐ Musty, Damp Smell in Basement
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- ☐ Salt Tank Level Does Not Go Down
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Did You Know That ...

Some famous celebrities invented other things that you might not be aware of?

By Pam Teel

Take **Neil Young** for example. Mr. Young is a model train fanatic and part owner of Lionel, LLC, (A Model Train Development Company that sold all of his innovations). Mr. Young's son, Ben, has cerebral palsy and Neil was trying to come up with a way for his son to enjoy trains as much as he did. Ben lacked the motor skills necessary to work intricate controls on the train sets. Mr. Young invented a whole new remote control system called the Trainmaster Command Control, a programmable system that would reduce complex train maneuvers to something his son could control with a tap of a button.



Zeppo Marx was the youngest of the four Marx Brothers. He was the straight man of the group. Zeppo loved engineering and was the mechanic of the family. After he left show business, he formed a company that led him to design many little doodads. He ended up making more money selling his small inventions than he did in show business. His most notable product was a device he called the cardiac pulse rate monitor. It had two clock faces; one told the actual time, while the other one took note of your heart rate. If your pulse started palpitating faster than normal, the watch would pick up the rate and an alarm would go off.

Robert Heinlein, nicknamed the Dean of Science Fiction, was a famous science fiction writer who invented the waterbed. Heinlein served in the U.S. Navy until 1934 when he caught pulmonary tuberculosis. He found himself lying in a hospital bed for so long with nothing to do but think of how uncomfortable he was. He started to draw up detailed sketches in his mind. He dreamed up a pump to control water level, side supports, a thermostat control for temperature, safety interfaces to avoid all possibility of electric shock, and a waterproof box so he could feel like he was floating in bed and not lying on a hard surface all day. From then on waterbeds started to appear in his stories. His descriptions were so accurate and detailed that someone tried to patent his idea in the late 1960's, but Heinlein already owned the rights.



Actress **Julie Newmar** created the body shaping pantyhose. She is best known for her role as Catwoman in the 'Batman' television series (1966 – 1968). At some point in her career, she was inspired to create a piece of clothing, a special pair of pantyhose that adjusted and enhanced the appearance of woman's backside. Newmar patented the pantyhose in 1974, which were made of a combination of nylon and spandex that predated any other such line of clothing.

Margaret Thatcher was best known as the Iron Lady for her unwavering stance against communism. Ms. Thatcher was the first woman to serve as prime minister of Great Britain and Northern Ireland. She was one of the most important political figures of the twentieth century. As it turns out, before she got

into politics, the Baroness Thatcher studied chemistry at Oxford. Later, as a research chemist for Lyons & Company, her team developed a process that could add a significant amount of air to ice cream while it freezes, making it much more pliable. She helped to invent modern soft serve ice cream.

Screen Actor, **Bing Crosby** invented the window sash holder. Crosby was an icon in American cinema due to his distinct voice and screen presence. One issue that really bothered Crosby was his window blinds as well as the difficulty he had adjusting them. Apparently, he had such a problem with his blinds that he developed a device called "The Window Sash Holder," which was used to secure the strings that open and close the blinds covering windows. In 1976, Crosby patented the product.






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The Changing Face of The Perrineville Jewish Center

By Susan Heckler

Driving up to the Perrineville Jewish Center on Perrineville Road, you see a building steeped in history. In 1910, ten men began holding formal religious ceremonies, and in 1925 built the synagogue, originally known as the First Hebrew Farmer's Association of Perrineville. The building is home to a friendly and heykish community of families from the Millstone Township area and the surrounding Manalapan, Freehold, Twin Rivers, Allentown, Upper Freehold, New Egypt and Monroe area. Membership is reasonable and affordable and now offers a host of new opportunities to the families in the area.

The building remains fairly unchanged, but inside the congregation is in the process of big changes. Once an older and more observant congregation, they have become more family friendly, flexible and welcome those less observant and families of intermarriage. The values and traditions are unchanged but they have adopted a more Egalitarian view, welcoming the young ladies to participate more.

Being a smaller membership than some of the other synagogues in the area, they can offer individual attention to their youth. The B'nai Mitzvah children can have an individual service, the student to teacher ratio is very low, and they can give time and attention to the special needs students and those needing some additional assistance. Understanding the busy

schedules of suburban families, their Hebrew School is now one day a week without sacrificing the curriculum. They have Ipads to assist in learning and enrichment activities.

PJC is unaffiliated, meaning they can be flexible with the rules of observance, embracing a wider variety of the Jewish population of the area. The youth will enjoy BBYO, B'nai Brith Youth Organization, in 2016, something to keep the post B'nai Mitzvah crowd involved.

PJC has become more involved in their community, linking up with Manalapan Helps, Holiday Wishes Campaign, and the Jewish Family & Children's Service to do outreach.

Stay tuned for notices of the upcoming events and activities, such as the March Gala celebrating the 26th anniversary of their Rabbi, Sheldon Schevelowitz.

For information about this wonderful group of people, contact them at (732) 334-8774.



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JANUARY

Keep Your Parents Busy

2016

Happy New Year! Enjoy the day and celebrate 2016!



Video Games Live! 7:30 PM, New Jersey Performing Arts Center, Newark, NJ.

Free First Sunday's at Studio Z at the Zimmerli Art Museum, New Brunswick, NJ

National Trivia Day!

If you're still on winter break, enjoy a fun day out sledding or playing in the snow!

National Cuddle Up Day-get to snuggling!

Take a skating lesson tonight from 6:30 to 7:30 at Mercer County Ice Rink, West Windsor, NJ.



iPlay After Dark starts up again tonight! Unlimited rides, games, and a DJ, all under one roof. 8-11, \$17.05 a person, at iPlay America in Freehold, NJ.

Bird Feeding 101 at the Plainsboro Preserve, \$7 a person, 80 Scotts Corner Rd. Cranbury, NJ.

Check out one of New Jersey's prime ski locations, like Mountain Creek Ski Resort or High Point XC Ski Center!

National Step in a Puddle and Splash your Friends Day!

MOVIE: The movie 400 Days comes out today!



Dancing with the Stars LIVE tonight, 8 pm, at the Count Basie Theater in Redbank, NJ.

Disney on Ice: Treasure Trove tonight, at the Prudential Center in Newark, NJ.

STOMP opens tonight at the State Theater in New Brunswick, NJ. 8pm, tickets start at \$35.

Polar Bear Plunge in Wildwood, NJ. 10:00 am to 1:30 pm, \$100, all proceeds go to the Special Olympics in NJ.

National Ditch Our New Year's Resolutions Day

Martin Luther King Jr. Day



National Popcorn Day- bust out that Jiffy Pop!



Disney on Ice Presents: Dare To Dream, 2:30 pm, Sun National Bank Center in Trenton, NJ.

Murder Mystery Dinner Theater tonight and tomorrow night! Dinner starts at 6, show starts at 7, at Monroe Township High School, Cafeteria B

MOVIE: The movie Dirty Grandpa premieres today, starring Robert DeNiro and Zac Efron!



The Winter Festival of NJ is held today in Downtown Lambertville, NJ.

National Compliment Day- you know, you're looking rather nice today!

Today is Opposite Day- it's actually a real day! Or is it?

Fun Fact: today is Ellen DeGeneres's birthday!

National Chocolate Cake Day



National Fun At Work Day- not that you don't have fun all of the time at the office!

Indoor Auto Racing at Boardwalk Hall Arena, Atlantic City, NJ, 7:30 pm.

2Cellos, the sensational cello performers, at the Count Basie Theater in Redbank, NJ, 8 pm.

Sing Along with the Muppets Movie! At the Count Basie Theater in Redbank, NJ, 2 pm, \$30.

Please check with all venues to confirm dates and times in case changes were made after print.

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Knitting & Crochet Club

Thursday, January 14, 2016 @ 2 pm

Do you enjoy knitting, crochet, or needlepoint? Then join us as we chat, and share ideas. Bring your old and new projects to work on. We meet every second Thursday of the month.

Babies at Play

Tuesday, January 19, 2016 @ 10:30 am

Join us for songs, bounces, rhymes and stories. Ages 0 - 12 months with caregiver.

Book Café with Guest Author

Monday, January 25, 2016 @ 3 pm

Meet local author Sebastian Rizzo as he presents his debut novel *Torben's Fountain*. The story weaves some fascinating episodes in war time Nazi Germany. Light refreshments served. Book available for purchase.

Coloring for Adults

Tuesday, January 26, 2016 @ 11 am

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Catch A Rising Star As 101.5's Steve Trevelise Presents Gilbert Gottfried January 16th At The Millstone Theatre

Known for his political-incorrecness and X-rated show content, this Aristocrats joke star has been mastering the art of stand-up comedy for 40 years. The producers of the legendary NBC late night comedy show Saturday Night Live became aware of Gottfried and, in 1980, hired him as a cast member. It wasn't until a few years later when his true notoriety would begin when MTV hired him for a series of improvised and hilarious promos for the newly formed channel. This led to several television appearances on "The Cosby Show" and "Late Night with David Letterman."

Gottfried's many credits include "Beverly Hills Cop II". Other film credits include "Look Who's Talking II" and "The Adventures of Ford Fairlane." He was also the host of the very popular late night movie series "USA Up All Night," "Aladdin." Gottfried is the voice of DIGIT in Cyberchase." He is a regular on the new "Hollywood Squares", "The Tonight Show" and "The Howard Stern Show." Gottfried recently appeared in the documentary "The Aristocrats," with Entertainment Weekly quoting "out of the 101 comedians who appear on screen, no one is funnier - or more disgusting - than Gilbert Gottfried."

"Gilbert Gottfried Dirty Jokes" was recently released on both DVD and CD, featuring 50 non-stop minutes of Gottfried telling the funniest and filthiest jokes ever. At the end of the show, Gottfried tells what is known among comedians as the "Dirtiest Joke of All Time," which is also the basis for "The Aristocrats." Gilbert has his own weekly podcast which is considered one of the best by the brutal audience of his peers.

The show will be hosted by New Jersey 101.5 radio personality Steve Trevelise. When he's not talking "Jersey" at night or sports in Philadelphia, Steve a former Catch A Rising Star house emcee and veteran comedian has opened for among countless others, Pat Cooper, Robert Klein, Gilbert Gottfried, Louis Anderson, as well as the late Richard Jeni and Bill Hicks.

Catch a Rising Star @ The Millstone Theatre is located at 5 Dawson Court, Millstone Township, New Jersey . Tickets are available at www.catcharisingstar.com or by calling Mike at 609-987-8018. Free parking is available. For Press Passes and further information, please email catchsuzy@aol.com For more info call 609-987-8018. Doors at 7:15pm, Show at 8pm. Must be 16 years and older to attend.

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Cut Out the Stress

Along with everything from exercise to eating right, reducing stress is a critical factor in starting off the New Year on the right foot.

Impact of stress

There is some research being done into the positive impacts of stress, though for the most part, stress is typically a bad thing. Here's what Stanford Medicine's Firdaus Dhabhar had to say about the impact stress can have on the body and mind:

"Chronic stress has been associated with increased biological aging, suppression or abnormal regulation of immune function, impairment of brain structure and function, increased susceptibility to some types of infection and worsening of conditions like depression, heart disease and some types of cancer."

Needless to say, stress can have a profound impact on your health.

Reduce your stress level

We're all going to have to deal with some stress in life, but there are often ways to reduce our stress. We just have to work to find them. Here are some tips from the National Institute of Mental Health on how to reduce your stress level:

- Stay in touch with people who can provide emotional and other support. Ask for help from friends, family and community or religious organizations to reduce stress due to work burdens or family issues, such as caring for a loved one.
- Recognize signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed and low energy levels.
- Set priorities. Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload.
- Note what you have accomplished at the end of the day, not what you have been unable to do.
- Avoid dwelling on problems. If you can't do this on your own, seek help from a qualified mental health professional who can guide you.

Get creative

One outside-the-box approach to reducing stress is to seek a creative outlet, such as writing or music, to give your mind and body something unique to focus on outside the typical daily grind. Beyond that, perhaps also consider getting a pet to take care of, or take up a hobby, such as gardening or volunteer work, to provide some relief.



Allentown Junior Midgets Football Team Makes History

By Pam Teel

The Millstone-Allentown Junior Midgets Football team had plenty to celebrate this week after winning the Division III Eastern Regional Championship. They defeated Schenectady N.Y. in a 20 to 18 win in December.

The Eastern Region represents all Pop Warner teams from NY, NJ, PA, DE, MD, and Washington DC. It is comprised of 25 conferences and roughly 500 organizations. This is the first time a team from Millstone and Allentown has ever qualified for a Pop Warner Eastern Regional Championship Game.



The winning team!

"This win represents much more than just a game for our boys. This is a group of very determined and hardworking young men that collectively decided and set a goal in August to achieve something that had never been done before," said Head Coach Ben Minton.

The Awards Ceremony was held at the Millstone firehouse where the coach not only handed out awards but spoke personally and affectionately about each individual member of the team as he called them up one by one. The coach was proud of all of their hard work and determination throughout the year. Without their combined efforts and ability to work together, they wouldn't have been able to have climbed to the top. For some members of the team, it will be a happy memory of their accomplishments, as they will be moving on to high school next year.

It was a proud moment not just for the team, but for their families and for the Millstone- Allentown Community as well. For all of the team Members, we would like to say Congratulations for a job well done. Enjoy the trophy. We'll be rooting for you next year!

"The combined team is comprised of the following 6th, 7th and 8th grade players.

From Millstone:

8th Grade – AJ Abaro, Quentin Autry, Christopher Forte, Gino Giacolona, Aiden Hixenbaugh, Liam Hixenbaugh, A'Jai Kenyatta, Tyler Minton, and Sean Mulligan.

7th Grade – Renzo Bagatoli, Ramsey BenFlah, Joseph Hannah, Danny Merkel and TJ Sico.

From Allentown:

8th Grade – Christopher McCrea, Christopher Scheuerman and Darren Villani.

6th Grade – Dennis Healey III

The team also had two players from Manalapan; Vincent Spitalieri (8th Grade), Joseph Matone, (7th Grade), and Jaden Agnew (7th Grade) from Monroe.

The coaches for this team were also a combined group consisting of: Ben Minton, Head Coach (Millstone), Dan Merkel (Millstone), Shawn McCrea (Allentown), Tony Abaro (Millstone) Dan Giacolonia (Millstone), Andrew Alvarez (Fort Lee) and Eleanor Cysz, Team Administrator (Millstone).

The teams overall record for this year was 13-2 and they were undefeated (11-0) in Division III games. They were undefeated (6-0) in their playoff and championship run. They were the Central Jersey Division III South Champions, The Central Jersey Division III Conference Champions, The Division III NJ State Champions, and The Eastern Regional Division III Pop Warner Junior Midget Champions.



Tyler Minton standing with his family after receiving award from his Father/ Coach Minton. Tyler has never missed a practice or any football related event since third grade.

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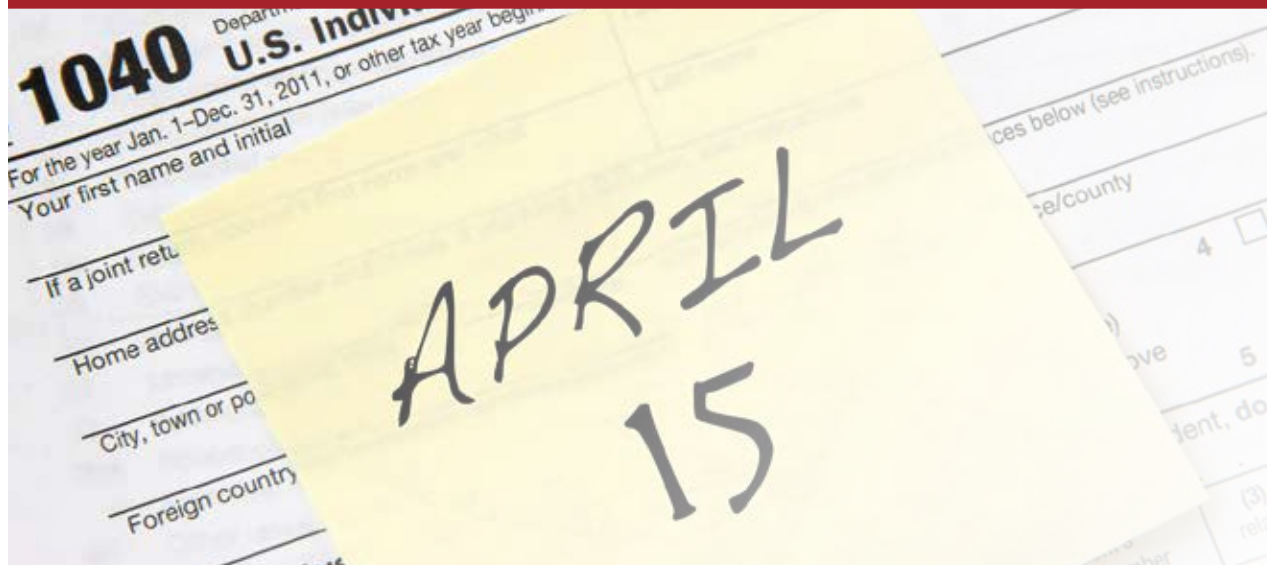
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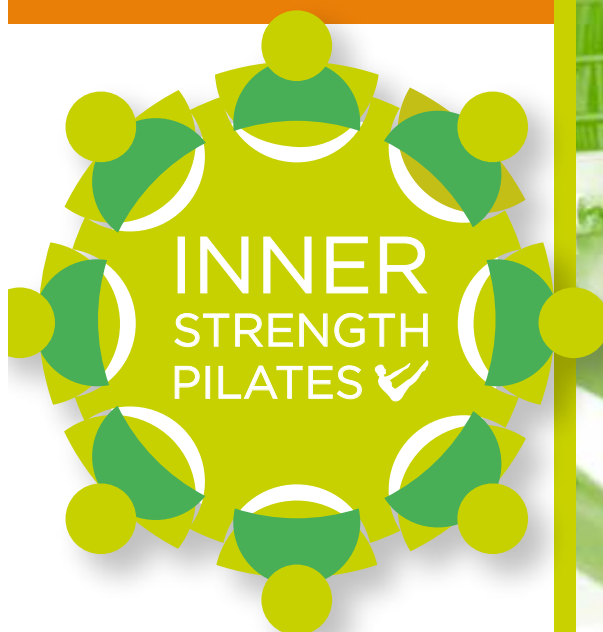
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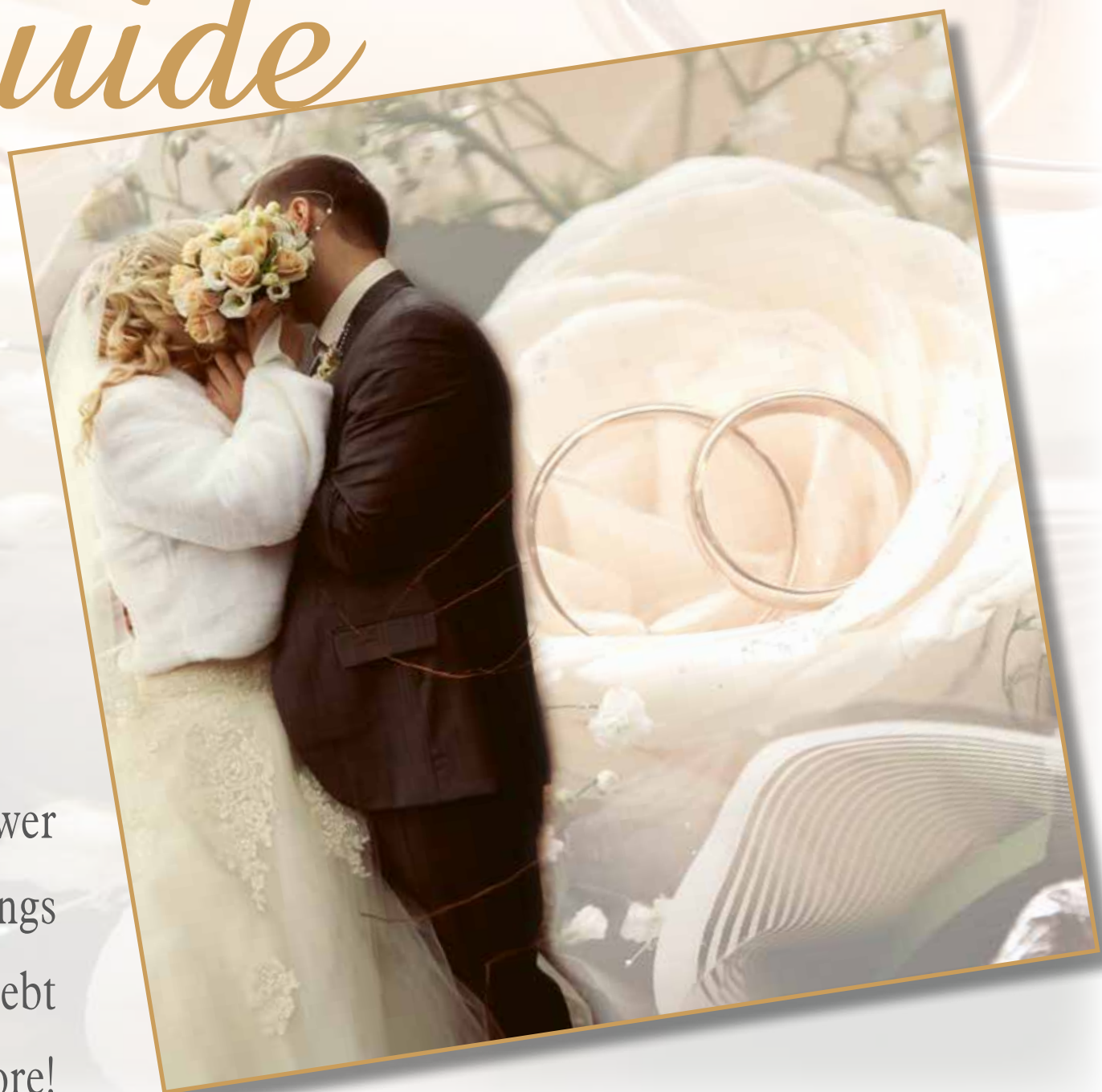
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2016 *Bridal Guide*



The Perfect Shower
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Spring Bridal Showers

The spring is the most popular time of year for weddings for a number of reasons. The weather gives you options not available during the potentially hot summer months or unpredictable winter and fall.

For the most part, you can count on spring's mild temperatures and its steady weather patterns — especially in late spring.

The spring also gives you flexibility when it comes to planning a bridal shower. Friends of the bride have long put their heads together to pull off a memorable shower experience that all involved parties remember for years to come.

Here are some of the most important things to remember when throwing a shower:

- Decide on a date that is ideal for all attendees — usually a weekend day when getting off of work isn't an issue.
- Choose your venue and make sure you book it months ahead of time. There's nothing worse than having to go to your backup plan just because you didn't plan ahead.
- Plan (and stick to) your budget. Set a budget for the entire event and make sure you follow it during both the planning and execution phases. Your fellow bridesmaids will likely pitch in to help you avoid over-spending on this special event.

Shower Ideas

Below are some ideas for what kinds of spring bridal showers you can plan for your friend or family member. Don't forget to incorporate the bride's likes and dislikes into the festivities. For example, if the outdoors isn't really her thing, a day-long event filled with lawn games probably isn't your best bet. Be creative, be practical and most of all be fun.

Spa Party

A spa bridal shower is a great way to relax the bride during this anxious time. Consider booking your local spa or hiring a couple of professionals to come to you. A DIY spa station could include a massage table, a facial space and a mani-pedi seat. Be sure to play relaxing music and deck your place out with soothing decorations.

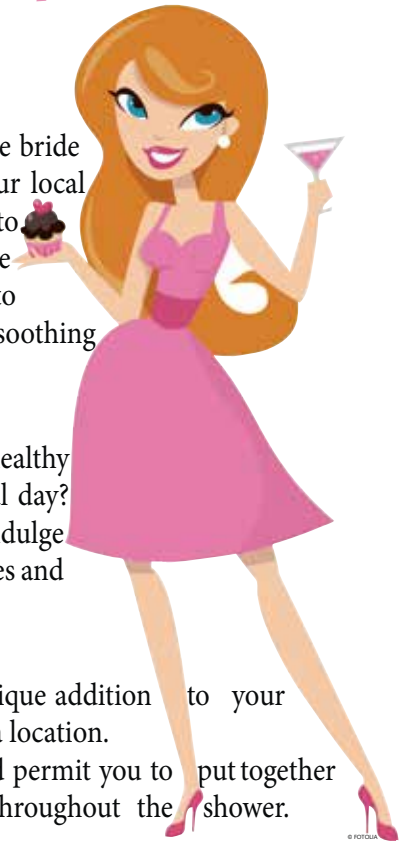
Food Party

What bride doesn't love food — especially healthy food to help her stay trim and fit for her special day? Set up a food-themed party to let your guests indulge on deli sandwiches, cheese and crackers, vegetables and fruit salads.

Perfume Bar

If your venue allows it, a perfume bar is a unique addition to your bridal shower. This is a great complement to a spa location.

Ask the company's management if they would permit you to put together a table area full of perfumes for sampling throughout the shower.



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Add Hanging Decor

From flowers and lanterns to everything in between, hanging decorations can add a special touch to any church, hall or reception area. The best part is that you can find — or make — a hanging decoration to match any theme.

Consider the space you have to work with when coming up with hanging decor ideas. If your banquet hall is on the large side, it may be difficult to make enough pieces to fill it. On the other hand, you don't want to overwhelm a small, cozy room with too many materials hanging from the ceiling. Find a balance to pull off the perfect look.

Flowers

Fresh or dried flowers make for the perfect touch suspended upside down from the ceiling. They provide vibrant colors and distinctive smells, perfect for an entryway or spaces between tables.

Mix them with ribbons, strings and other garnishes to make them even more attention-grabbing. A colorful mix of flowers and ribbon can help you pull off the perfect soft design complement to nearly any theme.

Hanging Backdrops

If you're looking for a stunning yet practical backdrop for reception photos, consider hanging a backdrop made of a combination of paper cutouts and other special touches that complement the color of your wedding.

You'll enjoy seeing guests flock to capture their own memories of your wedding in front of your spectacularly designed backdrop.

Check Out Bridal Fairs

The greatest benefits of attending a spring bridal fair involves being able

to ask professionals what they can offer in the way of your unique wedding wishes. If you have an idea for a hanging decoration that you haven't seen at weddings in the past, you can find out the possibilities of pulling it off by asking a designer or planner at a bridal fair.

They also may come up with additional ideas that you hadn't considered. This kind of collaboration is key in exploring all options for your perfect hanging decor.





Choosing Performers

Music is one of the most important parts of any wedding celebration. Finding the perfect musical act or DJ can be a frustrating exercise if you're not prepared for the search.

Before deciding on your final choice for music, make sure to ask some basic questions — along with any others specific to your wedding — to make sure you find the one most aligned with your nuptial needs.

Do you perform original music or play cover songs?

This is a question for a band you are consider hiring. You want to make sure their musical preferences match what you're looking for. Weddings are generally an atmosphere where cover bands may be a better fit, but this is up to you.

What is your price range, and can I get a quote on paper?

Making sure you have a written quote will help resolve any confusion come payment time.

How many weddings have you performed for in the past couple of years?

This answer may be one of the most important, as you want to make sure the company is experienced and up to the challenge.

Will you be providing the equipment and song list? Can you take requests?

A “no” answer to any of these questions could lead to more work for you as you try to coordinate what will be played during your ceremony.

Do you only play one event per day?

You want to make sure you have the full attention of the musical act or DJ during your wedding.

Are you easy to get in touch with if I have questions throughout the music planning process?

A good musical act or DJ will surely answer “yes.” A good follow-up question is for a list of references just to make sure you can conduct a little follow-up research.

Do you also do announcements?

It's a great bonus to have your wedding band or DJ make announcements throughout the night. That's one less thing for you to worry about.

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Negotiate the Right Deal

Buying or selling a home can be stressful, especially when it comes to negotiating a price. There is no statistic detailing the number of deals that have fallen apart at the negotiating table, but it's not uncommon.

If you treat negotiations like a personal challenge, you can actually find some enjoyment in pulling off a deal. If you're overwhelmed at the thought of bartering with an opposite party through your Realtor, follow the tips below to strengthen your confidence.

Don't Speak Until Spoken To

This old adage is true in the negotiating game when it comes to real estate transactions. Experts recommend letting the other party speak first when deal time approaches. Doing so lets you identify a clear midpoint by taking the difference between your price and what is being offered.

This helps you quickly recognized if your suitor is genuinely interested in pursuing the deal.

If the offer is extremely low, this probably isn't the deal for you.

Listen Carefully

Too many buyers and sellers have been shortchanged by not paying attention to all the terms and conditions of a real estate transaction. Anytime a price is pitched to you, write it down and study it with the help of your significant other and Realtor.

Listen to all the deal details so you can make the most informed decision possible. Write down questions you have on clarifying any points of the proposed deal, and don't forget to consider your financial situation to see if the negotiated price makes sense for you.

Do Your Homework

In the traditional negotiation engagement, the person who holds the most information about the home and competitive home values holds the power at the table. When negotiating, it's important to know the basic terms and conditions, as well as what other homes in your area are demanding in the market. With this knowledge, you can enter negotiations with full confidence that you're going to get the better end of the deal. Have numerous conversations with your Realtor throughout negotiations to maintain a sense of the other party's stance and goals.



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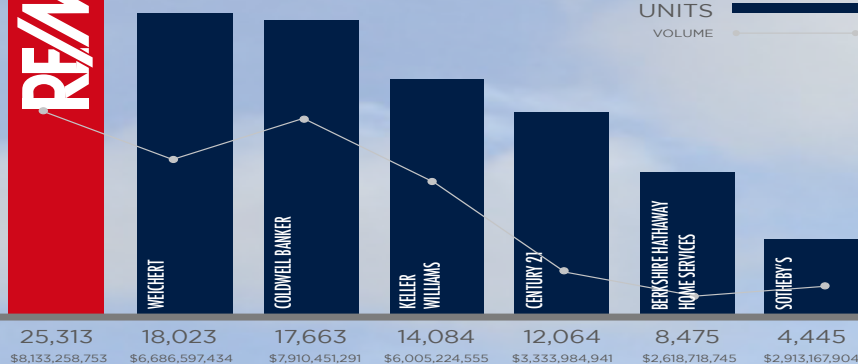
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Common Senses

Using the Five Senses to Enhance Your Open House

To leave potential home buyers with a lasting impression, there are a few simple tricks you can do to enhance the feel of your open house. Here is a list of creative and inexpensive ways you can entice all five of a buyer's senses and make them feel right at home.

Sense of Taste: Upon entering, visitors should be greeted with a sweet snack such as a cookie or brownies. You can accompany these treats with fresh squeezed lemonade

or milk. Be sure and ask visitors about any possible allergies, because the last thing you want is a potential buyer having a reaction to an ingredient in your handouts.

Sense of Smell: Light a scented candle in each room a few hours before the open house. Choose only one scent such as fresh apple pie or French vanilla and create a home filled with a welcoming aroma. If you don't have candles you can buy scented plug-in air fresheners and strategically place them throughout the house.

Sense of Hearing: Some instrumental music or light jazz playing in the background can create a delightful atmosphere throughout the rooms of your open house. Be sure and keep the volume low enough as not to interfere with conversations between your real estate agent and prospective buyers.

Sense of Touch: Make sure the countertops, appliances and railings are all clean and dust free. It's a good idea to hire a maid service or cleaning crew to clean the interior of the home a day or two prior to your open house.

Sense of Sight: If your home has amenities such as a fireplace or pool, be sure and have a fire burning and the pool clean. If the pool has a Jacuzzi or waterfalls – have them running during the hours of your open house. You'll want visitors to envision themselves sitting by the fire or relaxing in their hot tub.



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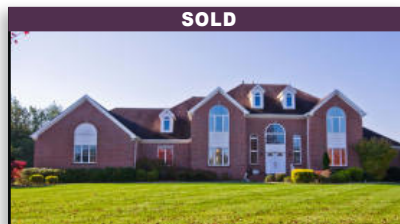
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Diamonds in the Rough

The benefits of a brand new home are easy to spot. But recognizing the potential of a home in need of some TLC will take a creative eye and a willingness to roll up your sleeves on some home improvement projects.

Once you've been pre-approved and know how much you can afford on a monthly mortgage payment, it's time to go shopping.

Depending on how handy you are, it will likely be beneficial to find a home with good "bones." This means that there are no structural deficiencies and that all major electrical and water systems are functioning correctly.

You may be able to spot these issues, or it may take the expert eye of a professional home inspector.

Either way, hiring an inspector is usually a requirement of the lending organization for any home transaction.

Taking on Repairs

You may find a home that has great potential but is in need of some repairs. Consult with your inspector to find out how much these will cost and how soon you should consider repairing them upon moving in.

HouseMaster, a national home inspection company, recently released study results that found the typical costs of major repairs, as follows.

- Roofing: \$1,500 to \$5,000
- Electrical systems: \$20 to \$1,500
- Plumbing systems: \$300 to \$5,000
- Central cooling: \$800 to \$2,500
- Central heating: \$1,500 to \$3,000
- Insulation: \$800 to \$1,500
- Structural systems: \$3,000 to \$1,500
- Water seepage: \$600 to \$5,000

Making an Offer

You should take any of the above factors into consideration when making your offer. Build a budget that would cover the home improvement costs you're thinking about undertaking. For projects that need to be handled by a professional, call around to get a few quotes.

Then either subtract these numbers from your asking price or ask for a credit from the seller to cover your costs.

Schedule Issues

Taking on a renovation project can be exciting, but also challenging if you're pressed for time. Consider the impact it could have on your family's schedules.

Couples with young children at home may not have the desire to live in a construction zone for months at a time while critical areas of the home — especially bedrooms, bathrooms and kitchens — are being redone.





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Add Value to Your Home

We all want to know that our home is increasing in value over the years. Unfortunately, that's not always the case. The value of a home can fluctuate depending on what's going on in the neighborhood and town.

Some appraisers may find value in certain home improvements compared to others. And the list of variations goes on.

Fortunately, there are many surefire ways to add value to your home without breaking the bank and without questioning if you're making the right decisions.

Think Small

Think really small. Tiny mosaic tiles make for the perfect kitchen backsplash and add bigtime value to your home. These pieces come in 1-inch squares of varying colors, finishes and textures. Stick to neutral colors if you're planning on selling anytime soon to avoid putting off any potential buyers.

Small flowers or solar light fixtures in front of your home also can do wonders in improving the value of your home. That's because curb appeal plays a major role in how much a buyer is willing to pay for your home. Keep your design colorful and simple for maximum impact, as too many flowers and decorative touches can turn off potential buyers.

Transform Your Kitchen

Keeping your kitchen cleanly designed and updated is one of the best ways to add value to your home. The kitchen is the room many home buyers consider most memorable from a showing. That's because of the time spent in the kitchen entertaining and cooking with our friends and family members.

Give your kitchen some warmth with high-quality, vibrant lighting that helps brighten up the room. Re-face your cabinets or simply add new hardware.

Update your appliances with stainless steel or slate finishes. Swap out your old countertops for natural quartz or granite. These are just a few ideas that can transform your kitchen from plain to picturesque.

Beautify Your Bathroom

Next to the kitchen, bathrooms are often the most financially savvy rooms to update. They can be improved without a lot of cash, and the changes can add tremendous value to your home.

Changes can range from installing a new pedestal sink to adding can lighting above your vanity. You also can consider adding a new prefabricated tub and shower surround, or a new, water-efficient toilet, to your bathroom's repertoire. Any discolored flooring can be easily replaced with vinyl tiles. New vinyl tiles on the market are designed to look like wood flooring, which can give any bathroom a nicely updated look.



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Small Room? Make it Big

Very few factors have as big of an impact on home value than square footage. Small houses, and in particular small rooms, can be hard to furnish and design. But that doesn't mean you have to tear down walls to solve your size issue. There are many things you can either add or take away from a smaller space to help convey the impression of a larger space.



The Right Colors

A general rule to follow when trying to convert your smaller space into a seemingly larger living area is the lighter the better.

From bright white to muted cream, there are certain color combinations that not only look great, but create an optical illusion of sorts that can help make a room look brighter and bigger.

Lighter colors are more reflective and can bounce natural sunlight through the room, while dark colors absorb light and give off a more closed-in appearance.

Adding brightly colored art pieces and decorations into your smaller space can complement your wall color, amplifying the openness of the room.

Lighting is Key

In addition to the right colors, lighting can play a big role in visually boosting your living space.

Natural light is best, obviously, but there are certain things you can do to amplify a room even without windows. Choosing lamps or recess lighting with a unique structural design can help brighten up your room with a modern touch. Be sure to choose high-wattage bulbs for optimum lighting.

If there is any way to add a window or a skylight to your room, this will be your best bet, helping connect your interior to the outdoors.

Clean it Up

Have you ever walked into a room full of clutter and commented on just how much space there was? Not likely.

De-cluttering your small room – and keeping it that way – is a great strategy for adding some extra space. If you're short on storage for a lot of the extra items in your room, you can build shelves for extra storing space.

Moving things from the floor to the walls will open up walking space and keep your room clutter-free.



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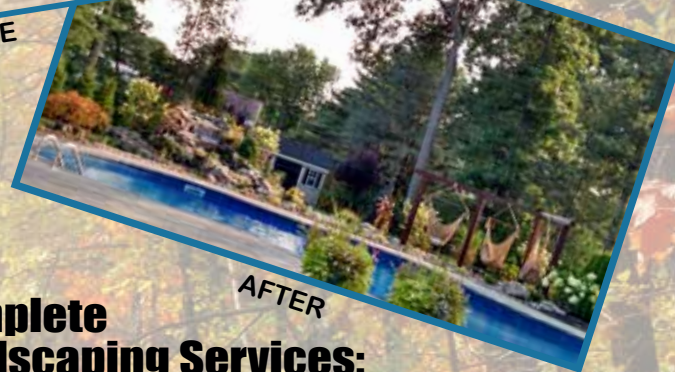
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Small Business Tax Tips

Running a small business has many perks, one of them being the amount of deductions you can pile up at tax time. Everything from mileage to independent contractor payments can help defray taxes.

Even if you're not the most financially savvy entrepreneur, you can lean on a CPA or other tax professional to walk you through your tax returns, as well as to give you tips on making the most of your deductions and business expenses.

Small Business Computing offers a number of tips for small businesses at tax time, including keeping track of all business expenses throughout the year and always opting to deduct mileage instead of actual auto expenses. Here are a couple of others:

- Keep business and personal expenses separate, which means maintaining different checking accounts and credit cards for the business.
- Review the Small Business Jobs Act Tax, signed into law in 2010, which has nearly 20 initiatives aimed at decreasing the tax burden of small businesses.

Donations Are Deductible

Company donations of money, supplies and property are all deductible expenses, according to the Internal Revenue Services. As are bonuses awarded to your employees, partners and officers.

You also should consider devoting a portion of your time for professional development endeavors. By taking a class or seminar, you are not only broadening your expertise; you're also creating a helpful tax deduction.

Tracking Your Personal Deductions

If you use your home for your business, you should be able to deduct mortgage interest, insurance, utilities, repairs and depreciation.

If your business is a corporation or partnership, you can deduct actual expenses for non-personal use of your personal vehicle, according to the IRS. Actual expenses may include costs for fuel, maintenance and parking fees. Keep detailed mileage records comprised of date, total miles, tolls, parking and the purpose of the trip. This will help give your accountant plenty of information for filing your tax return.



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Head downtown for shopping

Though they're a bit more endangered than they used to be, many downtowns still offer vibrant shopping areas with niche boutiques or antique shops. Sure, you have to brave the weather between stores, but shopping local and trying out stores you may have never visited is a great way to support, and explore, your hometown.



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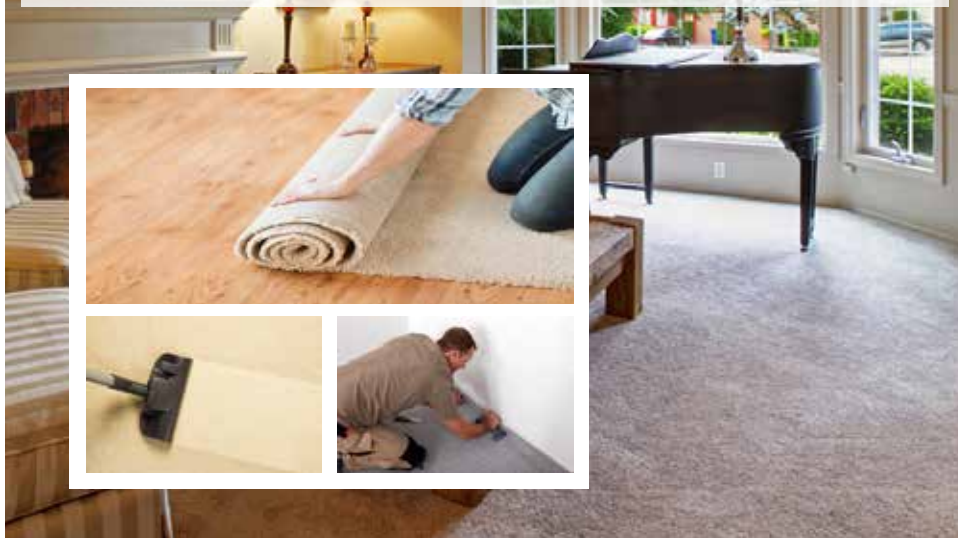
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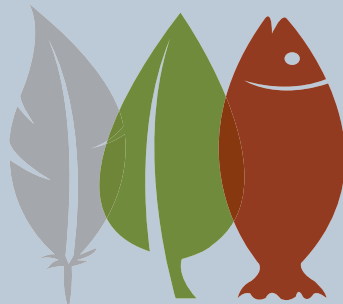
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ALLENTOWN - These are the words of Caruso Physical Therapy and Nutrition's patient Deborah after she told her friends and family about her accomplishment.

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

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

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

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

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

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Adding a Family Dog

Is there a more special relationship than the one between child and dog? Fido just seems to understand that kids require gentle care and patience.

Despite sometimes rough treatment from young children who may not understand proper care, the family dog is forgiving, kind and ready to build a special bond.

We all remember our family dogs from childhood — and not just their names. We can recall specific memories, stories and their personality traits. Every family dog is different and holds a special place in our hearts.

If you're thinking about introducing a dog to the family dynamic, there are some steps you should take to making sure the experience is a positive one.

Dog and Kid Safety

Children are victims of half of the estimated 4.7 million annual dog bites in the United States, according to the Centers for Disease Control and Prevention. Many of these bites can actually be delivered by the family dog.

You must remember that a dog is an animal with natural instincts to protect what it thinks belongs to it. Teach your children to avoid certain behaviors to make sure they are safe from dogs that might consider them a threat.

They include:

- Startling or scaring the dog: Teach your children to never jump on a dog from behind or pull its tail. These actions can startle or scare your dog and trigger aggression.
- Taking food or toys: Dogs are protective of their food and toys, and seeing a child come too close may make them feel threatened. It's a good idea to teach children to leave dogs alone when they are eating food, chewing on a bone or gnawing on their favorite toy.
- Playing too rough: Even though your family dog may be able to take some rough treatment from your child, it may have a snapping point, if provoked. Repeated hitting or roughhousing can make a dog growl or snap. Teach your child to know when to back off.

The most effective way to prevent potentially dangerous situations is through supervision. Monitor the behavior of your child and dog as they interact, and be sure to jump in if things start to escalate.

Through continuous learning and supervision, your child will come to respect your family dog and form a special relationship that lasts for years to come.



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Volunteering at a Shelter

*Making a difference in your community is easy — especially if you love dogs.
Shelters are always looking for volunteers to help care for displaced or injured pets.*

There are many people working every day to improve the lives of shelter dogs, and there are plenty of benefits to joining them in their missions.

Build Relationships

Not only will you be making a positive impact on the shelter dogs in your area, but you'll also make new friends — both human and animal — and feel better about yourself.

You can build relationships with like-minded dog-lovers as you work together to improve animals' living conditions. Shelters work closely with local businesses, governments, schools and law enforcement communities to help spread their message. You'll have a whole new set of personal connections in no time.

How to Get Started

One way to find animal shelters or protection organizations in your area is to simply look around. Read your local newspaper for ads, look online for a list of organizations or simply start calling around.

You'll likely be able to find plenty of opportunities to volunteer your time. Depending on your skill set, you could make an immediate contribution to enhancing your local shelter's operations.

What You offer

If you have a big heart and plenty of time, your local shelter could use your services. Plenty of daily activities fill up the schedule of shelter workers, including:

- Walking the dogs;
- Playing with the dogs;
- Feeding the dogs;
- Helping with medical attention; and
- Fundraiser preparation.

Maybe your skillset is in design or marketing. Your expertise could be vital in improving the shelter's logo or approach to bolstering community awareness. If you have a business background, you could help the shelter streamline its finances or improve its processes.

Whatever you bring to the table, you can make a big difference in the lives of shelter dogs by volunteering your time.



A LOVING FAMILY WANTED

By Pam Teel

Please consider giving these homeless pets a second chance at living a great life with your family. Thanks to people like you, the small Rat terrier, Roger and Roy, and Bobby the cat found a forever home. The AnimalAssistance Shelter runs on donations from the public. Please be kind and remember the shelter during the holidays and the coming year. The shelter has rescued and paid for veterinarian care for hundreds of homeless and abandoned animals. They could use your support. Not just monetary, but for other items needed at the shelter. You can view the items needed and all of the pets available for adoption on their website.

All the animals are spayed/neutered and current on all their shots:

Mimi was found abandoned in a hotel room. She is a shy cat but very friendly.

Blackberry was also abandoned with Mimi in the hotel room. He is a small adult male. The two have bonded. Both have been neut./spayed and current on their vaccinations.

Vanilla was left behind by someone who had to move. Vanilla needs a quiet home. He is extremely clean and always uses the litter box.

Hot Chocolate- is an adult Labrador retriever who is very friendly and looking for love.

Allison is a mutt but has some terrier in her. She is one year old and is very agile. She needs an active person to keep up with her. She also loves car rides.

Mittens is ready for a forever home. She was bottled fed at the shelter and is very tiny and needs some love and mothering.

Marbles is a Maltese mix male of medium height.

Chewy is a flame point Siamese adult female cat.

Nelly is a very pretty cat and affectionate. Litter trained. Loves people. 1 years old.

Mayo- Bichon Frise adult male- A bit nervous. Was not treated well by owner but is coming out of her past life experience. Better off in a quiet home without kids.

Romeo is a young male stray about 6 months old being fostered by a woman in Manalapan. He's very loving and can be picked up. He needs a permanent home and some loving. Email diane.dagosta@rutgers.edu if interested.

If you have any interest or questions don't hesitate to call or email.

Animals Assistance in East Brunswick's goal is to give all the strays that come to them a great family to go to. Please take a look at their website and all of the other animals up for adoption. You can give these animals a chance at living a long and loving life. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding good homes for them. The facility is located in East Brunswick. This 501c3 Organization is a perpetual lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. Animal Assistance is also there for you once you leave with your pet. If you need help with trainers and vet info, they can recommend the perfect fit for you and your dog. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org. To view their pets for adoption on petfinder - please visit them at [PetFinder.com: http://www.petfinder.com/shelters/NJ538.html](http://www.petfinder.com/shelters/NJ538.html)

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



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Pet Ownership Statistics

Pet owners form a collective community focused on one thing: the health and safety of their animal friends. There is a strong bond between people who fall into this category, and it's fun to see how others became so involved in pet ownership.

Here are some recent statistics reported by the American Society for the Prevention of Cruelty to Animals and the American Veterinary Medical Association:

- About 70 to 80 million dogs and 74 to 96 million cats are owned in the United States. Up to 47 percent of all households in the United States have a dog, and up to 37 percent have a cat.
- Approximately 40 percent of pet owners learned about their pet through word of mouth.
- The majority of pets are obtained from acquaintances and family members. About 28 percent of dogs are purchased from breeders, and 29 percent of cats and dogs are adopted from shelters and rescues.
- More than 35 percent of cats are acquired as strays.

- The most common reasons why people relinquish or give away their dogs is because their place of residence does not allow pets (29 percent). The most common reasons for cats are that they were not allowed in the residence (21 percent) and allergies (11 percent).

- The average number of litters a fertile cat produces is one to two a year; the average number of kittens is four to six per litter.

- The average number of litters a fertile dog produces is one a year; the average number of puppies is four to six.

- Only 10 percent of the animals received by shelters have been spayed or neutered, while 83 percent of pet dogs and 91 percent of pet cats are spayed or neutered.





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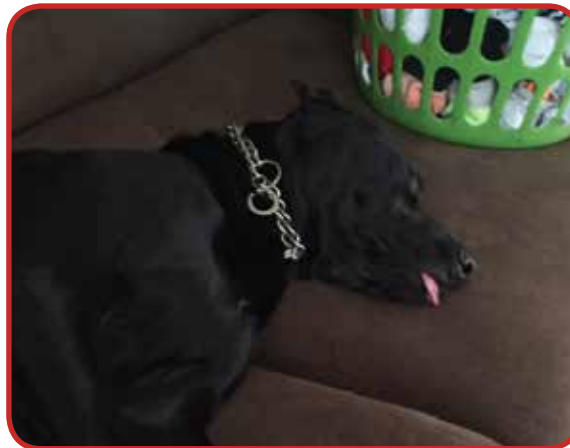
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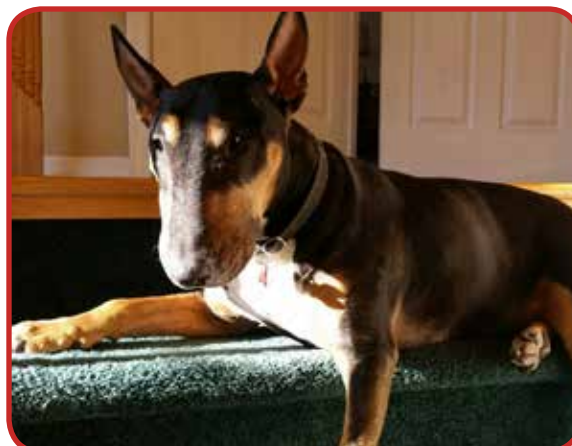
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Freeholders approve open space grants to towns including Millstone

Program celebrates 13 years of support for municipal projects

The Monmouth County Board of Chosen Freeholders approved in December 2015, grants totaling \$2 million from the 2015 Monmouth County Open Space Trust Fund to improve and develop park facilities in 12 municipalities.

"The municipal open space grant program furthers the County's ongoing commitment to land preservation for parks, recreation, open space and farmland," said Freeholder Lillian G. Burry, liaison to the County's Park System that administers the grants. "This year, 12 projects were awarded grants, including a project in Allenhurst, which was a first time applicant."

This is the thirteenth year of the program. All of the County's 53 municipalities were eligible to apply for the land acquisition and park facility awards.

"With this round of municipal open space grants the County has now funded more than \$29 million of park and open space projects in our communities," Burry said. "Sharing the cost of municipal projects supports and improves the quality of life in all of our communities. This is the ultimate shared service."

The grants this year are for park development and improvement projects:

- Aberdeen, \$250,000 for the installation of a multi-purpose field, water spray park, tot lot and improvements to Veterans' Memorial Park.

- Holmdel, \$137,000 for the installation of a tot lot at Cross Farms Park.

- Keyport, \$204,000 for the addition of a t-ball field, new sidewalk, fitness area, play area, skate park and permanent picnic tables at Main Street Park.

- Little Silver, \$121,000 for improvements to baseball fields at municipal fields, Sickles Park and Challenger Field.

- Manalapan, \$13,000 for a new pavilion at Holiday Lake Park.

- Manasquan, \$39,000 for improvements at Mallard Park including the installation of a pickleball court.

- Middletown, \$201,000 for the construction of a multi-sport synthetic turf field and improvements to Croydon Hall synthetic turf field.

- Millstone, \$250,000 for development and structural repair to a historic church that is now serving as a community meeting and program space.

- Neptune Township, \$250,000 for upgrades to the football field at Loffredo Field.

- Red Bank, \$223,000 for the addition of benches, lighting and outdoor exercise equipment at Mohawk Pond and the installation of a permanent bathroom facility and improvements to East Side Park.

- Rumson, \$137,000 for the addition of ADA playground equipment and two new playgrounds at Piping Rock Park.

- Wall, \$175,000 for the installation of two full-size regulation basketball courts at the Municipal Complex.

Land acquisition and development for park recreation and open space purposes are made possible by the Monmouth County Municipal Open Space Grant Program, a competitive matching-funds program for municipalities sponsored by the Monmouth County Board of Chosen Freeholders and administered by the Monmouth County Park System. The maximum matching amount awarded to a particular project is \$250,000.

"Since the inception of the County's Municipal Open Space Grant program in 2003, 48 towns have successfully applied and received funding for more than 150 individual projects," Freeholder Director Gary J. Rich, Sr. said. "This is another example of working cooperatively with our towns to provide a more beautiful and more active county"

With the inclusion of the 2015 matching grants, a total of \$29,213,000 has been awarded to date.

Applications for the 2016 Monmouth County Municipal Open Space Grant Program will be available on or about May 1. The filing deadline will be in September.

For more information, visit the Monmouth County Park System's website at www.monmouthcountyparks.com.

Local Student Represents NJ History Day At the National WWII Museum in New Orleans

By Pam Teel

A local student from a neighboring town recently represented NJ History Day at the National WWII Museum in New Orleans. William Jiao, a senior from West Windsor, was nominated by the National History Day Delegation to receive the Salute to Courage award for the chance to represent New Jersey and New Jersey History Day at the Grand Opening of The National WWII Museum's latest pavilion, The Campaigns of Courage: The Road to Tokyo in New Orleans. William has represented New Jersey at the National History Day competition each year since he was in 7th grade. His category of choice has always been websites, and his area of history has been WWII espionage and technology, like the Enigma Code.

William and the other state NHD student ambassadors earned their way to New Orleans by contributing to the Museum's collection of digitized primary sources. Some students conducted interviews with WWII veterans. Others, like William, were asked to pen a reflective essay on a Veteran from his or her state that are archived on the WWII Museum website about why they felt that these men and women were such outstanding examples of courage during WWII.

William wrote about Harold Ward, a Navy man and an African American who grew up in Atlantic City and who served in combat at Pearl Harbor and throughout the Pacific Theater. While touring the Museum, William was particularly interested in the highlighted stories of African-American soldiers that depicted their unique challenges and dedicated service. Williams essay was available on site at the Grand Opening Ceremonies. He and the others students' essays can still be read at: <http://salutetocourage.org/home/#read-essays>.

At the Grand Opening ceremonies, the NHD students carried the flag of his or her state in the procession that included service men and women from all the military

branches. They had front row seats for the program that included remarks by General Mark A. Milley, U.S. Army Chief of Staff, who spoke on the lessons to be taken from WWII; Paul Hilliard, Pacific Theater Veteran and Museum Trustee, on the importance of remembering the service and sacrifice of the military Personnel and their families; and noted actor Gary Sinise, Master of Ceremonies.

The Gary Sinise Foundation is a major supporter of veterans and of the WWII Museum. At the end of the program, the students led the procession of active duty military and the WWII veterans who had come from all over the country for this special event.

William was accompanied to New Orleans by Dr. Joan Ruddiman of Allentown, who recently retired from WW-P School District, and who had served as his NHD mentor at HS South. Dr. Ruddiman is a member of the Advisory Board for New Jersey History Day.



William Jiao with mentor Joan Ruddiman



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HEALTH NEWS:

Over-the-counter sleep medicine is linked to dementia

By Joely Phenex

Researchers have discovered a significant link between high use of anticholinergic drugs - including popular non-prescription sleep aids and the antihistamine Benadryl (diphenhydramine) - and increased risk of developing dementia and Alzheimer's disease in older people.

Anticholinergics are a class of drug that blocks the action of the neurotransmitter acetylcholine in the brain and body.

Although the link between raised risk of dementia and anticholinergics has been found before, the new study uses more rigorous methods - including over seven years of follow-up - to establish the strength of the link. By accessing pharmacy records, the researchers were also able to include non-prescription use of anticholinergics in their data. Other side effects, including drowsiness, constipation, retaining urine and dry mouth and eyes.

Research was done by a professor in the University of Washington School of Pharmacy in Seattle, reported their findings in JAMA Internal Medicine in January 2015.

"Older adults should be aware that many medications - including some available without a prescription, such as over-the-counter sleep aids - have strong anticholinergic effects," says the professor named Shelly Grey.

Prof. Gray urges people not to stop their therapy based on the findings of this study - they should talk to

their health care provider, and also tell them about all their over-the-counter drug use.

"Health care providers should regularly review their older patients' drug regimens - including over-the-counter medications - to look for chances to use fewer anticholinergic medications at lower doses," she says.

If providers need to prescribe anticholinergics to their patients because they offer the best treatment, then "they should use the lowest effective dose, monitor the therapy regularly to ensure it's working, and stop the therapy if it's ineffective," she adds.

It is also the first study to show a dose-response effect, note the authors. That is, the higher the cumulative amount of drug taken, the higher the risk of developing dementia.

And another first for the study, is that it also shows that dementia risk linked to anticholinergics may persist long after people stop taking the drugs.

For their study, Prof. Gray and colleagues tracked nearly 3,500 men and women aged 65 and over with no dementia symptoms at the start of the study. The participants were part of the Adult Changes in Thought (ACT) study in Group Health, an integrated health care delivery system in Seattle.

To assess how much exposure the participants had to anticholinergic drugs, the researchers used computer records from the pharmacies that dispensed them.

From the pharmacy data they added up all the standard daily doses and worked out the cumulative anticholinergic exposure for each participant over the past 10 years. This was updated as participants were followed up for an average of 7 years.

Over the period of the study, nearly 800 participants developed dementia.

Some of the ACT participants have agreed to have their brains autopsied after they die. This might reveal if taking anticholinergic medications is more likely to result in brain changes that are characteristic of people who develop Alzheimer's disease.



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WHAT IS A STATUTE OF LIMITATIONS?

By John Bazzurro

A statute of limitations is a timeframe or deadline within which one has to file a certain type of case. New Jersey (and every other state) has various statutes of limitations depending upon the type and nature of the case. For instance, the statute of limitations for a personal injury claim in the State of New Jersey is two years. On the other hand, the statute of limitations for a breach of contract claim is six years. Thus, in the event a lawsuit is not filed within the respective time frames for each of these types of claims, the ability to file such a lawsuit may be lost forever. Importantly, however, there are many other factors and issues concerning statutes of limitations other than merely the time frame set forth in the various statutes.

One of the first issues that must be determined when dealing with a statute of limitations is the date upon which the potential cause of action "accrued." Basically, the accrual date is the date that the statute of limitations time begins to run. Although the statute of limitations for a personal injury claim is two years, the accrual date for such a claim may not necessarily be the date that the injury was actually sustained. In certain cases, the accrual date will be the date that the person knew or reasonably should have known that their injury was caused by the wrongdoing of another. Similarly, in breach of contract cases, although the six year time frame begins to run upon the breach of the contract, there are many intricacies in our law as to when a contract is actually breached.

Another issue that arises when determining a statute of limitations time frame is whether or not a particular statute of limitations may be "tolled." This means that the statute of limitations "time-clock" stops for one reason or another thus extending the statute of limitations deadline. Typically, the time will "stop running" for the period of time that a person is not competent to file a lawsuit. The main example of this is for a person who is under the age of 18 years old. Because a "minor" is not "competent" to file a lawsuit under the eyes of the law, the time under the statute of limitations will toll until that individual attains the age of 18. For example, in a personal injury case, the statute of limitations for an injured individual under the age of 18 will not be until that individual's 20th birthday which is two years after they attain the age of majority.

Importantly, in addition to statutes of limitation, there are other timeframe provisions both in New Jersey law and other states' laws which require some type of written notification to a legal entity within a certain period of time. These timeframes are routinely significantly shorter than a statute of limitation. For instance, in New Jersey, if an injury is sustained as a result of the negligence of a public entity (Township, Borough, City, County, State of New Jersey, etc.), written notification must be provided to that entity within 90 days of the accrual of the cause of action otherwise the ability to sue the public entity may be lost forever. Another such written notification provision in the State of New Jersey is where an injury is sustained in an amusement park.

As you can see, there are many legal pitfalls with respect to statutes of limitation and time frames within which action must be taken by a potential litigant. Of course, this article only scratches the surface with regard to these issues and, regardless of what type of claim that you have, it is important that you immediately seek legal advice from an attorney as soon as you believe that you have a claim against someone else. Your failure to do so may jeopardize your ability to obtain compensation for your damages.

Of course, should you wish to discuss any of the issues set forth in this article, please feel free to contact my office for a free telephone consultation.

JOHN T. BAZZURRO, Esq.

Board Certified Civil Trial Attorney

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IMPORTANT VITAMINS THAT CAN HELP REDUCE STRESS THIS WINTER

Winter is supposed to be the most wonderful time of the year, but the harsh weather and the pressures from work or school can cause tremendous stress during the holiday season. Don't let winter bring you down! There are a few important vitamins that, when added into your diet, can reduce the effects of stress significantly.

Vitamin C

Vitamin C is essential to fighting stress because it reduces the level of a hormone called cortisol. Cortisol is commonly known as “the stress hormone” because it releases energy in response to dangerous or stressful situations. Although at times cortisol can be beneficial, it also causes increased stress and anxiety. You can counter this stress by eating fruits rich in vitamin C such as oranges, cranberries, mangos, strawberries, and watermelon.

Vitamin B-1

Vitamin B-1, or thiamine, can help with stress because it improves body's ability to respond to stressful situations and strengthens the immune system. Vitamin B-1 helps with the production of ATP (adenosine triphosphate) which is an important carrier of energy. It can be found in fortified cereals, bran, wheat germ, and pork.

Vitamin B-5

Nicknamed “the anti-stress vitamin,” vitamin B-5, or pantothenic acid, is essential to this list because it assists our bodies in the production of hormones that fight stress. Like vitamin C, it can also help lower levels of cortisol. Vitamin B-5 can be found in foods like mushrooms, trout, liver, bran, and sunflower seeds.



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"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

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- Fall Prevention Program

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repair of damaged tissue. Hackett describes prolotherapy as strengthening "the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells..."

25% Dextrose (Solution of sugar with a local anesthetic). Is injected to tendon/ligament area this method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

RADIOFREQUENCY:

A Revolutionary Modality in the Treatment of Painful Conditions and in Body Regeneration & Rejuvenation.

Surgery should be the last resort. Most painful conditions are treated conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve "turns off" a small nerve, which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

More than 90 million Americans have experienced a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85 ! Falls account for more than half of accidental deaths among the elderly. 30% of falls in population over 65 year result in hip fracture. 30% of surgery for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies: posturography and VNG testing are followed with customized balance and gait retraining with safety and vestibular adaptation training.



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