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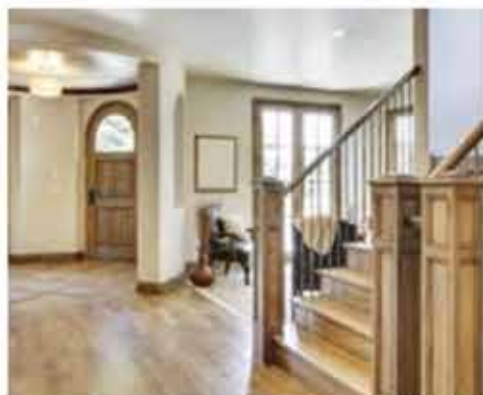
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## Local Freehold Dance Gallery In 2016 Finale of TV Show Dance Moms

By Pam Teel



Members of the Gallery of Dance in Freehold, NJ, were so excited to have participated in the 2016 season Finale of Dance Moms, the American Reality TV Series that debuted on the Lifetime channel in 2011.

The show follows the training and careers of children in dance and show business under the direction of one Abby Lee Miller, an outspoken, tough, dance

coach who pushes her girls to the limits, and on more than one occasion, butts heads with some of the mothers. The show focused on Abby's junior elite competition team, which consisted of mostly preteen girls. Original production of the show moved in 2015 from Pittsburgh, Pennsylvania to Los Angeles, California.

The Gallery girls brought two numbers to the Starbound National Dance Competition, which was held in Asbury Park, NJ on December 11th, at the historic Paramount Theatre.

Gallery of Dance went up against the well-known dance studios of the Abby Lee Miller Dance Company, as well as their rivals, Candy Apples Dance Center, and others dance companies that were competing.

The choreography was created by one of the Galleries newest teachers, Ms. Amy Cowley, and executed by their Dazzler Dancers, Rachel Falcone, Isabella Federico,

Charlotte Fucarino, Caitlin Holley, Mackenzie Katz, Michelle Lobocchiaro, Grace McCool, Sofia Murray, Julianna Powers, Ashley Rodriguez, Grace Tempest, Rebecca Tobenkin, and Brooke Zolezi.

"The excitement and camaraderie was felt throughout the Gallery of Dance Studio," stated Gallery owner Karen Dolan.

Gallery Dance is located at 231 Throckmorton Street in Freehold. The longevity of the studio is a testament to the quality of instruction given at The Gallery of Dance, as well as the owners Pay it Forward leadership.

Karen Dolan teaches her students the importance of giving back to the community, which is why she was so excited to bring her dancers to the Starbound National Dance Competition. What made it even better was that the competition sent all of its proceeds collected from that day to the well known Dancers Care Cancer Foundation which represents the unified voice of the dance community and the most powerful active awareness movement built by dancers who are passionate about raising funds for cancer. 100 percent of profits raised at their performances go to cancer research. To donate, go to: [dancerscare.org/donate](http://dancerscare.org/donate).







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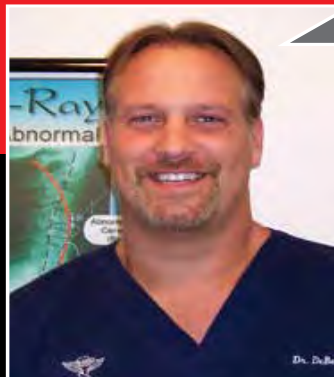
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**Dr. Helen Simigiannis,  
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These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to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

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By Jill Garaffa

## How to Out-Smart Your Brain to Achieve Health

Dear Jill,

I know what I need to do intellectually, but I can't seem to get myself to do it. For example, I know that ordering pizza is an unhealthy choice; yet, I order it anyway in lieu of cooking a healthy meal. I know it's good to exercise; yet, I lay on the couch and can't seem to move or I over schedule myself so I don't have the time or energy to exercise. Am I crazy?

Signed, Good Intentions

Dear Good Intentions,

You're definitely not crazy. In fact, you are far from it: your brain is in top working order if this is your experience. Let me explain....

First, a quick brain anatomy lesson: Inside your brain, you actually have three separate brains, not just one: your cerebellum & brain stem are in charge of keeping you alive: breathing, heartbeat and anything out of your conscious control. Your neocortex is your logical, or conscious brain---you do all your thinking, reasoning and creative thought here. Your conscious brain is what makes New Year's resolutions and promises to make healthy choices. It has great intentions. The limbic system, which is your emotional, or unconscious brain, is where the good intentions get stuck. The unconscious brain runs purely on survival instincts. Very simply: it moves us toward pleasure and away from pain. It moves us toward safety and away from danger. If your limbic system senses danger or discomfort, it will propel you in the opposite direction.

If you are making sudden, drastic changes to your diet or exercise regime (which is what most people do around January 1st), you might only get a few days into your routine before your limbic system detects a serious threat to your survival. Suddenly, your string of positive, healthy choices comes to a screeching halt and you find yourself back on the couch or sitting with a bag of potato chips asking yourself, "how did I do this again?"

The way to over-ride the emotional brain from taking over is to make very small changes. Like, really, really small changes---so small that your unconscious brain does not detect a threat. How do you know if your changes are small enough? You have consistency. If you become inconsistent, then, chances are you are taking on too big of a change and you need to bring it down a notch or two.

Some questions for exploration & discovery: Ask yourself: What is the smallest change I can make to my eating that I am willing to make right now? What is the smallest action I can take right now to get my body to move more? What is one thing I can do to take care of myself today? What is something I can do today that will be fun & enjoyable to me?

Change is not easy. A life coach can support you with moving from where you are now to where you want to be. As a life coach, I am trained to support you through the internal emotional & psychological change that must come first before you can make lasting physical change.

Wishing you peace, clarity and power, Jill

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

If you have a life situation where you feel stuck or stalled, and would like coaching, please email [jill@seedsofchangeoaching.com](mailto:jill@seedsofchangeoaching.com) or visit [www.seedsofchangeoaching.com](http://www.seedsofchangeoaching.com) and click "contact us" to be featured in a future column.



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## How do I know if my child has Learning Related Vision Problems?



**Dr. Steven Linker, OD**

People learn three ways; auditory, tactile/kinesthetic, and visual. 65% of the population learns best visually. Did you know 80% of what a child learns in school is information that is presented visually?

If your child's vision is not at its best, they may not be seeing a large percentage of the information being offered for them to learn. Their minds may be churning, trying to clarify a blurred image rather than trying to learn what that image means. Without good vision, children will never be able to reach their learning potential.

The best way to approach this is through a team approach, which may include the child's teachers, the school

psychologist, an eye doctor with experience in children's vision and learning-related vision problems and perhaps other professionals. Your eye doctor is the first line of defense.

Moms and Dads need to make sure their little student is visually ready for school. Step one is a trip to your local optometrist. It is essential to rule out simple refractive errors. But understand that nearsightedness, farsightedness and astigmatism are not the only visual disorders that can make learning more difficult. There are less obvious vision problems which relate to the way the eyes function and how the brain will process visual information which can also limit your child's ability to learn. These are called "learning-related vision problems."

Learning-related vision problems are not considered learning disabilities. According to Individuals with Disabilities Education Act (IDEA), learning disabilities do not include learning problems that are primarily due to visual, hearing or motor disabilities.

### Symptoms of learning-related vision problems include:

- Blurred vision or double vision
- Crossed eyes or eyes that appear to move independently of each other
- Difficulty retaining what was read
- Difficulty recalling, recognizing or replicating shapes
- Dislike or avoidance of reading and close work
- Evidence of developmental immaturity
- Excessive blinking or rubbing the eyes
- Headaches or eye strain
- Losing place while reading, or using a finger as a guide
- Omitting, repeating, or confusing similar words
- Persistent reversal of words or letters (after second grade)
- Placing the book very close to your face
- Poor eye-hand coordination
- Short attention span during visual tasks
- Slow reading speed or poor reading comprehension
- Turning or tilting the head to use one eye only, or closing or covering one eye

If your child shows one or more of the above symptoms, it is time to look a little further into what is going on. If no vision problem is detected, it's possible your child's symptoms are caused by a non-visual dysfunction, such as dyslexia or a learning disability.

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## Healthy Snacks for Kids

*By Stefanie Maglio*

Parents know that getting their kids to eat healthy is not an easy task. Children tend to go for the chips and candy, while parents would much rather their children pick a healthier choice such as fruits or vegetables. There are ways for kids to enjoy a snack that their parents are happy with as well. Here are some tasty, yet healthy snacks to try at home:

- Celery sticks with cream cheese and raisins (ants on a log) the cream cheese can be substituted with peanut butter
- Apple slices with peanut butter
- Strawberries dipped in yogurt as a substitute for chocolate
- Organic granola bars
- Fruit snacks. Be careful when choosing a brand, some consist of mainly sugar and artificial flavoring.
- A homemade fruit cup (chopped slices or cubes of various fruits that your child enjoys)
- Raw vegetables (broccoli, baby carrots, grape tomatoes, etc.) with low fat ranch dressing as a dip
- Homemade trail mix is also an option, but it is important to be aware of nut allergies.

One of these snacks is bound to appeal to your child, making snack time a little less stressful, more fun for the child, and assuring for the parent. Happy snacking!



## How Do Babies Get Colds?

*By Stefanie Maglio*

The common cold is an infection of the nose and throat caused by multiple viruses. Once someone is exposed to a virus, they usually develop immunity to it. However since babies are new to the world, they can get infected easily and tend to have many colds early on in life. Once a common cold virus enters the eyes, mouth, or nose they will experience symptoms. These viruses can travel through the air when someone who is sick coughs or sneezes and get to your baby. Direct contact with someone who is sick can cause the baby to become sick as well. The virus can spread to the baby's hands and then to the eyes, mouth, or nose. Babies can also catch a virus by coming in contact with contaminated surfaces such as a toy. The likelihood of your child getting sick also depends on their exposure to other children who may be sick. Immature immune systems can also increase the chance of your baby getting sick, as they can't fully fight the virus this early in life. Also, the time of year can affect when your baby gets sick. Fall to late spring is when it's most likely. Just remember to take precautions and keep your baby clean. If they are sick, ask your pediatrician about possible medication and remember to remain calm.





# QUESTION:

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

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



### WHAT IS HYALGAN AND HOW DOES IT WORK?

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

### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

### DOES IT HURT?

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

### WILL MY INSURANCE COVER HYALGAN?

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

### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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



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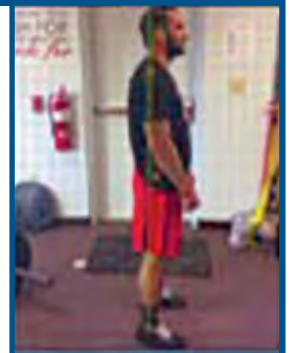
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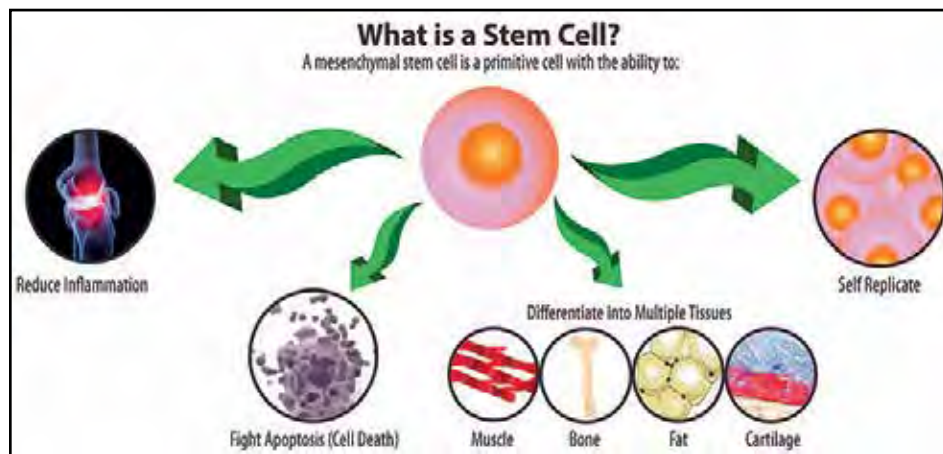
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# QUESTION:

## Can amniotic stem cell therapy help my knee pain?

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



### HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

### WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

### ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

### AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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

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# Best Exercise Tips for Busy Moms and Dads

By Stefanie Maglio

Busy moms and dads are constantly on the go, whether it be for their kids, work, or errands. They often don't have time to focus on themselves. This includes exercise. However, there are ways to get in some daily exercise without having to carve an hour out of your day to go to the gym. Follow these tips to get in shape while going about your regular daily routine. Purchase some five-pound Dumbbells. When you wake up in the morning, do a set or two of lateral raises. This will strengthen your triceps and biceps. Then at the end of the day before bed, do alternating lunges while holding the Dumbbells at your sides to exercise your quadriceps and calve muscles. During the day, find every chance you can to be moving. If your child's school is a few blocks a way, take a walk or light jog to pick them up. You will incorporate cardio into your daily routine and save on gas! If your job is local, or if your bus stop is local, walk there as well. As you become more comfortable with this, maybe you can fit in a morning jog before work as well. While exercising, it's important to push yourself but never to the point where you are putting yourself in danger. Always remember that exercising alone isn't enough to keep up a healthy lifestyle either. Eat healthy and incorporate vegetables, lean meats, and organic foods into family dinners. Soon enough, you're bound to see a great difference in your lifestyle.



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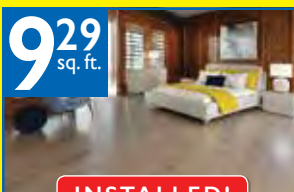
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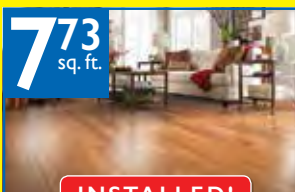
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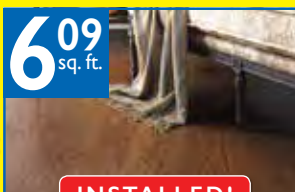
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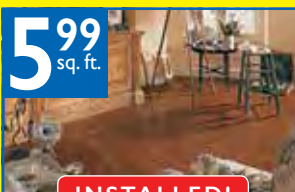
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The Centers for Disease Control and Prevention identifies many key factors driving the rising life expectancy, among them major victories in medicine and public health.

Vaccination against disease, control of infections and decline from deaths caused by heart disease and stroke are all major contributors to the rising life expectancy.

Improved safety in motor-vehicles, workplaces, food and water are also reasons for the growing senior segment.

### Outliving the Average

Many Americans eclipse the average life expectancy by 10, 20 or even 30 years. What is their secret?

Many centenarians and seniors in their 80s and 90s follow diets high in fruits and vegetables and low in processed foods and fatty meat.

They are also highly social, with involvement in community groups and events. Spending time with friends and

family members is important for emotional well-being and health.

### Health and Life Expectancy

Even though life expectancy is up, more Americans are suffering from non-fatal disorders, according to a new study published by the Journal of the American Medical Association. Researchers discovered that a longer life expectancy doesn't always come with a healthy quality of life.

Physicians urge older Americans to incorporate healthier diets, smaller portions, more exercise and better management of stress to cut down on the number of preventable diseases.



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## Monroe Township Office of Senior Services & Senior Center Membership Information

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

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

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

### GOOD FOR YOU

**Bagels Plus:** On Friday, January 6, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, discuss "Life Hacks to Simplify Your Life". Please register in advance.

**Matter of Balance:** Starting on Friday, January 6, and meeting for a total 8-sessions on Mondays and Fridays (January 6, 9, 13, 20, 23, 27, 30, and February 3) from 2 to 4 p.m., this award-winning program is designed to empower older adults with practical strategies to manage falls and to make lifestyle changes to improve balance. Interested participants MUST commit to the 8 dates listed. SPACE LIMITED. Please register in advance.

**Creating the Life You Deserve Workshop:** On Thursday, January 12, from 1:30 to 3:30 p.m., join Gemma Nastasi, Health Coach, for this interactive workshop to learn how to make 2017 the year of positive change. Discover the tools of positive psychology to live your best life as you create your own personalized positivity plan. Please register in advance.

**Drivers' Safety Program:** On Tuesday, January 17, at 8:45 a.m., enhance your driving skills by attending AARP's drivers' safety class. For more information, please call the Center.

**Health Apps:** On Wednesday, January 18, at 1:30 p.m., Dr. Narula, via CentraState Health Awareness Center, discusses how you can live healthier by tapping into your smart phone. From medication to exercise regimens, get a starter education on useful tools for a healthier you...right in the palm of your hand! Please register in advance.

**Gently Getting to the Afterlife:** On Monday, January 23, at 1:30 p.m., join Bruce Birnberg, Executive Director of Stein Hospice, LCSW, as he provides this insightful talk that will make you laugh, cry, and ponder the meaning of life... and death. There will be illustrations of contrasting beliefs in advance.

**Laughter Therapy:** On Thursday, January 26, at 11 a.m., BrightStar HomeCare and Parker at Monroe bring you laughs, games, snacks and giveaways, as you discover the health benefits of laughter for the mind, body, and soul. Please register in advance.

**Prostate Health & Lifestyle:** On Thursday, January 26, at 1:30 p.m., Anthony Disen, MA, RD, from Star and Barry Tobias Health Awareness Center, discusses what the most recent research is showing in how diet, stress relief, and exercise can be powerful tools in combating diseases of the prostate.

### MUSIC AND MORE!

**Jerry's Travels:** On Friday, January 6, at 1:30 p.m., take an armchair adventure through Eastern Europe by boat and bus during Part II of Jerry's journey. Visit Amsterdam as well as Melk, Salzburg, Munich, Wurzburg, Cologne, Castles on the Rhine and more along the way. Please register.

**Force of Nature:** On Mondays, January 9 and 30, at 1 p.m., witness the power of Mother Nature during these DVD presentations featuring true stories of extreme weather, from

El Nino's aftermath to baseball-sized hail in Texas. When registering, please note the dates that you would like to attend.

**Villa Air-Bel & The Story of Varian Fry:** Starting on Tuesday, January 10, at 1:30 p.m., join Julian Davis as he shares the story of Varian Fry who helped shelter artists and intellectuals in Nazi-occupied Vichy, France, in the 1940's, during this four-part lecture/slide presentation (Jan. 10, 17, 24, 31). When registering, you will be automatically enrolled in this lecture series. If you are unable to attend a specific date, please advise us when you register.

**Take a Chance:** On Thursday, January 19, from 2 to 3:30 p.m., The Gardens at Monroe hosts an afternoon of casino games, fun, and prizes! It's a great way to socialize with friends without trekking to Atlantic City. Assorted refreshments, too. Tickets: \$3 p.p., due upon registering in-person by 1/17/17. No Walk-ins. Proceeds to support the Township Food Pantry. (No refunds.) In case of inclement weather, the snow date for this event is set for January 26th.

**Pizza Plus:** On Friday, January 27, at Noon, while you partake in a slice or two of pizza, a drink and treat, get your "smile on" by strolling down memory lane by watching the best of Sid Caesar. Tickets: \$6 p.p., due upon registering in-person by January 25th. No refunds after 1/25/17.

**Duplication Bridge, Day Change:** On Tuesday, January 31, at 1 p.m., the Duplicate Bridge Group will have its sanctioned games on this day INSTEAD of Thursday, February 2, in order to accommodate a special, Friends-sponsored event.

### EXERCISE YOUR OPTIONS

**Bodies in Motion:** Starting on Wednesday, January 4, at 10:15 a.m., join Georgeann for 4 sessions of weight resistance training, with a focus on both standing and seated movements. Resistance bands, spikey balls, and light weights needed. Course fee: \$20, due upon registering in-person, in advance, by December 29th. Space limited. (Last class: 1/25/17.)

**Body Works:** Starting on Thursday, January 5, at 10:30 a.m., Julie provides this 10-session low-impact aerobics and weight resistance class that meets on Tuesdays (resistance bands) at 9:30 a.m. and Thursdays (light hand weights) at 10:30 a.m. Class fee: \$40 p.p. Walk-In Registration is scheduled for Wed., December 21, at 8:45 a.m. IMPORTANT: In case of inclement weather, PLEASE CALL THE OFFICE FIRST to determine the registration procedure. (If the office has a delayed opening, the registration time or day could be changed.)

**Move & Groove:** Starting on Monday, January 9, at 10 a.m., join Sarah for this 10-session dancing workout that will help you burn calories and increase your endurance. (No class on: 1/16 and 2/20; Last Class: 3/27.) Class Fee: \$40, due upon registering in-person, before January 4. Space limited.

**Triple 15:** Starting on Tuesday, January 10, at 10:30 a.m., join Deb for this 10-session, total toning program that provides three separate 15 minute routines for the upper and the lower body as well as low impact aerobics for the total body. Students need light hand weights and bottled water. Class Fee: \$40 p.p., due upon registering in-person, before January 4. (No Class on: 3/14. Last Class: 3/21.) Space limited.

**"Up to Barre" Demo and Class:** On Friday, January 13, at 11:30 a.m., Sarah provides a free demo session for her upcoming class, UP TO BARRE (that starts on Friday, January 27, at the same time). Sign up for the January 13th demo (in advance) to discover how ballet-inspired exercises promote flexibility, strength and balance with light hand weights. For interested demo participants, registration will be accepted right after the demo session. Course fee: \$40 (for 10 sessions). (Last class: 3/31.)

**Zumba Gold:** Starting on Friday, January 13, at 9 a.m., join Fran for this 8-session, Latin-infused exercise program that will get your hips moving. (Last class: 3/3.) Course fee:

\$35. Walk-In Registration is scheduled for Wed., December 21, at 8:45 a.m. IMPORTANT: In case of inclement weather, PLEASE CALL THE OFFICE FIRST to determine the registration procedure. (If the office has a delayed opening, the registration time or day could be changed.)

**Boot Camp Reboot:** Starting on Friday, January 20th, at 11 a.m., we wish Georgeann farewell as she passes the baton to Julie to continue boot camp on Fridays. Join Julie for this 45-minute, 10-session circuit training program that focuses on endurance and total body strength with spikey balls and resistance bands. Course fee: \$40 p.p. Space limited to ensure safety. (Last class: March 24th.)

**Tai Chi for Beginners:** Starting on Monday, January 23rd, at 11:15 a.m., join Siobhan Hutchinson for this 6-session Tai Chi class that focuses on specific movements that promote serenity and many health benefits. Course fee: \$30, due upon registering in-person, by January 18th. Space limited.

### ARTISTICALLY SPEAKING

**Mixed Watercolor Media:** Starting on Thursday, January 5, at 12:30 p.m., join Jeremy for her 6-session special, multi-level watercolor class. Acrylics and other water media may be incorporated, if desired. Use of both natural and synthetic papers will be explored. Bring out your own individual style. Course fee: \$50 p.p. (6 Classes for the Price of 5!) Supply list available upon registering in-person, no later than December 27. Space limited. (Last class: 2/9.)

**Watercolor Experience:** Starting on Friday, January 6, at 12:30 p.m., join Jeremy Taylor for her 6-session special watercolor class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. Course Fee: \$50 p.p. (6 Classes for the Price of 5!) due in-person, in advance. Space limited. Supply list available upon request. (Last class: 2/10.)

**New Day for Art Studio:** Starting on Monday, January 9, avid artists and painters are welcome to use the art room on this new day and time! Instead of Wednesday mornings, please feel free to bring your work and supplies on Mondays, from 9 a.m. to Noon —or — from 1 to 4 p.m. \*Please note that the afternoon session is shared with another activity. While pre-registration is not required, checking in at the computer monitor to note your participation is....

**Collage with Karen:** Starting on Tuesday, January 10, at 2 p.m., join Karen Starrett, Teaching Artist, for this two-day workshop (Jan. 10 & 17) as she focuses on self-expression through collage and other media with inspiration from Matisse, Bearden, and Schwitters. No experience necessary. Students are encouraged to collect autobiographic materials for their project. Course fee: \$20 p.p., due upon registering in-person, in advance. Space limited!

**Transparent Watercolor for Intermediate Students:** Starting on Wednesday, January 11, at 10 a.m. to Noon, Joanne Amantea, award-winning artist, provides this class for individuals who have experience with watercolor and wish to create special effects. Study how to handle the paint, enhance your brush work, and learn value and composition. Course fee: \$60, due upon registering in-person in advance. (An additional \$10 material fee is directly paid to the instructor on January 11.) Space limited. (Last class: 2/15.)

**Alcohol Inks Craft:** Tuesday, January 24, at 10 a.m., join Andrea Casey as she guides you through painting an abstract design on a 6x6 tile with alcohol inks. All supplies and instruction included. Class fee: \$15 p.p., due upon registering in-person by January 10. Space limited.

**Soft Pastels:** On Tuesday, January 31, at 8:45 a.m., Shelly Wish provides this 5-session class (1/31, 2/7, 2/14, 2/21, 3/7) to teach students techniques in using soft Pastels for portraits and still life. All skill levels welcome! Ask for a supply list when you register. Course fee: \$50 p.p., due upon registering.





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## MONROE TOWNSHIP SENIOR CENTER List of On-Going Activities

*(Membership Needed, Pre-Registration\* Depends on the Activity)*

- **Drop-In Bridge:** Mondays, from 9:30 a.m. to Noon
- **Yarn It\*:** Mondays, from 1 to 3 p.m. Bring in your knitting & crocheting projects!
- **Got Game?** It's "playtime" on Mon./Wed. afternoons and Tues./Fri. mornings. (Please bring in your game and your friends.)
- **Computer Support\*:** Select Days, by appointment.
- **Monroe Township Chorus\*:** Tuesdays at 9:30 a.m.
- **Chess-Mates:** Tuesdays at Noon.
- **SHIP/PAAD & SENIOR GOLD\*:** assistance: By Appt.
- **Blood Pressure Screening:** 2nd Tues. of every month from 1 to 3 p.m.
- **Green Thumbs\*:** 2nd Tues. of every month @ 11 a.m.
- **Cancer Support:** 3rd Tues. of every month @ 1:30 p.m.
- **Science Today\*:** 4th Tues. of every month @ 1:30 p.m. Range of topics.
- **Healthy Bones\*:** Seasonal program for Osteoporosis Prevention.
- **Art Studio:** Wednesdays at 10 a.m. Bring in Your Medium & Create Away!
- **Jewelry Gems:** Wednesdays at 1 p.m. Group of Jewelry Makers; No Instruction.
- **Cribbage:** 2nd & 4th Wednesdays, 2 to 4 p.m. For Novices & Players!
- **Parkinson's Support:** (via JFK): 1st Wed. @ 1 p.m.
- **Diabetes Support:** (via PHCS): 3rd Wed. @ 2:30 p.m.
- **Caregivers support for Alzheimer's Patients:** 4th Wed. at 2 p.m.
- **Ceramics Studio\*:** Thursdays, 10:30 to 12:30 p.m., \$5 fee due at first class each month; additional fees for bisque pieces & extra studio time.
- **Duplicate Bridge\*:** Thursdays, 12:30 p.m. Sanctioned games; Pay \$5 on day of game.
- **Lo-Vision Support\*:** 3rd Thurs. @ 10:30 a.m.
- **Canasta Clique:** Fridays at 10 a.m. (Players only)
- **Silver Poets Club:** Fridays at 10 a.m. For Poet Lovers, Readers, & Writers.
- **Harmonikids\*:** Fridays at 10:30 a.m. Harmonica Players Welcome!
- **The Busy Bees\*:** Fridays at 1 p.m. Knitting & Crocheting



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## recipe of the month

### SWEET POTATO, CHICKEN, AND QUINOA SOUP

ATTENTION SOUP LOVERS!  
THIS CROCKPOT RECIPE IS FOR YOU

#### INGREDIENTS:

- 1 and 1/2 pounds boneless skinless chicken breasts
- 1 cup quinoa (or a black bean quinoa package)
- 2 large sweet potatoes (1 pound or ~3-1/2 cups)
- 1 can (15.25 ounces) black beans
- 1 can (14.5 ounces) petite diced tomatoes
- 1 teaspoon minced garlic
- 1 packet (1.25 ounces) chili seasoning mix
- 5 cups chicken broth\*
- Optional: fresh parsley

#### DIRECTIONS:

Spray the slow cooker with nonstick spray. Remove the fat from the chicken breasts and put them into the slow cooker along with the rinsed quinoa.

Remove the skins and chop the sweet potatoes into cubes adding them into the slow cooker.

Drain and rinse the black beans and add those in. Add in the undrained petite diced tomatoes, minced garlic, chili seasoning mix, and chicken broth.

Place on high for 3-5 hours

Using two forks, shred the chicken and stir all the ingredients together.

Add salt and pepper and if desired fresh parsley.

Serve immediately.



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## Pizza Night Done Right

*By Jordan Tinitigan*

Nowadays, many families don't have enough time to have a family dinner. Whether it be sports, work, or extracurriculars, families are less likely to spend a night in together. With the clock ticking until the days your child moves out, five years can go by extremely fast. So, spend the time you have with each other. Do a family game night, watch the newest movie, or even make a pizza from scratch! No matter what it is, you and your family will appreciate it.

The most unique and fun idea is to make a pizza from scratch! It's actually easier than you think. All you need is Pizza dough, tomato sauce, mozzarella and Parmesan cheese, and some spices (oregano and basil). There are several youtube videos and websites that show step-by-step directions on how to make this perfectly, but here's an easier alternative. Mini pizzas! Use every ingredient listed above, except substitute pizza dough with a baguette. Combine all the ingredients and bake them in the oven and voila!





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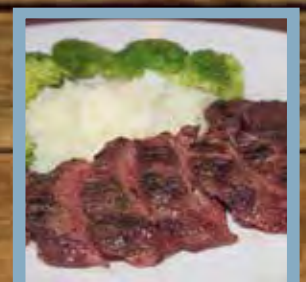
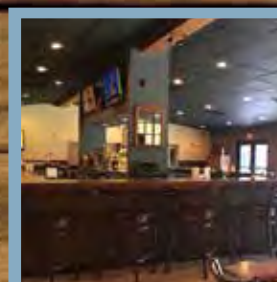
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# AUTO DOCTOR

By John Speranza

## Car Safety Tips For An Emergency

You can avoid many dangerous weather problems by planning ahead. Plan long trips carefully, listening to the radio or television for the latest weather forecasts and road conditions. If bad weather is forecast, drive only if absolutely necessary.

*Check or have a mechanic check the following items on your car:*

- Keep your gas tank full - in case evacuation is needed.
- Do not drive through a flooded area - Six inches of water can cause a vehicle to lose control and possibly stall. A foot of water will float many cars.
- Be aware of areas where floodwaters have receded - Roads may have weakened and could collapse under the weight of a car.
- If a power line falls on your car you are at risk of electrical shock, stay inside until a trained person removes the wire.
- Antifreeze levels - ensure they are sufficient to avoid freezing.
- Battery and ignition system - should be in top condition and battery terminals should be clean.
- Brakes - check for wear and fluid levels.
- Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.
- Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas. A full tank will keep the fuel line from freezing.
- Heater and defroster - ensure they work properly.
- Lights and flashing hazard lights - check for serviceability.
- Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- Thermostat - ensure it works properly.
- Windshield wiper equipment - repair any problems and maintain proper washer fluid level.
- Install good winter tires - Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

If there is an explosion or other factor that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake.

If the emergency could impact the physical stability of the roadway, avoid overpasses, bridges, power lines, signs and other hazards.

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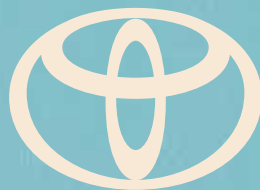
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- Team or Individual Sign-Ups

## **NON-COMPETITIVE DIVISION**

- Eight (8) Games (February 5 through March 26, 2017)
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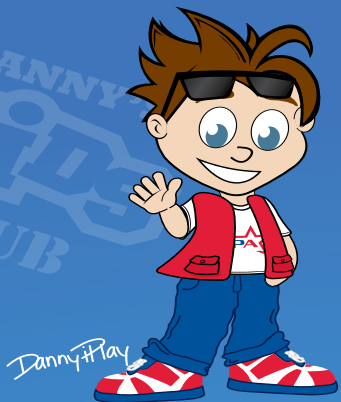


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# Smart Solutions When You Ate, Drank and Were Too Merry

By Susan Heckler



One of the biggest problems of the holidays is that we all tend to break out the old family recipes and traditions to make our holiday fare delicious and memorable. We tend to linger around the table longer, enjoying family and friends with seconds and thirds of our favorite dishes. Granny's recipes, while mouthwatering, did not take into account new nutritional information and guidelines for better health. While rich in nostalgia and flavor, chances are they are loaded with sodium, sugar and unnecessary fat.

The best way to stop weight gain during the holiday season is to monitor what we put into our mouths. That being said, how can you turn back the calorie clock once the damage is done?

Some recommendations may be:

- Morning exercise is more effective than other times of the day, which is not to say morning or nothing. Any exercise is better than none. Keep Moving!
- Make smart choices from here on; eat only what you love and observe all of your choices before loading up your plate. Envision everything on your plate being pasted on your body; it will stir up some willpower.
- Banking your calories isn't effective; starving all day to indulge on dinner is not a just reward. Frequent, smaller meals are the trick.
- Taste rather than eat it all. A few bites of each dish should satisfy your need-to-feed rather than cleaning your plate. You are not denying yourself the flavor, just the pounds.
- If you can't cook less food, from now on ask guests to bring their containers for leftovers. You will be their best friend, sending them home with goodies and getting the goodies away from your temptation.
- Haste makes waist; eating slowly means less fork-fulls per hour. Dial it down a bit and watch your body slim.
- Fill up on healthy fruit and vegetables rather than carbs.
- Drink water; it fills you, flushes your system and hydrates your body.

Have a happy, healthier New Year!



# Fruit Stickers...Annoying Yet Informative

By Susan Heckler

Remember back in the old days when an apple was an apple and if there was a sticker on it, it would just say what variety or where it was grown? PLU codes (Price Look Up) are 4 or 5 digit numbers which have been used by supermarkets since 1990 to make check-out and inventory control easier, faster, and more accurate. Those were the days of the kinder, gentler apple.

Today's apple may have been imported, genetically engineered, or treated with pesticides or fertilizers. Not knowing the long term effects, many consumers, especially parents, are very vigilant about what they want their family to consume.

First things first, the labels are not edible. They may be made of edible paper and food grade glue is used to adhere them unto the produce, but it is not a good idea. If you find them hard to remove without damaging the fruit, try using scotch tape. Simply press the tape unto the sticker and it should come off without a problem.

The numbers on the sticker have meaning beyond what is needed for the supermarket scanner.

Stickers on conventionally grown produce have four digit numbers. The last four letters of the PLU code (price look up) are simply what kind of vegetable or fruit. An example is that all bananas are labeled with the code of 4011.

Organic produce labels have five digit numbers and they always start with a "9". If there are five numbers in the PLU code, and the number starts with "9", this tells you that the produce was grown organically and is not genetically modified. An organic banana would be: 94011

Genetically modified produce labels also have five digits, but they always start with "8". It is impossible to eat organic produce that are grown from genetically modified seeds. A genetically engineered (GE or GMO) banana would be: 84011

The good thing is that these numbers have been standardized and are the same everywhere. For example, all conventionally grown bananas get stuck with the number 4011 everywhere you go. These codes are administered by the International Federation for Produce Standards (IFPS), who maintain a list of five-digit codes (which are sometimes four digits, because leading zeroes are typically not displayed) that identify qualities associated with an particular item of produce, such as its type, its size, where it was grown, and how it was grown.

The use of PLU codes is optional so the system is flawed. Food producers are not required to use the organic and genetically modified PLU number system and can use the 4-digit PLU code.

If you prefer organically grown produce, look for a specific "organic" label rather than relying on the PLU. Similarly, consumers who wish to avoid GM material can buy organic food. Another option for consumers who do not want to buy food that may contain GMOs is to select foods labeled "GMO-free."

## The Broccoli Question

By Susan Heckler

There is an age old question that has been handed down from generation to generation; does broccoli have more protein than steak?

Just kidding, our forefathers didn't have time to care. They were trying to survive and put good food on the table. It seems our generation is left to sort out the nutrition and health issues of what we ingest.

So the simple answer is no...Mostly.

It is all a matter of statistics. If you are comparing steak and broccoli by protein vs calories, then the answer is maybe. 100 calories of steak, roughly a 6 ounce serving, will give you 6.4 grams of protein. 100 calories of broccoli, a 3 cup serving, is 11.1 grams of protein. So yes, broccoli wins but it isn't a fair comparison and who would eat 3 cups of broccoli in one sitting?

A much better comparison is on the USDA's Nutrition Database. 100 grams of broccoli has 2.82 grams of protein. 100 grams of steak has 34 grams.

Additionally, not all proteins have equal health benefits. Meat, eggs and dairy products are considered complete high-quality sources of protein. These sources will provide the full array of essential amino acids needed to stimulate muscle growth and help weight management. Plant proteins such as grains, legumes, nuts and seeds are incomplete proteins; they do not provide sufficient amounts of essential amino acids. High-quality complete proteins may optimize muscle strength and metabolism, and ultimately improve overall health.

Protein is also only one of the important factors we need to consider when making our food choices.

Essential Amino Acid	Broccoli (1 oz)	Steak (1 oz)
Histidine	16.5 mg	236 mg
Isoleucine	22.1 mg	377 mg
Leucine	36.1 mg	646 mg
Lysine	37.8 mg	686 mg
Methionine	10.6 mg	207 mg
Phenylalanine	32.8 mg	317 mg
Threonine	24.6 mg	338 mg
Tryptophan	9.2 mg	79 mg
Valine	35 mg	395 mg

Bottom line, enjoy your steak with a side of broccoli as they both have rewarding benefits and taste great on a plate.

**DOES  
BROCCOLI  
REALLY HAVE  
MORE PROTEIN  
THAN STEAK?**







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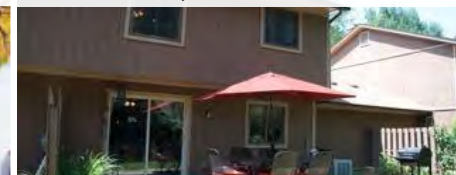
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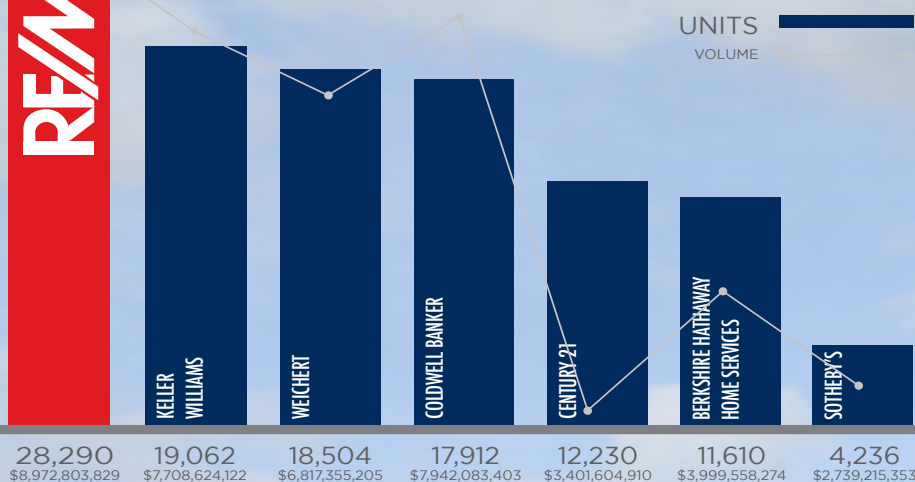
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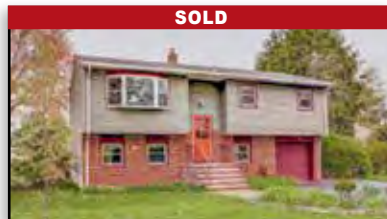
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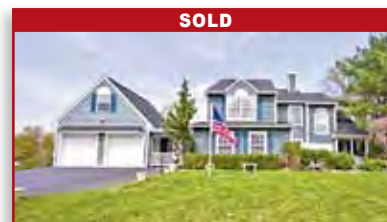
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**9 Cheryl Ln Millstone Twp**  
**The Cacciotti & Saburro Family**



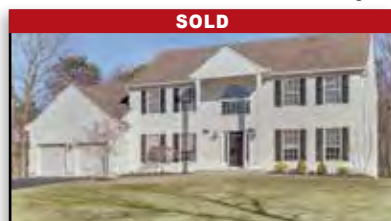
**9 Chatham Dr Howell Twp**  
**The Pagoda Family**



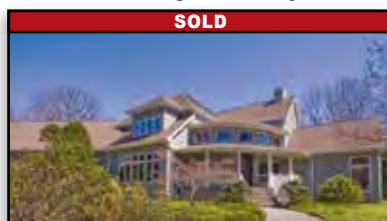
**8 Quaker Hill Dr Upper Freehold Twp**  
**The Archer Family**



**8 Crest Cir Millstone Twp**  
**The DeFelice Family**



**7 Sugar Pine Dr Jackson Twp**  
**The Emer Family**



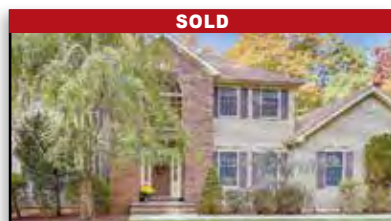
**6 Doe Ct Millstone Twp**  
**The Corey Family**



**206 Milford Rd. Neptune Twp**  
**The Cote Family**



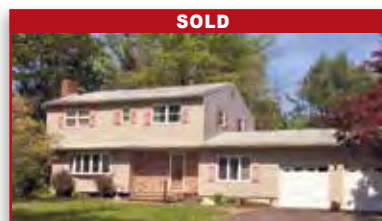
**10 Carriage Way Millstone Twp**  
**The Battaglia Family**



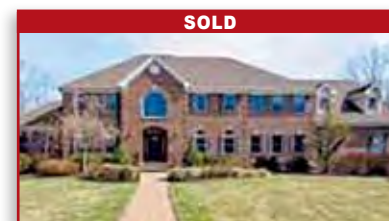
**17 Ivy Ct Millstone Twp**  
**The Esquin Family**



**325 E Millstream Rd Plumsted Twp**  
**The Vrabel Family**



**138 Dorchester East Windsor Twp**  
**The McCleish Family**



**18 Molsbury Ln**  
**The Uk Family**

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4 Deer Trail Rd Millstone Twp  
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8 Taylor Ave Hightstown  
Theodore & Cari Ann R.

18 Molsbury Ln Millstone Twp  
Steven & Barbara Ann N.

16 Marilyn Dr East Windsor  
Robert & Maureen M.

115 Hansen Ave Hamilton  
Nicholas & Margo L.

34 Adelphi Dr Jackson  
Ryan & Kara V.

79 Imlaystown Hightstown Rd  
Melodie K.

6 Jeffrey Ln East Windsor  
Robert & Cynthia G.

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158 Pennington Hopewell Rd., Hopewell, NJ 08525  
\$775,000 Agent: Marjorie Owens

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MLS#6850575

112 Holmes Mill Rd., Upper Freehold, NJ 08501  
\$1,249,000 Agent: JoAnn Stewart

4br, 3.5ba A hidden Gem in Cream Ridge with premium construction & quality of craftsmanship that is evident to this unique custom built home situated on 9.9 secluded acres. Backing to woods! Come see this for yourself!



MLS#6751197

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

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MLS#6786175

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

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



MLS#6772003

45 Imlaystown Hightstown Rd., Allentown, NJ 08501  
\$614,900 Agent: JoAnn Stewart

3br, 2ba Charming country log cabin on 11+ level open usable acreage including an approved building lot and paddock fencing in Cream Ridge.



MLS# 6896083

354 Shawn Place, North Brunswick, NJ 08903  
\$750,000 Agent: Banumathy Rajan

5br, 4ba East/North East facing beautiful colonial home w/brick front in prestigious community of North Brunswick with 3730 sq ft of living enjoyment. Fully finished bsmt w/brand new carpeting and possible 6th br and full bath. So much to offer schedule your tour and come experience this home.



MLS#6794408

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

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



MLS#6846420

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

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



MLS#6732435

5 Hinkle Ct., Bordentown, NJ 08505  
\$324,900 Agent: Gena Garzillo

5br, 3.1ba Wonderful custom built, stone front home on a quiet cul-de-sac. Newer kitchen, granite counter tops & new appliances to name a few. Convenient laundry room on 1st fl. Oversized 1-car garage e/plenty of storage & storage shed.

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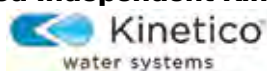
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Some U.S. homes built between 2003 and 2008 contain imported drywall, known in the press as Chinese drywall. Some consumers who live in these homes have reported problems, including a strong sulfur smell, like rotten eggs; health issues, like irritated and itchy eyes and skin, difficulty breathing, a persistent cough and headaches; and premature corrosion or deterioration of certain metal components in their homes, like air conditioner coils and wiring behind electrical outlets and inside electrical panel boxes.

The Consumer Product Safety Commission (CPSC) is the lead federal agency investigating damage to homes blamed on imported drywall. The effort to identify the causes of the damage also involves the U.S. Environmental Protection Agency (EPA) and the Centers for Disease Control and Prevention (CDC). Other federal agencies, including the Federal Trade Commission (FTC), the nation's consumer protection agency, and state law enforcement and health authorities are investigating the issue, as well.

The Federal Interagency Task Force has performed significant testing of drywall and homes, and found a strong association between the problem drywall, the hydrogen sulfide levels in homes with that drywall, and corrosion in those homes.

The FTC says homeowners should be on the alert for anyone trying to sell test kits, inspections, and quick fixes for tainted drywall. The Federal Interagency Task Force is studying testing and remediation protocols for affected homes, but no federally-approved testing kits or remediation methods currently exist.

You can learn more about the federal government's drywall investigation, and sign up for email alerts, [atdrywallresponse.gov](http://atdrywallresponse.gov). File a complaint, with the CPSC online, by calling 1-800-638-2772 or via email, [info@cpsc.gov](mailto:info@cpsc.gov).

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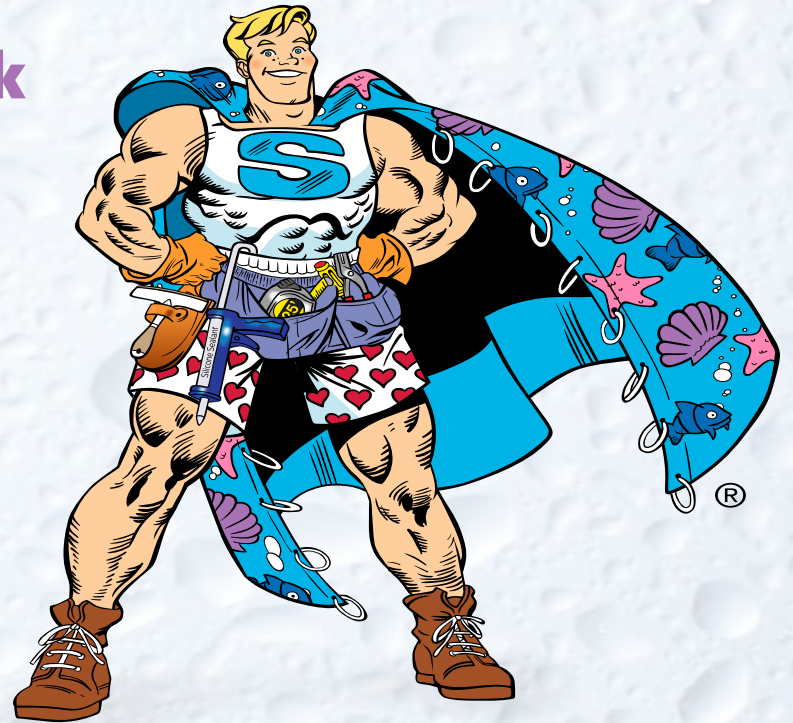


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# THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

The first step in a New Jersey residential real estate transaction is the signing of the contract. When a realtor is involved, a buyer may sign the contract prepared by the realtor and then immediately have it sent to their attorney for review. Both attorneys will then discuss the terms of the contract and make appropriate changes as required. However, it is important that a buyer ensure that the realtor prepared contract is immediately forwarded to their attorney because there is a three day deadline for the attorney review period.

One concern for a buyer is how and where they are going to get the money to purchase the home. Typically, buyers will obtain their purchase money either from the sale of their existing home, a mortgage, or a combination of both. If a buyer has an existing home to sell, it is important that there is a "home to sell" contingency in their purchase contract. This means that they will not be obligated to buy the new home until their existing home is sold and they have the money from that sale. Further, it is important that any purchase contract is contingent upon the buyer actually obtaining a mortgage. Without these contingencies, a buyer can be in breach of contract if they are unable to close on the new home because they do not yet have the proceeds of the sale of their existing home or were unable to get a mortgage.

Another issue that buyers must be concerned with is the home inspection. Typically, buyers will have between 10 and 14 days from the date of the contract to have a qualified home inspector perform an inspection on the home. The home inspectors generally look for system failures (i.e.-air conditioning systems, heating systems, hot water heaters, septic systems, wells, etc.). However, they also look for potential hidden defects that could signal the existence of a bigger problem such as past or present roof leaks, water infiltration, structural defects, termites, mold or the existence of underground oil tanks. Depending upon the severity of the issues found, the buyers may be able to obtain a credit or a reduction of the sale price or, alternatively, request that the sellers repair or replace the defective items prior to the time of closing.

Finally, prior to entering into a contract, buyers must be aware of the actual amount of money they will need to close. Although the buyers may have enough money to cover the purchase price of the home, they must also take into account closing fees that must be paid at the time of closing. These include title and title insurance costs, mortgage company charges, escrows for taxes and insurance, capital contributions to homeowners' associations, surveys and attorney's fees. In an average residential real estate transaction, I typically tell my clients that they should at least have an additional \$10,000.00 available for these closing costs in order to be on the safe side. However, this is just a guidepost and may differ in each transaction depending upon the cost of the home and issues involved.

Of course, the purchase of a home is the biggest single transaction and investment that people make during the course of their lifetime. Accordingly, it is important to obtain the right attorney to insure that all of their interests are protected and the above issues are properly addressed.

If you have any questions about the legal issues involved in the purchase of a home please feel free to contact my office and I would be happy to discuss these issues with you.

**JOHN T. BAZZURRO, Esq.** - Board Certified Civil Trial Attorney  
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The Millstone Times



# What to Look for When Buying Windows

Your eyes are the windows to your soul. Your home's windows, on the other hand, protect the inside, or soul, of your home.

Gorgeous windows for your home or commercial building can enhance the appearance of the property. It can also increase its value.

But weighing functionality, aesthetics, placement, price and efficiency can be daunting. There are a slew of things to consider.

Understanding the terminology used to describe various windows will help you make your decision. Here are common words and phrases you are likely to encounter:

## WINDOW GLAZING

The actual glass in a window is called glazing. Many homes and older buildings have a single pane of glass within each frame. It is a traditional style; however, it is not energy-efficient.

Double-glazed windows are the popular option. There are two panes of glass in a frame. The gap between the panes acts as a layer of insulation. It improves the window's ability to maintain the building's temperature.

Sometimes, newer structures have triple-glazed windows. They are more expensive, but they also provide additional insulation benefits.

## R-VALUES

R-values measure the amount of heat a window loses through its glass panes. Higher R-values mean more energy efficiency. An R-value of three is very desirable.

## U-VALUES

U-values tell you the level at which a window conducts heat. The lower the U-value, the better.

People who live in wintery climates should choose replacement windows with strong R-value and U-value ratings to conserve energy.

## LOW-E

Low-emissive, or low-e windows, are the latest innovations in the energy-efficiency mark.

Low-e glass traps heat by placing a thin metallic coating on the appropriate window pane. Indoor radiant heat is reflected back inside, cutting the burden on a building's heating system. If you live in a cold climate, install a low-e window as a complement to low U-value components.

People who live in sunnier, warmer climates can also take advantage of low-e windows. The

summer's higher levels of infrared rays are reflected back outside, keeping the interior of the house cooler.

## UV FACTORS

Blocking UV rays will spare your carpets and furniture from sun damage. That's why a window with high ultra-violet blockage is recommended, especially for people who live in warm climates.

## CASEMENT WINDOWS

When energy efficiency is a key concern, casement windows are the best choice. This simple high-and-crank design lowers air seepage. When the wind pushes against the glass, the seal becomes tight and reduces leakage.

Casement windows are hinged on the sides. When the windows have top hinges, they are called awning windows. Hoppers are bottom-hinged windows.

Hinged windows must be maintained, as the seal erodes over time. When left unchecked, the erosion can make the window less energy efficient.

## OTHER FACTORS

Large differences between interior and exterior temperatures create meddlesome condensation on glass. Always choose a window appropriate for your climate.

Window placement is another factor when building a new structure. Consider the building's position and location as they relate to the sun. Windows facing the south let in more heat than north-facing windows. Properly placed, a window can increase a structure's passive solar efficiency.

Extreme temperatures cause frames and seals to deteriorate more quickly. Windows using warm-air technology and adequate spacers reduce temperature fluctuations, placing less strain on seals and framing.

Before beginning any improvement project to your home or business, understand the building codes in your area. You may need a permit to do a major window-replacement project. If you don't have the required paperwork in order, you might have to pay a fine and remove the work that's already been done and start over.

Knowing basic terminology and concepts before you shop for windows will save you time and money in the long run. It is really less complicated than it looks.



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# Must-have apps for the busy Mom

By Stefanie Maglio

Moms these days are always on the go, running from place to place to keep up with the busy lives of their children. This is no easy task, yet they miraculously are able to do it. Luckily, there are apps out there to make it easier for moms to go about their daily routine.



**ContinuousCare** is a health related app where you can store scheduled appointments, as well as medical records. Medical questions can be answered, and depending on the doctor, communication can occur through the app as well.



**Happy Kids Timer** is an app that allows younger children to begin developing an efficient morning routine with less supervision from mom. With cute animations, the app keeps your child motivated as it walks them through the daily steps off making the bed and brushing your teeth.



**VarageSale** is an app that allows you to sell unwanted items to your local community straight from your phone. Clothing, toys, and baby gear can be listed quickly and easily. This app was actually created by a busy mom herself, which can only mean good things.



**Playground Buddy** is a locator app that allows you to see local playgrounds and parks nearest you while doing errands and on the go, just in case your children need to burn off some energy.



**Trekaroo** is similar to VarageSale in which it locates kid-friendly activities such as zoos and museums, as well as restaurants and hotels. This app makes it easier to find all the places you need to go with just the touch of a finger.



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# East Windsor Township

## East Windsor Police Lieutenants Promoted

East Windsor Police Lieutenant George Cory Paieda and Sergeant Ryan Mattek Promoted to Fill Vacated Positions Created by Promotions and Retirements. Lieutenant Cory Paieda, hired by East Windsor in February 2001, has served in Uniform Services as a Evidence Technician, Field Training Officer, Secondary Officer in Charge, and Primary Officer in Charge. In November 2012, he was promoted to the rank of Sergeant, and for the past year has been the Operations Supervisor in Investigative Services. Lieutenant Paieda has a Bachelor's of Science Degree from Walden University and Master of Administrative Science Degree from Fairleigh Dickinson University. He graduated from the Ocean County Police Academy in May 1998 and formerly served as a police officer in Lambertville City. Lieutenant Paieda will be assigned as the Operations Commander of Uniform Services. Sergeant Ryan Mattek, who joined East Windsor in September 2003, graduated from the Cape May County Police Academy in 2002 and previously was a police officer in Chesterfield Township. Prior to becoming a police officer, Sergeant Mattek served in the United States Air Force and is a veteran of both Operation Southern Watch and Operation Enduring Freedom. He has served in Uniform Services as a Field Training Officer, and Secondary Officer in Charge. In October 2011, he was assigned as a Detective to Investigative Services. He received a Bachelor's Degree and a Master's Degree of Administrative Science from Fairleigh Dickinson University. Sergeant Mattek will be assigned as a Platoon Supervisor in Uniform Services.



*Pictured (from left to right) are: Mayor Janice S. Mironov; newly promoted Police Lieutenant George Cory Paieda; newly promoted Police Sergeant Ryan Mattek, and Chief of Police Harry Marshall.*

## New Year's Food Drive

East Windsor Township 2017 New Year's Food Drive will kick off January 1, 2017 and continue through January 31, 2017. Mayor Janice S. Mironov and Council Members are asking area residents and businesses to drop off donated non-perishable food items at the East Windsor Municipal Building (16 Lanning Boulevard) during business hours, the East Windsor Police/Court Building (80 One Mile Road) 24/7, or at East Windsor Volunteer Fire Company No. 2 (69 Twin Rivers Drive). The food drive will benefit the food pantries of RISE and St. Anthony's Church, area-based organizations that provide assistance to local individuals and families.

## East Windsor Residents Are Encouraged to Register and Urge Other Residents to Register to Receive E-News Updates.

E-News is used for alert communications in significant weather and service impacted situations, as well as generally weekly to provide information on new businesses and stores, roadway projects, grants, special events and other subjects of public interest. Visit the East Windsor Township website at [www.east-windsor.nj.us/](http://www.east-windsor.nj.us/) to register for E-News. East Windsor officials seek to expand resident subscribers. PLEASE SEND THIS E-NEWS INFORMATION TO YOUR EAST WINDSOR FRIENDS AND FAMILY ENCOURAGING THEM TO SIGN-UP.

You can contact the Township at (609) 443-4000, visit the Municipal Building at 16 Lanning Boulevard, just off Princeton-Hightstown Road (Route 571) or log onto [www.east-windsor.nj.us](http://www.east-windsor.nj.us). For Senior Citizen Program information call (609) 371-7192.

## Spotlight East Windsor

Every Wednesday evening at 7:00 P.M. on Comcast Cable Channel 27 and Verizon Channel 38, tune in to Spotlight East Windsor. This live show with Mayor Janice S. Mironov enables residents to call in and ask questions and discuss issues of importance to our community. You may call Mayor Mironov during the show at (609) 448-3068. Spotlight East Windsor replays on Mondays at 7, 8 and 9 PM, Wednesday at 7 PM and Thursdays at 5 and 7 PM. The most recent show also can now be accessed through the link below.

**To view the most recent broadcast please visit**

**<http://www.east-windsor.nj.us/>**





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## How come the math my child brings home doesn't look like the math I remember?

If you don't recognize the math in your child's homework, think about how the world has changed since you were in school. The math looks different because the world is different.

Advances in science, technology, information processing and communication, combined with the changing workplace, make it necessary for all students to learn more math.

The basics are changing. Arithmetic skills, although important, are no longer enough. To succeed in tomorrow's world, students must understand algebra, geometry, statistics, and probability. Business and industry demand workers who can:

- solve real world problems
- explain their thinking to others
- identify and analyze trends from data
- use modern technology

The mathematics students do in middle school should prepare them for the new basic skills necessary for their futures.

Instead of worksheets, your child may bring home problems to investigate that are related to real life-investigating salaries, life expectancy, and fair decisions, for example.

Giving students opportunities to learn real math maximizes their future options.

Check with your school to make sure the math your child is learning today is the math they need for tomorrow's world. After all, the future is closer than it may appear.



# Coping With Homesickness At Sleep-Away-Camp

This summer, millions of children will get their first taste of independence at a summer resident camp. For many, it will also be their first experience with homesickness. But parents don't have to feel helpless when homesickness strikes. The prescription for camper homesickness is a simple solution of preparation and patience.

Phillips Exeter Academy psychologist Dr. Christopher Thurber studied homesickness in 329 boys between the ages of 8 and 16 at resident camp. According to his results, homesickness is the norm rather than the exception. A whopping 83 percent of the campers studied reported homesickness on at least one day of camp.

Thurber and the American Camp Association (ACA) suggest the following tips for parents to help their child deal with homesickness at camp:

Encourage your child's independence throughout the year. Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.

Involve your child in the process of choosing a camp. The more that the child owns the decision, the more comfortable the child will feel being at camp.

Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.

Reach an agreement ahead of time on calling each other. If your child's camp has a no-phone-calls policy, honor it.

Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."

Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.

Pack a personal item from home, such as a stuffed animal.

When a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.

Talk candidly with the camp director to obtain his/her perspective on your child's adjustment.

Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.

Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber's research shows that approximately seven percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.



## Is Your Child Ready For Camp?

Answering these questions will help you determine when your child is ready for camp.

What is your child's age? Children under age 7 may not adjust easily to being away from home. Consider the day camp experience to prepare them for future overnight camp.

How did your child become interested in camp? Does your child talk about camp and camp activities on a sustained basis? How much persuasion is necessary from you?

Has your child had positive overnight experiences away from home? Visiting relatives or friends? Were these separations easy or difficult?

What does your child expect to do at camp? Learning about the camp experience ahead of time allows you to create positive expectations.

Are you able to share consistent and positive messages about camp? Your confidence in a positive experience will be contagious.



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# FROGBRIDGE DAY CAMP The Camp that Keeps on Giving

By Pam Teel

Frogbridge Day Camp is not just a camp that cares for its children that attend their programs but an outreach to help others in need, whether those in need have health issues or are too poor to afford every day qualities of life. The owners and staff at the Camp have been working effortlessly for years hosting fundraisers and food drives throughout the summer to aid various organizations.

At the camp, owner Frank Pugliese and his son Frank Jr., affectionately known as J.R., feel it is their job to not only teach the children to swim, dance and play, they also feel it is their responsibility to teach their campers important social skills in order to become successful in life. Some of those skills include how to make friendships that will last a lifetime, how to be respectful of others, and how to help out when needed and give back to those in need. Together, J.R., his father, the staff, and their extended camp family have found ways to reach out and help the needy and the sick. The campers learn hands on experience by helping to host fundraisers and food drives throughout the summer for groups such as the Pediatric Cancer Foundation, the Juvenile Diabetes Research Foundation, the Leukemia and Lymphoma Society, the Food Bank of Monmouth and Ocean County, the Jar of Hope Organization for Duchenne Muscular Dystrophy, Jason's Dreams for Kids, and the Manalapan Good Samaritan Center, among others.

The children have also been busy this past year making and writing birthday cards and decorating birthday boxes that will go to children they have never met. With the help of their parents and word of mouth, they have been able to collect food, supplies, and funds for presents so that they can fill the boxes up and help out those families that can't even afford to have a simple birthday party for their child. The camp also provides cake mix, birthday candles and gift cards for the needy. The parents of the campers have been instrumental in helping to collect food, supplies, and funds throughout the past summers, all of which have been and will continue to be handed out to an array of organizations in need.

One big event in October that Frogbridge throws is a family themed fun day called Frogtoberfest. This one-day event brings in thousands of guests, all of which are campers, their families, and friends. The day features, a not so haunted hayride, magic shows, pumpkin picking and decorating, carnival rides, bumper cars, face painting, a haunted house, and more. Children can also come in costume. The event includes a whole assortment of food, from your all American barbeque, to various meats, steaks, chicken, pizza, pasta dishes, salads, and more. After the buffet spread in the Lakeside, "Windows on the Water" Ballroom, guests get to enjoy dessert at the Ribbits Ice Cream Parlor. The price of admission to Frogtoberfest is free to campers and their families. It is not open to the general public. (The whole expense of the event is paid for by the Pugliese's. It is their way of giving back to the community.) All that they ever asked in return was for guests to bring with them one new unwrapped toy per household.

The toys are then divided up and delivered to different organizations in need. Some of the toys go to the Asbury Park Police Department, some to Millstone's Township Municipal Building for our own children in need, some go to hospitals and other places throughout the state. The satisfaction for the Pugliese's is seeing the frowns on the children's faces turn into smiles when they are handed a new toy; those same children who come to expect little during the Holiday Season. For J.R. and Frank Sr., to be able to wipe away the sadness for a while, is a gift in itself.

The toy drive is one event that is near to J.R.'s heart. Years ago, after spending seven days at Robert Wood Johnson Hospital in New Brunswick for treatment for Bells Palsey, J.R. noticed that the Pediatric Department was lacking toys for the patients to play with. He felt compelled to do something and with the help of the campers, they started raising money to replace old dirty broken toys with new ones to keep the children in the hospital occupied.

J.R. and some members of his staff enjoy going room to room delivering toys to the children at Robert Wood Johnson Hospital and seeing firsthand the joy on their faces as they are given a present. They have distributed more than 100 toys to the children and stacked the playroom with new toys at the hospital.

Thanks to this past Frogtoberfest, J.R. has already gotten his Santa sleigh out delivering toys in time for the Holidays and he set aside a very special day, May 27th, to deliver more toys to those in need. This was the birthday of a close friend of his whom recently passed away from pancreatic cancer. She wanted so much to be by his side helping him collect toys and passing them out to the children, but unfortunately it was not meant to be. J.R. will be distributing the toys on her birthday in her honor and will be taking some of them to the Jersey Shore Hospital's Children's Center, the same hospital that his friend was in.

The love and support that the Puglieses get from their campers and their families truly shows the mutual respect they all have for each other and their compassion to help others. The lessons these young campers take with them will hopefully help teach them that it is not all about the getting, but the giving; a lesson that they will hopefully carry with them throughout their lifetime.

Frogtoberfest will be held on Saturday, October 22nd next year. Please note, it is only open to registered families and their guests. There will also be an open house the same day from 9-1. If you register that day, you may stay for the activities. For more information about the camp, please visit [www.frogbridge.com](http://www.frogbridge.com) or call 609- 208 -9050. Frogbridge is located at 7 Yellow Meeting House Road in Millstone Township.

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# A LOVING FAMILY WANTED

By Pam Teel

Thinking about a new pet for the holidays or want to start the New Year off right by giving a pet a new home, please look to the shelters first before thinking about purchasing from a puppy mill. There are so many wonderful animals in shelters that are waiting for a forever home. Animal Assistance of East Brunswick is a mere half hour away from this area. They have many young cats and kittens waiting to be adopted. All you need to do is make one phone call, set up an appointment to see them, and take your pick!(Not all of the cats and kittens are on their petfinder site.) Please take a look at their website and the animals up for adoption and give these animals a chance at living a long and loving life as part of your household. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them.

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated, trained, and socialized. Animal Assistance is also there for you once you leave with your pet. If you need help with trainers and vet care, they will provide someone for you. If you are interested in finding out more about any of these animals please go to their website and search under petfinder. [www.animalassistance.com](http://www.animalassistance.com) or [animalassistance.petfinder](http://animalassistance.petfinder).

You can also sponsor a pet on this site. Sponsorships are handled by the Petfinder Foundation, so if you can't adopt a pet but still want to help in caring for those in the shelters, you can donate online. If you would like to talk to someone, please call Linda between the hours of: 7-10am Monday through Thursday- Friday 7-4 pm - Sunday 8:30-10:30am at 732-251-3210. Please note that all animals have updated vaccinations and are spayed/ neutered.

Located at 645 Old Stage Road, East Brunswick, just 5 minutes from the Jamesburg area, the facility is always looking for donations of food, cat and dog toys, blankets, beds, and more!

Angela is a cane corso Mastiff/ Pit-bull mix. This girl was thrown away by someone. She is a very intelligent clean dog. She is very sweet. She likes other dogs and bonds quickly.

Patricia is a hound mix- this female was found by animal control wandering. She was scared but very friendly. She weighs around 60 pounds and loves playing with other dogs.

Madeline is a gray cat about 6 weeks old. She also came from animal control. She has made friends with the other kittens and will soon be spayed. THERE A MANY SMALL CATS AND KITTENS TO CHOSE FROM. PLEASE CALL IF YOU ARE INTERESTED IN GIVING ONE A HOME.

Big Tom is clean, and overly friendly. He has bonded with another cat called Little Tom and it would be nice if the two went to someone together.

Laverne and Shirley are very friendly active kittens. They are just waiting for someone to play with and love them.

Autumn- calico female 2 years old. Was abandoned. She's very friendly. Looking for someone to bond with.

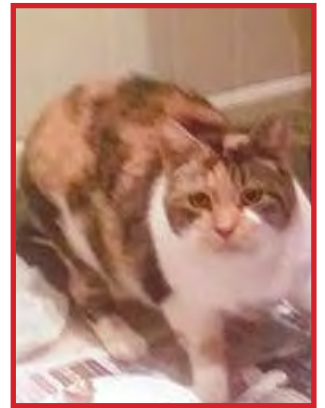
All Paws on Board Rescue located in Creamridge needs your help in finding homes for: Bella a young Yorkshire terrier and these three cats. They are local!!!!

Bellini is a beautiful, buff colored 10 month old girl. She is very affectionate and purrs up a storm. Bellini is fully vetted and gets along well with other cats and dogs. She would be a perfect addition to any home.

Rusty (left) and Bandit are friendly 10 month old brothers. They are very bonded and super sweet. Rusty is very outgoing while Bandit is a little shy but always follows his brothers lead. They are neutered and up to date on all medical. It is our wish that these guys will be adopted together and will give their owner double the love. Call Ann at 732-580-2067

Tina and Bellini are available through Calling All Cats Rescues. For more info 732-580-2067 or check us out on Facebook: Calling All Cats Rescues:

Tina is a sweet 3 year old girl who's owner recently passed away. She's doing very well in her foster home and learning to live with other cats and a dog. She is a true lap cat and loves to be held. Tina is fully vetted and would love to be in her forever home for the holiday.



Autumn- abandoned out in the cold, friendly and quick to bond, needs a loving home and someone to help her get over being so scared. Very gentle and shows it with all her purrs. Would do well with one person or a couple.



Cats and Bella, a Yorkshire Terrier- young female  
Contact All Paws on Board Inc.



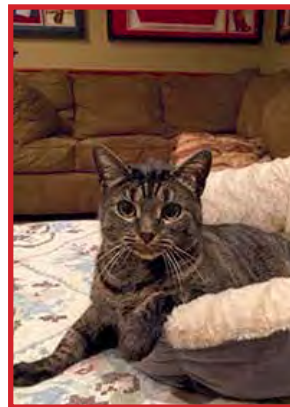
Laverne and Shirley young kittens



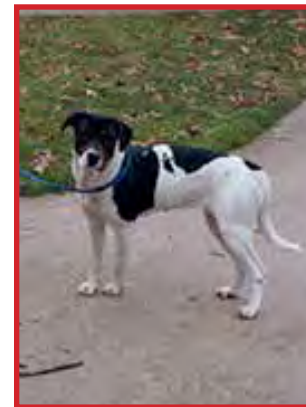
Rusty and Bandit



Bellini



Tina



Patricia- Hound mix



Madeline- 6 week old kitten



Big Tom



Orange and white young cat- Michealangelo



Napoleon- please help find him a home. He has been at the shelter too long now. He is kind and loving and loves to ride in cars.



DJ Sparrow- playful and friendly



Cathy- a little love



Angela- Cane Corso, Mastiff, Pit-bull mix



# Treating Pain in Your Dog

*Keeping Your Best Friend Active, Safe, And Pain Free*

Controlling your dog's pain is essential to his overall well-being. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are a class of drugs commonly used to control pain and inflammation in dogs. NSAIDs help many dogs lead more comfortable lives.

## What are NSAIDs?

NSAIDs help to control signs of arthritis, including inflammation, swelling, stiffness, and joint pain. Inflammation—the body's response to irritation or injury—is characterized by redness, warmth, swelling, and pain. NSAIDs work by blocking the production of prostaglandins, chemicals produced by the body that cause inflammation. Some NSAIDs may also be used to control the pain and inflammation following surgery.

Your veterinarian may prescribe an NSAID to treat the pain of osteoarthritis in your dog or to control pain following a surgical procedure.

All NSAIDs approved for oral use in dogs and cats come with a Client Information Sheet (also known as the Information for Dog (Cat) Owner Sheet) that describes the drug's side effects. Dog and cat owners should ask veterinarians for the Client Information Sheet when an NSAID is prescribed. These Client Information Sheets provide the pet owner with important information in a user-friendly manner regarding what can be expected from use of the drug, potential side effects, and the need to seek veterinary attention if problems occur. By accompanying each NSAID prescription with an Information for Dog Owner Sheet, a handy reference of valuable safety information and drug company contact information is readily available to the owner.

## Veterinary NSAIDs approved for use in dogs:

ETOGESIC (etodolac) - not currently marketed	RIMADYL (carprofen)
METACAM (meloxicam)	DERAMAXX (deracoxib)
PREVICOX (firocoxib)	ZUBRIN (tepoxalin) - not currently marketed
NOVOCOX (carprofen)	VETPROFEN (carprofen)
CARPRIEVE (carprofen)	QUELLIN (carprofen)
OROCAM (meloxicam)	OXICOM (meloxicam)
MELOXIDYL (meloxicam)	

In the United States, there is one NSAID approved for up to 3 days use in cats: ONSIOR (robenacoxib) tablets

## What should you discuss with your veterinarian?

NSAIDs offer pain relief and improved quality of life to many dogs. However, before giving an NSAID, or any drug, you should first talk to your veterinarian.

### You should discuss:

what the NSAID is being prescribed for	how much to give
how long to give it	possible side effects
what to avoid while your dog is taking an NSAID	what tests are needed before giving an NSAID to your dog
how often should your dog be re-examined	
your dog's previous medical history and any previous drug reactions	all medications and products your dog currently receives

## What should you know before giving your dog an NSAID?

Never give aspirin or corticosteroids along with an NSAID to your dog.

NSAIDs should be approached cautiously in dogs with kidney, liver, heart and intestinal problems.

Never give your dog an NSAID unless directed by your veterinarian.

Don't assume an NSAID for one dog is safe to give to another dog. Always consult your veterinarian before using any medication in your pet.

Only give the NSAID as prescribed by your veterinarian. Do not increase the dose, the frequency, or the length of time you use the drug unless first discussing this with your veterinarian.

## What side effects should you watch for?

Most NSAID-side effects are mild, but some can be serious, including death in rare situations. Common side effects seen with the use of NSAIDs in dogs may affect the kidneys, liver, and gastrointestinal tract and may include:

- Not eating or eating less Lethargy, depression, changes in behavior
- Vomiting Diarrhea, black tarry-colored stool
- Yellowing of gums, skin, or the whites of the eyes
- Change in drinking
- Changes in skin (scabs, redness, or scratching)

## What to do?

If you suspect a possible side effect to an NSAID, STOP giving the drug to your dog and call your veterinarian immediately!

## When Giving Your Best Friend an NSAID, Remember these Signs:

Behavior Changes	Eating Less
Skin Redness, Scabs	Tarry Stool/Diarrhea/
Vomiting	

**STOP the Drug & Call Your Veterinarian!**



## BEST PET PHOTO CONTEST

**Do you think you have the most adorable pet?**

If so, send in your pet's photo by the 10<sup>th</sup> for the chance to win \$100 Gift Certificate to a locally owned pet store!

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







Angus



Chewy

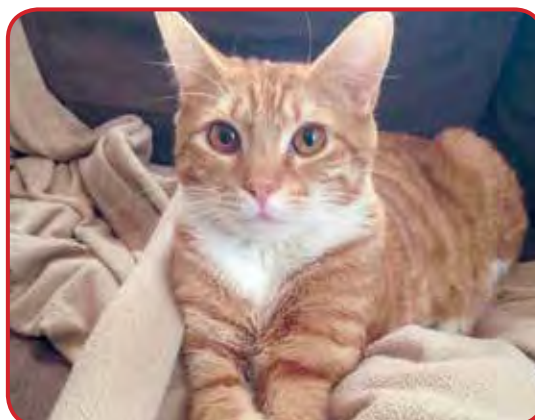


Cinnamon & Skittles

**CONGRATULATIONS!**



Ivanka & Fireman Mike



Marshall



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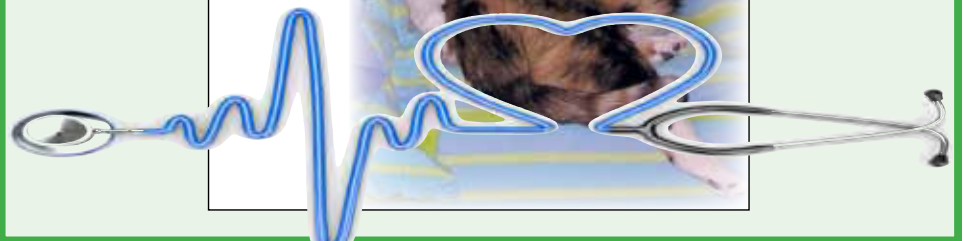
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# THE TRUMP TRAIN IS NOW IN THE STATION

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

Mar-a-Lago in Palm Beach, Florida was built by Marjorie Merriweather Post alongside her second husband, financier Edward F. Hutton. The couple had one daughter who became better known as actress Dina Merrill. Marjorie Merriweather was the only daughter of Charles W. Post who, in 1895, founded Postum Cereal Company -- among their products Grape-Nuts and Post Toasties. In 1964 daughter Marjorie legally retained the Post last name for the remainder of her famous life, which included being married four times.

Wikipedia, the online encyclopedia, recently included an edit that this lavish estate on Palm Beach Island was purchased by businessman Donald Trump in 1985 who, as of January 2017, is President of the United States.

During the Thanksgiving holiday just passed, the Trump presidential team in charge of selecting a cabinet for our new POTUS spent much time working at Mar-a-Lago on this process.

The selection process of these individuals is not open to public scrutiny – nor is it expected to be. But if the public is interested, there is a wealth of information available to “the common man” (or woman) to satisfy the most robust curiosity.

I offer two examples.

On the Chief Executive's own webpage under the heading of “An America First Energy Plan” there appears a series red dot DJT vision energy points. One reads, “Unleash America's \$50 trillion in untapped oil and natural gas reserves, plus hundreds of years in clean coal reserves.”

The very next point reads, “Become, and stay, totally independent of any need to import energy from the OPEC cartel or any nations hostile to our interests.”

At this point it may be worthwhile to remind every reader here of the factoid this nation currently has a \$19,500,000,000,000 national debt on our books. On November 17, 2016 USA TODAY Network published a news account of the “largest continuous oil and gas deposit ever found in the United States”.

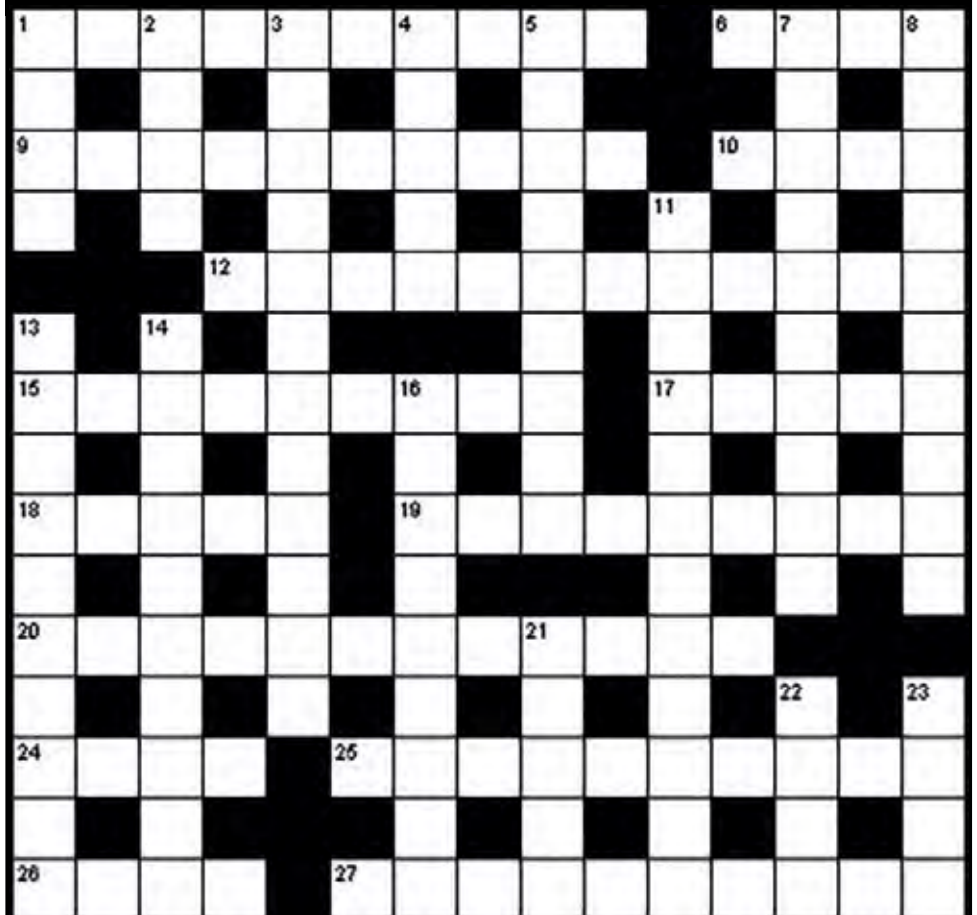
On DJT's webpage he cited \$50 trillion in untapped reserves; the current U.S. debt stands at \$19.5 trillion. Is it entirely reckless to believe these two figures cannot one day become reconciled?

Back in December, two news stories emerged that invited a small amount of attention to this situation. The first was a mention on Fox Business (FBN) that the USA TODAY story of the large Texas energy find went almost unnoticed...as in very little press reporting.

The other story was the intense news reporting about how OPEC was about to announce a record breaking oil drilling production cut in an eleventh hour last ditch effort to raise the world price of crude oil. The highest record price of world crude oil (WTI) was \$146.00 per barrel. Decades of paying \$4.00 per gallon gasoline for the privilege of driving our cars to and from work have left an indelible mark on U.S. driver memories.

The United States of America has never been a member of OPEC. Nor will it ever need to be.

## EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



### ACROSS

- 1 DISC is a record. OVER means concerning. ED is a common abbreviation for Editor
- 6 UR is an ancient city. DU = belonging to/of in French
- 9 Heading off means first letter missing so ESCAPE becomes SCAPE - which is “by” (next to) GOATS (animals)
- 10 This is a hidden word - in MumS PUDDing
- 12 SWEET is the opposite of SOUR so “contrasts” are provided by this style of cooking
- 15 PAT is a common Irish name; i/c is a common abbreviation for “in charge of” and RIOT is “contained” (inside).
- 17 IRA are/were terrorists and giving TE (a musical note) to that gives IRATE
- 18 This uses two meanings of LEECH
- 19 AB is a common abbreviation for sailor (able seaman). So sailor's is ABS. “Perhaps” is a common sign that an anagram is being used so “intent perhaps” means an anagram of intent.
- 20 “Upset” is also a common anagram indicator - so “A COMMENT SURE” is an anagram of the answer
- 24 “Told” means spoken - so which man's name sounds like to get on one's knees?
- 25 Boundary is a BORDER; LINE can be a rope; and if in cricket the ball may have hit the boundary rope the umpires have to think hard about whether a four or a six has been scored
- 26 A dog is a PET so dogs are PETS - “returning” means the word is written backwards to give the answer
- 27 A truly cryptic clue - if your best friend is your first mate...

### DOWN

- 1 A pretty girl and some food are both a DISH
- 2 Another hidden word - in SEA Location
- 3 Fat is OVERWEIGHT - and Edward is often known as ED. May be the hardest clue in the puzzle.
- 4 The first lady, biblically speaking, was EVE - and if she “tours” - goes round - Oklahoma (often abbreviated to OK) we get EVOKE
- 5 ENTRANCES can mean “thresholds” and “delights”
- 7 Heartless robbers - that means ROBBERS without a heart (centre) ie ROBERS. Go off means an anagram (ie go bad, go funny) and ROBERS has to go off with A PET - so ROBERS A PET is an anagram of the answer
- 8 Below = UNDER, or NEATH, or UNDERNEATH!
- 11 Clergyman is a MINISTER. “Dead” awkward means an anagram of “dead”; and situated in an anagram of dead is minister to give ADMINISTERED
- 13 After demolition of - ie once something has been demolished. Anagram again! Demolish “aspic plant” to get the answer
- 14 Steam LINES takes on (incorporates) head of Railtrack (R), first letter
- 16 “Must be arranged” means anagram - of ONES PARTS
- 21 RODE + the round letter O
- 22 Junk is rubbish - so another anagram here
- 23 MERE means “nothing but” and “a lake

Answers on Page 68



# Millstone Residents Answer The Call In Helping Local Family In Need

By Pam Teel



Imagine no heat, water, or electricity in your home during these cold winter days. It seems unthinkable in this bedroom community that anyone would have to live like that. Imagine the unthinkable happening because you didn't have enough money to pay the bills to keep the basic essentials of everyday life going for you. That's exactly what happened to one Millstone Township family, leaving a mother and her 20-year-old son getting by for three and a half years without heat, water, or electricity.

After losing her father in 2012, Cynthia inherited his house, but it came with a price, unpaid bills. One of which included a \$5,400.00 utility bill. Since then, Cynthia had been trying to catch up and repay the utility bill so they could get the electricity turned back on. She does have a job working full time at a Senior Center, where she assists and provides care to others, but her income is barely enough to cover her taxes and put food on the table. Imagine having to walk to a neighbor's home to fill up jugs of water just so you could bath and brush your teeth. Imagine not having any water to wash your dirty clothes.

To make things even worse, Cynthia's son was recently let go from his job. He worked at a local hotel and when the manager changed his shift, he tried to explain to him that he couldn't work that shift because he had to take his mother to and from work. The manager didn't seem to care.

When Township resident, Joe Buffa, heard the story of the family, he realized that this family didn't live that far away from him. He knew that he had to do something to help. Together, along with another township resident, Brian Lorenzo, a gofundme site was set up. Their goal was to make enough money to settle the unpaid utility bill and to buy a new furnace /water heater.

Their goal was met all within a 24-hour period. The men were in talks with JCP&L to work on restoring the service and getting an electrical inspector in to check everything out in hopes that soon the family would get their electric back on and perhaps their dignity.

Brian had always told people that the thing he loved most living in Millstone was that there was such a feeling of community. He loves how he and his friends help watch and raise each other's children, whether it is through sharing good times on the sports fields or at each other's

barbeques. In Brian's own words, "Millstone is a community that feels like one big family." He was raised to remember that family comes first and when your family needs help, you do anything that you could to help them. That's exactly what Brian did.

Brian and Joe reached out to the community and in less than twenty-four hours they raised over \$9,600.00 dollars to help the family get back on their feet. Their response wasn't just for money donations. People in town started reaching out with job offers for the 20-year-old son. One resident offered Christmas dinner at their house and another resident offered free haircuts at her hair salon. Frank from Vesuvio's Restaurant offered the son a flexible part time job and a gift card. Another resident even offered to wash their clothes for them. To top that off, a local electrical company offered to stop by and check their electrical panels for free.

The outpouring of donations filled everyone's hearts with joy just knowing that this family will soon have some sense of normality back in their lives.

Update straight from Brian, "This just keeps getting better. After seeing my post this morning...I received a call from Stephen Novack, owner of New Egypt Oil, who didn't ask me...but TOLD me he was on his way with a truck full of oil for their oil tank.

After 4 hours of electrical work by Michael Zachary Hammerstone's crew from Hammer Electric, the repairs were made. A text to Town Council Members Mike Kuzinsky and Fiore Masci got the inspector to the house within minutes and I'm thrilled to say, gave us our approval. Joseph Buffa of Admiral Water has been at the house all morning supervising the work as well as greeting the DOZENS of residents who have been coming by all day dropping off food, water, clothing, and gift cards.

JCP&L is on their way to FLIP THE SWITCH, and complete this Christmas Miracle!!! We will update everyone on the next steps we will be taking to make some needed repairs to the house itself and the appliances."

It's amazing how in such a short time, the people in town who read Brian's letter quickly responded to his call for help. It shows you the power of this community and how proud that everyone involved must feel in working together to help this family out.

Thank you Joe and Brian for being such great Pillars of the Community!





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# MOVIE OF THE MONTH

By Jordan Tinitigan

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

## Hidden Figures PG

Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.  
**Cast:** Taraji P. Henson, Octavia Spencer, Janelle Monáe, Kevin Costner, Mahershala Ali, Jim Parsons, Kimberly Quinn, Kirsten Dunst

## Monster Trucks PG

Looking for any way to get away from the life and town he was born into, Tripp (Lucas Till), a high school senior, builds a Monster Truck from bits and pieces of scrapped cars. After an accident at a nearby oil-drilling site displaces a strange and subterranean creature with a taste and a talent for speed, Tripp may have just found the key to getting out of town and a most unlikely friend..  
**Cast:** Lucas Till, Jane Levy, Barry Pepper, Amy Ryan, Rob Lowe, Danny Glover, Thomas Lennon, Holt McCallany



# How to Make “Snow Dough”

By Jordan Tinitigan

New Jersey winter weather is something crazy. While it may be freezing some days, it can be warm others. However, a common similarity between these temperatures is that it may not snow. Even though we may not encounter a white holiday season, we can still have the joy of snowmen and snow angels with snow dough! Snow dough is a manmade substance that feels and resembles snow! Here's how you make it...

Mix 3 cups of baking soda with 1 cup of WHITE hair conditioner.

That's it! I know, easy right? Also, this is something that can be used over and over again. It may dry, but that's just fine! Just add more conditioner to it to make is snow again.



# Cold versus Flu... How do you know?

Your or a family member wakes up coughing, sneezing and congested and feels like they don't even have enough energy to get out of bed. But how sick are they? While people are able to quickly recognize that something is going through their system, many people are unable to differentiate between a common cold and influenza. The common cold and flu are different types of viral infections of the respiratory system that are spread from person to person. Because they share similar symptoms and may feel the same, it can be hard to tell them apart. Here is a chart to help you better determine if it the cold or flu.

## FACT:

Antibiotics treat  
bacteria, not viruses.  
Since both the common  
cold and influenza  
are viral infections,  
antibiotics will not help.

## THINK YOU HAVE THE FLU? HERE'S WHAT TO DO!



SYMPTOMS	COLD	FLU
Fever	Rare	Usual; High 100.4F -102F (38C-38.9C)
Headache	Rare	Common
Fatigue	Sometimes	Common; up to 2-3 weeks
Extreme exhaustion	Rare	Common at beginning
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort	Sometimes with cough	Common, can be severe
PREVENTION	COLD	FLU
	Wash hands often. Avoid close contact with anyone who has a cold.	Annual vaccination. Wash your hands. Avoid contact with others who may have flu-like symptoms. Use antiviral medi- cines. Contact your doctor.



## SOMERVILLE, NJ

## A Big Town with a Big Heart for its Community

By Pam Teel

Somerville, a borough in Somerset County, holds a lot of historic value. It was first settled in Colonial times by the Dutch, who purchased the land from English proprietors. The name Somerville was taken from the Somerville family, which consisted of four brothers originally from Castlehaven, County Cork, Ireland in the 1750's. Starting out as a farming town, it rapidly expanded after the completion of the railroad in the 1840's.

A lot of the borough features stately Victorian homes mixed in with row houses and other period style architecture. National Register sites include the architectural gem, the white marble court house, known as the Courthouse Green, which was designed by a prominent architect. Next to it is the stone English Country Church, which was also designed by a noted architect. The wooden and stone Wallace House Colonial is now a museum where George Washington spent a winter using the home as a residence and a headquarters during the Middlebrook encampment of the Revolutionary War in 1778-79. Close to the Wallace House is the Old Dutch Parsonage where Reverend Hardenbergh lived. He was the first president of Rutgers University, once called Queens College. On the corner of Main Street and Grove Street is a stately marbled fountain commissioned by Aileen Lord in honor of her deceased brother.

Other registered Victorian properties in town include The James Harper Smith Estate, St. John's Episcopal Church, The Fire Museum- a vintage firehouse, the Victorian Train Station (privately owned), and the Municipal Building, which was the former Robert Family Mansion.

The borough today is a destination for fine dining and boutique retail. Main Street's historical buildings are now specialty shops bringing in a lot of out of towners for a day of shopping and dining with a big diversity of restaurants to choose from. It was recently voted one of 'New Jersey's Great Places to Be' by the NJ Chapter of American Planning Association. (APA)

The community is vibrant and active with a population of some 12,000 plus, but the charm of the borough makes it still feel small town with over 50 events taking place throughout the year. Aside from the specialty shops, eateries, and small cafes, other attractions include Friday night cruise night, the Division Street pedestrian walk; where events such as Summer Stage take place. The hottest local bands and solo acts play for free for thousands of people who bring their own chairs for a night of entertainment. The diverse musical events are a draw for out of towners too. Music featured ranges from reggae, to country, blues, folk, Cajun, and more. An annual Halloween event takes place right in the heart of the town, as well as a Holiday Jubilee event with special guest star, Santa Claus. The Somerville State Theatre presents free outdoor movie nights on Division Street. And channel 12 News broadcasts live occasionally from Main Street, downtown Somerville. Somerville is home to New Jersey's largest antique complex, which is located on Division Street. Stroll the many shops and stop in at the Dessert Plate for a sweet treat. There are just too many businesses to list. For a list of shops and Somerville events go to: [www.somerville.com/events/](http://www.somerville.com/events/).

Somerville makes it easy for visitors with its ample parking lots, wide sidewalks and easy access to NJ Transit trains with a working train station right in town. Nearby attractions include the Doris Duke Estate, which has now become a haven for wildlife, including 30 endangered species and 230 varieties of birds, the bald eagle and the great blue heron among them. There are also available plots of land for what foundation officials say will be the biggest community garden in the country, as well as 250 acres of incubation space for aspiring organic farmers. In the greenhouses where Duke once recreated international gardens like those she had seen on her travels, the Duke Farms staff will offer classes and seed swaps for amateur gardeners.

Bridgewater Commons Mall is close by. The Somerset Patriots Bridgewater Minor League complex is a few miles away. Not far from town is Raritan Valley Community College, which presents live theatre events. Visit the Wallace House/ Old Dutch Patronage historical tours, Yestercades Arcades- step back to the 80's with old games such as Donkey Kong, Tetris, Ms. Pacman, etc. Visit the Firehouse Museum, which is open to the public on Saturdays. Be a participant or come to watch the Tour of Somerville Cycling Series, an exciting two-day event of competitive cycling for professionals and amateurs over Memorial Day weekend. The Tour is the oldest major bicycle race in the United States and a legend in the lore of bicycle racing.

Make this your weekend designation! You'll find that Somerville has it all!



Old Dutch Parsonage



Wallace House



# The Millstone Times

## STUDENT OF THE MONTH

### Chris Skelton

By Pam Teel



Twelve-year-old Chris Skelton lives in Millstone Township. He attends Oak Hill Academy in Lincroft where he is in the 7th grade. Chris loves to go to his science class. He has fun testing things and he enjoys physics.

Chris's favorite subjects are math and science. He gets good grades and maintains an A grade point average. In the future he would like to be a science teacher.

His favorite books that he likes to read are mystery and spy books. He is currently reading Stuart Gibbs books, which include Spy School, Fun Jungle and Space Case.

His favorite TV show is Gotham. He likes the show because it is suspenseful.

His hobbies are playing video games and playing the piano. Chris enjoys all types of music. His favorite game to play is Terraria. He is very good at it.

His favorite place to visit is Hershey Park. He loves to play the arcade games and win prizes.

Chris lives with his mom and dad and has two older brothers and a younger sister.

His favorite holiday is Christmas. Chris likes getting gifts but his favorite thing to do at Christmas time is to eat a lot of Christmas cookies.

Other than cookies, Chris's favorite food is pancakes.

If he had but one wish, he would wish that he never got any homework.

Chris loves to play chess and is pretty good at it. He belongs to the Chess Club.

Keep up the good work in school Chris and your love for science.

To quote Edward Teller, "The science of today is the technology of tomorrow."

# Ease the Family Freeze this Winter

By Stefanie Maglio

Winter is usually a fun and happy time for many families, but the cold temperatures and inclement weather isn't always convenient. Even with the heat on inside the house, it can still be chilly. There are other ways to keep your family staying extra warm this winter. Make sure everyone has long sleeve shirts and long pants. Clothing with fleece is a good choice. Extra sweatshirts and jackets can come in handy as well. Long johns and other undergarments are good for sleeping. Also, instead of wearing normal socks, pick up a pair of fuzzy socks at the dollar store. They are definitely worth it. Other ways to crank up the heat include using an electric blanket. These are better than just normal blankets, since they can help ease body aches and pains. Making a fire in the fireplace can help everyone keep warm as well. Make it a fun activity by roasting marshmallows with the family. Warming up can be as simple as making hot chocolate for everyone as well. Drinking tea or coffee is another option for those who don't like hot chocolate. It'll help warm you up from the inside out. When it's a cold winter night, get the whole family together and cuddle up on the couch for a holiday movie. Focus on each other and enjoying the time together. Before you know it you'll be feeling happier and warmer in no time.



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# Snap Happy

*By Jordan Tinitigan*

Family portraits are a staple piece when it comes to home decor. But how do we make sure that these pictures are the best they could be? Here are a few tips on creating the perfect family photo.

Don't always use your phone camera. Although iPhone camera quality is getting better as newer models are being released, an actual camera's photo will look nicer when it is printed out and hung up. It will come off as less pixelated and higher quality.

Try and match the colors of the outfits. Stick to one or two staple colors and have everything else be neutral. (Gray, black, or white) This ties the family together and makes the picture flow smoothly. Likewise, try to avoid heavily patterned clothing as well as crazy patterns.

Don't always pose. Candid photos can be some of the nicest ones because they show how the models naturally interact with each other. Try strategically cracking jokes in between takes, so when the camera clicks everyone is laughing, or do a funnier pose like jumping all at once.

Have fun! Family photos should not be stressful. They're supposed to capture the energy of your family in a photo, so don't be too worried about how perfect it is.





# Did You Know that...

## Inauguration Day

By Pam Teel

Did you know that Inauguration Day takes place January 20th following a presidential election? The term of a president commences at noon that day when the Chief Justice administers the oath to the President. If January 20th happens to fall on a Sunday, the Chief Justice will still administer the oath to the President privately and then again publicly the next day on the 21st. President Obama's second term presidency was administered on the 21st.

The inauguration element mandated by the United States Constitution is that the presidents make an oath or affirmation before that person can enter on the Execution of the Office of the Presidency. The length of the inauguration has considerably expanded over the years to include a day-long event, parades, speeches and balls. Since the inauguration of Ronald Reagan in 1981, the ceremony has been held at the Capital's West Front and moved indoors in inclement weather. Since Chief Justice Oliver Ellsworth swore in President John Adams, no chief justice has missed an inauguration day. The ceremony is to mark the commencement of a new four-year term of a President of the United States. An inauguration takes place for each term of a president, even if the president continues in office.

When a new president takes over mid-term due to death or resignation of a president, the oath of office is administered without the fanfare. William Henry Harrison, the ninth president of the United States, served for only 31 days in office before dying of Pneumonia. Even though there was a snowstorm, Harrison refused to move his inauguration indoors. Harrison delivered the longest inaugural address in history, which was nearly two hours long. Wearing no overcoat, scarf or hat, he aimed to prove that he was still a hardy general who could brave the elements. Shortly after, he came down with a cold that developed into pneumonia. His running mate and vice president elect, John Tyler took over the presidency. You might remember his famous campaign slogan, "Tippecanoe and Tyler, too." Harrison's grandson, Benjamin Harrison, became the 23rd president.

According to Jim Bendat, author of the book, Democracy's Big Day, "In 1873, at Grant's inaugural ball, it was a bitter cold night and someone forgot to heat the place. The food was too cold, and everyone was bumping into each other because they were dancing in their long overcoats. But, the saddest thing of all was someone got the idea of having canaries to merrily chirp away for the guests, but alas the poor canaries all froze to death."

The most infamous vice presidential inaugural address in history was recorded to be Andrew Johnson's in 1865. Johnson wasn't feeling very well on Inauguration Day and drank whiskey as a medicinal. By the time he made his speech, he was sloshed and rambling incoherently. Talk about embarrassing.

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# The Millstone Times

## PHOTOS OF THE MONTH

By Pam Teel

*Thank you for the great response in sending in your cherished photos. Being an amateur photographer myself, I cherish the art that goes into taking a picture. The vision goes way beyond just clicking a camera. Your eyes see the subject, and at times you are lucky enough to have a camera worthy of reproducing what your mind sees. Please keep them coming. These are a few of my favorite ones that were recently sent in from readers. I would also appreciate any photo tips you can share with the readers when taking pictures.*



Amateur photographer Bob Kwitkin recently took this photo of Snow Geese congregating over the lake in Allentown NJ. The lakes local swans, in the forefront, don't seem to mind the invasion.



Terry Goldstein lives in East Windsor. Terry frequently takes early morning walks in Assunpink. During these walks Terry comes across a lot of wildlife, especially White Tail Deer.

The photo of the fawn was taken last May in Assunpink. The photo of the buck was taken in Assunpink, on a separate occasion just recently. The large Buck stayed put and didn't seem afraid of him as he clicked away. Terry was able to take several photos with his 300 mm lens.



Alex Ostrow takes his camera everywhere he goes now that he is retired. Alex took this picture of the sunflowers in bloom at Dukes Farm in Hillsborough.



*Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: [crescent671@gmail.com](mailto:crescent671@gmail.com) Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time. If you prefer to send anonymously, we will leave your name out. Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened. Some of the photos received are breathtaking and a true inspiration to those amateur photographic enthusiasts who like to capture and keep the memory of the things they view in the world with their eye. It got me to thinking, if there would be any interest in forming a photography group where we could learn from each other, perhaps take in some field trips, and maybe even get a professional photographer involved to give us photographic tips, please email me and let me know if you would be interested. This is open to Millstone, Allentown, Jackson, East Windsor, and all the surrounding communities. Enclosed are some favorites that were recently sent in. Please note- if you don't see your photo in the next issue, have patience, I will get it in.*



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# How Personalized Learning Will Become the New Normal At Millstone

By Scott Feder, Superintendent, Millstone Township School District

I did not fully grasp what was ahead of me when I submitted my application to become part of the third Lexington Education Leadership Award (LELA) Fellowship. Was this another advertising scheme? Did I just win \$10,000,000 from Ed McMahon?

Being a bit skeptical at first, I did my homework and quickly realized that the Lexington Institute, a nonprofit focused on education reform and more, and Education Elements, a leading provider of personalized learning consulting services, were the real deal. The LELA

Fellowship they offer in partnership remains the only national initiative that's designed to support public school leaders through a six-month program to facilitate the first steps to district-wide personalized learning implementation – and Education Elements would provide all the support we would potentially need along the way. It did not take long for the next realization, which was that instead of wondering what was ahead of me, I should have asked what amazing things were in store for our district.

Luckily, both the Lexington Institute and Education Elements understand that, while leadership is the key to systemic change, leadership is not a solo practice. My personal experience in this fellowship cannot be told without

including my internal team, as well as my district-based team. Over the six months of the LELA fellowship, my team and I worked closely with Education Elements through a series of strategy, vision, and design activities to better understand what personalized learning is and identify the right path for our district. We all had the opportunity to work with mentor Matt Akin, the Superintendent from Piedmont City Schools, Alabama, and I personally met many other great leaders from around the country who are looking to make a big difference in their districts.

The fellowship organizers also recognized that it takes the proverbial village to create systemic educational change. As such, our district assembled a cross-functional team to participate in the on-site Ed Elements Foundations workshop and final Graphic Facilitation in Washington D.C., where we built a common vocabulary and a shared vision for this district-wide shift. I did not anticipate how the fellowship would benefit others in my district, and I am so happy that it did.

Apart from the physical touchpoints of the fellowship, I deeply appreciated its philosophic underpinnings. While the LELA fellowship focused on personalized learning, when a district reaches self-actualization of a truly student-centered

system, then the term personalized learning (PL) won't even be needed.

With this in mind, in Millstone Township we are not in search of district buy-in specifically for PL. "Buy-in" is too narrow of a word and does not fully convey the magnitude of commitment and mindset shift which PL must create. When we reach the level of integration that we are striving for, no teacher, student or parent will even know the term personalized learning, because PL will simply be the only way we know how to do school. We will use the strategies of PL as a way of life, and it will be the oxygen we all need to feel good about our days. Saying that we hope that our teachers, students and parents will simply buy-in is selling ourselves and the LELA fellowship short.

I have never been one for labeling things and have been in education long enough to see the same things renamed, repackaged and re-adopted as new. PL is not that sort of initiative and could never be mistaken as such -- it represents a profound shift in how we structure education. So call it what you like, because in the end, when your entire school or district catches on to this work, everyone will recognize the reform we all know is so desperately needed in our country.

Scott Feder is Superintendent of Schools for the Millstone Township School District in Central New Jersey. As a 26-year veteran in education, he has enjoyed the past 5+ years as the Millstone Superintendent, impacting positive change and working with an outstanding Board of Education, administrative team, superior faculty and the best families

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# Beware of IRS Fraud- Tax Scams and Consumer Alerts

If it sounds too good to be true, it probably is! In recent years, thousands of people have lost millions of dollars and their personal information to tax scams and fake IRS communication. **REMEMBER:** The IRS doesn't initiate contact with taxpayers by email, text messages or social media channels to request personal or financial information. In addition, IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action. Being able to recognize these tell-tale signs of a phishing or tax scam could save you from becoming a victim.

## IRS-Impersonation Telephone Scams

An aggressive and sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers claim to be employees of the IRS, but are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Or, victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

Note that the IRS will never:

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.

Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

Ask for credit or debit card numbers over the phone.

Remember: Scammers Change Tactics -- Aggressive and threatening phone calls by criminals impersonating IRS agents remain a major threat to taxpayers, but variations of the IRS impersonation scam continue year-round and they tend to peak when scammers find prime opportunities to strike.

## Surge in Email, Phishing and Malware Schemes

The IRS saw an approximate 400 percent surge in phishing and malware incidents in the 2016 tax season.

Scam emails are designed to trick taxpayers into thinking these are official communications from the IRS or others in the tax industry, including tax software companies. These phishing schemes can ask taxpayers about a wide range of topics. Emails can seek information related to refunds, filing status, confirming personal information, ordering transcripts and verifying PIN information.

Variations of these scams can be seen via text messages, and the communications are being reported in every section of the country.

When people click on these email links, they are taken to sites designed to imitate an official-looking website, such as IRS.gov. The sites ask for Social Security numbers and other personal information, which could be used to help file false tax returns. The sites also may carry malware, which can infect people's computers and allow criminals to access your files or track your keystrokes to gain information.

## Don't Worry About College

By Jordan Tinitigan

Parents, I know you're all worried about your child leaving for school, but have no fear. College isn't that scary. Yes, it's their first time living on their own and taking care of themselves, but it's a transition into the adult world. It prepares them for what the world may throw at them, whether it be good or bad, and it gives them a taste of freedom. They learn from their own mistakes and fight for their own success. It is an amazing experience overall. Finances, on the other hand, are slightly scarier. However, it is encouraged to apply to FAFSA and other ways to receive aid. Likewise, have your child look for scholarships. (They have one for almost everything!) It may only take a few hundred dollars off, but it's still something! All in all, college is not as scary as it seems. Yes, it's a change, but a good one.



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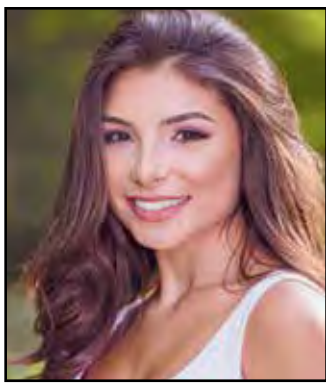
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# Local Englishtown Teen Crowned Miss Teen New Jersey USA 2017

By Pam Teel

16-year-old Briahna Reinstein lives in Englishtown. A junior at Manalapan High School, Briahna was crowned as Miss New Jersey Teen USA for 2017. She will go on to represent New Jersey at Miss Teen USA.

Briahna has a busy schedule and many leadership roles both academically and in extracurricular activities. Briahna is a section editor in the yearbook club, a member of the Manalapan Chapter of Students against Destructive Decisions (SADD), a part of Braves against Diabetes, and one of the founding members of Students without Borders. Briahna has helped to raise thousands of dollars for Doctors without Borders, an organization that helps people worldwide, where the need is the greatest, delivering emergency medical aid to people affected by conflict, epidemics, disasters, or exclusion from health care.

Briahna remains on the high honor roll list, and has been on that list all throughout her academic career. An accomplished artist, Briahna received a place in her school's permanent art collection along with various other placement ribbons in art shows.

When she is not busy with schoolwork, Briahna models part time and has been in the industry for three years. She began her career at the Barbizon School of Modeling and Personal Development in Red Bank, New Jersey where she gained experience in runway and informal modeling. She has modeled in local runway shows for Nordstrom, Lord & Taylor, and Macy's, but her favorite memory is modeling in the Best of Monmouth. She has also modeled and shot with various designers including Lainy Gold.

Currently she works as a dental assistant in her hometown. She has learned an incredible amount about what it takes to be in a "hands on" medical environment.

Briahna has participated in many fundraising events such as the Walk for Mile for a Special Child event, which was organized by the Friendship Circle, and also a walk-a-thon for the Central New Jersey chapter of the Juvenile Diabetes Research Foundation. Other organizations she has helped raise funds for include Autism Speaks, Special Strides, and Big Brothers, Big Sisters of America. She is also active in the Susan G. Komen Breast Cancer Foundation fundraising events.

The Miss Universe Organization (MUO), a WME/IMG company creates and advances opportunities for women around the world through its network of relationships across entertainment fashion and philanthropy. MUO encourages every woman to challenge herself, find her unique voice and embody the organization's mission of being confidently beautiful. The 10,000 women who participate in Miss Universe programs annually inspire others to pursue their personal and professional goals while making an impact in their communities. The MISS UNIVERSE®, MISS USA® and MISS TEEN USA® competitions provide contestants and titleholders an international platform through dedicated partnerships with global charities, sponsors, and brands. For more information, and to learn more about The Miss Universe Organization's official global causes, please visit: [www.missuniverse.com](http://www.missuniverse.com)

IMG is a global leader in sports, events, media and fashion, operating in more than 25 countries. The company represents and manages some of the world's greatest sports figures and fashion icons, stages hundreds of live events and branded entertainment experiences annually, and is one of the largest independent producers and distributors of sports media. IMG also specializes in sports training; league development; and marketing, media and licensing for brands, sports organizations and collegiate institutions. In 2014, IMG was acquired by WME, a leading global entertainment agency.

Briahna is overjoyed and honored to be able to represent New Jersey at the 2017 Miss Teen USA pageant. She looks forward to bringing attention to education about substance and alcohol abuse. Her goal is to reach as many people as possible through fundraising events, speaking engagements, and information distribution. She is very excited about making lifelong friendships and for the journey that lies ahead.

We wish you all the best Briahna.





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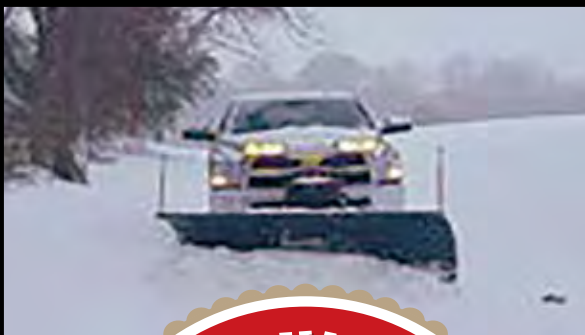


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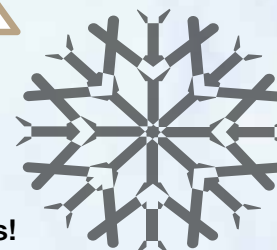
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