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Ellen Rothfuss taking a breather between training
Photos courtesy of Jabari Canada

Story on Page 6



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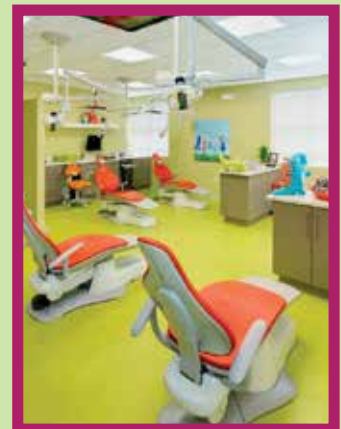
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The Millstone Times STUDENT OF THE MONTH

By Pam Teel

Carlo Scibilia



Fourteen-year-old Carlo Scibilia is a freshman at Allentown High School. Carlo does very well in his academics and loves to be with all of his friends at school. His favorite subject is science. He is interested in learning about things that you can and cannot see with the human eye (for example-cells) by using a microscope.

Carlo likes to read the Unwind Series by Neal Sushterman. His favorite TV show is Counting Cars, and his favorite song is 'Antidote' by Travis Scott.

His favorite places to visit are Florida, Sicily, the beach, and the Poconos. Carlo has a younger brother named Giuseppe who is eleven and two younger sisters, Francesca (9) and Angelina (7). His grandmother lives three doors away. Carlo is very close with his family and loves the fact that they are always there for him when he needs them the most.

Carlo has two juvenile chickens, one red tailed shark, a tiger barb, and one Madagascar hissing cockroach. His favorite holiday is Christmas, and his favorite foods to eat are lentils, chicken Caesar salad, and raviolis. He loves to listen to music, especially rap, hip-hop, and some rock and roll.

Carlo's favorite sports are basketball, lacrosse, cross-country, baseball, fishing and hunting. Basketball and fishing rank the highest on his list. Carlo has been fishing since he was three years old. He especially loves deep-sea fishing.

Carlo also loves old cars. His dad has a 66 Dodge Charger that Carlo hopes will be passed on to him when he gets his driver's license. He also likes to ride his quad in the woods behind his house and play tackle football in his front yard with his brother and friends from the neighborhood.

Carlo maintains mainly straight A's. He works hard to maintain his grades. While in the middle school, he participated in both Future Problem Solvers and Mock Trial teams. Both teams earned a place in state competitions. He also volunteered at Community Ed as a stage manager, at St. Josephs Church as a vacation Bible school counselor and for the recreation department as a coach's aide in the summer basketball program. This year, at Allentown High School, he ran on the Cross-country team and is currently on the Lacrosse team. Additionally, he became a certified little league umpire. Carlo would like to have a future job that includes being outdoors or with Marine life or fishing.

If he had one wish, he would wish that his grandfather were still alive.

We wish you well Carlo. Keep up those good grades and good luck with your quest for that 66 charger!



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THE MONMOUTH FAMILY TIMES

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The Millstone Times PHOTO OF THE MONTH

By Pam Teel

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

Include your name and a description of the photo. If you have a brief story that goes with it, please send that along too. You may send photos more than one time. (If you prefer to send anomalously, 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.



Steven P. Sona sent this picture he took of the Perrineville Lake on a beautiful autumn day.

The lake is located in the Perrineville section of Millstone Township. It is part of the Monmouth County Park System. Watercraft can be launched into the lake where visitors can canoe, kayak, and fish (car top, electric powered boats only). Lake access is on

Perrineville Road/Sweetman's Lane (between Agress Road & Millstone Road). In addition to access to the lake, there are two trails. The Lakeside Loop is a 1.5 mile multi-use trail on Agress Road. The Pine Creek Trail is a 1 mile unpaved multi-use trail on Baird Road.

There are also three other lakes nearby to enjoy boating and fishing. Assunpink Lake, Stone Tavern Lake, and Rising Sun Tavern Lake are run by the State Department of Environmental Protection Division of Fish and Wildlife. All three lakes are located in the Assunpink Wildlife Management area. Assunpink Lake in Roosevelt is the largest at 225 acres. Each lake provides fishing opportunities and small boat access.

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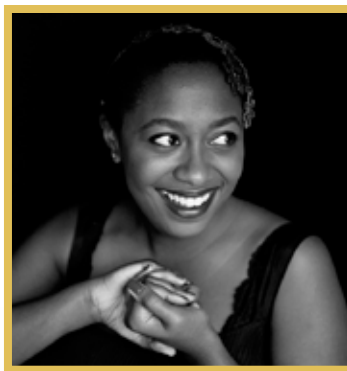
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Grammy Award Winner Coming To Princeton



Grammy award-winning jazz vocalist Cécile McLorin Salvant will be coming to Princeton for a concert on June 19 at 7pm in the Berlind Theatre at McCarter Theatre Center as a featured performer in this summer's Princeton Festival. Ms Salvant's album For One to Love was named Best Jazz Vocal Album at the February 15 Grammy award ceremony. After performing recently in Jazz at Lincoln Center, she will be on a sweeping tour of Europe in March, and on to the Spoleto Festival before coming to Princeton. Ms Salvant, also cited in The New York Times' critics "All the Best Shows They've Seen in 2015", is often compared to Ella Fitzgerald, Sarah Vaughan and Billie Holiday as a jazz diva, and she is a composer and visual artist as well. Five of the songs on her award-winning album are her originals and the album cover was her creation.

Tickets for The Princeton Festival, including Cécile McLorin Salvant's concert on June 19, go on sale on March 15. For more information and after that date, a link to ticket sales (handled by McCarter Theatre), visit www.princetonfestival.org. To purchase tickets by phone, call McCarter Theatre at 609-258-2787.

Other Princeton Festival highlights will include Benjamin Britten's opera "Peter Grimes" the musical "A Little Night Music", a three-way collaboration with the Princeton Symphony Orchestra and the Garden Theatre presenting the 1928 silent film "Joan of Arc" accompanied by Richard Einhorn's "Voices of Light" for orchestra, chorus and soloists, and much more. The Princeton Festival runs from June 4 through June 26.



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THE POWER OF ONE A College Student's Quest to Help Abused Women

By Pam Teel

Twenty year old, Ellen Rothfuss, from Roosevelt will be helping out a good cause by running in the 26.2 mile Boston Marathon on April 18th of this year. Her hopes are to raise \$10,000 dollars as a charity runner for Casa Myrna Vasquez, a leading domestic violence and dating violence shelter in New England. A junior at Emerson College in Boston, Ellen is studying Communication Sciences and Disorders. This power of one has already met her challenge halfway and needs your support to reach her goal of \$10,000 dollars.

Not one to sit idle, Ellen has immersed herself into her school theatre productions, helped in an early childhood program for preschool children in low income neighborhoods and has also worked as a student ambassador tour guide for her college. Not being a seasoned runner, Ellen has trained hard to work herself up to running in the Boston Marathon. She was selected through a competitive application process to be a charity marathon runner for Casa Myrna Vasquez, committing herself to raise ten thousand dollars for the shelter. She has run in a 5k to help raise money for Eden Autism Services in Princeton and she also ran the Tufts Health Care 10K for women in Boston. A member of the Executive Board of Emerson College's Kappa Kappa Chi Sorority, she also helps host Emerald Empowerment, a week long campaign against domestic violence and partner abuse with all of their proceeds going to the Casa Myrna Vasquez and Transition House, another Boston shelter. Ellen has also been busy raising money by holding local events in her hometown of Roosevelt and in nearby communities. This past March she helped to host a Comedy Show at the Hightstown Fire Hall in an effort to raise more money for the shelter. With all of her extra activities, Ellen is on the Dean's list and still manages to maintain her excellent grades. The Boston Marathon is something very personal to Ellen who has friends who ran in it on the day of the Boston bombing. Instead of being afraid to run again, they show their fearlessness against terrorism by running stronger every year. Their commitment has been an inspiration to Ellen as she trains hard, vowing to cross the finish line in memory of those victims of the bombings. To follow up on Ellen's training and future events go to: www.facebook.com/RunForCasaMyrna

For those who would like to help Ellen reach her goal with a small donation, go to: www.crowdrise.com/CasaMyrnaBoston2016/fundraiser/ellenrothfuss (donations are preferred before the April 18th marathon but can be accepted up until May 18th, 2016.) All money raised will go directly to the Casa Myrna Vasquez shelters. Ellen will be paying her own race fee, which is \$350.00. If there is a reader out there or a business who would like to sponsor Ellen and pick up the costs of her entry fee, please contact Ellen at: ellen_rothfuss@emerson.edu

Casa Myrna was founded in the mid 1970's by a group of volunteers in Boston's south end to provide a safe haven for women who have been abused by their husbands and partners. The first shelter was named after Puerto Rican actress and activist Myrna Vasquez, who fully believed in the restorative power of the arts and culture and used her talents to help provide an outlet to others in her community who were beset by many of the inner city problems such as domestic abuse and crack cocaine use. The first shelter was an eight-room brownstone in Boston's South end aptly named after Myrna when she passed away suddenly in 1976. Today Casa Myrna has grown into Boston's largest provider of shelter and supportive services to survivors of domestic violence.



20 year-old Roosevelt native, Ellen Rothfuss, training for the upcoming Boston Marathon

The patterns of domestic violence can take many forms from verbal threats, isolating the victim from family and friends, intimidation, financial control, sexual violence, physical violence, stalking, damaging property or threatening to harm the victim's family members, children or pets. Abusers will also sometimes threaten to hurt themselves as a way of making victims feel guilty. If you find yourself a victim, it's important to call and talk to someone. They are there to help you and your family. You don't need to be a victim anymore. You do have a choice.

Hotlines

New Jersey Domestic Violence Hotline

1 (800) 572-SAFE (7233)

24 hours a day/7 days a week

The New Jersey Domestic Violence Hotline provides confidential access to domestic violence information and services, including crisis intervention, referral, and advocacy. Bilingual and accessible to the deaf and hearing impaired.

New Jersey Coalition Against Sexual Assault (NJCASA) Hotline

1 (800) 601-7200

24 hours a day/7 days a week

The New Jersey Coalition Against Sexual Assault (NJCASA) connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls are routed to the closest rape crisis care center. NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey.

The thing about domestic violence is that it's a silent killer. It could be happening right next door and you would never know until it was too late. The scourge of domestic violence is so stigmatizing that most victims never talk about it or seek help.

You can help make a difference in a victim's recovery by providing funding so shelters like CasaMyrna Vasquez can continue to offer help and counseling to someone whose future at one time deemed hopeless.

At such a young age, Ellen is already making a difference in the world. It goes to show you what the power of one can do. There are no limits. Now it's your turn to pay it forward. Please help Ellen reach her goal with a small donation.

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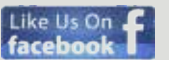


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The Making of Wagner Park

By Susan Heckler

When building a home, expanding or doing home improvements on the exterior of your home, it is essential to be sensitive to your yard, your street, your neighborhood and your town. You don't want people to drive by and see a home that looks so out of touch with the charm of the street. Your home should blend in but at the same time stand out as it is outstanding!

A fine example of suiting your environment is the building at Wagner Park. The architect, Patti Misyak-Peters, worked on the building when she was employed with Dahn & Kreiger. The building is functional, beautiful and designed for the future as well as today. The style fits the property and its use. Expansion plans were built into the original design for ease and continuity. When you visit the building and walk through it, you can see the attention to detail.

Wagner Farm Park was in need of a facility that would enhance the park. The town also needed a place for teens to meet and for an overflow indoor recreational facility. The building was originally designed to meet those multi-functional needs. The building has storage for the grounds, gathering spaces. It has a kitchen for serving during field games. It also has bathrooms and lockers.

Because the park was surrounded by both rural elements and residential elements, we wanted to make

the outside of the building to look like it was part of landscape. We designed the building to look like a dairy barn. The colors and scale of the building were carefully taken into consideration so it blended in with the area.

As a Monmouth County resident, Patti embraces the mix of suburbia and the rural nature of our beautiful county. She feels as a woman (a great minority in the field) she offers a special sensitivity and objectivity that men don't as they think differently. Home designs have changed over the years; assumed spaces you grew up with are no longer what the family requires. When she designs a home, each room starts as a box and you organize your boxes to form a home. You place your group of boxes on the property to maximize the use of the property and the enjoyment of everything it offers. Patti thinks outside those boxes to incorporate function and view. Once your box of boxes is placed on the property, her attention to detail and design comes ringing through.

Ten years ago Patti went off on her own to concentrate more on residential projects and to be closer to her home and family, opening PLM Architect LLC. Patti's company, PLM Architect LLC, does a lot of focus on the view. Bigger is not always better, it is the functionality of the room and what you see and feel when in it. Is there a water feature outside? Does the property slope? Are there significant trees to highlight? Where is the best light?

When looking to build or renovate, give Patti a call for a free consultation. When you hire Patti, she is with you from start to finish, not a less experienced employee.

Patricia L. Misyak-Peters, RA, NCARB

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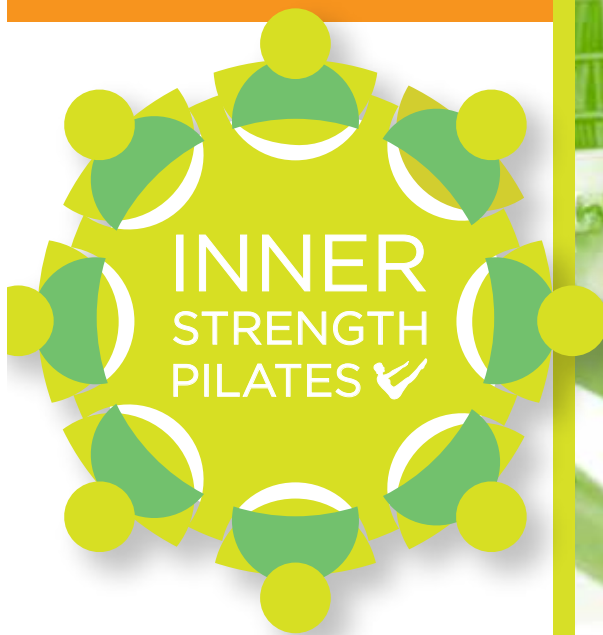
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Gourmet Dips By Denise Barranco

19th Annual Cranbury Craft Fair A Success for The Cranbury Education Foundation

By Pam Teel

Every year the Cranbury Education Foundation (CEF) plays host to a large two-day craft fair utilizing the whole Cranbury Elementary School at North Main Street in Cranbury. This is the CEF's largest fundraiser and to date has brought in close to \$100,000. The money goes to help support large capital projects for the school such as a new playground slated for this year, as well as small projects and initiatives requested by teachers.

With over 120 vendors, some having to be turned away due to lack of space, the craft fair is a favorite to people in nearby communities as well as to Cranbury residents. There was everything from artists, to silks, jewelry, clothing, pet items, gourmet items, photography, flowers and baskets, candles, gifts, woodwork and more. There were also many extra draws such as the children's craft center and the garden café where you could purchase homemade treats and breakfast and lunch items. There were also twenty gift baskets that went to lucky winners throughout the day.

The fair was made up of many volunteers helping to bring this early spring event to fruition selecting only artisans who brought handmade works to the show. Artisans on hand such as Kim Osterhoudt, who started making jams fulltime just six months after being laid off from a corporate position in 2009. Kim had always loved making jams having learned the craft from her mother at age twelve. After being laid off, Kim didn't know what direction to turn. A friend asked her what she liked to do the most and without a thought she answered that she liked making jams.

As a kid and throughout her life she canned everything that was in season. Canning was a passion to her and Kim set forth starting a small business turning fresh fruits into artisanal jams. Jams by Kim creates all natural gluten free jams by hands in small batches. She also offers jam sessions where she teaches the art of canning to both children and adults. Kim has won awards for her Entrepreneurial spirit from the National Association of Women Business Owners and her story has been recently featured in Edible Jersey Magazine in the food artisan category. She is known for her creative savory jams such as her best selling roasted garlic and sweet onion jam. To find out more about Jams by Kim go to www.jamsbykim.com.

Other stand out vendors included Gourmet Dips- owner Denise Barr, who had so many different flavors of dried dip mixes on hand to sample. You can go to: DeniseBarr@yahoo.com to find out what flavors are available.

The handmade cat pillows, catnip, lavender, and potpourri pillows were a big hit. All were handmade by Connie Grainger from Shiremanstown, PA. To find out more about their products contact conniegrainger@gmail.com.

Regina Vogler Photography. Such unique photo's, this woman really has an eye for her subjects. See her work for yourself at Redbubble.com/people/rvolger. She carries other items as well such as canvas prints, mugs, notebooks, magnets and more.

This is just a sampling of the vendors that attended this event. Planned for the early springtime, you can keep updated on next year's craft show and other events put on by the CEF on their facebook page. Facebook.com/cranburycraftshow or <http://www.cranburyeducationfoundation.org/>

Mark your calendar for next March. If you like crafts, you'll love this craft fair!!!!



Isle upon isles of crafts to satisfy
everyone's tastes



Regina Volger, photographer



Artisanal Jams By Kim Osterhoudt

MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE RAISED MORE THAN \$18,000 FROM ITS “CASINO NIGHT” FUNDRAISER

*Due to the Success of this Event and Other Fundraising Efforts, MTFEE Is Able to
Offer Millstone Township School Staff A Second Grant Cycle This School Year*

Millstone Township Foundation for Educational Excellence (MTFEE) raised more than \$18,000 from its final fundraising event for this school year, Fourth Annual “Casino Night.” MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in the Millstone Township Public Schools and are beyond the scope of the general school budget.

MTFEE recently awarded five grants totaling \$11,651.47 to Millstone Township Schools. Due to the success of this event and other fundraising efforts, MTFEE is able to offer a second grant cycle. Those grants will be awarded before the end of this school year.

The event—which included a variety of casino games including Texas Hold-Em, Roulette, Blackjack and Craps—was held at Forsgate Country Club (Monroe) on February 20. In addition, there were Tricky Tray and Silent auctions that included more than 100 items.

The event sponsor was the Saker Family. Other sponsors included:

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- Solitario & Tierney CPA (Spotswood)
- South Brunswick Animal Hospital, Dr. Doug Cotler, DVM (South Brunswick)
- Vesuvio's Family Restaurant (Millstone Township)

The foundation operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$527,200 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEAM enrichment programs, book rooms, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall.

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

For more information about MTFEE, making a donation or becoming a trustee, please e-mail info@mtfee.org, visit www.mtfee.org and like us on Facebook.



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Why Kids Want FC Sportika Academy

If your child is of school age and likes sports, chances are they are eating, sleeping and breathing soccer. Playing it...watching the World Cup...discussing famous players. This is nothing new; soccer has been a long term rage throughout the world. It is a great team sport and has sent many a child to college for a free ride.

If you would like to give your child an edge and some advantage over the thousands of other participants, you should consider signing them up at FC Sportika Academy right in your own backyard.

Why FC Sportika? Their superior, professional coaches are 'C' License at the minimum with many being 'B' and 'A'. One criterion is they all must love the game. They embrace the European Background which is being taught internationally to bring U.S. players in line with leading soccer nations of the world. There is little or no parental involvement. Students are taught by professionals with Mom & Dad as observers.

They initially launched in the summer of 2014 with four teams. FC Sportika was so well received that for 2015/16, we have grown to 11 teams (10 boys' teams and 1 girls' team). In Spring 2016 they will boast three elite EDP teams!

Their Philosophy:

"FC Sportika is committed to developing highly skilled soccer players that embrace the club's philosophy in an environment that encourages excellence on and off the field. Our commitment to technical training at the younger ages fosters an atmosphere for producing tactically intelligent players as they grow into young adults."

What they teach:

- Open attacking style predominantly 1 & 2 touch movement.
- Player led philosophy.
- Let the players express themselves and let them make the decisions.
- Enjoyable learning environment. Serious but fun.
- Repetition based program.
- Technique based training, breeding good habits.
- Development of the player, not the team. The end product is what matters, not results.

So Mom & Dad, sit back and enjoy your children and leave the soccer lessons to Sportika! This facility is one of those 'see it to believe it' places. Check out their website www.sportikasports.com or call 732-577-1745.



Register Today!

Online at www.sportikcasports.com/info-form/



2016/2017 Tryouts



FC SPORTIKA SOCCER ACADEMY is pleased to announce the tryout schedule for our 2016/2017 teams.

Tryouts will take place **APRIL 25—29, 2016**. Please visit our web site for locations and times.

FC Sportika has developed an academy with an atmosphere geared towards the development of youth soccer players.

Our top class professional coaching staff is committed to improving every player's growth on and off the field.

FC Sportika's teams compete in the Eastern Development League (EDP) and the Central Jersey Youth Soccer Association (MAPS).

Tryout Information for Boys and Girls

U8 (2009) U9 (2008) U10 (2007) U11 (2006) U12 (2005)
U13 (2004) U14 (2003) U15 (2002) U16 (2001) U18 (2000)

(Tryouts are year born *not* "calendar year")

Visit our web site **sportikasports.com** for times and venues relevant to age and gender. Tryout locations to be determined.

2016/2017 Academy Details

- ▶ Up to three (3) practices per week in season which include team specific sessions and a speed and agility session plus friendlys, league games and tournaments
- ▶ NSCAA/USSF Licensed coaches with a minimum of a "C" level license or equivalent
- ▶ Summer pre-season week in August and winter training in our indoor facilities

For more information and to pre-register for tryouts contact
Wayne Price Director of Soccer Operations | wprice@sportikasports.com | office: 732-577-1745, ext. 3

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Did You Know that...

By Pam Teel

Did you know that in its day the Empire State Building was known as the Eighth Wonder of The World? This National Landmark remains one of the most recognizable structures made by man and the most photographed..

Did you know that the building has a curfew, going dark after midnight? Thanks to the New York City Audubon Society, a handful of tall buildings, including the Empire State Building, go dark at midnight during bird migration season to help birds pick a safer flight path. During two migrations seasons, officials counted some 90,000 birds' killed by collisions with the NY City structures.

Did you know that America was suffering from the great depression when construction began in 1930? The building went up in one year and 45 days and costs \$41 million dollars, less than half of its projected costs but remained 80 percent vacant for a time after its official opening because businesses hit by the bad times couldn't afford the rent. Five workers lost their lives during construction.

Did you know that a new LED system installed in 2012 now has the ability to showcase an astounding 16 million color combinations that honor National Events and Holidays including red, white, and blue for Independence Day, a beating heart for Valentine's Day, and split lights representing competing sports teams?

The top antenna is used for broadcasting the majority of commercial TV stations and FM stations in NY City.

The building is made from 200,000 cubic feet of Indiana limestone.

On a clear day you can see five states: NY, NJ, PA, CT, and MA.

Home to so many businesses, the building has its own zip code. The interior lobby was designated as a historic landmark.

The 17-story spire was supposed to be intended as a mooring mast where airships would dock midflight and passengers would disembark out on to the top deck. The deck was originally open, but high winds almost caused a near disaster and the idea of the docking of dirigibles was scrubbed.

The building survived a plane crash in 1945 when a B-25 military bomber crashed



Empire State Building in all its glory

into the Empire State building, ripping an 18 by 20 foot hole in the 78th floor. Fire, after the fuel tanks exploded, killed fourteen people and injured another 26. It cost a million dollars in 1945 to repair the structure.

Above the 102nd floor there is a secret room off limits to the general public. Originally this would have been where people would have disembarked from the moored airships. The 103rd floor is accessible through a narrow staircase. It is now open to dignitaries and celebrities.

14 lucky couples are selected each Valentine's Day to get married on the Observation Deck each year.



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ANSWER: As our parents get older, and eventually we ourselves, we need to make the important decision of how best to care for them with the quality of life they deserve to have. It is a very important, yet individualized decision that must take into account so many variables.

IF YOU OPT TO LET YOUR PARENT LIVE IN THEIR OWN HOME, WILL THEY BE SAFE?

Some thinking points may help to decide if allowing your parent to stay in their own home is realistic: **HOW MUCH ASSISTANCE IS NEEDED?** How much help and supervision can you provide? Are they still able to drive? Can they take care of their own hygiene and cooking? Is there a chronic illness involved? Do they need personal care? Do they need housekeeping assistance? Do they remember to take all of their medications accurately and consistently?

THE HOME: Is the environment conducive for all aspects of daily living? Is there a need to climb stairs? Is there a place for a live-in to stay? Are the doorways wheelchair and walker friendly?

THE COST: What are the monthly expenses to keep them in their home with help? What is the cost of getting a home health aide? Does insurance cover it or are we eligible for any other financial assistance? How much money is needed to make modifications to make the home more accessible?

HOW DO I FIND SOMEONE I CAN TRUST WITH MY LOVED ONE?

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For more information or to schedule a FREE assessment —

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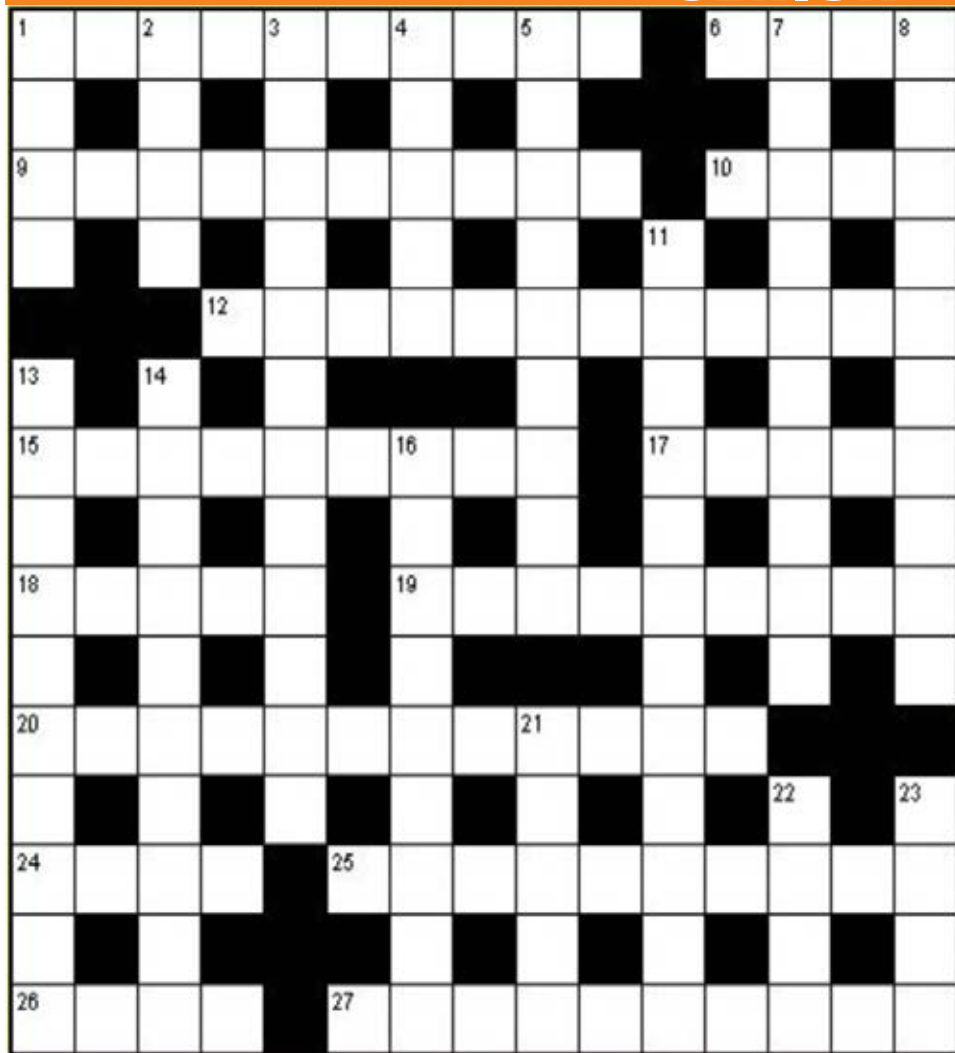
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ACROSS

- 1 Came across a record concerning journalist (10)
- 6 Language of old city belonging to the French (4)
- 9 They'll get wrongly blamed for heading off escape by animals (10)
- 10 There's potato in Mum's pudding (4)
- 12 Style of cooking providing contrasts (5-3-4)
- 15 Country-loving Irishman in charge of containing disturbance (9)
- 17 Giving note to terrorists makes one angry (5)
- 18 One who latches on to another is a sucker (5)
- 19 Sailor's intent perhaps is to be self-restrained (9)
- 20 A comment sure upset in due proportion (12)
- 24 Man told to get on his knees? (4)
- 25 Boundary rope may produce such a decision (10)
- 26 E.g. dogs returning from walk (4)
- 27 Not quite one's best friend on the ship (6,4)

DOWN

- 1 Pretty girl gets some food (4)
- 2 Animal found in sea location (4)
- 3 Fat little Edward is biased (12)
- 4 The First Lady touring Oklahoma will awaken memories (5)
- 5 The thresholds of delights (9)
- 7 Heartless robbers go off with a pet. The villains! (10)
- 8 Below, below, below (10)
- 11 Managed to get clergyman in dead awkward situation (12)
- 13 They are seeking work after demolition of aspic plant (10)
- 14 Steam railway takes on head of Rail track to improve efficiency (10)
- 16 To perform in a different key, one's parts must be arranged (9)
- 21 Went on horseback round cowboy show (5)
- 22 Junk mail from the capital (4)
- 23 Nothing but a lake (4)

ANSWERS ON PAGE 79

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Benefits of Joining a Gym

Maybe you're looking to drop a few pounds per your doctor's request or simply looking for an indoor activity during inclement weather. Either way, joining a gym could be the answer you're looking for.



Many gyms have discount programs available to senior citizens looking to stay in shape, making joining as affordable as it is fun. With regular senior programs and indoor swimming opportunities, you may find that your local gym is the perfect fit.

Find a Friend

Exercising by yourself is enjoyable but having someone to talk to during workouts makes for a more engaging experience. Before joining a gym, ask your peers if anyone wants to sign

up with you.

Don't fret if no one is available. Gyms are great places to build new relationships with people. Don't be afraid to ask other gym members about their workout routines and dietary habits. Most people are happy to share this information with others.

Pay Per Visit or a Membership?

Before signing up for a long-term contract, make sure you have realistic expectations of how often you'll be using the gym to exercise or swim. If you see yourself as a sporadic user, your money may be better spent in other areas.

One experiment by the American Association of Retired Persons asked people to predict how often they'd go to a gym, then tracked their behavior. Subjects went less often than they thought they would. Some went more than 200 percent less frequently than they originally intended.

Ask yourself the following questions when considering membership vs. paying per visit:

- How many times per month am I going to make it to the gym?
- Is the cost of a monthly membership higher or lower than if I paid per workout?
- Could I cut down on the number of gym workouts and do some of the exercise — especially cardio — at home?

Analyze your answers and make the decision that best fits your budget and schedule.

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The Princeton Festival Receives New Jersey Award For Best Opera

The Princeton Festival has once again received the JerseyArts.com People's Choice Award for Opera. The Awards, which take place annually to honor the work of New Jersey's vibrant arts community, saw more than 21,000 ballots cast statewide. The Princeton Festival was among the more than 110 arts organizations and downtown districts nominated for the Awards.

The Princeton Festival was honored today with the coveted award at the New Jersey Conference of Tourism for its production of Mozart's *The Marriage of Figaro*. Richard Tang Yuk, artistic director and general manager of the Festival said, "Receiving this People's Choice Award is a special thrill for us. We put on a full program of performing arts each year with everything from jazz to musicals to chamber music and we are very proud of every performance, but the opera is still a centerpiece. An opera is such a huge production, it's a portrait of performing arts in and of itself and it speaks to people in so many ways, that to have our opera win the votes of the people in New Jersey is more than gratifying, it's tremendous." Last year the Festival won the JerseyArts Award for opera for its production of *Porgy and Bess*.

The JerseyArts.com People's Choice Awards are coordinated through the Discover Jersey Arts program, a cosponsored project of ArtPride New Jersey Foundation and New Jersey State Council on the Arts aimed at increasing awareness of and participation in the arts.

For detailed results and more information, visit JerseyArts.com/peopleschoice. For information about The Princeton Festival and its upcoming June 2016 season, including the Benjamin Britten opera *Peter Grimes*, visit www.princetonfestival.org.



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Bad Report Card? There's Hope for Struggling Learners

Report cards.

Seldom have two words caused such anxiety for both students and parents. For some, poor grades can reflect feelings of inadequacy (as a student or a parent), worries about being held back a grade, or fears of not getting into a good college.

Who's to blame for learning struggles?

For parents, these fears often manifest as blame; blame on the student, the teacher, or themselves. And while the assumptions that less-than-stellar grades are a reflection of poor teaching, lack of intelligence, laziness on the part of the student, or poor parenting, these assumptions are almost always untrue.

The truth is that bad report cards are not a reflection of IQ. In fact, many struggling learners have higher-than-average IQ scores. IQ assessments measure an average of the combined strength of all our cognitive skills—the underlying tools we need to successfully focus, think, prioritize, plan, understand, visualize, remember, solve problems, and create useful association. These skills include things like attention, visual and auditory processing, memory, logic & reasoning, and processing speed.

It's very common for a student to have an average or above-average IQ score and a learning problem at the same time. For example, a child who struggles with reading may have a severe deficiency in the sound blending and phonemic awareness (two subskills of auditory processing), and be well above average in other cognitive abilities. When you lump it all together and average it out, it'll look like there's no problem because the IQ score is average. In fact, that score is masking what could be a serious problem.

What about genetics?

It's not surprising that parents who struggled in school often experience anxiety over their children's report cards. While it's likely that most of the concerns stem from parents' hope that children get better grades than *they* did, another fear is that they've somehow genetically passed on their learning struggles.

Certainly, genetics can contribute to a small part of learning struggles (like reading difficulties); but the majority of learning struggles are simply the result of weak cognitive skills. Students with ADHD, for example, tend to have weak selective, divided, and/or sustained attention. Even learning struggles that are inherited don't need to be lifelong labels or diagnoses; strong cognitive skills have a huge positive impact on learning.

So how do you target weak cognitive skills?

Cognitive skills training (also known as “personal brain training”) incorporates immediate feedback, intensity and loading, among other features, to target brain skills. Effective brain training customizes programs based on the results of an initial cognitive skills assessment and uses exercises founded on years of clinical and scientific research.

Unlike tutoring, which is academics-based, brain training is skills-based. While tutoring can be effective when a student has fallen behind in specific subjects (such as history) due to an illness, injury, or family move, cognitive skills training targets the underlying skills needed to perform tasks (like reading) that make learning easier in *any* subject.

If your child is struggling in school, take the first step toward helping your child become a more confident learner by having his or her cognitive skills assessed. Cognitive testing usually takes an about an hour, and can pinpoint the weak skills that are making learning (and life!) harder than it needs to be.

LearningRx specializes in one-on-one brain training. We train cognitive skills through game-like exercises that are both fun and challenging—and we do it with a unique personal trainer approach. LearningRx's customer satisfaction speaks for itself with an average rating of 9.5 out of 10. With 80 centers across the country, LearningRx is a pioneer in the one-on-one brain training industry. Learn more at www.learningrx.com or call 732-444-8579



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Consider School Districts

Prospective home buyers have a lot on their wish lists. Size, price, neighborhood, number of bathrooms and the home's overall condition come to mind.

For buyers who either have children or are planning to have children soon, that list can be topped by the school district within which the home sits.

The quality of the nearby schools can have a major impact on a home's asking price. "Location, location, location" is the old standby motto in the real estate profession, and living in a great school district can certainly increase the current and future value of a home.

How to Find a Great School District

Buyers looking for top schools will need to conduct some research on their own to make sure they're getting what they want out of a district. This means looking up school performance ratings and awards, which can be found online through state and federal report cards.

You can also ask your Realtor for this type of information, as they will likely have updated information on hand as a marketing tool. Remember that higher scores on state rankings are important, but so too is how you feel about a school's location, teaching staff and overall educational infrastructure.

Talk with parents who have students in your target school district. Ask them about teacher-to-student ratios and the overall educational experience. When it comes to knowing how children socially and academically advance through a particular school, you want to know that parents are an engaged part of the process.



Investment Protection

Buying a home in a stellar school district can be a great choice for real estate investors or buyers who plan to never raise children. That's because a home's overall value is more likely to sustain healthy growth if it's located in a quality district.

The National Association of Realtors reports that proximity to quality schools is one of the most influential factors in a buyer's decision to purchase a home. A 2014 study, in fact, found that 29 percent of home buyers listed school quality and 22 percent listed proximity to schools as deciding considerations.

Another recent study found that buyers can expect to shell out \$50 more per square foot for homes near good schools. These numbers underscore the significance of considering the school district when it comes time to make an offer on a home.

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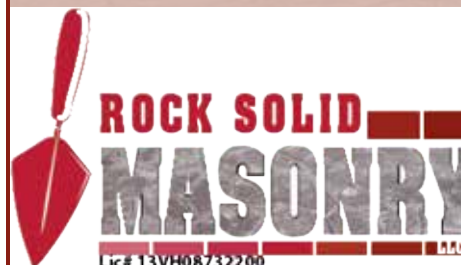
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JUST LISTED



9 Cheryl Ln. Millstone Twp
\$749,950

Beautiful 5,000 + sqft custom colonial situated on 2.3 park like acres with 5 Br and 5 Ba is surely to impress. Large great room, eat in kitchen, dining room and family room offer plenty of space for day to day living. This home features a full walk out basement with home theater, full bathroom AND full kitchen perfect for entertaining and large gatherings. Backs to 100+ preserved acres. A must see!

JUST LISTED



12 Deer Run Dr. Millstone Twp
\$474,950

4 Br 2.5 Ba center hall colonial on a quiet cul-de-sac situated on 1.38 acres. Open floor plan with a spacious kitchen and 3 sided fire place. Finished basement with fire place, and a wet bar. Backyard features a large multi-tiered deck overlooking the in-ground pool. Come see today!

JUST LISTED



5 Dryden Dr. Burlington Twp
\$224,950

Well maintained 2br 2.5 ba colonial featuring a large loft and situated on an open lot with a deck. Vaulted ceilings in living room and family room. Kitchen is updated with new floor and appliances. Family room features a wood burning fireplace and built in cabinets. Cozy and comfortable ready for it's new owner!

JUST LISTED - LAND



4 Dawson Ct. Millstone Twp
\$199,950

Approved 8.02 acre Building Lot in Millstone Twp. Gas and Electric at the Street. Adjoining lot has perked. Ready to build your dream home today!

JUST LISTED



616 Greenwich Ct. East Windsor Twp
\$199,950

Move in ready 3 br 2.5 ba town house in Twin Rivers. Full of recent upgrades and amenities. Spacious living and dining room, new bathrooms, upgraded kitchen and full finished basement add to charm of this town house! Don't wait- make an appointment today!



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MLS#6677126

92 Holmes Mill Rd., Cream Ridge, NJ 08514
\$1,049,900 Agent: JoAnn Stewart

Old World charm tells it all 5br, 3ba on 11.03 acres w/updated kit 6 pfc's 4 stalls barn w/paddocks



MLS#6659294

52 Church St., East Windsor, NJ 08561
\$275,000 Agent: Kim Olzewski

Step back in time with this 4br, 3ba colonial. Many recent updates. Deep lot. This is a must see home that will not disappoint.



MLS#6590040

2 Michael Dr., Cream Ridge, NJ 08514
\$769,900 Agent: JoAnn Stewart

6 br, 5.5ba ,impeccably clean and organized Stately Sierra Model, w/total Living sp approx. 6,980sf, and 300,000 in builders upgrades during constr.



MLS#6687505

20 North St., Robbinsville, NJ 08691
\$600,000 Agent: Anthony Rosica

Carriage home offers 4-5br (5th bed currently sitting room), 3 full 2 half ba Lakeside living in resort-style community. With almost 3000sqft of living space. Unique Studio w/almost500sqft over Two car garage & over 150K of exceptional upgrades.



MLS#6697669

1253 Park St., Robbinsville, NJ 08691
\$630,000 Agent: Jennifer Kubick

Luxurious 4br, 3.5ba 3400+ sf Brick front Colonial with a 1st fl master suite & office, as well as a second fl master suite & loft entertainment center! You will be ready to drop your furniture and start living the fabulous life in the beautiful home.



MLS#6737865

104 Richardson Rd., Robbinsville, NJ 08691
\$575,000 Agent: Margaret Panaro

Remarkable well maintained 3300sf Robbinsville home 4br, 2.5ba with a LOFT off the 2nd br. Finished bsmt and a backyard with 3 outdoor living areas including a patio w/a built-in outdoor kitchen.



MLS#6733421

5 Lucaya Circle, Hamilton, NJ 08691
\$450,000 Agent: Patricia Hogan

Luxurious adult living with the perfect floor plan. 3br,3ba desirable Sundance model centrally located to Hamilton Marketplace.



MLS#6739472

11 Babbitt Way, Allentown, NJ 08501
\$799,000 Agent: Patricia Hogan

Sophisticated and tranquil, with amenities for the members of your family. 4br, 3.5ba with magnificent 2 story entry way with circular staircase, wrought iron detail on hrwd.



MLS#6649879

82 Arneytown Hornerstown Rd.,
Cream Ridge, NJ 08514
\$509,900 Agent: JoAnn Stewart

3br, 2.5ba custom built maintenance free ranch situated on 2 acres surrounded by preserved land. Gourmet kit, i/g pool and 2 car garage.



MLS#66737865

334 Lakewood Rd., New Egypt, NJ 08533
\$304,999 Agent: JoAnn Stewart

Charming Cape on 1.29ac w/fenced paddocks vaulted fam room w/fireplace & sky DR 1st floor Master suite w/full bath.



MLS#66739054

110 George St., Robbinsville, NJ 08691
\$560,000 Agent: Jessica Leale

5 br, 2 full 2 half bath "Picture Perfect" Carriage II model in Robbinsville Town Center. North facing home with fin bsmt. Doors down from the gazebo for town concerts.

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** Source: Trendgraphix 1/1/2015-12/31/2015

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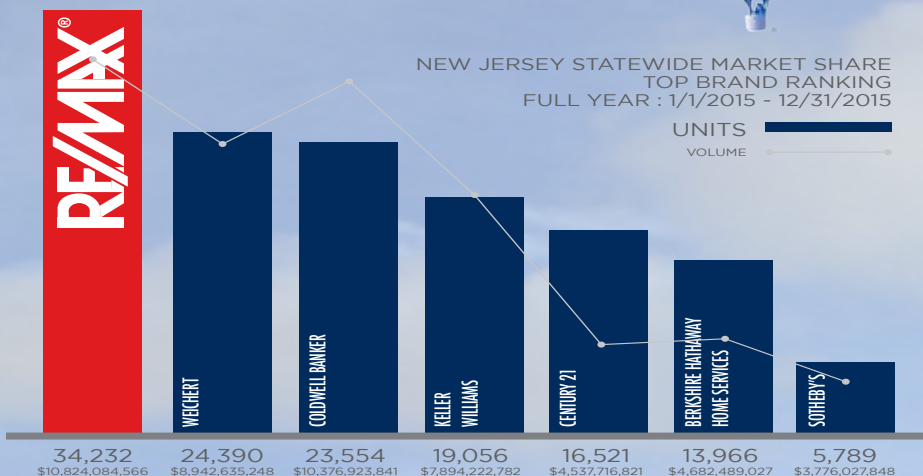
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This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/15 - 12/31/15. It includes which listings were sold by such organization itself, or with the aid of a cooperating broker for the state of NJ and time period indicated, according to the data by the following Multiple Listings Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data Maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.



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\$499,000 Jackson Twp.
Spacious 4 BR Colonial On 1.28 Acres
With Wooded Backdrop



\$475,000 Millstone Twp.
Totally Updated Ranch On 4.91 Acres
With 6 Stall Barn



\$449,900 Manalapan Twp.
Sprawling 5 BR Ranch Located
on 2.96 Acres



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Upper Freehold Twp.



\$429,000 Jackson Twp.
Stunning Colonial With Features
Galore Situated On 1.61 Acres



\$1,299,000 Millstone Twp.
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With Home To Be Built



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Spacious 3 BR 3 BA Home
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Jennifer was a complete joy to work with. She led us through the selling process every step of the way. Jennifer returns calls immediately and is responsive to any needs a client might have. Her years of experience, honesty and warm personality make her the "best" choice when choosing a realtor.

Jennifer knows the value of the home's in this market and how to market and sell your home.

Jennifer offers depth of expertise, depth of knowledge, and incredibly high levels of service. She's The realtor to use for any properties that need to be bought or sold.

We highly recommend using Jennifer Baldachino for any real estate need.

~Glenn McClain

\$495,000



20 Parkside Way, Millstone

\$750,000



6 Dutchess Drive, Allentown

\$225,000



LAND - Quail Hill, Millstone

\$669,900



26 S. Robbins Road, Millstone Twp

\$619,000



1 Arlenes Way, Cream Ridge

\$640,000



7 Nicholas Court, Cream Ridge

\$319,500



10 W. Caines, Plumsted

\$799,900



2 Mink Hollow, Millstone

\$949,000



1 Molsbury Lane, Millstone Twp

\$289,900



Land - 34 Paint Island Spring, Millstone
Approved Lot

\$887,000



7 Danser Drive, Millstone

\$575,000



16 Stacey Drive, Cream Ridge

\$1,199,900



135 Trenton Lakewood Road,
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18A Benjamin Franklin Dr, Monroe
Agent: Leonard Goldsmith

2 BR, 2 B in the Concordia Adult Community. Bright & airy in move in condition. All newer appliances, new garage door, new hot water heater and much more.

Monroe Office 609-395-6600

CALL FOR DETAILS



1 Camelot Drive, Monroe
Agent: Dorothy Redding

5BR, 2B Custom home, freshly painted in neutral tone. New kitchen with ss appliances & granite tops. Large rooms, in-law suite w/ plenty of closets, storage, full basement, deck & so much more.

Monroe Office 609-395-6600

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13 John Paul Jones, Monroe
Agent: Kerryann Holster

Light, bright & beautiful standalone Kingsley II model on the golf course. Stunning wood floors, fireplace, oversized driveway. Lots of parking, breathtaking views so much more offered by this wonderful adult community.

Monroe Office 609-395-6600

CALL FOR DETAILS



131 Belluscio Street, Monroe
Agent: Michelle Pearson

Adorable starter home close to the community center. Updated bath, crown moldings, new pavers stone patio with built in fire pit. Beautiful Florida room, large property, can eventually build on.

Monroe Office 609-395-6600

CALL FOR DETAILS



5C Rutland, Monroe
Agent: Rhonda Rothschild

The home you've dreamed of - updated kitchen with top of the line ivory cabinets, granite, ss appliances, designer tile backsplash. Real hardwood floors, fireplace, updated baths, marble & tiles. WOW!

Monroe Office 609-395-6600

CALL FOR DETAILS



34 Pagoda, Freehold
Agent: Cynthia Gaudio

Priced below market value! Larger than the rest.... 1400 sf of space. Freshly painted, upper unit with cathedral ceilings. French doors to outdoor balcony. Move in ready!

Monroe Office 609-395-6600

CALL FOR DETAILS



6 Garden Terrace Court, Monroe
Agent: Patricia Kobos

Exquisitely maintained home with countless upgrades! Conservatory with two-sided fireplace, sunroom off kitchen, granite, ceramic tile, skylights, vaulted ceilings, first floor bedroom/study, large master suite, bonus room above garage.

South Brunswick Office 732-398-2600

CALL FOR DETAILS



124 Woodview Drive, Montgomery
Agent: Alfred E Horne

Spectacular home situated on quiet cul de sac in desirable Belle Mead! Fantastic great room, wood burning fireplace, 2 staircases, hardwood, tile, renovated kitchen, 6 bedrooms, 3 car garage, pool.

South Brunswick Office 732-398-2600

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24 Coriander Drive, South Brunswick
Agent: Linda Schwarz

Virtually maintenance free townhome! Big ticket items are all newer. Updated eat in kitchen with granite, newer appliances, two renovated baths, finished basement and garage. Close to shopping and transportation.

South Brunswick Office 732-398-2600

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990 US Highway 130 Road, North Brunswick
Agent: Maryanne Stout

Perfect Mother/Daughter set back on beautiful lot! Walk out basement has full bath. Great floor plan, large rooms, updated kitchen and baths, new windows, roof, furnace and AC. Great location.

South Brunswick Office 732-398-2600

CALL FOR DETAILS



96 Hazel Court, South Brunswick
Agent: Susan Pomerantz

Move in ready! Spacious twin with hardwood floors, recessed lighting, neutral colors, newer windows, finished basement, eat in kitchen, sliding doors to deck with fenced in yard.

South Brunswick Office 732-398-2600

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You'll need a general understanding of how a deck is structured, so do your research. Will it be a simple, single-level deck? Or do you want to incorporate various raised areas for patio furniture or a grill?

Once you build your deck, don't forget the finishing touches, such as solar post lights or light-blocking canopies that attach to your home. The final appearance of your deck is limited only to your imagination.

Here's what you'll need:

- Circular saw
- Drill
- Posthole digger
- Decking screws
- Concrete mix
- Level

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- 2X10X10 (beams)
- 2X8X8 (decking)
- 4X4X8 (posts)



Building Your Deck

1. First carefully measure your deck area to determine the amount of lumber and materials you will need. Diligent measurements will mean less waste in the end and a more efficient process.
2. Mark your deck's foundation and footing post locations with spray paint. This prep work will help you quickly dig holes for the deck's ground support.
3. Dig footer holes 36 inches into the ground. Then mix and pour concrete into the holes with posts. Let the concrete set for at least one day. Some manufacturers recommend a week.
4. Cut 2X10s to the length of the deck and secure it to your posts. These will serve as the main beams.
5. Mark, cut and secure joists to run between the beams. Deck boards will connect to the joists.
6. Lay the deck boards. Remember to leave a gap between boards for expansion and contraction. Insert two screws at every joist, countersinking the screws to prevent unsightly or potentially dangerous screw heads from popping up.
7. For the railing, measure and install posts every six feet along the side of the deck. Bolt the posts to the outer joists. Cut the rails to size and install between the railing posts.



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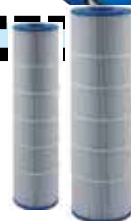
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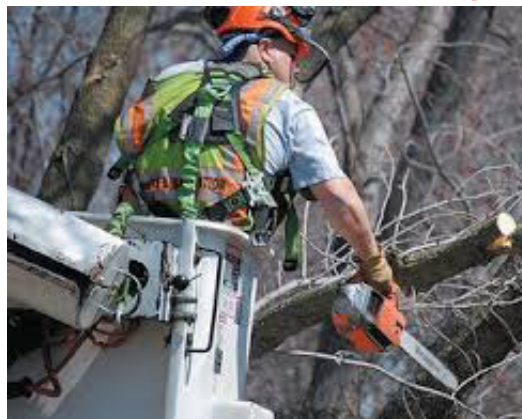


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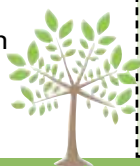


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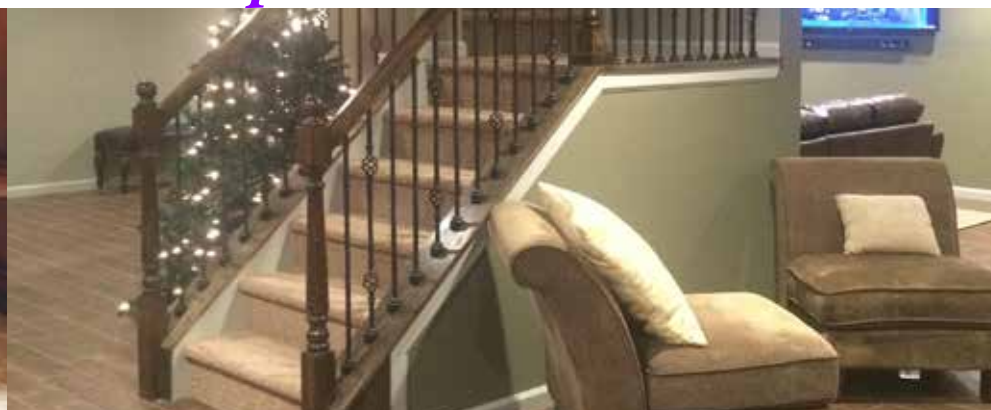
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Non-toxic Cleaning Products Are Best For Your Home

By Joely Phenes

Many name brand cleaning products we use in our homes contain harmful chemicals that can affect your family's health. Using non-toxic cleaning products, especially ones made from DIY recipes, is very beneficial for your home.

For one, non-toxic cleaning products do not pollute the air in your home, so you can feel better about the air that you and your children are breathing. They are also better for the environment; if you use these products, you are contributing to the reduction of air and water pollution.

Not to mention, making your own non-toxic cleaning products is significantly cheaper than purchasing name brands. You actually probably have the ingredients somewhere in your house already!

To make your own all-purpose cleaner, all you need is...

- 1/4 cup of white vinegar
- 2 tbsp of baking soda
- 1 liter of hot water

Combine these ingredients, and let the mixture cool for about 5 minutes. Then, pour it into a spray bottle and voila! You have your very own non-toxic all-purpose cleaner! If you want it to have an aroma, all you have to do is add a few drops of essential oil to the mixture before cooling it.

The best part about non-toxic cleaning products is that they are simple. You know and trust all the ingredients and you do not have to worry about any dangerous toxins. So what are you waiting for? Start cleaning your home the right way!

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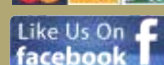
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Take Precautions

When taking on any home improvement project, it is important to protect yourself from preventable injuries.

Doing so involves understanding the risks associated with your specific project, as well as equipping yourself with the proper tools.

Research shows that many Americans are seriously injured by home improvement accidents every year.

According to the U.S. Consumer Product Safety Commission, in 2013:

- More than 511,000 people were treated in hospitals, doctors' offices and emergency rooms for injuries related to ladder use;
- Approximately 301,425 people were injured from lawn mower-related injuries;
- Nearly 7,500 were treated for injuries related to power tools; and
- More than 569,000 injuries were related to sofas and couches, particularly in climbing them to clean hard-to-reach areas of the home.

Don't become a statistic. Follow the tips below for a safe home improvement project.

Ladder Safety

One of the most dangerous places around the home is on top of a ladder. Especially if you don't scale them very often, ladders can pose balance issues. And given the height you're dealing with, a fall can be very dangerous.

Always place ladders on a firm, level surface and always avoid wet ground.

Once you're on the ladder, avoid leaning too far to one side or reaching for items. This can throw off your balance and quickly shift the weight of the ladder.



Other tips:

- Never climb a ladder without someone nearby;
- Keep your ladder away from electrical wires, tree limbs or other obstructions; and
- Use a sturdy step ladder instead of furniture or a countertop to reach high areas.

General Safety

Many injuries occur in far less dramatic ways than falling from a ladder.

Improper stretching and lifting techniques can do damage to your back, keeping you out of any home improvement projects until you recover from your injury.

When lifting heavy objects, it is important to separate your feet shoulder-width apart, bend your knees and lift with your legs.

Other tips:

- If taking on a large project, alert your friends and family ahead of time so they will be able to check on you periodically;
- Always keep a phone within reach in case of an injury; and
- If working in the heat, take frequent breaks and hydrate properly.

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APRIL Keep Your Parents Busy

2016

Happy April Fools Day!



Sing Along with the Muppets Movie, at McCarter Theater in Princeton, NJ!

Passport to Art: an interactive workshop for parents and kids, 1pm to 2:30 pm, and the Zimmerli Art Museum at Rutgers University.

Today is National Walk to Work Day! (yeah, right.)

The male acapella group Straight No Chaser performs at the Count Basie Theater in Red Bank, NJ, tonight at 8pm!

The Drawing Club for Kids meets tonight at the Zimmerli Art Museum, at 5:45 pm.

National No Housework Day!!



Charlie Puth performs live tonight, 8 pm, Count Basie Theater!!

NY/ NJ Mineral, Gem, Jewelry, and Fossil Show at the NJ Expo Center, Edison, NJ.

Love on Broadway: A concert of great theater performers and conductors at the State Theater in New Brunswick, NJ.

Bluebird Box Nest Watchers at the Plainsboro Preserve, times to be announced.

Toddler Tuesday's at the Chapin School in Princeton, NJ.

Today is National Scrabble Day!



National Look Up at the Sky Day, take time to appreciate nature today.

MOVIE: The Jungle Book in 3D premieres today!



Mary Poppins opens tonight at the Kelsey Theater at Mercer County Community College, West Windsor, NJ, \$20 for all!

National Blah, Blah, Blah Day. For real.



The World's Greatest Pink Floyd Show returns to the State Theater tonight, 8 pm.

National Garlic Day! Maybe make some garlic bread to celebrate.

Food Network star Alton Brown puts on a show tonight at the Count Basie Theater, 8pm.

Clifford the Big Red Dog tonight at the Count Basie Theater!!



MOVIE: The Huntsman: Winter's War comes out today!



National Lover's Day. Xoxo.

The 2016 MyGoal Bowling for Autism event at Stelton Lanes in Piscataway, NJ, at 2 pm! Support a great cause and have fun with your family.

ArtJam pop-up gallery opens today in Princeton, NJ, to benefit HomeFront families.

National Pretzel Day!



National Tell A Story Day!

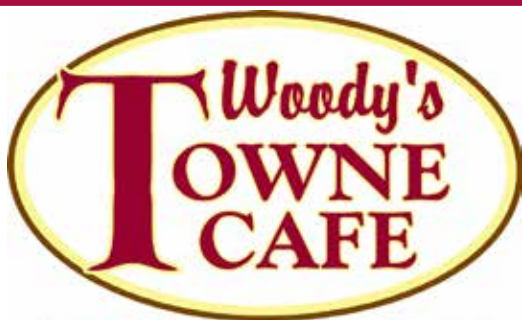
Tonight is opening night of the musical, Dirty Rotten Scoundrels, Monroe Township High School! \$10 to see an amazing production with a grade A cast.

Happy Arbor Day!



National Honesty Day. You know what to do.

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10th Annual - Run with Eagles 5K in Upper Freehold adds a Relay

This year, organizers of the 2016 Run with Eagles 5K Run/Walk and Fun Run have added a 2-person-team relay. The event is scheduled for April 9 at the Cream Ridge Winery in Upper Freehold Township. 5K runners can run solo or in a team, with each team member running 1.55 miles. There will be team awards for the fastest male team, female team, combined team, adult/child team and child/child team. The relay is a great opportunity for runners who may not want to run a full 5K to participate in a 5K event. Overall and age group prizes will be awarded to solo runners.

This year's event begins at 8:00 a.m. with 101.5's Big Yellow Van kicking off the fun with music, games and prizes during race registration. The Fun Run starts promptly at 9:00 a.m. followed by the 5K at 10:00 a.m. The Run with Eagles 5K is held on a premium course on scenic roads traveling through picturesque horse country and historic Walnford Park. Each year the races are attended by over 200 runners who enjoy an event-filled morning with a generous food table, music, race awards and raffles. Tie-Dyed T-shirts and goody bags will be provided to all pre-registered runners and to same day registrants while supplies last. Bruno's One Sweet Ride of Allentown will again generously award a brand-new bicycle to the winner of the Fun Runners Kid's Bike Raffle.

This year's event is hosted by the Allentown Lions Club and benefits local area events and causes funded by the Lions. Runners can register online at <http://events.raceforum.com/events/8141>. Mail in registration forms are available at www.eagles5K.com. Contact runwitheagles@yahoo.com for more information.



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Come out and enjoy Spring in Allentown
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Please contact Heather
at 609-208-0544
or email

ABCAofNJeventscoordinator@gmail.com
for info on participating in this event.



ALLENTOWN PUBLIC LIBRARY

Presents:

Back by popular demand, the Allentown Public Library is presenting Team Trivia Night on April 9th at the Hope Fire Company on Route 526.

The Ladies Auxiliary will provide dinner items at 6:30 pm at reasonable prices. Trivia begins at 7:30 pm. They will also have an array of deserts on hand to purchase at intermission time.

All proceeds from this event will go to the Hope Fire Company.

Teams up to eight members can register and pay at the library. The cost is \$15.00 per player with \$10 to benefit the library and \$5 towards cash prizes. Register soon as table space is limited!

Call 609-259-7565 for more information.



Congratulations and Happy Birthday Necessities for the Heart

By Susan Heckler

When Georgette Keenan opened Necessities for the Heart in the historic 1790's John Imlay Mansion in Allentown, she had a vision of what the perfect store would be to embrace the girly girl inside us all. Very much like Georgette herself, the shop is warm and inviting with an approachability that will make any shopper comfortable. You are enveloped in feminine beauty surrounded by objects of distinction in a setting of romance.

Back in 1997, Necessities for the Heart opened the same time the block buster romantic movie Titanic opened in theaters, becoming a romance classic as is this beautiful boutique. Necessities is having their grand celebration of their 19th birthday with a Titanic theme on April 16.

Romance, opulence, elegance (and Leonardo) all come to mind when you remember the movie's interpretation of that historic event. Even the refreshments and entertainment will be themed for the festivities!

For this one day only, you will receive 19% off of your entire purchase (with just a few exclusions). According to Georgette, "As with all 19 year olds, we are always growing and changing. Come see our new vendors mixed with our favorites which have been part of our store for many years. You have to see the luxurious treats for you for all price ranges."

Come meet Dina Wolf, who you may remember from Charmed by Claire in Cranbury, who has joined their happy family. You walk in to Necessities to shop and leave there a fan, a friend and part of their future. You can't help but get wrapped up in the atmosphere of sisterly togetherness.

Since Mother's Day is around the corner, don't forget to fill out your wish list or have hubby tag along on this girlfriend day... we will make him feel welcome!

Please check us out on Pinterest and Facebook and, of course, like us (because you do)!

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Helping Neighbors in Need

By Susan Heckler

Life is good, but it is better for some people than others. Unfortunately, our economy has left many of our neighbors unemployed or underemployed (the working poor).

The all-volunteer Allentown Food Pantry opened over 15 years ago to service any New Jersey resident in need. It is one of the largest food pantries in the county; every county in New Jersey has a Food Bank. Allentown receives donations of food from the Monmouth/Ocean Food Bank in Neptune. Thankfully, they get monthly deliveries of 5,000-11,000 lbs. every month. Unfortunately the need is more like 20,000 lbs. per month.

Farmers Against Hunger and local farmers supplement the pantry with fresh produce and they accept donations of food and toiletries from the public as well as cash. The need varies; holiday time is a little more, as is the summer when the children do not get the benefit of school breakfast and lunch. Right now they service over 350 families which amount to 900-1,150 individuals. A busy day in the past was 15 people. Now they get 30 people daily.

In addition to getting food from Monmouth/Ocean, cash donations allow them to shop to take advantage of large discounts offered by the Food Bank to buy bulk food for an average of 18 cents a pound. They also hit the local supermarkets for big sales to make the most of the money received.

How can you help? The second Monday of the month at 9:30am is delivery day when the Monmouth/Ocean FoodBank drops pallets of food at their sidewalk. Volunteers are needed to unload and stock the shelves as well as man the pantry during operating hours. Food, cleaning supplies, toiletries and cash donations are always welcome.

They are located in the lower level of the Allentown Presbyterian Church's Cornell House at 20 High Street in Allentown, NJ 08510. The operating hours are Mon. -Wed. - Fri. - 10:00 AM – 2 PM. To volunteer or donate, contact them at (609) 259-7289.

Allentown Garden Club Hosts Vermiculture Seminar

Jim Shaw, owner of Uncle Jim's Worm Farm, will explain the science of vermiculture at the April 14 meeting of the Allentown Garden Club. The use of redworms in composting produces a nutrient-rich, natural fertilizer and soil conditioner from kitchen waste. Jim has been featured on Oprah, in the Wall St. Journal and numerous other television programs and media outlets. The meeting will begin at 7 pm at the Allentown Methodist Church on Church St. (next to LaPiazza). All are invited to attend. For more information, go to www.AllentownGardenClub.net.

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Spaying and neutering pets is the only permanent, fully effective method of birth control for dogs and cats.

Research has shown that having your pet spayed or neutered can have many positive effects, including a reduction in the number of homeless pets killed, an improvement in bad behavior and an overall boost to your pet's health.

According to a 2013 article in USA Today, pets who live in the states with the highest rates of spaying and neutering also live the longest. Researchers found that neutered male dogs lived 18 percent longer than unaltered male dogs and spayed female dogs live 23 percent longer than unaltered female dogs.

Reducing Pet Homelessness

The number of homeless animals is a result of so many pets not being spayed or neutered. In the U.S., there are an estimated 6 to 8 million homeless animals entering animal shelters every year, according to the American Society for the Prevention of Cruelty for Animals.

Further ASPCA research has found that as many as 300,000 homeless animals are euthanized in animal shelters every year in some states. Nationwide, more than 2.7 million healthy, adoptable cats and dogs are euthanized in shelters annually.

Improving Your Pet's Health

Choosing to spay or neuter your pets can decrease their urge to roam, which reduces their chance of fighting with other animals, getting struck by cars and getting into other dangerous situations.

According to the ASPCA, un-spayed female cats and dogs have a far greater chance of developing fatal uterine infections, uterine cancer and other cancers of the reproductive system.

Consider all of the aforementioned facts, as well as any guidance your veterinarian gives you, when making the best decision for you and your pet.



A LOVING FAMILY **WANTED**

By Pam Teel

Please note all pets have been spayed, neutered and updated on all of their vaccinations. There are more pets available on the website. Animal Assistance doesn't just hand over pets to anyone. You are carefully screened to make sure you are the right match for the animals and vice versa. Caring for the pet doesn't just stop after being adopted; animal assistance offers further training services and can help you with any other questions pertaining to your newly adopted pet. Animal Assistance in East Brunswick has a great record for placing strays in loving homes and making them part of your family. Please call the shelter first

Please take a look at their website and all of the other animals up for adoption. You can give these animals a chance at living a long and loving life. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding good homes for them. The facility is located in East Brunswick. This 501c3 Organization is a perpetual lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. **Go to: animalassistance.org. To view their pets for adoption on petfinder - please visit them at [PetFinder.com: http://www.petfinder.com/shelters/NJ538.html](http://www.petfinder.com/shelters/NJ538.html)**

Please call 732-251-3210 between the hours of 7-10am Monday through Thursday, Friday 7-10am, or Sunday 8:30-10:30am. Adoption application available online <http://animalassistance.org/adoptionapp.html>. All animals are spayed/neutered and up to date on their shots. Adoption applications can be obtained online. If you would like to sponsor a pet in the shelter, please go to the website.

This month's featured pets waiting for a new home are:

Gloria is part pit-bull, terrier and hound mix. She is super friendly and loves being around children. Not a nasty bone in her body. She was found abandoned on the side of a road. If you are interested, call for more information about her.

Bezzzy is a female Rhodesian Ridgeback who loves to run. She also can sense danger. She is very lovable and loyal.

Freddie is a small adult male Maltese. He is super friendly and looking for a family to interact with.

Madeline is a short haired domestic who is house trained and declawed with a loving affectionate personality.

Nelly is a very pretty litter trained cat who was the victim of a hoarder. She is young about 2 1/2 years old.

Noodles is about seventh month old now. She came to the shelter as a stray but is so gentle and loving and looking for someone's lap to lay on.



Gloria-mixed pitbull



Bezzzy- Rhodesian Ridgeback



Freddie- Small maltese



Madeline- short haired domestic



Nelly- orange and white calico



Noodles -young orange and white calico



Mittens



Baby Yoda



Shyla & Sebastian



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Busby



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ROSE'S FUND FOR PETS - Meet Rose

*"On June 1, 2008 I was driving and saw a car go around something white in the road.
As I approached I saw that it was an injured cat that was bleeding but alive."*

The driver who hit her must have seen her, as the car went around her also.

I stopped and drove right to the closest emergency veterinary practice. On registration, they asked her name. I didn't know, but since the secretary had pink scrubs on I named her Rose. I was told she had a broken leg but also some head trauma and her prognosis was guarded. They asked what I wanted to do, so I decided they could give her pain medication and stabilize the leg, and I would look for the owners. That night I spoke with the veterinarian who said Rose was stable, her breathing was better and the neurological issues seemed to be resolving.

At 1am I got a call from the vet saying that they were very sorry but Rose had passed on. I kept thinking that at least she died warm and cared for, not in the street being hit again, or in pain as the driver left her."

I never did find the owner, even though I left my number everywhere and put up a picture of her and went door to door looking for her owners in the neighborhood I found her in. Many people asked me why I spent so much money on a cat I found, and the answer has always been that if anything ever happened to one of my pets, that is how I hope someone would care for them. This is how Rose's Fund began; the loss of a cat will serve and help others.

At Rose's Fund we are sensitive to the fact that it takes more than love to save a life, and all animals deserve a chance. We will financially assist, to the best of our ability, pet owners and Good Samaritans who have an animal with a good prognosis for a healthy life, but are at a financial loss.

When there is a situation where the pet or found animal has a good chance of being well but the owner or Good Samaritan can't afford it; Rose's Fund will, to the best of our abilities, cover the cost.

The veterinarian will call the fund after the owner has used his/her own resources and applied for a "care card" at the veterinarian's office.

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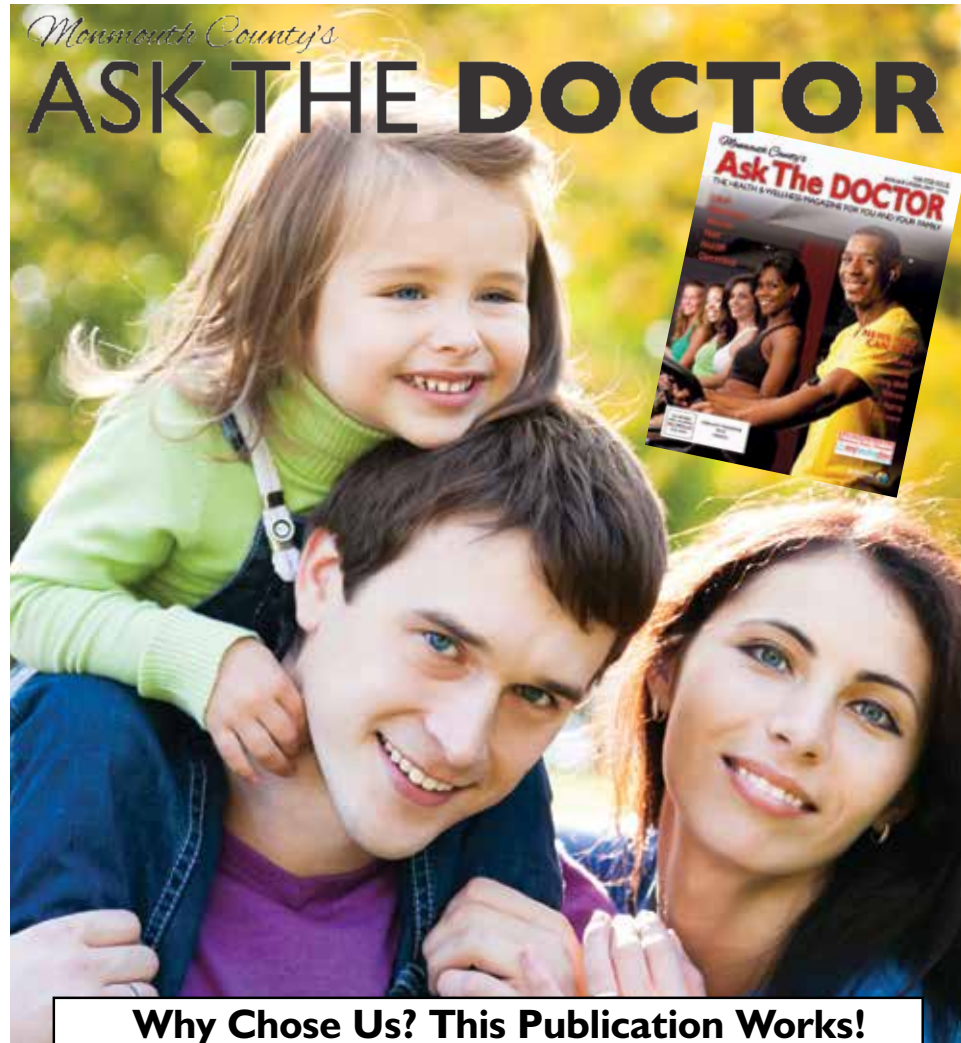


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Osteoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub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

WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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



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Millstone Township PTO CARNIVAL A GREAT SUCCESS

By Susan Heckler

The Millstone PTO outdid themselves this year with a wonderful event. Spanning two gymnasiums and the cafeteria, they had over 20 games, 2 bounce houses, an obstacle course, a Velcro wall and a Joust Arena.

Of course they had all of the beloved carnival activities such as face painting, glitter tattoos, sand art and tee shirt spin art.

As if that wasn't enough, THE FOOD!!! Cheesesteaks, Sausage and Peppers, Cotton Candy, Popcorn, Snow cones and so much more.

The estimated 1,500 attendees had a blast and helped to raise \$8,000!!

Many thanks go to their wonderful sponsors without whom the carnival would not have been possible, much less a huge success!

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Well done Millstone families for another successful event for the kids.



Millstone Update Notes from the Mayor

By Pam Teel

Many people have been wondering what was being built on Stagecoach Road just a stone's throw away from the Clarksburg Inn. The Allen House Senior Housing Complex was recently completed, offering low income affordable housing to qualified candidates ages 62 and over.

Mayor Robert Kinsey was in attendance at the ribbon cutting ceremony for the newly finished Allen House Senior Complex. The project, which was developed by the Affordable Housing Alliance in Neptune, will help Millstone meet a state mandate to provide opportunities for housing individuals with low and moderate incomes.

The Allen House Complex contains ten unit, age restricted apartments. Each apartment in this one story building offers one bedroom, a bathroom, an eating area, a living area, and storage space. There is also a laundry facility and a community room in the building. The buildings entry will have a secured door with an intercom entry system. Located on a four acre lakeside parcel, the new complex sits on land that once housed the Allen Farm.

The selection of residents was done via a lottery system to those qualifying under the Affordable Housing Alliance rules and regulations. Many of the new residents were on hand for the ribbon cutting ceremony and according to the Mayor, the new residents will be able to move in the first of April.

The Millstone Committee is also looking to purchase a piece of property adjacent to the Allen House Complex to be used for further senior housing use if needed in the future, since municipalities are mandated by state law to provide opportunities for the development of affordable housing. The parcel presently has an historic home on it and behind it was once the site of the Old Clarksburg tannery.

In other news, the mayor has stated that there will be a new roundabout at Scooters Corner in the near future. With all the increased traffic coming and going through our town, this intersection has become increasingly dangerous, especially during rush hour in the am and four thirty to six in the afternoon. This issue is being addressed and the township is waiting for the County to finish the design phase of the project before construction begins. Hopefully this will be the solution to this dangerous intersection.

If you have a legitimate question for the township committee about something happening in your township, let us know. We'll do our best to get them answered. Crescent671@gmail.com



Give a Horse Some Breathing Room Please

By Susan Heckler

One of the beauties of our area is that as you drive through the rural countryside, you are constantly awed by beautiful vistas, wildlife and signs of rural Monmouth County.

One of the surprising things I found when I moved down here in 1986 was the difference in the New test versus New York. York driver for over really amazed at the the road in New Jersey. and the surrounding relevant.



When you settle in doing your errands you encounter farm road, livestock and residents taking their horses for a ride. These are rare sightings where most of us moved from.

One would think it was common sense that when you are driving down the road and there is a horse and rider, you would slow down and give them some room. Unfortunately, that is not the case. While horses are big, beautiful and majestic, they are also easily spooked. When you spook a horse, they can rear up on hind legs, break into a run and the rider may possibly lose control of their steed. The rider may be thrown, trampled, kicked and many other painful possibilities. You alone are putting the horse, rider and everyone else on the roadway in jeopardy.

I spent most of the day googling to find out the actual laws in New Jersey but the bottom line is...it doesn't matter. Ticket or no ticket, we all need to show consideration and care.

Jersey written driving I had been a New 10 years and was agricultural rules of Living in Millstone towns, these are very

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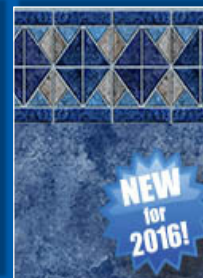
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Movies to catch in April

By Joely Phenes

Everyone is patiently awaiting the return of spring and beautiful weather. But you know what they say: April showers bring May flowers. This means you'll first have to make it through all the rainy days! Thankfully, there are tons of great movies coming out this month to keep yourself occupied:

Sing Street (PG-13)

Release date: Friday, April 15, 2016

Inspired by the life of the film's writer and director John Carney, Sing Street is set in 1980's Dublin and tells the story of a young boy and his love for music. The main character, Cosmo, tries to get closer to a beautiful girl by asking her to be in a music video for his band. The only problem is that he doesn't have one. Him and his friends soon form a rock and roll band to help him win over the girl, and in the process he falls in love with music.

The Jungle Book (PG)

Release date: Friday, April 15, 2016

In 3D, 2D, and IMAX 3D, comes this epic live action remake of the classic Rudyard Kipling tale, featuring actors like Bill Murray and Scarlett Johansson. Join Mowgli, Bagheera, and Baloo in their jungle adventure!

Ratchet & Clank (PG)

Release date: Friday, April 29, 2016

In this 3D sci-fi animation adventure, two unexpected heroes "kick some asteroid" in a fight to save their galaxy. Ratchet, an outspoken "lombax," and his sidekick, a little robot named Clank, must prevent the evil Chairman Drek from destroying all of the planets in the galaxy. This movie is exciting, hilarious, and great for every age!





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THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

As you may recall, last month's article addressed what a seller needs to do to legally prepare for the sale of their home. This is a follow-up to last month's article and relates to the concerns that a buyer should have in a New Jersey residential real estate transaction.

As indicated last month's article, 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.

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

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

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

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

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

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

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

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

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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

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IS THERE A HISTORIC STRUCTURE IN YOUR NEIGHBORHOOD?

*County Historical Commission
looking to recognize important buildings*

The Monmouth County Historical Commission is now accepting nominations for its annual preservation awards program that recognizes the people behind local, and often noticed, building preservation projects.

“Residents and business people who do the work to preserve local structures and buildings deserve public praise and recognition,” said Freeholder Lillian G. Burry, liaison to the County’s Historical Commission. “The Historical Commission has a tradition of finding some historic gems in the community and acknowledging the people who make sure that we continue to remember our past.”

Anyone, including a property owner, may nominate a structure that has historic value and has undergone preservation work that was substantially completed in 2015. The deadline to submit a nomination is April 8, 2016.

Homes, business buildings, houses of worship, public buildings and other Monmouth County structures that are more than 50 years old are eligible for the award.

The nomination process is simple and entails the completion of a one-page application that can be downloaded from the County’s website at www.visitmonmouth.com or by calling 732-431-7460, ext. 7413. Complete entry information is available on the Monmouth County website as well.

Completed applications should be mailed to Monmouth County Historical Commission, Hall of Records Annex, 2nd floor, Freehold, NJ 07728 by April 8, 2016.

“Nominations may be made for a variety of building types,” said John Fabiano, executive director of the County Historical Commission. “Adaptive reuse projects as well as the preservation of private homes are eligible for recognition.”

Last year, projects recognized included the restoration of the Freehold World War II Honor Roll and Court of Honor, for the restoration of the Taylor Farm Homestead, a private residence in Freehold Borough, the preservation of the Little Red School House in Middletown, the restoration of the Clarksburg Home in Millstone Township, the restoration of the Johnson/Agres House and Barn in Millstone and the restoration of the 18th Century Weathervane, which stands 10-feet tall on top of the Old Tennent Church in Manalapan.



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Depending on everything from the weather to potential engine problems, a short trip can turn out to be a whole lot longer than expected.

Drivers can become stranded due to weather, or a vehicle could potentially break down in a remote area. When that happens, you want to be prepared.

First aid kit

An unexpected injury could happen on the road, so it could potentially save

your life to be prepared with a fully stocked first aid kit. The California Department of Public Health recommends a few basics to keep on hand:

Two pairs of sterile gloves; sterile dressings to stop bleeding; soap and antibiotic towelettes to disinfect; antibiotic ointment to prevent infection; burn ointment to prevent infection; adhesive bandages in a variety of sizes; eye wash solution

to flush the eyes; thermometer; prescription medications you take every day (you should periodically rotate medicines to account for expiration dates); prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies; medicine dropper; First Aid book; and non-prescription drugs (aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, laxative)

Winter survival kit

The Department of Transportation recommends items to keep in your vehicle in case of an emergency in the winter:

Several blankets or a sleeping bag and warm clothing, such as parka, boots, long underwear, heavy socks, mittens, ski mask; a source of heat, such as a multiple-wick candle can heater (it is best to also have matches to light your candle, because some lighters won't work in extreme cold);

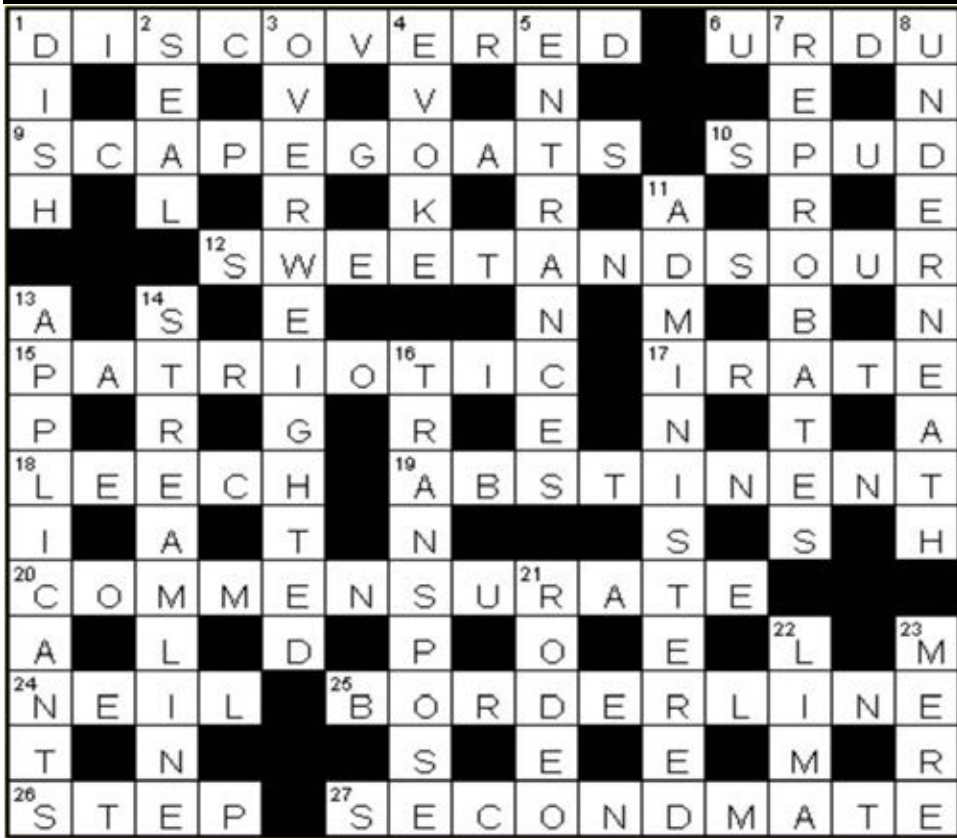
water and a metal container suitable for melting ice or snow to be used for drinking water; a radio and flashlight with extra batteries; something to read to help keep you awake; a folding cup; toilet tissue; bright red or orange cloth and whistle to signal help; and a Nylon rope.

Food

In case you end up stuck in your car for longer than expected, the The California Department of Public Health recommends keeping some food on hand in case it takes some time for help to arrive. Here are some basic tips to follow:

Store at least a three-day supply of non-perishable food; select foods that require no refrigeration, preparation or cooking and little or no water; and pack a manual can opener, paper cups, plates and plastic utensils. Some recommendations include protein or fruit bars, dry cereal or granola, peanut butter, dried fruit and crackers.

ANSWERS FROM PAGE 18



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 Railroad (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"

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Cancer Treatment Centers of America® and Susan G. Komen® Central and South Jersey to Host Metastatic Breast Cancer Education Series on April 9

Susan G. Komen Central and South Jersey will be hosting its first educational event focused exclusively on metastatic breast cancer, The Metastatic Breast Cancer Education Series, on Saturday, April 9th, 2016 from 8:30 AM to 1:30 PM at the Hyatt Regency Princeton. The event is sponsored by Cancer Treatment Centers of America.

The agenda will feature expert presentations on advances in metastatic treatment, social and psychosocial issues affecting metastatic patients (including stress reduction), and diet and nutrition. Presentations will be followed by a Q&A panel with the speakers and a metastatic patient.

Speakers will include Ian E. Krop, MD, PhD and Lynn Bornfriend, MD. Ian Elliott Krop, MD, PhD, is the Chief of Breast Medical Oncology and the Director of Clinical Research for the Breast Oncology Program at Dana-Farber Cancer Institute. He is also an Associate Professor of Medicine at Harvard Medical School and a Komen Scholar. Dr. Lynn Alison Bornfriend is a psychiatrist at CTCA at Eastern Regional Medical Center.

Breakfast and lunch will be provided. Participate in light chair yoga activities, network with peers in your community, and visit a variety of vendors in our Expo throughout the morning.

Visit the website for the event for more details and to register to attend:

<http://komencsnj.org/mbces>



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On behalf of The Provident Bank Foundation, it is with great pleasure that we award a Community Grant to the Roosevelt First Aid Squad in the amount of \$1,000 for High Visibility Jackets.

These jackets will be worn on all motor vehicle accidents to meet the most recent updates made to high-visibility clothing standards by the American National Standards Institute (ANSI) and the International Safety Equipment Association (ISEA) include revisions to ANSI/ISEA 107-2004 (107-2010) and ANSI/ISEA 207-2006 (207-2011). The U.S. Federal Highway Administration (FHWA), in its 2009 Manual on Uniform Traffic Control Devices (MUTCD), and the Occupational Safety and Health Administration (OSHA) concur with the ANSI/ISEA standards concerning high-visibility clothing.

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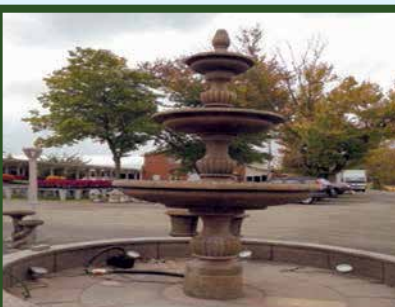
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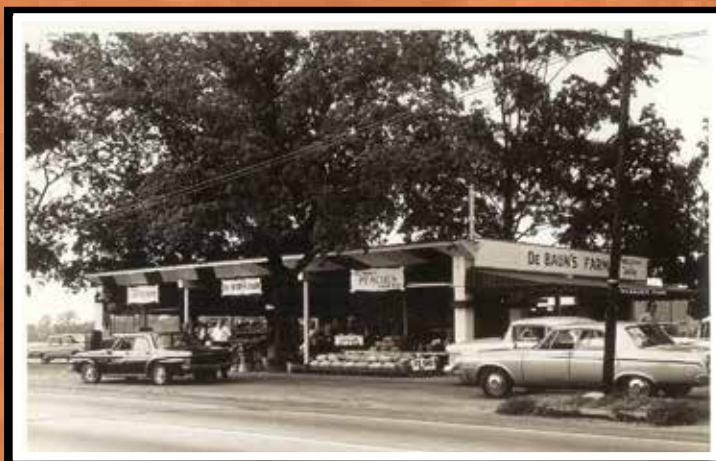
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