FREE

MAY 2017

The Millstone Times™

Allentown Clarksburg Cream Ridge East Windsor Hamilton Hightstown Millstone Monroe Perrineville Roosevelt Twin Rivers Upper Freehold

The Millstone Times would like to thank the Allentown High School Band and the Millstone Township Girl Scouts who cleaned up the campsites at Indian Rock RV Park and Campground in honor of Earth Day 2017

More Than Just Millstone Township News!

IN THIS ISSUE

What's Happening 6
Pet Pages 20
Automotive 25
Kids 30
Health 40
Trendsetters 54
Senior Moments 59
Food & Dining 65
Real Estate 72
Family Matters 78
Home Improvement 85

ADVANCED CENTER FOR orthodontics
www.acortho.com
Michael J. Chung, D.D.S., M.S.
Orthodontic Specialist for Children and Adults
Traditional and Clear Braces
Invisalign and Invisalign Teen
Call us for a free consultation ($125 value)
Freehold 535 Iron Bridge Rd. (732) 308-0022
Manalapan 225 Gordons Corner Rd. (732) 446-2299

Need New CARPET or FLOORING?
See page 19!

AcademyDental OPEN 7 DAYS
CHILDREN & ADULTS
Check Out Our Online Reviews ★★★★★
COMPLETE DENTISTRY FOR THE WHOLE FAMILY
731 Route 33, Hamilton • AcademyDentalNJ.com
CALL TODAY! 609-460-0080
ACCEPTING MOST INSURANCES
Discount Options for Patients Without Insurance • Game Room with X-Boxes
FREE EXAM & X-RAY
Add cleaning for additional $39, first time only for new patients.
Other restrictions apply. Expires 6/15/17

GUNTHER Publishing Enterprises, Inc.

Vol. 7 No. 5

HARRISONS

1.866.810.3810
www.iwfloors.com

SOLID HARDWOODS

ENGINEERED HARDWOODS

BAMBOO & CORK

STAIR & RAILS

PROFFESSIONAL RE-FINISHING

utilizing a four (4) coat commercial finishing system

- HEPA Filter Dust Containment.
- Low VOC and low odor
- Fastest cure available; 90% cured in 24 hours
- Superior scratch and scuff resistant
- UV Inhibitor minimizes sunlight-related color changes

$2.79 SF

1171 HWY. 130 • ROBBINSVILLE, NEW JERSEY 08510 • 609-651-8148

TENDER SMILES

Bring in this ad for a FREE GIFT

Dr. Max is proud to be on New Jersey's referral list for Special Needs Dentistry

Finally, a dentist your kids will be excited to go to!

Dr. Max Sulla's approach to creating a healthy smile is his commitment to educating parents and children of all ages on the importance of good dental hygiene.

FREE
Ortho Consultation
$149 value

FREE
Infant Exam
$99 value

$160
New Patient Visit
$399 value

FREEHOLD
122 Professional View Dr.
732-625-8080

NO. BRUNSWICK
1330 How Lane
732-249-1010

EDISON
1656 Oak Tree Rd.
732-549-3773

www.TenderSmiles4Kids.com

OUTSIDE SALES REPRESENTATIVE POSITIONS

If you are Hardworking, Ambitious, Ethical, and have a Positive Attitude, ***WE WANT YOU***!

Gunther Publishing offers exceptional career paths and long term opportunities.

- VERY HIGH EARNING POTENTIAL
- BEST in MARKET COMMISSION and BONUSES
- No Commute/No Office Hours

Work From Home – FT or PT
WORK-LIFE BALANCE GUARANTEED

Advertising Sales EXPERIENCE NECESSARY

Please contact: TMFT@optonline.net or (732) 995-3456

GUNTHER
Publishing Enterprises, Inc.

A GREAT TEAM TO WORK WITH!

Targeted Publications That Get Results

GUNTHER
Publishing Enterprises, Inc.

THE MILLSTONE TIMES
FAMILY TIMES
Monmouth County's ASK THE DOCTOR
The Greater Princeton Area ASK THE DOCTOR

Publisher
Cami Gunther

Marketing Consultants
Sheila Lidz
Jolene Conoscenti
Susan Heckler
Bill Campbell
Dawn Gibson
Leanne Swallwood

Director of Recruitment/ Event Coordinator
Jolene Conoscenti

Art Director/ Graphic Designer
Stephanie Frederick

Writers
Susan Heckler
Pam Teel

Managing Editor
Susan Heckler

Interns
Gina DiRusso
Jordan Tinitigan
Stephanie Maglio

Download "Bar Code" app on your phone

Scan this QR Code with your smart phone to go directly to our website.

©2015 by Gunther Publishing Ent. The content of GPE publications and its affiliates are copyrighted. GPE publications are published 12 times a year. Established 10/2008. Distribution and Post office receipt available. All GPE products are distributed free of charge. Average reader per copy is 2.1. No copying or reproduction of the content of this newspaper is allowed without the express written permission from the publisher. GPEs publisher/owner reserves the rights over all electronic copying and reproduction of material contained here within. The publisher, editor, agents, and sales staff reserve the right to reject the advertisements for any reason. Credit for mistakes shall not exceed the costs of the ad in the month which the error occurred.

CONTACT US: PO Box 7632, Freehold, NJ 07728
Cami@GuntherPublications.com
Phone (732) 995-3456 Fax (732) 677-3390

Follow us! @TMFTimes
Find us on Facebook!
Connect with Cami!

Monmouth Jewish Farmers PowerPoint Slide Show to Premiere in May

This May, The Jewish Heritage Museum of Monmouth County will premier Back to the Land: The Story of The Jewish Farmers of Greater Monmouth, a PowerPoint slide show focusing on the Jewish agricultural industry that flourished in Central Jersey from 1920 to 1970. This program will be presented at two locations within the County. The program deals with earlier 18th and 19th century Jewish farming development leading to the 20th century when poultry farming on a commercial scale became the most important form of agriculture engaged in by the state's Jewish farmers.

The first showing will be on Monday, May 8, at 2:00 p.m. at The Jewish Heritage Museum, in Freehold Township; and the second on Wednesday, May 10 at 2:00 p.m. at the Jewish Community Center Jersey Shore, 100 Grant Avenue, Deal. Admission for both sites is $3 for JHMOMC/JCC members, $5 for non-members; students free.

For more information or to make a reservation for either location (non-refundable), call the Museum at 732-252-6990, or visit www.jhmomc.org. The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive Freehold, NJ, at the corner of Route 537 and Wemrock Road (between the CentraState Medical Center and Freehold Raceway Mall). It is on the second floor of the historic Levi Solomon Barn. The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code and is handicapped accessible.

STARK&STARK
ATTORNEYS AT LAW

STRENGTH. COMPASSION. RESULTS.

Maria P. Imbalzano, Esq.
Co-Chair, Family Law Group
mimbalzano@stark-stark.com

Corrine E. Cooke, Esq.
Family Law Group
ccooke@stark-stark.com

Louis M. Ragone, Esq.
Family Law Group
lragone@stark-stark.com

The attorneys of Stark & Stark's Family Law Group can help you navigate through your divorce in the most positive way possible – through collaboration.

Divorce is one of the most stressful events a person may ever experience. If a divorce could be accomplished with less stress, or perhaps managed stress, shouldn't that be an alternative to consider?

A Collaborative Divorce is a strategic method wherein two married people, along with their lawyers, agree to deal with their divorce issues constructively, civilly, and with an open mind toward alternatives in settling those issues. The promise that each party makes to the other party is to stay out of court and to find resolutions that work for both parties, as well as the children. This is done as a team, with the help of a divorce coach and/or other professionals necessary to work towards a final settlement.

In addition to less stress, the benefits of the collaborative approach also include less time than the parties would otherwise spend in the court system, and less in attorney's fees.

www.Stark-Stark.com 1-800-53-LEGAL • 993 Lenox Dr., Lawrenceville, NJ 08648 •

Make Mothers Day Meaningful

By Susan Heckler

Everyone loves to receive gifts. The anticipation, the surprise and the warm feeling that someone loves you enough to make that gesture means so much. Not all gifts can be purchased; some of the best gifts come from the heart rather than the wallet. With everyone's budgets so squeezed these days, all the better to give her something meaningful that doesn't need to cost much at all, yet will be priceless to them.

Mother's Day is one of the 365 days of the year that you can make your own Mom feel loved and appreciated. Don't just stop there. Do you have ladies in your life who were very loving, maternal and nurturing to you? It could be a relative, a friend, or a mentor…any lady who has had a positive influence on your life or the lives of your children.

To make this year extra meaningful for Mom and the Mom-Like ladies, consider the following suggestions:

Express yourself – This year, express your appreciation for moms with a handwritten card. Spell out, literally, the moments in your life that she touched your heart and how it made you feel. Tell her of the laughter she gave you, the comfort and all of those treasured times.

Put Aside You and DO – What are your mom's favorite things to do that you may share for the day? Put the smart phone down and give her all of you. Help in the garden, catch a museum, go for a stroll, or sift through photo albums. Put some emotion into the motion of Mother's Day.

Plant a Seed – Plants flowers or a manageable tree in Mom's garden so she can look back on the day and smile. Cut floral arrangements are beautiful but a garden lasts the whole summer and perennials come back every year.

Make Mealtime Mom Time – Keep the meal simple so you have time to spend together, make her favorites to show you care.

Memorialize the Day – Take photos, videos, have fun with snap chat and leave a trail of memories you can all look back on and smile.

Be inclusive – Is there anyone you know that doesn't have children or their children do not live local? Include them and make them feel the love. There is nothing lonelier than being alone on a holiday.

Looking for something different to do on May 13 & May 14?

Head out to the Horse Park of New Jersey in Allentown, and join the festivities at the Jersey Fresh International 3-Day Event.

First and foremost, you will get to watch horses compete at a world-class level on 185 acres of beautiful parkland. You may also want to consider tailgating, picnicking, and just enjoying springtime. Special activities will be available for children, including complimentary painting of a Breyer Stablemates© horse to take home. Pony rides will also be available.

The Trade Fair at Jersey Fresh will be bigger and better than ever this year – with equestrian and non-equestrian items. Kizmet Yoga, Preppy Player, Tiki, The Fabulous Horse, The Posh Pony Boutique, and Eponia will all be on site with exciting fashions. Two highly anticipated jewelers joining the event are Rustica Jewelry and .aym. Lilla Rose, Roz Potz, Delicious Horse Treats, and local realtors, add to the variety. And then, of course, Dubarry of Ireland, Devoucoux, and County Saddlery will all be returning. Horsemen's Outlet will be featuring a new, exclusive line of JFI merchandise for the first time. Many vendors will be open on Thursday and Friday, May 10 and 11, as well as all weekend. Stop in early and do some shopping for Mother's Day.

If that isn't enough, there will be great options for a favorite treat or meal from Jonnie G's, The Tasty Trolley, Hawaiian Husky, Maddalenas Cheesecake, Rudy's, and Squeeze'D. You can enjoy anything from organic shave ice and natural smoothies to boardwalk-style eats and comfort food.

On Sunday, May 14, two new events have been added to the schedule. There will be an early morning 5K race for runners, followed by a 1K fun walk suitable for all at mid-day. Runners and walkers are welcome to bring along their canine companions for both activities. Kids are especially invited to join in the 1K, which gives them an opportunity to be part on the pooch and people party in the center of the Grand Prix Arena during a "paws in competitive action." These activities will benefit FlyPups, Inc. a NJ based canine rescue group. Rounding out the day will be show jumping in the Arena throughout the day, including mounted awards ceremonies.

Further information about JFI is available at www.jfi3d.com, and this includes regular updates to the schedule. Further information about the Horse Park of New Jersey is available at www.horseparkofnewjersey.com.

Monroe Township Chorus
FREE Concert, No Tickets Required

The Monroe Township Chorus will present a very unique and special program of songs and music honoring the Armed Forces for their service and sacrifices to our country and to the world.

"How Important It Is To Recognize And Celebrate Our Heroes And She-roes!"
– Maya Angelou

The Monroe Township Chorus will present "A Salute To Our Veterans And Our Armed Forces" on Thursday evening, May 18th at the Richard P. Marasco Performing Arts Center, Monroe Township Middle School, 1629 Perrineville Rd., Monroe Township, NJ. Doors will open at 6:30 PM. The performance will begin at 7:30 PM.

The Chorus will pay tribute to the military service of men and women who proudly served, and to those who continue to serve our country. Through choral performance and sing-a-long songs, we will express our reverence, respect and gratitude to all branches of the Armed Forces. We ask that the veterans who attend, show their pride by wearing their military decorations, uniform, cap or jacket of their veteran organization.

As we think about giving thanks to our veterans, we reflect on who our veterans are today. We remember our deceased veterans who have served and have been laid to rest. We remember our living veterans who have served and continue to serve today with our current conflicts. The times have changed and warfare may have changed, but the veteran is still the same hero. We will ask all veterans to stand and accept the gratitude of our grateful community. We are all so proud of you.

For additional information: Contact Sheila Werfel, Choral Director at: 609-619-3229 or sheila1120@gmail.com

MAY/JUNE

Keep Your Parents Busy!

10 Enjoy Paul Anka at Count Basie Theater in Redbank

11 Living off the Land in Early New Jersey, Museum of Early Trades & Crafts
9 Main St., Madison

12 NJ Seafood Festival 2017 (May 12-14)
Silver Lake Park, Ocean Ave & 5th Ave Belmar, NJ

13 AC Mother's Day Music Festival 2017 Boardwalk Hall
2301 Boardwalk

14 Mother's Day at iPlay America 10 AM- 9 PM *Moms can Ride FREE all day!*
110 Schanck Rd. Freehold

15 Ancients to Astronauts: How We Communicate at Monmouth Museum
765 Newman Springs Rd. Lincroft

16 Mayhem Poets Performance for Schools at the State Theater, New Brunswick

17 Taste test ice creams at your favorite ice cream parlor and learn a new favorite flavor

18 Charlotte's Web - Sensory-Friendly Performance Count Basie Theatre, Red Bank

19 Jersey Shore Festival (Music)
901 Ocean Boulevard
Seaside Heights

20 Oasis Family Farm Honey and Strawberry Weekend 2017
3 Circle Dr., Robbinsville

21 Autism Speaks Walk 2017
3000 Leaden Hall Rd.
Mount Laurel

22 Wimpy Kid movie is in theaters!!

23 Mercer Family and Friends 2017 Art Show at the Lawrenceville Library
2751 Brunswick Pike (Rt. 1) Lawrenceville

24 Open Forum for Parents of Children and Adults with Autism & Severe Behavioral Challenges 7 pm to 8:30pm Alpine Learning Group
777 Paramus Road, Paramus

25 Jersey Shore Food Truck Festival Monmouth Park
Oceanport Ave.,
Oceanport

26 Try one of the restaurants in this publication and tell them we say, "Hi!"

27 NJ Renaissance Faire 2017 Liberty Lake Day Camp
1195 Florence Columbus Rd
Bordentown, NJ
May 27 - Jun 11

28 Bradley Beach Memorial Day Parade and Fair

29 Freehold Memorial Day Parade

30 Last day of Fleet Week

31 Lion's Strawberry Fair Monmouth Park Race Track
175 Oceanport Ave.,
Oceanport

1 Biscuit Thursday, 10AM & 11:45AM Algonquin Theatre
60 Abe Voorheen Drive, Manasquan

2 Enjoy Riverfest Red Bank June 2- June 4
Food & music festival with FREE admission.
Riverview Rd. Red Bank

3 Michael Arnone's Crawfish Fest 2017 Sussex County Fairgrounds
37 Plains Rd Augusta

4 Appel Farm Music & Wine Festival 2017
457 Shirley Rd Elmer

5 Captain Underpants is in the theaters!!

6 Read & Pick: Strawberries Terhune Orchards
330 Cold Soil Rd.
Princeton

7 The Way Back Home June 8th, - June 11th Two River Theater
21 Bridge Ave., Red Bank

8 See Remember Jones (music) in Downtown Freehold

9 Hands of Change IshtarFest SumerFaire 2017
Old Bridge Country Park
144 E Greystone Rd
Old Bridge

"Riverview"

"Asbury 1960"

"Down The Shore"

Lloyd Garrison

Phone 609-918-1776 Fax 609-918-1775
P.O. Box 448 Millstone Township NJ 08535
www.lloydgarrison.com

Lloyd's Gallery Featuring:

- Landscapes
- Portraits
- Commercials
- Seascapes
- Florals
- Murals
- Historical Scenes
- Civil War

"If we don't have it, we can create it"

Millstone Township Artist
Lloyd Garrison
A Man Who Paints from the Heart

By Pam Teel

Millstone resident, Lloyd Garrison, has a strong passion for the arts. In fact he has made a career out of it for the past fifty-one years. His enthusiasm for drawing started at an early age when his kindergarten teacher wrote a note home to his parents telling them how nice he drew for his age.

Artwork always seemed to come easy to Garrison, who is mostly self-taught. He would revel in the attention he would get from his teachers and others throughout his school years. Even when he went into the Army in the 124th Signal Core, his special talent was recognized. He became an army artist, painting signs, murals, and historical paintings for the Officer's Club. One of his proudest moments, at just twenty years old, was when he was invited to the club celebration, and when asked to stand up, the Commanding General of Fort Lewis, Washington promoted him to Corporal. By the time he left the army, he still wasn't quite sure what he was going to do with his life. Eventually he decided to do what he did best- use his talent as an artist. He started his career in Rahway, his hometown, in 1966. From there, he and his wife opened their own gallery in Red Bank. After 48 years in business, he decided to sell the building in 2006. After years of non -stop painting, art shows, and running a gallery, Garrison decide that he wanted to make his life simpler and work from out of his Millstone Township home.

Inspired by historical events, Garrison loves to paint historical scenes such as Colonial and Revolutionary War paintings. With extensive research to back up the authenticity of his paintings, he strives to paint the real truth in his work; the real emotion of its characters, the real effects of war, not some Disney-like fantasy that all is good with the world. The final reward for his work was to bring that intense emotion he experienced while painting the scene to the person viewing it. If that person can feel the pain and the suffering depicted in his artwork, then he has done his job as an artist.

Garrisons Colonial paintings were most likely inspired by the fact that he is the 11th generation who lived in Rahway and his ancestors were innkeepers of the Terrill Tavern and they were also sled and carriage makers.

His style is realistic and he likes to paint with oils. His genre of work is unlimited. Garrison likes variety and not only has he done battlefield paintings, civil war and revolutionary scenes, but landscapes, still-life's, wildlife, aviation, animal portraits, florals, religious scenes, surrealism, and more.

Garrison has also painted miniature oils; two series of plates for the Bradford Exchange, and for two years drew comic books for Gold Key Comics. He did the cover for "Old Spice Cologne," the logo for "Sleep Doctor," and a cover for Finley Tea. He has painted murals for Prudential Insurance Company in Newark, Rahway Savings Institution, and the restaurants, Barbary Coast, Brass Bucket, and Al Dente Restaurant in Piscataway. He has impressively painted over 20 murals, produced over 45 designs of Christmas Cards, and published over 20 signed and numbered prints. He has worked with the FBI making drawings of crime scenes. He also has some of his paintings hanging in celebrities' homes. He has a painting of George Washington and his troops crossing the Delaware River hanging at Washington Crossing State Park and another portrait that he had done for the Sons of the Revolution Organization.

Garrison's artwork depicts his total devotion to his trade. "It's a field you have to love," he stated. "You can't just do it casually. You have to do things beyond what you normally do with each painting." He notes that historical paintings are not as popular as they once were. He encourages the next generation of artists who would like to make a living in the field, to find something that they like to paint that's more traditional. Go around and see what people like and what they are buying. See what's popular.

Take it from the master, with a lifetime of experience behind him and more to come!

If you are interested in Mr. Garrisons work, you can visit his website at www.LloydGarrison.com or call his home number (609) 918- 1776. Mr. Garrison is available by appointment only. He will paint whatever the client wants from landscapes to self-portraits, to house portraits, to almost any subject.

A Roundabout for Millstone

By Susan Heckler

Generally speaking, roads historically don't just happen…they evolve. A path gets warn from repeatedly going from point A to point B and it grows from there. Add in a point C and it complicates the situation…and then there are traffic circles or roundabouts.

Millstone Township may be the proud owner of a new roundabout in an effort to make the intersection of County Route 571 (Millstone Rd), County Route 524 (Stagecoach Road) and Paint Island Springs less of a danger to motorists. A roundabout is a smaller version of a traffic circle. This 5 spoke intersection has become an increasing hazard as the town has developed over the years. They anticipate a diameter of 190 feet with a center island surrounded by a mountable truck apron. The plan includes storm water management basins, roadway lighting, high visibility pavement markings and signage, and ADA compliant handicap ramps.

The concept has been in conversation since 2004 when it was introduced. A public meeting was held March 29 including the Jersey Transportation Planning Authority (NJTPA) along with county engineers. The proposed project, estimated at $1.9 million is fully funded by Monmouth County through Federal Highway Safety Improvement Program Funds from the Federal Highway Administration through the New Jersey Transportation Planning Authority (NJTPA).

In a recent conversation with your Assemblyman Ron Dancer, he said "Millstone Township will continue to have all the assistance from their State Legislative Office of Senator Sam Thompson, Assemblyman Rob Clifton and myself to facilitate public safety improvements at the five point intersection of Stagecoach Road, Millstone Road and Paint Island Spring Road, commonly referred to as "Scooter Corner."

The Millstone Township Mayor and Committee members are to be commended for their efforts, along with the Monmouth County Freeholders, to obtain nearly $2 million to completely fund a "roundabout" at the intersection from the Federal Highway Administration through N.J. Transportation Planning Authority."

Tax dollars at work to save lives!

The Logic of Logos & Catch Phrases

By Pam Teel

Have you ever looked at a logo and wondered what their meanings were or what inspired the designer?

Take Toyota for instance. The three ellipses seen in the logo for Toyota represent three hearts: the heart of the customer, the heart of the product and the heart of progress in the field of technology. Ask someone or educate them and see if they knew this!

McDonalds - The M does actually stand for McDonalds. In the 1960's McDonalds wanted to change the logo but their design consultant and psychiatrist Louis Cheskin insisted that they leave the golden arches. According to BBC, Cheskin said that customers would unconsciously recognize the logo as a pair of nourishing breasts. Don't know if anyone ever did recognize it as such, but whether that is true or not, their logo is one of the most recognizable in the world.

Mobil Gas -The importance of their logo is its colors. The red is said to represent strength and the blue faithfulness and security that the company provides.

Pepsi - Pepsi did change their old logo and it costs them a million dollars to do so. They had to rebrand everything. They hired the group, "Arnell Associates" to come up with the new concept. Arnell's 27-page document was breached and it was revealed that their "breathtaking design strategy" proposed that the new logo is some sort of Da Vinci Code. The logo draws on Feng Shui, the Renaissance, the Earth's Geodynamo, the theory of Relativity, and much more, according to the leaked document. Who would have known the meaning by looking at it?

The Apple Logo represents forbidden fruit from the Tree of Knowledge in the biblical creation of the story of Adam and Eve.

FedEx - This logo is so creative. If you look closely you will see the arrow between the letters E and X, which represents the company's forward thinking and outlook towards the future.

BMW has a history in aviation and its logo stays true to its roots. The blue and white represent a propeller in motion with the sky peeking through. BMW had a role in World War Two as a creator of aircraft engines for the German military.

Mercedes Benz - This logo is the most confident of them all. The tri-star represents the company's dominance in quality over all things (land, sea, and air).

Logos are a part of our everyday life and a way that we recognize a product or thing; a symbol or picture that can be recognized as a company. For example, when you see the Nike swoosh, you don't have to see the name "Nike" to know what company made that logo/symbol.

Millstone Township's own Nancy Grbelja Sworn in as Library Commissioner

By Pam Teel

Millstone Township's committeewoman, Nancy Grbelja, was sworn into her second five-year term on the Monmouth County Library Commission at the reorganization meeting held at Eastern Branch Library. Freeholder Director, Lillian Barry, the Board's liaison to the Library Commission swore in the councilwoman and praised her for her years of value to the Commission.

Grbelja was also unanimously re-elected treasurer at the reorganization meeting. Commission chair, Renee Swartz, was unanimously re-elected chairman, along with vice chair Frank Wells of Union Beach, and Peter Doyle of Atlantic Highlands, who also serves as co-treasurer with Ms. Grbelja.

Ms. Grbelja stated to the Board of Freeholders how proud she was to be a part of the library commission because of the variety of services and programs they provide to encourage frequent use of the library for both education and recreational purposes. Planning the programs and ensuring the variety of programs are her primary reason for serving. She also had praise for the library staff for keeping up with technology and constantly changing media forms to make the library accessible to all.

Grbelja, who owns a stable and races standard bred horses, plays active roles in both the township and Monmouth County. She also serves on the Monmouth County Planning Board where she is on the Amendment Review Committee. She is also the Planning Boards Representative on the County's Agricultural Development Board. She is also on the Monmouth County Transportation Board.

Greblja was the first woman to ever serve on the Millstone Township governing body when first elected in 2004. She has served the town as its mayor for nine of those years. Currently she is the council representative to the Township Planning Board and a liaison to the open space and Farmland Council for the County.

Freeholder Director Lillian Burry swearing in Nancy Grlbelja 2017 Commission Meeting

She earned her degree in biology, magna cum laude, from Montclair State College and obtained her Masters degree in curriculum/ supervision from Georgian Court College. In 1993, she went to work for the New Jersey Education Association representing Middlesex County employees in labor negotiations. She also taught science at Freehold Township High School for nearly twenty years.

In addition to her strong advocacy for education, Ms. Greblja is a strong proponent of open space preservation and farmland and training centers, because of the positive impact they have on taxes and the quality of life for residents.

Congratulations to one of our own. You've done this town and our county proud Ms. Grbelja!

The Italian American Cultural Society of Monroe Township

By Nancy A Huff

Have you been hearing all the buzz on IACS? So far this year our members enjoyed learning about their town, having a "Be Mine" party, high tea and recently, musical bingo.

IACS for short, is a small social group that meets once a month on a Tuesday night, for "partying and pastries." You definitely must join, even if you are not of Italian descent, but you must have a love of all things Italian (clothes, food or amore in general). Dues are $15.00 per person annually.

Our next meeting is a fundraiser to help Monroe Township high school students of Italian descent, with minor college expenses. What we do is bring a gift that is wrapped up and auction it off to the entire membership for a nominal fee.

The item you bring must be valued between $10 to $15 and can be a re-gifted item or one you buy new. Of course it should be in pristine condition and wrapped so no one can guess what's inside. Then, our auctioneer will begin the bidding as low as a $1 and try to get the price up---maybe even beyond its value. We do ask the membership that if they do not want to participate, that they make a $10 to $15 contribution to the treasury for this cause.

In case you are not sure about joining, here are the calendar of events we have planned this year (notice all the eating— yes we are proud of it!) One look at the upcoming calendar should convince you that you ought to join and bring your friends too!!! You can call our Membership Vice President, Carole DeStefano (732-335-8638) for more information. Hope to see you soon. Ciao baby!

IACS Calendar

Month	Date	Activity
May	9	Mother's Day / Fundraiser for HS
		(Charity auction)
June	13	Father's Day and pizza
July	11	Independence Day trivia
August	8	Deli and Dessert
September	12	T B A
October	10	pasta dinner for Columbus Day
November	14	Entertainers
December	11	Monday -- Christmas Party

Maximize Your FUN & Make Summer Sizzle at iPlay America

This summer take advantage of all the HOT deals that allow iPlay America's guests to get the most from their entertainment dollars all summer long. It's easy to Get Inside the Fun and maximize the iPlay America experience, just remember to take advantage of these awesome money-saving offers!

SUMMER SEASON PASS

A Summer Season Pass gives guests UNLIMITED RIDES on Freedom Rider, Kite Flyer, Sky Scraper, Pine Belt Speedway Go Karts, Spin Zone, Happy Swing, Jump Around, Dizzy Dragons, and Mini Carousel. Tickets for the Summer Season Pass go on sale Sunday, May 7. The Summer Season Pass is good every day from Memorial Day (Monday, May 29, 2017) through Labor Day (Monday, September 4, 2017), Monday through Thursday from 3 PM to close, Friday 3 PM to 9 PM for those under 21, and all day Saturday and Sunday. iPlay America's Summer Season Pass is just $49.99 each and with every pass purchased, guests receive coupons valued at over $100 – including vouchers to BYOF (Bring Your Own Friend!) for FREE! WOW! Want MORE? This year iPlay America offers Summer Season Pass Incentive Days on Sunday, May 7 and Sunday, May 21! When guests purchase their Summer Season Pass on an incentive day…They will receive FREE rides on that Sunday!

BOGO Fridays

BOGO Fridays are the latest and greatest in FANTASTIC DEALS from iPlay America! Every Friday from 4 PM – 9 PM, starting April 21, purchase a Regular Price UNLIMITED Ride Band and Get One Free*! That's unlimited rides on the Pine Belt Speedway Go Karts, Freedom Rider Spinning Coaster, Spin Zone Bumper Cars, and so much more! BOGO Fridays are for guests of all ages and will take place every Friday until 9 PM only. *Free Ride Band must be of equal or lesser value. Promotion is valid on Friday nights from 4pm-9pm only.

Ten Dollar Tuesdays

Every Tuesday, iPlay America invites families to enjoy a delightful dining treat where families and kids enjoy delicious UNLIMITED Pizza, Pasta, and Salad at iPlay America's Game Time Bar & Grill. It's a tasty and fun evening out and guests get it all for the exceptional price of just $10 for adults and $5 for kids 12 & under. Bring the whole family and dine like royalty during Ten Dollar Tuesdays from 5 to 8 PM.

Tuesdays are even more amazing with Double Arcade Ticket Tuesdays! Every Tuesday get DOUBLE Arcade ticket redemptions at iPlay America! Twice the prizes and twice the fun for serious Arcade enthusiasts!

Plus, iPlay America now features UNLIMITED $10 Video Game Tuesdays for ALL non-redemption video games! That's ALL the non-redemption video games you can play for just TEN BUCKS!

Deals this HOT are hard to pass up! iPlay America's Summer Season Pass, BOGO Fridays, and Ten Dollar Tuesdays make it easy to MAXIMZE the FUN all summer long!

Gambler's Bar & Grill

Casual & Friendly Bar Atmosphere

Open To The Public

Good Food ~ Known For Our Great Burgers & Specials

Horse Racing Channel ~ Now Available!

Located In Cream Ridge, Just off 539 at 121 Burlington Path Rd

Banquet Facility for all Occasions

Did you know...

By Pam Teel

Did you know that the fiery demise of the Hindenburg German Airship was really caused by an electrostatic discharge, (a spark) which ignited leaking hydrogen? The spark was most likely caused by a difference in electric potential between the airship and the surrounding air. The airship was about 200 feet above the Lakehurst Airfield in an electrically charged atmosphere, but the ships metal framework was grounded by its landing lines that were thrown out to the grounds crew below. The field was wet from previous rainy windy weather, which was the cause for delay in the ships landing that day.

The difference in electrical potential likely caused a spark to jump from the ships fabric covering, which had the ability to hold a charge, to the ships framework, which was grounded by the landing lines. After a lot of research, it was determined that the ship experienced a significant leakage of hydrogen before the disaster. The Hindenburg was destroyed in a mere 32 seconds because of the inflated level of hydrogen in the air.

The ship left Frankfort, Germany on May 3rd, flew over England, and then flew a northern track across the ocean, passing the tip of Greenland, and crossing over Newfoundland into North America. Headwinds delayed the original landing time, which was to occur at 6:00 am on May 6th, but was postponed until later in the evening, waiting on more suitable landing weather. By 3:00 pm the Hindenburg was over the skyscrapers in New York City. It passed over Princeton University first before arriving in Lakehurst. It arrived in Lakehurst at 4:15 pm but the poor weather continued to delay its landing. Captain Pruss aborted the landing and took his passengers on a site seeing adventure over the Eastern coast of New Jersey to wait out the weather. These ships were equipped with fine dining restaurants, lounges, entertainment, and luxury quarters, so passing time on board was not a tough thing to do to wait out the weather.

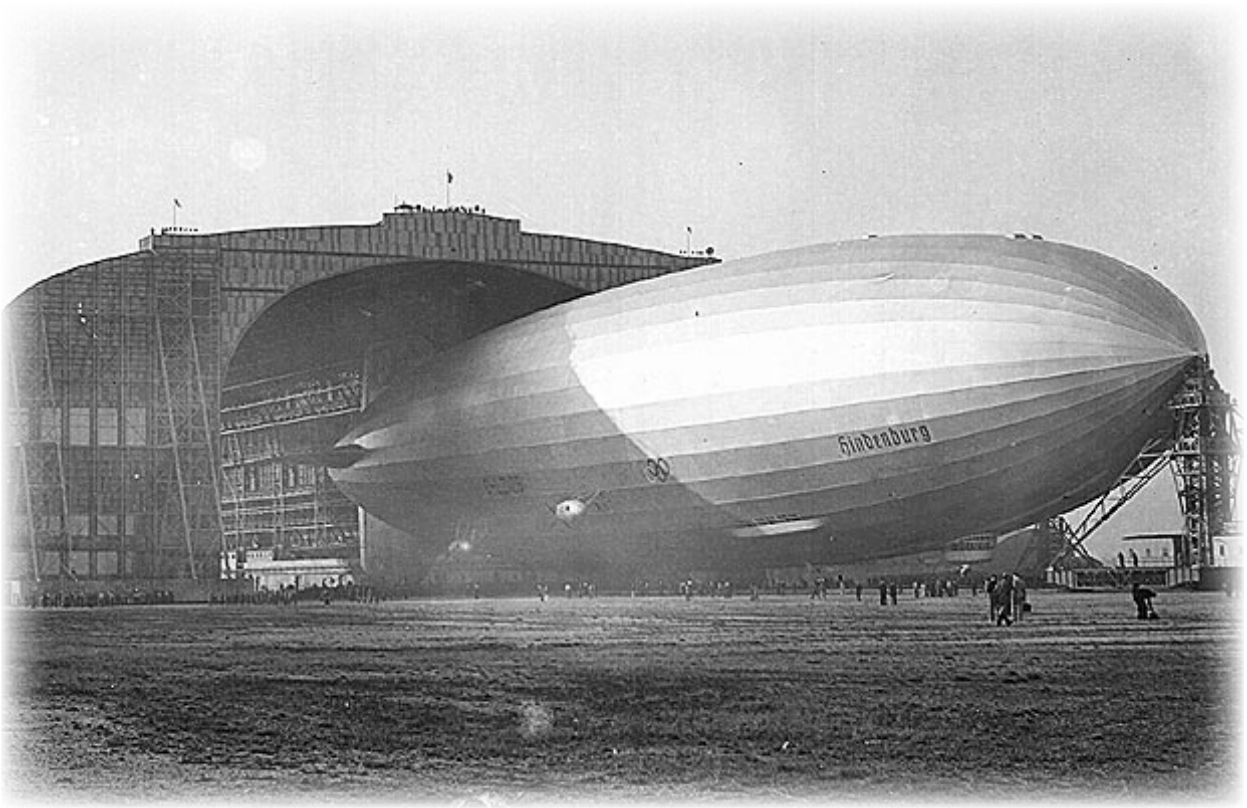
Captain Pruss directed the ships heading and engine power settings that day as he brought the ship around to the Lakehurst field. First officer, Albert Sammt, was responsible for the trim and altitude. Watch officer, Walter Zeigler, was at the gas board, and Second officer, Heinrich Bauer, was at the ballast board. Working together, these men were to land the ship. Bauer was noted to have valved 15 seconds of hydrogen along the length of the ship to reduce the ships buoyancy. Sammt noticed the ship was heavy in the tail and valved 30 more seconds of hydrogen into the tail to level the trim. When this failed to level the tail, more hydrogen was let loose. Six crewmen were ordered to walk up front to create more weight to level the ship.

As the wind shifted directions, Captain Pruss was anxious to land quickly before weather conditions could get any worse. He decided to execute a tight S- turn to change the ships landing direction. Most experts believe that this sharp turn overstressed the ship causing a bracing wire to snap and slash a gas cell allowing even more hydrogen to mix with air; forming a highly explosive combination. At 180 feet, the forward ropes were dropped down to the ground crew.

R.H. Ward was in charge of the port bow landing party. He noticed what he described as a fluttering of the outer cover on the port side, which contained gas cell number 5. It appeared to him as if gas were pushing against the cover. Not soon after he noticed this, at 7:25 pm, there was the first visible flame. With little warning, a mushroom shaped flower of flame burst forth in front of the upper fin. (It was later noted that the area that Ward had seen the hydrogen leaking seemed to collapse, after which he saw streaks of flames, followed by an explosion, and then the entire tail was engulfed in flames.)

As the ship settled to the ground, less than 30 seconds after the flames, many people jumped from the promenade windows to safety. There were 92 people on board and miraculously 62 people survived. One ground crew member was killed. After more than 30 years of passenger travel on commercial zeppelins, in which tens of thousands of passengers flew over a million miles on more than 2,000 flights without one injury, the era of the passenger airship came to a crashing end right there that fateful day of May 6th, 1937, in Lakehurst, NJ.

Today, you can still occasionally see the zeppelins flying over Lakehurst Naval Base and landing in the very same field where the Hindenburg disaster occurred. Though a much smaller noncommercial version, it is still a site to see as they fly low over nearby homes and businesses. The original zeppelin hangor is still in operation at the naval base.



Spring Lake
The Jewel of the Jersey Shore

By Pam Teel

Town of Spring Lake

Spring Lake got its name from the natural springs that feed into the town's largest lake, Spring Lake. This town in Monmouth County is considered one of the most beautiful seashore towns in the state. It boasts a quaint downtown area with no fewer than 60 shops and boutiques, a beautiful clean two-mile beach, a long non-commercial boardwalk and many gourmet restaurants and places to eat.

Incorporated in 1892, you will find large old well-kept Victorian mansions lining tree-shaded streets. With historic bed and breakfasts to chose from, pristine beaches and gourmet dining, one can't think of a better place for a perfect vacation getaway.

Historic Spring Lakes shopping district welcomes guests from all over the world with its small village atmosphere. Its shopping district provides unique galleries, boutiques, gift shops, bike rentals and more. Add to that its casual and fine dining restaurants like the Black Trumpet, located in the Grand Victorian and just steps from the beach, and the Tap house, featuring 28 different beers to choose from, burgers, pizza and more. Stay at popular bed and breakfasts like the Beacon house or Johnson House, the Breakers Hotel or the Grand Victorian Hotel. There is also a park surrounding the spring fed lake. Spring Lake hosts many cultural events including performances from its very own Historic community theatre ensemble. One of its most popular events is the Spring Lake 5k, which draws over 10,000 people to its town.

Spring Lake Borough borders Belmar, Lake Como, Spring Lake Heights, Seagirt, and Wall.

To find out more about Spring Lake eating, shopping and places to stay, go to: www.springlake.org/wheretoeat, www.springlake.org/wheretostay, and www.springlake.org/wheretoshop

Two structures in town, The Normandy Inn and Holy Trinity Episcopal Church, are on the National Register of Historic Places. There is also Saint Catharine's Catholic Church. A must see beautiful church built in 1901 by a distraught father for his young deceased daughter who died from TB. The church was built and named in her honor. Don't leave without seeing the interior collection of religious artwork painted by Italian artists within its walls and on the inside ceiling. You can take a self-guided tour.

The boardwalk was rebuilt after Hurricane Sandy making it much wider with easy access to the beach. Sorry no dogs allowed. There is a bike shop in town where you can rent bikes and see the town on two wheels or you can start with a walk around Spring Lake taking in the sites of the older Victorian homes and the elegant summer cottages. Follow the paths of Divine Park, which surrounds Spring Lake. Go when the flower gardens are in bloom, and make sure you stop for a minute in the middle of a quaint wooden bridge that spans the lake's water. Across from the park is the main street of town with cozy cafes, boutiques and shops. After shopping, leave the heart of town and make your way over for a long stroll on the boardwalk by the sea.

If you plan on spending a weekend or longer, make sure you book now!

Inside of St. Catharine's Catholic Church, Spring Lake

Ocean House Inn, Spring Lake

SPORTIKA

FOOTBALL CLINIC
WITH HAKEEM NICKS

The Hakeem Nicks Foundation provides disadvantaged, at-risk, and foster care youth with opportunities in the fields of fitness, mentorship, education, and overall wellness. The foundation offers the following programs: TouchDown For A's, The Hakeem Nicks Scholarship, Big Brother Mentorship Program, and a Back To School Drive.

JULY 1ST 2017
10:00AM – 12:00PM

$50.00 PER CHILD
INCLUDES DRINKS, LUNCH, FREE GIFTS, AND AUTOGRAPHS
EACH COACH WILL HAVE 15-20 KIDS PER STATION/GROUP
Space is limited so register soon!

9:30AM:
Camp Registration and Coaches Meeting

10:00AM:
Camp Starts and Hakeem Addresses Camp

10:05AM:
Stretching and Warm Up

10:10AM:
Camper Age breakdown and station selection
- Coaches will be assigned to each station by Hakeem Nicks
- We will rotate six (6) stations every 20 minutes + water breaks

10:15:
Station Work
(drills are subject to Coaching Staff changes)
- Station 1: Offensive Position Circuit
- Station 2: Defensive Position Circuit
- Station 3: Passing
- Station 4: Animal Drill
- Station 5: One on One Flag
- Station 6: Team Competitions

11:30PM:
Lunch/Gifting

12:00PM:
Autographs and Giveaways

12:00PM:
Camp ends and parent pick up

98 HAKEEM NICKS FOUNDATION

Register at: **hakeemnicks.eventbrite.com**
Email to: **hakeemnicksfoundation@gmail.com**

Hosted by Sportika Sports, 150 Woodward Rd, Manalapan, NJ 07728

What Is Memorial Day?

By Susan Heckler

What is Memorial Day? To many, it is the beginning of summer. Believe it or not, it isn't about the beach or the barbeques. It is a solemn day of remembrance. Memorial Day is a day of commemoration for those who have died in service of the United States of America. It was born out of the Civil War and a need to honor our departed.

"Here at the Capitol, just weeks before the end of the Civil War, a weary President Lincoln pleaded with his fellow citizens, to 'bind up the nation's wounds, to care for him who shall have borne the battle, and for his widow, and his orphan.'" - Gen. Colin Powell, USA (Ret.)

The holiday was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.

Originally known as Decoration Day, it was chosen because it wasn't the anniversary of any particular battle, thereby honoring all equally. On the first Decoration Day, General James Garfield spoke at Arlington National Cemetery, and 5,000 attendees decorated the graves of the 20,000 Union and Confederate soldiers buried there.

By 1890, Memorial Day was recognized by all of the northern states. Unfortunately, the Southern States refused to acknowledge the day, honoring their dead on separate days until after World War I. It was at this point when the holiday was changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war.

The passage of the National Holiday Act of 1971 has made this the Federal holiday. On this Memorial Day, we honor the sacrifices of prior generations. We should also honor the sacrifices of the men and women next door that have served or continue to serve our country.

It has become a custom to mark Memorial Day by visiting graveyards and war monuments. One of the biggest Memorial Day traditions is for the President or Vice President giving a speech and laying a wreath on soldiers' graves in the largest national cemetery, Arlington National Cemetery, in Virginia.

On the local level, you can mark the day by:

- Put flags or flowers on the graves of men and women who served in wars.
- Send a note of thanks to Veterans you know.
- Fly the U.S. flag at half-staff until noon.
- Visit monuments dedicated to soldiers, sailors and marines.
- Participate in a National Moment of Remembrance at 3 p.m. local time.
- March in a parade.

The Millstone Times
Photos of the Month

By Pam Teel

Artist and writer, Sarita Garner, lives in Hightstown. She loves taking pictures of the swans in the lake just feet from her back door. Sarita has recently taken up photography and is drawn to the water and the reflections of trees and wildlife that abounds in and around the lake. Sarita is featured in our "Meet Your Neighbor" article this month. Be sure to read all about her special talents.

Swans are the largest of the waterfowl and are some of the most beautiful birds to look at. They leave the observer with grand admiration when they see these birds for the first time. Swans such as the Trumpeter Swans are the largest of the swans and the least in numbers. The most abundant are the Tundra Swans and the Mute Swans. They were introduced to our local parks and waterways. Swans are now protected birds.

Black Swans are usually found throughout Australia with the exception of Cape York Peninsula, and are more common in the south. The Black Swan has been introduced into several countries, including New Zealand, where it is now common, and is a vagrant to New Guinea. Black Swans prefer larger salt, brackish or fresh waterways and permanent wetlands, requiring 40 m or more of clear water to take off. Outside the breeding season, Black Swans travel quite large distances. Birds fly at night and rest during the day with other swans. The Black Swan is a vegetarian. Food consists of algae and weeds, which the bird obtains by plunging its long neck into water up to 1 m deep. Occasionally birds will graze on land, but they are clumsy walkers.

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

Meet Your Neighbor

Sarita Cooke Garner

By Pam Teel

Every now and then you come across an individual that you just feel like you have a connection to. This was the case when I started corresponding with Sarita Garner of Hightstown. She emailed me because she was interested in submitting her photos for The Millstone Times' photo section. Somehow we began to converse back and forth and found that we had a lot in common. This eventually led us to go to lunch together and a thus a new friendship was born.

What I found out was not only was Sarita a really caring mother and grandmother, but also an accomplished artist and writer with very diverse interests in many things. Sarita moved into an independent senior care center at Meadow Lakes in Hightstown in 2012 because her husband was suffering from dementia. Sadly he has since passed away. Although younger than the average person there, Sarita finds it a nice environment to live in. There is a lake just outside her back door and she loves to walk down and photograph the swans. Sarita loves nature, especially photographing trees, water, and animals. She will not hesitate to jump out of her car and take a picture. (Her swan photos are featured in our Photo of the Month section).

Born in England, Sarita went to Chelsea Art School in London and finished up her degree at the Boston Museum School of Art in Boston. She started out as an abstract artist but eventually became disenchanted with it. This led her to New York University where she studied documentary filmmaking. She made a number of documentaries; the longest and most interesting being the Tock's Island Dam project, where the tri-state area was planning on damming up the Delaware River in order to produce electricity. Over time, the project was eventually scrapped. She also made a documentary on fair housing in Morristown, New Jersey, but filming at all hours of the day took a toll on her and she put that aside to take care of her son.

By sheer luck, she discovered portrait painting after heading in the wrong direction while looking for the ladies room at the DuCret School of Arts Building in Plainfield, NJ. As she passed by one of the classrooms, another teacher saw her and called her into his class. There was a man named George standing at the front of the class posing. The instructor encouraged Sarita to try doing a portrait painting of the man. The subject was an older gentleman dressed in fishing gear. Sarita choked back a chuckle because people in England would never dress like George was dressed to go fishing. So she went ahead and did his portrait in dry brush watercolor. "It's a very exacting and difficult medium and one has to have a perfectionist personality to do it," stated Sarita. It turned out her finished piece was stunning. This portrait led her into winning a Readers Digest Award at the Society of Illustrators Annual Show as well as being accepted by the Annual National Academy of Designs Show. There were also a few sporting magazines who wanted to purchase the portrait of George and publish it but Sarita couldn't part with it. To this day, it hangs on her living room wall. "I guess I have George to thank for the start of my career," Sarita joked. Sarita also taught art classes at the DuCret School of Arts in Plainfield.

Sarita lived in Far Hills, NJ for a time and while there she was well known for painting family portraits. Some of her clients included CEO's of major companies and their families, such as Governor Kean's grandchildren, the chairman of Burger Kings wife, and many other adult and children's portraits. She also lived on Chincoteague Island where she was influenced to draw the natural wildlife surrounding her. Sarita has also been interested in writing too. This is where she wrote and illustrated her children's book titled, "Mr. Scootie, A Tale of a little dog from Chincoteague." The book is based on the loss of her own dog. She has written for the Eastern Shore News and the Chincoteague Beacon papers while living there. She loves to write because writing took her out to meet people and amazing local characters that she wouldn't normally get to know and because of the island and the incredible wildlife on it. Sarita currently writes for the Meadow Lark paper where she lives. She also is a poet at heart and it has been a lot of fun reading and sharing our poetry with each other. Sarita has now turned her artistic interests to photography and welcomes other amateur photographers, fellow poets, and artists to join her. If you would like to get in touch with Sarita or see some more of her artwork, feel free to email her at: Sarita.a.garner@gmail.com.

Random works of Sarita

Sarita has won many national awards for her work and has had the greatest honor of having one of her paintings chosen to hang in the National Academy of Designs Annual Show.

I asked Sarita if there were other artists in her family and she proceeded to show me the artwork of both her father and her aunt. One can see where she got her talent.

Sarita's earliest memories of drawing was while she was sitting in class in England at about ten years old. Instead of doing her schoolwork, she was drawing pictures of her friends in class. Many times she was called down to the office for her doodling. That doodling led her to a very fulfilling career as an Artist!

It's a pleasure to call you my neighbor, Sarita!

Sarita and George, the fisherman - the first portrait painting she did.

Have You Always Wanted To Own A Plane and Learn To Fly?

Most adults have dreamed about owning an airplane and having the freedom to be able to fly whenever and wherever they like without the hassle of commercial travel. Even parents who have children going off to college want to find a way to eliminate the long dreaded drive to visit their child at an out of state college.

RedTail Partners is a New Jersey based company that sells partnership interest in the new re-manufactured highly modified Cessna 172s and is seeking to locate its first aircraft in Monmouth County New Jersey. The company is targeting the person that may not currently be a pilot but has always wanted to learn to fly. It only takes about 60 hours of flight training with a flight instructor in order to get your license. By bringing the sharing economy to this market, RedTail Partners will make aircraft ownership available on a larger scale. All RedTail Partner aircraft come with a pre-installed Ballistic Recovery System's whole plane parachute that can be deployed in the event of a loss of control, failure of the aircraft structure, or other in-flight emergencies.

"If you ever fly one of these small aircraft, particularly around Manhattan, you will find that flying your own aircraft is one of the coolest things you will ever experience. Most people never get a chance to do something this spectacular," states RedTail Partner's founder.

RedTail Partners is currently offering 1/16th interest in a RedTail aircraft for $29,999 and is now in New Jersey.

To learn more contact Redtail Partners at email: info@redtailpartners.com; phone: (617) 855-9241 or visit their website at www.redtailpartners.com.

East Windsor Participated in Annual Stony Brook-Millstone Watershed Association Stream Cleanup

on Earth Day, Saturday, April 22. Thirty-four volunteers participated and ***218 pounds of trash*** *were collected at Etra Lake Park.*

The Watershed Association works with residents, municipal, county, and state leaders, and local groups on a wide variety of initiatives and actions to plan smart, grow community and preserve and protect our natural resources. Local volunteers including local officials, scouts and area residents gathered, joining Michael Pisauro, Policy Director of the Stony Brook-Millstone Watershed Association and East Windsor Mayor Janice Mironov, to participate in the annual Stony Brook-Millstone Watershed Association Stream Cleanup at Etra Lake Park on April 22.

The Millstone Times Helps Kentucky Pastor

By Pam Teel

Pastor Gordon Jones from Maysville, Kentucky, wanted to help his veteran friend Ernest locate his long lost sister, whose last residence known was at the Nursing home on Prodelin Way in Millstone Township. Wanting to do something special for the ailing veteran, the pastor went on a mission from God trying to find the man's sister.

Pastor Jones got to know Ernest very well, being that his church had helped to house him for free until he got his military pension. He was also very concerned about Ernest's failing health and how Ernest's only regret was not keeping in contact with his sister.

The Pastor contacted this papers owner, Cami Gunther, and told her about his dilemma about not being able to locate the sister after the nursing home had closed down. With little to go by but a few clues, Ms. Gunther put his story out there on the Millstone Community Forum asking the townspeople for any help that they could give her pertaining to the whereabouts of the woman in question. The community stepped up to try to help locate the sister, doing some of their own research as to towns and even old phone numbers of places that she had lived in the past, but the leads seemed to have all dried up. She seemed to have been bouncing back and forth from one nursing home to another. Other towns that came up in the search were Ewing and Jackson.

Ms. Gunther even had her staff do some research and follow up on any leads pertaining to where Ernest's sister might have ended up. That included contacting both the Millstone Township and Jackson Township Municipal Buildings to see if there were any records or traces of Ernest's sister, who was still using her maiden name. This led to a name of the corporation that took over the old M & M Nursing home and countless phone calls and leads that again led nowhere.

But fear not, the story does not end at all in gloom; the pastor had informed Ms. Gunther on April 10th that through a program run by the VA Hospital in Kentucky that helps veterans find lost family members, Ernest had found his long lost sister. They traced her to a nursing home in Jackson and after forty years apart, Ernest was able to speak with his sister on the phone.

An ecstatic Pastor, Jones has offered Ernest a round trip ticket to come up to see his sister. Hopefully he will be well enough to make the trip and we will be there from The Millstone Times to cover the happy reunion.

The Millstone Times loves the opportunity to reach out and help people whenever they can! They would like to also thank those community members that lent a hand in trying to locate the woman for the Pastor. In the words of Pastor Jones, "God is Good."

Attention all New Jersey Colleges and High Schools

You too can participate in the "Green Brain of the Year Project"

By Pam Teel

Carter A. Mandrik, PhD, lives and works at a University in Cyprus. He is a graduate Program Coordinator for the Business Program at the Middle East Technical University on the Northern Cyprus Campus. He is originally from New Jersey where his parents still reside in New Egypt.

For the last six years, his University has held a competition called, "Green Brain of the Year," for universities and high schools to compete in. This is an international project competition on the topic of sustainability open to high schools, colleges, and universities. The contest runs through the end of May, so hurry and send in your application now. Why not use your green brain to help make the world a better place. Enter now for a chance to win.

For the competition, two person teams submit projects related to sustainability, specifically the "vital Triad" of sustainable environments, water resources, and energy. The top prize is a thousand euro's per student and the top five teams get an all expense paid trip to Cyprus to present their project to a panel.

There is no fee to enter. The point is to raise awareness of sustainability, promote scientific inquiry and achievement, and of course, public relations for the University and the SEES program.

Carter Mandrik would love to see teams enter from the United States, especially from his home state. In the past, the project has been dominated by teams from Asia and the Middle East. Entering into the project would help foster an understanding of sustainability and an appreciation for innovation and a feeling of pride for that school or university that entered.

You could be the 2017 Green Brain of the Year. Do you have a green idea? This is an international project competition on the topic of sustainability. Enter now for a chance to win.

You can find more information on the contest and an application at: http://ncc.metu.edu.tr/greenbrain

Attn: High school teachers- this is a great project to get involved in but hurry and enter soon!

Upper Freehold-Allentown Alliance To Prevent Substance Abuse

PRESENTS

BIKE NIGHT 2017

ALL MAKES AND MODELS OF BIKES WELCOME!

Wednesday, June 7th, 2017
5:30pm - 9:00pm
The Roost at the
Cream Ridge Golf Course
(http://www.creamridgegolfcourse.com)
181 Route 539
Cream Ridge, NJ

*Door Prizes
*Judging & Awards
*Several Categories
*American & Metric Bikes

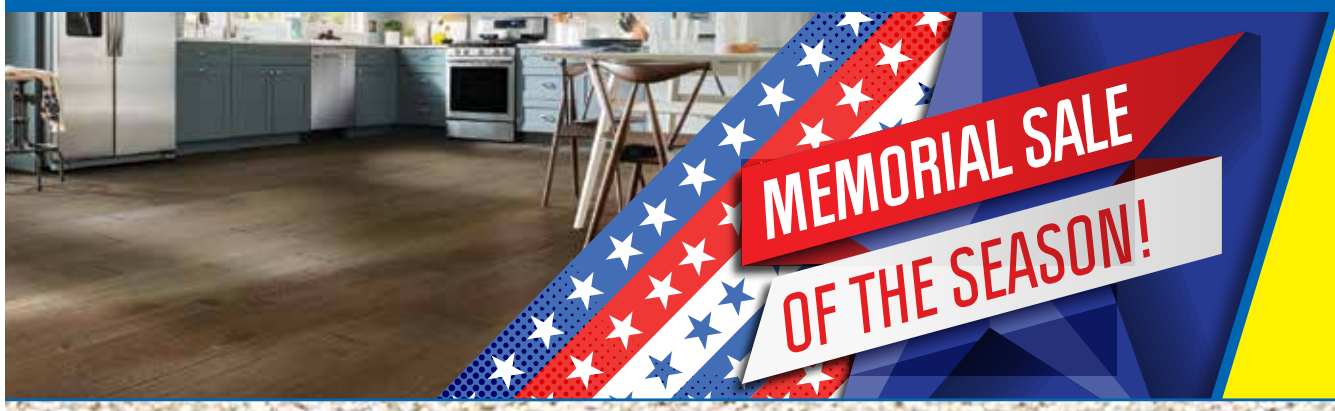
Music • Food • Beverages

Come on out and support a great cause!

No Entry Fee, but donations in any amount are welcome.

For Information Call Debbie Minnick @ 609-758-7738 x230

NEED NEW CARPET OR FLOORING?™ Never pay store prices again!™



SMART Carpet®
And Flooring!
1.800.526.RUGS (7847)
Plus! smartcarpet.com
12 MONTHS Special Financing Available*

CARPETING { We come to you with over 4,000 styles and colors!

$49 INSTALLATION OF ANY CARPET
One room or whole house! Custom labor may be additional

3.14 sq. ft. SALE PRICE!
Multi-Tone Berber
9 colors, Great for any room, including basements!

2.71 sq. ft. SALE PRICE!
100% Filament NYLON Carpet
24 Vibrant colors, 10 Year Warranty

4.59 sq. ft. SALE PRICE!
Shaw® Waterproof Carpet
Great for pets, spills and odors!
20 Year Warranty, Glue-Down

3.49 sq. ft. SALE PRICE!
Mohawk® Pavers Carpet
BCF Nylon, 3 patterns,
Lifetime Soil & Stain Warranty

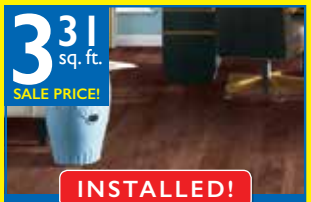
3.49 sq. ft. SALE PRICE!
Multiple Pattern Berber
3 patterns, 6 colors each
10 Year Warranty

Our **FREE** Guarantee!
✓ **FREE** Measuring
✓ **FREE** Premium Padding
✓ **FREE** Furniture Moving*
✓ **FREE** Financing*

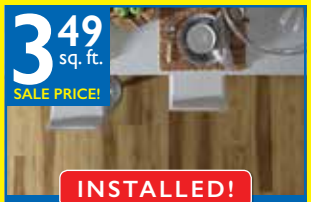
Schedule your FREE estimate TODAY!

LAMINATE, VINYL AND TILE { NEVER pay store prices again!™

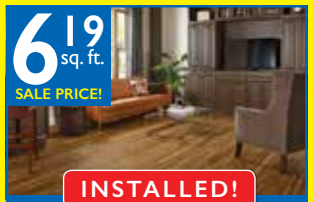
SHOP AT HOME AND SAVE!



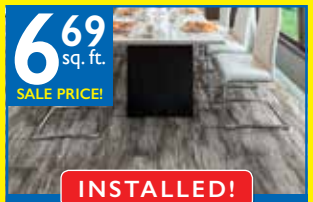
3.31 sq. ft. SALE PRICE!
INSTALLED!
Mohawk® Prospects Luxury Vinyl Plank
6"W x 36"L Planks, 11 colors
Floor prep may be additional.



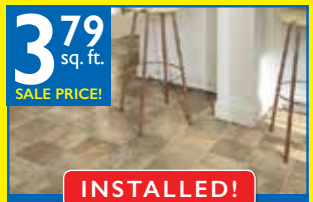
3.49 sq. ft. SALE PRICE!
INSTALLED!
Glue-Down Vinyl Planks by Shaw®
Hottest new styles and colors!
Floor prep may be additional.



6.19 sq. ft. SALE PRICE!
INSTALLED!
Armstrong® Rigid Core
with an Acoustic Cork Underlayment, 3 widths
Floor prep may be additional.



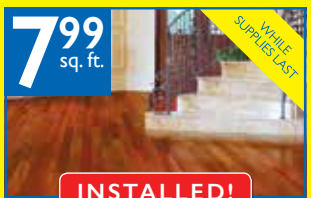
6.69 sq. ft. SALE PRICE!
INSTALLED!
Congoleum® Timeless Luxury Plank
3 season product, Waterproof!
Floor prep may be additional.



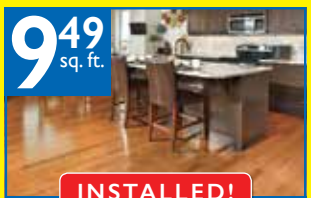
3.79 sq. ft. SALE PRICE!
INSTALLED!
Shaw® DuraTru Resilient Sheet Vinyl
15 new colors and patterns!
Floor prep may be additional.

HARDWOOD { WE Deliver! WE Install! WE Warranty your installation!

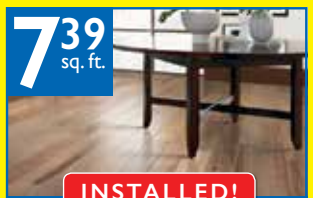
INCLUDES INSTALLATION!



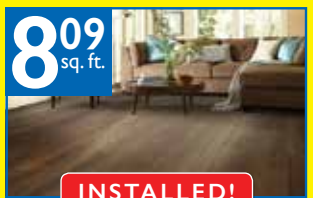
7.99 sq. ft.
WHILE SUPPLIES LAST
INSTALLED!
Indusparquet® Santos Mahogany
2 1/4" Wide Solid Wood Flooring
**Nail down installation. Floor prep may be additional. Cannot be combined with other offers.*



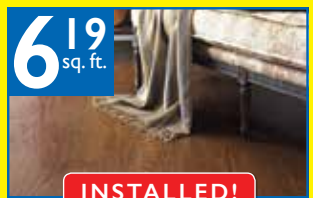
9.49 sq. ft.
INSTALLED!
Mirage® Maple and Oak
3" Wide, 3/4" Thick, 35 Year Warranty,
7 Maple colors, 7 Oak colors!
**Nail down installation. Floor prep may be additional. Cannot be combined with other offers.*



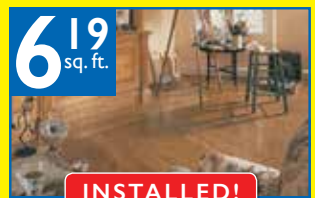
7.39 sq. ft.
INSTALLED!
Mohawk® American Designer Engineered
Handscraped, 5 colors, 5" width
Floor prep may be additional. Cannot be combined with other offers.



8.09 sq. ft.
INSTALLED!
Shaw® Epic Engineered
10 different installation types,
17 colors, Lifetime Warranty
**Nail down installation. Floor prep may be additional. Cannot be combined with other offers.*



6.19 sq. ft.
INSTALLED!
Bruce® Turlington Full Finish Oak Flooring
3" Oak Flooring, 6 colors
**Nail down installation. Floor prep may be additional. Cannot be combined with other offers.*



6.19 sq. ft.
INSTALLED!
Mannington® Gloss Oak Flooring
6 colors, 15 Year Warranty
**Nail down installation. Floor prep may be additional. Cannot be combined with other offers.*

MOHAWK · Shaw · ANDERSON · MANNINGTON · Armstrong · Mohawk · Tigtex · STAINMASTER CARPET · mirage · GRADE · Bruce hardwood floors · QUICK-STEP · DURA CERAMIC · Intellawood · Congoleum · Crossley · CARPETS

$250 OFF
ANY MOHAWK CARPET PURCHASE
500 SQ. FT. OR MORE
SMART Carpet® *And Flooring!*
Coupon not to be combined with any other coupons, offers or third party discounts. Minimum square footage must be of the same carpet quality. Colors may vary. Coupon must be presented at time of the sale. Cannot be presented at time of installation. Excludes all prior sales & contracts. Expires 5/31/17.

12 MONTHS Special Financing Available* On purchases made with your SMART Carpet Credit Card! **APPLY TODAY!**

Call today to schedule a FREE estimate!
1-800-526-RUGS or visit smartcarpet.com

©Copyright 2017 Smart Carpet Inc. Sale ends one week from publication date. Excludes prior sales. *On approved credit. 25% down and minimum purchase of $500 on financed orders only. Financing provided by Synchrony Financial. Finance charges accrue on the purchase from the date of installation. IF THE SALES PRICE IS PAID IN FULL BY PROMOTION EXPIRATION DATE, NO FINANCE CHARGES WILL BE OWED ON THE PURCHASE. Otherwise, all accrued finance charges will be owed. Minimum monthly payment required. Within the United States: Standard APR 29.99, minimum monthly finance charge $2.00. See SMART Carpet Representative for details. Excludes prior sales & current contracts. Not to be combined with any other coupons, offers or third party discounts. **G.D. is for glued down applications. Floor prep additional (if needed). Free furniture moving does not include pool tables, pianos, electronics or furniture requiring disassembly. Small fee for service available. †Your savings may vary.

NYCHIC#1442735 • NJHIC#13VH01833100 • PAHIC#PA087742

$200 OFF
ANY INSTALLED Bruce hardwood floors HARDWOOD FLOORING
200 SQ. FT OR MORE
SMART Carpet® *And Flooring!*
Coupon not to be combined with any other coupons, offers or third party discounts. Minimum square footage must be of the same hardwood quality. Colors may vary. Coupon must be presented at time of the sale. Cannot be presented at time of installation. Excludes all prior sales & contracts. Expires 5/31/17.

WANTED A Loving Family

By Pam Teel

There are still a lot of animals in shelters that need homes. Please consider adopting a pet there first. At Animal Assistance, there are still many cats and dogs up for adoption. All animals have been spayed/neutered and updated on all their shots. Please take a look at some of the ones below who need loving forever homes. You can find more on their website or call to ask about the animals that are available. Please open up your heart and your home and adopt a homeless pet before you turn to a puppy mill.

To view all the pets up for adoption at the shelter, please visit them at PetFinder.com: http://www.petfinder.com/shelters/NJ538.html or look under animalassistance.com

Please call Linda at 732.251.3210. The phones are answered during open doors hours. Call between 7-10am Monday through Thursday, Friday 7am to 4 pm, or Sunday 8:30-10:30am. You can make arrangements to come in and see the animals you might want to adopt. linda@animalassistance.org. 645 Old Stagecoach Road East Brunswick (not far from the Jamesburg area).

Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them. Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. You get an animal that is ready to go, crated, trained, and socialized. The facility welcomes and accepts donations. (A tax receipt can be provided.) All donations go towards the animal's medical treatments and care. The staff does not take salaries. Toys, blankets, pet food, etc, are also welcome.

You can also help out some more local pets. There is a small colony of Millstone cats that could use a home. There is a super friendly black cat we call Stewart. He is three years old. He just had his rabies shot and has tested negative for Feline Leukemia. He is used to being out door and would make a great barn cat. If you are interested in giving him a forever home, please email me at: crescent671@gmail.com.

Stewart- Cat in Millstone - Super friendly male 3 years old - negative for feline leukemia, recently had his rabies shot.
Jimmy Boy – Male domestic short hair - a real sweetheart.
Petunia Pig- Found abandoned - female pot bellied pig
Lemur – Male domestic short hair
Sadie – Female dachshund
Star Dust – Female domestic long hair - lost his family - super friendly.
YoYo – Male pot bellied pig
Fred & George- If you want cats that cuddle, love each other and are super friendly with kids, please consider adopting Fred and George together. They need more than a cubby hole to call home!!!!!!

Stewart

Jimmy Boy

Petunia

Lemur

Sadie

Star Dust

Yo Yo

Fred & George

A LIFETIME of Care for Your Pet!

CRANBURY
ANIMAL HOSPITAL

State of the Art Animal Hospital, Fully Equipped with Digital X-ray, Ultrasound, Human Grade Anesthesia, & more!

2725 US Route 130
Cranbury
609-655-5545

www.CranburyAnimalHospital.com

FREE EXAM
and
FREE Dewormer (Strongid)
New clients only. Cannot be combined with any other offer. Exam must be booked a day in advance. Additional charges apply for exotics. Expires 6/15/17

OPEN 7 DAYS A WEEK

50% OFF
Pet Dental Cleaning
Anesthesia not included. Cannot be combined with any other offer. Additional charge for extractions and medications if needed. Expires 6/15/17

Cranbury Animal Hospital Loves Your Pet

By Susan Heckler

Animal lovers are a unique breed of their own. Once your pet enters your home, they enter your heart and your family. Cranbury Animal Hospital understands that because their love of animals extends to your pet too.

The veterinary hospital is well equipped with advanced equipment and technologies to provide the highest standard of care for your pet. This facility has the equipment to provide comprehensive in-house testing for accurate diagnosis including digital x-ray, ultrasound, surgical suite, dental suite, pharmacy, and more.

Dr. Beshoy Rafla and Dr. Deepali Herlekar have spent their lives loving and studying animals. In addition to the standard veterinary training, they have both gone above and beyond the norm.

Dr. Rafla completed post-graduation internship training and uses homeopathic therapy in conjunction with western medicine. This allows him to manage chronic kidney and liver disease in feline and canine using a combination of Eastern and Western Medicine. This holistic approach encompasses herbs to treat certain diseases such as arthritis and allergy; a knowledge most veterinarians do not have.

Their hospital treats exotic pets too; rabbits, hamsters, guinea pigs and ferrets are frequent patients. They do not treat birds or reptiles.

These doctors acknowledge that, like children, pets become ill at odd hours of the day and night which may not fit into office hours. Communication is key with Cranbury Animal Hospital. The doctors return emergency calls and are reachable by email. If Fluffy has fever or Cotton ate cotton, a quick call or email may alleviate pet parent's anxiety, save a trip to an emergency vet, and can possibly save lives.

Cranbury Animal Hospital
2725 US-130 Cranbury, NJ 08512
(609) 655-5545 • cranburyanimalhospital.com

WHAT IS YOUR PETS TRUE AGE?

Feline

Age	Weight 0-20 lbs
1	7
2	13
3	20
4	26
5	33
6	40
7	44
8	48
9	52
10	56
11	60
12	64
13	68
14	72
15	76
16	80
17	84
18	88
19	92
20	96
21	100
22	104
23	108
24	112
25	116

Canine

Age	Weight 0-20 lbs	20-50 lbs	50-90 lbs	>90 lbs
1	7	7	8	8
2	13	14	16	18
3	20	21	24	26
4	26	27	31	34
5	33	34	38	41
6	40	42	45	49
7	44	47	50	55
8	48	51	55	64
9	52	56	61	71
10	56	60	66	78
11	60	65	72	86
12	64	69	77	93
13	68	74	82	101
14	72	78	88	108
15	76	83	93	115
16	80	87	99	123
17	84	92	104	131
18	88	99	109	139
19	92	101	115	
20	96	105	120	
21	100	109	126	
22	104	113	130	
23	108	117		
24	112	120		
25	116	124		

Cats at Home:
Home Veterinary Visits

22 years all-feline experience

609-915-8671
EmilyJarvisDVM.com

$10 OFF first house-call fee when you mention this ad

Organic "Doggy Good" Peanut Butter Cookies

Dogs love peanut butter and this treat is a great way to get fish oil into your dog's diet. Fish oil improves your dog's coat, making it shiny, soft, and healthier.

Ingredients:

- 2 cups of organic flour (white or wheat, if your pup has no wheat allergies)
- 1 cup of organic rolled oats
- 1/3 cup of smooth organic peanut butter
- 1 tablespoon of organic honey
- 1/2 tablespoon of organic fish oil
- 1 1/2 cups of water

Directions:

- Preheat the oven to 350 degrees Fahrenheit.
- Mix the flour and oats together in a large mixing bowl. Pour in one cup of water and blend until smooth. Add in the peanut butter, honey, and fish oil and mix until all the ingredients are well blended.
- Slowly add the water until the mixture has a thick and doughy consistency.
- Lightly flour a cooking surface. Roll the dough onto the cooking surface to create a 1/4 inch thick sheet.
- Use a cookie cutter to create shapes. Place the cookies onto a baking sheet and bake for 40 minutes.
- Allow to cool completely before feeding.

Animal Rescue Adopt A Thon
Sunday, June 4, 2017
9am-5pm *Rain or Shine!*
The Horse Park of NJ in Allentown, NJ
PET ADOPTIONS! *Dog-Cat-Rabbit-Horse-Bird & More*
Over 125 Rescues, Crafters, Vendors, & Local Businesses!
Come spend the day shopping, eating & supporting the community while helping to raise money for animals in need!
Workshops - Demonstrations - Family Fun
Kid's Zone - Health Awareness Corner
For more info, vendor space, advertising or sponsorshop opporitnies contact us at animalrescueadoptathon@gmail.com, call 732-682-7721 or check us out at: www.animalrescueadoptathon.com

Experience, reliability, respect and compassion at its best.
We are based out of Millstone Township, NJ and we provide care in surrounding towns.
Specializing in:
Home Pet Care, Daily Visits, Pet sitting, Dog walking, Nursing Care, Palliative services, End of life care, Pet Loss Support.
We work with all animals including exotics, horses and Small Farm Animals
We Will Take Care Of Your Horse Or Pet While You Are Away
Piper's Pet Pals
Please contact us at:
piperspetpals@gmail.com
or call 732 682 7721
To learn more visit www.piperspetpals.com.

GUNTHER
Publishing Enterprises, Inc.
BEST PET PHOTO CONTEST
Do you think you have the most adorable pet?
If so, send in your pet's photo by the10th for the chance to win $100 Gift Certificate to a locally owned pet store!
Send in your photo to:
tmft@optonline.net
In the email subject line write:
Pet Contest
Include a high resolution photo, your pet's name and town.

Healthy Human Foods for Dogs

By Susan Heckler

Coconut & Coconut Oil- Coconut is made up of a beneficial fatty acid chain called Lauric acid, which helps fight and destroy viruses and various pathogenic bacteria, thus protecting your pets from infection and boosting their immune systems. Many diseases and ailments, like yeast infections, smelly coats, hot spots, cuts that have been infected, and even cracked paws, can all be cured with just a jar of "virgin coconut oil." Coconut Oil can help reduce cancer risks improves the digestion of your dog, normalizes thyroid function, treats arthritis, can give your dog a smooth glossy coat, as well as healthy, supple skin.

Peanut Butter (Controversial - PLEASE READ CAREFULLY)- This is a favorite treat and is recommended by many professionals as a safe snack and is added to hundreds of dog treat products. It a good source of protein, heart healthy fats, vitamin B, niacin, and vitamin E although some of the less expensive brands do contain trans-fats. There is a school of thought that most peanut butter contains Aflatoxins that are naturally occurring mycotoxins produced by a fungus called Aspergillus. These are carcinogenic and vary between brands.

Lean Meat- Lean meat (chicken, beef, pork with no visible fat) is an excellent, balanced source of amino acids, the building blocks of muscle in your dog's body. Meat is also a great source of B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic acid, Pyridoxine, and Cobalamine).

Liver- Fresh liver can be cooked and then baked to make your own liver treats. Liver is an excellent source of B vitamins, Vitamin A, and Vitamin K. It is also a great source of iron. Too much liver may be toxic to dogs because of its high vitamin A content.

Salmon & Tuna - Feed your dog cooked salmon, add salmon oil to food, or slip them some of your unwanted fish skins. Tuna may be a classic cat snack. Dogs can eat tuna too, and it's healthy offering protein, vitamins on top of the omega-3 fatty acids.

Eggs- Cooked egg for your dog is a great way to give protein and digestible riboflavin and selenium, making them a healthy snack.

Cheese & Cottage Cheese- Low or reduced fat varieties given in moderation and cottage cheese are typically good to add some extra protein to your dog's diet.

Oatmeal- This is a great source of soluble fiber and a great alternate grain for dogs allergic to wheat.

Pasta - Dogs can eat pasta but pasta sauces are usually acidic, and contain a lot of sugar and salt, which can upset your dog's tummy.

Rice/Brown Rice- This is good to use when your dog has an upset tummy and needs a bland meal.

Sweet Potatoes- Sweet potatoes are great sliced and dehydrated as a chewy treat for your dog and are another source of dietary fiber and contain vitamin B6, vitamin C, beta carotene, and manganese.

Popcorn- Air popped with no butter or salt makes a great low calorie treat containing potassium as well as the bone-building minerals phosphorous, magnesium, and calcium.

Carrots- These are great for a dog's teeth when eaten raw in thin chunks. Cooked is great too as they are low calories and high in fiber and beta carotene/vitamin A.

Pumpkin, Squash & Zucchini- Good source of fiber as well as beta-carotene/vitamin A but be sure to remove the seeds. Zucchini like other squashes makes for a delicious and healthy snack, providing potassium, folate and vitamin content make it healthy for you and your dog.

Green Beans- They are filling and low in calories

Peas- These can be added right to your dog's food, frozen or thawed and are a good source of the B vitamin Thiamin, phosphorous, and potassium.

Broccoli- This vitamin-rich vegetable can be a great occasional nutrition boost for dogs but it shouldn't make up more than 10 percent of a dog's diet as it could cause gastrointestinal irritation.

Apple Slices- Helps to clean residue off a dog's teeth, which helps to freshen her breath. Apples are a good source of fiber as well as vitamin A and C. Make sure to take out the seeds!

Cranberries- Fresh cranberries have many health benefits and provide vitamins A, B1, B2 and C, and prevent urinary tract infections.

Pears - Dogs can eat pears but no seeds or cores.

Pineapple- Small amounts are beneficial for your dog as the fruit is rich in fructose, fiber, vitamin and mineral content.

Parsley- Improves "doggie breath" and can also be a good source of calcium, potassium, and beta-carotene.

Mint - Freshens your pal's bad breath and settles upset tummies.

Turmeric- This is one of the most promising cancer prevention foods and can be found in your spice rack. The active compound in turmeric is curcumin, which has been shown to prevent the growth or spread of cancer cells in many types of cancer. It is as an anti-inflammatory and antioxidant.

BEST PET PHOTO CONTEST

RUCKUS

GINGER

MAXWELL

JERRY

SMOCKEY

NUTMEG

BONNIE & CLYDE

BUSTER

BROWNIE

BACI

LULU

GOODYEAR

CENTRAL TIRE & AUTO REPAIR

863 US Highway 130 • East Windsor, NJ 08520

(609) 443-9751

www.CentralTireandAuto.com

OPEN SUNDAYS

YOKOHAMA
PIRELLI
MICHELIN
KUMHO TIRE
GENERAL TIRE

FALKEN TIRE
Firestone
COOPERTIRES
Continental
BRIDGESTONE

TIRE & SERVICE NETWORK — Conventional Oil Change

$5 OFF Regular Price
Conventional or Synthetic Blend Oil

Offer expires 6/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Up to 5 quarts of conventional oil for standard oil change. Premium oil change savings off regular price and includes up to 5 quarts of synthetic blend or full synthetic oil plus a four-tire rotation. Canister/cartridge filter and diesel oil extra. Fluid/filter disposal charges may apply. Additional charge for shop supplies, up to 7% or $25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: FL – Waste oil/filter fee may apply; CA – $2.50 fluid/filter disposal fee applies but no additional charge for shop supplies applies; PA – no fluid disposal charges apply; NY – no fluid disposal or additional charge for shop supplies applies. Cash value 1/50¢. G0217

TIRE & SERVICE NETWORK — Synthetic Oil Change

$10 OFF Regular Price
Full Synthetic Oil

Includes a **FREE** Four-Tire Rotation

Offer expires 6/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Up to 5 quarts of conventional oil for standard oil change. Premium oil change savings off regular price and includes up to 5 quarts of synthetic blend or full synthetic oil plus a four-tire rotation. Canister/cartridge filter and diesel oil extra. Fluid/filter disposal charges may apply. Additional charge for shop supplies, up to 7% or $25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: FL – Waste oil/filter fee may apply; CA – $2.50 fluid/filter disposal fee applies but no additional charge for shop supplies applies; PA – no fluid disposal charges apply; NY – no fluid disposal or additional charge for shop supplies applies. Cash value 1/50¢. G0217

TIRE & SERVICE NETWORK — Computerized Alignment

$10 OFF Regular Price

- Helps tires wear more evenly
- Helps improve fuel economy
- Helps improve vehicle handling

Offer expires 6/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Adjust to manufacturer's specifications where applicable. Vehicles with Electronic Stability Control are extra. Additional charge for shop supplies, up to 7% or $25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: CA and NY – no additional charge for shop supplies applies. Cash value 1/50¢. G0317

TIRE & SERVICE NETWORK — Brake Special

$25 OFF Regular Price

Any Brake Service of $100 or More

Offer expires 6/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies, up to 7% or $25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: CA and NY – no additional charge for shop supplies applies. Cash value 1/50¢. G0317

AUTOMOTIVE

HOME OF THE MILLION MILE WARRANTY

FREE NATIONWIDE ROADSIDE ASSISTANCE FOR 1 YEAR WITH ANY ALL CAR PURCHASE OVER $25

Coolant System Service

Drain And Full Coolant

$79.95 +Tax

ADD UP TWO GALLONS OF COOLANT. PLEASE CALL FOR AN APPOINTMENT. WITH COUPON ONLY. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 6/15/17

Ask for Details **732-780-3860**

MANALAPAN (Shell Station)
199 Route 9 South
(Corner of Taylor Mills Rd & Rt. 9)
Phone: 732-780-3860

FREEHOLD
16 Throckmorton St
Freehold, NJ 07728
Phone: (732) 462-1873

www.AllCarAutoGroup.com

WHEEL ALIGNMENT

$79.99 +Tax

PLEASE CALL FOR AN APPOINTMENT. WITH COUPON ONLY. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 6/15/17

DETAIL Medic AUTO DETAILING

"WE BRING YOUR VEHICLE BACK TO LIFE"

- All Cars & Trucks
- Commercial Vehicles
- Motorcycles
- RV's & Trailers
- Marine & Boats

$50 OFF Any Service over $200
Cannot be combined w/other offers

When Your Paint Needs A Pulse, We bring Your Vehicle Back To Life

Mobile Services....We Make House Calls

CALL US TODAY FOR A FREE QUOTE
609-222-4WAX
www.DetailMedic.com

Texting & Driving Apps Can Save Lives

By Susan Heckler

Got teens? Got texters! It's a given. Even the grown-ups can't help but look at their phones, without hesitation, even while speeding down the highway.

The adults in the situation need to stop this dangerous behavior immediately. Even the most experienced drivers should never take their eyes and attention off the roads. Texting in front of your children while driving gives them free license to do the same. Let's face it, what is so important in that text that is worth risking a life over?

Some thinking points:

- It takes 4.6 seconds to type two words; this is the amount of time it takes your car to travel the length of a football field, traveling at 55 MPH,
- Driver distraction was the cause of 18 percent of all fatal crashes – with 3,328 people killed and 421,000 people wounded.
- Insurance does not cover damages or liability for accidents caused by texting and driving.
- Civil lawsuits for damages can be pursued in accidents involving texting.
- 14 youths a day die from texting behind the wheel
- The average cost of a single crash with injuries is more than $120,000.

Our teens are not experienced and texting is their conversation method of choice so that makes them even more vulnerable to the bad decision. You can check with your cellphone provider as some of them have aps or services built in to the phone.

That text or email may have contained something really important…or not. In either case, you should all live to tell about it.

BMW OF FREEHOLD

One of The Leading BMW Dealers in NJ at Your Service
Other NJ BMW Dealers Can't Compare to BMW of Freehold
Keep Your Accounts Balanced And Your Adrenaline Spiked

2017 CENTER OF EXCELLENCE

Let your BMW of Freehold experience begin today. View our website www.bmwoffreehold.com new BMW vehicles, Certified-Pre-Owned BMW vehicles and other automobiles for sale, or apply for financing. To contact us, call (877) 999-9308. Located just north of the Freehold Raceway Mall on Rt. 9 in Freehold, NJ, we offer a huge selection of vehicles, flexible financing and expert maintenance services. Your BMW deserves nothing less than the very best-and you'll get it at BMW of Freehold. BMW of Freehold where people refer their Friends and Family.

4225 US Highway 9 Freehold • (877) 999-9308 • www.bmwoffreehold.com
Monday - Friday 9:00am - 8:00pm • Saturday 9:00am - 5:00pm • Sunday Closed

ATTENTION Audi, BMW, Infiniti, Jaguar, Lexus & Mercedes-Benz Owners

Lease or buy the new S90 and we'll cover your final six payments!

SAVE UP TO $4,500

VOLVO WILL MAKE YOUR REMAINING PAYMENTS

UP TO **$750** PER MONTH

2017 Volvo S60 T5 FWD Dynamic	2017 Volvo S90 T5 FWD Momentum	2017 Volvo XC60 T5 FWD Dynamic	2017 Volvo XC90 T6 Momentum	2016 Volvo V60 T5 AWD Premier	2016 Volvo XC90 T6 AWD R Design
STK# 317400 | MSRP $35,445	STK# 217546 | MSRP $46,175	STK# 217375 | MSRP $47,350	STK# 217500 | MSRP $53,840	STK#16248 | MSRP $44,830	STK# 16516 | MSRP $66,015
$0 DOWN Lease For $289 Per Month* 36 mos.	Lease For $361 Per Month* 36 mos.	$0 DOWN Lease For $449 Per Month* 36 mos.	Lease For $564 Per Month* 39 mos.	Buy For $34,382**	Buy For $59,898**

VOLVO CARS PRINCETON | 2931 Brunswick Pike, Lawrenceville, NJ | 888-435-8654 | volvocarsprinceton.com

*Must take retail delivery by May 31st 2017. Lease prices based on 7,500 miles per year. Lease prices exclude Volvo Loyalty if applicable (XC90 does not qualify); all offers include applicable rebates. 2017 Volvo S90 $4,817 down. 2017 Volvo XC60 $5,384 down. Offers do not include tax, DMV, documentation fee, or bank fee. Based on tier one credit. **Prices include $1,000 Volvo Loyalty. Offers expire 5/31/2017

irwinlincoln.net

MONTH★LONG MEMORIAL DAY SALES EVENT!

Carlos Sousa
our
GENERAL MANAGER
is waiting to help you now!

New 2017 Lincoln
MKZ PREMIERE FWD

Well Equipped Including: 2.0L Turbocharged I-4 Engine, 6-Speed SelectShift Automatic Transmission, Front Wheel Drive, Power Steering, ABS Brakes, Intelligent Access w/Push Button Start, Dual-Zone Electronic Auto Climate Control, Power Heated Front Seats w/Driver Memory Setting, Dual/Side Air Bags, Rearview Camera, Securicode Keyless Keypad and MUCH MORE! VIN#3LHR643874, STK#H524, MSRP: $36,373.

Lease **$279** /mo. 36 mos.

$2,924 due at signing

New 2017 Lincoln
MKC SELECT AWD

Well Equipped Including: 2.0L GTDI I-4 Engine, 6-Speed with SelectShift Automatic Transmission, Power Steering, ABS Brakes, All Wheel Drive, Active Noise Control, Intelligent Access w/Push Button Start, Reverse Sensing System, Securicode Keyless Keypad, Power 10-Way Driver Seat w/Lumbar, Dual-Zone Electronic Auto Climate Control Power Liftgate, and MUCH MORE! VIN#5LHUL44435, STK#H510, MSRP:$39,565.

Lease **$299** /mo. 36 mos.

$2,944 due at signing

Route 9 At Route 33 And The Freehold Raceway Mall
732.462.1818

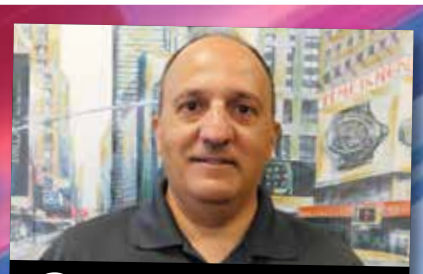
IRWIN

LINCOLN

Lincoln MKZ Lease: $2924 Due at Delivery. $2000 Cash Down or Trade. TOP/TCOST/LEP: $10,044/$12,689/$20,574. Lease includes $2000 RCL Cash Rebate (everyone qualifies) and $500 Competitive Conquest Bonus Cash (Must Currently own a 1995 or newer non-Ford Motor/Lincoln/Mercury Company Car, SUV, or Light Duty Truck or have terminated a lease 30 days prior to new retail delivery. Residency restrictions apply. See dealer for complete details). Lincoln MKC Lease: $2944 Due at delivery. $2000 Cash Down or Trade. TOP/TCOST/LEP: $10,764/$13,409/$24,186. Lease includes $1,000 RCL Cash Rebate (everyone qualifies) and $500 Competitive Conquest Bonus Cash (Must Currently own a 1995 or newer non-Ford Motor/Lincoln/Mercury Company Car, SUV, or Light Duty Truck or have terminated a lease 30 days prior to new retail delivery. Residency restrictions apply. See dealer for complete details).Prices include all cost to be paid by consumer except for licensing cost, tax, registration, title, documentation & tire fees. Leases are closed end & are subject to credit approval. Leases include 7,500 miles p/yr, 20¢ p/mi. thereafter & require $0 Security Deposit & $645 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicles only. See dealer for details. Picture may not represent actual vehicles. Offer expires 5/31/17.

irwinmazda.com

MONTH★LONG MEMORIAL DAY SALES EVENT!



Carlos Sousa
our
GENERAL MANAGER
is waiting to help you now!

New 2017 Mazda3 Sport

Well Equipped With: Well Equipped Including: 4-Dr, Automatic Transmission, Traction Control, 4-Cylinder Engine, Dual Air Bags, Power ABS Brakes, Power Assist Steering, Air Conditioning, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost, Cruise Control, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera and Much More! Stk#H1103, VIN #HM121993. MSRP:$19,730.

Lease **$139** /mo. 36 mos.

$3,099 due at signing

Rearview Camera - Keyless Entry - Bluetooth

New 2017 Mazda CX-5 Sport AWD

Well Equipped With: S.U.V, Automatic Transmission, Traction Control, 4-Cylinder Engine, Power ABS Brakes, Power Assist Steering, A/C, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost/Wiper, Cruise Control, Alloy Wheels, Keyless Entry, Bluetooth, Rearview Camera, AM/FM Stereo and Much More! Stk#H1181. VIN#H0105141. MSRP: $26,410.

Lease **$189** /mo. 36 mos.

$4,151 due at signing

Rear View Camera - Bluetooth - Alloy Wheels

New 2017 Mazda CX-9 Sport AWD

Well Equipped With: S.U.V, 4-Dr, Automatic Transmission, Traction Control, 4-Cylinder, ABS Brakes, Power Assist Steering, A/C, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors/Wiper, Rear Defrost, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera, and Much More! Stk#H1096. VIN#H0127603, MSRP: $35,265.

Lease **$319** /mo. 36 mos.

$3,846 due at signing

Rear View Camera - Bluetooth - Alloy Wheels

Route 9 At Route 33 And The Freehold Raceway Mall

732.462.1818

IRWIN

mazda

Mazda3 Money Down Lease - $3,099 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: $2960/$5,004/$7,964/$10,654. Lease includes $875 Lease Cash (everyone qualifies). Mazda CX-5 Money Down Lease- $4,151 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: $3,962/$6,804/$10,766/$16,638. Mazda CX-9 Money Down Lease - $3,846 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: $3,527/$11,484/$15,011/$20,806. Prices include all costs to be paid by consumer except for licensing, tax, registration, title, documentation & tire fees. Leases are closed end & are subject to credit approval. Leases include 10,000 miles p/yr, 15¢ p/mi. thereafter & requires $0 Security Deposit & $0 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicles only. See dealer for details. Picture may not represent actual vehicles. Offer expires 5/31/2017.

FROGBRIDGE DAY CAMP

It's not just day camp...

IT'S FROGBRIDGE!

PRIVATE TOURS Available Daily

Special Discount for Central Express Bus Option

american CAMP association ACCREDITED

Call to Register:

609-208-9050 · 732-786-9050

Air-conditioned Door-to-Door Transportation ▪ Hot Lunch ▪ Towel Service - Bathing Suit Laundering

67,000 sq. ft. of air-conditioned Indoor Space, 86 Acres of Fun, Indoor Gymnasium, "Windows on the Water" Dining Room & Patio, Dance Studio, 15 Craft Studios, Computer Center, Drama & Theatre, Large Heated Swimming Pools, Wading Pool, Three Lakes for Boating & Fishing, Bumper Boats, Rock Climbing Tower, 250 foot Ziplines, Music, Frisbee Golf, Ultimate Frisbee, Lacrosse, Cheerleading and Laser Tag, Low & High Ropes Course, Toad-ally Tubing, Go-Kart Track, Five Baseball & Softball Fields, Golf Driving Range, Football Field, Horseback Riding, Roller Hockey Rink, Four Tennis Courts, Outdoor Basketball Complex, Beach Volleyball, GaGa, Miniature Golf, Mini Basketball, Kickball, Gameroom, Gymnastics, Bonzi Ball, Three Soccer Fields, Handball, Archery Range, Little Fenway Wiffle Ball Stadium, Bocce/Horseshoes, Tadpole Playground, Bungee Trampoline, Ribbits Ice Cream Parlor, Frogarita's Frozen Smoothie Oasis, "Aqua" Dance Club and so much more!

7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ www.frogbridge.com

Dealing with Picky Eaters

By Brianna Siciliano

When kids refuse to eat certain foods, it can be extremely frustrating. Sometimes picky eaters begin loving and enjoying foods, and with the snap of their fingers, they loathe the same foods. Could it be because they eat the same meal over and over again, and they're tired of it? Possibly, but there are many other reasons.

One reason your child might be refusing to eat certain things is because of his or her desire to be independent. This situation is just like asking your child whether she wants to wear the pink shirt that you picked out or the purple shirt hanging in her closet. Do you even have to ask? Whatever you pick out, she does not want. Children want to make their own choices, so try to avoid arguments and fights and give your children some power over their food. Instead of preparing a different plate of food for your picky eater, let your child help you food shop and prepare meals. You'll get a better taste of what foods your child is willing to eat.

Another reason your child might be refusing to eat certain foods is because he/she truly does not like those foods. Your son might have a sweet tooth and be disgusted by the taste of 'bitter' foods. This is a logical reason for a child to refuse to eat certain foods. To help overcome this refusal, try switching things up once in a while. If your child despises certain vegetables, like broccoli for instance, do not cut the food from your family's diet all together. Instead, serve green beans one night, asparagus the next, followed by broccoli. Sometimes it takes 10 to 15 tries before a child accepts and enjoys new foods, so give the foods a chance before giving up all together. If this doesn't seem to work, it might be worth your while to try preparing foods in a different way. Instead of steaming vegetables, try sautéing them. You never know what the outcome can be!

If your child enjoys peanut butter and jelly sandwiches, and refuses to eat anything else, try warming your child up to try new foods. Spread peanut butter on new foods, like apples and celery, and see if your child will begin warming up to new foods. Sometimes picky eaters want to stick to their favorite foods, which is completely understandable. If you could eat your favorite dessert over and over again, you would, wouldn't you? Sometimes it is necessary to present foods in interesting ways, or use cookie cutters to transform 'boring' looking foods into fun shapes, to spark your child's interest. By showing your child that you care, and that you won't force things he or she does not want, your child will trust you and open up his or her mind to trying new things.

Cures for Your Child's Spring Fever

By Stefanie Maglio

It's that time of the year when the snow has finally gone away, and those colder temperatures are becoming much less frequent. Children of all ages are bound to get "Spring Fever" to some degree. With the weather changing and becoming nicer, it's hard to stay indoors and be focused on homework or other important tasks. Luckily, there are ways to get a taste of the spring weather without taking up too much time, but satisfying the spring fever.

Parents can have younger children play games or participate in activities outside for a certain amount of time that is appropriate. Some games and activities include:

Play "Follow the Leader"
Make your own obstacle course
Play in fields/on hills
Jump in puddles
Play hopscotch
Build a fort
Have a scavenger hunt.
This can be in nature only, or include manmade items.
Bird-watching
Look for/admire spring time flowers
Climb trees (safely of course)
Jump rope (can be done with games or traditional style)
Go for a bike ride with friends or family
Blow bubbles
Have racing competitions
Play "Leapfrog"
Play "Hide-and-seek"
Fly a kite
Have sword fights, & make your own swords with sticks you find outside.
Build dams and rivers out of mud and puddles

These activities are not a guaranteed cure for every child. However, they may help to an extent. Giving them a try could be beneficial for your child and their focus. Remember, although trying to satiate the craving for springtime fun, make sure to emphasize how important it is to finish the school year strong. Your child may begin to slack and their grades may suffer as it begins to get closer to summer. Discipline your children and keep them focused. Offer to help them with projects or homework if needed, or finding a tutor may be necessary in some cases. Keep pushing your child to focus on their responsibilities, specifically academic ones, and before they know it summer will be here!

The Millstone Times

STUDENT OF THE MONTH

Drew Paglia

By Pam Teel

Thirteen-year-old Drew Paglia attends the Millstone Middle School. He is in the seventh grade. His favorite subject is Social Studies. Drew believes that understanding history is an important part to becoming successful in life. It allows him to learn from others mistakes and to one-day help build for a better future.

Drew likes to spend time speaking with the elderly in assisted living homes because he finds that they have a lot of knowledge to share to anyone willing to listen. He recently met a terrific 105 year old man at Applewood Nursing Home who he really enjoyed spending time with. Drew learned that this man invented many different things and he hopes to spend more time talking to him in the near future.

Drew is a straight A student who is also in honors Algebra. School has always come first for him. One day he would like to go to the Peddie School and Princeton University. He would also like to go to Harvard and get a law degree.

Drew has always enjoyed history and politics. One day he would like to become a part of his family's rental property business. Drew enjoys public speaking and debates and might not rule out other things like one day becoming a Judge or Senator.

His favorite books to read are any type of history books as well as biographies of famous people.

Drew's favorite television shows are action movies. He likes watching War movies, listening to Hannity, and watching documentaries.

Drew likes to research everything and anything and be able to hold a conversation with anyone on the topic. He enjoys being a part of the Student Council and being involved in mock trials. He plays the piano, clarinet, and is a part of the Future Problem Solvers Club in school. He has learned that his closest friends will always stick by him and that school gives you the opportunity to learn many useful things that you will need in life.

Drew's favorite place to visit is Florida because it is warm and there is a lot to do. One day he would love to go to Hawaii and Europe. He would also love to tour some of the WWI and WWII battlefields.

Drew lives with his parents, his sister Heather, and his grandmother. He also has a rescue dog named Chester who is a Yorkie terrier mix.

His favorite holiday is Christmas because to him it is a happy time of the year. His family also loves to celebrate the true meaning of Christmas and Drew loves to spend quality time with his family and with his uncle from Minnesota.

Drew plays basketball for the Monmouth County Warriors and does wrestling and track and field for the Middle School. He has played travel baseball since the third grade and he plays first base and pitcher. Drew also loves to swim.

His favorite foods to eat are mostly healthy foods, but he likes pretty much everything.

If Drew had but one wish, he would want to be successful in whatever he decided to do in the future. He would one day like to have a big impact on the lives of others.

Drew has been named Student of the Month in school on more than one occasion. He spends a lot of time studying and learning from others so that he can be the best that he can be.

I have no doubt that you will accomplish everything you set out to do Drew. Not only are you a wonderful student but a very well mannered, conscientious young man with a very big heart! With that combination, you will go very far in life.

Attention Creamridge, Allentown, East Windsor, Hamilton- if you know of someone who loves school and you would love to showcase him or her as our Student of the Month, please reach out to me at: crescent671@gmail.com. (Please include -student of the month- in subject area).

ShopRite Millstone Middle School Store

Open for business! Come and See for yourself!

By Pam Teel

In January, if you recall, a grand opening ceremony was held at the Millstone Middle School on Baird Road as part of a life skills program for students. This was created through a partnership between the Millstone Middle School, the Wakefern Corporation, and Saker Shop Rites Inc. According to Tom Saker, Senior Vice President of Operations at Saker ShopRite's, the Middle School is the 20th Educational Institution in both Pa. and New Jersey to take part in the program and the Millstone Middle school has the honor of being the first middle school to have its own ShopRite store.

The life skills program was established in 1988 to teach life skills to children who have special needs. What's special about this school program is that it is an opportunity for all of its students to learn the ins and outs of working in a store such as ShopRite. The children love to volunteer to work in the store.

Overseeing this program is Mary Jane Russo, who for the past thirty years has been a Special Education teacher for the district. She credits the people from the Wakefern Corporation who has been very kind helping her learn the ropes of the business. Ms. Russo also would like to credit her co-workers Gail Rux Kirk, the speech Pathologists at the school, Danielle Kalash, the classroom teacher, and Lisa Mikulik, the classroom paraprofessional, who are with her on a daily basis and have a great deal to do with the success of the program. The store is bright and clean and well taken care of by the children who help to run it. During the time they are working, they are taught valuable life skills. When it's their day to work, they come into the store right after school lets out. They have a checklist of things they need to get done during the hour the store is open. Some of the chores they do are dusting and restocking the shelves, being the cashier and ringing up customers, bagging the food items and helping to count deposit money. The children are also taught to check for expiration dates and how to mark down items that have expired. They wait patiently on Wednesdays for the large Shop Rite truck to come and they enjoy helping to check items as they come off the truck. Under Ms. Russo's guidance, the children learn the right way and the safest way to perform a task. They are also taught about helping each other and being polite and courteous to the customers.

The children are all members of the Shop Rite after School Club, which started up towards the end of February. They take turns working different shifts, and strive to do their best to become Employee of the month.

The money they make from their customers goes right back into the program so they can grow the program even bigger and better. Students, teachers, and parents take advantage of what the store has to offer. The athletes come in regularly for water and Gatorade and the teachers come in a lot for tea and coffee and other items.

Ms. Russo is grateful for all the encouragement and support from the schools administrators, Principal Huss and Vice Principal Baker, and especially the generosity of the Saker family who come in often just to lend their support.

On the day that I went to visit, three very courteous young men who showed me around and explained to me what their daily chores consisted of greeted me. Collin Semanchick told me that one of his favorite jobs was making the coffee and getting it ready for the next day. He also let it be known that the Vice Principle liked his coffee black and Principle Huss enjoyed drinking chai tea. Collin also liked setting up the candy and breaking it down at the end of the day.

Arnav Vasa likes stocking the shelves and being the cashier. He likes math and he likes to help Ms. Russo with the deposits on Fridays. Nik Ranisavljevic also likes stocking the shelves and every Thursday his job is to take the items off the shelves and dust everything. He also likes bagging the groceries and setting up the candy.

The school store has also teamed up with the National Junior Honor Society to help fight hunger in their neighborhoods by collecting food to donate to the Monmouth and Ocean County Food banks.

The store is open to the public on Monday through Thursday for one hour. 3-4 p.m. You would be surprised the items it has to offer. Items such as rice, mac and cheese, cereal, canned vegetables, canned gravy, condiments, snacks, water, paper plates, soup, peanut butter, jelly, household items, beans, Windex, laundry detergent, bleach, pickles, olive oil, coffee, toilet paper, sugar, flour, honey, taco kits, candy, pop tarts, and much more.

You can help the students out by stopping in between 3-4 pm Monday through Thursday and purchasing some items. Again, all money made goes back into the program. The buses are all gone by then. If you're not familiar with where the store is located on the school grounds, drive into the second driveway after the school sign, the bus parking area, and you will see the ShopRite awning. You can park close by to the door. The best time to come is around 2:55. The buses have all gone by then.

The store is open to all residents, so please come out and shop and support the program!!!!

Arnav Vasa, Ms. Russo, Nik Ranisavljevic, Collin Semanchick attending to their duties

Collin Semanchick ringing up an order at the Shoprite store at the Millstone Middle School

Tick Time in NJ: Prevention

By Stefanie Maglio

Ticks are small and may seem harmless, but these creatures often carry disease that can ultimately be deadly to humans and even animals. Don't allow yourself to be bitten by a tick this season and learn how to prevent them.

Before going outdoors it is important to know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. Doing activities around your home, walking through leaves, or walking through shrubs can all put you at risk for being bitten by a tick. Products containing permethrin kills ticks. Boots and camping gear can be sterilized with it before going outdoors. Using a repellent with DEET on the skin is also effective.

After you come indoors it is crucial to check your body for ticks even if you think there is the slightest possibility you may have one. Remove your clothing and wash it in hot water to kill ticks that may have been on the material. Shower shortly after coming inside as well. Showering within two hours after coming indoors has been shown to reduce risk of Lyme disease. Plus, the shower is a perfect time to check your body for ticks. Make sure to check under the arms, in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs, and around the waist. Using a hand or full-length mirror may be helpful when checking the hard-to-reach places.

Modifying your landscape can help to prevent ticks as well. Make sure there is no long grass or stray bunches of leaves. These are ideal places for ticks. Considering using a chemical agent if you believe there is a serious tick problem. Remember, chemicals can be very strong and harmful. Lastly, discourage deer. They can carry specific kinds of ticks and deposit them in your property. This means any pets you have that spend time outside can carry ticks as well, so check your pets regularly.

If you happen to find a tick on your body, use tweezers to pull it straight out. Get as close to the skin as possible in order to remove the tick in its entirety. Watch for signs of illness such as rash and fever over the next few days and weeks. See a health care provider immediately if you have any concerns or notice any symptoms.

Sign Up NOW for
Tomato Patch 2017
Summer Arts Workshops
Theater • Dance • Music • Visual Art
Session I
June 26 - July 20
Grades 8-12
4-week session
$775
Session II
July 24 - Aug. 10
Grades 5-7
3-week session
$675
Fantastic Fridays
& Master Class Too!
Taught by professional artists, on the West Windsor Campus of Mercer County Community College. Tomato Patch, now in its 42nd year, is the longest running, most successful multidisciplinary summer arts program in central New Jersey.
50 1966-2016 MERCER COUNTY COMMUNITY COLLEGE
Call 609-570-3566
or visit www.kelseytheatre.net
1200 Old Trenton Road • West Windsor, NJ 08550
KELSEY THEATRE AT MERCER

RECESS THEATRE
THEATRE AND PERFORMING ARTS STUDIO
Summer Intensives
Enjoy the thrill of being onstage?
We offer intensives for students in grades 1-12 which focus on acting, musical theatre, auditioning, dance styles & more!
You can find us at 1240 US-130 S, Suite 5 Robbinsville, New Jersey
WANT MORE INFO?
Visit our website at
www.recesstheatre.com.
/recesstheatre

TADPOLE VILLAGE PRESCHOOL
at Frogbridge

REGISTERING FOR 2017!

State-of-the-art Preschool Located In Beautiful Millstone Township

- NJ State Liscensed
- Certified & Experienced Teachers
- Excellent Teacher Student Ratio
- Ages 2 ½ - 6 years
- Kindergarten & Kindergarten Enrichment
- Mommy & Me & Transitional Mommy & Me
- Mornings, Afternoons or Full Day Classes
- Heartwarming Performances & Seasonal Celebrations
- State-of-the-Art Facility Equipped with Security Cameras and Monitors
- Caring and Nurturing Environment
- Smart Boards
- Special Events
- Spanish Classes
- Music Program
- Computer Lab
- Fitness Program
- 6,000 sq. ft. Gymnasium
- No Need to Be Potty Trained
- Morning Care Available
- Extended Care Option

PRIVATE TOURS Available Daily

FOR A TOUR, CALL OUR DIRECTOR DR. LISA POLVERE

609-208-2114 • 732-786-9050

7 Yellow Meeting House Rd. Millstone Twp. NJ 08510 ~ TadpoleVillagePreschool.com

Elementary School Winners of the East Windsor Township EARTH DAY Recycling Poster Contest

Were Recognized by Mayor Janice S. Mironov at Council Meeting. The poster contest theme was to promote the 4 R's of the Township Recycling Program: "Recycle, Reuse, Reduce, Rebuy." Winners received Mayoral Certificates of Recognition and gift certificates to Barnes and Noble, donated by corporate sponsor Shiseido America. All of the posters are on display in the East Windsor Municipal Building through May. The Grace N. Rogers school students were awarded the Earth Day Proclamation for the most participating students in the poster contest. Congratulations to all the participating students and to all of the winners!

GRADES K-2:
1st Place - Nina Marie Drago (Walter C. Black); 2nd Place - Yudhveer Sing(Grace N. Rogers), and Chase Bradshaw (Grace N. Rogers); 3rd Place - Erica Spero (Walter C. Black), and Shakthi Shyam (Ethel McKnight); Honorable Mention - Keylee Quisphe-Guzman (Ethel McKnight), Jazmin Quisphe-Guzman (Ethel McKnight), and Kelvin Quisphe-Guzman (Ethel McKnight).

GRADES 3-5:
1st Place - Rachna Acharya (Perry L. Drew) and Rashida Udaipurwala (Grace N. Rogers); 2nd Place - Samantha Aque (Grace N. Rogers), and Kayla Arumugam (Perry L. Drew); 3rd Place - Shalini Shankar (Walter C. Black); Honorable Mention - Kristen Rodrigues Prabhu (Perry L. Drew), and Manwinder Kaur (Grace N. Rogers).

Mayor Mironov recognized the Grades K-2 student winners of the East Windsor Earth Day Recycling Poster Contest. Pictured (from left to right) are: Yudhveer Singh; Shakthi Shyam; Chase Bradshaw; Mayor Janice S. Mironov; Erica Spero; Jazmin Quisphe-Guzman; Keylee Quisphe-Guzman, and Kelvin Quisphe-Guzman.

Mayor Mironov recognized the Grades 3-5 student winners of the East Windsor Earth Day Recycling Poster Contest. Pictured (from left to right) are: Rashida Udaipurwala; Samantha Acque; Rachna Acharya; Mayor Janice S. Mironov; Kayla Arumugam; Kristen Rodrigues Prabh; Manwinder Kaur, and Shalini Shankar.

Mayor Mironov awarded Grace Norton Rogers school students the Earth Day Proclamation for the most participating students in the poster contest. Pictured (from left to right) are: Chase Bradshaw, 2nd Grade; Samantha Acque, 3rd Grade; Rashida Udaipurwala, 5th Grade; Mayor Janice S. Mironov; Manwinder Kaur, 4th Grade; Yudhveer Singh, 2nd Grade, Ruhi Donda, 5th Grade.

MUTS
Millstone United Travel Soccer - Open to Boys and Girls

By Pam Teel

Millstone United Travel Soccer (MUTS) is located in Millstone Township in Monmouth County. MUTS has been in existence since the mid-1990s fielding competitive travel teams and providing player development opportunities to all youth ages. MUTS teams compete at various levels in the Monmouth /Ocean Soccer Association (MOSA), NJ State Youth Soccer Association (NJYSA), EDP Futures and EDP Leagues including regional tournaments throughout the year. The club consists of boy's and girl's teams ranging in age from U7 through U18.

Here are some questions answered by the Director of Training for MUTS, Vinny Farina.

When does your season start up?

The travel soccer club runs from mid august to June. It really is an all year sport. The teams are separated by Fall (Sept- Nov) Winter (Dec-Feb), Spring (March-June). Most teams will compete in leagues throughout the year. The winter schedule varies by team depending on the age and the team's curriculum.

Do you recruit for new players?

Tryouts for the New Year (17/18) occur in April and May time frame. Recruitment is ongoing and just part of what a coach will do to maintain a flow of players because as with everything there will be players who decide to leave midseason. Our initial idea is to market the club and remind Millstone and neighboring towns that we have a pretty good soccer club. We may be small but we act very big, meaning we aren't satisfied with typical status quo. We are constantly looking for ways to maximize the players and families' soccer experience on and off the field.

The club offers clinics, camps, summer teams, strategic alliances, with Red Bull FC and Sky Bull FC, and other outside soccer venders and social events. We have just fallen under the recreation umbrella so we hope to have a bigger impact on the recreation soccer program. We are basically trying to use soccer as a means to educate players on the game and life skills that are involved in being part of a team/club.

We promote coaching education. Several coaches and trainers have obtained advanced coaching degrees and many continue to work on their craft by continuing their coaching education to improve the ultimate service that we are providing for the kids. Coaching soccer is just one part of it. Obviously, all of the coaches work full time so they are able to pass off their business/ professional skills to their teams in the way that interacts with players' structure practices, communicating skills, etc. The coaches are mentors in many ways outside of the soccer experience.

Are the teams pretty much the same children year to year?

As with everything in life, changes occur, people move on to different sports, and new players come to the team.

How do you differentiate your club from others?

Agility and adapting to the environment and team circumstance are part of the coaches and Boards strategy. Youth soccer has gone through a number of seismic shifts over the past 3 to 5 years. The soccer landscape as many of us grew up with has completely changed with competition for the players coming not only from other towns but the pseudo/regional clubs and DA academies. Soccer is big business. We as a club are trying to define our strategy to deal with all of these external pressures while improving/ advancing our own infrastructure. We want to differentiate our club from others by the quality of the service that we can provide the soccer families. Hopefully that will get players in Millstone and outside of it to come to our club. It's a very tough environment. Agility and foresight are just two things we need in the forefront.

We have a number of improvements to the site this year and look to maximize its outreach. We are continuously trying to drive traffic to it by giving people reason to visit us. We are on facebook where you can find information about the program. Check it out and come and join us!

Scheduled Spring/Summer and Fall Events:

Teams will compete in the Monmouth Ocean Soccer Association and EDP leagues this spring.

There will be ongoing goalkeeper training throughout the season.

- Spring break camp
- Millstone United Day at Sky Blue is on 6/3
- Millstone will field 2 summer player development teams to compete in local tournaments.
- Series A with Fiorentino & Empoli coaches will be holding a weeklong camp in Millstone. These are coaches that work with professional and academy players in Italy. Players will have the opportunity to train with them in Millstone.
- Millstone United Day at Red Bull is in October 2017
- Millstone will host a 3V3 tournament in October 2017.

For those interested in further information about the Muts Program please visit their website at: http://www.millstonesoccer.com/ or visit them on Facebook.

Local Educator Publishes Children's Book

By Susan Heckler

Most people can probably say they have an idea for a great children's book, but only a handful of those will actually take a step forward and succeed. Dawn Wilensky took the leap.

Wanting to be a writer since she was nine years old, Wilensky turned that childhood dream into a reality with her book, No Ordinary Yarmulke. The book, inspired by her own son Austin's journey of self-discovery as he prepared for his own Bar Mitzvah, was a defining moment in this first-time author's life. "This book is the culmination of a life-long dream and I am truly proud of the nine-year-old me who never gave up and created a book that I hope readers will find not just ordinary, but extraordinary."

No Ordinary Yarmulke is a tale of young Holden, who is anxiously waiting the day he becomes a Bar Mitzvah…a man according to Jewish tradition. At the age of 13, he is expected to assume certain responsibilities in his culture and go before the congregation of his synagogue and read the words so many generations before him have read. The pressure was on.

The final errand before his big day is to choose a yarmulke, a head covering to be worn during his ceremony. His mother took him to a quirky Judaica store where he meets Yentl of Yentl's Judaic Treasures. Each time she suggested a different yarmulke to try, he takes a step back in time in Jewish history.

Holden is transported in his mind to another time in Jewish history— Noah's Ark, Egypt, the original events leading up to Hannukah, the Holocaust, and finally to Israel today. He got a chance to live history, if only for a few moments in his own head.

This wonderful book allows children of all faiths to get an idea of what growing up Jewish is all about, but also anyone's connection to the culture they come from.

Dawn Wilensky, the author, lives in Marlboro. She and her husband own The Goddard School at West Windsor serving West Windsor, East Windsor, Princeton, Hamilton and Lawrenceville.

Handling Summer Camp Homesickness

By Susan Heckler

Separation Anxiety can happen for any length of time. Whether it is for a short morning, full day or sleep away; your child may be feeling it and so may you. It is a parenting hurdle worth leaping as it helps campers learn to believe in themselves and cultivate alternate support systems away from home.

Let's face it, you have done your very best to provide a great home and family to surround your child. This is what they are familiar with. You take them out of their comfort zone and send them somewhere new, be it day camp or sleep away, and adjustments need to be made.

How can you help your child in this process?

- **Watch your words before the camp experience begins.** Some parents say things unknowingly that gives a feeling of guilt. "Your little sister will sure miss you,"or "The house will feel so empty" and that type of speaking can be a negative to a young mind. Talk about their summer with excitement and positivity. Camp staff understands the transition period may be hard on some kids and are prepared to handle it.
- **Don't give your child an impression that they can come home at any time and you will rescue them.** They will never give it a chance if you do this. They need to understand that this is their home away from home for a period of time and they will make friends, try new things, have a great time, and come back to their loving families with great stories to share.
- **Let go and give it some time.** Many camps will not allow calls from home for the first week to two to give your child some adjustment time. That doesn't stop you from touching base with the camp to inquire. When you do speak with them, stay upbeat and ask about their experience. Don't discuss missing them or dwell on the happenings at home. Make the call about them and their time at camp.

And if you happen to be one of the lucky parents who don't experience a homesick child, don't take it personally. They love you and miss you but feel like they are on a solid foundation and can practice some independence.

By the way…If you are sending pistachio nuts, don't send the red ones. That is an automatic fail for color war inspections!

Now Accepting Fall Registration!

NJ DANCE +PERFORMING ARTS CENTER

Dancer Magazine Top 50 Most Competitive Dance Studios
New Jersey Center of Dance
Named one of North America's Top 50 Most Competitive Dance Studios

NJ Center of Dance

Two Great Locations

Celebrating 28 Years!

732-360-4624

Register now and receive a FREE Costume!
One per dancer
New students only

Old Bridge
475 Marlboro Road (off Rt. 18)

On the Beautiful Grounds of Frogbridge
7 Yellow Meetinghouse Road

www.njcodance.com

Classes Offered: Preschool thru Professional

- *Hip Hop*
- *Tap*
- *Jazz*
- *Ballet/Pointe*
- *Creative Tots*
- *Tumbling*
- *Lyrical*
- *Contemporary*
- *Musical Theater*

AWARD WINNING COMPETITION TEAM-ALL AGES!

QUESTION:

Do my glasses really need UV Protection?

ANSWER:

Dr. Steven Linker, OD

YES! Both your sunglasses and regular glasses should have UV protection.

Ultraviolet (UV) is a type of electromagnetic radiation which constitutes about 10% of the total light output of the Sun. Most of it is filtered out by the Earth's atmosphere, although enough comes through to have implications. There are three types of UV radiation. UV-C is absorbed by the ozone layer and does not present any threat. However, UV-A and UV-B radiation can have long- and short-term negative effects.

Long-wavelength ultraviolet radiation can cause chemical reactions and causes many substances to glow or fluoresce. This includes the biological effects from its interactions with organic molecules. The UV spectrum has both beneficial and harmful effects to human health. On the positive side, Ultraviolet is responsible for the formation of bone-strengthening vitamin D in humans, your suntan and cute freckling. These and sunburn are familiar effects of over-exposure, along with higher risk of skin cancer.

Just as we have learned to protect our skin from the harmful rays, we must also protect our eyes. If your eyes are exposed to excessive amounts of UV radiation over a short period of time, you will likely experience Photokeratitis. This is equivalent to a "sunburn of the eye," and can be painful. Its symptoms include red eyes, a foreign body feeling or gritty feeling in the eyes, extreme sensitivity to light and excessive tearing. The symptoms are usually temporary and rarely cause permanent damage to the eyes.

The longer your eyes are exposed to solar radiation, the greater the risk of developing cataracts or macular degeneration later in life. As a precaution, whenever you spend time outdoors, wear quality sunglasses that offer UV protection and a wide brim hat.

Not all sunglasses protect you equally. The color and degree of darkness sunglasses provide have nothing to do with their ability to block UV rays. You can also opt for wraparound sunglasses or close-fitting sunglasses with wide lenses that protect your eyes from every angle. Some contact lenses also offer UV protection, but should be worn in combination with sunglasses to maximize protection. The larger the lenses, the more of your eye and soft tissue around it get protection.

In purchasing sunglasses, keep in mind:

- Block out 99 to 100 percent of both UV-A and UV-B radiation
- Screen out 75 to 90 percent of visible light
- Lenses should be perfectly matched in color and free of distortion and imperfection
- Lenses should be gray for proper color recognition

Chronic exposure to shorter-wavelength visible light (blue and violet light) may also be harmful to the retina. Many digital devices emit this shorter-wavelength visible light. Blue light is part of the visible light spectrum. The sun emits blue light, as do artificial light sources, such as LEDs, computers and smartphones.

Blue-violet light can be harmful to the eyes, specifically the retina. It is a risk factor for the onset of age-related macular degeneration, a deterioration of the part of the retina responsible for sharp, central vision. A recent study found that Americans spend almost 2 ½ hours on their tablets and smartphones every day. In addition, most offices and stores use fluorescent light bulbs, and LED lights are becoming increasingly popular. There are lenses and coating for non-sunglasses to protect from this.

The first step in getting help is a visit to your Optometrist to determine your eye health and vision. I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

Check out our website for more information
http://monmouthvision.com/
Dr. Steven Linker, OD
Monmouth Vision Associates
50 Route 9 North, Suite 206
Morganville, NJ, 07751
Tel: 732-617-17177

License 27OA00454300 27OM00044200

Monmouth Vision Associates

Dr. Steven Linker, OD • 50 Route 9 North Suite 206 • Morganville, NJ, 07751

732-617-1717 • www.MonmouthVision.com

The Power of Flossing

Brushing twice a day is recommended by all of the major dental organizations, but if you're not flossing, you are missing out on an opportunity to optimize your oral healthcare.

The American Dental Association urges people to floss at least once a day to help remove plaque from the areas between the teeth where the toothbrush simply cannot reach.

Flossing is important because it helps prevent gum disease and cavities. And according to the ADA, it doesn't matter if you floss before or after brushing — as long as you're doing it. A 2015 poll by MouthHealthy.org found that 53 percent of its readers said they brush before, while 47 percent said after.

The key is finding the time to floss. Bring some floss with you to work to take care of it during your lunch break. Wake up a few minutes early or stay awake a few minutes later to give your teeth some extra attention. With just a little effort, you can make a big difference in the present and future health of your teeth.

DON'T FORGET THE KIDS

As an adult, it's up to us to be great role models. Proper dental care is a behavior we can easily pass on to our children by teaching them the importance of taking care of their mouths. You should be flossing your child's teeth as soon as you see two teeth touching.

The ADA recommends parents flossing their children's teeth until they are about 10 years old. By this age, children have the dexterity to effectively floss by themselves.

Encourage your children to floss by reassuring them that the experience is not a painful one. Flossing should be done in a firm yet gentle manner. If you're feeling pain while you're flossing, you're not doing it correctly.

HOW TO FLOSS

The ADA has found that only about half of Americans floss their teeth. Considering the ease of flossing, this number should be much higher. The process is simple and straightforward, as these tips from the ADA point out:

- Break off about 18 inches of floss and wind it around the middle fingers of each hand.
- Guide the floss between your teeth using a gentle rubbing motion.
- When the floss reaches the gum line, curve it into a C shape against one tooth; gently slide it into the space between the gum and the tooth.
- Bring the floss back toward the contact point between the teeth and move the floss up or down the other side.
- Hold the floss tightly against the tooth; gently rub the side of the tooth, moving the floss away from the gum with up-and-down motions.

LOUIS NAPOLITANO D.M.D.

GENERAL & COSMETIC DENTISTRY
ORTHODONTICS • IMPLANTS

We are pleased to welcome
Dr. Ilan Gamburg, DMD to our practice

- Veneers
- Digital X-rays
- Crowns, Bridges & Bonding
- Root Canals
- Non-surgical Periodontal Treatment
- Implants and Dentures
- VEL Scope – oral cancer screening: simple, fast & painless
- Nitrous Oxide – available for all procedures
- Oral Sedation
- Digital Impressions – easy & comfortable

STA Single Tooth Anesthesia System Unit
No syringe
No pinch
No facial numbness
Numbs in just the tooth

BIOLASE
$100 OFF
New, Fast, Effective Laser Whitening
Includes take home trays
or $75 OFF
Take Home Whitening System
With this ad only. Offer expires 5/30/16.

FREE Invisalign Consultation
A confident smile can change everything!
With this ad only. Offer expires 5/30/16.

FREE Implant Consultation + X-ray
Improve your appearance, eat the foods you enjoy and invest with this permanent solution for tooth loss.
With this ad only.
Offer expires 5/30/16.

Visit our state-of-the-art facility
New patients of all ages welcome • Evening & early morning appointments
SAME DAY EMERGENCY VISITS

2046 West County Line Road, Suite 2, Jackson
732-905-2488
www.louisnapolitanodmd.com

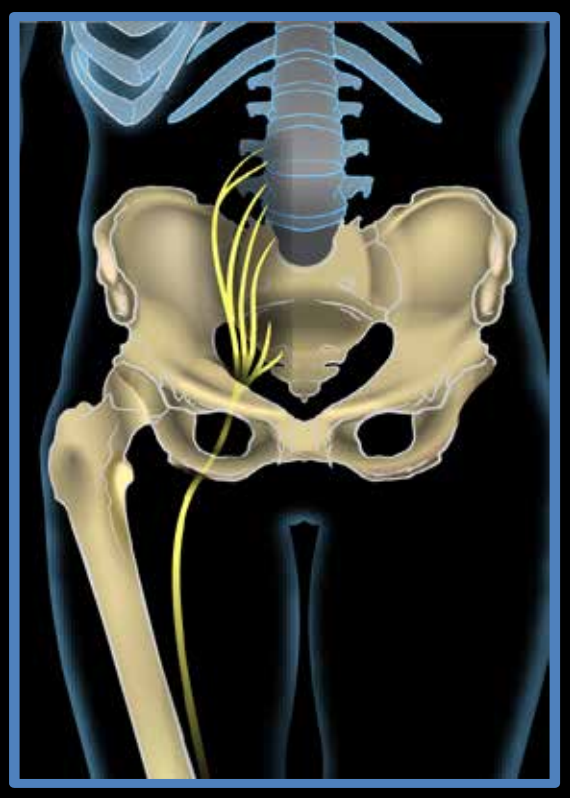
GET BETTER FASTER.

Spine and Wellness SPORTS MEDICINE

CALL TODAY!
732-414-2700
www.njspineandwellness.com

Q: *What is Sciatica? How Can I Treat It?*

A: Sciatica is a condition that occurs when the sciatic nerve becomes compressed. The sciatic nerve is a large nerve that begins in the lower back and travels through the buttocks and lower limb. The sciatic nerve can become inflamed due to: spinal subluxations, co-existing conditions, injuries, improper body mechanics, and more. Since the sciatic nerve runs from the hips down the legs, patients can feel radiating pain in their lower back, buttocks, hips or leg muscles. Some patients even report neurological symptoms like tingling sensations in their feet. Many feel restricted from everyday activities, unable to bend or in some cases sit and stand.



Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy (by a licensed professional) until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression including non-surgical spinal decompression. Contact us today for more information on how you can *GET BETTER FASTER.*

Dr. Bryant Acquaro PT, DPT

FREE

CONSULTATION AND MRI REVIEW FOR '*MONMOUTH COUNTY ASK THE DOCTOR*' READERS!

($250 Value. Exp 6/1/17)

Spine and Wellness SPORTS MEDICINE

FREEHOLD 210 Mounts Corner Dr. Freehold, NJ 07728 (732) 414-2700 | OLD BRIDGE 300 Perrine Rd Ste 305 Old Bridge, NJ 08857 (732) 316-5895

What is Reiki healing, and its benefits, both physically and spiritually?

By Gina DiRusso

Reiki works on different levels: the physical, mental, emotional and spiritual, enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. This ancient Japanese technique of healing uses energy to balance the body and mind, and it can be used on children, adults, and even pets. In fact, Reiki is believed to improve just about any aspect of life, from physical health and stress relief to mental clarity and emotional well-being. Reiki techniques are used to manipulate the body's own energy and provide healing for the mind, body and spirit. It has been demonstrated that Reiki can help people suffering from both minor and major ailments alike. On the physical level, Reiki helps to relieve many sources of dis-ease, such as migraines, arthritis and sciatica, just to name a few. It also helps to address the symptoms of these ailments, like chronic fatigue, asthma, menopausal symptoms and insomnia. Reiki has not only helped people with physical ailments but also helped those with minor psychological problems as well. In addition, Reiki offerings in health care facilities are becoming more and more common because its benefits are complementary with most medical therapy programs, enhancing the results of treatments in hospitals and outpatient health care plans. Reiki speeds up the healing process for a variety of medical procedures and treatments, minimizing the side effects of medication and reducing the recovery time from surgery. For example, chemotherapy patients who received Reiki noted a marked decrease in side effects during treatments. Reiki can be an effective way to help treat immediate problems with both physical and mental illnesses, but regular therapy sessions can also help promote overall health. The same improvements in overall health and with specific ailments seen in people are also observed in pets and other animals undergoing Reiki therapy.

The greatest benefits of Reiki are stress reduction and overall relaxation, which trigger the body's natural healing processes (e.g., the immune system), aids in better sleep and improves and maintains physical health. Regular Reiki treatments can also bring about a calmer and more peaceful state of being, in which the person is better able to cope with everyday stress. This mental balance enhances learning, memory and clarity, and Reiki lends this balance to help address mental and emotional "scars" as well as dysfunction. Balancing a person's mental and emotional states through Reiki can help alleviate mood swings, fear, anxiety and even anger, often to the benefit of his or her personal relationships as well. These emotional benefits lend themselves well to the grieving process, helping to relieve emotional distress and sorrow. Reiki cleanses the emotional and mental energy, reducing the physical impact of the emotions and improving the client's overall perspective.

By helping the client to maintain a state of physical and emotional balance, Reiki has been shown to not only treat existing issues but also potentially prevent them from ever happening.

CentraState Healthcare System
Offices in Monroe and East Windsor

Family Practice of CentraState
Rehabilitation and Physical Therapy
Laboratory Services
Specialty Physicians – in Monroe
Immediate Care Urgent Care – in East Windsor

For more information, call 866-CENTRA7 or visit centrastate.com

CentraState Medical Office at Monroe
312 Applegarth Rd., Monroe, NJ

CentraState Health Pavilion at East Windsor
319 Route 130 North, East Windsor, NJ

Cancer Causing Products

By Jordan Tinitigan

With cancer being one of the number one causes of death in our nation, it's safe to say we're all a little bit afraid of getting diagnosed. However, studies show that many of the products that we use everyday can actually be causes of cancer. (And no, I'm not just talking about cigarettes). These items are very common, so common actually that there is no age restriction on who can and cannot buy them! Crazy right?

To start things off, the first product that increases the risk of cancer is AIR FRESHENERS. Typically, air fresheners are used to sweeten the smell of your house, car, or public office. They come in all shapes and sizes and are advertised at least one hundred times a day on TV. (Yes, the Febreeze commercials we all know and love). However, there is nothing really natural about these air fresheners. Actually, they're mostly made from chemicals, and some of them have been found to increase the risk of cancer. These chemicals, according to Natural Living Ideas claim to "assault the olfactory receptors in our nostrils, rendering them incapable of recognizing other smells." In other words, when we inhale these chemicals, we're hurting the air around us, as well as our nostrils.

Like I mentioned before, the big difference between these items and the more "popular" cancer causing products are that they can be sold to absolute anyone. Generally, and I'm talking from experience, a child can go to a store like Bath and Body Works and come out with a new scented air freshener for their car. Isn't that scary?

The next one might come as a surprise, but in fact, a product that we use on a day-to-day (but in this case seasonal) basis that increases the risk of cancer is SUNSCREEN. This may come to you as a shock, considering the fact that we've been told to put sunscreen on our entire lives to avoid getting skin cancer. However, many sunscreens contains Retinyl Palmitate, which is said to support the growth of cancerous skin tumors and lesions. In fact, according to healthycaregroup.com, "The majority of sunscreens are harmful, do not protect the skin from cancer, and are loaded with toxins." Likewise, recent studies have actually come out to prove that the appropriate amount of time in the sun not only gives your body a great amount of vitamin D, but also prevents skin cancer! That may sound insane, but it's true. An article on mercola.com states, "Sunlight causes your skin to produce vitamin D -- a fact that, ironically, means that sunscreen campaigns may have made millions of people chronically short of this critical nutrient, and put them at a greater risk of skin cancer, rather than reducing their risk." Not only is this product potentially dangerous, but the major companies are totally skewing what we thought we knew about skin cancer all along!

The final product that I am going to mention that can cause cancer is SODA. Yes, along with the thousands of other reasons why soda is unhealthy, it is said the increase the risk of cancer. Soda contains artificial colorings and food chemicals, which has been one of the common denominators when it comes to cancer causing foods. Likewise, it is one of the factors that contributes to the nationwide obesity epidemic, and according to naturalon.com, "drinking large amounts of this rapidly digested sugar causes your blood sugar to spike which can lead to both inflammation and insulin resistance." Although, it is not a direct cause of ulcers, it can irritate and give more pain to those with already existing ulcers. I know, soda tastes great, but in the long run it is terrible!

Although I've only given three examples of cancer causing products, there are many more than you think, and most of them involve chemicals. We all know this disease is no laughing matter, so why put yourself at risk? There will always be a natural alternative to any product on that market, some you could even make at home. In the long run, it might just benefit you. Studies show that in 2013, about 7.6 million people died from cancer. Don't contribute to the growth of that number because of false advertising or a cool beverage. Stay safe!

Complete Family Foot & Ankle Care

Our Specialty Services For Adults, Children & Seniors

Bunions • Children • Corns & Callouses
Diabetic Foot Care • Flatfeet • Fungus
Hammer Toe Treatment • Heel Pain
InGrown ToeNails • Plantar Warts
Plantar Fasciitis Treatment

Dr. Sanjay Gandhi, DPM

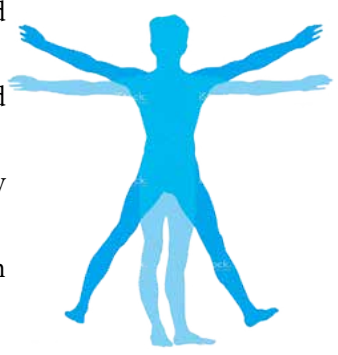
A Step Up Podiatry, LLC

Mention this ad and your initial visit fees are waived!

215 Gordons Corner Road, Suite 2A
Manalapan, NJ 07726
astepuppodiatry.com • 732-446-7136

10 Fascinating Facts About the Human Body

1. The cornea of the eye is the only part of the body that has no blood supply. It obtains oxygen directly from the air.
2. The human brain has a memory capability, which is the equivalent of over four terabytes on a hard drive.
3. A newborn baby can breathe and swallow at the same time only for up to seven months.
4. Your skull is comprised of 29 different bones.
5. Nerve impulses directed from the brain travel at a speed of 274 km/h.
6. One human brain produces more electrical impulses in one day than every telephone globally combined.
7. The average human body contains enough sulphur to kill all the fleas on the average dog, enough carbon to make 900 pencils, enough potassium to fire a toy cannon, enough fat to make seven bars of soap and enough water to fill a 50-litre barrel.
8. The human heart pumps 182 million liters of blood during the average lifetime.
9. 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.
10. The human embryo acquires fingerprints within three months of conception.



FREEHOLD Smiles
Family, Laser & Cosmetic Dentistry

Dr. Rochelle Heller is a different kind of dentist. Gentle, patient and caring, she takes the time to provide the best care possible. She is also well regarded by her patients for her thoroughness. Rather than being rushed, you know that she is there to serve your needs.

- **Trusted, Comfortable & Caring Dentistry**
- **Digital X-Rays** (Less Radiation)
- **Sedation Dentistry Available**
- **All Insurance Welcome & Maximized**
- **0% Financing Available**

122 Professional View Drive · Bldg. 100
Freehold, NJ 07728
(for GPS use 1101 W. Main Street – 1/4 Mile W. of Centra State Hospital)

Phone: 732-625-9600
Fax: 732-625-9800

$199
NEW PATIENT SPECIAL
includes, cleaning, exam, x-rays
FULL VALUE AT $395

FREE
2ND OPINION CONSULTATION
FULL VALUE AT $99

FREE
CUSTOM WHITENING TRAY
with completed restorative treatment
restrictions apply
FULL VALUE AT $495

www.freeholdfamilydentistry.com

Monroe ORTHODONTICS LLC

Susan Leiva, DMD
Orthodontist
NJ Specialty Permit #3852

Orthodontics for Children, Adolescents and Adults

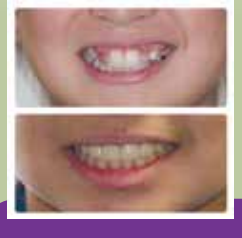
A Beautiful Smile at any age.

- INVISALIGN certified "The Clear Alternative to Braces"
- State-of- the-art orthodontic practice offering:
  - Digital Xrays and iTero Scanner
  - Modern sterilization procedures, equipment, and materials
  - Highly trained orthodontic team
- We participate in most major PPO dental plans
- Financing available, Care Credit accepted
- Located next to Bank of America & across from Forsgate Country Club

invisalign The Clear Alternative to Braces CERTIFIED

FREE
Orthodontic Consultation
Anytime.
Not valid with other offer or prior services.

$300 OFF
Full
Orthodontic Treatment
With Coupon.
This offer applies to new patients only and cannot be combined with any other coupons or offers. This offer may only be applied to full treatment. This offer cannot be used with any insurance plans.



609-409-1700
www.monroeorthollc.com
2 Centre Drive, Suite 300, Monroe Township, NJ 08831

When to Seek Medical Help for a Rash

By Stefanie Maglio

Not many people know that the skin is the largest organ of the human body. This is one of the most important reasons as to why it is so crucial that we do our best to take care of it. Keeping our skin clear, clean, and protected from harmful UV rays with topical products, soap, and sunscreen are just some of the many things we can do to help keep our skin healthy, along with drinking eight glasses of water a day. Although we try, problems as severe as skin cancer or as minor as a rash do occur. It may be difficult to know exactly when to seek medical attention. If you have a rash, keep these in mind:

If the rash covers a large portion, or the majority, of the body that could mean it is something more concerning. This could be a sign of an allergy or infection.

If a fever accompanies the rash go to your doctor or local emergency room right away. This can be triggered by a severe allergic reaction or infection. Rashes caused by infection include scarlet fever, measles, mononucleosis, and shingles.

If the rash is sudden and spreads rapidly it may be caused by an allergy.

If the rash begins to blister, or turn into open sores, this may be caused by an allergy, medication, or an internal cause. Seek medical attention if a rash affects the skin around the eye, mouth, or genitals.

If a rash is painful, seek help from a physician immediately.

If the rash is infected seek help. You will know its infected if the rash is itchy and scratched often, swelling, crusting, yellow or green fluid, pain and warmth in the area of the rash, or a red streak coming from the rash.

KNEE PAIN

Dr. Scot Paris

QUESTION:

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

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

WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyularonic acid which is normally found in high levels in healthy joints. Replacing the hyularonic 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-flouroscopy 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.

ADVERTISEMENT

CENTRAL JERSEY SPINE & WELLNESS
4251 Route 9 North, Bldg. 3, Suite B (Freehold Office Plaza) • 732-683-1800

Dr. Helen Simigiannis, MD, FACOG

QUESTION:

How does The MonaLisa Touch counteract vaginal dryness?

Vaginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections. These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticling products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The MonaLisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Regular sexual activity can help preserve vaginal function by increasing blood flow to the genital region and helping maintain the size of the vagina. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
Antheia Gynecology
375 US Highway 130, Suite 103
East Windsor, NJ 08520
Next to the Americana Diner
609.448.7800
www.antheiagyn.com

Adolescent & Routine Gynecology
Menopause
Minimally Invasive Surgery
Endometrial Ablation
Birth Control

Antheia GYNECOLOGY

A Smile Lasts Forever...

Jerry N. Falk, DMD
Allyson K. Falk, DDS

Family, Cosmetic & Implant Dentistry

- Invisalign Certified
- Comprehensive & Minor Treatments
- Sleep Apnea Testing & Treatment
- Major Insurances Accepted
- Interest Free Payment Plans

Please call for a free, no-pressure consultation.

609-259-3250

15 Carrs Tavern Road • Clarksburg-Millstone Township

LEADERS IN LEAST INVASIVE PAIN & SPINE PROCEDURES

Q: I often feel that I would rather live with back pain than have "SURGERY". Why should I consider having an endoscopic "PROCEDURE" instead?

A: The decision of whether or not to have spine surgery can be very stressful. Today, due to advances in endoscopic spine, there are excellent alternatives to traditional, open back surgery.

Patients come to the Spine Institute of North America to discuss their options. They are often happy to learn that we can relieve their pain with minimal risk and with excellent outcomes. We use state-of-the-art, endoscopic techniques that are much less invasive than traditional open back surgery. Most of our patients walk out the same day and are back to work the next.

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

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

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

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

Schedule your FREE Consultation Today!

CRO
CREAM RIDGE ORTHODONTICS

Orthodontics for
Children, Teens & Adults

Yana V. Newman, D.D.S., P.C.
Board Certified Orthodontist
NJ Specialty Permit #5585

609.286.7500
211 West Millstream Road, Suite 2
Cream Ridge, NJ 08514
www.CreamRidgeOrtho.com

START WITH BRACES OR invisalign® THIS Spring CALL TODAY!

Impressions Without The Goop or Gag with our NEW ITero Digital 3D Scanner

Advertising in This Publication WORKS

Dr. Bryan Berger
Innovative Wellness Center
220 Forsgate Drive
Jamesburg, New Jersey 08831
www.innovativewellnesscenter.com
(732) 656-1740

"I have been advertising with The Millstone Times since 2011. Their high quality ads are professional and have helped me reach more people in the community."

Coach's Corner

By Jill Garaffa

Making Effective Life Changes

Dear Jill,

I understand that life coaching can sometimes help with transitions. I'm dealing with a big one right now and hoping you can provide some clarity: I'm in the middle of a divorce and can't seem to regain my balance. While I can admit I wasn't even happy for most of the time I was married, I am struggling to understand why this is happening to me.

Signed,
Dealing with Divorce

Dear Dealing with Divorce,

First, I am really sorry to hear you are going through this painful situation. Divorce is never an easy process as it can be filled with so much emotional turbulence. Divorce is listed in the #2 spot on the list of "most stressful life events" (right under #1, which is the death of a spouse).

In the early stages of a divorce (or any big life transition involving a loss), the main emotional issue is grief. There are several stages to grief, including denial, anger and depression. When you are still actively experiencing very powerful emotions and need to process them & heal, I strongly suggest seeking the support of a good therapist. Once you are past the initial emotional roller coaster and move into the acceptance stage, this is when a life coach can be very helpful. A life coach can help build your confidence, identify your strengths, and create a powerful mind-set in order to create a new life for yourself moving forward.

The first shift in perspective I'd like to offer is to consider that nothing happens "to you." This is victim thinking and will only end up making you feel worse. Consider instead, that things are happening "for you." Instead of asking, "Why is this happening to me?" ask yourself the question, "What will this situation provide for me?" Having an attitude that all things in the Universe happen FOR you is very empowering. All the things that feel good are there for your happiness. All the things that feel bad are there to help you learn and grow. With this thinking, you always win. You are never a victim of circumstances. You are the creator of your life, always learning.

The next step is to ask yourself different questions. Instead of asking "Why" questions, ask "What" questions. Trying to answer "Why is this happening?" or "Why did this happen" can send you down a rabbit hole of depression and analysis paralysis that can keep you stuck in the past. Instead, ask yourself future oriented questions, such as, "What future would I like to create for myself now that I have so much extra time and space in my life?" or "What can I do to bring more balance into my life right now?" Ask, "What can I do to help myself move forward?" or "What do I want?" Engaging the creative (right) side of your brain rather than the logical (left) side of your brain will provide answers that can get you unstuck.

Learning to identify your strengths and help you shift your thinking to a more powerful mindset is something a life coach can support you through.

Wishing you peace, clarity and purpose!
Jill

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

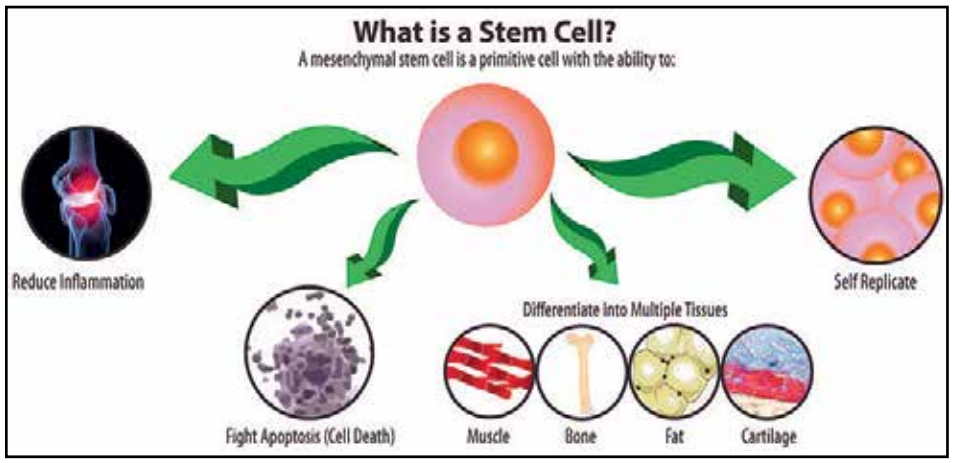
If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchangecoaching.com or visit www.seedsofchangecoaching.com and click "contact us" to be featured in a future column.

QUESTION:

Can amniotic stem cell therapy help my knee pain?

Dr. Scot Paris

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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

- Amniotic stem cells contain no steroids. Instead, the injections rely on **naturally occurring anti-inflammatory agents**, such as cytokines.
- Amniotic stem cells contain **hyaluronic acid**, which lubricates cartilage and promotes new cartilage growth.
- Amniotic stem cells contain **growth factors**, which stimulate tissue growth.
- With amniotic stem cells, there is **no threat of patient rejection**.
- Lastly, amniotic fluid is a **highly concentrated source** of stem cells, which makes this type of stem cell injection preferable over embryonic stem cells and the patient's own stem cells (from fat or bone marrow).

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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

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

ADVERTISEMENT

CENTRAL JERSEY SPINE & WELLNESS
4251 Route 9 North, Bldg. 3, Suite B (Freehold Office Plaza) • 732-683-1800

AN END TO OVERDOSING:

Some pharmacies in New Jersey will be selling Narcan without a prescription by the end of the year.

The drug Naloxone, which is more commonly known by the brand name Narcan, is a nasal spray or injectable that can counter the effects of a heroin or opiate overdose in as little as two minutes.

What is Narcan™ (naloxone)?

Narcan™ (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills like morphine, codeine, oxycodone, methadone and Vicodin. When a person is overdosing on an opioid, breathing can slow down or stop and it can very hard to wake them from this state.Narcan™ (naloxone) is a prescription medicine that blocks the effects of opioids and reverses an overdose. It cannot be used to get a person high. If given to a person who has not taken opioids, it will not have any effect on him or her, since there is no opioid overdose.

How does Narcan™ (naloxone) work?

If a person has taken opioids and is then given Narcan™ (naloxone), the opioids will be knocked out of the opiate receptors in the brain. Narcan™ (naloxone) can help even if opioids are taken with alcohol or other drugs. After a dose of Narcan™ (naloxone), the person should begin to breathe more normally and it will become easier to wake them. It is very important to give help to an overdosing person right away. Brain damage can occur within only a few minutes of an opioid overdose as the result of a lack of oxygen to the brain. Narcan™ (naloxone) gives concerned helpers a window of opportunity to save a life by providing extra time to call 911 and carry out rescue breathing and first aid until emergency medical help arrives.

How is Narcan™ (naloxone) given to an overdosing person?

Narcan™ (naloxone) can be given by intramuscular (IM) injection - into the muscle of the arm, thigh or buttocks - or with a nasal spray device (into the nose). In Illinois, Narcan™ (naloxone) is prescribed for use as an IM injection. Nasal spray use is less common, but some large cities in the U.S. use the nasal spray version and it can be prescribed.

How long does Narcan™ (naloxone) take to work?

Narcan™ (naloxone) generally works within about 5 minutes. Repeated doses may be necessary if a person is still showing signs of overdose even after the first dose.

How long does Narcan™ (naloxone) take to wear off?

Narcan™ (naloxone) starts to wear off after about 30 minutes and is mostly gone after about 90 minutes. By this time the body has processed enough of the opioids that the overdosing person is unlikely to stop breathing again. In some cases, such as after taking a massive dose or using long-acting opioids like methadone, the patient might need another Narcan™ (naloxone) dose and longer medical observation. Always watch the person after they receive a Narcan™ (naloxone) dose for signs of continued overdose.

Grand Opening of Our New Location!

Mention you saw this in The Millstone Times and you will receive this discount

New Patient Special
Exam, Full X-Rays, Consultation and Cleaning! $75 (Reg. $415) SAVE $340
Includes bleaching pen & dental travel kit!
New Patients Only. Not applicable to Dental insurance covered services. Prepay only, not valid with any other offers. Expires 6/30/17.

Mention you saw this in The Millstone Times and you will receive this discount

Invisalign Express
The No Braces Alternative
As Low As $80 per month*
-OR-
$2495 (Reg. $3900)
Get the Straight Smile You Always Wanted!
*Financed Through Lending Club Program
Not applicable to services covered by general insurance.
New Patients Only. Not applicable to Dental insurance covered services. Prepay only, not valid with any other offers. Expires 6/30/17.

Mention you saw this in The Millstone Times and you will receive this discount

Implant Special
Includes Implant, Abutment and Crown
As Low As $80 per month
-OR-
$2495 (Reg. $3695)
Implant supported dentures available!
New Patients Only. Not applicable to Dental insurance covered services. Prepay only, not valid with any other offers. Expires 6/30/17.

Mention you saw this in The Millstone Times and you will receive this discount

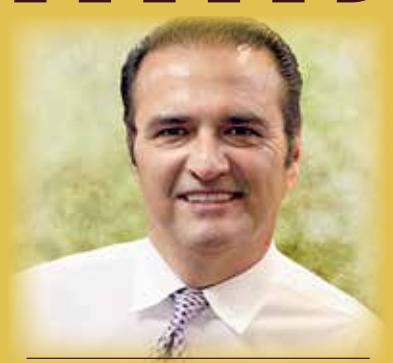
Teeth Whitening Special
In Office Bleaching
Get the Brightest White Smile Ever! In Just 40 Minutes
Only $295 (Reg. $395)
Not applicable to services covered by general insurance. Not valid with any other offers.
New Patients Only. Not applicable to Dental insurance covered services. Prepay only, not valid with any other offers. Expires 6/30/17.

CDA CLASSIC DENTAL ARTS

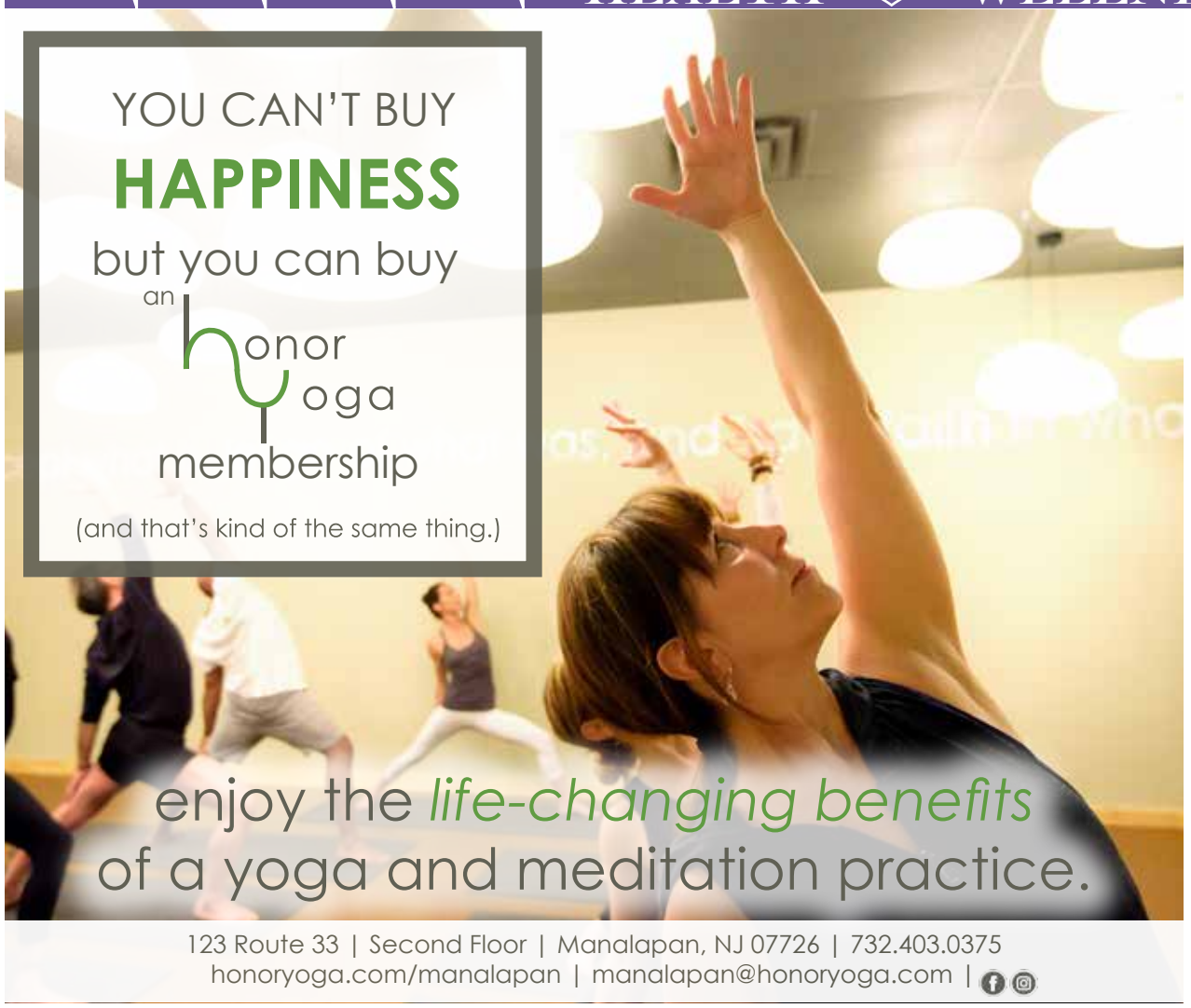
732.352.3907
www.classicdentalarts.com
Lakeview Commons ~ 123 Highway 33 East, Suite 104, Manalapan
next door from the new Dunkin' Donuts

OPENING HOURS
Monday 9:00am - 7:00pm ~ Tuesday 9:00am - 7:00pm ~ Wednesday 9:00am - 7:00pm
Thursday 9:00am - 7:00pm ~ Friday 9:00am - 7:00pm
Saturday By Appointment Only ~ Sunday Closed

Accepts assignment on most dental insurance plans. Offers not applicable to services covered by insurance.



SPIROS KARAS, DMD



An eco- and beginniner- friendly yoga studio in your community.

Try us out!

New Students Enjoy

30 days of unlimited yoga for only $49

or become a member for just $99 a month.

Practice 3 times a week and it's only $8.25 per class - a $141 savings!

Spring into Allergies

By Susan Heckler

Okay folks, we did it! We survived the winter of 2016-2017 only to deal with the aftermath. The Polar Vortex brought you more than just a wicked winter.

Record-breaking snowfall in and the persistent below-freezing temperatures could mean a late flowering for trees. That means that once the temperatures warm up, pollinating trees will be busy catching up, emitting higher than average amounts of allergens into the spring air.

Typically March sees red cedars, elm, and pine trees start to bloom, followed by maple, ash, birch, and oak. April sees the nut trees like pecan and walnut begin to pollinate. Grasses and ragweed kick in later in the spring. But if spring is shortened, then that process will be telescoped into a few miserable weeks for allergy sufferers.

Those piles of dirty, melting snow have made for muddy and saturated soil. Those April showers only add to puddles and the damp conditions of an already drenched ground. That could lead to more mold, and mold spores which can trigger more respiratory problems related to both allergies and asthma.

If you have the symptoms of allergies, sneezing, itching nose, sniffling…you may want to seek medical attention. Long term allergy treatment may ease your suffering. Over the counter medication may give some relief:

- Antihistamines diminish sneezing, sniffling, and itching by lowering the amount of histamine (the stuff produced during an allergic reaction) in the body.
- Decongestants clear mucus out of the nasal passages to relieve congestion and swelling.
- Antihistamine/decongestants combinations give the effects of both drugs.
- Nasal spray decongestants relieve congestion and may clear clogged nasal passages, possible faster relief than oral decongestants.
- Steroid nasal sprays reduce inflammation.
- Cromolyn sodium nasal spray can help avoid hay fever by stopping the release of histamine before it can trigger allergy symptoms.
- Eye drops relieve itchy, watery eyes.

Many thanks to Mother Nature and Old Man Winter for those ongoing gifts.

$60

MASSAGE or FACIAL

Intro 60-min. session*

Everyone has their personal best. Taking care of your body helps keep you there. But you've gotta make it a regular thing. We call that practice total body care. And it's what Massage Envy therapists and estheticians do for you every day. MassageEnvy.com

FREEHOLD
57 Village Center Drive
Raintree Towne Center
(732) 845-3300

M–F 9a–10p | S 8a–6p | Su 9a–6p

DISCLAIMER: *Offer good for first-time guests only. Intro massage or intro facial session is a 60-minute session consisting of 50 minutes of hands-on services and a total of 10 minutes for consultation and dressing, which occurs both pre and post service. Prices subject to change. Rates and services may vary by franchised location and session. Not all Massage Envy franchised locations offer facial and other services. For a specific list of services, check with specific franchised location or see MassageEnvy.com. Additional local taxes and fees may apply. Each location is independently owned and operated. ©2017 Massage Envy Franchising, LLC.

Envision Permanent Makeup

by Sandy Marinko, *Micro Pigmentation Specialist*

Now offering 3D Eyebrow

Spring is Here!

If You Would Love These Eyebrows
I Would Love Helping You Have Them,
Or I Can Create Eyebrows Especially For You!

Microblading

Microblading, also known as eyebrow embroidery, is a semi-permanent makeup procedure that allows you to dramatically correct or fully reconstruct lost eyebrow. It was first introduced in Asia. Eyebrow Microblading is performed by manually depositing pigment in the basal layer of the epidermis by a special pen. It does not involve the use of a machine. Unlike permanent makeup brow treatments, Microblading techniques involves drawing individual, crisp hair strokes that are more natural looking than tattooing, brow pencil or powders.

The blade of a Microblading pen contains numerous pins that are 3 times thinner than the needles used in tattooing. When performed correctly, this procedure is almost painless. We use a very effective numbing solution to limit discomfort.

For a FREE Consultation Call
Sandy Marinko
732-547-0643 (days)
or 732-780-0216 (evenings)

www.EnvisionMakeup.com
500 Route 33 West
Millstone, New Jersey 08535

Evening Rituals Can Improve Your Life

By Brianna Siciliano

Waking up happy is the perfect way to start our days! It would be incredible to wake up in a great mood everyday, right? By following evening rituals and cleansing your spirit, freeing your mind, and organizing your life (and business), you can surely have a great tomorrow.

Rituals have strong influences on our feelings, behaviors, and thoughts, and without even realizing it, we follow our own personal rituals everyday. In the morning, what's the first thing you do? Do you have a specific routine you follow, for example shutting off your alarm, using a bathroom, and brushing your teeth in that exact order? If so, you have set your morning ritual without even realizing it! Although plenty of people follow their morning rituals, not many people follow evening rituals. It is time to change that.

Evening rituals guarantee a pleasing, refreshing rest period through the night. When you lay in bed before falling asleep, you tend to think of the things you have, and have not yet, accomplished. Like morning rituals, evening rituals are not the same for everyone. Rituals are meant to be personalized, after all, so design your evening rituals around what works for you. Evening rituals depend on your needs, but to get started on designing and following a smooth path to a great night's sleep and an even greater tomorrow, try out a few of these rituals:

Write down what you're proud of!

Everyday we successfully achieve many small victories (sometimes we achieve major victories!) and by the end of the night, we fail to acknowledge the progress that we make. We stress over the failures instead of successes in the middle of the night. Well, it is time to change that. By writing down three (or more) things that you are proud of, and focusing on the things that you did right throughout your day, you will wake up more motivated to continue making progress. No matter what kind of day you are having, you are bound to have at least two positive moments.

Make time for family!

At the end of the day, a great evening ritual could be spending time with your spouse and/or children. Reading books to little ones, talking about your child's day, and/or complimenting your spouse on something you have recently noticed and appreciated will result in a perfect way to end your day.

Turn off electronics!

The brightness of electronic screens keeps you up longer by tricking you into believing that it is the time to send emails, text messages, and calls instead of winding down for bed time. Put your phone, tablet, and/or laptop away and spend some time reading a book, preparing an outfit for tomorrow, or drinking a late night treat (a warm cup of milk, hot chocolate, or water; avoid sodas and caffeine!)

When's the last time you slept like a baby? A few months––possibly a few years––ago? Let's change that! You deserve nothing but the best; let's make sure all your days and nights are the best they can be!

By following evening rituals, you are bound to have better sleep at night and a better day once you wake up. Do yourself a favor and design night-time rituals that will benefit you the most!

Tips for Battling Frizz in the Summer

By Mia Ingui

Take it from a girl whose struggle each day is to tame her natural frizzy hair...there truly is no worse time of the year than the summer for those who battle with frizzy hair. The summer is your time of relaxation, and all you really want to do is get out of bed, throw on your bathing suit, and jump in the pool. But, when the only way your hair will stay tame is to spend four hours styling it, the summer proves to be a difficult time! Risk embarrassment leaving the house with your natural hair drizzling everywhere, or spend a ridiculous amount of time styling it only to have it get wet, and then frizzy again. I did my research, and these are the products that are acclaimed for the wonders they work on frizzy hair.

Living Proof No Frizz Shampoo: If your hair is thin, opt for a silicone free shampoo like Living Proof. Packed with the anti frizz molecule OFPMA, this will keep fine hair frizz free all day.

Aussie Moist 3-Minute Miracle Condition: An oldie but goodie. All it takes is three minutes to get your fair hydrated and frizz free.

Moroccanoil Frizz Control: Though a little pricey, Moraccanoil is the salon trusted brand that contains argan oil, a Godsend for over processed, fried, frizzy hair.

Garnier Fructis Style and Sleek Spray: This one is silicone-free, delivers tons of shine, and contains argan oil so it won't dry out strands. Tip: Mist it on your hands, and then use your fingertips to smooth out any problems spots, like around your forehead or along your part.

John Frieda Full Touch Up Flyaway Brush: For a quick touch up! Applied with a mascara like wand to tame a frizzed out hairline.

Luxury Labels

AUTHENTIC DESIGNER CONSIGNMENT

Earn up to 70% of the sale price

FOLLOW US ON INSTAGRAM @LUXURYLABELS

LET US SELL YOUR DESIGNER HANDBAGS AND ACCESSORIES

Women's Handbags & Wallets | Designer Jewelry & Watches | Shoes & Accessories

✔ We sell FAST.

We authenticate, photograph and sell your items in our store and online.

✔ You Earn More.

You earn up to 70% of the sale price on your items.

✔ We Make It Easy.

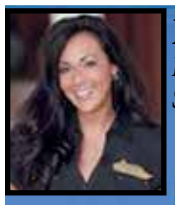
Bring your items into our store in Manalapan, no appointment necessary.

HERMES PARIS · CHANEL · Christian Louboutin · LOUIS VUITTON · GUCCI · BURBERRY

335 Route 9 S, Manalapan
(Summerton Plaza)
732-617-6757

info@shopluxurylabels.com

www.shopluxurylabels.com



Maria Tilton
Franchise Owner Cruise Specialist & Land Vacations

NORWEGIAN'S
FREE AT SEA

Endless Summer Spectacular

Up To $2,800 In Value

CHOOSE UP TO 5 FREE OFFERS*
1. UNLIMITED OPEN BAR
2. SPECIALTY DINING
3. PRE-PAID SERVICE CHARGES
4. WIFI
5. FRIENDS & FAMILY SAIL FREE*

Oceanviews & Above Choose 2 or More

Any bookings on a 7 day or longer will receive an additional $100 OBC per stateroom

MTilton@CruisePlanners.com
iLoveVacationDeals.com
888-430-9744 • 732-410-8962
facebook.com/CruisewithMaria

NCL NORWEGIAN CRUISE LINE · Feel Free · TRAVEL

Your Mother Loves This Place

Perennial Home

With a wide selection to choose from, you will find that special gift for the special person in your life...
No matter what the occasion!

119 West Ward St. • Hightstown NJ, 08520 • 609-448-8830
perennialhome.com • Follow us • Tues-Sat 10am-5pm

Mention your mother loves this place & receive 20% OFF one gift

GOLD-N-TIME
FULL SERVICE JEWELERS

VISIT US TODAY FOR YOUR
CUSTOM DESIGN EXPERIENCE

NETCOST MARKETPLACE
700 TENNENT ROAD, MANALAPAN
732-536-6020 • WWW.GOLDNTIME.COM

one yoga center
www.oneyogacenter.net

We have yoga for everyone! We are an authentic yoga studio with over 17 years experience teaching. It is a supportive environment for those with injuries, limitations just starting yoga or coming back to yoga.

- Gentle Yoga for Relaxation & Stress Release
- Hatha Yoga for Creating Balance where you need it
- Vinyasa styles for added Strengthening & Endurance
- Special Kid's & Pre-Natal Yoga classes this Summer
- Yoga4Cancer, Yoga4Sobriety & Tai Chi Classes

Yoga Teacher Trainings & Workshops

NOW ACCEPTING ENROLLMENT FOR JANUARY 2018 YOGA TEACHER TRAINING OR THIS SUMMER'S ADVANCED TRAINING COURSES

Summer Special: 3 Months of Unlimited Yoga Classes: $249
Must be activated by May 30th and cannot be combined with any other offer.
No extensions, valid for 3 consecutive months that begin when you do.

156 S. Main St., Hightstown, NJ 08520
609-918-0963
Info@oneyogacenter.net • www.oneyogacenter.net

What is a Great Gift for a College Graduate?

By Susan Heckler

To many, graduating college is like stepping off of a cliff. Exciting, challenging, frightening, and a little like entering the abyss. Going out into the adult working world is a bit daunting and a little different than when Mom & Dad did it.

If you ask the grad what they want, they will probably say a life without college loans. If that isn't on your list, here are some things to consider:

Think about your relationship with the recipient –A generic gift is okay. Your relationship will determine the cost and how much effort you want to spend on this purchase. Just make sure it is easily returnable.

Something useful – it should make the graduate happy but also push them in a direction to improve and grow as an individual. After graduating, many students are now financially independent but may move out to a place of their own. Because they have lived at home until this point, these grads don't have everything they need to fully live on their own.

Gifts to Consider:

*Housewares - they will need plenty of new things for their home or apartment. There are plenty of things you can purchase at all different price ranges.

*Electronics – these are the must haves! Desktop computers, laptop, tablet, cameras, flat screen TV, streaming video boxes, headphones, and music players are just a few of the electronic devices a graduate craves.

*Interview Wardrobe – when your grad steps into that interview, the first impression speaks loudly. Make sure they are dress to impress for success.

*Attaché Case – depending on the type of career they chose, invest in a quality attaché case that will organize them and make a statement of success.

*Luggage – if traveling is their passion or part of the job, a good set of luggage is a wise investment.

*Timepiece – college kids tell time using a smart phone. Graduation seems to encourage the use of a good watch. There is a plethora of choices for every price range and every lifestyle.

You can also consider combining your gift with others to get one large gift. When in doubt, gift cards are a good option as long as the card comes from a place with lots of choices for them.

THE BROOKSIDE

A Kosher Assisted Living and Memory Care Community

"Shabbat & High Holiday services in our own beautifully appointed synagogue, together with a Gourmet Kosher kitchen brings Jewish Life to The Brookside for spiritual fulfillment."

Wellness & Support Services

- On-site licensed nursing team 24/7
- Personal care assistance for residents who may need help with daily routines such as dressing, bathing and grooming, escorts, and other tasks.
- On-site registered nursing team 24/7
- Individualized wellness service plans & regular health assessments
- Scheduled transportation
- Daily light housekeeping
- Weekly housekeeping & linen service
- Medication management program
- Support groups
- Specially trained staff

Assisted Living

- A variety of studio, one bedroom, two bedroom and companion suites with private bed/bath are available.
- Nursing team oversees and administers each resident's medication management program
- Residents are as active as they choose to be

Tiered Dementia Care

- Rose Lane at The Brookside offers the ONLY secure, Mild Cognitive Impairment (MCI) program in Monmouth County with programs for different stages; MCI and Rose Lane Advanced
- Programming designed to treat the symptoms of Alzheimer's and other forms of dementia, led by and created by our nationally recognized Certified Dementia Practitioners
- One of the region's premier Memory Care Neighborhoods where residents live comfortably, actively and as independently as possible

Respite Care

- A 14-day minimum stay is our hallmark for giving Primary Caregivers a break, transitioning after a hospitalization or rehab stay, or testing "the experience of our community"

The Brookside Assisted Living Community ▪ 732-333-3011 ▪ 93 Manalapan Ave Freehold, NJ 07728

Visiting Grandparents Can Be a Positive Experience for Kids

By Susan Heckler

Back when I was a kid, the only place for the elderly population that could not manage independently was a nursing home. I have very sad and vivid memories of visiting my grandmother and great grandmother as these places were awful. These were dated hospital rooms with linoleum floors and a depressing atmosphere. Being mentally alert but physically challenged must have been a nightmare for the residents. Nursing homes back then are nothing like they are now!

They didn't have Assisted Living 50 years ago or many of the other options opened to the seniors now. We all recognize that people are living longer and there is a whole new sector of businesses opening to make their lives better and safer.

I recently accompanied a friend in her search for a place to bring her elderly father-in-law to, rather than allow him to try and manage in Florida. The first (and last) stop was The Brookside Assisted Living in Freehold. This beautiful sunshiny facility is more like a resort hotel. The residents here need a little help now and then but function independently. There is a built in social life and huge list of activities that offers something for everyone.

Today's senior is gradually getting more familiar with the use of modern technologies. They now have communication devices to be in touch with family and friends globally. This ends that feeling of isolation, which is such a detriment to their happiness.

The Brookside offers fitness programs, sports, and other types of physical and social activities. You can stroll the grounds or just take in some fresh air, play bingo and other group games, do crafts, dance, go on trips, and interact with your fellow residents. Brookside's great range of activities keeps seniors physically active, mentally alert, as well as spiritually and emotionally nourished.

They are a kosher facility and focus on the Jewish tradition, offering spiritual fulfillment to many. They have a beautifully appointed synagogue available for daily, Shabbat, and High Holiday services as well as gourmet food in their spacious restaurant style dining room.

My friend's father-in-law will be moving up from Florida to The Brookside very soon. He will be at arm's length to visit, can enjoy his children, grandchildren and great- grandchildren visiting him and spending the day in his new home.

I have to tell you, I am so glad I did this tour with my friend. In my mind, the thought of putting my Mom in a facility like Grandma and Nanny ended up in was killing me. If you or a loved one is thinking about moving into an assisted living community, you can look forward to visiting them with your children and grandchildren and enjoying the day in the various community rooms or their beautiful apartment. They won't be uneasy and can spend valuable time enjoying Grandma, Nanna, Pop Pop, or whoever.

Cruising through Caregiving: REDUCING THE STRESS OF CARING FOR YOUR LOVED ONE

Caregiving is no vacation…but you can choose to cruise more smoothly through the process. This presentation will help family caregivers acknowledge the major stressors (some obvious and others less so) involved in caregiving. Attendees will leave this presentation with strategies on how to minimize, manage and prevent stress.

Join us for a complimentary Dinner and Presentation

Tuesday, May 16, 2017

Registration and Dinner: 5:30 pm – 6:00 pm
Presentation: 6 pm - 7 pm

at **DOUBLETREE PRINCETON**
4355 US Route 1 • Princeton, NJ 08540

First 20 registered attendees will receive a complimentary copy of Jennifer Fitzpatrick's book " Cruising Through Caregiving: Reducing the Stress of Caring for Your Loved One"

Presented by: Jennifer L. FitzPatrick, MSW, LCSW-C, CSP

The founder of Jenerations Health Education, Inc., Jennifer FitzPatrick has over 20 years' experience in healthcare and gerontology. The author of *Cruising Through Caregiving: Reducing The Stress of Caring for Your Loved One,* she is also a gerontology instructor at Johns Hopkins University and an Education Consultant to the Alzheimer's Association. She helps you reduce stress and increase productivity, morale and revenue. Jennifer and Cruising Through Caregiving have been featured in Forbes, U.S. News & World Report, The Huffington Post, Reader's Digest, Univision and The Chicago Tribune. She has also appeared on ABC and Sirius XM.

Please RSVP by May 12th to Princetonjunction@artismgmt.com or (609)454-3360.

PRE OPENING SALES OFFICE: 731 Alexander Road, Suite 204 • Princeton, NJ 08540
COMMUNITY LOCATION: 861 Alexander Road • Princeton, NJ 08540
www.artisseniorliving.com
Creating positive partnerships the Artis way
An Equal Opportunity Employer-M/F/D/V

ARTIS SENIOR LIVING
Princeton Junction
MEMORY CARE BY DESIGN

Could it be CADASIL?

By Susan Heckler

If you or a loved one has suffered from strokes, progressive dementia, mood disorders, migraine, and/or recurrent subcortical cerebral infarctions, some new research may change your diagnosis and treatment.

CADASIL (Cerebral Autosomal Dominant Arteriopathy with Subcortical Infarcts and Leukoencephalopathy) is a hereditary autosomal dominant disease, which affects all of the small cerebral arteries. It is as a result of various mutations of the Notch3 gene located on chromosome 19. So far, over 150 different mutations causing the disorder have been identified. Both men and women are affected equally.

This was described in Europe, specifically a Swedish family 30 years ago and the disease has now been observed in families with very different ethnic backgrounds, on all continents. It is likely that the frequency of this disease is underestimated as it shares symptoms with other disorders. The current term Cerebral Autosomal Dominant Arteriopathy with Subcortical Infarcts and Leukoencephalopathy (CADASIL) was named in 1993.

CADASIL symptoms result from changes in the arteriolar wall. As a result, the arteries thicken and become more rigid, resulting in decreased blood flow and ischemia, affecting the exchange of nutrients between blood and tissue is also disturbed. The disease affects the small branches of the long arteries penetrating deep into the white matter of the brain meaning restricted blood flow and oxygen deficiency.

In the most cases, patients affected will exhibit ischemic episodes, cognitive defects, migraine like headaches or psychiatric disturbances. When and the severity of these symptoms is highly variable, even within families. Cognitive function declines slowly over time; there is variability in the onset and severity of cognitive impairment. Patients demonstrate dementia in presence of severe loss of cognitive function. Seizures, although rare, has been observed in affected individuals. Other symptoms may include speech defects.

Early onset of symptoms does not necessarily mean that the disorder will progress rapidly. It is important to tell the doctors you have CADASIL so that certain treatments or tests can be avoided.

- Avoid Thrombolytics and Anticoagulant Treatments, which aim at unblocking blood vessels as they increase the risk of a cerebral hemorrhage.
- Avoid Vasoconstricting Medicines (issued from rye ergot or from Triptan) may increase the risk of cerebral infarction.
- Avoid Cerebral conventional angiographies (contrast agent within the arteries in the brain for examination of the cerebral vasculature) should be avoided because of potential neurological complications (migraine with extended and severe aura).
- Using Anesthesia must be monitored as it could cause abrupt changes in blood pressure.

Currently there is no treatment to cure or to prevent the progression of the disease. Finally, you must tell the medical teams about current medications and the corresponding doses. This is a precaution so as to avoid the combinations of incompatible medication and any risk of overdose.

A Look at Advance Directives

Deciding to create advance directives can be one of the most important – and complicated – decisions one can make.

Advance health care directives offer you a way to give consent for certain situations for which you may or may not want medical treatment. This can be a touchy subject for many people, but they can be extremely useful documents that outline and facilitate your wishes should the circumstance arise.

Timing of Advance Directives

The best time to create an advance directive, obviously, is before you need one. If you become ill or are near the end of your life, it may be too late to cognitively make your own decisions about what medical care you may want in certain situations.

Along those lines, if you make an advance directive early in your adulthood, you are allowed and even encouraged to review and update your documents if you are diagnosed with any type of serious illness.

Life-Sustaining Treatment

The American Cancer Society defines life-sustaining treatment as anything mechanical or artificial that sustains, restores or substitutes for a vital body function. It can include:

- Cardiopulmonary resuscitation (CPR).
- Artificial respiration (mouth-to-mouth breathing, manual ventilation or a ventilator).
- Medicine to help with blood pressure and heart function.
- Artificial nutrition or hydration.
- Dialysis.
- Certain surgical procedures such as amputation, feeding tube placement or tumor removal).

Putting Someone in Charge

Sometimes, family members make tough medical decisions for spouses, parents, or adult children who can no longer speak for themselves. Many states have passed laws that say which family members may act on behalf of someone in this situation.

A variety of documents can be considered advanced directives, including power of attorney, living wills, do-not-resuscitate orders and other agreements. Since laws vary state by state on such documents, be sure to check in with your local healthcare agency to find out what your state requires.

BEAR CREEK
A SENIOR LIVING COMMUNITY

The Community That Treats You Like FAMILY!

• Assisted Living • Memory Care • Respite Care
24-hour Nursing - Bed & Breakfast Style Fine Dining
Complimentary Transportation- Exquisite Suites
Vibrant Life Enrichment & Social Programs

Schedule Your Complimentary Lunch & Tour Today!

BEAR CREEK ASSISTED LIVING
291 Village Road East
West Windsor, NJ 08550
609.918.1075
www.bearcreekassistedliving.com

Find Us On Facebook

Hospitality Meets Healthcare at Allaire

Introducing Allaire Rehab and Nursing, an unparalleled provider of hotel-style healthcare in the heart of Monmouth County.

Our newly renovated upscale setting features luxurious patient suites, the latest rehab modalities and an array of comfort-enhancing amenities such as bistro dining and concierge service.

- Subacute Rehabilitation
- 7 Days A Week Therapy
- Neuro & Brain Injury Care
- Respiratory Care
- Long Term Care
- Respite Care

SUBACUTE UNIT
Opening Its Doors
MID-SPRING 2017

ALLAIRE
Rehab & Nursing

Revolutionizing Care Delivery

*In Larger Private Suites Only

*OUR SUITES FEATURE: Large Flat Screen Smart TVs • Bluetooth Compatible Surround Sound Bedside Speakers • Special Ceiling & Accent LED Soft Lighting • Sleeper Sofa, Desk & Refrigerator**

115 DUTCH LANE ROAD, FREEHOLD, NJ 07728 • 732.431.7420 • ALLAIREHC.COM

Medical Alert Systems For Seniors

What You Need To Know

With more seniors opting to age at home in their later years, this statistic is likely to only rise. So what can you, the caregiver, do when the potential for falls seems to be on the increase? Fortunately, there are numerous medical alert systems on the market, many of which have had great success in helping the elderly population stay safer in their homes. There are different types of systems and applications, so be sure to do your research before purchasing one. It's important that you choose one that fits your family member's preferences if you want it to be a successful experience.

DIFFERENT TYPES OF DEVICES

There are many devices available that will instantly alert you and emergency personnel in the case of a fall or other related incidents. Also referred to as personal emergency response systems, these monitors allow the user to push a button on the transmitter to summon emergency help, including medical, fire or police personnel. These systems allow seniors to wear the transmitter around their necks, on their wrists or even affixed to their wheelchairs for convenience. This easy-to-reach button will give you great peace of mind in knowing your family member is ready to respond quickly to emergency situations.

CONSUMER TIPS

With so many different options on the market, how do you know which medical alert system is right for you and your family? There are a few factors to keep in mind before spending your hard-earned cash.

Here are a couple:

- Pricing structure. For many of the top medical alert companies, you will be required to pay a monthly fee for emergency-capable services. Always compare your pricing and make sure to get locked into a fixed monthly rate.
- Company reputation. As always, before entering into a monthly contract, be sure to do your homework on the company. How long have they been in business? What types of guarantees can they give you on the quality of their product? Reading objective reviews can help narrow the field.

Call for Lunch and a Tour!

We provide
Adult Day Services
For Special Needs Adults
(21 years old +)

Active Day
Adult Services

Medicaid/HMO/DDD

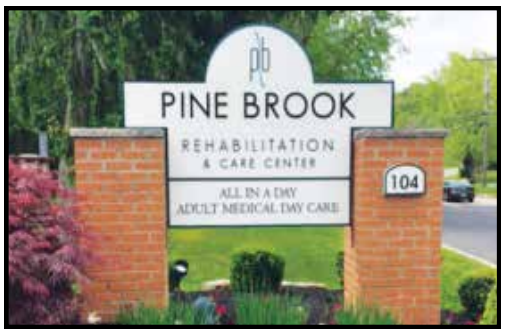
Call Us Today
For A Tour or Info!
(732) 845-3332

- Free Door-to-Door Transportation
- Health Evaluations
- Bi-Lingual staff
- Music & Pet Therapy
- Educational Programs to assist & encourage independance with activities of daily living
- Social Activities
- Fabulous food and menu options
- Recreation, Exercise, Trips to Museums, Stores, Crafts and more...

Serving Monmouth, Middlesex & Ocean Residents
20 1-A Jackson Street
Freehold, New Jersey

We Offer Something Special Nowhere Else Found In CNJ For Your Loved One!
Active Day Adult Services

Have You Seen Us Lately?



COME SEE:

- Our newly renovated resident rooms featuring custom colored painted walls with crown mouldings, wood floors, ceramic tile, bathrooms, 26” flat screen TV’s and wireless internet.

COME MEET:

Our dedicated, compassionate and experienced staff.

NOW OFFERING:

A secure dementia/memory unit.

WE WELCOME OUR RUSSIAN COMMUNITY...
Come in and tour
• Russian TV • Russian Foods available upon request
• Russian speaking staff • Russian Hospice
Russian Medical Director • Russian Recreation Therapist

AT PINE BROOK REHABILITATION AND CARE CENTER... *WE CARE!*

PINE BROOK
REHABILITATION
& CARE CENTER

CALL FOR A PERSONAL TOUR
732-446-3600
www.pinebrookcare.com
104 Pension Road, Englishtown, NJ 07726

124910

It's Trusky about the Brewsky

By Susan Heckler

Whether you just finished up a long hard day, or have the day off, or the sun is shining, or the weather is frightful….or for any reason at all….sometimes you just want to kick back and pop open a nice cold beer. It tastes great, makes you feel good…..why not.

Beer dates back to 5000 BC. It has been recorded in the ancient history of Mesopotamia. There are several varieties of beer. This includes pale ale, stout, mild ale, wheat, lambic and lager beer. It is made using 4 ingredients- barley, hops, water and yeast. You can also use wheat and rice instead of barley.

Little did you know that that long, cold, tall one has some great health benefits! This does not apply to everyone. You have all experienced that alcohol affects the entire body, including the brain, nervous system, liver, heart, and the individual's emotional well-being. The cause and effects are directly related to the amount of alcohol ingested. If you are a diabetic or have disease or illness, check with your physician as to the benefit or detriment to you.

Now, now, you still have to drink responsibly and in moderation or the health benefits don't count and don't work. Moderation= no more than two 12 oz. beers daily for adult men and women.

THE BEER FACTS:

- A flavonoid compound called Xanthohumol is found in the hops plays a major role in the chemoprevention of cancer.
- Beer is a surprising source of many nutrients. One 12-ounce beer has around one gram of fiber. It is also packed with B vitamins like niacin, pantothenic acid, folate, riboflavin, and vitamins B6 and B12. It is also rich in silicon, a nutrient that is said to help strengthen bones.
- Beer is also a good source of polyphenols because of the grains used. These are effective in fighting cancer, similar to the effect of drinking red wine.
- Putting your meat in a marinade of beer can eliminate almost 70 percent of carcinogens from the meat
- Beer contains vitamin B6, which prevents the build-up of homocysteine. This prevents the formation of clots, in the coronary arteries.
- Not surprising, beer is shown to reduce stress and facilitate sleep.
- Studies have linked moderate beer consumption to a lower prevalence of type 2 diabetes.
- Beer is a good source of vitamin B12 and folic acid, essential for maintaining normal growth, good memory and concentration.
- Regular beer drinkers have been found to have lower blood pressure
- Beer increases the potency and impact of vitamin E, which is a major antioxidant in the body
- Vitamin E is helps maintain healthy skin and slows down the aging process.
- Beer consumption also increases the level of "good cholesterol" by 10-20%
- Beer is shown to possess a number of digestive properties
- It is a rich source of magnesium, which results in a reduced risk of kidney stones
- And if you drink beer, you already know beer acts as a diuretic, and significantly increases urination
- Better yet, check out the choices of craft beers made here right in your Garden State. Can't taste any fresher and you can visit and taste the artisan beers not available in your local liquor stores!

MICROBREWERIES:

- Asbury Park Brewery Asbury Park | Monmouth County
- Backward Flag Brewing Co Forked River | Ocean County
- Beach Haus Brewery Belmar | Monmouth County
- Belford Brewing Middletown | Monmouth County
- Carton Brewing Atlantic Highlands | Monmouth County
- Cypress Brewing Company Edison | Middlesex County
- Dark City Brewing Company Asbury Park | Monmouth County
- Demented Brewing Company Middlesex | Middlesex County
- Jersey Girl Brewing Company Hackettstown | Warren County
- Jughandle Brewing Company Tinton Falls | Monmouth County
- Kane Brewing Company Ocean Township | Monmouth County
- Little Dog Brewing Neptune City | Monmouth County
- ManaFirkin Brewing Co Manahawkin | Ocean County
- Pinelands Brewing Little Egg Harbor | Ocean County
- Rinn Duin Brewing Toms River | Ocean County
- River Horse Brewing Company Ewing | Mercer County
- Screamin' Hill Brewery Cream Ridge | Monmouth County
- Ship Bottom Brewery Beach Haven | Ocean County
- The Referend Bier Blendery Pennington | Mercer County
- Three 3's Brewing Hammonton | Atlantic County
- Tomfoolery Brewing Hammonton | Atlantic County
- Troon Brewing Hopewell | Mercer County
- Brew Pubs
- Artisan's Brewery & Italian Grill Toms River | Ocean County
- Birravino Red Bank | Monmouth County
- Harvest Moon Brewery & Cafe New Brunswick | Middlesex County
- J. J. Bitting Brewing Company Woodbridge | Middlesex County
- Triumph Brewing Company Princeton | Mercer County
- Frye Brewing Point Pleasant Boro | Ocean County
- Heavy Reel Brewing Co Seaside Park | Ocean County
- Jersey Cyclone Brewing Company New Brunswick | Middlesex County
- Last Wave Brewing Co | Ocean County
- Mudhen Brewing Co Wildwood | Cape May County
- The Whitechapel Projects Long Branch | Monmouth County | brewpub
- Triumph Brewing Company Red Bank | Monmouth County | brewpub

VESUVIO'S
PIZZERIA & FAMILY RESTAURANT
Millstone Township's
Original Family Restaurant

CALL FOR OUR WEEKLY SPECIALS!

On & Off Premise Catering for Communions, Confirmations, Graduations & More!

Food Truck available for Private Parties & Functions

Ask About Discounts on Cases of Wine!

LIKE US ON facebook

Like Us on Facebook for Specials and Updates!

Make reservations for Mother's Day

MOMS EAT FREE!
MAY 13TH & 14TH
Free Entree for Mom with Purchase of One or More Entrees.
Dine-In Only - Valid May 13th & 14th Only - One Offer Per Visit Per Table
Complimentary Flower for Each Mom

Must Present coupon. May not be combined with any other offer or discount. Valid only 5/13 & 5/14.

FREE 2-Liter Soda
With the purchase of Any 2 Large Pizzas or Large Subs
Must Present coupon. May not be combined with any other offer or discount. Expires 6/15/17

1 FREE TOPPING
On Any Pizza
Dine-In or Take-Out
Must Present coupon. May not be combined with any other offer or discount. Expires 6/15/17

THURSDAYS
BALIC WINERY
1/2 Price Bottle of Wine
Must Present coupon. May not be combined with any other offer or discount. Expires 6/15/17

221 Millstone Road, Perrineville, NJ • 732-446-1155 or 732-446-1908
Check out our Web Site at www.VesuviosMillstone.com

Spring Wine Making Season is Almost Here!

Make Your Own Wine
...barrel, half barrel, even a case.

OPEN HOUSE every Tuesday & Friday from 6-8pm
CREATE YOUR OWN WINE & LABEL.
Learn about the fun easy process and sample some wines.

Grapes Arriving in Late April

Special Millstone Times Discount
Mention this ad for 10% OFF your order

(732) 380-7356 · ryan@grapebeginningswine.com
151 Industrial Way East, Building B, Eatontown
www.grapebeginningswine.com.

RangreZ
Redefining Indian Cuisine

Restaurant
Banquet ~ Catering

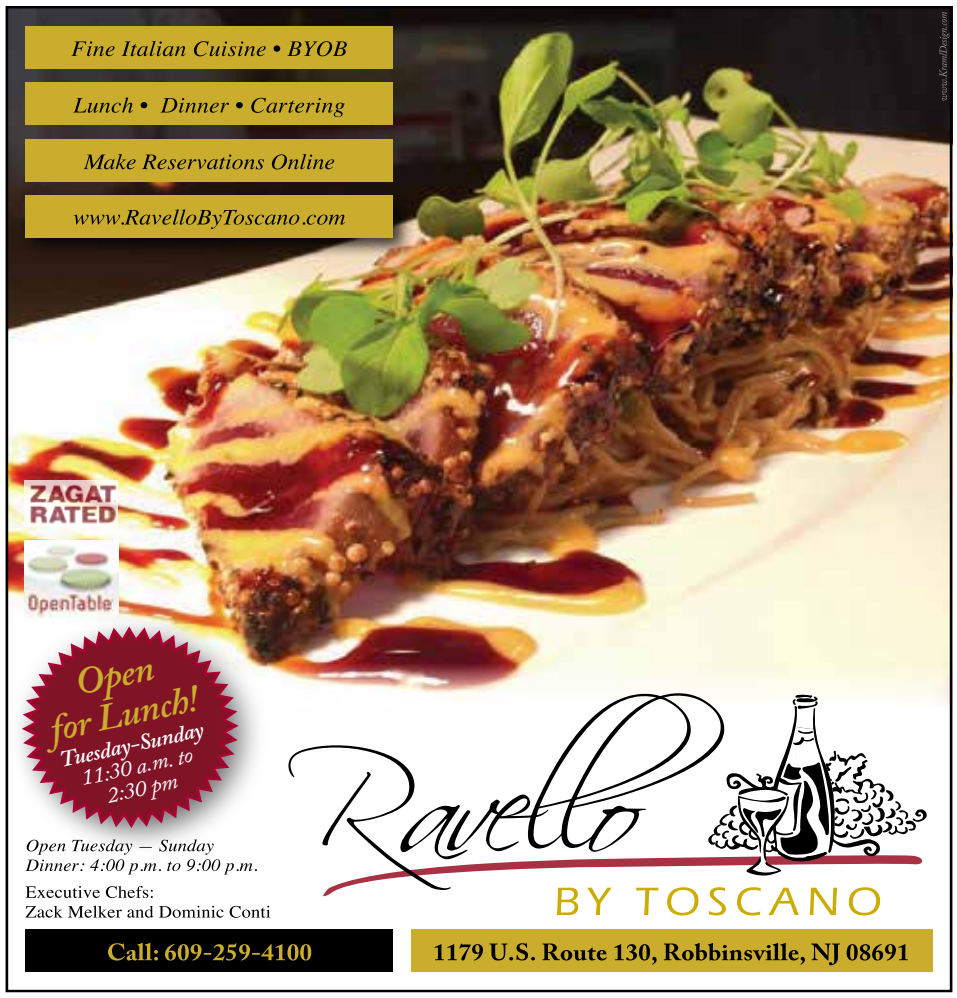
10%OFF
ENTIRE BILL
Not valid on
lunch buffet/ lunch platters
Expires 6/15/17

319 US 130 • East Windsor, NJ • 609-301-8706
Online Ordering and Delivery Available
www.rangrezusa.com
HOURS
11:00am - 3:00pm • 5:30pm-10:00pm
Open 7 days/week

Fresh & Fruity Detox Water

This delicious detox water has strawberries and kiwis and is the perfect summer drink. You will need 2 liters of water, a couple of strawberries and a couple of kiwis. Just chop your kiwis and strawberries, add to your water and sit in the fridge for a couple of hours to let it seep. The kiwi has vitamins A and E which will help you to rid your body of free radicals and they help to flush toxins from your colon. Strawberries are great for your skin and then contain anti-aging properties and help to fight carcinogens. You can add more or less fruit depending on your taste preferences or add different fruits or a mint sprig for a completely new taste.

Whether you're trying to lose weight or you simply want to look and feel healthier, one of the best ways to rid your body of harmful toxins is to drink water. Just 6 to 8 glasses every day will help to keep you hydrated and keep your vital organs in their best possible health.



Crown of India
RESTAURANT

SUNDAY, MAY 14, 2017

Expanded Lunch Buffet

Candlelight Dinner Buffet
With Live Music

For Reservations
609 275 5707
www.crownofindianj.com
660 Plainsboro Road, Plainsboro, NJ 08536
contact@crownofindianj.com

CHENG CHEN 昇興
CHINESE RESTAURANT

WE DELIVER
(LIMITED AREA TO THE RESTAURANT)

(609) 443-5330
(609) 443-5331
www.chengchenrestaurant.com

659 Abbington Dr., #403
East Windsor, NJ 08520
(Twin Rivers Shopping Mall, Rt 33)

HOURS:
Mon-Thurs: 11:00am-10:00pm
Fri & Sat: 11:00am-10:30pm
Sunday: 12:00pm-10:00pm

We accept Visa, Mastercard, & Discover

$5 OFF
for any purchase over $40
Pick-up Only.
Expires 5/30/17

10% OFF
Any Purchase
Pick-up Only.
Expires 5/30/17

family recipe eating together matters

Anytime Vegetable Egg & Cheese Bake

The cheeses and vegetable choices are suggestions; this crust-less quiche-like meal works with just about anything and great any time of day!

INGREDIENTS

- 5 eggs
- 2 cups egg substitute or 6 more eggs
- 1/2 cup cottage cheese (fat % your choice)
- 1/3 cup shredded pepper Jack cheese
  (can substitute your favorite semi-soft, open textured spicy cheese)
- 1/3 cup shredded cheddar cheese (your favorite sharpness)
- 1/4 cup grated Romano cheese (any variety)
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon tobasco type sauce
- 1 medium summer squash, chopped
- 2 cups fresh broccoli florets
- 2 cups coarsely chopped fresh baby spinach
- 1/2 cup shredded fresh carrots
- 1/2 cup chopped tomatoes

DIRECTIONS

1. Coat an 11 x 7 backing dish with cooking spray.
2. Preheat oven to 350°. In a large bowl, whisk eggs, egg substitute, cheeses, pepper and pepper sauce until consistent and fluffy.
3. Stir in the vegetables.
4. Transfer to baking dish.
5. Bake, uncovered, 45-50 minutes or until firm.
6. Let stand 10 minutes before cutting.

Nutty Chicken & Strawberry Spring Salad

INGREDIENTS

- 2 large boneless, skinless chicken breasts or thighs
- 2 tablespoons any olive oil
- 2 tablespoons your favorite balsamic vinaigrette salad dressing
- 1 bunch fresh baby spinach
- 1 pint fresh sliced strawberries
- 4 ounces goat cheese crumbled
- 5 ounces package candied pecans

DIRECTIONS

1. Place the whole chicken meat into 2 tablespoons of balsamic vinaigrette to marinate.
2. Place the marinated chicken into a skillet with 2 tablespoons of olive oil over medium heat.
3. Cook and stir until the chicken is browned and the juice has almost evaporated (about 10 minutes).
4. Remove the chicken and let cool, slice or cube.
5. Place the baby spinach into a large salad bowl.
6. Distribute the strawberries, goat cheese, and candied pecans over the spinach.
7. Sprinkle 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over the salad and top with the chicken.
8. Great warm or cold!

Molto bene RISTORANTE & CICCHETTI BAR

Molto Bene Ristorante & Cicchetti Bar

17 N. MAIN ST. CRANBURY NJ, 08512 | 609.642.6724

A Venetian-inspired tapas style eatery or small plates

"Delicious Italian Food To Share"

Buy one large plate and get 2nd half price

Tuesday thru Thursday only.
Not valid on holidays.
Not valid with other coupons.
One per table.
Expiration date 05.30.17

Tuesday - Thursday: 11am-9pm
Friday & Saturday: 11am-10pm
Sunday: 11am-9pm

Follow us

MoltoBeneOnline.com

Anthony's Chicken & Grill est. 1985

www.AnthonysChickenAndGrill.com

Eat In
Take Out
FREE DELIVERY

Dinners · Lunch · Catering

- Buffalo Wings
- Burgers
- Chicken
- Fried Munchies
- Philly Steak & Sandwiches
- Homemade Soups
- Hot Dogs
- Large Salads
- Many Sides
- Ribs
- Fried seafood & Fried shrimp
- Wraps

$5 OFF $25 | $10 OFF $50 | $15 OFF $75 | $25 OFF $100

109 Franklin Street • Hightstown, NJ • 609-443-3777

WINDSOR LIQUORS

in the new Galleria Twin Rivers Shopping Center

SHOP LOCAL

BETTER PRICES - BETTER SELECTION

Please make us your destination for good times!!

Looking for a specific brand?

Please let us know immediately, we'll do our best to find what you are looking for!

OPEN 7 DAYS A WEEK!
Mon - Wed 10am - 9pm
Thurs - Sat 10am - 10 pm
Sunday 10am - 8pm

609-630-2951

info@windsorliquors.com

Galleria Twin Rivers Shopping Center, 680 Route 33 East, Suite 6, East Windsor, NJ 08520

Tsubaki
Japanese Cuisine

680 Rt. 33E Twin River Road
East Windsor, NJ 08520
609.301.8527 • 609.469.5919

OPEN 7 DAYS A WEEK
Monday-Thursday: 11am-10pm
Friday-Saturday: 11am-11pm
Sunday: 12pm-10pm

BYOB

Party Trays Available

*Minimum of $15

www.mytsubaki.com

WEEKLY PROMOTIONS!

Sunday
Brunch 12pm-4pm
Classic & Special Roll
50% OFF!

Monday
Couples Date
FREE Dessert!

Tuesday
Ladies' Day
50% OFF
APPETIZERS!

Wednesday
Senior Citizen Day
20% OFF ENTIRE BILL!

Thursday
NEW Surprise Item
(NOT found on menu!)

Tsubaki
Japanese Cuisine

$5.00 OFF
with purchase of over $25
Not to be combined with other offers.
One per customer.
*Please Present Coupon Upon Ordering.

Tsubaki Japanese Cuisine
680 Rt. 33E Twin River Rd
East Windsor, NJ 08520
609.301.8527 | 609.469.5919
Mention you saw this in The Millstone Times
GUNTHER

$10.00 OFF
with purchase of over $50
Not to be combined with other offers.
One per customer.
*Please Present Coupon Upon Ordering.

Tsubaki Japanese Cuisine
680 Rt. 33E Twin River Rd
East Windsor, NJ 08520
609.301.8527 | 609.469.5919
Mention you saw this in The Millstone Times
GUNTHER

GRAND OPENING

"We make creative handcrafted food to satisfy your palate"

OPEN FOR LUNCH AND DINNER

618
RESTAURANT
BANQUETS
CATERING

- Rated one of the top restaurants in Freehold by Trip Advisor!
- Over 90 Five Star Facebook Dinner Reviews
- 3 Private Party Rooms Available (from 15-175 guests)
- Reservations available online at www.618nj.com

Book Your Events Now!

Make your reservations for Mother's Day now!

HAPPY HOUR
Sunday - Thursday
Open to Close

Friday & Saturday
Open to 6:00pm

$3 House wine
Granny's Meatballs

$4 Well Drinks
Pork Belly

$5 Cosmos & Margarita
Cajun Shrimp and Grits
(Available in the Bar only)

Every Tuesday
1/2 Price Appetizer
with the purchase of any entree

Every Wednesday
1/2 Price Bottles of Wine
from our selected list

Above specials not valid with any other promotion or discount.

618 Park Ave.
Freehold , NJ 07728
732-577-0001
www.618nj.com

Owner/Chef - *Christopher Dutka*

Hours

Tuesday –Thursday	11:30am - 10:00pm
Friday & Saturday	11:30am - 11:00pm
Sunday	4:00pm - 9:00pm

OpenTable

TRY SOMEWHERE NEW FOR LUNCH OR DINNER

LEGENDS GRILLE

609-443-5565

WWW.LEGENDSGRILLE.COM

460 Rt 33 East • East Windsor, NJ

Exit 8 off the NJ Turnpike-
Pull in to the lot through the hotel driveway

Lamb Chops • Steaks • Chicken • Burgers • Wings • Salads • Tasty Appetizers • Full Service Bar

FREE APPETIZER
WITH PURCHASE OF 2 ENTREES
Specialty Appetizers Not Included.
With coupon. Not to be combined with any other offers (1) per table. Excludes Holidays. Expires 6-15-17 TMT

HALF PRICE ENTREE
Buy 1 Entree, Get 2nd Half Off
Equal or Lesser Value.
With coupon. Not to be combined with any other offers (1) per table. Excludes Holidays. Expires 6-15-17 TMT

$10 OFF
Any Check of $50 or More
With coupon. Not to be combined with any other offers (1) per table. Excludes Holidays. Expires 6-15-17 TMT

LUNCH SPECIAL
$3 OFF
Check of $15 or More
With coupon. Not to be combined with any other offers (1) per table. Excludes Holidays. Expires 6-15-17 TMT

HOURS: LUNCH Tues-Fri 11am - 2pm
DINNER Tues-Thurs 4pm - 10pm
Fri & Sat 5pm-10pm • Sunday 4pm-9pm

PARTY PLANNING?
We Cater!
1/2 & Full Trays
Great Selections
Place Your Order Today!

Attached to, but not to be affiliated with Days Inn.

Days Inn

Strawberries Scream Spring

By Susan Heckler

The strawberry, Fragaria, is one of the most popular berry fruits consumed worldwide. Strawberries are native to regions of the earth known as "temperate" regions; these include most of Europe, Asia, North America, and the lower half of South America, including Chile. They grow wild but they are also cultivated.

Strawberries belong to the rose family of plants (Rosaceae). Not actually fruits as their seeds are on the outside, strawberry plants are runners, and are not produced by seeds. They have an average of 200 seeds per fruit and are actually a member of the rose (rosacea) family.

In the United States, which is the world's largest commercial producer of strawberries grows approximately 3 billion pounds per year. Strawberry varieties are often divided by growers into categories like "early season," "mid-season," "late-season," "June-bearing," or "day neutral" (which typically produce during July, August, and September). The strawberry plant is unusual in its ability to flower in "flushes" during different seasons of the year, including spring, summer, and fall.

Nutritionally, strawberries provide us with a rich variety of phytonutrients, including dozens of polyphenolic antioxidants belonging to the following nutrient groups: flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are an excellent source of vitamin C (and our 5th best source of vitamin C at WHFoods); an excellent source of the mineral manganese; a very good source of fiber, iodine, and folate; and a good source of copper, potassium, biotin, phosphorus, magnesium, vitamin B6, and omega-3 fats (in the form of alpha-linolenic acid).

Growing strawberries is easy once you decide on a variety and a method. Medium-sized strawberries are often more flavorful than those that are exceptionally large. Whether you buy them at the store or order them online, as soon as you get the strawberry plants to your garden, get them in the ground as quickly as possible. Strawberry plants have a thick section of material called the "crown" between the stems and roots. Your plants should be planted so that the crown is even with the soil. Too high and the roots dry out, too low or completely bury the crown under the soil and your plants will be much more likely to suffer injury or disease.

If you are limited with space, strawberries can be grown in pots and can be quite attractive. You can also plant them in a garden and let them go crazy. Strawberries are an easy to grow fruit crop that will reward the home gardener with ample harvests for many years as they are a perennial. With favorable conditions, each strawberry plant should produce one quart of strawberries per season.

Strawberries are one of the first plants to fruit in the spring. Once picked, they will not continue to ripen so pick them ready to eat. Be gentle, they bruise easily.

There is nothing quite like the taste of a fresh juicy strawberry. They also do well frozen for future use. The abundance of recipes is mind boggling. Essentially, there is no such thing as a bad strawberry recipe!

ATTENTION LOCAL REALTORS: The Millstone Times Is Your ONLY Local Advertising Media Source That Offers Realtors:
Direct Mail with 100% Coverage, Web Advertising, Social Media Advertising All With A Direct Link To Your Website

Berkshire Hathaway HomeServices New Jersey Properties Hosts Annual Awards Gala to Honor Top Sales Professionals Companywide

Tony Robbins, America's number one life success coach and business strategist said, "Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more." On March 22, 2017, Berkshire Hathaway HomeServices New Jersey Properties celebrated the 2016 achievements of the company's top sales teams and agents whose efforts helped clients and customers throughout northern and central New Jersey realize their dreams of home ownership.

Set against the backdrop of the New York City skyline, "The Spark Within" awards gala was hosted at Liberty House in Jersey City and recognized the top agents and teams in each of the company's 19 offices, the top supporters of the company's family of services—Home Capital Network, Associated Title Agency and HMS Home Warranty—and "Office of the Year' which was awarded to the Basking Ridge Office and Christy Casey, manager. The evening's celebration culminated in the presentation of New Jersey Properties' 2016 Pinnacle Group—the top ranked agents and teams among 730 sales professionals companywide—with 27 agents and 17 teams qualifying for membership last year. In the Pinnacle Group countdown, Sam Joseph, sales associate in the Montclair Office, was honored as the company's number one agent; and The Deluccia Commercial Group, Tim Deluccia Broker-Associate/Team Leader in the Bridgewater/Martinsville Office, was honored as the number one team.

In addition to awards presentations, the gala included the "7 Principles of Success," a keynote message from Gino Blefari, chief executive officer at HSF Affiliates LLC which operates and manages the real estate brokerage networks of Berkshire Hathaway HomeServices, Prudential Real Estate and Real Living Real Estate. In honor of the night's awards recipients, "Blue Jupiter"— NYC's own pop and Broadway four-part a cappella group as seen on Oprah, CollegeHumor.com, and stages across the world—dazzled the audience with a dynamic performance that included show-stopping "Defying Gravity" from the Broadway musical, "Wicked."

"From the venue and our cocktail reception straight through our entire program including Gino's keynote message and Blue Jupiter's performance which had all of us on our feet, this year's beautiful awards gala was a fitting tribute to and reflection of our company's most accomplished sales professionals," noted Bill Keleher, chairman and chief executive officer at New Jersey Properties. "Our theme, 'the spark within,' captured the defining difference in our top teams and agents who perennially reach higher to achieve more for themselves and the buyers and sellers they serve. We congratulate all of those recognized, particularly our Pinnacle Group members, and wish our agents continued success in the year ahead."

For more information about Berkshire Hathaway HomeServices New Jersey Properties, home buying and selling throughout northern and central New Jersey, and/or career opportunities, please visit BHHSNJ.com.

About Berkshire Hathaway HomeServices New Jersey Properties

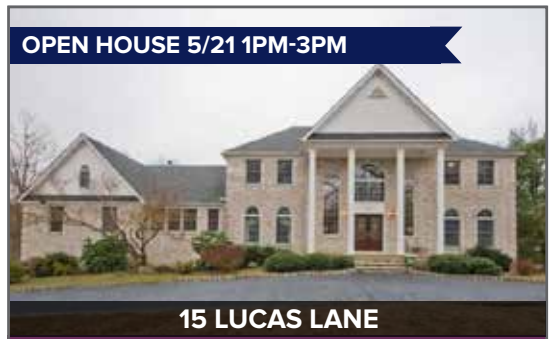
Berkshire Hathaway HomeServices New Jersey Properties is an independently owned and operated real estate company and affiliate member of the Berkshire Hathaway HomeServices network. Serving northern and central New Jersey with more than 700 sales associates in 21 offices, the full-service residential and commercial brokerage perennially ranks among the nation's top 100 brokerages for sales volume and offers residential resale, new construction, luxury collection, rental and commercial properties as well as relocation, mortgage, title and home warranty services. For more information, visit www.bhhsnj.com or contact the corporate office in Somerset, New Jersey at 800-LIVE-IN-NJ (800-548-3466).

BERKSHIRE HATHAWAY
HomeServices
New Jersey Properties

BERKSHIRE HATHAWAY
HomeServices

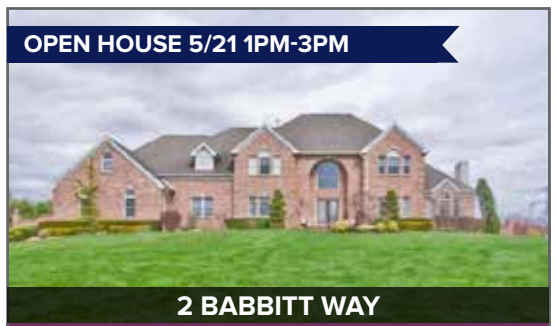
New Jersey Properties

$1,259,999 Millstone Twp.
3 Ivy Court



15 LUCAS LANE
$1,100,000 Millstone Twp.
www.15LucasLane.com

10 HAVILAND DRIVE
$1,084,000 Millstone Twp.
www.10HavilandDrive.com



2 BABBITT WAY
$880,000 Upper Freehold
www.2BabbittWayUpperFreeholdNJ.com

$799,000 Millstone Twp.
www.5CottrellDrive4Sale.com

$789,000 Millstone Twp.
www.1ScottoFarmLane.com

$735,000 Millstone Twp.
www.10WagnerFarmLane.com

$674,000 Millstone Twp.
www.13PineDrive.com

$660,000 Millstone Twp.
www.8DressageCourt.com

32 STEEPLE CHASE ROAD
$579,900 Millstone Twp.
www.32SteepleChaseRoad.com

$419,000 Hightstown
www.450MainStreetSHightstown.com

4 DARTMOUTH DRIVE
$349,900 Jackson
www.4DartmouthDrive.com

Call, Visit us at **www.BHHSNJ.com** or Stop by for a List/Map of All Open Houses in Your Area

©2017 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.

MILLSTONE OFFICE
222 Millstone Road, Millstone Twp.
732.446.4959

How to Make an Easier Move

By Susan Heckler

There are a few things you can do to make your move easier.

Many movers can provide complete moving and packing service or you can do your own packing. As you are packing your boxes, you can save time and make the job easier by taking the time to properly seal all boxes and clearly labeling the box. It is a good idea to label the boxes with the floor and description of the room where they will be placed by the movers when they arrive at your new home. Include any information about fragile items inside boxes for the movers. A very general description of contents may help and definitely keep track of box numbers and contents. You may think you will remember what you put in each box but after the 10th box, that idea is out the door.

If you are packing your own belongings, it is important to make sure all your packing is done before the movers arrive. If you aren't finished, it will slow down the moving process. You are responsible for the items you pack, but remember that nothing flammable is permitted on the truck.

Although most movers provide exceptional quality moving service, it is always advisable to keep certain things in your possession. For example, keep your important information, valuables, health records, and other important documents with you during your move. You can always place fragile items, such as electronics and pictures, in your car.

MOVING BOXES MADE SIMPLE:

·Small moving boxes are easy to handle and best suited for fragile or heavy items.

·Medium moving boxes are a good choice for small appliances and various household items and great for dish and glass packing.

·Large moving boxes for light and medium weight household items so they will not be too heavy.

·X-large moving boxes are used for bulky but lightweight household items.

·Heavy duty boxes come in different sizes and have thicker, reinforced walls.

·Wardrobe boxes are available in several heights. They come with a removable hanging bar so clothes go from closet to closet without having to take them off their hangers.

MOVING MUST HAVES:

·Unprinted news wrapping paper

·Bubble wrap is used to protect fragile items and fill air pockets in boxes to reduce shifting and breakage in transit.

·Dish and glass pack kits are compartmentalized inserts used to pack glassware, crystal and stemware.

·Stretch plastic wrap is used to bind items together, protects furniture from scratches, dust and damage. Not necessarily a good choice for wood or leather furniture as it can cause damage by trapping moisture under the plastic.

·Furniture pads are thick, durable blankets that most movers provide for the day.

·Box tape or tape gun dispensers make it easy to seal your boxes quickly.

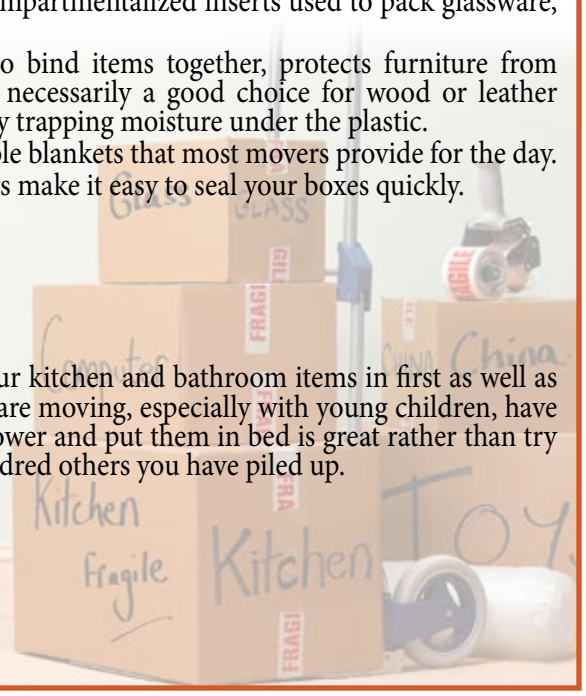
·Box tape refills

·Permanent markers

·Box cutters and refill blades

LOCAL MOVES:

When possible, try to move your kitchen and bathroom items in first as well as bed linens and towels. When you are moving, especially with young children, have the essentials to make a snack, shower and put them in bed is great rather than try and find the boxes among the hundred others you have piled up.



Moving one piece or a few, across town or in house, call...

The Moving Guys

Family And Corporate Movers

(732) 333-1800

240 Boundary Road, Marlboro, NJ 07746

529 Atlantic City Blvd, Beachwood NJ 08722

www.MovingGuysNJ.com | info@MovingGuysNJ.com

PACKING COUPON
1 Free Hour of Packing Labor Only
w/a 3-hour minimum, plus materials
With this coupon. Cannot be combined.
Coupon must be present at time of estimates.

BOX COUPON
5 FREE Wardrobe Boxes
with move of $700 or more
to be brought out on day of move
With this coupon. Cannot be combined.
Coupon must be present at time of estimates.

MC# 696812 | DOT# 1967597 | NJ Lic #39PM00103100

Mortgage Shopping Tips

When shopping for a home mortgage make sure you obtain all the relevant information:

- Research current interest rates. Check the real estate section of your local newspaper, use the Internet, or call at least six lenders for information.
- Check the rates for 30-year, 20-year and 15-year mortgages. You may be able to save thousands of dollars in interest charges by getting the shortest-term mortgage you can afford.
- Ask for details on the same loan amount, loan term, and type of loan from multiple lenders so that you can compare the information. Be sure to get the Annual Percentage Rate (APR), which takes into account not only the interest rate but also points, broker fees, and other credit charges expressed as a yearly rate.
- Ask whether the rate is fixed or adjustable. The interest rate on adjustable rate mortgage loans (ARMs) can vary a great deal over the lifetime of the mortgage. An increase of several percentage points might raise payments by hundreds of dollars per month.
- If a loan has an adjustable rate, ask when and how the rate and loan payment could change.
- Find out how much down payment is required. Some lenders require 20% of the home's purchase price as a down payment. But many lenders now offer loans that require less. In these cases, you may be required to purchase private mortgage insurance (PMI) to protect the lender if you fall behind on payments.
- If PMI is required, ask what the total cost of the insurance will be. How much will the monthly mortgage payment be when the PMI premium is added and how long you will be required to carry PMI?
- Ask if you can pay off the loan early and if there is a penalty for doing so.

There is a long list of sources for mortgages loans: mortgage banks, mortgage brokers, banks, thrifts and credit unions, home builders, real estate agencies and Internet lenders. For more information on home buying and mortgages, visit Fannie Mae's website or call 202-752-7000.

494 Monmouth Road (Rt. 537)
Millstone Twp, NJ 08510
in Jade Plaza
Office 609-208-1800

RE/MAX®
Homeland WEST

$450,000 Upper Freehold Twp.
Meticulously Updated & Maintained 3 BR, 2.5 Bath Home On 1.19 Acres. Open Floor Plan, Full Finished Basement, 2 Car Garage & Multi Level Deck.

$699,900 Jackson Twp.
Gorgeous 5 BR, 4.5 Bath Colonial on 1.22 Acres. Dramatic 2 Story Foyer, Gourmet Kitchen, 2 Story Family Rm Fireplace, Full Finished Basement w/Theater Rm, Salt Water Heated Inground Pool & Much More!

$835,000 Marlboro Twp.
Commercial 2,070 Sq Ft. Building Highway Frontage With Full Basement & Plenty Of Parking. Recently Remodeled With New Roof, Siding, Deck, Front Entryway & Landscaping.

$575,000 Jackson Twp.
Five Bedroom, 2 Baths Colonial w/In-Law Suite On 1st Floor. Beautiful Center Island Kitchen, Family Rm w/Fireplace, Library, Basement w/ Media Rm, Sunroom w/Skylights, Inground Pool & Pond Completes This Home.

$335,000 Freehold Twp.
Move In Ready 3 BR, 2 Bath Home With New Kitchen, Newer Roof, Updated Flooring, Family Room w/Fireplace, Full Basement, 2 Car Garage & Large Deck in Private Rear Yard.

$325,000 Howell Twp.
Open Floor Plan For This 3 BR, 2.5 Bath Home With Formal Dining Room, Family Room, Finished Basement, Fenced Backyard w/Pool & Deck. Newer Roof Too!

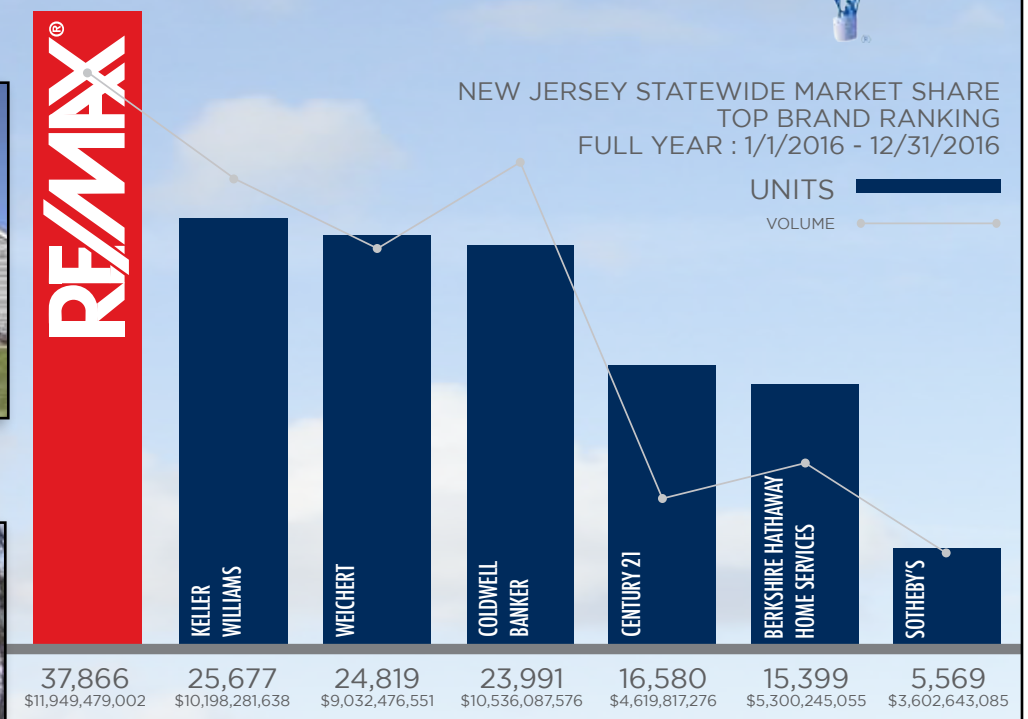
NOBODY
SELLS MORE HOMES
IN NEW JERSEY
THAN RE/MAX

$382,000 Old Bridge Twp.
Five Year Young Burke Model Townhome Featuring 3 Levels Of Living Space Including A Lower Walk Out Bonus Area With Private Half Bath & Outdoor Patio. Three BR, 2 Full/2 Half Baths, One Car Garage. Lovely Development w/State of The Art Clubhouse.

$450,000 Monroe Twp
Stunning Contemporary Home With Open Floor Plan. 3 BR, 2.5 Baths, Two Story Living & Family Rm, 2 Car Garage, Cul De Sac Location With Golf Course Views!

$450,000 Freehold Twp.
Charming Country Colonial On 2 Wooded Acres. 4 BR, 2.5 Baths, Eat In Kitchen w/ Plenty Of Cabinets, Formal Dining Rm w/Lots of Windows, Family Rm w/Fireplace, Full Finished Basement & 2 Car Garage.

$525,000 Upper Freehold Twp.
Quiet Country Living On 2 + Acres Surrounded By Several Acres Of Preserved Land. Winding Driveway Leads To This Spacious 4 BR, 2.5 Bath Colonial Home Has Many Features.



OUTSTANDING AGENTS, OUTSTANDING RESULTS.

This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/16 – 12/31/16. 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.

RE/MAX of NJ

Experienced Agents - Proven Results
Each office is independently owned and operated

LIKE US ON facebook

Gloria NILSON & co REAL ESTATE

CHRISTIE'S INTERNATIONAL REAL ESTATE

THE BRAND THAT DEFINES LUXURY REAL ESTATE, WORLDWIDE.

MATTHEW "MATT" MERRITT
Broker – Associate
Multi-Million Dollar Producer
Relocation Specialist

NEW JERSEY REALTORS® Circle of Excellence Sales Award®

SPRING is here! Home Inventory is at a Record low, NOW is the time to list your home for sale!

My Team and I have already Closed and Pended over 20 Homes this year in record time and for record prices! We would LOVE to help you! Call Me Today and let us show you how we can help you achieve your goal! Call 609-658-5916.

NEW LISTING

12 Whitney Drive
Marlboro
$524,950

NEW LISTING

70 Terrapin Lane
Hamilton Twp.
$324,950

NEW LISTING

18 Steeple Chase Rd.,
Millstone Twp.
$614,950

NEW LISTING

7 Doe Court
Millstone Twp.
$674,950

ACTIVE

96 E. Branch Road
Millstone Twp.
$589,950

UNDER CONTRACT

153 Rogers Ave.
Hightstown
$250,000

UNDER CONTRACT

6 Graham Place
Millstone Twp.
$549,950

UNDER CONTRACT W/ MULTIPLE OFFERS!

6 Horseshoe Drive
Millstone Twp.
$424,950

UNDER CONTRACT W/ MULTIPLE OFFERS!

4 Quail Hill Rd
Millstone Twp.
$624,950

INTRODUCING D.R. HORTON'S GATEWAY AT MONROE

170 Luxury Town Homes From the Low $400's

Featuring 3 levels of living, with 3 Bedrooms, 2.5 and up to 3.5 Bathrooms, and a 1 Car Garage making for the ultimate floor plan. Top rated schools, nearby bus stop and shopping make this a great community and an amazing place to call home! ***CALL TODAY!***

Call Matthew Merritt
for additional information:
609-658-5916

*based on pending and closed data in 2016 in Monmouth, Mercer, and Middlesex MLS systems.

Cell: 609-658-5916 | Office: 732-446-2424 x5113 | MattNJRealtor@gmail.com

Exclusive Affiliate of Christie's International Real Estate

Mercer, Monmouth, Ocean, Southern Hunterdon and Southern Middlesex Counties

*based on closed sales volume reported through Trendgraphix for the year 2015 for the combined Monmouth, Ocean, Mercer Counties.

Gloria NILSON & co

REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

THE BRAND THAT DEFINES LUXURY REAL ESTATE, WORLDWIDE.

MLS#6943213
18 Roosevelt Way, Robbinsville, NJ 08691
$679,000 Agent: Cynthia Rosen

3,438 sq. ft. situated on a corner lot on a quiet cul-de-sac in desirable Crestwood Acres. 4br,2.5ba brick Cedar Model with vaulted ceilings with skylights and so much more. Make an appointment to see all this home has to offer.

MLS#6957885
25 Cardinalflower Lane, Princeton Junction, NJ 08550
$344,900 Agent: Jessica Leale

Pride of ownership shines from every room in this wonderful 2br, 2ba Village Grande 55+ Community home! Staring in the oversized and bright kit, enjoy the large living room with a gas fireplace, dining room & upgraded sunroom. 2 car garage. This is a must see!!

MLS#6957181
102 Compton Cir., Robbinsville, NJ 08691
$615,000 Agent: Suzanne Garfield

Welcome home to one of the best locations in Robbinsville's desirable Dalton Meadows. Spacious East-facing 4br, 2 full, 2 half ba Col on a cul de sac is a must see. Oversized fin bsmt w/powder room and plenty of closets for storage. This home is move-in ready! Don't miss it!!

MLS#6751197
1 Sienna Ct., Robbinsville, NJ 08691
$749,900- $1,099,900 Agent: Anthony "Tony" Rosica

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

MLS# 6896083
354 Shawn Place, North Brunswick, NJ 08903
$659,900 Agent: Banumathy Rajan

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

MLS#6950554
9 Windward Way, Robbinsville, NJ 08691
$849,999 Agent: Robert Angelini

WOW! Best describes this gorgeous 4br, 4.5ba Col located in Combs Farm. This home offers 3,658 sq fr of luxurious living space + an add'l 1206 sq ft fin walk-out bsmt. 3 car side entry gar, an added 19x19 Florida rm. Better Hurry! Much better value than buying new construction.

MLS#6957474
8 Evesboro Rd., Chesterfield, NJ 08515
$489,900 Agent: Meghan Parker

New Construction without the wait! Impeccably maintained 3,000 sq ft Hesse model home professionally decorated tucked back in the highly desirable Cross Creek at Chesterfield Community. Offering 4br, 2.5ba with an open floor plan. Come be impressed for yourself schedule a showing today!

MLS#6927433
5 Anderson Lane, Robbinsville, NJ 08691
$589,900 Agent: Jessica Leale

Recently updated 4br, 2.5ba home boats brand new netural carpet, fresh paint, and new upgrades. First floor laundry room adds to the convenience of the home and leads to the 2 car garage. Walking distance of town center.

MLS#6899584
17 Fanning Way, Pennington, NJ 08534
$487,900 Agent: Jan Rutkowski

3br, 2.5ba Beautiful colonial in the Smiths Crossing section of Brandon Farms. Bosch SS5 burner range & dishwasher, granite top counters and breakfast bar. 1st laundry room. Fully fenced backyard & front yard nicely landscaped. Don't pass this one by.

MLS#6950188
148 Walnford Rd., Upper Freehold, NJ 08501
$1,179,999 Agent: JoAnn Stewart

4br, 4ba fabulous Country home on 27.15 pristine acres in Upper Freehold. Open floor plan, grmt kit, updated baths w/heated flrs and so much more. Just bring everyone and your horses and truly enjoy this wonderful estate that is Move-in ready!!

MLS#6910231
63 Honeyflower Lane, West Windsor, NJ 08550
$439,900 Agent: Donna Moskowitz

3br, 2.5ba Eden model in 55 and over Community. Open floor plan includes Master bedroom, sunroom, & added den/office/bedroom on main level. Home has solar heating, newer air conditioning & heating system & hot water heater all approx. 2 yrs ago. Come take a look!!

Monmouth County's #1 Real Estate Broker Gloria Nilson & Co Real Estate*
is actively looking for new real estate associates.
Call John Burke for an interview and information on our Tuition reimbursement program.

** #1 in Monmouth County according to Monmouth County MLS from 1/1/2015 - 12/31/2015 in closed Sales volume.*

NEW LOCATION Millstone Office 500 Route 33, Suite 1 B, Millstone • 732-446-2424

glorianilson.com

You have always been there for your mom, and now Golden Years Care is here for you

Medicaid/J.A.C.C. Covered Service

Call Us Today For A Tour or Info!
(732) 851-6640
www.GoldenYearsCareNJ.com

- Medical Appointment Transportation
- Around-the-clock attention
- Physical & Occupational Therapy In House
- Free Door-to-Door Transportation
- Delicious Food Options (Spanish, Russian, Italian & more)
- Onsite & Offsite Activities: (Ping Pong, Zumba, Shopping Excursions, Museums, Crafts, Trips to the Shore and much more)
- Onsite Hairdresser

Serving Monmouth, Middlesex & Ocean Residents

Conveniently off Rt 33 and NJ Turnpike Exit 8
108 Woodward Rd.
Manalapan, New Jersey

If your loved one needs care during the day, trust Golden Years Care to put them in good hands!

Awareness Can Prevent Teen Suicide

By Susan Heckler

From the moment your child comes into this world, your life as an individual has changed, and you will forever be a parent. Your new responsibilities grow and morph as your child matures. Each phase of life brings different bumps and rewards as a parent. As you get over one hurdle, another one is right there in front of you.

One horrendous hurdle that looms in front of every parent seems to be Teen Suicide.

I can hear you thinking… "Not My Child"….please don't.

NO matter how well you parented and how amazing your feel your child is, no one is immune to this tragedy. Suicide is the third leading cause of death in adolescence and the second for college aged students. No one can imagine that your own child might become one of those statistics.

The Center for Disease Control study released in April 2016 looked at a 15-year spread beginning in 1999. They found that the suicide rate rose nationally by 24 percent, from 10.5 deaths per 100,000 people to 13 per 100,000.

Girls aged 10 to 14 saw the largest increase in suicide, climbing 200 percent.

One local school district is urging parents to preview the Netflix show "13 Reasons Why" before allowing your children to view it. There are concerns about the series glamorizing the issue of suicide and not sufficiently addressing the mental health issues.

One national study establishes that almost 20% of high school students admitted to thinking about suicide and almost 8% acknowledge actually making an attempt. Some children are more expressive of their feelings than others. Look…listen…and learn what is on your child's mind and what is in their heart. If they are not expressing it verbally, observe their actions or changes in behavior. It may save their life.

Warning Signs:

FEELINGS that seem different from the past, such as hopelessness, fear of losing control, helplessness, worthlessness, feeling anxious, worried or angry often.

ACTIONS which are different from the way your child acted in the past, especially things like talking about death or suicide, taking dangerous risks, withdrawing from activities or sports or using alcohol or drugs.

CHANGES in their personality, behavior, sleeping patterns, eating habits, loss of interest in friends or activities, or sudden improvement after a period of being down or withdrawn.

THREATS or hints can convey a sense of hopelessness, worthlessness, or preoccupation with death. Making plans like giving away favorite things, studying ways to die, obtaining a weapon or stash of pills; suicide attempts like overdosing or cutting.

SITUATIONS can serve as "trigger points" for suicidal behaviors. These include things like loss or death, humiliations, rejections, failures, getting in trouble at home, in school or with the law, a break-up, or impending changes for which your child feels scared or unprepared.

Acknowledging that suicide is as much a risk for your child as anyone else's child is the first step in prevention. Talking with your children about suicide opens up communication about a topic that is often kept a secret.

Nearly 60% of all suicides in the United States are completed with a gun. If you own one, is it unloaded, locked, and kept under lock and key?

Overdose using over-the-counter, prescription, and non-prescription medicine is also a very common method so careful monitoring all medications in your home is important.

Young people with mental health difficulties — such as anxiety, depression, bipolar disorder, or insomnia — are at higher risk for suicidal thoughts.

There is an excellent short video on the website of SPTS - SOCIETY FOR THE PREVENTION OF TEEN SUICIDE (110 West Main Street Freehold, NJ 07728, (732) 410-7900) called Not My Kid http://www.sptsusa.org/not-my-kid/ that offers a wealth of knowledge to all parents. Watch it and spread the word because you never know who's life you may be saving.

Fortunately, New Jersey is among few states that provides ongoing youth suicide prevention and public awareness as a continued commitment to the reduction and ultimate elimination of suicide among youth. This means New Jersey residents have a lot of resources available to them.

The Traumatic Loss Coalition for Youth Program (TLC) at University Behavioral Healthcare at Rutgers (ubhc.rutgers.edu/tlc) is funded by the DCF. TLC is an interactive, statewide network that offers collaboration opportunities and support to professionals working with school-age youth. 151 Centennial Avenue Piscataway, NJ 08854 (732)235-2810

2ND Floor Youth Helpline (www.2ndfloor.org) at 180 Turning Lives Around is funded by the DCF. 2ND Floor serves youth and young adults (ages 10-24) in New Jersey. (888)222-2228

NJ Hopeline (www.njhopeline.com) is New Jersey's dedicated in-state peer support and suicide prevention hotline staffed by mental health professionals and peer support specialists 24 hours a day, seven days a week. The service is available to callers of all ages for confidential telephone support (except when a suicide attempt is in progress), assessment, and referral. Crisis chat is also accessible through the website and the service can be reached by texting njhopeline@ubhc.rutgers.edu or (855)654-6735.

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. (1-800-273-8255)

Consoling Counselors

When you are experiencing a loss, due to illness or death, we are specialized professionals who will come to your home or office. Confidential, convenient, competitive rates.

Experts in Bereavement

Covering most of Northern and Central New Jersey

www.consolingcounselors.com 973.718.1813

Talking About How You Will Pay For Your Future Health Needs Is "The Missing Piece of the Retirement Puzzle"

Where you're going is up to you.

Our job is to help you get there.

Your goals are what really matter. That's why we'll take the time to understand what's most important to you: your family, your work, your hopes and dreams. Then we can help you get ready for the future with a financial strategy that's designed just for you.

Shawn Gold Wealth Management

Shawn Gold, CIMA®
Wealth Management Advisor
609.243.7837 • shawn.gold@ml.com

Farah Kazmi
Client Associate
609.243.7831 • farah.kazmi@ml.com

Merrill Lynch
7 Roszel Road
4th Floor
Princeton, NJ 08540
fa.ml.com/shawngold

Merrill Lynch
Bank of America Corporation

Life's better when we're connected®

Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

Investment products: **Are Not FDIC Insured** | **Are Not Bank Guaranteed** | **May Lose Value**

The Bull Symbol, Life's better when we're connected and Merrill Lynch are trademarks of Bank of America Corporation. CIMA® is a registered certification mark of Investment Management Consultants Association, Inc.

© 2016 Bank of America Corporation. All rights reserved. | ARVMSMBT | AD-02-16-1351 | 470949PM-1215 | 03/2016

Divorce and Special Needs Children

By Mia Ingui

Divorce is one of the hardest concepts to grasp for a child with special needs. The negotiable aspects of divorce, like visitation times, custody, and property division are difficult things to understand for any child. If your child has special needs and you are now a single parent, you will have to plan out your future and take careful precaution. Before the divorce is through, make sure the terms of taking care of your special needs child are set and understood, since legally, the terms of a divorce are as follows: With whom will the child live? How much contact will the parents, legal guardian or other parties be allowed to have? To whom and by whom will child support be paid and in what amount? This stresses the importance of addressing the extra attention a child of special needs will require. To do this, first explore what page you and your spouse are on concerning your child's disabilities and abilities. It is also essential that your family law attorney work with a special needs attorney as well as an experienced financial adviser to eliminate the risk of losing your child's entitlements. The care of the child also comes into play. Since caring for your child with special needs may extend as they age, you need to tailor your divorce agreement for the long-term. Divorce is not easy, but it may work out better for you and your family by taking a practical look at what special needs exist and how they are appropriately addressed during the divorce.

VOTE JUNE 6th

Sam THOMPSON
★★★ SENATE

Ron DANCER & Rob CLIFTON
★★★ ASSEMBLY

- ☑ **OPPOSED** the GAS TAX INCREASE.
- ☑ **OPPOSE** Excessive unused sick leave payouts for government employees.
- ☑ **TOOK ON** their own party, and the governor, to give voters a voice in protecting our farmland and open space.
- ☑ **NO INCOME TAX INCREASES** in eight years.
- ☑ **LESS** state government employees than in 2008.

Vote for **Senator Sam THOMPSON** and **Assemblymen Ron DANCER** and **Rob CLIFTON** on **JUNE 6th** in the Republican Primary.

Paid for by Clifton for Assembly, 2507 Beech Street, Point Pleasant

THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

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

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

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

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

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

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

JOHN T. BAZZURRO, Esq. - Board Certified Civil Trial Attorney
LAW OFFICES OF JOHN T. BAZZURRO, LLC
200 Meco Drive, Millstone Township, New Jersey 08535
Phone (732) 410-5350 Fax (732) 810-0006

LAW OFFICES OF
JOHN T. BAZZURRO LLC

LARGE FIRM REPRESENTATION WITH PERSONAL ATTENTION

AREAS OF PRACTICE:
- Personal Injury
- Motor Vehicle Accidents
- Nursing Home Neglect
- Wills
- Municipal Court Practice, Including Defense of DWI, Traffic Tickets and Non-Indictable Offenses
- Workers Compensation
- General Civil Litigation
- Employment Law
- Residential and Commercial Real Estate Transactions

Certified by the Supreme Court of New Jersey as a Civil Trial Attorney
Member of New Jersey and New York Bars

David P. Levine, Esq. Of Counsel to the Firm
200 Meco Drive, Millstone Twp., NJ
Email: jtbazzurro@bazzurrolaw.com
732-410-5350 • www.bazzurrolaw.com

LIBERTY
INSURANCE ASSOCIATES
COUNSEL • ADVOCACY • SERVICE
525 State Route 33 • Millstone Twp, NJ 08535 • (732) 792-7000
www.LibertyInsurance.com

Insurance Made Easy by the Professionals at Liberty

We have a team of experts who live in, care about, and understand our community, with focuses on different segments of insurance including:

Commercial Lines of Coverage
-Contractors
-Landlords
-Marinas
-Manufacturers
-Retail Stores and Services

Personal Lines of Coverage
-Home
-Auto
-Umbrella
-Boats
-RV's

Health Insurance
-Group Plan Design
-Medicare Supplement
-ACA "Obamacare" Compliance tools
-Voluntary/ancillary benefits

Life Insurance
-Whole Life
-Term Life
-Variable and Universal Life
-Annuities

Financial Services and Estate Planning
-Tax Planning & Strategy
-401K
-Investments
-College Savings Plans

...and much, much more!

Call us For A Free Independent Policy Review at 732-792-7000, or request a quote online at www.LibertyInsurance.com

Take control of your future.

Take a financial workshop.

Join us for our free financial workshops.

Attend any of our complimentary workshops at your local Schwab branch. They'll offer the information and insight you need to make better financial decisions. And to take charge of your money. Space is limited.

To reserve your spot, call **(732) 298-6380** or visit **schwab.com/freehold**.

Rebecca A. Proske, CFP®
Independent Branch Leader
and Financial Consultant

Freehold Independent Branch
3425 Rt 9 North, Suite 101
Freehold, NJ 07728
(732) 298-6380

Funding Your Paycheck in Retirement
Tuesday, April 18, 2017
2:00 p.m.–3:00 p.m.

Planning Today for Your Tomorrow
Tuesday, May 2, 2017
5:30 p.m.–6:30 p.m.

charles SCHWAB

Own your tomorrow®

Investing involves risk including loss of principal. Investment strategies cannot guarantee a profit or protect against loss in declining markets and may not be suitable for everyone. Presentations are informational and should not be considered as personalized investment advice or recommendations.

©2017 Charles Schwab & Co., Inc. ("Schwab") All rights reserved. Member SIPC. MWD94284-5 (0913-6061) ADP91816-00 (4/17)

FAMILY FINANCE

Now that the New Year is into full swing, and tax time is behind us, you may be taking stock in those resolutions you made. Common resolutions to exercise and lose weight might come to mind first. But your health and wealth go hand in hand–now and when you retire. To make sure you are doing everything you can today to plan for a better tomorrow, consider these tips for making yourself healthy, wealthy, and wise.

Tip 1: Save as much as you can, as soon as you can

No matter what your age, you should be saving for your future. Start young and you can put the power of compounding on your side. Your money will grow faster over time as your earnings produce their own earnings. With the price of gas dropping, put the money you save into a retirement account or away for your child's college education.

Tip 2: Prepare and prevent

When planning for a healthy future, preparation and prevention play a key role.

Preparation means saving for retirement and making sure you have appropriate insurance.

Prevention means having routine tests, screenings, and health exams to catch any problems before they become serious and expensive health conditions.

Tip 3: Understand your retirement benefits

Learn as much as you can about your retirement savings plan. Don't miss out on the company match your employer offers, and AVOID taking loans and withdrawals that can reduce the money you'll have available in retirement.

If you have a pension plan, find out about projected benefit levels at various retirement ages and under various distribution options.

Also be sure to review your personal Social Security statement that is available online at socialsecurity.gov/myaccount. The statement is an easy-to-read record of your earnings and a summary of the estimated Social Security benefits you may receive as a result of those earnings.

Another helpful tool is the Social Security Claiming Guide from the Center for Retirement Research at Boston College. The guide can help you understand your options and when the best time might be to start collecting your Social Security benefit.

Tip 4: Insure you have a better future

Make sure you have the insurance you need to protect your health and financial future before and after you retire. As you approach retirement, learn everything you can about Medicare, supplemental health policies, and long-term care insurance. While you don't want to waste money by having too much insurance, you also need to be careful you aren't leaving yourself exposed to financial catastrophes.

Tip 5: All things in moderation

Moderation (and diversification) is good advice for many aspects of your life. Your investments should be appropriately diversified (not too risky, not too conservative, and typically not all in one basket). To determine an asset allocation strategy that's right for you, take an interactive risk tolerance quiz.

Your diet should be diversified, too. Try to include all the food groups in your daily menu. Even with exercise, try to include weight training, aerobic workouts, and simply incorporating more activity into your daily routine.

Everyone pays tax...
JUST PAY LESS!

Kenneth R. Deitz
Certified Public Accountant

THERE HAS NEVER BEEN A MORE COMPELLING TIME FOR YOU TO SEEK PROFESSIONAL TAX ADVICE TO ENSURE YOU ARE RECEIVING EVERY POSSIBLE TAX BENEFIT YOU ARE ENTITLED TO AND ARE PAYING THE ABSOLUTE LEAST POSSIBLE TAX!

MAJOR CHANGES IN THE TAX LAWS MAY IMPACT YOU

LACK OF PROPER ADVICE CAN COST YOU HUNDREDS, EVEN THOUSANDS OF DOLLARS OF TAXES!

USE YOUR COMMON "CENTS" AND CALL TO SETUP AN APPOINTMENT:
DAYS, EVENINGS & WEEKENDS ARE AVAILABLE! AT YOUR HOME OR OUR OFFICE, AT YOUR CONVENIENCE!
Serving Middlesex and Monmouth Counties

Phone: (732) 780-3665 or (908) 415-8367
Fax: (732) 780-4402
email: deitzfreeholdcpa@gmail.com • www.kendeitzcpa.com
Authorized IRS E-File Provider • Major credit cards are accepted

Multiple Policies.
One agent.

I can help you save time & money.
One agent for all your insurance needs saves time. And Allstate's multi-policy discounts are an easy way to save money. For affordable protection for your car, home, boat, motorcycle and more, call me first.

Sharer & Associates Inc
732-446-4919

500 State Route 33
Millstone Township
allstateagencies.com/donnsharer

Allstate
You're in good hands.
Auto Home Life Retirement

Insurance and discounts subject to terms, conditions and availability. Allstate Property and Casualty Insurance Company, Allstate Indemnity Company, Allstate Insurance Company, Allstate Vehicle and Property Insurance Company: Northbrook, IL. © 2010 Allstate Insurance Company

62173

New Jersey Investment Firm Begins Focusing On Distressed Opportunitiess

Rucker Capital Advisors, LLC ("Rucker Capital") is a New Jersey private merchant bank whose strategy is to become the largest sponsor of high risk high return investment opportunities for accredited investors.

Rucker Capital stresses to its clients to control high risks by only investing what he or she can comfortably afford to loose. Seeking to achieve extraordinary returns involves high risks, and one way to manage those risks is to limit the amount at risk. Rucker Capital is not for everyone. "We are only for a special type of high income risk taking individual and are not certainly not for everyone especially those that follow the crowd," says a Rucker Capital's spokesperson.

Rucker Capital sponsors companies that raise pools of capital through private placements for companies that use their capital to acquire or merge with distressed and high growth venture stage companies. Sponsored companies use their cash in acquisitions which effectively provide funding for the target company. Despite the stock market's current performance, no one except contrarians like Rucker Capital are currently focused on distressed companies. However, the firm believes that over the next three years distressed opportunities will offer some of the best profit generating opportunities that we have seen in recent decades because the probability of asset prices (including stock prices) decreasing is substantially higher than the probability of asset prices increasing. This higher probability of an asset price decline combined with very high corporate and governmental debt levels will lead to many companies having unsustainable debt levels, therefore causing them becoming distressed.

Rucker Capital Principals' who have advised on billions of dollars of financial transactions point to the following fundamentals that indicate the probability of this asset decline:

1. **Stock prices are very high as a percentage of Gross Domestic Product ("GDP")**

As of March 8, 2017, the total value of the stock market as a percentage of GDP was 130.6% which indicates that stock prices may be overvalued. GDP represents the total value of goods and services produced in the market. Rucker Capital believes that this fundamental ratio of GDP and the changes in GDP should have a relationship to stock prices within a range. The only period where the ratio has been higher is right before the major market decline in 2000.

Rucker Capital | Private Merchant Bank

Rucker Capital Prudent Speculators I

Focused on acquiring a distressed company at an attractive price and successfully turning the company around to profitability.

- $ 1,000 Per Class A Share
- $ 800 Per Class B Share

Call us: (201) 855-9142
www.ruckercapitaladvisors.com

This is not an offer to buy or sell securities./ All securities transactions are conducted through a member of Finra. Accredited Investors only.

2. **Price to earnings ratios for the S&P 500 index are high compared to historical ratios**

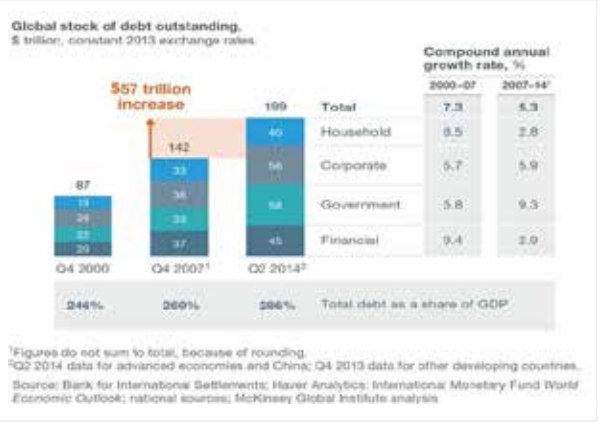
As of March 7, 2017, the price to earnings ratio for the S&P 500 index was 26.58 times earnings. This ratio represents how much one pays for each dollars of earnings. This ratio assumes that if there were no growth in earnings it would take 26.58 years to recover or payback your investment. Rucker Capital believes that this may indicate that many stocks may be overvalued. This ratio is substantially higher than the 15.64 mean and 14.65 median ratio since the 1800s.

3. **Federal debt is 105% of GDP**

Federal debt is currently 105% of GDP. This is very high compared to historical levels. Federal debt to GDP has increased dramatically since the 2007 Great Recession. This high debt to GDP severally limits the flexibility that the government has in the event of any financial downturn. A major tax cut will only cause this ratio to become worse.

4. **Since 2007, worldwide debt has increased by over $57 trillion and is in excess of $199 trillion dollars.**

Mckinsey & Co. one of the leading consulting firms has indicated that Global debt has increased to $199 trillion since the 2007 Great Recession. These higher debt levels combined with higher interest rates can make servicing this debt increasingly difficult for highly leveraged corporations. This combined with a decline in asset values can lead many corporations to become distressed.



Although most people are focusing on the current rapid gains they have experienced in their stock portfolios, Rucker Capital Advisors believes that the fundamentals indicate that those that are positioning themselves to take advantage of distressed opportunities when they present themselves will likely be the real winners over the next three years. However, these returns are not without high levels of risk so one must act prudently and not commit more capital than they can comfortably afford to loose. Rucker Capital Advisors, LLC is currently sponsoring a company that is raising capital through a private placement to accredited investors only that will focus on distressed opportunities. For those that may have an interest in learning more can contact Rucker Capital Advisors, LLC at (201) 855-9142 or visit them online at www.ruckercapitaladvisors.com.

This is a paid advertisement.

Jacuzzi

TRUCK LOAD SALE

Your Choice
60 MONTHS
0% INTEREST
or
$2000-$4000 OFF

Make An Appointment to Test Soak Today!

Jacuzzi

60TH ANNIVERSARY

CENTRAL JERSEY POOLS

12 MODELS ON DISPLAY

ABOVE & IN-GROUND POOLS • HOT TUBS • OUTDOOR FURNITURE • OUTDOOR KITCHENS
CHEMICALS • POOL PARTS • TOYS • SERVICE • POOL TABLES • GENERATORS & MUCH MORE!

CENTRAL JERSEY POOLS PATIO & MORE

4235 Rt. 9 North, Freehold, NJ
1 mile north of the Freehold Raceway Mall
(732) 462-5005
centraljerseypools.com

HIC LIC#13VH01191400.

CENTRAL JERSEY POOLS Celebrating Over 60 YEARS Quality · Service · Selection

Thinking Shower Doors? Think SHOWERMAN®

The Frameless Shower Door EXPERTS

GO FRAMELESS

15 Year WARRANTY ONLY AT SHOWERMAN

We Offer

- Low Iron Ultra Clear Tempered Glass
- Showerguard Protective Coating E-Z To Clean!

Reasons To Use Showerman®

- 40 Years of Excellence
- No Salesman - *"We Measure"*
- Our factories have the latest water jet & laser cutting equipment!
- We do not outsource or labor - all installation done by our own trained craftsmen!
- Pleasurable experience - from 1st phone call to actual installation
- Great reviews
- Our famous 15 Year Warranty!

SHOWROOM OPEN Mon-Fri 9am-5pm & Sat 10am-4pm

SHOWERMAN®
$100 OFF
Your Purchase of $1,000 *or more*
With coupon. Must be presented at time of sale.
Cannot be combined with other offers. Expires 6/15/17

SHOWERMAN®
$200 OFF
Your Purchase of $2,000 *or more*
With coupon. Must be presented at time of sale.
Cannot be combined with other offers.. Expires 6/15/17

Like Us On facebook

www.ShowerMan.com

License # 13VH07021500

Showroom: Galleria Plaza • 100 Rt. 9N • Manalapan, NJ • 732.303.9044 • Email: sales@showerman.com

THE COMPLETE HANDYMAN

Home Improvements

"No Job Too Big Or Too Small"

All types of repairs
and installations,
Finished Basements,
Bathrooms, Kitchens, etc.

Lic. #13VH04304300 *Fully Insured

Serving Monmouth, Mercer and Middlesex County

Bob Yacovelli

732-735-1540

Shade Shoppe LLC

Custom Window Treatments

Save Up To

40%

COMMERCIAL-RESIDENTIAL

Vertical Blinds, 2" Wood Blinds
Mini Blinds, Cellular Shades
Rollar Shades, Zebra Rollar Shades

1-2 windows 25% off
3-5 windows 30% off
6 + windows 40% off

Call for Additional Discount

732-961-6913

EAST WINDSOR FLOOR COVERING

WE ARE THE CROSSROADS WHERE QUALITY, PRICE AND SERVICE MEET!

10% OFF

ALL PURCHASES OVER $1500.00

CANNOT BE COMBNE WITH ANY OTHER OFFER OR PREVIOUS SALES

Stop By Our Showroom to see the materials we supply:

- Carpet
- Hardwood
- Laminate
- Ceramic
- Vinyl
- Hunter Douglas Window Treatments
- Wood Refinishing
- Area Rugs
- Vinyl Tile

Hours:
Monday - Saturday
9:00 - 6:00

Sunday
11:00 - 5:00

405 Route 130
East Windsor, NJ

609.443.6999

www.eastwindsorflooring.com

Family Owned and Operated for over 50 Years!

Custom Awnings.. Elegance & Style at a price you can afford!

Add Value, Style and Comfort to Your Home!

VERSATILE DURABLE ELEGANT

At DSM Enterprises we design, create, and install custom awning systems to meet your exact specifications while providing the highest possible level of service and attention to detail.

FREE Wind Sensor
With Any Retractable Awning Installation
***A $300 Value!** Limited Time Offer. Not to be combined with any other offer. Must present coupon.

$150 OFF
Any Job Over $1000
Limited Time Offer. Not to be combined with any other offer. Must present coupon.

DSM ENTERPRISES
RESIDENTIAL & COMMERCIAL AWNINGS

732-380-9779
www.dsmawnings.com

FREE ESTIMATES
FREE INSTALLATION
One of the finest craftsmen of custom awnings in New Jersey.

Residential Commercial
HIC 13VH04770800

Window Awnings • Canopies • Retractable Awnings • Domes

COOPER Pest Solutions®
Bugs are **Smart**, We're **Smarter**

ENJOY A Bite-Free Yard ALL SUMMER!

Our Mosquito-Free Program is so effective you will be able to take back and enjoy your yard without worrying about mosquitoes!

855-486-1116 • CooperPest.com

Save $50 on any Pest Control Program
This offer is available for new clients only and cannot be combined with any other offers or discounts. One time services are not eligible for this offer.
Expires 6/30/17

Have a problem with Carpenter Bees, Wasps, Ants or Ticks?

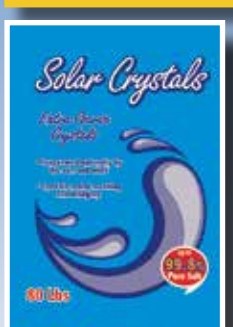
Our Spring and Summer Services include:

- Termite Protection
- Wasp & Tick Prevention Services
- Carpenter Bee Removal & Prevention
- Ant Elimination & Control
- Bite-Free Mosquito Program
- And Much More!

We Will Beat ANY Competitors Price!
Let East Coast Salt do the heavy work, from our warehouse to your basement.

EAST COAST SALT

CALL TODAY FOR **FREE DELIVERY**
732.833.2973
621 Wright Debow Rd., Jackson NJ 08527
FAX: 732.833.4162 · www.eastcoastsalt.com
Toll Free: 1.888.273.1444



Receive **One FREE Bag** with order of Sun Crystals with Rust Away
Cannot be combined with other offers & a Minimum of 800 lbs on delivery only
Expires 6/30/17

PICK UP SPECIALS on products when they are picked up

$11.90 with a minimum order of ten bags for the Solar Crystals with Rust Away
(the orange bag)
Cannot be combined with other offers & a minimum of 800 lbs on delivery only
Expires 6/30/17

Like us on Facebook for promotions

GUNTHER
Publishing Enterprises, Inc.

Get To Know Our Publications

CALL FOR A FREE MARKETING REVIEW
732.995.3456
info@guntherpublications.com
www.GuntherPublications.com
We've Got Your Business Marketing Covered!
In Print, Direct Mail, Online, Social Media & more

HAYWARD®

Family Owned and Operated
Over 40 Years Experience!

Special Offer!
Book Your Pool Opening and Save!
Call for details.

Pools Starting at $28,900

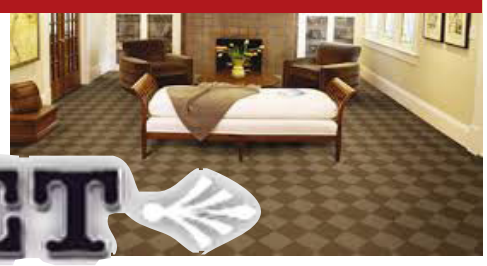
WE REPLACE VINYL POOL LINERS!

Friendly On-Site Repair & Service • We Service All Pools • Full Retail Store

Fiberglass Pools
Pool Designs Inc.
609-324-9900
Poolinaday.com • 22 Route 130, Yardville, NJ

Your Neighborhood Carpet and Flooring Store

A.B. CARPET



Owners Chris and Walter Ganz

Concordia Shopping Center
1600 Perrineville Road, Monroe Township

Senior Discount Available

609-395-5588

www.abcarpetnj.com

Happy to serve you for 29 Years

Carpets • Carpet Runners/Area Rugs • Vinyl • Laminates • Hardwood

FREE Padding • Estimates • Installation
Removal of Old Carpet • Furniture Moving

Mohawk • Shaw • Quickstep • Armstrong • Kane • Mirage
Mon-Fri 9am-5pm • Sat 10am-4pm

AB CARPETS • 609-395-5588
$250 OFF
Any Sale of $2500 to $4000 Flooring Purchase
With coupon. Cannot be combines with any other offers or prior purchases.
TMT

AB CARPETS • 609-395-5588
$500 OFF
Any Sale of $4001 & up or More Flooring Purchase
With coupon. Cannot be combines with any other offers or prior purchases.
TMT

Specializing in
ALL TYPES OF FENCES
Vinyl • Aluminum • Custom Wood • Chain Link • Railings & Guard Rails
Other Services Provided:
• Spring Cleanups • Sod • Mulch & Stone
• Natural Fence Lines

FREE DELIVERY SHEDS & SHED PADS

Classic
FENCE & LANDSCAPE

Google

10% OFF ANY JOB
Not valid with any other offer.
Expires 6/15/17

Angies List
A RATING &
2016 Super Service Award Winner

FREE ESTIMATES • 732-409-7098
ClassicFenceNJ.com

Fully Insured
LIC # 13VH06585500

Like us on Facebook

TIMBERWOLF
TREE SERVICE

QUALITY WORK • FULLY INSURED

• PRUNING
• SHAPING
• TREE REMOVAL
• LOTS CLEARED
• 75' BUCKET TRUCK
• STUMP GRINDING
• SNOW PLOWING
• TOP QUALITY COLORIZED MULCH

CALL JOHN STANLEY
609-918-1668
WWW.TIMBERWOLFTREESERVICE.COM
PLEASE SUPPORT LOCAL SMALL BUSINESSES

MEMBER ISA

CARPETS TO GO & FLOORING

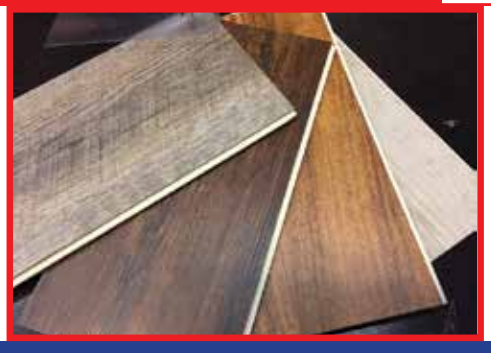
WAREHOUSE EVENT

GOING ON NOW

ALL 600 CARPET REMNANTS, PRICED TO SELL

*Binding & Installation Available

LUXURY VINYL PLANKING



Starting at $3.29 sq. ft. MATERIAL ONLY

* 4 IN STOCK COLORS
* 100% WATERPROOF
* ATTACHED BACKING

IN STOCK CARPET

Starting at 99¢ sq. ft. MATERIAL ONLY

1787 Rt. 9 North, Howell
(Across from Home Depot)

732-462-2420

NJ LIC #13VH08839800

Tues-Sat: 10am – 6pm

WWW.CARPETSTOGONJ.COM

Invasion of the Lawn Snatcher

CHINESE PACKING GRASS

By: Pam Teel

Have you noticed over the past few years the aggressive weed that has been taking over our lawns, woodlands and roadsides? It's everywhere you look. You plant a garden and a week later, almost by magic it's covered with this high grass like species that seems to invade more and more area of your property each year. Yes, it has a name. The Japanese stilt grass is a relatively weak stemmed annual that can grow from one to three feet high. Its hairless stems have a sprawling growth habit that are usually branched and often root at the lower nodes. Each stem has many alternately arranged lance shaped leaves, which are pale green and up to three inches in length. Spikes with numerous quarter inch long flattened trapezoid shaped flowers emerge from the top of the plant in late summer. In the fall, the plants develop a purplish tinge.

These plants are native to eastern and central Asia and the origins here in the U.S. seem to have started in the early 1900's in Tennessee when the plants were used as packing material for fragile Asian porcelain. A hundred years ago, shipment was packed in wooden crates with gaps in between the slates. As it was loaded onto rail cars and sent to different locations, it dropped seeds along the way. People also discarded the packing grass into the environment after opening their packages. This invasive grass grows in both shade and sunny areas. It gets its name because the mature plant stems resemble stilts. It also looks a little like bamboo, which is perfectly understandable since bamboo is also a gigantic grass. By late October the weed is finished producing seeds and dies shortly afterward, but the seed can stay on the ground for up to three years and reseed.

It is currently established in many states east of the Mississippi and along the gulf coast. It has also been reported in Indiana. Statistics show that it is slowly spreading northeast to northern New England. Mowing down these weeds before seeds have set can prevent spreading. Mowing during seed production will only result in spreading the weed even more. Remember that even though this species is listed as an annual, seeds on the ground can reseed for up to a three-year span, which will result in never ending seeding. Seeds can also be windblown.

The best way to rid your property of this invasive weed is to use some kind of pesticide on it. This must be applied before the weed fruits. Seeds can often survive the chemicals so continual spraying is advised. When choosing a pesticide, please choose something other than Round up, which is owned by the GMO food-producing corporation, Monsanto.

We don't need to support them in anyway. For lawns, crabgrass control products seem to help stop the seeds from spreading. This invasive weed can grow from one to three feetnd can smother plants and gardens, invade lawns and take over the forest floor. The weed is easy to pull and should be pulled in early summer before the seeds appear. Too bad the deer do not like this plant. That would certainly be a solution to the invasion problem. Now that you know what you are dealing with, you can take the steps necessary to keep it from further taking over your property. Good Luck!

RIEPHOFF SPRING SPECIALS

Triple Ground Clean Black Hardwood Mulch
$21.00 per yard*
plus delivery
*Minimum 10 yards

Triple Ground Clean Black Dyed Hardwood Mulch
$27.00 per yard*
plus delivery
*Minimum 10 yards

RIEPHOFF SAW MILL
763 RT. 524, ALLENTOWN, NJ
609-259-7265
Hours: 7-3:30 Mon-Fri, 8-12 Sat

World Class Lawns, Inc.
IN A CLASS BY ITSELF

SERVING THE FREEHOLD AREA FOR OVER 40 YEARS

732-780-2777
Web: worldclasslawns.com
Email: worldclasslawns@aol.com

A Veteran owned company
FIND US ON Angies list
Certified Pesticide Applicators NJ Dept. of Environmental Protection licensed. #: 93730A

LAWN CARE PROGRAMS
- Aerating & Seeding
- Fertilizing
- Thatching
- Seasonal Programs
- Flee & Tick Control
- Grub Control
- Core Aeration
- Complete Lawn Renovations

TREE & SHRUB PROGRAMS
- Deep Root Tree & Shrub Fertilization
- Insect Control
- Professional Tree & Shrub Pruning
- Tree & Shrub Spraying
- Tick & Mosquito Treatments
- Trimming

Sorry, we do not cut grass!

MERGER PARTNER WANTED

*** MERGER PARTNER WANTED ***

THE US WATER TREATMENT & SOLAR ENERGY COMPANY

"We Drink to Your Health"

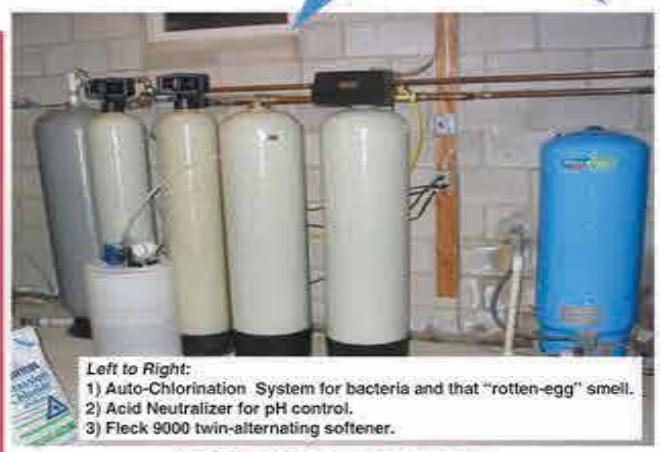
****Since 1987****

YOU CAN NEVER TAKE YOUR WATER FOR GRANTED

SPRING SERVICE PROGRAM

- Annual Sanitation of your Well, Hot Water Tanks, & All Plumbing to KILL naturally occurring bacteria & get rid of that "Rotten Egg" Smell.
- Clean & Sanitize your Brine (salt) Tank.
- Clean & Flush Safety Float Assembly.
- Inspect & Clean or Replace Injectors & Screens in Backwash Valve.
- Flush & Re-Pressurize Well Pressure Tank.
- Clean Black Mold from Mineral Tanks.
- Iron Out Treatment in All Toilet Tanks.
- "Res-Up" Treatment for All Resin Beds.
- Test Tap Water for Iron, Hardness, pH & TDS.
- Inspect Sanitary Well Cap Seal for water tightness & insure exposed casing is intact.
- Clean Housings & Replace Mechanical Filters.

A $1500 Value for Only $775 WITH THIS AD



Left to Right:
1) Auto-Chlorination System for bacteria and that "rotten-egg" smell.
2) Acid Neutralizer for pH control.
3) Fleck 9000 twin-alternating softener.

THE ULTIMATE WELL WATER SYSTEM

If you should run out of salt, or if you are using the wrong salt, your Softener will not work efficiently, and your water quality will be compromised, i.e., rust stains, mineral or salty taste.

What's The Right Salt to Use?

NATURAL SALT

Natural Salt Water Softener Salt Cubes with RESIN KLEEN

The ultra high purity of Natural Salt Water Softener Salt Cubes with Resin Kleen results in a highly soluble product, which virtually eliminates tank clean-out and helps the softening unit operate at peak efficiency. Features: Keeps softener clean & maintenance free, highly soluble 99.8% pure salt, controls mineral build-up, eliminates brine tank clean-out, helps softener operate at maximum efficiency and product sized to eliminate bridging, mushing and channeling.

or

NATURE'S OWN

Nature's Own Potassium Based Water Softener Crystals

Nature's Own processed cubes is a **POTASSIUM**, not sodium, ion exchange salt used to soften water by removing iron and other unwanted trace minerals. Your water will not only be soft, but it will actually be more healthful. Nature's Own works with any brand water softener, and Potassium can actually help lower the risk of stroke and high blood pressure. Plus, Nature's Own reduces the amount of chlorides discharged into the environment versus common salt, and it's friendlier to your lawn.

Order today and we will service your water softener free of charge while we are there.

COMPLETE SALES • INSTALLATION • SERVICE

ASK FOR SPECIAL PRICING ON:

- Salt Delivery
- Water Coolers
- Purified Water Delivery
- Sanitizing & Changing R.O. Filters
- Upgrading Your Water Treatment System
- Installation of our Bacteria Removal System
- Swimming Pool Chlorine - FREE Sanitation System
- E-Z Breathe for Dampness & Odor Removal from your Basement

What is an E-Z Breathe?
It dries damp, moldy, smelly basements!

222 Millstone Road
Millstone Township, NJ 08535

(732)446-2021 • Fax: (732)446-2506

Please visit our website @ www.uswater.net

MERGER PARTNER WANTED

May is National Water Safety Month

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Drowning is the second leading cause of death for children ages 5 to 14. With National Water Safety Month in May and summer around the corner, it's a great time for parents to remember the importance of ensuring their children are equipped with essential water safety skills. The Freehold YMCA offers youth swim lessons year round towards reducing the risk of childhood drowning, instilling a lifelong love of swimming and educating children on safety around different water environments.

Before letting your children hit the water this summer, the Y is offering these few tips to ensure it's an enjoyable and safe experience.

1. Never swim alone. Teach your children that they should only swim in locations where a lifeguard is on duty.

2. Supervise your children whenever they're in water. Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach of you at all time.

3. Don't engage in breath holding activities. Children shouldn't hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several other severe physical side-effects.

4. Wear a Life Jacket: Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.

5. Don't jump in the water to save a friend who is struggling in deep water. If a child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling them underwater with them. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using these technique children can help their friend without compromising their own safety.

6. Enroll your children in water safety or swim lessons. Just like teaching your children to look both ways before they cross the street, having them participate in formal water safety lessons teaches them an important life skill.

Learning how to swim also has multiple benefits beyond the ability to enjoy water safely. It helps children strive for physical achievement, promotes healthy living and builds their confidence. To find out how to enroll your child in the Freehold Y's swim program, visit www.ymncanj.org.

JR Scapes
Quality Workmanship With Every Project
Locally Owned
NJ License #13VH0434220
609-890-4110
20 Years Experience
• Landscaping
• Masonry
• Hardscaping
• Property Maintenance

Specializing In Outdoor Kitchens, Patios, Pergolas, Walkways, Retaining Walls, Driveways
Warranties On Every Project
Check Out Our Projects

DRIVEWAY ARMOR
We have your driveway covered.
Morganville, NJ
FOR A FREE ESTIMATE CALL: 732-972-5300
DRIVEWAY ARMOR HAS YOUR DRIVEWAY COVERED!
Seal IN the rich black color of a like-new driveway.
Seal OUT damaging weather and sun.

• Protects against water, sun, oil and gas
• Restores the rich black color & like-new look
• Extends the life of the driveway
• Enhances the curb appeal & value of your home
• High-quality professional equipment assures long-lasting results
• APPLIED BY HAND
$20 OFF ANY JOB $200+
$10 OFF ANY JOB $100-$199
Not valid with any other offers. Exp 5/31/17
15% OFF GROUP DISCOUNT for 3+ Driveways
Not valid with any other offers. Exp 5/31/17
PO Box 86 • Morganville, NJ 07751 • 732.972.5300 • HIC #13VH05503400

GaskosFamilyFarm.com

Wm Gasko's

Family Farm Greenhouses

"The Plant Warehouse"

732-446-9205

112 Federal Road
Monroe Twp.

GREENHOUSES OPEN 7 DAYS A WEEK!

MON.-SAT. 9AM-5PM
SUNDAY 9AM-3PM

Voted New Jersey's Best Garden Center

Come Walk Through Our Greenhouse & Feel The Warmth Of Spring!
OUR PRICES ARE FOR THE WHOLE SEASON NOT JUST ONE WEEK!

Remember Gasko's is committed to making gardening a fun & affordable experience!

DON'T FORGET MOM
MOTHER'S DAY SPECIALS!

Mix-n-Match
RED RUBRUM GRASS | JACOBS LADDER PERENNIAL | ELEPHANT EAR
3 8" POTS FOR $12 — $4.99 EACH

Home Grown Mix-n-Match Shrubs
3 POTS FOR $30.00 *Large 3 Gallon Pots*
Alberta Spruce • Boxwoods • Assorted Holly • Gold Thread Cypress • Azaleas • Rhodis • Barberrys Junipers • Many, Many, More

Great Selection of Ground Covers $7.99 FLAT
IVY~VICA MINOR ~ PACASANDRA

KNOCK-OUT Roses
$12.99 each
3 GAL POT

Gorgeous 14" Coconest Baskets
Full of Color!
ONLY $16.99

We Grow Over 100,000
Perennials
4 1 Gal Pots For $10
OVER 50 VARIETIES
$2.99 EACH

ZONAL *SUPER SALE* FULL BLOOM
GERANIUMS
LARGE FLOWER 5 1/2" POT
8 FOR $12.99 — $1.69 EACH — MANY COLORS

GREAT SELECTION OF JERSEY VEGETABLES
Tomatoes, Peppers, Cucumbers, Eggplant, and more!
Flat of 12 $8.99 *Mix & Match*

6" - SPECIALTY ANNUALS
MILLION BELLS & MANY MORE
6" POT ONLY $2.99 EACH

FLATS OF ANNUALS
Marigold, Petunias, and Many More!
$8.99 PER FLAT 48 PLANTS *Mix & Match*

BEAUTIFUL
10" - BASKETS
FULL OF COLOR!
ONLY $9.99 EACH

SUPER SALE
MAJESTY PALMS | HIBISCUS BUSHES 3 GAL POT | DIPLADENIA BUSHES
3 FOR $30 — $10.99 EACH

HIBISCUS TREES
ONLY $14.99 EACH

SUPER DEAL
Black Mulch
5 2cu ft bags $10

Quality Top Soil 7 40lb Bags $10

TOMATO CAGES $1.99 EACH

BULK Black Mulch
$18 CU. YD.
15 YD MIN.
FREE LOCAL DELIVERY

1-Cu. Ft Bags
Miracle Gro Potting Soil
Moisture Control
2 FOR $12
Mail-in rebate: $2 per bag
Up to 5-Bags
Final Cost: $4 per bag

8" HANGING BASKETS
3 FOR $12
$4.99 EACH

Burpee Seeds
All 25% Off marked price

16' DECORATIVE POT- FULL OF COLOR!
$29.99 EACH

12' DECORATIVE TERRACOTTA POT
$12.99 EACH

BEAUTIFUL
MANDEVILLA
ONLY VINE
$14.99
WITH TRELLIS
LOTS OF COLOR!

Hardwood Mulch
Cedar Mulch
4 FOR $10
2cu ft bags

Super Special!
Huge Laceleaf Maples
Only $99.99 *reg. $149.99*

4'-5'
Emerald Green Arbs
5 FOR $100 $24.99 each

FIELD GROWN 5'
Emerald Green Arbs
4 FOR $100 $24.99 each

Peat Moss
2 FOR $12 *$6.99 each 2.2 cu. ft. Bags*

BLUE MOSS POM-POMS
ONLY $59.99 EACH

SUPER SPECIAL
1-Cu. Ft Bags
Miracle Gro Garden Soil
ONLY 2.99 PER BAG
Buy 5 Bags, Get Mail-in rebate $2.00 per bag.
Final Cost: .99¢ per bag
up to 10 bags per customer

RED CEDAR
4 BAGS FOR $10
2cu ft bags

Potting Soil Or Compost Manure
4 FOR $10
40lb Bags Mix-N-Match

Decorative Stone
4 50lb. Bags For $12

GREAT FOR PRIVACY
Skip Laurel
$39.99 EACH
4'-5'

Alberta Spruce Spirals
$19.99 each *3 Gallon Pot*

Great Selection of Herbs To Choose From!
$14.99 *Mix & Match* *Flat of 12*

Fresh Dug! Common
BOXWOOD
24.99 each
24"-30"

4'-5'
Leyland Cypress $24.99 each
5 FOR $100

Large Selection Of Pottery All Very Reasonably Priced

You Can't Afford not to Check Out Gasko's Family Farm. We have one of the best selections of shrubs, perennials, and annuals that you'll ever find!

We grow almost all of our plant material so nobody can compare to our price or our quality!

Cash or Checks ONLY
NO Debit or Credit Card!

Q: "How can I keep my lawn green and healthy without putting my kids and pets at risk?"

A: Homeowners should be very careful when applying commercial fertilizers to their lawns. Synthetic Fertilizers and pesticide are not the answer. There's a huge risk of applying too much, which hurts the lawn, the environment and, in the long run, your health. Excess fertilizer can result in runoff to the curb, which contaminates drinking water supplies and harms aquatic life. Fertilizer can also leach into the groundwater and into your well, if you have one.

Most pesticides are designed to act as neurotoxins on bugs, but when you send your kids or your dog out to play on a pesticide-treated lawn, they're going to touch, breathe and probably even swallow some of the chemicals. Pesticides can increase the risks of asthma and cancer in children. They can contaminate drinking water and be tracked inside of your home.

A well-maintained lawn requires no pesticides and little or no watering. Instead of synthetic fertilizers and pesticides, use a natural lawn care system. Start with the soil, by making sure it's not compacted or poorly drained. Talk to a local garden center or nursery about the best kind of grass to grow in your area of the country. When you mow, never cut more than one-third of the total length of the grass, and leave the clippings on the lawn -- the added organic matter will help keep the soil fertile. Daily sprinklings of water make grass less likely to survive a drought, so if you must water, do it deeply and no more than once a week.

FGM

LANDSCAPING & BRICK PAVERS

732-577-9109

29 Iron Ore Road
Millstone Twp., NJ 08535
WWW.FGMLANDSCAPING.COM
Since 1985

Landscape Design & Construction
Custom Paver Walks & Driveways
Multi-Level Patios
Outdoor Kitchens
Retaining & Sitting Walls
Pillars & Wingwalls

Clean-ups • Mowing • Fertilization
Hot Water Power Washing
Grading • Seeding • Sod
Poolscapes • Waterfalls
Privacy & Shade Screenings
Low-Voltage Lighting

CERTIFIED ICPI INSTALLER

Creators & Maintainers of Fine Landscapes

VISA • MASTERCARD ACCEPTED

Millstone Mercantile License # 101300 NJ Pesticide REG # 94970A NJ REG # 13VH03484800

0% FINANCING for up to
36 MONTHS with **ZERO DOWN*...**

PLUS Lennox Rebates up to **$1,500**...**
PLUS Utility Rebates up to **$1,000**...**
PLUS 10 Years Parts *and* Labor Warranty Included! (on Select Models)

A TOTAL VALUE OF OVER $3,000 -
AND DON'T FORGET ABOUT THE...

• Improved Comfort! • Reduced Utility Bills! • Increased Appraisal Value! • Peace of Mind!

SPRING INTO SAVINGS ON A NEW HOME COMFORT SYSTEM FROM

Princeton Air
Discover the Difference

CALL TODAY
609-454-6670

Dave Lennox
PREMIER DEALER
LENNOX

Or visit us at: www.PrincetonAir.com for more information

NJ Master HVAC#19HC00398 / NJ HIC#13VH00255200 / NJ MPL# 36BI00996400 / PA HIC#PA001066

** Subject to Credit Approval. **Rebate amounts based on Manufacturer's Equipment Selection Requirements & Minimum Efficiency Requirements; additional restrictions may apply – please speak with a Princeton Air Representative for more information. Lennox Promotion Expires June 9, 2017.*

Natural Weed Killers

By Stefanie Maglio

Weeds on your property, particularly in your landscaping, are often unsightly and a nuisance, especially when the weather gets warmer during spring. Unfortunately, weed killers often contain harsh chemicals that can be dangerous to breathe in or touch. There are safer ways to rid your property of weeds. For your family's health and the environment, consider these natural weed killers:

Pull them. Simple enough, and quite obvious, but it will get the job done. Just remember to pull from the root, or they will grow back. Also, try pulling them when the ground is wet from rain or watering. This will make the weeds come out of the ground easier.

Pour boiling water on them. This is a similar concept to pulling out the weeds while the ground is wet. Scalding hot water will shrivel even the toughest of weeds within a few days.

Smother them. Cover low-growing weeds with newspaper to cut them off from sunlight. This will help prevent growth. This can be used as a prevention tactic before weeds grow as well.

Salt them. Stock up on leftover rock salt from the winter and sprinkle it in your garden during the springtime. Salt can make a good weed barrier and leave the ground barren for a prolonged period of time.

Make simple and cheap edging out of scraps and pressure-treated decking boards. Cut them into 8-inch "pikes" and hammer the pieces into the ground next to each other to form a continuous edge.

Outnumber them. In gardens, there is competition for resources such as water, soil, and sunlight. Plant ground covers, flowers, and garden crops that will naturally beat out weeds for resources and nutrients.

Douse weeds with vinegar and they will shrivel up a few days later.

You can always learn to love them. Some weeds such as dandelions are not complete eye-sores. Whatever you choose to do, avoid pesticides, as it is healthier for earth and your family.

THANK YOU Aqua-Soft

Improving Your Water Is What We Do!

CITY or WELL FREE WATER TESTING*

I Love My Water!

Customer friendly
non electric water systems
whole house and drinking water

Authorized Independent Kinetico Dealer

Kinetico water systems

Summer is Coming!

BioGuard

10% off All Pool Chemicals

FREE computer Water Alalysis by ALEX™ See what Alex™ can do for your Pool

• Chemicals • Supplies • Salt Generators & Salt • Filter Repairs

AQUA-SOFT, INC. SINCE 1966

732-446-9322

504 Highway 33W, Millstone Twp.
aquasoft@optonline.net
www.aquasoftnj.com

FREE 1lb. Bag of SHOCK with this ad (a $5.00 value)

Aqua-Soft Water Treatment
Since 1966
Serving your community for 50 years

*Basic Water Test for Minerals & PH Only

NEW SYSTEMS • UPDATING EXISTING SYSTEMS • REPAIRS • SUPPLIES • SPECIAL FINANCING

J. Angeles PAINTING & DECORATIONS LLC

"We Treat Your Home Like Our Own"

INTERIOR/EXTERIOR

CUSTOM TRIM WORK:
Crown Moldings
Chair Rails
Shadow Boxes

POWERWASHING:
Houses • Fences • Decks

Call us for a FREE ESTIMATE

References Available Upon Request

Customer Satisfaction GUARANTEED!

SHERWIN WILLIAMS.

BBB

VISIT OUR SHOWROOM: 10 Forest Hill Ave, Jackson
or call us at 732-928-3204

LICENSE # 13VH04146600

Benjamin Moore Paints

Autumns Glass

Commercial & Residential *Fully Licensed & Insured*

848-992-3172

AutumnsGlass.com

Mirrors, Glass, Shower Doors, Full Bathroom Remodels

With over 25 years of experience in Custom Frameless Shower Door Installation as well as glass and mirrors, we know you will be pleased with our stellar and professional service. We are independently owned and operated, which means from estimate to installation, the owner is there on premises to answer any questions you may have.

SUPER SPECIALS

10% OFF ANY JOB
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

4ft Stall Semi Frameless Slider
$749
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

$500 OFF ANY JOB
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

5ft Stall Semi Frameless Slider
$849
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

4ft Opening Frameless Door
$1475
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

$200 OFF ANY JOB
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

5ft Opening Frameless Door
$1625
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

Semi Frameless Tub Slider
$699
Autumns Glass
Not to be combined with any other coupons. Offer subject to change without notice

No Job Too Big or Small! Competitive Pricing! Military & Senior Citizen Discounts!

Fully Licensed & Insured • NJHIC REG #13VH07966500 • Commercial & Residential

ROOFING-SIDING-WINDOWS

COMPLETE EXTERIOR REMODELING

Family Owned & Operated

732-577-9813

www.MajesticRenovations.com | majesticexteriorsnj@gmail.com

Check out our job reviews at www.guildquality.com/majesticexteriors

$200 OFF Complete Roof Replacement

With this ad. Not valid with other offers or prior purchases. Offer expires 6/10/17.

$500 OFF Any Complete Siding or Windows Job

With this ad. Not valid with other offers or prior purchases. Offer expires 6/10/17.

MAJESTIC Exteriors LLC

The First Thing We Build is a Relationship

Visit Our Showroom

420 Rt. 34 Colts Neck, NJ

(Colts Neck Shopping Plaza)

Fully Insured • NJ Lic # 13VH03659900

BARRETT OUTDOORS DESIGN CENTER

Showcasing Deck and Patio Materials, Outdoor Kitchens & Furniture

Is your backyard everything you want it to be?

It's not too late!

START PLANNING AND DESIGNING WITH OUR OUTDOOR SPECIALISTS!

Since 1987, Barrett Outdoors has been the Premier Outdoor Remodeling Specialist in NJ.

Visit our Design Center for:

- Award Winning Deck & Patio Custom Design Services
- Custom Decks & Patios featuring Trex, Cambridge & more
- Outdoor Kitchen Appliances by Alfresco, Lynx, & Twin Eagles
- Outdoor Furniture by Telescope Casual, Trex, Westminster Teak, Lloyd Flanders & more
- Bullfrog Hot Tubs
- Top Quality Outdoor Heaters
- Pavilions, Pergolas and Gazebos
- Sonos Audio Systems

"LET'S GET READY FOR THE SUMMER!"

FREE *Sonos Play:1*
with the purchase of any Bullfrog Spa
New Clients Only

FREE *Sonos Play:3*
with the purchase of any deck or patio
New Clients Only

LIC# NJ HIC 13VH04871400

MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES AND RECEIVE A COMPLIMENTARY ONE HOUR CONSULTATION.

2 CONOVER ROAD, MILLSTONE TWP. (CORNER OF RT. 33) | 866-418-1891 | WWW.BARRETTOUTDOORS.COM

CENTRAL JERSEY POOLS
PATIO & MORE

LIMITED QUANTITY CRAZY LOW PRICES!

All items limited to quantities in stock. No rainchecks.

15' ROUND POOL LINER SKIMMER
Reg $1,499 **NOW $999**

0%
FINANCING AVAILABLE O.A.C.
See store for details

15 X 30' OVAL
Reg $3,099 **Now $1999**

12 X 24' OVAL
Reg $2,699 **Now $1799**

MARKET UMBRELLA
Reg $89 **NOW $39**

50lb UMBRELLA BASE
Reg $99 **NOW $39**

FANTASY HOT TUB
Reg $3,995 **NOW $2,495**

25 lb. 3" Tablets For $59

(limit 1 per customer with coupon only)
Not to be combined with any other offers.
Expires: 5-19-17

FREE POOL SCHOOL WITH 20% OFF CHEMICAL
One night only with this coupon (June 6, 7:00PM)
Register with Lisa 732-462-5006 ext 122

12 PIECE FURNITURE SET
Reg $2,199 **NOW $999**

Bonus $100
Central Jersey Pools
GIFT CARD

CALL NOW TO SCHEDULE YOUR POOL OPENING and WEEKLY POOL SERVICE

CENTRAL JERSEY POOLS
Celebrating Over 60 YEARS
Quality · Service · Selection

HIC LIC#13VH01191400.

4235 Rt. 9 North, Freehold, NJ
1 mile north of the Freehold Raceway Mall

(732) 462-5005

centraljerseypools.com

CELEBRATING 60 YEARS
"We're not the best because we are the oldest...
We're the oldest because we are the best."

POOLS • HOT TUBS • OUTDOOR FURNITURE • OUTDOOR KITCHENS • POOL TABLES
GAME ROOMS • CHEMICALS • POOL PARTS • TOYS • SERVICE • GENERATORS & MUCH MORE!

ACCESS EVERYTHING YOU NEED,

every time you need it.

Enjoy more access to your kitchen with custom pull-out shelves for your existing cabinets.

ShelfGenie®
EVERYTHING WITHIN REACH®

MOTHER'S DAY SPECIAL - $300 OFF ORDER*

Schedule your free design consultation

(888) 491-6191 • shelfgenie.com

BBB ACCREDITED BUSINESS

*Limit one offer per household. Applies to purchases of 5 or more Classic or Designer Glide-Out™ shelves. Expires 6/15/2017. Lifetime warranty valid for Classic or Designer Solutions. NJ HIC Reg #13VH06069500

LAWRENCEVILLE HOME IMPROVEMENT

DOORS · SIDING · WINDOWS

609-882-6709

WWW.LAWRENCEVILLEHOMEIMP.COM

2821 BRUNSWICK PIKE
LAWRENCEVILLE, NJ 08648

VISIT OUR NEW SHOWROOM
FAMILY OWNED AND OPERATED SINCE 1952

Putting Your Herb Garden to Work

By Susan Heckler

Whether you grow your own or hit the spice aisle in the supermarket, herbs are a wonderful addition to your kitchen. Can using herbs spice up your life?

Herbs and spices are both from plants. Herbs are obtained from the leaves of herbaceous (non-woody) plants that die down at the end of a growing season. Used for savory purposes in cooking, they do have some medicinal value. Some examples of herbs would be thyme, dill, mint, sage and oregano. Spices are obtained from roots, flowers, fruits, seeds or bark. Spices are often more potent and stronger flavored than herbs so you would use a bit less. Ginger, nutmeg, cinnamon and clove are spices. Some plants give you an herb and a spice like cilantro or coriander. There are over 400 common herbs, so a trip to the World Wide Web may be in order.

In addition to putting pizzazz on your plate, herbs and spices have some great health benefits. Here are some of your edible favorites and how they can help:

Basil or Sweet Basil has the Botanical Name of Ocimum basilicum and had 64 varieties. Delicious in cooking. In herbal remedies basil tea is used to ease nervousness and stress and can have a positive effect in controlling diabetes as well as asthma.

Ginger Root has the Botanical Name Zingiber officinale and is used in many of recipes in Chinese and Indian cooking. Ginger has been used for many centuries to treat digestive problems in Asia, recommended to be consumed to stimulate your appetite, helps the blood flow more freely, and is well known as an anti-nausea aid.

Cayenne Pepper, Capsicum, African Pepper, Chillies, or Bird Pepper has the botanical name Capsicum Minimum. This plant is hot stuff; it contains capsaicin, Beta Carotene, Manganese, Potassium, Vitamin A, B6, C, and E. it is the capsaicin which causes the burning sensation. Cayenne pepper actually contains more Vitamin C per unit than citrus fruits. Cayenne pepper is known for its qualities to stop both internal and external bleeding, is widely known as a heart remedy as it will open up clogged arteries, help prevent blood clots and strokes, will assist the body to burn calories faster, has shown positive results in helping to cure stomach ulcers, lowers cholesterol and brings down blood sugar levels, is used to treat colic and relieve gas and even helps prevent damage to the lungs and assists in clearing chest infections.

There are over 300 different Thyme herb species; the most common is Thymus Vulgaris or garden thyme. It goes well in soups, chicken, cheese and meat dishes.

Thyme tea has traditionally been used to treat fight respiratory infections, treat dry coughs, bronchitis and laryngitis, is an antifungal, is an antiseptic, and is also used to cleanse the kidneys because of its antiseptic qualities.

Sage (Salvia Officinalis) is one of the best known herbs. There are about nine hundred different varieties. The sage herb tastes great with fatty food dishes like duck, turkey, red meat and pork. And what is the Sage Wisdom of sage as a medicinal herb? Sage is used as a mouthwash to fight sore throats and gum infections, helps people with extensive sweating, has positive effects on the mind by improving memory and concentration, has antioxidants, can be used to rub on stings and insect bites to ease itching and pain, will help defeat dandruff, and improves liver function and digestion.

Herb history is full of contradictions, superstition and dangerous mistakes. Some herbs have deadly side effects and have been used to do harm. Herbs have religious significance to many cultures and were credited with providing protection from evil spirits, ghosts, and the devil and are even mentioned in the Bible. But that, my readers, is herbaceous reading for another day.

DUSTIN'S
HEATING & AIR CONDITIONING
Call Today! 609-529-2505
www.DustinsMechanical.com
✓ HEATING / AIR CONDITIONING
✓ BOILERS
✓ OIL TO GAS CONVERSIONS
✓ AGRICULTURAL HEATING
✓ GENERATORS
✓ RADIANT HEATING
0% APR FINANCING* For 60 Months*
*Call For Details
NJ Cool Advantage
Install an American Standard Energy Star Furnace
UP TO $500 REBATE
On Qualifying A/C Installed
NJ WarmAdvantage Rebate
UP TO $500
On Qualifying New Furnaces Installed
dustins heat 5x7 1016 377-20-AO
$89 Heating / AC Tune Up
With coupon. Not valid with other offers. Expires 06-15-17.
$50 OFF Any Purchase or Repair of $250 or more
With coupon. Not valid with other offers. Expires 06-15-17.
UP TO $500 OFF New System Installation
With coupon. Not valid with other offers. Expires 06-15-17.
$675 INSTALLED Aprilaire Humidifiers
With coupon. Not valid with other offers. Expires 06-15-17.
$100 OFF Honeywell Electronic Air Cleaners
With coupon. Not valid with other offers. Expires 06-15-17.

Re-NEW MASONRY
WE FIX ALL MASONRY PROBLEMS, IT'S OUR PASSION!
Repair | Rebuild | Restore
Steps • Walls • Patios • Pillars • Concrete
Loose Railings • Blue Stone Specialists
Basement Waterproofing
Brick Driveways • Belgian Block
Walkways and Patio Construction
Replacement of Cracked Limestone Steps
Greg Powers
HIC#13VH06880500
"Greg's professionalism and workmanship is to be applauded. All aspects of the job exceeded my expectations. It was a pleasure working with Greg!"
Suzanne Bracken
LIFETIME WARRANTY ON ALL WORK. WE DESIGN AND BUILD NEW PATIOS!
609-751-3039 www.ReNewMason.com

What Makes a Healthy Home?

Healthy Homes Action Steps for Bedrooms, Living Rooms, & Family Rooms

- Install smoke alarms on every floor and near all rooms family members sleep in.
- Test smoke alarms monthly; Change alkaline batteries annually.
- Install carbon monoxide alarms near bedrooms.
- Do not smoke or allow anyone else to smoke in the home.
- If your home was built before 1978:
- Test your home for lead paint.
- Fix peeling or chipping paint using lead-safe work practices.
- Use safe work practices when painting, remodeling, and renovating to prevent spreading lead dust.
- Clean up clutter—it provides places for rodents and insects to nest and can be a trip hazard.
- Keep floors clear of electrical cords and clutter such as shoes, clothing, and children's toys.

Healthy Homes Action Steps for Kitchens

- Never use the stove or oven to heat the house.
- Use a range hood fan or other kitchen exhaust fan. The best fans vent outside; a fan that is not vented outside keeps the poisons and moisture in the house.
- Install a carbon monoxide alarm, Test it regularly, Change the batteries at least once a year; a good time is when clocks are reset forward or back.
- Never leave food unattended on the stove.
- Avoid wearing clothes with long, loose fitting sleeves when cooking.
- Use safe cleaning and pest control products. If you cannot avoid using harmful products, Keep them locked up away from children, Read the labels and follow directions for use, Dispose of products safely.
- Stop cockroaches, ants, and mice without pesticides:
  - Keep them out—seal openings to the outside and between rooms.
  - Starve them—put away food, clean up, and cover the trash and garbage.
  - Deny them water—fix leaks and wipe up spilled water.
  - Use closed baits, traps, and gels only when necessary.
  - Never use bug bombs or foggers.

SPRING SAVINGS
50% off kitchen cabinets
*10 cabinets or more

Outdated Kitchen?
NOT ANYMORE.
We could say more, but you get the picture!
Yorktowne®

DIY's & Contractors Welcome
facebook Elegance In Design
15 year Anniversary Sale 50% off Yorktowne Cabinetry
WHEN YOU MENTION THIS AD
NJ License #13VH02978600

Designs4Us.com
eleganceindesign@gmail.com
Phone: 732-446-8222 • Fax: 732-446-8802
Millstone Center • 480 Rt. 33 West • Millstone Township, NJ 08535

Emergency Preparedness

Personal emergency readiness should be a priority for all members of the U.S. population, especially older adults and their caregivers. Some natural disasters, storms or other emergency events allow only for a few minutes of preparation. That is why it is so important to have a plan of action that you have practiced and that you can execute quickly. How we react in the face of imminent danger can be the difference between safety and serious injury. Your local emergency management office is a great place to start for safety tips, information on potential dangers in your area and a schedule of upcoming community preparedness events.

KNOW THE BASICS

Do you live in a flood zone? How about within a hurricane danger area? Your emergency preparedness begins with knowing the potential dangers around you so you can put together a full plan. No matter where you live in the country, there is potential for emergency situations to arise. Learn how to do things like turning off your gas, electricity and water. Dangerous storms can cause gas leaks or broken water pipes that can add to the hazards around you.

KNOW YOUR NEIGHBORS

Your best friend in an emergency situation can be your neighbor, especially if you are out of town when disaster strikes. Build relationships with your neighbors and get to know them well. Exchange phone numbers with them so you can both be contacted in case of an emergency. Also share your disaster plan with your neighbors and ask them to explain theirs. You may pick up some good tips that you could incorporate into your own plan.

KNOW YOUR KIT

Everyone should have a basic disaster supplies kit handy in case of emergency. The Federal Emergency Management Agency recommends the following items for your kit: one gallon of water per person, a three-day supply of non-perishable food, battery-powered radio, flashlight, first-aid kit, whistle, dust mask and local maps. See FEMA's full list at ready.gov.

In addition, many older Americans have special needs related to medications, medical equipment, mobility and support. Plan wisely and accordingly to accommodate all of your most health-critical requirements.

JV PAVING LLC

ASPHALT PAVING • CONCRETE WORK

Professional Workmanship

- Driveways
- Resurfacing
- Extensions
- Repairs
- Sealcoating
- Parking Lots
- Belgium Block
- Drainage Systems
- Sidewalks
- Crack Filling

732-845-1440

COMPETITIVE DISCOUNTS AVAILABLE NOW!

Lic. # 13VH06617300

30 Years Experience! Testimonials Available

DRIVEWAY SPECIAL
$200 OFF
Any Driveway
2500 Sq. Ft. or More
With coupon only. Must present at time of estimate. Not to be combined.
Expires 05-31-17 NJSDG

QUALITY DOESN'T COST ... IT PAYS

TRANE COMFORT SPECIALIST

INDOOR AIR TECHNOLOGIES

"YOUR INDOOR AIR QUALITY SPECIALIST"

indoorairtech.com

TRANE
It's Hard To Stop A Trane.

HEATING & COOLING

ACCREDITED BUSINESS BBB

Angie's list

609-208-1330

Family Owned & Operated

Speedy Growers In The Garden

By Susan Heckler

If you got off to a late gardening start or like immediate gratification, these are the perfect vegetables to grow. Here are the 12 fastest growing vegetables to get your garden jump-started and great reasons to eat them.

RADISHES: Most varieties will be ready for harvest in just 25 to 30 days after planting. Radish is a root crop, and it is sharp-tasting or sweet in taste with a lot of juice. Radishes can be white, red, purple or black, and can be long and cylindrical, or round. They are eaten raw, cooked or pickled. The parts of radishes that are consumed are the leaves, flowers, pods and seeds.

GREEN ONIONS or SCALLIONS: Green onion stalks can be harvested after just 3 or 4 weeks. All of the Allium have hollow green leaves, but these are used while they lack a fully developed root bulb. Used as a vegetable, they are eaten either raw or cooked. Scallions have a milder taste than most onions.

LETTUCE: Leaf lettuce is at their best in spring and early summer before high heats and long days make them bolt and turn bitter....MORE There are hundreds of different types of lettuce, including iceberg, Boston butterhead, Bibb butterhead and green leaf lettuce. The type of lettuce used in cooking depends if it is to be used for a salad, sandwich or side dish. Romaine can begin to be harvested about 30 days after planting. Cut the leaves once they reach at least 3 inches.

BABY CARROTS: This is an immature carrot, grown in a small size as opposed to baby-cut carrot which is a small piece cut from a larger carrot often marketed as "baby carrots". Baby carrots can be harvested after about 30 days. Other carrot varieties may take between 50 and 80 days to mature.

SPINACH: Spinach is ready in as little as 4 to 6 weeks after planting. Spinach leaves are ready to harvest as soon as they are big enough to eat.

KALE & OTHER LEAFY GREENS: Dark leafy greens provide more nutrition per square foot than any other garden crop, and different greens can come and go as the season unfolds. You can start out with kale in early spring, plant heat-tolerant chard as a summer crop, and then grow more lettuce and kale for fall. Kale, mustard greens and watercress are just a few delicious, super healthy greens that are fast growers. Most take about 50 to 65 days to mature, but baby leaves can be picked as early as 25 days.

PEAS: There are your regular garden peas which are great either raw in salads or by themselves. Snap peas which are actually used as split peas, and then there are snow peas which are the pea pods you use in a stir fry. Snow peas take only about 10 days to germinate and are ready for harvest in about 60 days.

BUSH BEANS: There are many varieties of bush beans to choose from, Most are ready to harvest within 40 to 65 days from planting.

TURNIPS: Turnips don't always dress in purple-splashed white. You'll find round ones, finger-shaped ones, small ones and big ones, in an array of colors. Turnip roots are ready for harvest after about 60 days; however the highly edible leaves can be harvested in only 40 days.

CUCUMBER: These are in the gourd family. It is a creeping vine that bears cucumiform fruits that are used as vegetables. There are three main varieties of cucumber: slicing, pickling, and seedless. Most varieties of cucumbers can be harvested about 50 to 70 days after planting.

SQUASH: Summer squash is a prolific producer. 'Eight Ball' zucchini, Lebanese 'White Bush', a yellow crookneck called 'Sundance', 'condor' zucchini, and the yellow patty pan 'sunburst' are fun varieties. Many variations of squash, including zucchini, are usually ready after about 70 days. For best flavor, harvest squash when they are still small.

Dragonfly Farms
garden center · florist · gift shop

DISCOVER THE BEST KEPT SECRET IN HAMILTON... JUST IN TIME FOR *Mother's Day!*

Whimsical gifts for Mom can be gift wrapped for FREE

"Your One Stop Mom Shop"

Show Mom how much you appreciate all she does with a beautiful bouquet, cut flowers or an incredible arrangement. For all your Gardening & Mother's Day needs, visit Dragon Fly Farms!

609-588-0013

DRAGONFLYFARMSNJ.COM • 966 KUSER RD. HAMILTON, NJ 08619

HOURS: MON - SAT: 9AM-6PM SUN: 9AM - 5PM

PRSRT STD
U.S. POSTAGE
PAID
PERMIT 280
LANC., PA 17604

ECRWSS

POSTAL CUSTOMER

Fully Insured

Lic # NJ HIC#13VH06827800
Fertilization # C006000

BENCHMARK LANDSCAPE
SINCE 1996

Grading-Drainage-Sod Installs

Custom Landscape Design

"Quality & Service" It's in our Roots!

BENCHMARK LANDSCAPE

A Full Service Landscape Company

- Residential & Commercial Lawn Service
- Grounds Management
- Fertilization & Weed Control
- Landscape Design & Installation
- Full Estate Grounds Maintenance
- Innovative Landscape Designs/Renovations
- Large Mature Specimen Trees
- Low Maintenance Landscape Installs

Call for a free consultation on all your landscape needs

3D Graphic Designs available

See your project complete before we start!

Save 15% on all Spring Booked Landscape/Hardscape installs.

Must be in contract by 5/30/2017. *Max savings $2500 call for details

Credit Cards are accepted

facebook

732-792-6734

337 Sweetmans Lane, Millstone Township, NJ 08535

www.benchmarklandscapenj.com • info@benchmarklandscapenj.com