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Waiting for the fireworks to begin on top of the hills at Marine Park
Story on Page 58





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IN THIS ISSUE

Health & Wellness	12
Senior Moments	15
Real Estate Guide	33
Home Improvement Guide	40
Historic Allentown	60
Pet Pages	62

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The Millstone Times STUDENT OF THE MONTH

Helena Elizabeth LeCompte

By Pam Teel

Seven-year-old Helena Elizabeth LeCompte attends the Roosevelt Public School in the heart of Roosevelt. She is in Mrs. Eppingers first grade class. Her favorite subject is writing. Helena loves to read the Magic Tree House books and Animal Fairy Series.

Her favorite thing that happened this year in school was when her class got to hatch baby chicks right in their classroom.

Helena loves cooking and wants to be a chef when she grows up. She loves to help out with dinner and loves to look at the cookbooks for new recipes. Her favorite shows on TV are Cupcake Wars and Chopped Junior. One day she would love to go on Chopped Junior and compete.

Helena's favorite food to eat is salad. She brings it to school almost every day. When she was four her mom asked her what she wanted to take for lunch, and Helena told her to mix chickpeas, cheddar cheese, and peppers, and then add Italian dressing. It turned out delicious, and it has since become a lunch option for her.

Helena's favorite place to travel to is Florida because of Disney and the warm weather. The family loves to go during the wintertime here. Her family camps at Fort Wilderness in Florida, and Helena really loves traveling through all the different states to get there. She especially loves Savanna, Georgia.

Helena has two sisters, Marianna, who is 8 years old, and Kendall, who is four years old. She also has a little brother Blake, who is 22 months old. Helena loves going to the park and the beach and on hikes through their woods. She also loves going to her grandpa's pool and swimming all day.

Helena loves to practice gymnastics and is an avid reader. She also takes piano lessons and is getting better and better at it. (I can attest to that because I am the one who gives her and her sister piano lessons).

If Helena had but one wish besides really wanting a kitten, she would want to feed all the people in the world who were hungry. Helena feels that no one should be hungry and those who have should help the ones who don't have.

Keep up with your reading and writing Helena. Stay the sweet caring person that you are! I have no doubt that one day you will be helping a lot of people in need because of your kind heart!



Helena Elizabeth LeCompte



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Did You Know that...

By Pam Teel

Some history books got the facts wrong?

Paul Revere's famous midnight ride didn't go quite as it was written in the history books thanks to the 1861 poem by Henry Wadsworth Longfellow that immortalized Paul Revere as one of the great Patriots of his time and had us believe that he single handedly warned the patriots of the British coming.



Paul Revere's infamous ride immortalized by Henry Wadsworth Longfellow's 1861 poem, "The Midnight Ride of Paul Revere"

Yes, it is true that he was sent out on a mission to reach John Hancock, Samuel Adams, and other patriots at Concord to warn them that the British were coming. In fact there were over forty riders that night sent out to try to reach Concord and warn the men. Revere and another patriot, William Dawes, headed out on horseback and decided to split up in case they got caught. Revere did actually end up getting caught by British troops at least three times that night but either managed to escape or was let go. He eventually met up again with Dawes and they were joined by a third man, Dr. Samuel Prescott, one of the Sons of Liberty. When Revere and Prescott were stopped again by a British patrol, Dawes managed to get away. Prescott also managed to get away by jumping his horse over a wall. Revere was detained and eventually released. His horse taken, he was forced to make his way back to Lexington by foot where he met up with Hancock and Adams. The battle of Lexington shortly ensued and with it the American Revolution. True, the men did stop house by house to warn people of the British coming but never did they yell the phrase, "The redcoats or the British are coming. After Dawes fell off his horse, it was Prescott who actually was the one who made it to Concord to warn the patriots, not Revere, as depicted in Longfellow's poem. Neither Dawes nor Prescott were mentioned in his 1861 poem. Longfellow took the liberty to bend the truth to his liking and made the man into a national hero forever remembered throughout history.

While many Americans give Henry Ford the credit for inventing the automobile, there were many before him. Although he got into the business early, he was far from the first. The Duryea brothers beat Ford by three years by setting up the first American car manufacturing company. Ford did however successfully set up the first assembly line. He sold his first car in 1903. Here is a list of automobiles that came before him. Nicolas-Joseph Cugnot (1725-1804) 1769 STEAM / Built the first self-propelled road vehicle (military tractor) for the French army: three wheeled, 2.5 mph. France Robert Anderson 1832-1839 ELECTRIC / Electric carriage. Scotland

A Belgian engineer named J. Etienne Lenoir produced the first motorcar in 1862. Nicholas A. Otto created the first internal combustible engine in 1876 and Karl Benz merely modified the idea a year or so later. Karl Friedrich Benz (1844-1929) 1885/86 GASOLINE / First true automobile. Gasoline automobile powered by an internal combustion engine: three wheeled, Four cycle, engine and chassis form a single unit. Germany Patent DRP No. 37435 Gottlieb Wilhelm Daimler (1834-1900) and Wilhelm Maybach (1846-1929) 1886 GASOLINE / First four wheeled, four-stroke engine- known as the "Cannstatt-Daimler." Germany George Baldwin Selden (1846-1922) 1876/95 GASOLINE / Combined internal combustion engine with a carriage: patent no: 549,160 (1895). Never manufactured -- Selden collected royalties. United States

The first car built in the U.S. was an electric car in 1891 built by Morris and Salom in Philadelphia, but it was not a success due to the battery technology available at the time. Charles Edgar Duryea (1862-1938) and his brother Frank (1870-1967) 1893 GASOLINE / First successful gas powered car: 4hp, two-stroke motor. The Duryea brothers set up first American car manufacturing company. United States

Viking helmets- Viking helmets never had horns on them. Most of these horned helmets came from German opera productions and artists' rendering of fierce Vikings ravishing and pillaging the country side.

There is no evidence, archaeological or otherwise, that Viking warriors wore any type of horns or wings on their helmets but there is plenty of evidence of plain conical/domed helmets made mainly of leather.

Albert Einstein was a brilliant child but failed mathematics miserably. Hardly! Although he was a late bloomer, socially awkward and he didn't get the best grades in school, he was a math genius. He had little use for botany, zoology and language requirements. He found them boring and a waste of his time. He was an ingenious problem solver and before he was 15 years old he mastered differential and integral calculus. Where the myth came from that he failed math, is not clear and also not true.



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Kiddie Academy of Upper Freehold: You can have it all because they have it all!

By Susan Heckler

When I recently visited Kiddie Academy of Upper Freehold, I was impressed by how well maintained the building and property are. I first thought it was brand new and was surprised to learn that they have been in the facility for 9 years. The new owners have held it for two years and have added so much to the existing school as far as services and an amazing attitude. It is conveniently located off exit 11 and set back on a quiet street.

Their summer program is booked solid and has been for weeks. The official start to their school year is September 6, although the fun is going on there year round. Don't miss out on the enrollment time to get your child in to this great place. They take children as young as 6 weeks old.

New for the coming school year will be their Kiddie Academy bus. Allentown residents already have the privilege of dropping their children off into the care of the Kiddie Academy staff as early as 6:30am with pickups as late as 6:30pm. They don't have to worry about bus stops and getting the kids to before and after-care. For working parents, that really alleviates a lot of stress as busing was provided by the Allentown school district. With Kiddie Academy's 16 seat brand new bus, they will be able to offer the same great service to Millstone Township primary school students.

LESS STRESS IS A BIG SUCCESS.

Kiddie Academy encompasses the entire family and isn't just for the students, they offer events and activities for the whole family. Sorry you missed out on their fun Trenton Thunder game, but you can still catch their Open House with Carnival activities coming up in August as well as many other fun family activities they host throughout the year.

So you have this beautiful school to care for and educate your beautiful children with a nationally developed, award winning Life Essentials curriculum right in your own backyard. The students learn through play and still get their fresh air and fun mixed in, focusing on social and emotional character education, and physical and cognitive outcomes which are aligned with or exceed the state preschool learning standards. These standards are based on skills, knowledge and abilities that children achieve through developmentally appropriate activities and experiences. Music, art, science and all of the requirements are taught by dedicated educators. Meals are provided so there is no scramble for the lunchbox prep every morning.

Another great feature is their camera system where you can watch your child on your smart phone. It is a wonderful thing to be able to see your child's smiling face and progress from the comfort of your office chair!

If you are trying to sort through the childcare and daycare options, Kiddie Academy of Upper Freehold is backed by 30 years of childhood education experience and offers your child a great education in a clean, caring, and state-of-the-art environment. Better yet, it offers the parents peace of mind and reduced anxiety with all of the attention to details the school offers.

Stop in at 5 Allyson Way in Allentown, give Kiddie Academy a call to schedule a visit (609) 208-2530, or join them for their next open house!

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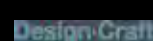
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Animal Encounter at Liberty Science Center. Free with Admission!

Happy 4th of July!



Wristband Day at Jenkinson's Boardwalk! Unlimited Ride wristbands are only \$20!

Music in the Parks at The Raritan Bay Waterfront Park.

Fireworks at Dark begins today at Jenkinson's Boardwalk!

Movie Release: Life of Pets



National Sugar Cookie Day!

Enjoy a Day at Cape May County Park & Zoo!

Free Small Slurpee Drinks at Seven Eleven!



Watch the Skull Duggery Magic Show at Fantasy Island Amusement Park in Beach Haven!

Head down to the Lighthouse Day Craft Show in Cape May, NJ.

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iPlay America in Freehold, NJ presents Kian 'N' JC's "Don't Try This at Home" concert!

Saturday Dock Concert in Barnegat, NJ. Enjoy bands while sitting on the waterfront!

International Ice Cream Day!

National Hug your Child Day!

Saint Ambrose Carnival opens today in Old Bridge! Great for the whole family!

Pick some delicious peaches today at Battleview Orchards in Freehold Township!

Happy Junk Food Day!



Movie Release: Ice Age 5: Collision Course



28th Annual LBIF Fine Art Festival in Loveladies, NJ!

National Parents Day!



Christmas in July! Enjoy popular holiday music shows, crafts and visits with Santa at Ocean County College in Toms River, NJ.

Watch Zootopia at Riverside Gardens Park in Red Bank!

Turtleback Zoo will be playing Kung Fu Panda 3 in West Orange, NJ

National Milk Chocolate Day!



iPlay After Dark every Friday!

National Cheesecake Day!



Just Peachy Festival at Terhune Orchards!

OPINION COLUMN

By Russ Perrine

The Return of the Bull Moose

RUSS PERRINE—The writer, of Monroe Twp, is the former news editor at New York's former 97.9 FM and a graduate of the C.W. Post Campus of Long Island University. He can be reached at Rperrine@aol.com

A full size portrait of the 26th President of the United States hangs on the NYPD Commissioner's storyline office wall during each episode of the popular weekly production "Blue Bloods" (Friday CBS-TV).

The image of Theodore Roosevelt is there because Roosevelt became New York City's first police commissioner in 1895. NYPD's history division wrote in their records that, "As the president of the board of NY Police Commissioners for two years, Roosevelt was an iron-willed leader of unimpeachable honesty (who) brought a reforming zeal" to that office in 1895.

TR's career included working in a mind boggling number of positions and causes reflecting the evolution of a nation that was roughly 120 years old. President Theodore Roosevelt served two terms from 1901 to 1909 and became known as the driving force for the Progressive Era during the early portion of our 20th century. And all of this took place around the midpoint in our nation's present age: 240 years.

The progressive, so-called "Bull Moose" party was founded by Teddy Roosevelt in 1912 in a failed effort to secure the nomination for an unprecedented third term. Shortly after Theodore Roosevelt died peacefully in his sleep at home in Oyster Bay, Long Island on January 6, 1919.

So much for the history lesson.

Years later, Franklin D. Roosevelt would be elected to his first presidential term -- as a democrat. Can you imagine that? Two different political parties peacefully existing within two major

American old line families with the same Roosevelt last name!

Now here we all are...as a vibrant nation in 2016. Exactly twice the age of the nation when Teddy Roosevelt began his political career. TR's face was one of four presidents carved into Mount Rushmore.

In present day, our presidential campaign moves forward as we approach the November general election. On the GOP side Donald Trump has received a majority of actual primary votes that can no longer be ignored. As in Teddy Roosevelt's first full term campaign for president, the Republican party was not totally unified and many of his efforts and agenda were eventually blocked in Congress.

The extraordinary media coverage today being devoted to unifying both political parties and their eventual candidate may be ascribed to a passionate desire of the electorate not to repeat a recent history of electing a president who cannot get things done.

The key issues in this campaign are the \$19,000,000,000,000 federal US debt (the economy), presidential leadership and finally, the political make-up of new justices on the Supreme Court that will be nominated by the next president.

The economy is the primary issue for the voters who understand it. In a recent lengthy FBN television interview, Alan Greenspan, the respected Chairman of the Federal Reserve during the Clinton and Bush subprime mortgage boom years, admitted the 2008 meltdown occurred after deregulation was marred by "berserk behavior" by those investors who were set free by that

same unrestricted marketplace. The Greenspan appearance was followed by a significant review by Judge Andrew Napolitano.

The final analysis of the segment was, "The federal government takes in 2 ½ trillion in revenue each year. One trillion goes to pay debt service to our 19 trillion nation debt that Obama and Clinton added 7 trillion to. One trillion goes to entitlements leaving only ½ trillion to operate the government. A vote for Clinton in November is a continuation of this fiscal formula that will bring the nation to financial collapse."

For his part, Donald Trump gave a rousing speech in Bismarck, North Dakota May 26th. He was addressing that states beleaguered oil drilling industry. Said Trump: "We are totally blessed to have discovered all this crude under the ground right here. Under my presidency, we will accomplish complete American energy independence." Pointing out that Obama and Clinton vetoed the XL Pipeline, Trump vowed to build the pipeline that would create and support more than 42,000 jobs. He concluded that exporting oil for profit after all our domestic needs are met will help pay down the federal debt.

Hillary Clinton's metaphorical description of candidate Trump is: he appears [to her] to be a "loose cannon" and should never be allowed to be elected to the White House.

The loose cannon may turn out to be a "rough rider" bull moose in disguise. The individual in the highest office of the land cannot succeed by being passive.

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MEET THE INTERNS



Gina DiRusso is very excited to be interning at Gunther Publishing. She will be a senior in the 2016-2017 school year, and hopes to pursue a career in marketing and public relations in the future. She enjoys drama, singing, photography and working with people. She can't wait to work along side Cami and the staff of Gunther Publications in the upcoming year!



Jordan is about to be a senior at Monroe Township High School. Her hobbies include art, writing poetry, and going to concerts. She is extremely outgoing and loves dogs and movies. She hopes to one day work in New York City as an interviewer/PR manager and she is so grateful that Gunther Publications is giving her experience!

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The Importance of Organ Donation

By Susan Heckler

Many people don't understand the importance of organ donation until they or someone they love is in dire need. The gift of life they need has to come from somewhere.

The NJ Sharing Network Foundation is committed to increasing the number of lives saved through research, donor family support, education and public awareness about the life-saving benefits of organ and tissue donation and transplantation. NJ Sharing Network itself saves lives through organ and tissue donation. Their staff is responsible for recovering organs and tissue for those in need of transplants. They provide support for the families of organ and tissue donors to help them continue to honor the legacies their loved ones have created.

Why should you be an organ donor?

One organ donor can save up to 8 lives.

Transplantable organs include heart, kidneys, liver, lungs, pancreas and intestine.

Your decision to donate could save and enhance more than 50 lives.

Donation will not interfere with your medical care or burial arrangements.

There are no costs associated with organ and tissue donation.

Most religions support organ and tissue donation.

Many donor families are comforted knowing their loved one's legacy lives on through others.

More than 122,000 people are waiting for transplants in the U.S. including nearly 5,000 right here in New Jersey.

In addition to organ donation, there is also tissue donation. Did you know?

- Donated corneas help restore sight.
- Bone grafts, ligament and tendons are used to repair injured or diseased bones and joints.
- Skin grafts heal burn victims and are used for breast reconstruction post-mastectomy.
- Healthy heart valves are life-saving to those with diseased valves.

22 people die daily waiting for a life-saving organ transplant. There are currently 2.5 million registered donors in New Jersey, only about 1/3 of potential donors. That is an amazing amount, although only 1% actually become donors as the circumstances and timing has to be perfect. Even if you are a donor, family members can needlessly delay the process because your intentions were not made clear to them.

Think you are too old? Too young? Anyone has the potential to be an organ donor regardless of medical history and age. Organ donors as young as a few days old to adults in their 90s have given the Gift of Life through organ donation!

Want to help now? Join the 5K Walk/Run on August 21 at Brookdale Community College, 765 Newman Springs Rd in Lincroft where NJ Sharing Network's Annual 5K Celebration of Life brings together thousands of walkers, runners and volunteers to honor those who gave, pay tribute to those who received, offer hope to those who continue to wait and remember the lives lost while waiting.

To learn more, or are interested in participating in the 5K Celebration of Life, contact 5k@njsharingnetwork.org or 908-514-1761. You can also visit www.NJSharingNetwork.org/5K

**NJ
Sharing
Network**
saving lives through
organ and tissue donation



Coach's Corner

By Jill Garaffa

CREATING CONSISTENCY WITH EXERCISE

Dear Jill,

I always have good intentions of exercising, but I don't follow through. There's always some reason I'll use (no time, don't feel like it, etc), convincing myself that it's okay to put it off until tomorrow and before I realize, a week (or a month) have gone by. I sometimes have motivation and do exercise, but it's sporadic.

How do I become more consistent with exercise?

Signed,

Procrastination Pete

Dear Procrastination Pete,

Thank you for writing in with your question! The first thing to acknowledge is that you have good intentions to exercise. That is an excellent starting point! It is clearly "in you" to be healthy, otherwise, you would not be thinking about it and it would not be bothering you. The seed is planted. The second thing to appreciate is that you do sometimes get a spark of motivation and are in action around fitness. So, you are not a complete couch potato. These are both strong points.

First, Inconsistency can occur when we set a goal too big. If we have an "all or nothing" view of exercise, it can be a set up for failure. Consider your current idea of exercise and how well is it working for you. Exercise programs can become outdated. What worked at the age of 25 may not work at the age of 45 due to changing life priorities and other commitments. Consider what is the least, smallest action you can take consistently? A 15 minute brisk walk done every single day will provide greater benefit over time than a 60 min intense workout done only occasionally. Remember the old saying "An apple a day keeps the doctor away", it's not "seven apples on Sunday" or "30 apples once a month".

Second, Inconsistency is also present when we are not fully committed to a goal. We might think about a goal, talk about it and say we want it, but if we are not focused with taking consistent

action, then we are probably not entirely committed to it. Most people would take a million dollars if it were handed to them. Committing one's life to becoming a millionaire is a different story. Most people are not willing to do the work, make the sacrifice, and endure the patience, etc. So, you have to ask yourself if you really want it and why you want it.

Ask yourself the deeper questions. This can create a spark for inspiration into more consistent action. What is it that you really want for your life and how does exercise fit into that goal? What does exercise provide for you? Why it is important to you to exercise? Knowing your underlying reasons and being able to connect them to deeper values (freedom, peace, health, kids, family, career) is like adding jet fuel to your motivation.

Last point: It is vitally important that your motivation be generated from positive internal feelings, not negative ones. Being motivated by anger, frustration or fear may get you started, but it will not keep you going. Forgive yourself for however far you have slid regarding self care & accept where you are in this moment. Begin to explore the areas where you are willing to take responsibility for your health. Self love & compassion for yourself go a very long way on this journey. And, remember, it is a path, not a tightrope. Be gentle with yourself.

Supporting you with distinguishing your core values and deeper motivations is something a life coach can help you explore in order to generate more consistency and get in action in the areas of life that are important to you.

Wishing you clarity, peace & power,

Jill

Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit www.seedsofchange coaching.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@seedsofchange coaching.com or visit www.seedsofchange coaching.com and click "contact us" to be featured in a future column.

Human Connectome Project Marks Its First Phase

Brain connectivity gets personal, as an individual's scans predict behavior.

Scans of an individual's brain activity are emerging as powerful predictive tools, thanks to the Human Connectome Project (HCP), an initiative of the National Institutes of Health. Such individual differences were often discarded as "noise" – uninterpretable apart from group data. Now, recently reported studies based on HCP neuroimaging and psychological data show that individual differences in brain connectivity can reliably predict a person's behavior. Such scans might someday help clinicians personalize diagnosis and treatment of mental disorders, say researchers.

One study found that an individual's unique resting state connectivity "fingerprint" can accurately predict fluid intelligence. Another developed a model that similarly predicted individuals' performance on a variety of tasks, including reading and decision-making. Notably, no brain scans or psychological tests were required specifically for these studies; instead, the researchers drew upon an unprecedented trove of shared data from more than a thousand subjects made available by the HCP.

This database is one of the achievements being showcased this month, as the NIH celebrates completion of the HCP's first phase. A symposium, open to the public, spotlighting HCP's successes to date, will be held on the NIH campus in Bethesda, Maryland, June 20, 2016, 12:30 – 5:30 p.m. ET. It will also be videocast worldwide.

In 2010, NIH awarded two HCP grants to map the human brain's connections in high resolution. The aim was to understand the connections of the healthy human brain

to establish a baseline that would help identify connectivity abnormalities in brain disorders. The grants supported two research consortia, one led by researchers at Washington University, in St. Louis, and the University of Minnesota; the other led by investigators at Massachusetts General Hospital (MGH)/Harvard University, Boston, and the University of California Los Angeles (UCLA).

The MGH/UCLA consortium built a custom "Connectom" scanner with advanced diffusion MRI technology that can visualize the brain's networks in 10-fold higher detail than conventional scanners. At least two other leading research centers have recently adopted the HCP-designed high-powered diffusion imaging scanners – which boost resolving power via magnetically stronger copper coils, called gradients.

In parallel, researchers at Washington University and the University of Minnesota led a multi-institution consortium that comprehensively mapped long-distance brain connections and their variability in 1,200 healthy adults (twins and their non-twin siblings), using both MRI and magnetoencephalography. By pairing studies of structural and functional brain connectivity with extensive behavioral and heritability measures, the project has provided data about brain connectivity, its relationship to behavior, and contributions of environmental and genetic factors to individual differences in brain circuitry.

Technical advances achieved during the project have transformed the field – for example, enabling much more efficient data collection by dramatically shortening the duration of scans while maintaining high-resolution images.

The wealth of data gathered has been shared with the wider neuroimaging community via a data archive supported by NIH. These user-friendly tools for data mining, analysis, and visualization are enabling discoveries such as those on the predictive power of individual scan data, noted above.

The June 20 symposium will also feature reports on the second phase of the HCP, which will collect data from healthy subjects across the human lifespan and from individuals with specific clinical diagnoses.

The HCP is a project of the NIH Blueprint for Neuroscience Research. This collaborative framework includes the NIH Office of the Director and 15 NIH Institutes and Centers that support research on the nervous system. By pooling resources and expertise, Blueprint identifies cross-cutting areas of research, and confronts challenges too large for any single Institute or Center.

About the National Institute of Mental Health (NIMH): The mission of the NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure. For more information, visit the NIMH website.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

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AND

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- Inability to sleep due to painful feet, legs or hands?
- Pain that you don't know how to control or stop?

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*87% reduction in symptoms is based on an April 2012 published medical study. Offices following these protocols have seen similar results. Results may vary depending on age, condition, treatment compliance, genetics, diagnosis and other factors. Not all patients are candidates for treatment or are accepted for care.

PRN-063

Neurogenx; Non-narcotic, Non-surgical and Non-invasive Pain Relief Comes to Princeton!

By Susan Heckler

The Princeton area welcomed a new business in early May, Neurogenx. Located at 134 Franklin Corner Rd, Suite 106 in Lawrence Township, they specialize in the successful treatment for neuropathy and chronic nerve conditions that affect both the upper and lower extremities. Neuropathy is literally a disease of the nerves.

The symptoms are pretty common; pain, numbness, weakness in legs, loss of balance, unsteadiness, relentless burning or tingling, and cramping. Neuropathy effects the Sensory nerves (the nerves that control sensation), Motor nerves (the nerves that allow power and movement), and Autonomic nerves (the nerves that control the systems of the body such as the gut and bladder).

While neuropathy is reasonably common, there are many causes which can't always be identified. Some known causes are Diabetes, vitamin deficiency, exposure to chemicals and Chemotherapy, but the most common cause is "Unknown." A patient has the symptoms and there is no explainable link.

Previously, there were not a lot of good solutions to this painful problem. The solutions were to treat the symptoms. Pain, being a principle symptom, gets treated with pain medications or narcotics, or a prescription such as Lyrica or Gabapentin. These have addiction potential and other possible side effects.

Neurogenx provides one-of-a-kind Electronic Signal Treatment (EST) which is non-narcotic, non-surgical and non-invasive. Neurogenx EST relieves neuropathy symptoms and severe neuromuscular pain by safely using cutting-edge, high-frequency electronic waves to gently reach deep down through muscle and tissue. The treatment creates changes at the body's cellular level that reduce swelling, remove excess fluids and waste products, alter Ph levels and increase cellular metabolism. These changes relieve pain and help healing begin, giving dramatic results in patients across the country.

The NEUROGENX Treatment is delivered via adhesive electrode patches that your provider places anatomically for the greatest impact on the affected nerves. This treatment course takes place over multiple sessions typically spanning a 9-12 week period. Improvement often begins within 3-4 treatment sessions.

If the information pertains to you or someone you care about, call 609-644-5520 for more information or check out their website www.neurogenx.com/princeton.

ACTIVE DAY ADULT SERVICES

A needed solution for adults in need of care

By Susan Heckler

Many of us find we have the responsibility of adults in need of care. It may be Mom or Dad needing assistance, or an adult child with medical or physical issues. You have your own life with your responsibilities, employment and routine set in place and BAM; someone else's needs are pulling you in a different direction. Sometimes you just don't have the time, energy or ability to handle what life puts on your plate.

This is when you need to call Active Day Adult Services. Located right in the heart of Freehold at 20 Jackson St, Suite 1-A, they provide care and assistance to adults 21 and up who need supervision, therapy or just social engagement to get through their day.

Their clients may be Alzheimer's or Dementia sufferers who cannot be left alone and benefit from interaction with others, developmentally disabled adults, or geriatric patients with medical needs.

Transportation is provided door to door throughout Monmouth, Ocean and Middlesex Counties with handicapped accessible equipment. Various forms of therapy are available, medication can be administered, meals are provided and they can enjoy arts and crafts, music, games, pet therapy visits, entertainment and outings. Assistance is readily available while encouraging independence and community interaction.

The facility was recently renovated and has a controlled entrance to stop unwanted visitors from coming in and patients wandering off premises. Your family member can enjoy a new quality of life that they can't get in your home, especially if you need to be at work and can't be there to supervise.

Any questions contact Slava at (732) 845-3332 or email her at activedayservices@gmail.com. Their website is under construction so wait a while to Google.

MEDICATION MISMANAGEMENT IS A LEADING CAUSE OF PREVENTABLE HOSPITAL READMISSIONS *



There are many reasons why seniors may mismanage their medications: not understanding the dosage or the reason for the medication; simple forgetfulness; inability to open a pill bottle; or perhaps lacking the transportation or resources to obtain a refill. Hibernian Home Care can:

- Assist seniors with helpful medication reminders
- Provide simple medication management charts
- Teach the importance of taking prescribed medications, on time and as prescribed
- Monitor for possible medication side effects
- Report to others when an issue is potentially problematic

Additionally, Hibernian Home Care is owned and operated by a pharmacist and registered nurse. Not only will we do medication management as part of our assessment, but we can serve as a senior's advocate in coordinating communication across care providers. Being aware of and informed on all of a senior's current prescriptions helps avoid adverse drug interactions. For more information on our customized home care services, contact:

(732) 481-1148 or www.HibernianHomeCare.com

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Grocery Shopping

Monroe Township Office of Senior Services & Senior Center

12 Halsey Reed Road, Monroe Township, NJ 08831 • 609-448-7140

Membership Information

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

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

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

Free Transportation

Transportation, to and from the Senior Center, is available to all senior citizens in Monroe Township. This door-to-door service is free, during Senior Center hours of operation, to any and all related Office and Center business. For more information or to be put on the day's bus schedule, please call the Office Manager at 609-448-7140.

Get Your Game On!

On select days and times, bring friends and play your game of choice on Monday and Wednesday afternoons from 1 to 4 p.m. and on Tuesday and Friday mornings from 9 to Noon. CRIBBAGE (for new and seasoned) players meet on the 2nd and 4th Wednesday. (Some days are shared with classes.) TABLE TENNIS is offered on Monday, Tuesday, and Friday afternoons from 1 to 4 p.m.

Good For You!

Bagels Plus: On Friday, July 1, at 10 a.m., join Linda Mundie, from The Gardens at Monroe, as she hosts this informative discussion, "HOT TOPICS", with Sheli Monacchio, of Caring Connections. Their top tips will ensure a fun and safe summer. As always, pre-registration is required and bagels with smear will be provided. Please be sure to register in advance.

Advanced Bidding: Starting on Tuesday, July 5, at 1 p.m., join Janet Wood for this 10-session class that focuses on bidding and techniques for the ADVANCED player. This is ideal for individuals who play the game regularly and need additional practice with some new conventions. Course fee: \$24 p.p., due upon registering in-person, in advance. Space limited!

Take Control! (Chronic Disease Self-Help Mgt. Workshop): Starting on Thursday, July 7, at 10 a.m., join Teri Manes, Health Educator, Middlesex County Office of Health Services, for this 6-session workshop that focuses on self-care of any chronic condition. (Last class: 8/11). Learn how to manage your symptoms and make daily tasks easier. Program requires at least 10 participants who will make this 6-session commitment. Please register!

Your Aging Skin: On Monday, July 11, at 11:30 a.m., Susan Guerra, Dermatology Nurse Practitioner, from Advanced DermCare, discusses an array of skin care issues and concerns: from the basics to sun exposure damage, from common skin conditions to growths and cancers. Light refreshments and samples, too. Please register in advance.

VA Aid & Attendance Benefit: On Thursday, July 14, at 1:30 p.m., Carl Archer, Esq., of Archer Law Office, LLC, addresses your questions and concerns regarding this program that provides eligible veterans and their spouses with tax-free healthcare assistance. Learn more about this benefit and see if you are eligible. Please register in advance.

AARP Smart Drivers Course: On Monday, July 18, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability and payment information, please call the Office: 609-448-7140.

Insomnia: On Monday, July 18, at 10 a.m., join Siobhan Hutchison, MA-Holistic Health, as she discusses the natural way to get a good night's rest. Through discussion and demonstration, discover different ways to help you improve your quality of sleep. Please register in advance.

Brown Bag Banter: Just for the Health of It Librarians: On Monday, July 18, at Noon, brown bag your lunch for an informative discussion hosted by RWJ University Hospital. A health portal, created by librarians, brings the best resources, health & wellness information to the public. Bring your health questions and learn more about it. Please register!

Mediterranean Diet: On Thursday, July 21, at 1:30 p.m., Caryn Alter, MS, RD, CentraState, discusses a delicious way to stay healthy and reduce inflammation. Please register.

Hand Massage: On Monday, July 25, by appointment, enjoy a free hand massage, courtesy of Buckingham Place Adult Day Center and HomeCare, between 10 and 11:30 a.m. Limited appointments; so, the "Early Bird" gets a massage.

Your Aging Bones: On Thursday, July 28, at 1:30 p.m., Dr. Soumya Chakrapani, Family

Practice of Centrastate in Monroe, discusses "Healthy Aging: Healthy Bones" with a focus on understanding the risk factors, methods of prevention, and treatment options for osteoporosis.

Music & More!

Movie Time: On Tuesday, July 5, at 1 p.m., enjoy the classic, patriotic movie, YANKEE DOODLE DANDY, starring James Cagney and featuring the music of George M. Cohan. (B&W, with subtitles.) Please register in advance.

Evening Summer Series Continues: Enjoy these upcoming Wednesday evening events: LAUGHS WITH ROBIN, on July 6, at 7 p.m. Tickets: \$2 p.p., due in-person, in advance. PIZZA PLUS MUSIC BINGO, on July 20, at 6 p.m. Tickets: \$6 p.p., due in-person, in advance. For complete details, please refer to the Summer Evening Series 2016 Pamphlet that was provided in June's SENIOR FOCUS.

Karaoke & Ice Cream: On Thursday, July 7, at 2 p.m., join us for a fun-filled afternoon complete with assorted ice cream and a chance to sing-a-long, Karaoke-style, with Rich Purcell. Wannabee singers and entertainers can perform some of their favorite tunes...while others can just enjoy the show. Tickets: \$3 p.p., due upon registering in-person, in advance.

Jimmy Givens Trio: On Friday, July 8, at 1:30 p.m., enjoy this FREE musical concert by Jimmy Givens Trio, consisting of Mark Cohn (keyboard/vocals) Dorian Parreott (sax/vocals) who is the President of the American Federation of Musicians Local #399, and Jimmy Givens (drums/vocals).

Support for this performance is made possible by the Special Film Trust Fund and the Musician's Performance Trust Fund. A little bit of jazz and standards are expected. Please register!

Patriotic Songs: On Monday, July 11, at 1:30 p.m., join David Aaron as he plays and discusses the many great patriotic songs of our time, from "This Land is Your Land" to "We'll Meet Again Sweet Heart" to "The Boogie Woogie Boys From Company B". Please be sure to register in advance.

Simply Streisand: On Friday, July 15, at 2 p.m., enjoy this multiple award-winning Tribute Artist as she recreates the excitement and high energy vocals of Barbra Streisand's most powerful numbers. From trademark nails to the hairdo, "Simply Streisand" will simply blow you away. Tickets: \$2 p.p., due in-person, in advance.

Jerry's Travels: On Monday, July 18, 1:30 p.m., join Jerry as you travel to New Zealand where you will dodge the worst typhoon in 75 years, visit the picturesque towns of Wellington, Picton, Napier, etc., and see a Mauri Village. Please register.

Election 1860: On Tuesday, July 19, at 1:30 p.m., join Irene Curran, retired Monroe Township teacher, as she explores the chaos, rivalry and competition of the 1860 Presidential Election and the creation of the Republican Party. Comparisons to this year's election will be made.... Please register.

BEE GEES: On Wednesday, July 20, at 1 p.m., journey back to the 1970's and 80's as you enjoy this DVD show featuring the BEE GEES greatest hits: Stayin' Alive, Jive Talkin', and many more. Hosted by Michael Ferreira. Please register.

Here's Johnny & Pizza: On Monday, July 25 at Noon, enjoy a blast from the past and partake in a pizza luncheon as we feature the last episode and final show of The Tonight Show...starring Johnny Carson. Tickets: \$6 p.p., due upon registering in-person, in advance. Space limited.

Michael & Ted Present: On Tuesday, July 26, at 2 p.m., join our friends, from WWFM's The Classical Network, as they look at the life and music of Richard Rodgers. Oscar Hammerstein, and Lorenz Hart. Enjoy both familiar musicals, such as: PAL JOEY and BABES IN ARMS as well as some unfamiliar works with some wonderful songs. Please register.

Star-Spangled Celebration: On Friday, July 29, at 12:30 p.m., the Office Staff joins forces with the Friends of the Senior Center, Inc. to offer this special luncheon featuring Dave DeLuca's Star-Spangled Songbook Musical Tribute and boxed lunches by Business Bistro Catering. Tickets: \$15 p.p. (includes entertainment and your boxed lunch sandwich selection, chips, beverage, pasta salad, fruit salad, and dessert). Get your tickets while they last! Please be sure to ask for a "Star-Spangled Registration Form" at the front desk. No refunds after July 21st.

Exercise Your Options

Zumba with Sarah: Starting on Friday, July 8, at 9 a.m., join Sarah, a professional dancer and fitness trainer, for this fun, 7-session, Latin-infused exercise class this summer. Course fee: \$28 p.p., due upon registering in-person, in advance. Space limited to ensure safety.

Line Dancing: Starting on Wednesday, July 20, at 9:15 a.m., enjoy all types of line dances to

all kinds of music during Leslie's 10-session class (Jul. 20, 27, Aug. 3, 10, 17, 24, 31, Sept. 7, 14, 21). Class fee: \$35 p.p., due upon registering in-person, in advance. Space limited to ensure safety. (PLEASE NOTE: Need a minimum of 15 students to have the class.)

Artistically Speaking

Watercolor Experience: Starting on Friday, July 1, at 12:30 p.m., join Jeremy Taylor during this 5-session class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided Course Fee: \$50, due in-person, in advance. Space limited. Supply list available upon request.

Acrylics for All Levels: Starting on Tuesday, July 5, at 10 a.m., join Andrea for this fun 3-session class for all skill levels (July 5, 19, 26). Course fee as follows: \$45, for newbies requiring supplies; \$20, for repeat students (without supplies). Please register in advance, in-person. Space limited.

Watercolor Loose & Free: Starting on Thursday, July 7, at 12:30 p.m., join Jeremy Taylor during this 5-session watercolor, multi-level class that incorporates acrylics with other mediums and the use of both natural and synthetic papers. This class is designed to bring out your individual style! Course fee: \$50, due upon registering in-person, in advance. Space limited. Supply list available. Transparent Watercolor for Beginners: Starting on Monday, July 11, from 10 to Noon, Joanne Amantea, Signature member of the Garden State Watercolor Society, provides this 6-session class, with step-by-step instruction. A note pad to the first class is a must! Supply list available when you register. (No class on 7/18 & 8/22. Last Class: 8/29). Course fee: \$60 p.p., due upon registering in-person, in advance. (Space Limited!)

Collage with Karen: Starting on Tuesday, July 12, at 2 p.m., join Karen for this two-day workshop (7/12 & 7/19) as she follows in the footsteps of Matisse, Bearden, and other artists who paint with paper. Experiment with different mediums to create realistic and abstract images. Course fee: \$20 p.p., due upon registering in-person, in-advance. Space limited!

Jackson Pollock: On Wednesday, July 13, at 10:30 a.m., join Maurice Mahler, Art Historian, for this thorough DVD presentation and talk on Pollock and his works in abstract expressionism.

Art of the Masters: On Friday, July 22, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on American Realist artist, Janet Fish. Then, individuals, with a PROJECT COUPON, will create an individual masterpiece, using gouache, in the artist's style. Coupons available upon request, in-person. Lecture only? Register by phone. Space limited.

Office of Senior Services

The Monroe Township Office on Aging recognizes the diverse needs of all its senior members.

The Center's goal is to provide seniors (55 years old and older) with opportunities and resources through its outreach services, daily activities, personal counseling, transportation services and grant programs. These services combined with the center's regularly scheduled programs and activities encourage friendship, independence, community involvement and well-being in mind, body and spirit.

Outreach Program

Reach out if you need assistance. We are here to help. If you need information or referrals regarding home health assessments or ssservicesyouseek individual counseling, our outreach team can assist you - just reach out to us. Call the office at (609) 448-7140.



MONROE TOWNSHIP SENIOR CENTER List of On-Going Activities

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

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

\$200,000 first prize awarded to BACtrack Skyn

In May, the National Institute on Alcohol Abuse and Alcoholism announced the winners of its Wearable Alcohol Biosensor Challenge, a competition to design a discreet device capable of measuring blood alcohol levels in near real-time. The winning prototype and recipient of the \$200,000 first prize was submitted by BACtrack, a company known nationally for designing and selling portable breath alcohol testers for consumer use and professional use. Their entry, the BACtrack Skyn, is worn on the wrist and offers continuous and non-invasive monitoring of a user's BAC. Alcohol is detected using a fuel cell technology similar to that in devices used by law enforcement for roadside alcohol testing. The device connects via Bluetooth to a smartphone to store data.

"NIAAA issued this challenge to spark innovation in alcohol biosensor development. We were very pleased at the level of response and quality of prototypes that we received from the biotech community," said NIAAA Director George Koob, PhD.

The Wearable Alcohol Biosensor Challenge, issued through Challenge.gov in March 2015, called for non-invasive wearable technology that could improve upon existing alcohol biosensor technology used in the criminal justice system. An improved alcohol biosensor could be a valuable resource for the alcohol research community, decreasing reliance on participant self-report in scientific studies.

NIAAA received eight submissions and the working prototypes were tested for accuracy and reliability in a laboratory setting. Most of the designs took the form of fitness tracker-type watches that estimate blood alcohol content (BAC) based on the amount of alcohol escaping through perspiration (known as "transdermal monitoring"). One notable exception was a color-changing temporary tattoo applied directly to the skin.

Entries were judged based on accuracy, reliability, and frequency of blood alcohol measurements; ability to accurately collect and store data or transmit data to a wireless device; data security and privacy safeguards; and plans for manufacturing. The designs were also evaluated for marketability, appeal to wearers, and overall feasibility.

Second Prize: Second-prize (\$100,000) was awarded to Milo, a Santa Barbara technology startup, for their design for a wearable blood alcohol sensor. Milo's wrist-worn wearable pairs with a smartphone and uses disposable cartridges to continuously track BAC.

Honorable Mentions: BioInk (a color-changing tattoo design by a company of the same name); TAMS (transdermal alcohol monitoring system from a team affiliated with Florida International University).

With wearable technology becoming ever more popular, NIAAA hopes that the Wearable Alcohol Biosensor Challenge will stimulate public and private investment in alcohol-monitoring devices. Well-calibrated alcohol biosensors will provide an objective measure of alcohol consumption for research studies, with participants being able to avoid the inconvenience and discomfort of having blood drawn at regular intervals. The data collected would also be more accurate than self-report. Alcohol biosensors have commercial appeal as well; members of the public concerned with their personal drinking, or in the counsel of a therapist, would be able to use the discreet device without stigma.

Challenge competitions are a creative way for the federal government to seek innovative solutions from the public. The Wearable Alcohol Biosensor Challenge marks the first time NIAAA has awarded a prize through Challenge.gov.

About the National Institute on Alcohol Abuse and Alcoholism (NIAAA): The National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health, is the primary U.S. agency for conducting and supporting research on the causes, consequences, prevention, and treatment of alcohol abuse, alcoholism, and alcohol problems. NIAAA funds the National Consortium on Alcohol and Neurodevelopment in Adolescence (NCANDA) to determine the effects of problematic alcohol use on the developing adolescent brain and examine brain characteristics that predict alcohol use disorder. NIAAA also disseminates research findings to general, professional, and academic audiences. Additional alcohol research information and publications are available at www.niaaa.nih.gov.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

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East Windsor Independence Day Celebration Will Be Held on Saturday, July 2 (rain date Sunday, July 3) at Etra Lake Park. Free entertainment begins at 6 pm with the Jerry Rife's Rhythm Kings Dixieland Jazz Band, a 6 piece band from the Delaware Valley area best known for its traditional jazz sound, followed at 7:30 pm by the Trenton Brass Quintet Plus One, a 6 piece ensemble from Central Jersey performing "Americana" and a variety of popular melodies. The spectacular Fireworks Display will commence immediately following the musical presentations, at approximately 9:30 pm. Bring your blankets and chairs, and use the barbecue grills for a night of free fun at beautiful Etra Lake Park. There also will be vendors present selling refreshments. This free event is made possible through the generous contributions of many area businesses. In the event of inclement weather, call (609) 443-4000, ext. 400 for cancellation information.



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Mayor Janice S. Mironov Presents 2016 "Louis Bay 2nd Future Municipal Leaders \$1,000 Scholarship" to East Windsor Regional School District Hightstown High School Student Elena Plumser.

Mayor Janice S. Mironov presented to East Windsor Regional School District Hightstown High School Senior Elena Plumser, one of three statewide winners, the 2016 "Louis Bay 2nd Future Municipal Leaders \$1,000 Scholarship" award at a recent Council Meeting. The New Jersey League of Municipalities statewide scholarship competition centers on the theme "What My Mayor and Governing Body Do Best" and seeks to advance the virtues of elected and volunteer members of the community, while raising awareness of municipal government in general. Elena Plumser, a high school senior, is interested in a career in communications and will be attending Montclair State University. She has performed as the Director of "Spotlight East Windsor," the Mayor's call-in television show, and has pursued radio and television classes at Mercer County Community College.



Mayor Janice S. Mironov makes presentation to East Windsor Regional School District Hightstown High School student, Elena Plumser, winner of the 2016 "Louis Bay 2nd Future Municipal Leaders \$1,000 Scholarship" award

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By Susan Heckler

Heading down Route 33 toward Freehold, you pass a very nice brick building housing Liberty Insurance Associates. The company itself is almost 90 years old, the current ownership is 30 years. With that type of longevity, they have been a staple in our community to service insurance needs.

In a recent conversation with Jonathan Bryer, who heads up their Life/Health/Benefits Division, I came to realize just how extensive Liberty's service menu really is. With over 30 employees, your needs are easily managed. The interesting part is that I was an insurance client there for 20 years without realizing all of the benefits they offer.

Jonathan has been with Liberty for 19 years and does benefits consulting for individuals and small businesses. One of Liberty's primary goals is to provide objective information and education to their client base and local community; they handle all major carriers so they give you unbiased advice without the need to push their own product or carrier. In many cases, insurance companies push certain products that are most advantageous to them but not to you...not so with Liberty.

A rising concern is the Senior Citizens in our area and making sure they are informed and prepared. Jonathan runs seminars, geared to them, to assist with planning for retirement, Estate Planning, Medicare options, Long-term Care options, Annuity Income Planning and other major decisions they need to be aware of. Information is a powerful tool! It is never too early or too late to think about Wealth management, Estate planning, Retirement planning, College planning and your Cash flow management.

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recipe of the month

FISH TACOS WITH WATERMELON SALSA

Tip: How healthy is this recipe? Fish with omega-3, watermelon full of antioxidants, and lots of other fruits and veggies. Feel free to add other veggies that you like to the tacos as well.

INGREDIENTS:

FOR THE WATERMELON SALSA:

- 4 cups cubed seedless watermelon
- 1/2 small onion, diced
- 1/2 cup roughly chopped cilantro
- Juice of 2 limes

FOR THE FISH TACOS:

- 2 pounds of white striped bass filets
(cod, tilapia, and almost any kind of fish works well too!)
- 8 corn tortillas
- 1 romaine heart, shredded
- 1 sliced avocado
- Salt
- 1 tsp. olive oil

DIRECTIONS:

Make the salsa: Combine the watermelon, onion, cilantro and lime juice in a bowl. Toss with a tsp. of olive oil and a pinch of salt. Set aside.

Make the tacos: Brush the fish with olive oil and grill on high until cooked through, about 5 minutes on each side. When finished, cut the fish into bite-sized pieces. Warm the tortillas over the grill if you please, then put the fish, watermelon salsa, avocado and lettuce into the tortilla. Serve and enjoy.



Rocky Brook Garden Club Holds Annual Tour

By Pam Teel

The Rocky Brook Garden Club of Hightstown held its annual tour on June 25th, celebrating the flower season with a "Wonderland in the Gardens Tour." Seven gardens in both Hightstown and Cranbury were showcased on a self-guided tour with the theme in mind of "Alice in Wonderland." As the garden club celebrated 150 years since Alice in Wonderland was first published in 1865, local Girl Scouts helped out by dressing up as characters from the book. Tickets from the garden tour were available at the Perennial Home store on Ward Street in Hightstown and through the Hightstown-East Windsor Historical Society on North Main Street.

For those avid gardeners, flower highlights included hydrangeas, asters, Phlox, delphinium, clematis, astibles, ferns, bleeding hearts and various variegated coleus. Refreshments were also served on the grounds of one of the homes.

Nichole L'vov's home was one of the seven homes that were part of the Garden Tour. The yellow farmhouse colonial is unique because it sits on a four-acre parcel in Hightstown with lush landscaping and flowerbeds. The home was built circle 1920's. It also has huge evergreens and a baby forest at the end of the driveway. The home was once occupied by the Davison family of Hightstown. William Davison and his wife Maria Herbert Davison were parents of ten children. Their son Joseph ran their General Store for many years. The store was located on Main Street. He expanded the dry goods business to include groceries and clothing and later purchased the controlling interests in the Hightstown Smyrna Rug Company in 1907. The Davison family also owned a dairy farm circa 1929.



Garden Tour Home of Nichole L'vov

Nichole has lived in her home since 2002. Aside from being an avid gardener, she runs a small business in her boutique studio in the back of her house where she teaches inner strength Pilates. Nichole is a PMA Certified Pilates instructor and writes a mind-body column for www.fitpro.com. For more information and to sign up for classes call: 609 598-4686 or email nichole@ispilates.com. Facebook- Inner Strength Pilates.

If you didn't get to be a part of the Garden tour this year, mark your calendar for the end of June next year and keep abreast of upcoming events at www.hewhs.com.

Keep an eye out for another upcoming event on October 23rd and join the Hightstown Historical Society for a self guided tour titled "A Step back in Time" where seven local historic homes, noted for their charm and local significance, will be opened up to the public. All of the homes have been preserved or renovated. Guides will be available to answer questions.

The tour is being held as a fundraiser to help the Historical Society maintain the Ely House and update its library. The Ely house stands on land originally settled in 1721 by John and Mary Hight. It houses a museum and Reference Library in the Sara Hutchinson West Educational Center Freight Station located behind the Ely house. The Rocky Brook Garden Club will provide floral arrangements for all the homes. Advanced tickets can be obtained after Labor Day at the Perennial Home Store for \$20.00 and at Weichert Realtors, route 130, East Windsor, the day of the tour. You can also purchase tickets at the Historical Society Office at 164 Main Street. For more information go to: www.hewhs.com or call Shirley Olsen at 609 448-8388.



Left to right- Delaney Bright, Katarina and Koko Brown, as TweedleDee and TweedleDum, and Alice holding flamingo croquet mallets

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Let Me Shake Your Hand Manus Mallanaphy

By Susan Heckler

It is difficult to live in the Millstone/Manalapan/Freehold area without having come into contact with Manus Mallanaphy. Currently a Millstone Township resident, Manus has spent his lifetime as a Monmouth County resident and as such, has touched many lives, my family's included.

At the ripe old age of 23, Manus is always on the move "doing something". By profession, he is a realtor with Re/Max since he was 18. By 21 he was New Jersey Realtors Circle of Excellence winner and has been for 3 years (one of the youngest at the time to ever receive it). This year he was the youngest recipient of Re/MAX of NJ 100% club.

If you have any friends that are realtors, you know their time is at a premium. In his spare time, Manus is continually rescuing anything from pets to people.

After Hurricane Sandy, Manus could be seen all over the shore area, helping residents clean out their ruined belongings and rotted homes. He constantly had a trunk of red gas cans to help fill generators.

He worked with the AHA (American Housing Alliance) and was sponsor of their Day at the Races & Golf Outing which directly raised money to create a shelter for our County's homeless. He volunteered time and energy fixing/repainting/cleaning the shelter to get it ready. The event also supported our horse and leisure business and brought people to the race track, something near and dear to his heart.

Manus also hosted two highly publicized events to raise money for Covenant House and their work with the homeless and At-risk youth here in Monmouth County and throughout the state.

His main focus and greatest passion is to raise awareness for the importance of Open Space and the Equine industry in the state of New Jersey, especially Monmouth County. Manus and I partnered in a failed effort to preserve Showplace farms, with no direct benefit other than peace of mind for the community and our future. He has spent thousands of his own money for the general welfare of this cause and will be working tirelessly until November's election where a referendum affecting the Equine industry will be on the ballot.

Manus has joined forces with the SBOA (Standardbred Breeders and Owners Association of America), Trot Pac (the official political action committee for New Jersey's harness racing industry), Open Space Pace, and countless farmers from breeding centers to retirement farms to ensure that our areas extremely vulnerable horseman and people employed by them are cared and watched over during this time of turmoil. He is independently advocating throughout the state through various mediums and has a strong belief in community.

According to Manus, "Community starts by being there for each other needs." Stay tuned for more information on what Manus will be doing to make your hometown a better place to live and call home.

The Millstone Times thanks Manus for his efforts and heartily shakes his hand and supports his efforts!





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Bronx 3rd Graders get Special Strides Education in Farming

By Susan Heckler

The Third Grade class at the Children's Aid College Prep Charter School recently hopped on buses and came all the way from the Bronx for their first ever field trip to Congress Hill Farm to participate in the Special Strides program!

Special Strides is located in Monroe Township at Congress Hill Farm, an all equestrian training center. It is a multi-disciplinary therapy clinic and equine center providing equine assisted activities and therapy (EAAT). The facility comprises 200 acres of training areas, both outdoor and indoor arenas, as well as wooded trails. Special Stride's trails include a variety of sensory equipment such as trampolines, swings, an adventure course with balance beams and a variety of playground equipment. Children can explore the farm during therapy and witness the changes of seasons, picking vegetables in the gardens and visiting the other farm animals such as a rabbit, cats, goats, sheep, chickens and alpaca. Special Strides offices are located in a heated/air conditioned office including a fully equipped therapy clinic. Since opening in 1998, Special Strides has focused on improving the quality of life for all individuals who pass through the stable gates; patients, riders, families, volunteers, staff, donors and community members.

The lucky third graders were lead through an amazing farm experience where they practiced the skills they have been learning throughout Life Skills class and other subjects. The trip was an education about emotions, communication, safety, teamwork, nutrition, sensory systems, and more with the help from professionals at Special Strides. The students interacted with horses, goats, llamas, chickens, and ducks. This included feeding, brushing, holding, and observing both new spring baby animals and full grown horses! They also had the opportunity to participate in teamwork activities such as a scavenger hunt throughout a beautiful, gated, wooded path.

According to one teacher, Alyssa Cowit from Manalapan, "The field trip was a huge success. Our scholars were able to watch a horse swim, which we learned helps with muscle therapy. We learned about communication and body language by observing a horse's ears, and movements. We were able to feed goats, llamas, chickens and rabbits. Students with severe occupational therapy needs were able to get private horseback riding lessons in the indoor arena. Students worked in teams during a scavenger hunt through the woods; we worked on team building and problem solving. Students groomed horses, talked about self-care, and nutrition. This was all around a very valuable experience as some of these children have never seen these animals in real life before!"





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Sportika Event for a Safer Sports Season

By Susan Heckler

As a parent of active children, you want to encourage them to try everything and shoot for the moon. Admit it though, you would like them to do it all within the confines of a layer of bubble wrap to protect them from harm.

Involvement in sports has so many benefits for all ages. It's fun, helps with body image, it relieves stress and depression, helps develop teamwork, leadership skills as well as motor skills, strategic thinking, and even math skills are learned by playing sports. It just adds to quality of life overall.

Sportika is hosting a wonderful event on July 13th from 6-8pm at the Freehold location at 323A Fairfield Road in conjunction with Johnson & Johnson. The purpose of the day is sports training and injury prevention. An Orthopedic Surgeon will be giving a 15 minute presentation about Sports Injury Prevention and Concussion Awareness geared toward the ages of 14 and up. Something as simple as a proper stretch and warmup can prevent many injuries as well as proper safety equipment and fit. Early action when an injury occurs may prevent a more serious injury.

There will be 3 stations of baseball "camps" for the attendees to take part in.

- (1) Hitting
- (2) Field training
- (3) Pitching

There will also be a station where ultrasounds will be performed to diagnosis any current issues and Physical Therapists giving guidelines and proper stretching techniques to reduce sports related injuries.

Moms and Dads, you can have your athletic child and take the steps to keep them safe! IT'S A WINNER!

Please contact sportika@sportikasports.com or call 732-577-1745 for registration and information.

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Before



After



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July 11—14, 2016
9:00am to 1:00pm

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Saturday 10am—3pm

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To register or for more information: call 732-577-1745 / email: sportika@sportikasports.com

323A Fairfield Rd., Ste. 10, Freehold, NJ 07728



14th Annual Freedom Fest Fair State Heading Our Way

July 13th through the 17th

By Pam Teel

The Freedom Fest State Fair is right around the corner with five days and nights of fun and entertainment. Once again, it will be held at the Horse Park of New Jersey in Upper Freehold, conveniently located at 626, Route 524, with easy access off Route 195, exit 11. With food vendors, rides, and entertainment, there is literally something for everyone. One price tickets gets you free parking, free entertainment, and unlimited rides.

Some of the entertainment includes Lance Gifford and his Magic, Hypnosis Show, a Petting Zoo with pony and camel rides, courtesy of Eudora Farms. Robinsons racing pigs, nightly horse shows, nightly pie eating contest, agricultural exhibits and horse demos, huge carnival midway, nightly headline entertainment, and more. New this year- Bear Hollow Wood Carvers and Barnyard Cackle review.

Wednesday July 13th - come and watch the horse show.

Thursday July 14th - listen to The Rock of Ages Band featuring American Idol alumni Constantine Maroulis. The band plays alternate rock, pop and alternate dance music.

Friday July 15th- Hear the band Human Wheels as they sing the best of John Mellencamp

Saturday night listen to the River Dogs- a local rock and roll band. Also playing- Not Fade Away- a tribute band playing the music of Buddy Holly, Ritchie Valens, and other big boppers.

Also on Saturday Night, enjoy the professional firework display presented by D & M Firework Company.

Sunday - there will be three bands playing. Southern Steel- a southern rock tribute band, Artimus Pyle Band- honoring the music of Ronnie Van Zant and Lynyrd Skynyrd, and the Marshall Tucker Band, celebrating 45 years of playing together.

Tickets purchased at the gate are \$15.00. You can take advantage of the presale at Walgreens going on now and get five dollars off your ticket. Senior Citizens 65 and over, admission is \$7.50. Kids under 36 inches are free.

Come on out and enjoy five big explosive days of fun. Hours of operation are Wed, Thursday 5-11, Friday and Saturday noon to 11pm, Sunday noon to 10. It's happening, rain or shine. Why not be a part of it!!



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Tips For Land Buyers

Whether you plan on turning your land investment into farmland, future commercial or residential development or the spot for your dream house, take the following tips into consideration before submitting an offer to purchase. **KNOW YOUR ZONE** All land is not created equal, meaning that different property can be used for different functions. Plots of land have zoning classifications that range from residential to commercial to mixed-use to agricultural. How do you find out what type of land you're looking at? Reach out to the local planning and zoning department within your city office. Their professionals will be able to give you guidance as to the type of land and what it can be used for. Never take the seller's word on the land's zoning. If they make a mistake or are not truthful, you'll be the one holding property that can't be used for its intended purpose. **CONSIDER THE LAY OF THE LAND** The topography of your property can have a big impact on its fair market value. For example, farmland that is in a flood zone may not be as valuable as farmland that is on a flat plot with great drainage. Especially if you plan to buy out of state, it's critical that you understand what you're getting into. Besides physically walking the site, there are other ways you can get an idea of how the land lays during your preliminary research. They include using online mapping tools that are able to reveal data such as elevation and the presence of ravines, hills or valleys. Research is your best friend when it comes to profiling prospective land investments. **TAX FACTS** Buying land isn't as straightforward as paying for the plot and moving on with your life. When you purchase land, you are locking yourself in to paying taxes on the property for as long as you own it. Finding out what your annual tax obligation will be help you make a solid decision on whether or not you should invest. A reasonable tax bill usually falls between 1 to 4 percent of the property's full market value, so be sure to look into past tax records, which generally are available through your county offices.

Pricing In The Down Market

If you're hearing that the real estate market is down in your neck of the woods, you may feel like you're going at it on your own. A good Realtor and good strategies can help make sure your home isn't sitting on the market come this time next year. **PRICE IS EVERYTHING** We all want to turn around the greatest profit possible. But what if changes to your neighborhood have had a negative impact on your home? A failing school district or the loss of a major employer can wreak havoc on your profits, but being realistic about the situation will allow you to make better decisions. But what if you've invested a great deal of money into upgrades that buyers simply aren't willing to pay premium prices for? Realtors agree that upgrades to specific rooms, such as the bathroom and kitchen, can go a long way in increasing the value of your home, but if you've spent your remodeling dollars on projects that were more important to you, your home's price will have to reflect that reality. These are factors you must consider when pricing your home. The right price means limited time on the market. An inflated price means you may be up for a lengthy stay or many low-ball offers. **TRUST YOUR REALTOR** One of the first steps you should take in setting the right price is sitting down with your Realtor. He will be ready to discuss a comparable analysis of other homes in your area. This analysis will give you a better understanding of the selling price for homes that are comparable to your home's size, location and number of bedrooms. Don't be shy about sticking to your price, especially during the first few months. If you reduce your price too quickly, prospective buyers who keep a close eye on the local market may consider it a red flag

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Charles Damian
732-586-3568

cdamian@actionplusrealty.com



Judith "Judy" Collan
732-221-7115

jcollan@actionplusrealty.com
JerseyHouseHunt.com



4 Wolcott Ct, Millstone
5 Beds, 4.5 Baths 6,200 sq. ft.

Beautiful colonial with marble foyer, cinderella staircase with two story floor to ceiling windows. Gourmet Kitchen, cherry cabinets, a large Center Island with quartz top, granite counters and floors. An amazing back yard with a pergola, gazebo, heated salt water concrete pool, sunroom, tennis court, custom brick barbeque and sunroom!

Call Linda O'Reilly
MLS 21622069



56 Paint Island Spring Rd, Millstone
4 Beds, 2 Baths, 1 Half Bath

4 Bedrooms, 2.5 Bath Home in desirable Millstone Twp. Newer ELK w/sliders to a deck overlooking private lot. This home features hard wood floors throughout. Living room w/bay window, chair rail, stone fireplace. Family room w/wood burning fireplace. Updated bathrooms w/granite counters. Great Starter Home.

Call Gail Febles
MLS 21615528



1 Patterson Ln, Clarksburg
4 Beds, 2 Baths, 1 Half Bath

Terrific 4 bedroom Colonial. The spacious well designed floor plan makes this home a treasure for a growing family. Home features a spacious kitchen, Comfortable Family room, Formal living room & the classic Formal dining are perfect for entertaining. Situated on over 2 level acres. Enjoy the private fenced in "Country Club" yard with the 20X40 "Lazy L" in-ground pool. Multi decks are perfect for those summer BBQ's. The full finished basement adds to the space.

Call Christine Appice
MLS 21622091



262 Sweetmans Ln, Millstone
3 Beds, 2 Baths, 1 Half Bath

Quality built Open layout home features hardwood floors, spacious room sizes and beautiful views. This pristine home has a private resort backyard with an inground pool.

Call Judith "Judy" Collan
MLS 21543711



13 Pine Dr, Millstone
4 Beds, 3 Baths 3,800 sq. ft.

Not your average Millstone house! Come see this Spectacular Custom Victorian situated on 7 sprawling acres! 10 Ft ceilings on first fl, 9 FT ceilings 2nd fl. Walk up third floor with 8 ft ceilings (w/new double installation). Amazing space w/ 4 additional rooms ..beautiful views & endless possibilities, must see to appreciate! Farmland Accessed!

Call Linda O'Reilly
MLS 21618341



10 Alpine Dr, Millstone
4 Beds, 4 Baths

Gated entrance leads you to a Custom Colonial sitting on a hilltop w/over 3 acres. ELK w/granite ss app. HW floors throughout, 2 story family room w/brick fireplace, french doors leading to 3 tier deck, and IG pool. Large size rooms, full finish walk out basement w/add'l bedroom/office/bath/game room. Located in one of Millstone's most desirable neighborhoods.

Call Gail Febles
MLS 21615337



2 Pullen Dr, Millstone
4 Beds, 3 Full Baths, 2 Half Baths
4,200 sq. ft.

Truly Exquisite 4BR 5BA 4000++ sq ft on 3 Acres. Gourmet ELK includes granite, 18" tiles, Glistening HW flooring in DR, FR, and ALL BR's. Sunsplashed 3-season room on a timber tech deck w/ skylight and fans, heated inground pool, Florida room off FR is heated w/ custom ceramic tiling, high ceiling and TONS of sunlight Full finished basement w/ full bath and walk-out to 3-car garage. EVERYTHING in the house has been upgraded or replaced.

Call Charles Damian
MLS 21619867



27 Carriage Way, Millstone
3 Beds, 2 Baths, 1 Half Bath

Brick front colonial on 2.4 acres located in a beautiful neighborhood. This spacious colonial features 2 story foyer, 9FT ceilings, family room w/ vaulted ceiling & fireplace. Kitchen has 42" cabinets, center island & pantry. Dining room flows directly into living room, perfect for holiday entertaining. 1st floor laundry/mud room with sink. Office with French doors & powder room complete the 1st floor. HUGE master suite has bedroom area, office/exercise room, spacious walk-in closet. Master bath has Jacuzzi, shower & 2 sinks. 3 additional bedrooms and guest bath with double sinks. Full size basement with high ceilings, 2 zone heating/AC & Natural Gas. Huge backyard, plenty of room for a pool or tennis court! Walk to park, close to shopping and easy commuting location.

Call Judith "Judy" Collan
MLS 21614474

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Bath Colonial with 1.24 acres is nestled
on a tree lined Cul-De-Sac



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This chart compares "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/16 - 3/31/16. It includes which listings were sold by such organization RE/MAX, or with the aid of a cooperating broker for the state of NJ and time period submitted, according to the data by the following Multiple Listing Services in NJ: Triad MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Overlook 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 sets up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.



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NEW PRICE

\$449,999 Millstone Twp.
Generously sized beautiful 3 bedroom
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\$875,000 Millstone Twp.
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4 Bedroom, 3.5 Bath With Heated Inground
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\$275,000 Roosevelt Boro
This 3 Bedroom Ranch home is within
walking distance to biking, hiking
& boating



\$490,000 South Brunswick Twp.
This 4 Bedroom colonial is packed with
features & located on oversized
private yard.

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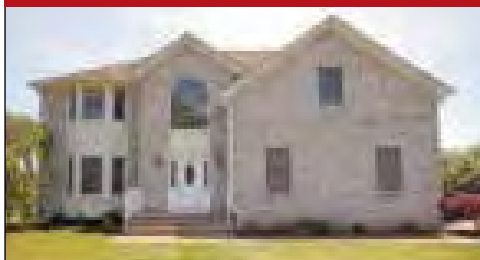


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JUST LISTED



17 Carriage Way, Millstone Twp
\$514,950

JUST LISTED



283 Sykesville Rd.,
Chesterfield Twp
\$279,950

JUST LISTED



275 White Oak Ct., Brick Twp
\$424,950

JUST LISTED



34 Adelphi Rd., Jackson Twp
\$339,950

JUST LISTED



79 Imlaystown-Hightstown Rd.,
Upper Freehold
\$399,950

AVAILABLE



512 Ely Harmony Rd.,
Millstone Twp
\$324,950

AVAILABLE



4 Dawson Ct., Millstone Twp
\$199,950

UNDER CONTRACT



14 Belmont Dr., Robbinsville
\$474,950

UNDER CONTRACT



15 Mundy Ave., Spotswood
\$299,950

UNDER CONTRACT



5 Dryden Dr., Burlington Twp
\$234,950

UNDER CONTRACT



119 Agress Rd., Millstone Twp
\$424,950

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



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MLS#6739054

110 George St., Robbinsville, NJ 08691
\$539,999 Agent: Jessica Leale

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



MLS#6785685

256 Trenton Ave., Hamilton Square, NJ 08619
\$479,900 Agent: Matthew Green

Spectacular 4 br 2.5 ba w/fin bsmt. Featuring a luxurious in-ground pl w/stamped concrete patio. Features a designer kit, under counter lighting, 2 sided see-through gas frplc, 8 zone sprinkler sys, Steinert district.



MLS#6769888

33 Cottage Place Dr., Robbinsville, NJ 08691
\$549,999 Agent: Robert Angelini

4br, 2.5ba "Saxony" model in Washington Hunt offers 2900 sq. ft of luxurious living space on a .72 acre home site. Professionally landscaped and a paver walkway to the patio in the rear. Beautiful come see for yourself!



MLS#6802168

35 Wygant Rd., Cream Ridge, NJ 08514
\$669,900 Agent: JoAnn Stewart

5br, 2.5ba Custom Built by the owner w/a meticulous 4-car det. heated garage. Perched on a premium 2 ac. Home. Solar panels on back roof of garage, provides most of electric to house, owned by sellers.



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. \$919,000



MLS#6806763

20 Hagerty Lane, Cranbury, NJ 08512
\$439,900 Agent: Patricia Hogan

2br, 2ba luxurious Captiva model is waiting for you to move right in. Beautiful garden views, 2 car garage. Sprinkler & security systems. Plus, solar panels (owned outright & transfer to new owner).



MLS#6802584

10 Milburne Ln., Robbinsville, NJ 08691
\$530,000 Agent: Robert Gutowski & Anthony Rosica
4br, 2.5ba beautifully maintained Yardley model by Calton Homes with many upgrades. Fill Finished basement great for family get togethers. Don't miss this one!



MLS#6757847

4 Malsbury St, Robbinsville, NJ 08691
\$520,000 Agent: Anna Coriasco
Town Center Carriage VI 4br, 2.5ba home. Two story foyer w/mororized chandelier, recessed lighting, 2 walk-in closets in Master bedroom, Bose wired Entertainment System.



MLS#6762361

10 Harvest Bend Rd., Robbinsville, NJ 08691
\$919,900 Agent: Iris Rodriguez

Beautiful 4br, 3 full and 2 half ba home, eat-in-kit, Walkout Fin Bsmnt complete w/Full Ba, 3 Car gar, Backing Woods on 2+ Acr & convenient to Train. 2 Gas FP. Deck and Patio overlooks the pvt backyard w/beautiful in-ground pool.



MLS#6800288

27 Bradford Ln., Plainsboro, NJ 08536
\$659,000 Agent: Donna Moskowitz

4br, 2.5ba totally move in renovated home in The Gentry development of Plainsboro. Curb appeal delights! Bring your fussiest buyers. Nothing to do but move your furniture in!



MLS#6801431

757 Mansfield Rd W., Bordentown, NJ 08505
\$440,000 Agent: Deborah Melicharek

4br 2.5ba Thirteen acre farm was originally set up as a horse farm when built in 1988. Barn has 9 stalls. Home is situated on 1 acre lot, offers almost 2400 sq. ft. Newer roof also has solar panels on rear and owner received \$210/per month.

*Gloria Nilson & Co
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#1 in total sales
in volume in
Monmouth County***

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

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471 Stagecoach Rd	163	\$199,000	\$150,000	24 Saddlebrook Rd	54	\$570,000	\$560,000
30 Waters Ln	56	\$275,000	\$280,000	93 Agress Rd	103	\$584,950	\$567,000
136 Millstone Rd	16	\$350,000	\$325,000	168 Millstone Rd	181	\$595,000	\$575,000
3 Running Brook Dr	63	\$369,900	\$360,000	302 Disbrow Hill Rd	33	\$600,000	\$587,500
46 Charleston Springs Rd	2	\$379,900	\$370,000	111 Millstone Rd	36	\$649,999	\$599,000
279 Sweetmans Ln	36	\$379,000	\$372,000	2 Ivy Ct	26	\$619,000	\$600,000
8 Dugans Grove Rd	33	\$385,500	\$375,000	35 Carriage Way	144	\$624,950	\$620,000
295 Millstone Rd	110	\$399,000	\$390,000	11 Lawrence Spring Rd	150	\$650,000	\$620,000
201 Stillhouse Rd	57	\$399,900	\$395,000	4 Paradise Pl	36	\$650,000	\$624,000
764 Perrineville Rd	78	\$429,900	\$400,000	28 S Robbins Rd	46	\$710,000	\$625,000
5 Bessie Ct	69	\$439,900	\$407,000	39 Carriage Way	25	\$649,000	\$630,000
101 Valley Dr	31	\$424,000	\$420,000	6 Applegate Rd	22	\$645,000	\$637,500
74 Agress Rd	50	\$457,500	\$425,000	3 Wintergreen Ct	207	\$695,000	\$637,500
11 Brookside Rd	39	\$369,000	\$430,000	3 Ella Dr	124	\$675,000	\$645,000
78 Agress Rd	87	\$449,950	\$430,000	5 Fox Hill Dr	28	\$659,900	\$650,000
29 Indian Path	70	\$449,900	\$430,000	10 Young Ter	89	\$649,000	\$665,000
312 Sweetmans Ln	58	\$450,000	\$435,000	43 Roberts Rd	86	\$699,900	\$685,000
20 Parkside Way	341	\$495,000	\$445,000	1 Blacksmith Ln	89	\$699,000	\$685,000
6 Bowman Ct	126	\$489,000	\$470,000	13 Lebers Ln	137	\$699,900	\$699,900
105 Meadow Ct	25	\$479,000	\$479,000	3 Morse Dr	5	\$669,990	\$704,802
8 Steward Ct	175	\$595,000	\$490,000	4 Moonlight Ct	200	\$725,000	\$715,000
1 Hartnett Way	121	\$499,000	\$491,000	11 Whispering Spring Dr	13	\$799,000	\$740,000
3 Sawmill Pond Rd	9	\$514,000	\$510,000	5 Burns Ct	174	\$649,900	\$757,892
23 Carriage Way	14	\$514,800	\$510,000	108 Millstone Rd	30	\$799,900	\$767,500
5 Red Owl Ct	135	\$550,000	\$520,000	1 Burns Ct	174	\$709,990	\$771,456
3 Hogrefe Way	127	\$545,000	\$525,000	6 Doe Ct	22	\$849,900	\$790,000
3 Groendyke Cir	222	\$565,000	\$525,000	7 Palmer Cir	205	\$850,000	\$833,000
1 Debow Dr	38	\$539,900	\$527,400	6 Moonlight Ct	67	\$899,000	\$850,000
10 Carriage Way	91	\$560,000	\$545,000	6 Cranbury Brook Dr	223	\$899,000	\$860,000
12 Timmons Hill Dr	35	\$574,950	\$555,000	13 Holdman Pl	504	\$899,000	\$864,764
17 Ivy Ct	29	\$549,950	\$555,000	8 Robbins Nest Dr	159	\$1,749,900	\$1,650,000
1 Baldwin Dr	58	\$573,724	\$555,000				

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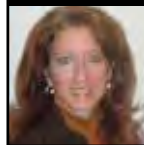
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* Source: Monmouth County Multiple Listing Service, through June 13, 2016



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It Is Good To Invest In Local Real Estate

If you've been thinking about your financial future lately, you may have considered the prospect of investing in real estate. Now is the time. Whether you're planning to purchase your first home or buy a property for rental income, there are many factors making today an ideal time to enter the market.

With the memory of the Great Recession and housing bubble burst behind us, the real estate market has climbed its way back into being a stable, affordable investment that can have big returns in the future. Here are a few main reasons why now more than ever, it makes great financial sense to invest in a home:

- **Mortgage interest rates:** No one knows how long mortgage rates will remain at low levels, which makes it a great time to invest. Rates aren't as low as they were a few years ago when they dipped into historically low percentages, but they are still very reasonable for both 15- and 30-year loans. Check with your local mortgage specialist or banking official for exact rates, which will vary based on your area and your personal credit history.
- **Foreclosures:** There are still many foreclosed properties on the market at affordable prices. These can be great options if you're looking for low risk and potentially high return as a landlord renting the property to tenants. Do your homework to make sure all major systems and structural aspects of the home

are in good shape before sinking a large down payment into a house. Hot markets, low costs: Ever think about buying a vacation home in Arizona, Florida, Michigan or Nevada? This may be your chance. Real estate prices in these markets are at affordable levels and feature great opportunities for smart investment opportunities. Coordinate with your local Realtor to orchestrate the process. They will be able to connect you with the appropriate resources out of state. Real estate equals profit: Look back at property costs 30 years ago. Those same properties today are valued much higher. Unlike a car or truck, home value generally increases over the years, depending on how well you care for it and improve the property. This can make a home or two the perfect addition to your investment portfolio. If you've been thinking about your financial future lately, you may have considered the prospect of investing in real estate. Now is the time. Whether you're planning to purchase your first home or buy a property for rental income, there are many factors making today an ideal time to enter the market.

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Safe Electrical Wiring

According to the National Fire Protection Association, there is a one-in-four chance a fire will be reported at your house during your lifetime. In 2011, fires caused 15,635 injuries and 2,640 deaths.

Faulty or damaged electrical wiring is one of the causes of home fires. It's crucial for every homeowner to realize the importance of having safe electrical wiring in their homes in order to avoid damage to property and loss of lives.

Even if you don't own the home you currently live in, you still need to know a thing or two about safe electrical wiring to ensure your own safety and that of the people who live with you.

FINANCIAL ISSUES

The desire to save money is one of the most cited reasons people end up with faulty or low-quality electrical wiring in their homes.

Quality electrical services come at a price, and with good reason. The work that needs to be done is complex and dangerous at times. But during financially trying times, people want to save every last penny they can.

Instead of hiring the most qualified electrician to install the wiring for their home, some homeowners go with the one who charges the lowest fees. Unfortunately, this often means they won't get the quality service they need, and they may be inadvertently putting themselves and their home at great risk.

UPDATING CIRCUITS

Electricity-related house fires occur because many homeowners fail to have their home's electrical wiring updated. This is true for those who live in older homes that have not been checked by an electrician for a long time.

You may not have experienced any electrical problems, but if you know that your home's wiring has not been inspected in the last 10 or so years, you need to get in touch with an electrician as soon as possible and have new wires installed as a precautionary measure.

Ideally, houses should be checked for damaged or faulty electrical wiring every five years. Some homeowners have this done every two or three years.

You do have to pay for such services, but it is worth it when you can sleep more soundly at night knowing that your house and your family are protected against house fires and other electricity-related catastrophes.

Basic Electrical Wiring Precautions

Sometimes, electricity-related accidents still take place regardless of how responsible homeowners are in checking their home's electrical wiring. In order to avoid these accidents, here are some of the basic electrical wiring precautions you should take:

- Turn off the main power switch whenever electrical repairs are being done, no matter how minor those repairs are.
- Avoid coming into contact with electrical wiring if your hands and feet are wet.
- Avoid using extension cords with multiple sockets unless necessary. Plugging in more appliances than what your electrical wiring can support can lead to circuit breaks and overloads.
- Seal off exposed wires and replace cracked sockets as soon as you see them.
- Read the manuals of appliances to make sure you use them properly.

If you are unsure of how a particular electrical repair should be done, the safest thing to do is hire a professional electrician to do the job.



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Building Your Dream Home

*Are you the kind of person who knows exactly what they want in a home,
or are you open to falling in love with a home that you might have never imagined?*

Owning a home is one of the largest investment considerations in the lives of Americans today. Once you've decided that you're ready to own a home, the next step is determining whether to build your dream home or find your dreams in an existing home.

The decision to build your new home may stem from the desire to live in a new or developing community, or from the allure of customizing your dream home to specifications that fit your lifestyle.

Whether your goal is to build a home with a higher resale value or living in your new home for many years to come, the building process is a big commitment.

How involved will you be in the building process? An established developer or contractor will oversee most of the build, while giving you the ability to customize various aspects of the home such as interior layouts, appliances and finishing touches like flooring, countertops and fixtures.

You may also have the option to choose certain exterior features as well. The downside may be that, while contractors have their own work force and access to discount prices on materials, you are generally subject to the costs quoted by the builder, with little room to negotiate.

Choosing a reputable builder is an important step. Try talking to other new homeowners in the area to discuss their experiences.

If you want more control of the process, you may choose to contract the work yourself. Having at least a general knowledge of home building is crucial, as you will need to line up various work crews to perform parts of the project.

Finding Your Dream Home

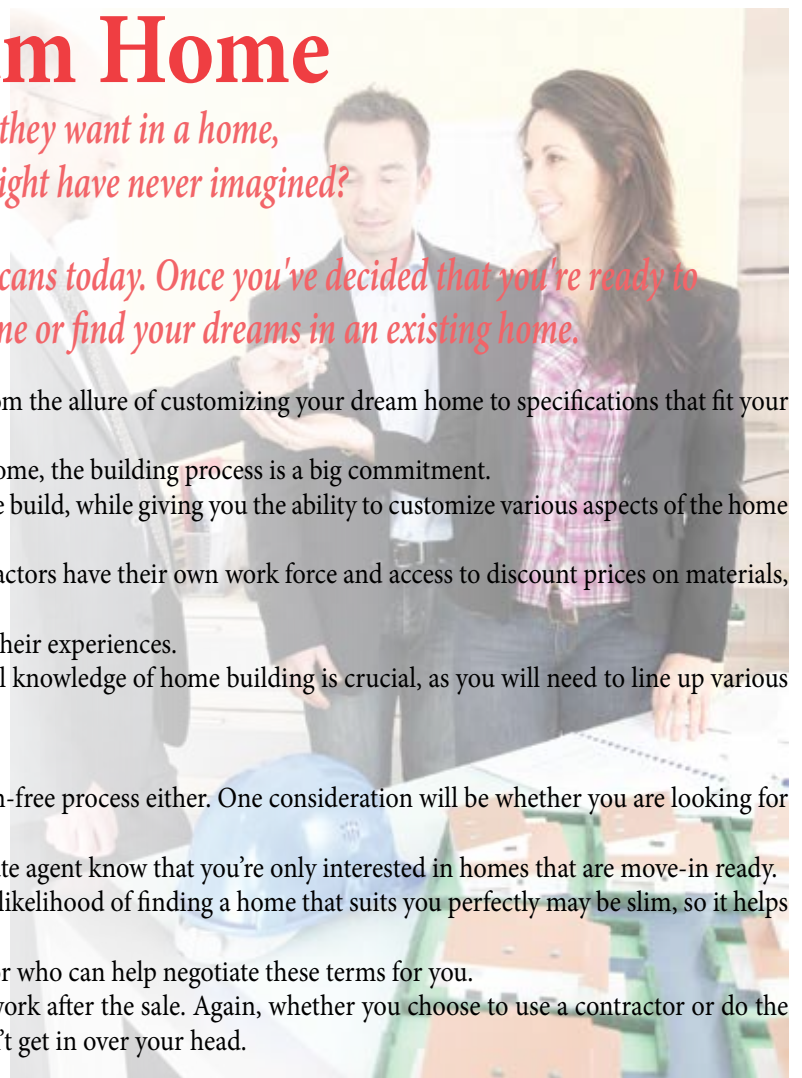
While avoiding the ordeals that can come with building a home, purchasing an existing home may not be a pain-free process either. One consideration will be whether you are looking for a home that is ready to move into, or one that may need some alterations to suit your needs.

If you're not comfortable with overseeing a renovation project, or if you have a limited income, let your real estate agent know that you're only interested in homes that are move-in ready.

Depending on your desired location, you may have to look at many homes in order to find just the right fit. The likelihood of finding a home that suits you perfectly may be slim, so it helps to keep an open mind and only set defined preferences on the features that are most important to you.

In some cases, the owner may be willing to make alterations to secure the sale. It pays to have a reputable Realtor who can help negotiate these terms for you.

You can also look for homes that have the framework to support your dreams if you're willing to put in some work after the sale. Again, whether you choose to use a contractor or do the work yourself, some knowledge of home building processes and advice from professionals will ensure that you don't get in over your head.





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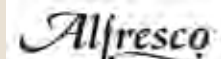
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Buy Local

There are multiple reasons that your local furniture store is a great place to shop. Many of the businesses in your neck of the woods are owned by your neighbors and friends.

Not to mention, the quality products produced and sold by your local furniture shop can be second to none.

There are multiple benefits of shopping locally, including the fact that your dollars can advance your community's growth and help tap into your sense of community. Many local businesses can only survive with your consistent patronage, so make sure to choose local furniture and design services as often as possible.

LOCAL ECONOMY

Supporting local businesses puts money back into the area economy. That in turn improves the quality of life for every resident — including your family.

In the long run, your business will mean more local jobs because independent local furniture businesses employ area residents to help them run their companies.

Local retailers and distributors also carry a higher percentage of locally produced goods than chains, and that means American-made products can easily make their way into your home.

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Your local furniture business owners usually don't mass produce their furniture, so the quality can be exceptional. They take the time and effort to truly create custom, well-crafted pieces such as popular outdoor wooden furniture or heavy, rich dining room tables.

The owners also know the preferred styles of the locals. They choose quality furniture that suits the local environment, such as coastal living or the countryside.

Even if your style doesn't fit the local flavor, they generally carry options for all tastes or can order whatever pieces align with your preferences.

COMMUNITY IMPACT

A lot of local furniture business owners are our neighbors, which means they invest their savings and lives pursuing their American dream in your neighborhood. They play a key role in your community as they support local charities or serve on local boards. Your support reinforces their efforts.

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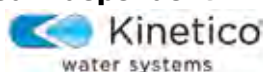
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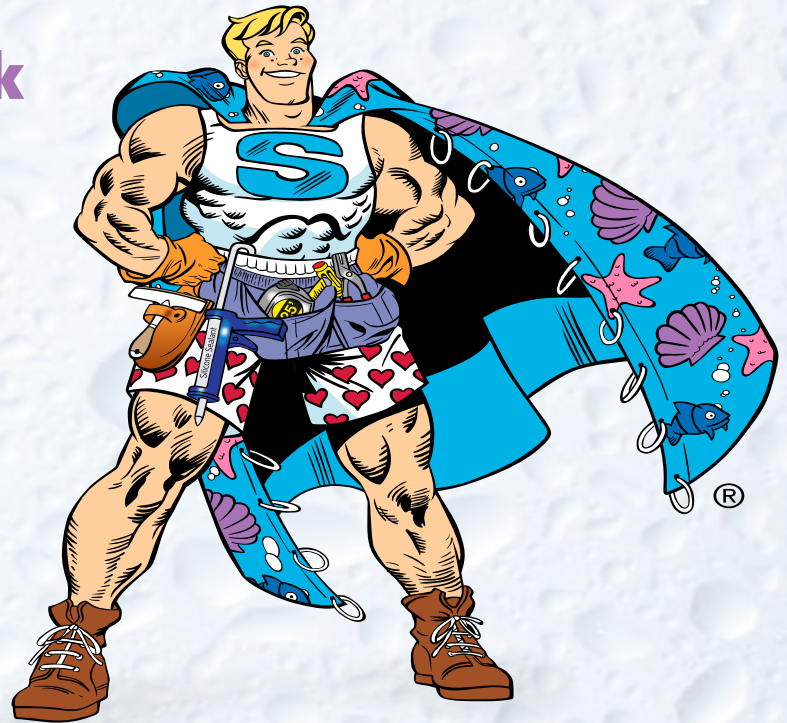
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By Joely Phenes

Easy To Follow Directions:

1. Put on hearing protection and mow the lawn to a height of 1½ inch. Be sure to collect the grass clippings.
2. Run a de-thatcher across the entire lawn to remove dead plant matter.
3. Use a leaf rake to collect and remove all the thatch pulled from the lawn.
4. Run a gas-powered core aerator across the lawn.
5. Rake up and remove the soil plugs extracted by the aerator.
6. Spread compost over the lawn and rake it down into the holes.
7. Analyze the physical structure of the soil with a soil test kit; amend the soil as necessary.
8. Use a broadcast spreader to over-seed the lawn with new grass seed. Adjust the spreader to dispense seven pounds of seed per 1,000 square feet area.
9. Use backside of leaf rake to lightly work the grass seed into the lawn.
10. Lightly water twice a day to keep the lawn damp, not soaking wet.

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The Millstone Township PTSA and PTO Sponsor a Scholarship Program

The Millstone Township PTSA and PTO, two non-profit groups of parents, students, educators and community members who work together to support the schools and offer educational opportunities for our students, have once again sponsored a scholarship program this year for two high school seniors who reside in Millstone Township and have graduated from Millstone Township Middle School. Each senior was awarded with a \$1,000 scholarship. The winners of the 2016 scholarships were Kathleen Anna Drake and Hannah M. Robertson.

Kathleen Anna Drake is graduating from The Peddie School and has been accepted to Barnard College of Columbia University. She plans to major in English and the Accelerated Law Program. Kathleen has received awards for the Girl Scout Junior Women of Distinction, the Girl Scout Gold Award, and Peddie Crew "Blade of Glory" Award. She is editor-in-chief of Amphion (Peddie's Art and Literacy Magazine), participates in Varsity Girl's Crew, and holds the position of Girl Representative on the Board of Directors of the Girl Scouts of the Jersey Shore.

Hannah M. Robertson is graduating from Allentown High School and has been accepted to Dickinson College. She plans to major in Economics and Philosophy. Hannah has won the Student of the Month Award, the Smart Cookie and Enthusiastic Reader Award, and the AP Scholar Award. Some of the many activities she participates in are the National Honor Society Vice President, varsity soccer, and winter track.

The scholarships are based on personal interviews, community service, extracurricular activities, letters of recommendation, and an essay on the topic "What challenges I have experienced in my life and how I have overcome them." The PTO and PTSA are pleased to be able to reward such ambitious, hard-working students with these scholarships.

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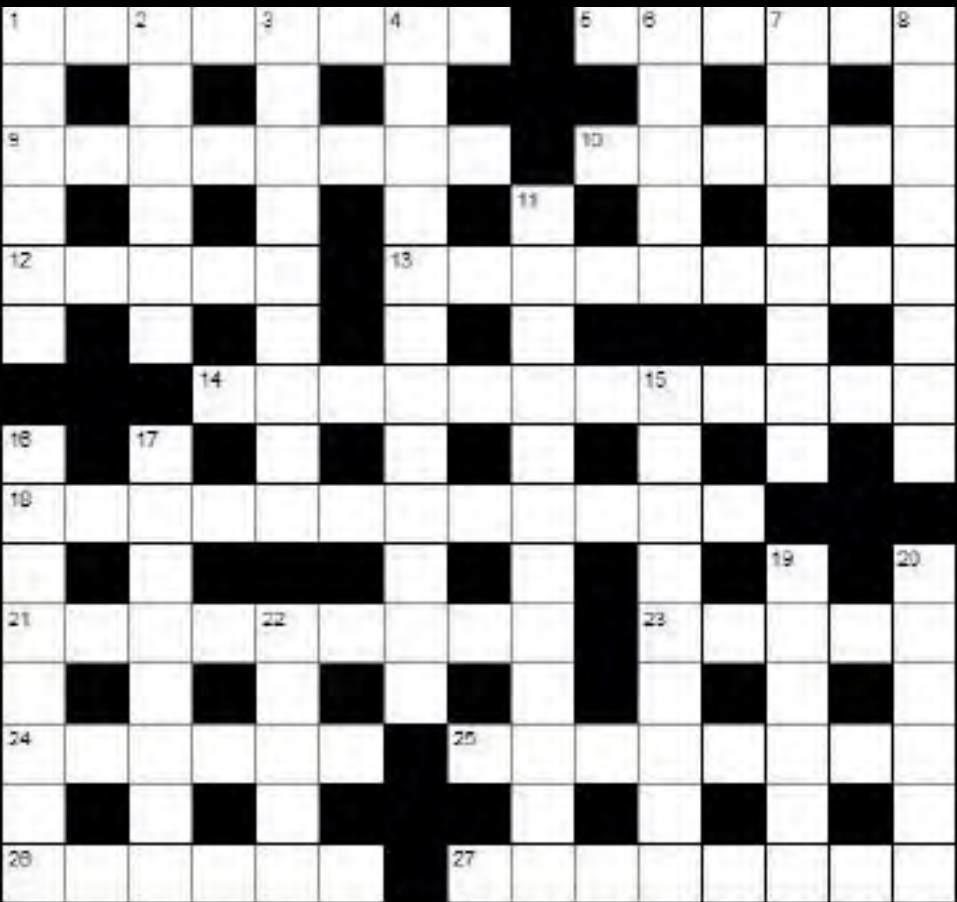
Why The Staycation
Trend Has Taken Over?

Traffic, road construction, waiting in airports and losing luggage are just some of the stresses that can dampen your fun on a traditional vacation. Often vacationers come home more exhausted and stressed than when they left. The most important thing to keep in mind is that "paradise" does not have to be a location but rather a state of mind. The perfect vacation makes you feel a certain way — rested, relaxed and stress free. Those feelings, along with some adventure and fun, can absolutely be achieved on a staycation in your neck of the woods.

SUPPORT LOCAL BUSINESS Imagine being on vacation while helping other people achieve their dreams. That would be a good feeling. Your staycation will benefit not only you but many of your local community businesses. Small community businesses depend on locals for support, and anything beneficial to them will impact the entire community — including your family. Everyone knows your dollar will reach farther, because that money goes right back into the local economy. Local businesses owners and employees also will be encouraged by your support. Many of them are your neighbors and friends. Your advocacy brightens their day and helps you stay updated on what's happening in your community.

UNIQUE ADVENTURE A lot of your local shops contain unique items that are not mass produced. Challenge yourself to go window shopping and try a few different businesses. It is an adventure. You could find some great birthday or Christmas presents while you peruse shops as part of your summer staycation. You might even meet some of the talented artists who make those one-of-a-kind gifts. Many share the story behind their art, as well as its purpose or meaning. This personal touch and connection makes the gift more meaningful. What better way to spend your staycation than building positive relationships with those in your community?

EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



ACROSS

- 1 One so has designs on her body! (8)
- 5 Fair-haired beauty, initially single, secures date (6)
- 9 Involved in argument, drunk's about to produce dagger (8)
- 10 Expression of appreciation for sexy woman who sports short split skirts (6)
- 12 Well, a market will stock this wool (5)
- 13 Consequences of a chubby husband stifling expression (9)
- 14 Motion, say, to repeal EU act fails without Conservative (4,8)
- 18 District nurses treated artist making recording (12)
- 21 Procession of vehicles turned out to carry old metal band (9)
- 23 German politician's true love (5)
- 24 Raid fashionable bar, arresting American (6)
- 25 Leaves a note on feature article (5,3)
- 26 Lesbian poetess apparently invested in second house (6)
- 27 Laurel's worst influence, according to Spooner (5,3)

DOWN

- 1 Fight thugs regularly, getting almost killed (6)
- 2 Bachelor enters competition involving a race (6)
- 3 They work to rule, disrupting musical dramas (9)
- 4 No longer crazy about farm machinery? It'll clear the air (9,3)
- 6 First off, Mahler is fantastic composer (5)
- 7 Rewrite a page on new supporter of contemporary religious movement (8)
- 8 Groundnut sauce, after short time, is introduced to Eastern region (5-3)
- 11 Who else's that disposed to attract the most admiration? (5,3,4)
- 15 River rising mostly precedes danger at sea (3,6)
- 16 More than one citadel's king beheaded mischief-makers (8)
- 17 A fool to support seditious material (8)
- 19 Is it possible for ban to exclude University of Cambridge? (6)
- 20 Turned on, cheers extremely raunchy legal official (6)
- 22 Arrive at right place to sunbathe, going topless? (5)

Answers on Page 67

MOVIES TO CATCH IN JULY

By Joely Phenex

The Secret Life Of Pets

Set in a Manhattan apartment building, after the two-legged residents head for work and school, their pets gather to start their day, which consists of hanging out, trading humiliating stories about their owners, and helping each other work up adorable looks that will lead to more snacks. The head hound is a quick-witted Terrier rescue (voiced by Louis C.K.), whose position at the epicenter of his master's universe is suddenly threatened when she comes home with Duke (voiced by Eric Stonestreet), a sloppy mongrel with no polish. The two soon find themselves on the mean streets of New York, where they meet the adorable white bunny, Snowball (voiced by Kevin Hart). It turns out that Snowball is the leader of an army of pets that were abandoned and are determined to get back at humanity and every owner-loving pet. The dogs must thwart this plot and make it back in time for dinner. This 3d movie includes the voices of Kevin Hart and Ellie Kemper.

The Legend Of Tarzan

It has been years since the man once known as Tarzan (Skarsgård) left the jungles of Africa behind for a gentrified life as John Clayton III, Lord Greystoke, with his beloved wife, Jane (Robbie) at his side. Now, he has been invited back to the Congo to serve as a trade emissary of Parliament, unaware that he is a pawn in a deadly convergence of greed and revenge, masterminded by the Belgian, Captain Leon Rom (Waltz). But those behind the murderous plot have no idea what they are about to unleash. The move is based on the Edgar Rice Burroughs character. Christoph Waltz plays a Belgian soldier named Captain Rom who attempts to capture Tarzan in exchange for a ransom in diamonds.

The film was shot at Warner Bros. Studios, Leavesden, as well as on location around the UK. Collaborating with Yates behind the scenes, the creative team includes director of photography Henry Braham ("The Golden Compass"), Oscar-winning production designer Stuart Craig ("Dangerous Liaisons," "The English Patient," the "Harry Potter" films), editor Mark Day ("Harry Potter and the Deathly Hallows, Parts 1 & 2"), and Oscar-nominated costume designer Ruth Myers ("Emma," "Unknown").



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WEEKEND GETAWAYS

Redbank - A Town That Does Have It All!

By Pam Teel

Redbank, what can you say about a town that has everything? A mere 45 minute drive from the Hightstown area takes you to a unique town by the river where you can enjoy watching the boats come and go high atop Marine Park or shop the store lined streets until you drop!

Dubbed The Garden State's Greenwich Village, this cosmopolitan riverside town has it all from art galleries to upscale boutiques, to fine dining restaurants, to boat tours up the Navesink and Shrewsbury Rivers.

Located on the Navesink River, Redbank is a happening town with thousands of tourist visiting daily. They even have their own visitors' center, which would be a wise thing to stop in first and get a town directional. With so much to see and do, a weekend in Redbank would be a great getaway. It's worth catching a live show at the Count Basie Theatre or a play at the Two Rivers Theatre House. If you like shopping, eating, and looking at old historic buildings, then you have to check out Broad Street.

Redbank is part of Shrewsbury Township and one of Monmouth County's three original townships. It is believed to have gotten its name when in 1736, Thomas Morford sold Joseph French a lot, which he described as "having over 3 acres on the west side of the highway that goes to the red bank."

In 1844 there were a handful of businesses and residences but by 1860 with the coming of the Raritan and Delaware Bay Railroad, the town began to flourish. Its principle commerce was trading with New York City. Redbank now has over 12,000 residents. It boasts 4 coffeehouses, 64 restaurants, The Count Basie Theatre, a performing arts center that attracts national and regional acts, a playhouse, dozens of antique shops to browse in, over 12 jewelry stores, several art galleries and more. It was named as the 3rd best small town in America by Smithsonian Magazine.

Riverside Garden Park host many events throughout the year to celebrate its different seasons. This 2-acre park has sensory gardens, a boardwalk, a concession building, a stage area, and more. There are weekly outdoor jazz concerts; food events, ice festivals, to name a few. Three of the larger festivals are the International Flavor Festival in the spring, the Guinness Oyster Festival in the fall, and in June, the annual "Riverfest" Jazz Festival, held over a three-day period, which draws approximately 160,000 visitors. Red Bank is host to New Jersey's largest fireworks display every July 3rd with over 150,000 people in attendance from all over the state. You can watch the fireworks from a top the hills at Marine Park. Don't forget to bring your blanket and food basket. Don't plan on getting out of town soon afterwards, as there usually is a line of traffic miles long. It might be a good time to take advantage of staying the weekend at one of the two Inns. The Historic Molly Pitcher Inn and the Oyster Point Hotel are both a short walk from town.

During Christmas, thousands of lights adorn the streets, transforming the town into a winter wonderland. A trolley shuttle transports shoppers between the heart of Red Bank and the Grove Shopping Mall in Shrewsbury.

Boat charters are available up the Navesink and Shrewsbury Rivers. You can tour star's homes, like Bon Jovi's, or take a dinner cruise. Three-hour tours, shorter tours, and chartered tours are also available to Atlantic Highlands and back. You can also find fishing boats waiting to take you out. Powerboating, crabbing, fishing, kayaking, swimming and rowing are all available on the Navesink River.

In the winter you can enjoy ice boating on the river or just come down and watch the others as they sail across the ice. This has been a tradition that has been around since the 19th century. After a thorough inspection, the North Shrewsbury Ice Boat & Yacht Club's safety committee deems it safe or not every year to sail in a limited area off Red Bank. Since 1880, the North Shrewsbury Ice Boat & Yacht Club has maintained a clubhouse on the river, containing not just its sailing fleet, but also "historical data, photographs and memorabilia under one roof, which is on open display for all members and guests to enjoy.

Some historic sites you might want to take in are: the Molly Pitcher Inn, Count Basie Theatre, The Dublin House, The Fortune House Historic Landmark, The George R. Lamb Building, Charter School/Century House- a second empire style house built in the 1860's by William Conover, and many more.

Some interesting shops include Mudslinger pottery, Jay and Silent Bob's secret Stash- comic book store, Vintage arcades, Redbank Antiques center, HobbyMasters- a great store with lots of things to do, the kitchen galley, and more.

Top ten places for a bite to eat according to yelps: JB's Soul Kitchen, Molly Pitcher Inn, Nicholas restaurant, Pazzo Restaurant, Dublin House, Siam Gardens, B2 Bistro and Bar, Via 45- Italian food and vegetarian food, Danish Café, Robinson Ale House.

For more information on Redbank, events and things to do, go to: www.visit.redbank.com



A view of Broad Street



Riverside Garden Park



Ice boating on the Navesink in Redbank



Summer Jazz concerts

The Millstone Times PHOTO OF THE MONTH *By Pam Teel*

These photos were sent in by Vijay Sawant. They were taken in Kerala, India. The first photo is of a fisherman looking for a good spot to fish. The second photo is of rubber trees with bags tied around them to collect the syrup. **Rubber tapping** is the process by which the latex is collected from a rubber tree. An incision is made in the tree's bark, which cuts through the latex vessels, from which the product then flows.

Kerala is situated on the southwestern tip of the Indian peninsula. It's flanked by the Arabian Sea on the west side, Karnataka on the north and north-east, and Tamil Nadu on the east side. Geographically, Kerala is a tropical region. Its location gives it a unique climate and unique geographical features.

Kerala is shaped by its layered landscapes, gorgeous Arabian Sea coasts and beaches, and spice and tea covered hills of the Western Ghats. It is also home to wild elephants and exotic birds. The main crops grown here are paddy, coconut, pepper, cashew, cassava, coffee, tea, and the plantation crop rubber.



Fisherman in Kerala looking for a lucky spot to fish.



On the left side of photo, bags are tied to rubber trees to collect latex syrup.

Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: crescent671@gmail.com Include your name and a description of the photo. If you have a brief story that goes with it, please send that along too. You may send photos more than one time. (If you prefer to send 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.

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The act of shopping local is not one to be enjoyed by a select few. In other words, the more the merrier.

Local business owners are ready to welcome you with open arms. You should do the same for them by bringing along your friends, family members and neighbors on your next local shopping trip.

Like Father, Like Son

It's never too early to pass on the values that drive you to shop local and support your neighbors. The children in your life are impressionable. Make a good impression by explaining the importance of shopping locally.

They may be future entrepreneurs, and it's never too early to plant that business acumen. Teach them the basics of starting a business, and introduce them to shop owners. Prompt them to ask questions about being a business owner and then keep discussions going even after you've left the store.

Give Businesses Ideas

Do you have a business degree or some kind of training in marketing? Why not lend your expertise to a small business in need of some brand improvement.

Small business owners are busy and can run out of time at the end of the day to launch an email marketing campaign or create clever social media content.

Helping small businesses with activities like this is not only a sign of solidarity from a veteran businessman or woman, but also a great way to gain free, intern-like experience for college students.

Build your clips now by offering to handle all social media accounts for a local business owner who agrees to put you in charge. You'll be gaining valuable hands-on experience that will look strong on a resume.

Make it a Contest

This year, make shopping a contest with your closest friends. Start now by tallying up how much money you spend in local businesses. You can even start a blog or spreadsheet to track spending.

At the end of the year, see who spent more locally. The winner gets treated to a \$20 gift card to her favorite small business.



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BUBBA'S ARRIVAL

By Tammy Probst Smith

March 21, 2016 marked the one year anniversary of Bubba's arrival in New Jersey. We don't know too much about Bubba's past other than he was turned in to a rural Texas shelter that euthanizes dogs when there is no more room. Bubba is a magnificent example of a Great Pyrenees with beautiful flowing white fur and a sweet and sunny disposition. He does have one common flaw that he shares with many other dogs and that is he has pretty severe separation anxiety, which we found out after he did a significant amount of damage to a foster's home after escaping from his crate.

After that incident we brought him to our home for foster, where he has been for the past year. We have a nearly perfect setup for Bubba. I am fortunate enough to be able to work from home full time which means Bubba always has someone around. For those times when we need to leave the house, we have a variety of things that we do: Since Bubba loves to ride in the car, if the weather is cool enough, Bubba just goes with us everywhere and hangs out in the car while we eat or go shopping. When it is too warm out, or we need to go somewhere for a longer period of time, we have many awesome local Eleventh Hour Rescue volunteers who regularly "Bubba-sit" for us. He is perfectly happy to go to anyone's house and make himself right at home.

To try and help Bubba with his anxiety, we spoke with a veterinary behaviorist. We have now found a good combination of medication that lowers Bubba's anxiety level enough to where we can leave him for 2-3 hours at a time without him suffering an anxiety attack. We do not go too far away when we leave him and we are able to watch him "live" on a camera in the house for any signs of distress. Mostly, he just sleeps during these times. Bubba can never be a dog that you can leave in the house for 8 hours while you go to work, or that you could leave regularly every day for 2-3 hours, but we think that by continuing his medication, he could be left for short periods in his new home once he became adjusted and so long as he could be monitored remotely.

Due to his Bubba's size, he can easily break out of a normal wire dog crate, and he has injured himself doing that in the past. We purchased an extra-large "Gorilla crate" for him to try out and although he cannot escape it, he absolutely cannot stand to be confined in it and has a panic attack the entire time he is in there. So crating will not be an option. Neither will confinement to a room, as he can (and has) easily gone through two sheets of drywall to make his own escape doorway! He does love to be outside, but he can easily jump a 4 foot fence, probably one even higher than that, so unless your yard is like fort Knox, he cannot be left alone outside either.

You may be thinking "Why would I ever want to take on this responsibility?" The answer is that despite his anxiety about being left alone, Bubba is an awesome dog. He loves every single person he meets. He's become a bit of a local celebrity and is a literal traffic-stopper when you take him for a walk. He has a sweet soulfulness to him that is a characteristic of the breed. He is great with other dogs – he currently lives with 5 doggy brothers and sisters and has seen countless other foster dogs come and go. He is hit or miss with cats – he gets along great with cats that are confident, and that run right up to him. Cats that are afraid or run away he doesn't care for too much. He loves to travel and will jump right in the car for trips both short and long. He adores children and they adore him. He's a great hiking partner and loves to be outside, but he also loves to jump on the couch and take a nap with you. He's a big fluffy and mellow friend but true to the breed if he hear something suspicious he will let you know by barking and just his size alone would give anyone that was up to no good second thoughts.

We think that Bubba's perfect home is out there somewhere and we have made it work for over a year with little disruption to our lives. We will always be there for Bubba for the rest of his life. If you need to go on vacation, or something comes up unexpectedly, you can always drop Bubba off here and he will be happy to hang out until you return. Bubba would be a great friend and companion to an elderly person that is maybe partially disabled or housebound. Or he would be great for someone that can take their dog to work, or that works from home like I do. There's so many situations that would work for Bubba. Won't you consider making him part of your family? For more information, please contact Tammy at tammy.probst.smith@gmail.com



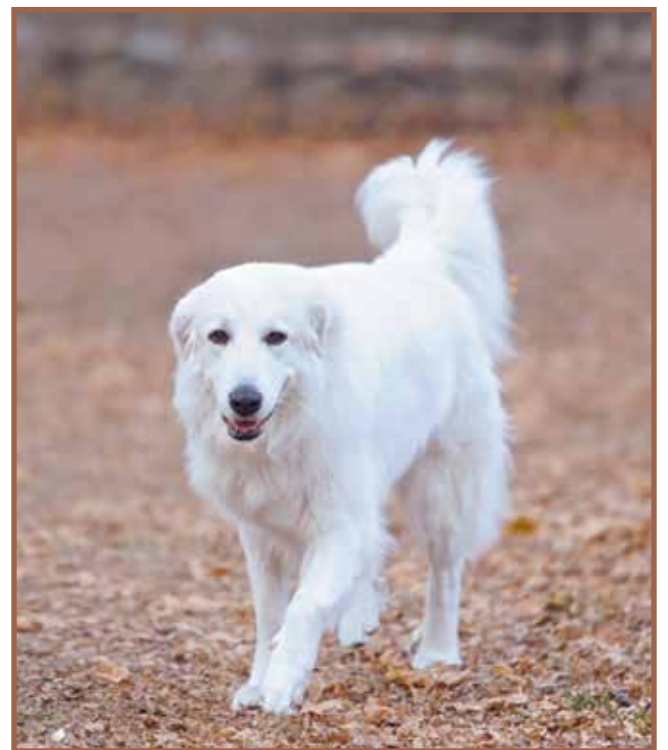
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Helping Your Child Deal With Loss

By Mia Inqui

It's hard to explain to your kids when a relative or pet dies. It's harder to find the words if you're grieving yourself. But here are some tips to help you through this tough time.

Your kids may ask a lot of questions and it's okay that you don't have all the answers. Try to use clear and simple terms. Avoid using words like "went away" or "went to sleep" or even that your family "lost" the person. Young kids think very literally; it may make them afraid to go to sleep or scared when someone goes away.

Be patient and open. Allow your child to work through his or her grief as much as possible. Reassure your child that he or she did nothing wrong or anything to cause the death. Keeping open lines of communication may help prevent grief from being kept inside.

Be sure to make other important adults in your child's life aware of the death. Teachers, coaches and religious figures can offer additional support.

It may help your child if you plan something special to remember the person or pet who died. You can try to:

- | | |
|------------------------------------|-----------------------------------|
| Create art projects | Write a poem or story |
| Look at pictures | Plant a tree |
| Run a race in their honor | Volunteer in memory of the person |
| Visit the grave or a special place | |

This may be a painful time for your family. Remember that there's no right or wrong way to grieve. There is no amount of time that is right or wrong for the grieving process, but hopefully the more time passes, the less sad you will feel. Remembering the person and the good memories you have will help you and your family feel better.

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Angie - Big Ange



Mr. Meowgi



Darla



Diesel



Frankie



Harry



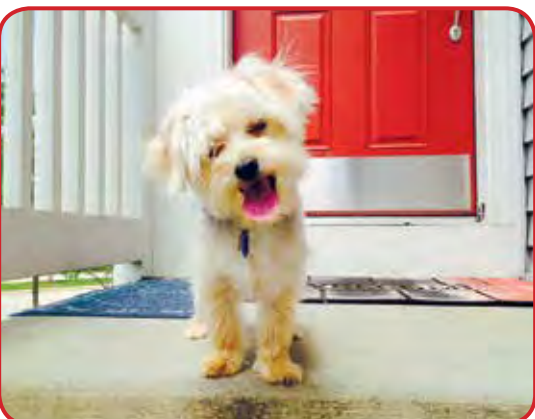
Hurley



Ivanka



Maddie



Tucker



Maritza

CONGRATULATIONS!



Bosco

A LOVING FAMILY WANTED

By Pam Teel

Thanks to generous kindhearted people, Animal Assistance in East Brunswick is able to find good homes for stray and abandoned animals. In order for them to function, they too need donations from the public to feed, house, and provide vet care to these animals. If you're looking to donate to a worthy cause please think about supporting the shelter with a donation. They are also in need of other items. You can go online to see what they are looking for and a list of pets up for adoption.

Please take a look at their website and give these animals a chance at living a long and happy life as part of your household. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them. Animal Assistance does a great job of finding the right home for these animals. Please consider looking here first. You never know. You just might find your forever pet at Animal Assistance. www.animalassistance.com

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

We are also asking for **donations of food** for the cat colony that is cared for in Millstone. If you wish to donate canned food or dry bags of food, you can contact me at crescent671@gmail.com. I can come and pick up any donations. Also needed- more flea and tick medication.

Zucchini needs a home. He craves someone's attention. He is a pocket-sized Chihuahua under two years old. He attaches himself easily to you. He is adventurous and loves going for rides in a car. He is friendly, very clean, and housebroken and waiting to be part of a family, He does well with other dogs and cats.

Little Ritchie is a staffy Bull Terrier. He's one year old and loves to play. Not a mean bone in his body

Patch is a Yorkie. His one eye is damaged. He's two years old and neutered. He could use someone to cuddle him.

Rosie is a Lhasa Apso mix. She's a sweet girl around two years old. She's non-shedding and spayed. Extremely friendly!

Bruce is a gray and white male neutered cat. He's declawed and would make a great house cat.

Lily is a young spayed calico. She is so sweet and loving. She needs a family to love her.



Patch - Yorkie



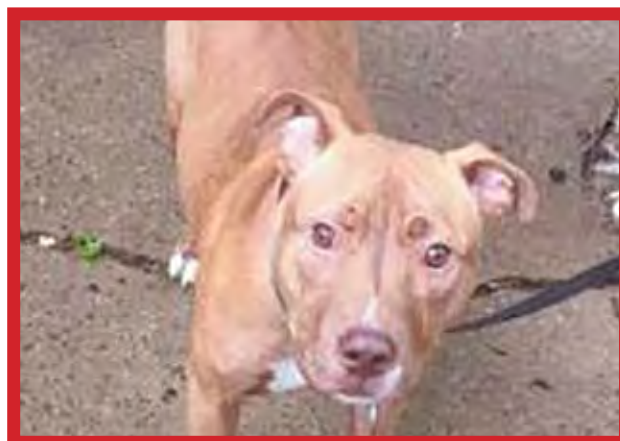
Rosie - Lhasa mix



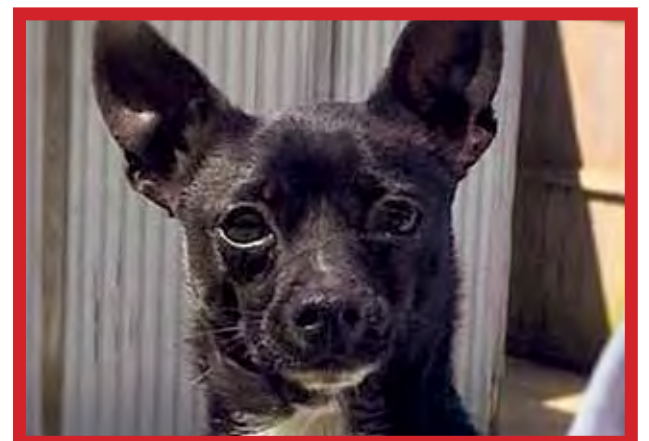
Bruce - Gray and white cat



Lily - young Calico cat



Little Ritchie - Bull Terrier



Zucchini - Chihuahua, under two years old

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- ☐ Musty, Damp Smell in Basement
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- ☐ Salt Tank Overflows
- ☐ Salt Tank Level Does Not Go Down
- ☐ Water Softener Doesn't Handle Sprinkler System
- ☐ Spending Too Much on Bottled Water
- ☐ "Wet Dog" Smell in Water
- ☐ Wet Floor Near Water Treatment Equipment



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DO YOU HAVE THE RIGHT AUTOMOBILE INSURANCE?

In my day-to-day practice, I generally see two or three new clients per week that have been involved in automobile accidents. Unfortunately, about 90% of these people carry a policy of automobile insurance that does not allow them to sue for personal injury resulting from a motor vehicle accident. The purpose of this article is to educate the public with respect to its rights as they relate to automobile insurance policies and to inform the public of its options with regard to what type of car insurance they should obtain.

The State of New Jersey is one of many states that have a “no-fault” system of automobile insurance. This basically means that your own automobile insurance company pays your medical bills arising out of a motor vehicle accident regardless of who was at fault in causing the accident. In many states that have a “no-fault” system, there is generally a “tort threshold” in insurance policies or within the state’s statutes. New Jersey is a state that contains a “tort threshold” in its statute. This is generally called the “verbal threshold” or the “limitation on lawsuit” threshold.

What does this “threshold” term mean as it relates to your rights as a citizen? Basically, because of this statute, in order to obtain damages for an injury from an injury sustained in a car accident, you must prove that your injury fits into one of several categories. Generally, in such cases which involve spinal injuries, an injured person must prove that they have a permanent injury to an organ or body part that “has not healed to function normally and will not heal to function normally with further medical treatment” before they will be entitled to money damages.

Insurance companies use the above statutory language in an attempt to convince a judge or jury that such injuries are not related to an accident and, even if such an injury was related to the accident, the spine now “functions normally.” Oftentimes, juries “buy into” these arguments and refuse to find that a permanent injury has occurred. Once a jury reaches that conclusion, the injured party is not entitled to receive a monetary award even where the injured party has sustained rather significant life-changing injuries.

What can you do to protect yourself and your family against such an unfair outcome? Fortunately, in the State of New Jersey, you have a choice as to whether or not you want this “limitation on lawsuit” option to apply to your policy. Of course, it is better if this limitation does not apply to your policy. Unfortunately, you must pay an extra insurance premium to have this limitation taken off of your insurance policy. Once you pay the extra premium, the limitation described above will not apply to you or any family members living in your household.

If you do not know whether or not the “limitation on lawsuit” applies to your automobile insurance policy, please feel free to contact us so that we may advise you appropriately. If you do have this limiting option on your car insurance policy, we suggest that you immediately contact your insurance company or agent to have the limitation removed. Generally, the increased premium will be no more than a few dollars per month but will provide you with an unlimited right to sue in the event you are injured in an accident.

Should you have any questions with regard to the above or other questions concerning automobile insurance as it relates to personal injury law, please feel free to contact our office.

JOHN T. BAZZURRO, Esq.

Board Certified Civil Trial Attorney • LAW OFFICES OF JOHN T. BAZZURRO, LLC
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Text Neck Help

By Mia Inqui

Text neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Children and teens are especially at risk for suffering symptoms of text neck.

According to the Mayo Clinic Health Letter Vol. 18, #3 March 2000, the effects of long term forward neck posture leads to “long term muscle strain, disc herniations and pinched nerves.”

Here are some simple neck stretches, exercises and posture adjustments that should help relieve some of the pain.

The first thing that will help with text neck is to change your posture. When you are bending over at your neck and hunching your upper back, your neck muscles get tight in the front of the neck and overstretched in the back of the neck and upper back.

So the first exercise is a simple chin tuck. You don’t want to tuck it down to your chest, but take your chin, and pull it backwards. You can put your finger on your chin, as a target or starting point, and then tuck it in. Hold it for about 3-5 seconds, and then relax. Do this about 3-5 times.

The next one is to open up the chest area with a scapular squeeze. You want to imagine that someone has their hand on your spine in the middle of your back. Squeeze your shoulder blades back towards your spine and hold, and then come back. Hold it for about 3-5 seconds, and do it about 10 times to start.

The next stretch is going to be a chin tuck lying down. Roll up a towel and put it right in the curve of your neck on the ground. Push down towards the floor. Hold that for about 3-5 seconds. Do this 3-5 times. The towel is there to give you a target, so you’re pushing those muscles in towards the towel.

For the last stretch, grab a pillow, turn over onto your stomach, and put the pillow right at your stomach and chest area. Now you are going to exercise your upper back muscles. Put your hands on your lower back. Keep your neck in a neutral position, and lift your upper body up off the floor. Hold it for about 1-2 seconds, and then come back down. Start with 10 times.

CROSSWORD PUZZLE ANSWER

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It is True! Love Makes You Gain Weight

It has long been rumored that being in a relationship is bad for your waistline. According to DailyMail.com,

If you piled on the pounds after meeting your significant other, you are not the only one.

A new survey has shown that people in relationships gain an average of 4lbs a year, swapping salads and skinny lattes with steak dinners and wine.

But don't panic, the key tipping point does not occur in the honeymoon phase.

Just over half the women polled said their own weight gain had caused their partner to pile on the pounds.

More than half of couples surveyed said they experienced weight gain after three years of dating, in the time period called 'the comfort zone'.

Just 18 percent of couples reported significant weight gain during the 'honeymoon period,' when they first fell in love.



East Windsor, New Jersey News

East Windsor Officials Kick Off Phase 2 of Bicycle Safety Program Distributing Form Summonses Congratulating Children Wearing Safety Helmets in June and July. The child will be asked by elected officials and police officers to sign a pledge "to use a safety helmet when using a bicycle, skateboard or rollerblades." Completion of the pledge and form will enable them to be entered in a drawing for prizes to take place at "National Night Out" on Tuesday August 2. The multi-phase bicycle safety program is underwritten by a grant from the New Jersey Highway Traffic Safety Division.

Calendar: East Windsor Independence Day Celebration Will Be Held on Saturday, July 2 (rain date Sunday, July 3) at Etra Lake Park. Free entertainment begins at 6 pm with the Jerry Rife's Rhythm Kings Dixieland Jazz Band, a 6 piece band from the Delaware Valley area best known for its traditional jazz sound, followed at 7:30 pm by the Trenton Brass Quintet Plus One, a 6 piece ensemble from Central Jersey performing "Americana" and a variety of popular melodies. The spectacular Fireworks Display will commence immediately following the musical presentations, at approximately 9:30 pm. Bring your blankets and chairs, and use the barbecue grills for a night of free fun at beautiful Etra Lake Park. There also will be vendors present selling refreshments. This free event is made possible through the generous contributions of many area businesses. In the event of inclement weather, call (609) 443-4000, ext. 400 for cancellation information.

Watch "Spotlight East Windsor" with Mayor Janice S. Mironov for additional timely news and information about the Township. Watch and call Mayor Mironov live on alternating Wednesdays at 7 p.m. on Comcast Channel 27 and Verizon Channel 38. You can also contact the Township at (609) 443-4000, visit the Municipal Building at 16 Lanning Boulevard, just off Princeton-Hightstown Road (Route 571) or log onto www.east-windsor.nj.us. For Senior Citizen Program information call (609) 371-7192.

Millstone Township Foundation for Educational Excellence Awarded

\$19,831.67 in Grants This School Year to Millstone Township Schools

Millstone Township Foundation for Educational Excellence (MTFEE) awarded 5 grants today totaling \$8,180.20 to Millstone Township Schools. Grant awards included balance balls chairs, real life learning lab, CRICUT for the computer graphics elective, drum set and tower garden equipment. In January, MTFEE awarded 5 grants totaling \$11,651.47 to its schools. Between its two grant cycles this school year, MTFEE awarded a total of \$19,831.67. Since 2002, MTFEE has awarded more than \$523,700 to its schools. There are currently more than 60 MTFEE-funded grant programs running in the Millstone Township School district. Every child that matriculates through the school district will in some way benefit from an MTFEE funded grant.

Following is a listing of the grants and recipients:

Bounce, Focus and Learn Sequel (3,673.75) (Louise Picaroni, Elementary School Guidance Counselor) - MTFEE awarded a grant for 45 balance ball chairs to the primary school in December 2015. The pilot program has been successful. This grant consists of 42 balance ball chairs for the elementary school. Like the primary school, it will be implemented for all students in a small group setting. In addition, each classroom teacher in the elementary school will have one balance ball chair and can implement it based on the needs of their class and students. The chair features a large bounce ball to sit on and a back support. The use of these bounce ball chairs will help students achieve greater success, as well as support better posture and health. There is a body of research that indicates the positive learning outcomes for balance ball chairs. Studies show when students use balance ball chairs, they are able to sit still by moving allowing them to focus better, write more words clearly and be more engaged. The balance ball may also reduce obesity and improve students' overall health and posture.

Real Life Learning Lab (\$1,705.83) (Doreen Laskowicz, Primary School Music Teacher) - The grant consists of various learning centers—for primary school students—including an animation station, coding and robotics, game strategies and Little Bits. The center activities will focus on various life skills, as well as beginning coding, real-world outreach and 21st century skills. Each grade level will have different design activities, within the centers, to provide age-appropriate learning goals.

A CRICUT for Computer Graphics Elective (\$1,301.72) (Linda Guzinski, Middle School Technology Teacher) - The grant consists of a CRICUT machine and supplies that will enhance the computer graphics elective course and expand the current STEAM curriculum by utilizing hands-on manipulative materials, to produce a worthwhile project. Middle school students taking this elective will have a real-world experience in creating, designing and producing 3-D items using various mediums including card stock, vinyl, cork board, paper, magnets, iron-on sheets, etc.

Drum Set (\$894.00) (Gwen Parker, Middle School Instrumental Music Teacher) - The grant consists of a drum set for the middle school music, vocal and theatre departments. The drum set will enable students to create, perform and critique a wide variety of musical styles, as well continue to improve their performances.

Tower Garden Equipment (\$604.90) (Danielle Kalash, Middle School Special Education Teacher) - This grant will extend the life of a "Tower Garden" grant that Ms. Kalash received from the Monmouth County Curriculum Consortium. The "Tower Garden Equipment" grant consists of an extension kit, support cage, grow lights kit and pump, mineral blend, as well as lower and raise pH kits to help support the Tower Garden. This will enable students to have a hands-on learning experience, which studies prove give them a deeper understanding than those who experience lecture-based learning.

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



Parker & Huss - From left to right: Gwen Parker, Middle School Instrumental Music Teacher and Dr. Christopher Huss



Picaroni & Hobson - From left to right: Louise Picaroni, Elementary School Guidance Counselor and Scott Hobson, Assistant Principal, Primary & Elementary School



Kalash & Huss - From left to right: Danielle Kalash, Middle School Special Education Teacher and Dr. Christopher Huss, Middle School Principal



Guzinski & Trustees - From left to right: Natalie Biello, MTFEE Trustee; Linda Guzinski, Middle School Technology Teacher; Nicole Pyhel, MTFEE Trustee; Jennifer Pratt, MTFEE Trustee; Melissa DeRose, MTFEE Trustee; Coleen Raccuglia, MTFEE Trustee



Laskowicz & Bugusz - From left to right: Doreen Laskowicz, Primary School Music Teacher and Trisha Bogusz, Primary School Principal

East Windsor Township Presents To Milly K. Brown 2016 Sylvia Weiss Senior Citizen Award For Outstanding Service As A Volunteer

Mayor Janice S. Mironov and the Township Commission on Aging presented to Milly K. Brown the 2016 “Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer” at the May 17 Council Meeting.

Milly K. Brown, an East Windsor resident since 1970, has been involved in many area positions and organizations including: Business and Professional Women; NAACP; Mercer County Office on Aging; East Windsor Local Assistance Board, as well as the First Presbyterian Church of Hightstown where she has been involved in many types of service over the past 33 years and is an ordained deacon. Milly K. Brown has been a 25 year volunteer with the AARP, was a flood watch coordinator, and was the recipient of the 2014 AARP Andreas Award.

Mayor Mironov praised the honoree stating, “Milly K. Brown has been a longtime

dedicated volunteer in many areas of our community especially in programs and activities assisting those in need. Milly is a unique and memorable individual who has made herself known among many within our community, and we thank her for her interest and service.”

The Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer, presented annually by East Windsor Township, recognizes a senior citizen who has exhibited outstanding service through volunteerism to the community by way of schools, religious institutions, service organizations or directly to the public. Sylvia Weiss is a former East Windsor Township Council Member, past Council senior citizen advisor and chairperson of the Commission on Aging and was instrumental in the original formation of the senior citizen program.



East Windsor Mayor Janice Mironov presents the 2016 “Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer” to Milly K. Brown.



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