

# The Millstone Times<sup>TM</sup>

Allentown   Clarksburg   Cream Ridge   Hamilton   Millstone   Perrineville   Roosevelt   Upper Freehold   New Egypt   Plumsted



STORY ON PAGE 8

*A volunteer  
delivering a  
nutritious  
meal to  
homebound  
senior*





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Pictured left to right: Captain Chris Suk, Firefighter Grayson Asprocolas, Firefighter James Asprocolas, Chief Dan Archer - All members of the Roosevelt Volunteer Fire Company

# ROOSEVELT WELCOMES Its Newest Graduating Class of Fire Fighters

By Pam Teel

On Wednesday, June 24<sup>th</sup>, two brothers James and Grayson Asprocolas, members of the Roosevelt Volunteer Fire Company, graduated FF1 at the Monmouth County Fire Academy. Both brothers are residents of Millstone Township and became members of RVFC in 2014.

In a short span of two years, the Roosevelt Volunteer Fire Company has put a total of seven members through the Monmouth County Fire Academy. Those members include Grayson and James Asprocolas, Tim Curry, Matthew Lawson, Justin Lenart, Sam Lopez, and Brendan Powers.

We wish all the best to those firefighters who put their lives on the line every day for their community!



Pictured left to right: Chief Dan Archer, Firefighter Matthew Lawson, Chief Scott Jenkins of Hightstown Engine Company #1



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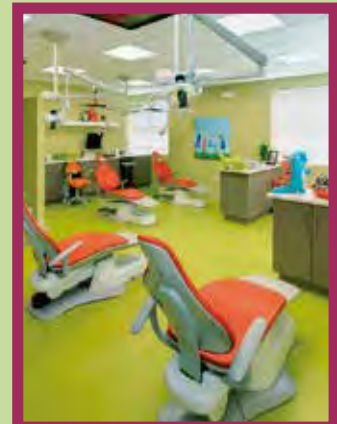
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# JIM THORPE PENNSYLVANIA

## The Switzerland of America

### PART TWO

By Pam Teel

In the last issue, you were introduced to Jim Thorpe, Pa., which lies in Carbon County. It's important to note that there are two main hotels in the tourist part of town itself, so make sure you book early. There are also many B & B's right in town that offers great rates and amenities. Jim Thorpe, Pa. was voted one of the top ten coolest small towns in America. Please note there are three different parts of town to explore. There is the main town itself, nestled between the two mountain ranges, and another part of town is overhead on top of the mountain. Follow Hill Road past the Asa and Harry Packer Mansion. It will take you to a more residential side of Jim Thorpe. Make sure you visit the old cemetery. It's located on the last street on the left hand side of town. There are many notable people from the area buried there. This is also the direction of Mauch Chunk Lake.

On the opposite mountain range and across the Lehigh River lies the other part of the town of Jim Thorpe. If you continue past the train station on route 209, out of town, you will notice a bridge that goes over the Lehigh River. It's about a half mile up the road. Make a right onto River Road. This will take you to the other part of town. It's here you can find a food store if you need one. Follow the main road to view the Jim Thorpe Monument. You can also access the Lehigh Gorge State Park this way too. If you take the train ride in town, it will take you right through the park.

On the south end of the public parking lot in town, next to the train station, there is an access point for white water rafting. People from the Jim Thorpe River Adventures will welcome you there. They also offer sip-lining, paintball, and biking, at their nearby facility. You can take your own bike on the bike train or rent a bike at the bike shop across from the train station. The train stops at Lehigh Gorge State Park where you can disembark and ride on nice even trails or just enough the comfort of the train ride as it winds around the river.

In town, there are plenty of shops, restaurants, and artistic things to explore. There is also a winery adjacent to the train station. The Switzerland Hotel has the Molly McGuire Pub below where you can eat, drink, and hang out under the tent on the side of the restaurant all night. Dine more elegantly at the Inn at Jim Thorpe or at one of the finer dining establishments in town.

The Mauch Chunk opera house is right in the middle of town. A 350 seat facility, it is host to all types of special musical guests. Check out their site for event details. [MauchChunkoperahouse.com](http://MauchChunkoperahouse.com)

The Asa Packer Mansion and museum was built in 1861. Asa Packer was the founder of the Lehigh Valley Railroad. His son, Henry Packers home is right next to it. Both mansions are located on the side of the Hotel Switzerland. The Asa Packer Mansion is also a B & B. Go to [www.asapackermansion](http://www.asapackermansion) to find out more about the Packer family and to book a tour.

The 26 miles of the Lehigh Gorge Trail offers easy hiking along the scenic Lehigh River. Highlights are: several waterfalls to hike to, historic remnants of the Upper Grand Section of the Lehigh Canal and many opportunities to see wildlife. Flagstaff Mountain has a great view of the river gorge below. The gorge possesses natural hazards like steep and treacherous terrain and fast-moving water. You are hiking at your own risk.

The Old Jail museum, where Miners associated with the Molly McGuires were hung, is located towards the end of town. They also have museum tours. Be sure to tour St. Mark's Episcopal Church right in town. .

Attractions that are close by include the Penns Peak Radio Station. This is an internet radio station broadcasting on the World Wide Web twenty four seven. Find out more about the station at [www.pennspeakradio.com](http://www.pennspeakradio.com). A must see is the number 9 coal mine and museum in nearby Lansford, a ten minute

drive from town. Go underground 1400 feet into the coalmine. You get to get out of the train cart and walk around. Make sure you view the museum first. It's full of history. [www.no9mine.com](http://www.no9mine.com)

The fall offers the magnificent colorful mountain foliage up close and the winters at Jim Thorpe are just as nice. There are many winter events in town and there is great skiing nearby.

Mauch chunk Lake Park is located in the Burroughs of Jim Thorpe and Summit Hill. The park has facilities for swimming, picnicking, hiking, biking, boating and fishing. The Bear Mountain butterfly sanctuary and exotic frogs in Jim Thorpes is a unique education center. It's located on Route 903, Church Road, Penn Forest Township, just outside of town.

Nearby is Hickory Run State Park- 40 miles of hiking trails, miles of trout streams, a large Boulder field that is a natural landmark, hunting, fishing, skiing, snowmobiling, ice skating, camping, and more.

Worth mentioning, before you get to Jim Thorpe, check out the world's largest General Store at Country Junction in Lehigh; especially if you have little kids with you. This facility is a little bit of everything rolled into one. You can shop in the world's largest general store, visit the petting zoo, ride carnival rides, enjoy their pumpkin festival, play in the 3d funhouse, where 3D painted Disney characters jump out at you with the help of 3d glasses. The General Store has everything from candy to household items, a restaurant and ice cream shop, a pet store, and more. I guarantee that you won't leave empty handed.

Go to: [www.jimthorpepa](http://www.jimthorpepa) or [info@jimthorpe.org](mailto:info@jimthorpe.org) for more detailed information and places to stay.

Download your free copy of the Jim Thorpe getaway guide at: [www.carboncountymap.com/JTgetawayguide](http://www.carboncountymap.com/JTgetawayguide).



The Asa Packer Mansion -museum and bed and breakfast



Old Jail Museum where miners associated with the Molly McGuire's were hung



Jim Thorpe monument grounds



# The Millstone Times

## PHOTO OF THE MONTH

By Pam Teel

Jessica C. from Cream Ridge sent this photo in. She took it three years ago while photographing the devastating damage that was caused by Superstorm Sandy. Sandy made landfall in the U.S. about 8 p.m., Oct. 29th, striking first near Atlantic City, N.J., with winds of 80 mph and over. A full moon made high tides 20 percent higher than normal and amplified Sandy's storm surge. We all know the damage it did along the Jersey shore as homes were wiped off their foundations, boardwalks ripped up, bridges damaged and miles of shoreline compromised. It also wrecked havoc inland all over the State, downing trees, flooding streets and homes, and leaving people without power for weeks.

Jessica feels that this one photo says it all; a grim reminder of the force of nature. Growing up on the Jersey shore, Jessica would often frequent the boardwalk. She remembers fondly the roller coaster being her favorite ride. When she saw this sight from behind a closed off area, it just really had a personal effect on her. An image she said she will never forget.



Do you have a photo or two that you would love to share? Please send it to [Crescent671@gmail.com](mailto:Crescent671@gmail.com). Make sure you write the word photo in the subject heading. Please include along with your photo a brief description, your name, (optional) and where you're from.

**KEEP THOSE PHOTO'S COMING!**  
**WHO KNOWS, YOURS MIGHT MAKE THE NEXT ISSUE!**



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# NEW EGYPT GEOCACHING



Meet at Volunteer Park, Evergreen Road - Geocaching demonstration begins at 10:00 am

**Saturday, August 22, 2015**

## What is Geocaching?

Geocaching is an outdoor recreational activity in which one searches for a hidden object by means of GPS coordinates. In each hidden object or “cache” you will find swag<sup>1</sup>, trackables<sup>2</sup>, and a description of the cache. You must leave the cache exactly where you found it so that the next geocachers will be able to continue the global game.



## Discover the History of Plumsted through Geocaches

Please join Plumsted Youth for Nature and the Environment (PYNE), the Plumsted Township Environmental Commission (PTEC), and New Egypt Girl Scout and PYNE member, Lauren Harper, for an exciting geocaching event centered in New Egypt. The event will showcase Lauren’s Gold Award Project in which she placed geocaches in historic and/or environmentally important locations around New Egypt. Each geocache will contain a short written report of the location and its significance to the town of New Egypt. Contact Lauren at [pyne.secretary@gmail.com](mailto:pyne.secretary@gmail.com) for more information.



### Geocaching Lingo:

- 1. Swag:** little knick-knacks that you can take, but you must leave something else in return
- 2. Trackables:** (also known as travel bugs) coded objects that you may take, then drop off and log it at a different cache
- 3. Muggles:** anyone who does not geocache. You must always be on the lookout for muggles, and make sure that they don’t spot you finding a geocache.

### At the Event:

- Historical education
- Demonstrations of Geocaching
- Games
- Hot Dogs, Hamburgers, snacks, etc.
- Geocaching challenge with prizes for the winners





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# MEALS ON WHEELS

## Looking for Volunteers in the Allentown Area

*By Pam Teel*

**D**o you have an hour or two to spend a month helping to deliver meals to seniors who are home bound? The Allentown branch of Meals on Wheels is looking for more volunteers to help deliver meals to needy participants.

Meals on Wheels is the most recognized nutritional meal program in the country. The program's main distribution method is taking meals to seniors who are home bound, but there are many other meal programs that provide hot, nutritious meals for seniors at local senior centers called congregate meal programs.

The Meals on Wheels program first started in Great Britain as a way to feed injured servicemen who could not feed themselves or leave their homes. The first program in the United States was started in Philadelphia in 1954. The United States program targeted homebound seniors who needed meal assistance.

The Meals on Wheels Association of America commissioned a study on the senior hunger crisis in America and found that well over five million seniors suffer from food insufficiency. The study found that low-income, ethnic minorities, renters, and people living in the South were more at risk than their peers. The study also showed two-thirds of the seniors suffering from hunger were Caucasian and the problem was distributed fairly even among rural and urban populations.

As well as providing nutritional meals everyday for seniors, volunteers also keep a watchful eye on the health and safety of the senior when they drop off the meals to make sure that they are alright. Contact numbers of family members are given if there ever is a need to call for assistance if someone just doesn't seem like himself or herself.

Sometimes a meals volunteer is the only contact the person might have all day, so a few minutes of your time talking to them or bringing in their morning paper would do them a world of good. Sometimes you are greeted by caregivers and other times a cooler is left outside the door for you. As a Meals on Wheels volunteer myself, I can tell you that it is rewarding to get to spend a few extra minutes talking with someone and offering any help to them before I leave their home. I've met a lot of special people that I feel honored to now call my friend.

If you have some time on your hands in the morning and would like to help seniors receive their meals and snacks for the day, please email Roxanne Robinson at: [robinyehl54@verizon.net](mailto:robinyehl54@verizon.net) or call her at 908 963-1246 and volunteer now. We can sure use so extra hands in the summer months.

All it requires is an hour or two one day a month. You would pick up the food at the food drop off destination between 8 and 9 am and deliver around the Allentown area. Food participants vary by the month. It could be anywhere from 1 to 8 participants. Roxanne Robinson will run through the program with you to get you started. You will also receive weekly emails as a reminder of what day you will be volunteering with the clients contact number, address, and guardians phone number available.

Please call and volunteer a little of your time to Meals on Wheels today!

**WE ARE**  
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# QUESTION:

## Proactive Parenting: How do I know if my child needs therapy?



Trust yourself. Trust your instincts. If you feel that your child is struggling with strong emotions or behavior problems, you are probably right. Nobody knows your child better than you do.

There are many reasons that parents reach out for professional guidance. Some kids need help dealing with school stress, such as homework, test anxiety, bullying, or peer pressure. Others need help dealing with feelings about family issues, particularly if there's a major transition or life event, such as death of a family member, divorce, move, or serious illness. Still other parents reach out because they are worried about serious risky behaviors.

Whatever your concerns, take special notice if your child exhibits any of the following because these behaviors could indicate underlying issues that may need attention.

- Significant changes in mood or behavior
- Changes in friends and/or social isolation
- Inappropriate anger/defiance
- Bullying or being bullied

- Decreased interest in previously enjoyed activities
- Development of or an increase in physical complaints
- Learning or attention problems
- Excessive school refusal/absenteeism
- Drop in grades
- Changes in sleep/eating patterns

Nothing is more difficult and painful than watching your child struggle. As a result, it can be hard for some parents to make the first phone call. Try to get past any fear or anxiety that may get in the way of obtaining support for your child. As your child's biggest advocate, you are in the best position to get the assistance needed so that you and your child can navigate through difficult times. You do not have to go through it alone.

Compassionate psychological services are available. For more information about counseling for children, teens, and families contact: Dr. Suzette J. Sularski at Advanced Perspectives.

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# The Millstone Township PTO & PTSA are gearing up its first ever **Color-a-Thon** on Sunday, October 18, 2015!

The Millstone Township PTO/PTSA will be holding its first ever **Color-a-Thon** on Sunday, October 18, 2015! The event will take place at the Millstone Township Middle School located at 5 Dawson Court. It's our first community wide partnership. Participants can walk, run or dance through a 2.5 mile course and get color-blasted in safe, eco-friendly, plant based powdered dye at every zone...turning them into a moving target of fun! "There will also be a shorter course which is perfect for junior runners and the entire family, my kids are so excited to take part in this event," said Event Chair Christina Baldino. Registration begins at 8am and participants can take part in free pre-race activities while they wait for the race to begin at 9am.

All the participants will line up behind a giant inflatable archway at the starting point. The 2.5 mile course was mapped out by Mr. Joseph Muni, the Middle School Athletic Director. "Part of the terrain is the middle school cross country course and part of it is a very scenic route through the woods," said Muni. "This course proves to be a lot of fun during the cross-country season and promises to be just as exciting for the upcoming **Color-a-Thon**."

After the race, participants can jam out to music at the After Blast Party! We will count down to when everyone rips open their color packets to share a blast of color with family, friends and everyone around. The result is a once in a lifetime experience all while exercising and having fun running alongside classmates, teachers, administrators and members of the

community. There will also be a food truck, activities for the youth and plenty of vendors.

Non-millstone students and members of the community can register by logging onto <http://shop.schoolathon.org/EventIndex.asp?EID=181331> Students will receive a pledge packet come September where they will get a chance to earn tons of free prizes to use on race day!

"This is not only a great opportunity to support the children of Millstone Township but it's also a great opportunity to advertise your business," said Kristen Saker, Co-President of the PTSA. Event sponsors include Tom and Kristen Saker from Saker ShopRites, and Dr. Michael Baldino from Baldino Dental Arts. There are many other sponsorship opportunities available including prominent signage along the course and family sponsorships as well. For more information please contact Kristen Saker at [wiffysaker@optonline.net](mailto:wiffysaker@optonline.net)

The event is expected to draw hundreds of families from Millstone Township and the surrounding towns. All of the proceeds from the event will go directly to the students in grades PreK-8 of the Millstone Township School District.

The Millstone PTO/PTSA is a 501(c) (3) organization that operates independently from the school district. All donations are tax-deductible to the extent allowed by law.

For more information about the **Color-a-Thon** please contact Christina Baldino at [christinabaldino@gmail.com](mailto:christinabaldino@gmail.com)

## Celebrate National Food Holidays in August That the Kids Will Love

By Mia Ingui

An entire holiday devoted to food? Who wouldn't love to celebrate that! Your kids will love celebrating their favorite foods during all of the National Food Holidays that take place throughout the month of August. There are some foods that are honored throughout the entire month, such as peaches, sandwiches, and brownies, but almost every day in August is devoted to a different food, whether it be sweet, salty, or savory. Starting at the beginning of the month, many fun foods that kids love to eat are celebrated. August 2nd is National Ice Cream Sandwich day, and a new way to enjoy this classic treat would be to make your own! Assist your kids in baking their favorite kind of cookie, then they can sandwich their favorite ice cream in between two of them. August 6th is National Root Beer float day, a great dessert if you need to cool off by the pool, and August 10th is National S'mores Day, a great DIY over the grill or campfire. National Cherry Popsicle day comes later in the month on August 26th, and when celebrated right, every tongue in the room will be stained cherry red! Enjoy these fun summer treats with the whole family in August.



*Millstone Township's Danielle Walker  
graduated with honors from  
Emory University School of Law,  
located in Atlanta Georgia.*

# Did You Know That ... Friday the 13<sup>th</sup> Lucky or Not?

By Pam Teel

**Did you know that** the fear of Friday the 13<sup>th</sup> is called paraskevidkatriaphobia, from the Greek words Paraskevi meaning Friday, and dekarreis, meaning thirteen? The fear of the number 13 alone has been given the scientific name "Triskaidekaphobia."

The superstition may have first arisen in the Middle Ages and originated from the story of Jesus' last supper in which 13 individuals were present in the upper room the night before the death of Jesus. Judas Iscariot, the apostle who betrayed Jesus, has been labeled as the 13<sup>th</sup> guest at the last supper. To this day, in France, it is considered bad luck to invite exactly 13 guests to a party. Weddings in the Middle Ages were not held on Friday and it was not a day that someone would start a journey.

The fear of Friday the 13<sup>th</sup> is a real fear according to the Stress Management Center and Phobia Institute in Asheville, NC, who report that over 17 million Americans are afraid to some degree of Friday the 13<sup>th</sup>. Some people avoid flying or driving on this day and some even have full blown panic attacks fearing the worst on this day.

2015 will bring us three Friday the 13<sup>th</sup>s on the calendar. One occurred in February, another this past March, and the third one will be on November 13<sup>th</sup> of this year. Have you ever noticed how there is no 13<sup>th</sup> floor in most high-rise buildings or how there isn't any room number 13 in some hotels? This all dates back to the superstition of the number 13 being an unlucky number. Many airports don't have a gate numbered 13. Airplanes have no thirteenth aisle. Hospitals generally don't have a room 13.

In Spanish countries, Tuesday the 13<sup>th</sup> is believed to be their day of bad luck, not Friday. The ancient Egyptians thought the number 13 was lucky because they believed that the 13<sup>th</sup> stage of life was related to the afterlife. It wasn't until after the fall of the ancient Egyptian civilization, that the number 13 was associated with fear and negativity. Italy omits the numbered 13 from their national lottery. On streets in Florence, the house number 13 is replaced with 12 ½.

Other American held superstitions include: **Black cats crossing your path.** Cats have been revered animals for thousands of years in Ancient Egypt. They played all sorts of mythological roles. Black cats crossing your path meant something bad was going to happen to you, possibly death. This superstition most likely came about from old beliefs that witches turned unearthly creatures into the form of black cats to carry out their evil doings.

According to folklore, **breaking a mirror** is a surefire way to doom you to seven years of bad luck. The superstition seems to arise from the belief that mirrors don't just reflect your image; they hold bits of your soul. That belief led people in the old days of the American South to cover mirrors in a house when someone died, lest their soul be trapped inside.

**666** Three sixes in a row give some people the chills. It's a superstition that dates back to the Bible. In the Book of Revelation, 666 is given as the number of the "beast," and is often interpreted as the mark of Satan and a sign of the end times. People have refused phone numbers and license plates with 666 in them.

**No umbrellas inside.** Opening an umbrella indoors is supposed to bring bad luck, though the origins of this belief are murky. Legends abound, from a story of an ancient Roman woman who happened to have opened her umbrella moments before her house collapsed, to the tale of a British prince who accepted two umbrellas from a visiting king and died within months.

How many of you take extra precaution on Friday the 13<sup>th</sup> when driving or going about your everyday business? How many of you will walk around a ladder rather than under one? How many of you throw salt over your shoulder just in case? How many of you get the chills if a black car happens to run in front on you? How many will knock on wood or cross your fingers to avoid bad luck? Don't worry; you're not alone. You can find more superstitions from A to Z at: <http://www.corsiner.com/triva/scary.html>



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## STAYING HYDRATED

By Mia Ingui

Those boiling hot summer months have arrived, and we're all feeling the heat all across the globe. Well, maybe except for the folks living in Alaska. But otherwise, the sun is scorching down and the humidity is rising by the minute. The best and simplest way to beat the heat and stay healthy is to stay hydrated, and it isn't enough to just drink water when you're feeling overwhelmingly parched. By the time you feel thirsty, your body is already dehydrated, and so routinely drinking a lot of water is imperative for maintaining a healthy body. When the body is properly hydrated, the heart can more easily pump blood and assist its flow throughout your body, as well as allowing the muscles to work efficiently. But, exactly how much water is enough? This depends on a person's weight, clothing, exercise level, and/or climate. For example, someone who is exercising is also perspiring more, meaning that they need to have higher intake of water to stay hydrated. Water obviously acts as the most replenishing drink, whereas drinks such as soda or coffee that contain caffeine and sugar cause you to actually lose more fluids, furthering the risk of dehydration. So remember, before going outside to tan or swim, pack plenty of water bottles, and drink up!



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# Take Advantage of Great End-of-Summer Deals

*By Mia Ingui*

Retailers always stay at least two months ahead of schedule. For example, when it's Halloween season, it's time for Christmas decorations to be sold. So, by the end of the summer, stores are stocking up on back-to-school supplies and clothes. The glorious days of taking your child to pick out school supplies are upon us. Here is the lowdown on the deals that you should be aware of before delving into the realm of back-to-school shopping.

**1. Staples Back-To-School Sale:** This year, Staples is instituting a, "110% Lowest Price Guarantee," claiming that they can offer you a better price than any of their competitors. Staples is the go to for notebooks, since they are always sold for a penny in August, pencils, which are \$0.68 for a dozen, and lots of other basics, such as glue, index cards, scissors and notebooks, which are all listed at \$0.50 or less.

**2. Walmart's Back-To-School Sale:** Walmart undoubtedly offers the best deals on clothes (uniforms and non-uniforms), and backpacks. Their basic supplies are a lot pricier than Staples, though. A pack of the same twelve pencils as Staples costs \$5.38 at Walmart, and their calculator prices are through the roof.

**3. Target's Back-To-School Sale:** Target always wins the title of, "King of Advertising," since their back-to-school commercials never fail to please and stream constantly throughout August and September. As for their supplies, they offer some fair deals as well. Their erasers, index cards, and pencils all come in under \$0.50.



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# LAUGHTER IS THE BEST MEDICINE FOR THE HEART AND SOUL

*By Mia Ingui*

**M**y mother is by far the wisest and most wonderful person that I have come to know. Along with this, I can easily also consider her the most emotional, which is a trait that she passed down to both myself and my younger sister. She is filled to the brim with all kinds of wonderful emotions, all of the time. When these emotions get the best of her, she sometimes begins to laugh. And almost always, she'll say, "Well if I don't laugh, I'll cry, right?" I could never have chosen a better quote to explain how laughter acts as the best way to soothe the soul. Without being able to express serious emotion through laughter, we are only left to resort to feeling grief and feeling the need to shed some tears. This is not always the right way to cope with meddling emotions or to find the right emotional relief. Coming from a family of some of the most impressive dry humorists, I know what it is like to laugh so hard you cry, or, cry so hard that you can't help but start laughing. And once those giggles begin, I always feel infinitely better, inside and out, no matter what kind of internal conflict I am faced with. Even in the worst of times, those close to me have tried to make me smile and laugh, keeping my mind distracted and in a better place. So it turns out that my mother's cliché famous quote is a hundred percent accurate; try thinking positively in times of trouble. This, it turns out, acts as the most effective medicine.





## TEEN SUPER HERO TRIVIA

**Wednesday, August 5, 2015 @ 7:00-8:30 PM**

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## AMERICAN SIGN LANGUAGE & SONGS

**Thursday, August 6, 2015 @ 1:30 PM**

Learn to sign popular songs like "Let it Go", "Happy", etc. Ages 3 -7

## MINUTE TO WIN IT

**Wednesday, August 19, 2015 @ 2:00 PM**

Quick games of skill. Ages 8-12

## BOOK CAFÉ WITH SPECIAL GUEST AUTHOR

**Monday, August 24, 2015 @ 3:00 PM**

Meet author Anysia Kiel, a lifelong healing medium who has communicated with spirits since she was a very young child.

She is the award-winning author of *Discovering the Medium Within: Techniques and Stories from a Professional Psychic Medium*, which takes readers on a journey through mediumship and personal spirit communication.

Copies of her book will be available for purchase.

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# OPEN SPACE PACE AT FREEHOLD RACEWAY

## Fun for all Ages!

On Saturday, September 19, 2015, the Open Space Pace will be coming back to Freehold Raceway in Freehold, New Jersey for its 4<sup>th</sup> annual event! The Open Space Pace is a nonprofit organization with a mission to celebrate the horse, New Jersey's official state animal, and to promote open space in our nation's most densely populated state, the great state of New Jersey. The Open Space Pace raises funds in support of non-profit organizations that promote open space in New Jersey.

The Open Space Pace begins at 10:30 a.m. with a parade of horses from the Freehold Hall of Records to Freehold Raceway. We are proud to announce that the Grand Marshals for this year's event are Mr. and Mrs. Eugene Landy. Mr. Landy founded UMH Properties and Monmouth Real Estate Investment Trust; two New York Stock Exchange listed REITs. Mr. and Mrs. Landy have owned and bred Standardbred racehorses for many years. They are proud supporters of the Open Space Pace as well as countless other equine and agricultural nonprofit organizations. The parade also features the Freehold Township and Freehold Borough High School Marching Bands. Once at the racetrack, the festival begins with an opening ceremony followed by a wide variety of entertainment including a petting zoo, educational exhibits, live harness racing, vendor tables, food trucks and much more. A concert featuring Burlap to Cashmere and The Nerds will begin at 3:00 p.m. The Open Space Pace has entertainment and activities that cater to all ages, so bring the whole family for a day of free, fun-filled excitement!

The Open Space Pace is a perfect event for many different special occasions and gatherings, including corporate parties, family reunions and many other types of social or professional gatherings. The Open Space Pace is an entirely free event thanks to the generosity made possible by its sponsors. We at the Open Space Pace greatly appreciate our sponsors and continue to seek additional supporters of any kind. The event raises funds from sponsorships, ad journal sales, tailgate space sales and vendor booth sales. If you wish to support the Open Space Pace, or obtain more information, please contact Brett Taft at 732-577-4059 or by email at [BTaft@umh.com](mailto:BTaft@umh.com)

We hope to see you at this great event for the whole family!





# MILLSTONE RESIDENT TURNS 100 IN AUGUST

On August 3, 2015, Millstone resident Vera Iannazzone Cannata will celebrate her one hundredth birthday amidst family and friends. Formerly of Union City, New Jersey, Mrs. Cannata relocated to Millstone with her family in 2003. Vera was an avid bowler and bowled on a local team every Friday night. Her favorite past times included cooking, baking, sewing, singing and dancing. Additionally, she spearheaded a social club for older people to get together over food and drinks on a monthly basis. She had the opportunity to do a bit of traveling over the years and enjoyed a trip back to the small village in Italy that her parents immigrated from.

At the age of 13 Vera had to leave school to care for her sick mother, 3 younger sisters and brother. Vera was a caregiver to all. Over the years she took care of her ailing mother, mother-in-law and two sisters. Widowed at the age of 47, she was the landlord of a three family home and mowed her own lawn and gardened up until the age of 89. Any tenant fortunate enough to have Vera as a landlord had a surrogate grandmother as well. She looked out for her tenants and would often bring them food and home baked goodies. Her cream puffs are legendary amongst those who know her.

The mother of 2, grandmother of 4 and great grandmother of 5 credits olive oil, a Mediterranean diet, long walks and being surrounded by people who love you as her secret to a long and happy life.



## The Healthy Child

By Mia Ingui

Raising a healthy child does not just mean monitoring the foods that your kids eat and making sure that they are staying away from drugs or alcohol. It means those things, as well as encouraging your child to live an overall healthy lifestyle. Teaching kids to live a healthy life consists a number of things. It is important to focus on your child's mental health as well as their physical health, to start. To keep a child physically healthy, they should balance their eating and exercising habits, as well as keep up on doctor's and dentist visits. As a parent to children of all ages, you should encourage the kids to keep active and make healthy food choices. Teach them from a young age the importance of routine and hygiene, and make sure they get into the habit of maintaining their hygiene. Aiding your kids in developing a healthy mind means encouraging them to train their brain. Help them to find a hobby that they love, encourage them to read or do other engaging activities, and openly communicate with them so that they can come to you

cleanse their mind in times of trouble. Without this, you cannot consider your child truly healthy

and happy. Their mental well being is something that

is going to need your attention throughout their entire life, and so stay committed to helping your kids grow and develop.

This is the key to raising an overall healthy child, and preparing them to live a healthy life.



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# A TRIBUTE TO A SCHOOL TEACHER

## Myrtle Moore

By Pam Teel

Myrtle Moore lived on a farm on the corner of Route 537 and Hawkins Road in the Prospertown-New Egypt area. She attended both the Davisville and Prospertown one-room schools as a child and earned money from backbreaking work harvesting berries and vegetables. After she passed the eighth grade, she went on to high school in Allentown for one year and then she attended high school in Hightstown



Myrtle Moore is wearing one of her two serge dresses.

for the next three years. She was given a monthly ticket for the train so she could attend high school in Hightstown. There was a train that ran through New Egypt and also through Hightstown. Corn husking provided her mother with enough money to buy her enough material to stitch two serge dresses for her to attend high school. (Serge is a type of twill fabric that has diagonal lines or ridges on both sides, made with a two-up, two-down weave.) Imagine having only two dresses to wear for four years of high school.

Myrtle walked from her farm to meet up with a paid driver of a horse and wagon that took her from Prospertown to the train station in Creamridge. Once she got to Hightstown, she still had to walk blocks to the high school in all kinds of weather. In the wintertime, the only daylight she saw was on weekends, waking up early before the sun came out and returning home in the dark. She graduated in 1921 and stayed on in summer school taking many courses that she needed to get a teaching certificate. It was at age seventeen that she got her first teaching job in Archertown. There were thirty-five children in eight different grades. Many of those children got

up very early and worked hours before they came to school. Imagine them coming in tired and hungry after morning chores were done and after their long walk to school.

Back in the day, teachers knew all of the families of their pupils having to call upon each family individually as part of their job. They knew which students were dirt poor, which lived without one parent or the other, and any other aspect of that family pertaining to their student. The teachers were expected to do their own sweeping and cleaning up of the school both before the students came and after. They had to fetch their own water, usually from a neighbor's well if they didn't have their own well, and they were responsible for starting their own fires in the wood stove before the students arrived so the schoolhouse was warm inside.

Teachers taught according to the State curriculum guide telling the teacher what should be covered in each grade. Still imagine the difficulty teaching all grade levels at the same time. Many of the children that lived in Archertown never stepped foot outside of town, so it was a big event for them to go out of town shopping on a Saturday night.

The Doctor would come to the one room schoolhouse to vaccinate everyone. Miss Moore once told a story about how inebriated the Doctor was when he came to vaccinate everyone. She recalled it not being a pleasant experience. He was not that gentle and she had a scar to prove it. During the time that the Doctor was there, the schoolhouse door was kept locked and the windows were shut to prevent anyone from leaving before the Doctor finished. She did recall some of the larger boys jumping out the window to avoid getting the vaccination.

There were a lot of pranks in that day. The days were long and laughter was a good levity, a balance between a long day at school and the work that still had to

be done by many as soon as they returned home. One prank involved the older students switching the large back wheels with the smaller front wheels on the Jackson Township Principal's buggy, making it very difficult for him to drive his buggy back home in the late afternoon.

As a way to make money for supplies that the school board didn't provide, box specials would be held. The women of the community packed a supper for two in a cardboard box and the men would bid on it. Whoever bid on that certain box had lunch with the lady who prepared the food. The extra money helped to buy much needed supplies for the school. There were very strict rules for a female schoolteacher in the early 1900's. For one, they couldn't be married or courting anyone. It was a bit different for the men teachers. In some districts, they were allowed to marry. In 1953, Miss Moore became a Principal of the Herbertsville Elementary School in Brick Township. She died in February of 2013.

**Teachers Contract, Term 1923**

This is an agreement between Miss \_\_\_\_\_ teacher, and the Board of Education of the \_\_\_\_\_ School, whereby Miss \_\_\_\_\_ agrees to teach in the \_\_\_\_\_ School for a period of eight months, beginning September 1, 1923. The Board of Education agrees to pay Miss \_\_\_\_\_ the sum of \$75 per month. Miss \_\_\_\_\_ agrees:

1. Not to get married. This contract becomes null and void immediately if the teacher marries.
2. Not to keep company with men.
3. To be at home between the hours of 8 pm and 6 am unless in attendance at school functions.
4. Not to loiter in downtown ice-cream stores.
5. Not to leave town at any time without the permission of the Chairman of the Board of Trustees.
6. Not to smoke cigarettes. This contract becomes null and void immediately if the teacher is found smoking.
7. Not to drink beer, wine or whiskey. This contract becomes null and void immediately if the teacher is found drinking beer, wine or whiskey.
8. Not to ride in a carriage or automobile with any man except her brother or father.
9. Not to dress in bright colors.
10. Not to dye her hair.
11. To wear at least two petticoats.
12. Not to wear dresses more than two inches above the ankle.
13. To keep the schoolroom clean:
  - A. To sweep the classroom floor at least once daily.
  - B. To scrub the classroom floor with hot water and soap at least once weekly.
  - C. To clean the blackboard at least once daily.
  - D. To start the fire at 7:00 am so the room will be warm at 8:00 am when the children arrive.

A typical teacher's contract around the time Ms. Moore started teaching.



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**Rice Balls - Ages 13+ older**

Thursday, August 13th

9:00-10:30am

3:00-4:30pm

**Cereal/No Bake Cookies - Ages 5+ older**

*(under 8 must be accompanied by an adult)*

Tuesday, August 25th

9:00-10:30am

3:00-4:30pm

**Meatballs- Ages 13+ older**

Thursday, August 27th

9:00-10:30am

3:00-4:30pm

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# PET PAGES



## BOARDING YOUR DOG

*Have a big family vacation coming up? If you can't bring Fido, you may consider boarding your dog while you're away. Your veterinarian's office or a quality kennel can provide your dog with the necessary grooming, exercise and overall care for an extended period of time.*

Leaving your dog at a kennel can be challenging, especially if this is your first time doing so. You may have concerns about your dog's emotional well-being within a new environment. Maybe you're worried about his ability to get along with other dogs or kennel staff.

Bring up these and other concerns when inquiring about local kennel pricing and policies to ensure your dog is left in the best care possible during your trip.

### Don't Just Call... Visit

There is only so much you can find out about a local kennel through a phone call. Visiting the kennel can be a much more effective way of helping guide your decision. Here are some things to look for during your visit:

- **Cleanliness:** Check both the indoor and outdoor areas for a sneak peek into how well the kennel staff keeps up on messes.
- **Odors:** Are there any overwhelming odors? Is there proper ventilation?
- **Security:** This especially pertains to the outdoor areas. Are all fences secure and tall enough to keep your dog safely within the designated area?
- **Temperature:** Is the inside climate-controlled? Conditions that are too hot or too cold can make for an uncomfortable experience for your dog.

### Make Things Comfortable

You can help make give your dog a little touch of home while you're away by leaving behind a few of his favorite toys or snacks. Also try to make the drop-off a positive experience for both you and your dog.

If you're having emotional issues leaving your dog in someone else's care, try not to pass off any of your upset feelings to your pooch. Try not to linger around and make sure to use a positive, upbeat tone to say your goodbyes.





# THOROUGHBRED ADOPTION

*The average racing career for a thoroughbred can be as short as two years and as long as 10 years.*

With typical thoroughbreds living more than 20 years, there is plenty of post-career life to enjoy. Organizations like the Thoroughbred Adoption Network are focused on making sure every thoroughbred finds a safe, positive home environment once their racing days are behind them. And with a slew of participating organizations across the nation, it is likely you will be able to find one near you with that perfect thoroughbred for your farm.

## Post-Career

The plight of the retired thoroughbred has been well-documented, with instances of abuse, neglect and even slaughter for human consumption. The more fortunate thoroughbreds are often retired to breeding farms, kept by owners or delegated to the riding stables. Thoroughbred Adoption Network and other like-minded groups have been able to rescue thousands of horses from dangerous situations and place them in loving barns. And the adoption process is not as complex as you may think.

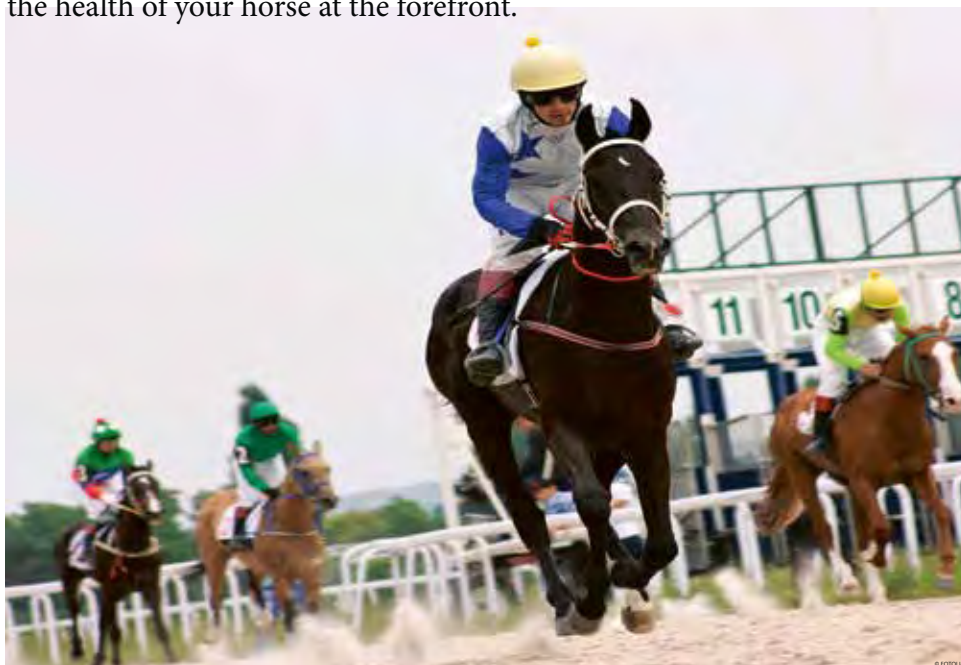
## Adoption

The Thoroughbred Adoption Network collaborates with the Thoroughbred Retirement Foundation to make sure adoptable horses are turned over to a suitable, caring home. Interested adoptees must simply complete an application, provide references and be prepared to showcase their farm to a Thoroughbred Retirement Foundation employee. Stabling arrangements must be secured before an adoption can be finalized.

## Cost and Details

Upon approval, you will be matched with a horse that best suits your needs – a process that can take a month or longer. The Thoroughbred Adoption Network's tax-deductible, non-refundable adoption fee can range from \$500 to \$5,000, based on the condition and potential of the horse.

After the adoption has been completed, the Thoroughbred Retirement Foundation requires your veterinarian to provide annual reports on the horse's condition and vaccination history. It is an ongoing relationship, with the health of your horse at the forefront.



# The Millstone Times

## BEST PET PHOTO CONTEST



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

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

Send in your photo to: [tmft@optonline.net](mailto:tmft@optonline.net)

In the email subject line write: **Pet Contest**

Include a high resolution photo, your pet's name and town.

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Louie ~ Allentown



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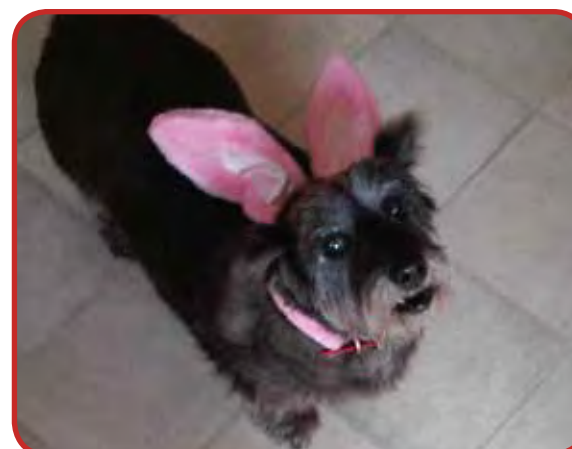
Cullen ~ Manalapan



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Iziik ~ New Egypt



Dixie ~ New Egypt

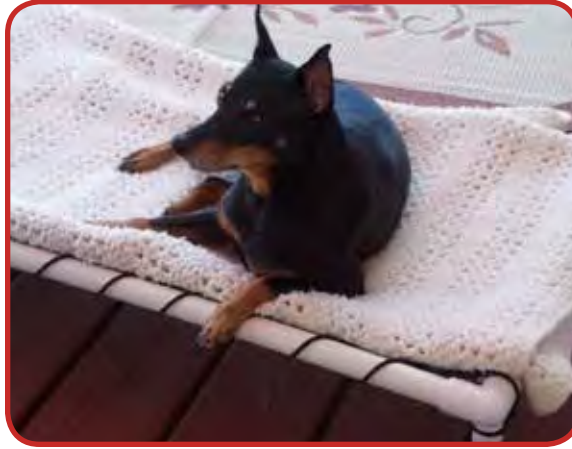


Martha ~ Millstone

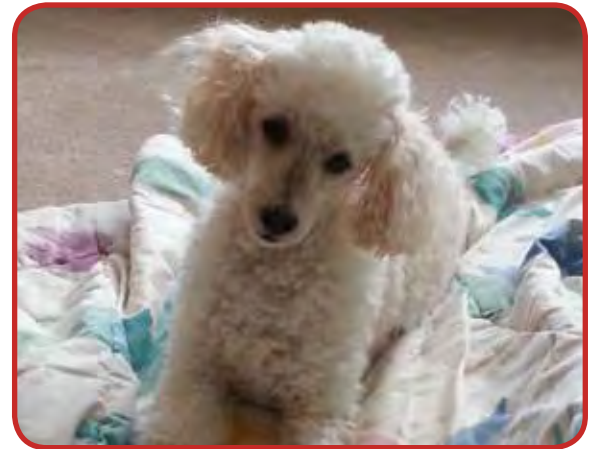




Clarkson ~ Millstone



Roxy ~ New Egypt



Lola ~ New Egypt



Shyla & Wookie ~ Millstone



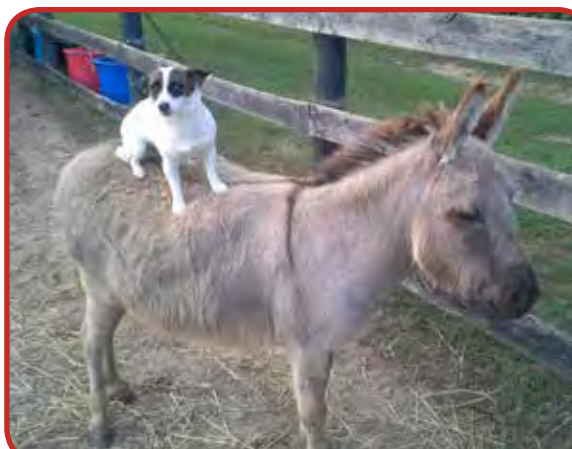
Pepper ~ Cream Ridge



Rex ~ Cream Ridge



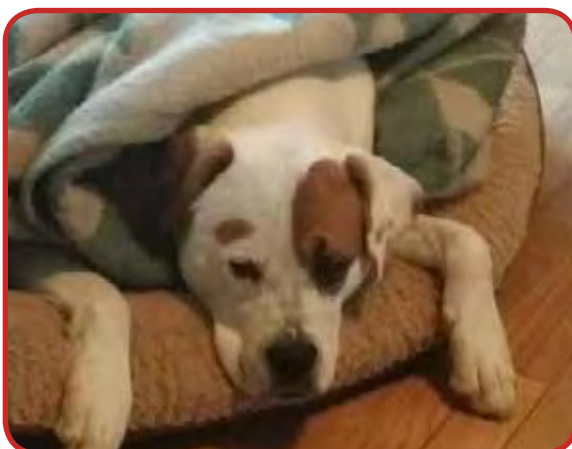
Callie ~ Millstone



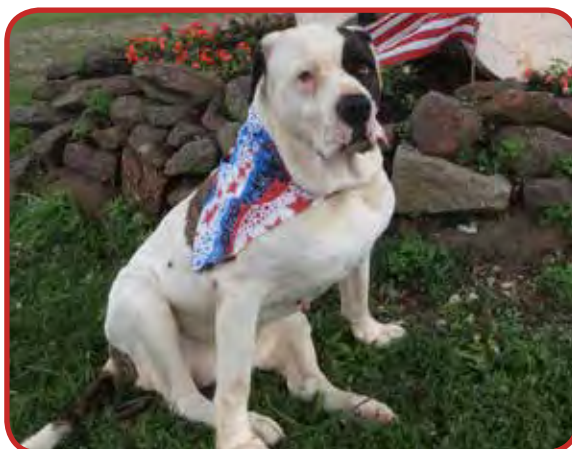
Fannie & Johnny ~ New Egypt



Dobby ~ Cream Ridge



Emma ~ Millstone



LuLu ~ Cream Ridge

**CONGRATULATIONS!**



Clarkson ~ Millstone



# WANTED

## A LOVING FAMILY

By Pam Teel

It's with great pleasure to tell you that Johnny Boy and Mimi featured in last month's edition have been adopted into new loving families. As of July 10th, Noodle has also found a loving home. He will be free to run and play and live a long healthy dog's life. There are many other dogs and cats that need a good home. AnimalAssistance brings to these strays a sense of home life, but only you can give them a permanent home. If you know of anyone looking for a pet, please pass their pictures and stories around on facebook and help us find a home for all the strays that end up at Linda's shelter.

Orange is a ten week old kitten who has been placed in a foster home. He is ready to be adopted into a new family. When he was younger, he was abused and was kicked and required an emergency surgery. He is fully recovered now. All of his medical expenses have been paid for. He is neutered and is the sweetest kitten. He is quiet and so observant. He is a very affectionate kitten.

Brent is a puggle who is two years old. He is very clean. He is a quiet dog despite being so active. He likes to play with his toys. He would love to be a part of a loving family.

Mr. Cooper is a two year old declawed cat. He has also been neutered and has all his shots. He has very long legs and can be walked on a leash. He's a gentle loving cat that purrs a lot.

Jean is the newest addition to the shelter. She was found wandering around town, who knows for how long. She probably was abandoned by a family. She was emaciated and a victim of gross neglect. Her hair was all matted and had to be shaved in some areas. It's growing back now. Jean has also gained ten pounds since coming to the shelter.

The only medicine she needed was food. She's a quiet and friendly dog. The shelter is looking for someone to take her so she could enjoy the last years of her life. She is around 8-10 years old but still has a lot of life in her. Every day she gets stronger and more confident. She's very gentle and is looking for someone to love her.

Please note that you can come in anytime during open hours to view and play with the animals if you are thinking about adopting.

Please consider adopting a homeless pet first. Animals Assistance in East Brunswick's goal is to give all the strays that come to them a great family to go to. Please take a look at their website and all of the other animals up for adoption. You can give these animals a chance at living a long and loving life. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding good homes for them.

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 years 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 info, they can recommend the perfect fit for you and your dog.

To read up more about Animals Assistance and their policies for adoption, go to: [animalassistance.org](http://animalassistance.org).

To view their pets for adoption on petfinder - please visit them at [PetFinder.com](http://www.petfinder.com):

<http://www.petfinder.com/shelters/NJ538.html>

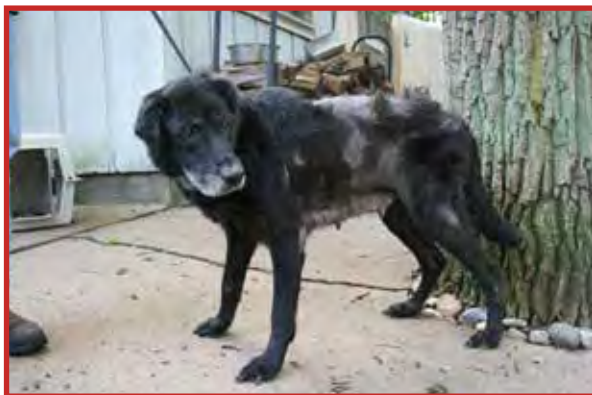
If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Their phones are answered during open doors hours or email them at: [linda@animalassistance.org](mailto:linda@animalassistance.org). Phone conversations are preferred to email. Should you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

Facility hours are 7-10am Monday through Thursday, Friday from 7am-3pm, and Sunday 8:30am-10:30am. You do not need an appointment, just drop in. We accept donations during those hours also. A tax receipt can be provided. All proceeds are for the animal's medical fund, we do not take salaries.

They are still looking for a used SUV or small pickup truck that can be modified to transport our search and rescue dogs and the animals going to the hospital. Also donated items: KMR Kitten Replacer, dry adult dog and cat food, Purina kitten chow, canned dog food, canned cat food, dog toys, cat toys, catnip, pig ear chews, bleach, laundry detergent, Pine sol, Shampoo, paper towels, blankets, and trash bags.



*Mr. Cooper- declawed, looking for someone to call his own.*



*Jean was abandoned and left on the streets to find food for herself. A victim of gross neglect, Jean is doing well at the shelter. She has gained weight and her hair is growing back in. If you have a kind heart and want to give her a good home, all vet expenses will be paid by the shelter.*



*Brent the puggle. Quiet but likes to be active.*



*Orange- the orange kitty. Calm but observant.*



# Is your dog a Chubba Wubba?

*When The Green Leaf Pet Resort built their state of the art facility two years ago, they included an indoor pool both for dogs at the resort to enjoy but also to give dog owners an additional way to exercise their dogs. During the cold winter and hot summer months it can be uncomfortable for owners and dogs alike to go for walks, so the pool is the perfect solution!*

As our pets become more and more a part of the family, it's easy to spoil them in ways that are not always in their best interest health-wise. A few treats here and there can really add up over time. Obesity in dogs is becoming more prevalent more than ever before as well as other health concerns such as cancer and diabetes. Having an overweight dog can lead to an array of health issues and possibly a shorter life span than that of a fit, healthy dog.

It is for this reason The Green leaf Pet Resort has introduced their weight loss program for dogs.

The program runs for 4 weeks at a time, 2 sessions per week. Over the course of the four weeks there are weekly weigh-ins to keep track of progress and the lucky pups will each receive a free Kong toy, courtesy of Kong for extra pool time fun.

## Why choose swimming your dog?

The benefits of swimming for dogs are similar to those for humans:

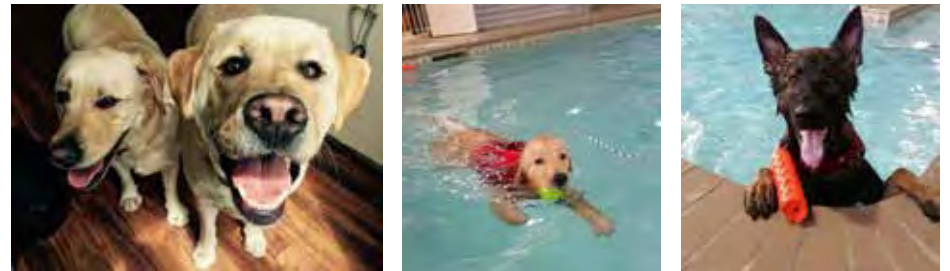
- Increases muscle strength and tone, endurance, flexibility, balance and coordination
- Encourages healthy cardiovascular & respiratory systems
- Offers an excellent, low-impact aerobic workout
- Lessens stress on joints & ligaments

## Stars of the program:

Abby & Cody are three year old Yellow Labs. They first learned how to swim with the instructors at The Green Leaf Pet Resort as puppies. After reviewing and adjusting their diet, they began the weight loss program on March 19, 2015. Abby's starting weight was 89 pounds and after a few months of doggy paddling with Talina, the instructor, she is a trimmer 82.2 pounds. Cody's starting weight was 109.8 pounds and currently weighs 101.6 pounds. Both dogs have lost the equivalent of an Oven Stuffer and have over- all improved health and fitness after three four-week rounds of the program. The loving owners are thrilled with their progress and have signed them up for a fourth round as well as exercising the pups at home.

If your dog has never swam in a pool Talina will be more than happy to evaluate your pup in the pool.

For more information on the weight loss program, or for information on swimming in general, give Green Leaf a call at 609-259-1500 or stop in for a tour at 23 Burnt Tavern Road in Millstone.



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## A MAN AND HIS DOG

### A Tribute to Cooper

*By Pam Teel*

For the past five years, Walter D. has been delivering the Ocean and Monmouth Family Times for Gunther Publishing Enterprises, Inc., in Freehold, Toms River, and Brick Township. Walter wasn't alone in his endeavor as he dropped newspapers off to various places. Sitting beside him in the front seat was his best friend, Cooper, a pedigreed chocolate lab.

Walter and Cooper were a team. Cooper loved the routine of going on a car ride, anxiously anticipating a treat here and there from business owners who got to know him well. Cooper knew when he was within a mile of the places where he would get a treat. He would get all excited and if he wasn't already in the front seat, he would hop to the front in anticipation.

Sadly, Cooper passed away in June, quickly after being diagnosed with liver disease. Walter and his wife noticed the symptoms three months earlier when Cooper first lost his appetite. Their vet noticed that his blood levels were elevated and after a thorough examination and a biopsy, she found that Cooper had cerosis spots, which can be genetic in labs. There was essentially nothing that they could do for him at that point but to make sure that he was comfortable. Though his disease was manageable, it wasn't curable. His veterinarian, Dr. DeMarco, who works at Garden State Veterinarian Hospital in Tinton Falls, saw to it that Cooper was comfortable and not in a lot of pain. Her overwhelming compassion for Cooper helped Walter and his wife see their dog through his ordeal. Walter isn't quite sure how Cooper got the disease, but he and his wife miss Cooper more each passing day. "It was like losing a child," Walter stated. "Cooper was a great dog and a great friend. He loved riding in the car and sometimes I would just take him out for a ride a just because of how much he loved car rides." It's not easy losing a beloved pet. Our sympathies are with you and your wife Walter. Cooper will surely be missed.



Sometimes liver disease can be a result of aging in dogs. In some cases it can be genetic, but it can also be brought on by infection or trauma to the area. Other causes of liver disease in dogs may include: eating some plants and herbs such as ragwort, certain mushrooms, blue-green algae, molds that grow on corn, untreated heartworm, diabetes, pancreas issues, fatty foods and some medications.

Symptoms to look out for are: Loss of appetite, weight loss, vomiting or diarrhea, increased thirst, an unstable walk, increased need to urinate and confusion, yellowish tongue or gums, signs of weakness, blood in the urine or stool, seizures, and ascites- a buildup of fluid in the belly.



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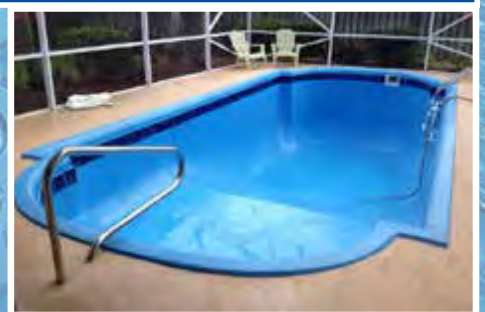
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# The Millstone Times

## STUDENT OF THE MONTH

### Jaime Kisthardt

By Pam Teel

You might remember back in 2013, an article written in this paper about this young woman, when as a sophomore at Rowan University, Jaime bicycled her way across America from east coast to west coast with the 4K for Cancer program raising money to help the Ulman Cancer Fund for Young Adults. She cycled a total of 4,432 miles and personally raised over \$10,000. The Ulman Cancer Fund is a non-profit organization that changes lives by creating a community of support for young adults, and their loved ones, as they fight cancer and embrace survivorship. Since 2001, groups of college students have undertaken journeys across America with the goal of offering hope, inspiration and support to cancer communities along the way.

After cycling across the country, Jaime served as the Assistant Vice President of Facilities and operations for the Student Government Association at Rowan University. Just this past year, she was elected to serve as a voting member of the Board of Trustees at the University. Jaime served as the President of the Tau Sigma National Honor Society and was awarded a scholarship from them in February. This year alone she headed the student initiative to have grass playing fields for students converted into turf fields, a project that the University agreed to fund. She also pushed for the creation of a full time Title-IX investigator position within the University and she served on the committee once the position was created. She helped to acquire a sexual assault educational software program that all incoming Rowan students will have to complete, and she helped Rowan adopt many best practices for sexual assault awareness and prevention on the college campuses.

She recently received the Kathleen M. Murry award for excellence in academics and community service. This scholarship recognizes the efforts of an upperclassman student who has achieved academic excellence and demonstrated commitment to volunteerism and community service. This is the greatest honor a graduating senior can receive to acknowledge superior performance in a particular field.

Having graduated from the University on May 12th of this year, she received a Bachelor's Degree in Science (Biological Science) and minored in chemistry. Jaime was also given the honor to be the student speaker at her commencement.

Her plans are to continue her education. Jaime will be attending graduate school in the fall pursuing a Masters Degree in Business Administration. She would like to one day work in Health Care Administration.

We wish you the very best, Jaime. Knowing you, there's no stopping you from fulfilling what you set out to do!



Jaime Kisthardt receiving awards from Rowan University.

### Attention Millstone, Creamridge and Allentown Parents

Allentown, Millstone, Creamridge, New Egypt, Upper Freehold, if you have a child that excels in school, loves doing extracurricular activities, (doesn't have to be a straight A student), please nominate him or her for our Millstone Times Student of the Month. Send me an email at crescent671@gmail.com.

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## Do you need a lawyer in Municipal Court?

By John Bazzurro

As indicated on our website, there are numerous charges that are heard in the Municipal Courts in the State of New Jersey. These range from low level motor vehicle violations such as going through a stop sign, careless driving, failure to maintain your lane and other charges that generally carry very low fines and two or less motor vehicle points. If you have been charged with any motor vehicle violation that carries more than two motor vehicle points upon a conviction, we suggest that you obtain the advice of counsel before going to court. The purpose of this article is to provide the reader with some information as to whether or not they need legal representation in Municipal Court on a low-level motor vehicle violation that carries two or less motor vehicle points.

As most citizens of New Jersey know, municipal prosecutors will, generally, as a matter of course offer a "no point" or "zero point" violation as part of a plea bargain if you are charged with one of these low-level motor vehicle violations. The monetary cost of these "no point" or "zero point" violations are rather excessive in that you are required to pay a \$250.00 surcharge for this "privilege." The statute which provides this "no point" plea is called the unsafe driving statute. The basic theory in accepting a "no point" or "zero point" plea bargain is to potentially avoid motor vehicle points on your license in order to keep your auto insurance premiums lower and, potentially, to avoid the suspension of your driving privileges where you are in danger of accumulating 12 motor vehicle points which will result in a temporary suspension of driving privileges.

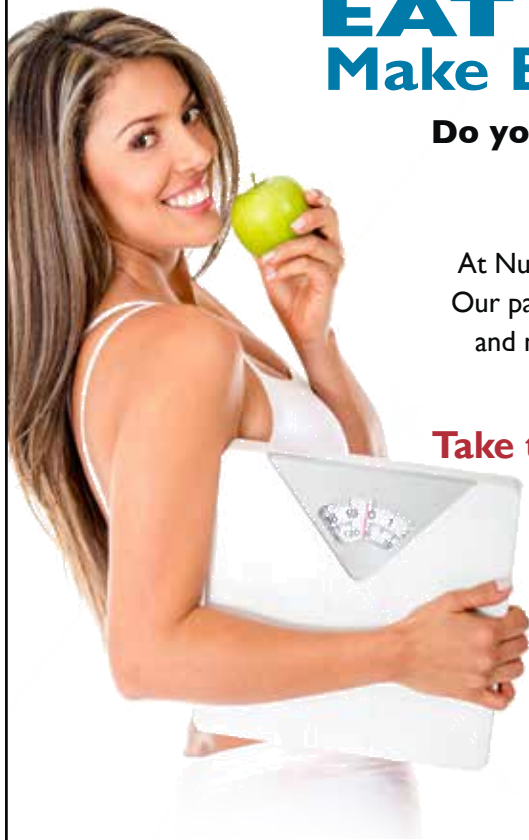
However, it should be pointed out that there are a number of situations in which your acceptance of such a "no point" or "zero point" plea bargain may adversely affect your rights without your knowledge. One such situation is where you have already previously pled guilty to unsafe driving on more than one occasion. Your third guilty plea to unsafe driving within a certain period of time will subject you to four motor vehicle points when you may be under the mistaken belief that you will not be receiving any motor vehicle points. Another such situation where you potentially will need legal representation is where the low-level motor vehicle violation is the result of a motor vehicle accident.

The bottom line is that, regardless of what type of motor vehicle violation you are charged with, you should seek the advice of an attorney before appearing in Municipal Court by yourself and entering into a plea bargain which may subject you to other legal ramifications of which you were not aware.

Typically, when we receive a call for a motor vehicle violation, we initially attempt to obtain as much information as possible from the potential client to determine whether or not they will require legal representation given their individual circumstances.

Accordingly, please feel free to contact us to discuss your individual situation to determine whether or not legal representation is required.





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## Summer and Fall Moves

*Summer and early fall are among the busiest seasons for moving. If you're joining the relocation frenzy this year, there are certain steps you should take to make sure your move is stress free.*

Maybe you're moving to a better neighborhood or a bigger home. Staying in this positive mindset will keep you smiling as you're packing boxes and moving furniture.

Remember that every move is different, so build your own blueprint to make sure you've got all of your bases covered.

### **DIY or Hire a Pro?**

This is the first question you should ask yourself. Will you move yourself with the help of friends and family members, or will you enlist the help of a professional moving company? Factors to consider here include your budget, the amount of household items you'll be moving and the time you have to move.

If you choose to move yourself, be sure to reward helpers with lunch or dinner as a gesture of appreciation. Moving is likely not at the top of anyone's list of favorite ways to spend a Saturday, but your gratefulness will make it worthwhile.

Professional movers usually can move all of your belongings within a few hours. This is beneficial if you're under a tight deadline to move or if you're unable to secure a truck. Be sure to opt for any insurance protection the moving company offers.

It may only cost a few more dollars and can give you peace of mind that your items will arrive at your new home safely.

### **Strategic Packing**

Even if you choose to hire a professional moving company, the burden of packing your belongings still falls on you. Start today.

Even if your move isn't for a couple of months, start devoting a few hours per week to boxing up possessions that you don't normally use. Take the process one closet at a time and store the moving boxes out of your way.

Also consider giving away boxes of items to friends, family members or charity organizations. One box will lead to another, and soon you'll have your home packed and ready to move.





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# Title Insurance

Closing costs are comprised of a number of smaller fees, but what do they all mean? If you're new to buying or selling a home, you may be asking yourself this question while scratching your head.

One of these expenses is title insurance. In most home purchases, buyers don't have an option on whether or not to take this policy, as it is a near absolute associated with transferring the home's title to your name.

## What is Title Insurance?

Until you officially buy a home, the sellers have full and legal title — or so you hope. This is where title insurance comes into play.

The title company for your transaction will verify the title's rightful ownership by checking out the records at the appropriate location, usually a local courthouse.

On rare occasions, these records may not be 100 percent accurate. Changes to land ownership or title transfers may have been done within the family or erroneously reported in past transactions.

A simple mistake by the closing company could result in an issue with the title that, if left uncorrected, could fail to protect you as the true owner of your new home.

## Types

One form of title insurance is designed to protect your bank or mortgage lender. This coverage is required and typically provides lender protection up to the original mortgage rate.

An owners coverage protects you, the buyer. If there is a claim or discrepancy with the title, the insurer will defend your rights.

This means the insurance company would be liable for any required payments or settlements.

## Other Features

Some policies come equipped with a rider that allows your title coverage value to rise as the value of your home goes up.

Loans in Iowa are exempt from title insurance, according to the National Association of Realtors, because a guarantee program means title errors are covered by the state.





# Can You Afford to Buy?

*You might think you're ready to buy until you start crunching the numbers.*

It's better to find out now that you're not ready rather than when you're already tied to a 15- or 30-year investment.

Earning the title of homeowner can be an easy task, especially considering today's low mortgage rates and banks' willingness to open up their lending again. But retaining the title of homeowner can be difficult if you're not fully prepared for the extra finances.

Potential buyers can sometimes forget to consider costs such as homeowners insurance, inspection fees or even general month-to-month repair and maintenance costs.

Other costs that can impact your bottom line include those associated with moving, landscaping and upgrades you may want to make as soon as you are handed the keys.

Budgeting for these items is an exercise in simple addition and subtraction. Be sure to take a close look at your income and expenses. Once you feel confident in what's left over, you should feel secure in taking the leap.

## Mortgage Options

One way to give yourself some wiggle room in terms of your monthly mortgage payments is by reviewing your options as a borrower.

Down payments typically range from 3 to 20 percent of the property value, depending on whether you decide to take out a loan that requires private mortgage insurance.

Private mortgage insurance is a policy that allows mortgage lenders to recover part of their financial losses if a borrower fails to full re-pay a loan. It can be beneficial to a buyer who may not have a large down payment available because it makes it possible to buy a home with as little as 3 percent down.

Realize that the trade-off here is a higher mortgage payment, so choose your path wisely depending on how much you have to put down and how much you're comfortable spending on a monthly basis.



## Get Estimates

If you haven't been through a home sale or purchase before, you may not realize how many moving parts there are to the process.

Sure, you're paying an agent to handle certain parts of the transaction and your title company for other aspects, but it comes down to you being an educated party to make sure everything goes according to plan.

Work closely and regularly with your banker, Realtor and title company to obtain updated estimates for your closing costs. The last thing you want is to be surprised on closing day with a different amount required than what you were expecting to pay.

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# Getting Financial Help from Family & Friends

*Asking a friend or family member for money can be an uncomfortable situation, but it also could mean the difference between buying a home or being forced to rent for a longer period of time.*

The proposition can be even more complicated given the large sum of money likely involved in these types of loans.

From an unofficial loan to a more legally binding private home loan, the process supporting any lending activity should be based on mutual trust.

If you take a business-like approach to the loan — even though it is coming from a friend or family member — you likely will be more focused on treating your payback amount as just one of your regular bills that you pay on time every month.

## Private mortgages

Private home loans are very similar to ones you would receive from a bank or credit union.

According to the National Association of Realtors, private home loans involve:

- Both lender and borrower signing a promissory note (also known as a mortgage note) stating the terms of the agreement;
- The promissory note establishing the amount loaned and the interest rate, as well as the repayment dates and frequency;
- Drawing up a mortgage (also called a deed of trust), which gives the lender the right to foreclose on the property if you fail to stick to the repayment plan; and
- The lender holding a lien on the mortgaged property.

## Unofficial Loans

Maybe you're in need of a smaller loan to help cover the mortgage down payment. It is still recommended that you draft up a contract to spell out the terms of your loan.

Both the lender and borrower can build in protections involving the agreed-upon interest rate or payback schedule. If unforeseen incidents occur that keep you from paying your loan back on its routine schedule, you should be up front and honest with the "lender."

You might lose your job or have medical bills that pile up. Hopefully you will be able to agree upon a loan modification policy that may include lowering payments for short amounts of time or even temporarily freezing payments until you get back on your feet.

Whatever you decide, it is important to have such specifications in place before entering into any signed agreement.



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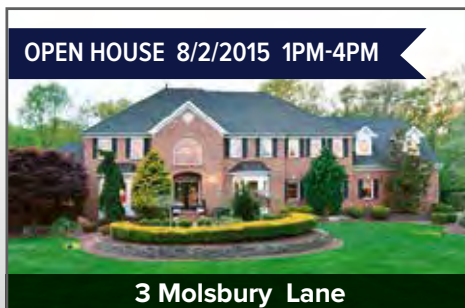


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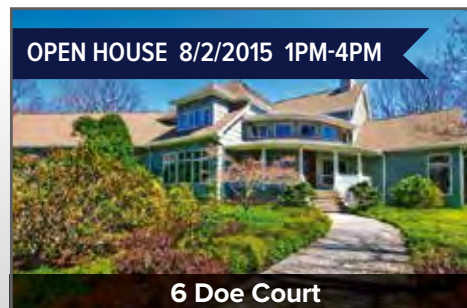
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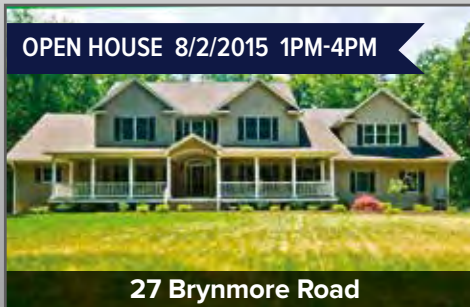
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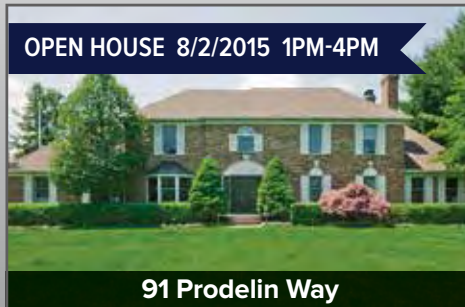
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# Projects to Avoid

*Functionality has overtaken luxury as the hottest selling point in today's real estate market. Budgets are tighter, and home buyers are deciding on smaller mortgage payments over more space or premium locations.*

This means homeowners planning on remodels should more than ever be considering the value those improvements will be able to recoup.

If you're planning to remodel, concentrate on smaller projects that make sense with buyer budgets. Small upgrades that add functional use and energy efficiency are becoming appealing, as such changes can have an overall impact on utility bills, such as electric and water.

You may choose personal comfort over resale value when considering certain projects, which include in-ground swimming pools and fancy sunrooms. Your quality of life is most important, so if you're looking to get a few good years out of one of these remodels, go for it. Just don't expect to recoup the majority of your construction costs in the end.

## In-Ground Swimming Pools

With costs starting in the tens of thousands of dollars, in-ground swimming pools are not a small investment. The bad news is they also aren't likely to be worth the equity you put in when it comes time to sell your home.

However, this depends on where you live. Homes in warm climates can expect up to a 50 percent return on investment, according to the annual Cost vs. Value Report published by the real estate media firm Hanley Wood.

Other homeowners across the country, however, can expect a decrease in home value due to the significant operating and maintenance costs pools require.

## Sunrooms

The sunroom is an expensive project that only recoups \$486 for every \$1,000 spent on construction, according to Hanley Wood.

Buyers also report that due to glass' inability to provide adequate insulation, energy costs are a major issue in the purchase decision. Again, where you live in the country and how much enjoyment you'll personally receive from a sunroom may end up being your deciding factors.

## Garage Additions

The Cost vs. Value Report finds that homeowners who build a garage see a 62 percent return on their investment. An expensive price tag is a major factor.

A carport or shed may provide you the same storage functionality without the major expense, especially if you only need it for general protection from the elements or a place to keep your lawn equipment.



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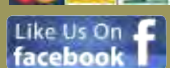
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# Diamonds in the Rough

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

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

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

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

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

## Taking on Repairs

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

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

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

## Making an Offer

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

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

## Schedule Issues

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

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



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*Tile, wood, laminate or carpet? The flooring choice can be a tough one. Each flooring type has its pros and cons, including style, durability and longevity.*

One option rings true for many homeowners looking for versatility and longevity, among other distinguishing characteristics.

Ceramic and porcelain tile in particular are known for their long life cycles. Most options can actually last a lifetime, if cared for properly. This means proper installation in line with manufacturer specifications and careful cleaning with non-abrasive products.

## Regional Availability

Anyone who has chosen flooring knows that process can take an extended period of time. You may find something you like only the find that it will take weeks or even months to arrive from the manufacturer.

Tile manufacturers and distributors are located conveniently across the country, helping you receive your products quickly whether you live in a big city or in rural America.

This accessibility allows you convenience and also has a positive impact on the environment. Less travel time between the source to your floor means fewer air emissions required for delivery. And a smaller carbon footprint is what many people strive for in their home improvement choices.

## Low Maintenance

Tile is also known for its easy maintenance. Routine vacuuming and dusting is all it will take to keep your floor tidy, especially if you treat it with a chemical-free glaze.

This helps it resist stains from spills or pet accidents, protecting your investment from day-to-day hazards.

## Health Benefits

Do you have allergies? You're not alone. According to the American Academy of Allergy Asthma and Immunology, more than half of the population of the United States suffers from some form of allergies. Many of the most common allergens are found in the home.

Tile is one of the best choices for allergy symptom prevention because it makes it easy to see dust and prevent it from accumulating. When using any tile, make sure the grout that is used to affix the tiles together remains in good condition to prevent moisture from seeping into the sub-floor, where mold, a common household allergen, can flourish.



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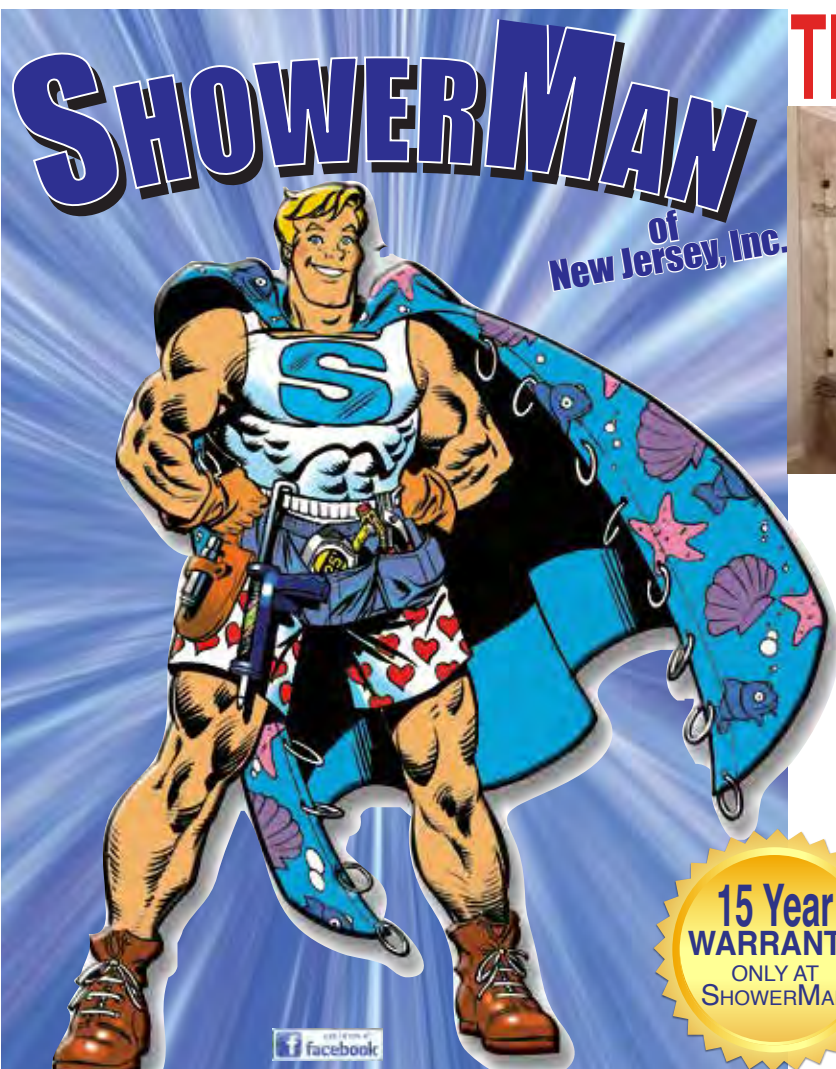
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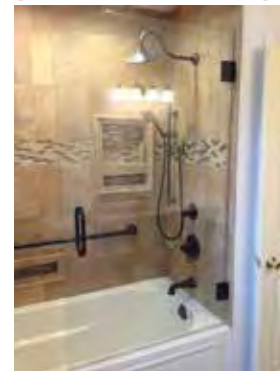
# Weekend/ Day NJ Getaways Kids Will Love

By Mia Ingui

School is out for the summer, the kids are now home all day, everyday...and they're bored and restless, of course. They want to go out and have a blast. So, what you need is the perfect guide to all the fun getaways to take with the kids for the day or a weekend in New Jersey. When the weather consists of clear, sunny skies, some great places to visit are the Cape May Zoo, Sahara Sam's indoor and outdoor water park, and Six Flags Great Adventure. The Cape May Country Zoo has free admission, is open seven days a week, and is open from 10:00 am to 4:45 pm every day. It is home to many amazing animals that the kids can learn all about and get up close and personal with. Sahara Sam's water park in West Berlin, NJ takes the fun indoors and outdoors, with tons of slides, rides, and a huge bucket that dumps gallons of water onto all the kids! Six Flags Great Adventure is a great day trip for younger and older kids. It has some of the world's most famous rollercoasters, like Kingda Ka and El Toro, plus other rides for those who don't like riding rollercoasters. But, if the forecast calls for showers and storms, Rebounderz trampoline park and the movies can provide fun indoors for hours. Rebounderz is covered wall to wall with huge trampolines to jump and stunt on, and for when the kids get tired, there is a huge selection of arcade games to try with prizes up for grabs. With all of these great places to visit this summer, the kids will never have a dull moment!



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Honor Yoga is excited to announce the formation of their newest program to spread the benefits of yoga, Honor Yoga Workplace Wellness.

The mission of Honor Yoga Workplace Wellness (HYWW) is to enhance the overall wellbeing of employees and employers through integrated wellness programs based on yoga, mindfulness, and positive psychology allowing for increased productivity, efficiency, focus, job satisfaction, and the creation of better work relationships.

This new program, under the direction of Carrie DeJesus, will help those in the workplace flourish and businesses thrive. HYWW was created out of the belief that people are searching for fulfillment in their everyday work and that many companies wish to align their business with their values; yoga, and its related sciences, can play a role in helping employees and businesses shift into a space of wholeness.

HYWW offers a variety of services to benefit employees and employers, including on-site yoga classes and integrated wellness workshops as well as in-studio retreats and team building opportunities. Traditional full-length yoga classes are offered as well as lunchtime boardroom yoga classes. Workshops and seminars promote mind/body wellness and are based on current positive psychology research. They include mindfulness training as well as specialized offerings such as Breathe for Success, Increase Your Happiness, Improving Flow, Productivity & Performance, and Fail Your Way to Success.

DeJesus left her career as an attorney to follow the path of yoga and to discover her true calling. Tired of feeling overwhelmed and disconnected, she desired a life that would allow her to be present and invested in her work and family. She found purpose through teaching yoga and discovered a deep passion for helping others live their best lives. DeJesus believes in wholehearted, purposeful living and loves working with individuals, groups, and companies looking to foster complete wellness in mind, body, spirit, and business.

"Honor Yoga Workplace Wellness is the blending together of some of my deepest passions. I love teaching yoga, helping people live more joyful lives, and supporting conscious-driven businesses. I am thrilled to be part of the Honor Yoga team and am excited for our future together," states DeJesus.

On August 14, HYWW will host its first workshop, "Positive Productivity: Integrating the Mind, Body & Spirit for Happier Employees, Healthier Work Environments & Thriving Businesses" at Honor Yoga Pennington.

For more information, visit [www.honoryoga.com/workplacewellness](http://www.honoryoga.com/workplacewellness) or their Facebook page at [www.facebook.com/honoryogaworkplacewellness](http://www.facebook.com/honoryogaworkplacewellness). Carrie can be reached at [carrie@honoryoga.com](mailto:carrie@honoryoga.com) or 609-474-6486.

Honor Yoga is a sustainable community of healing offering an approachable, loving environment to honor your mind, body & self through the practice of yoga, with seven beautiful eco-friendly studios throughout Central NJ in Burlington, Mercer, Monmouth, Ocean & Somerset counties. Honor Yoga also offers a unique 200 Hour Yoga Alliance accredited Teacher Training Certification program and the Honor Yoga Therapeutics program, which provides a safe and nurturing experience to all people, regardless of ability or specific health challenge, to enjoy the benefits of yoga.



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# MILLSTONE TOWNSHIP MIDDLE SCHOOL PTSA TO HOST “FASHION SHOW” ON SEPTEMBER 25

*-Enjoy a night watching your child walk the runway!*

Millstone Township Middle School PTSA will be hosting a “Masquerade Fashion Show” fundraiser on September 25 at 6:45 p.m. at Millstone Township Middle School. The cost of the event is \$14.50 per adult and \$9.50 per child. The models will be the districts’ own students wearing clothes borrowed from stores the PTSA has partnered with from the Freehold Mall or from their own closet. Local restaurants will be supplying the hors d’oeuvres and dessert. There will be raffle baskets and a 50/50 raffle.

ShopRite has signed on to be the Haute Couture Event Sponsor. Additional sponsorships available include the Couture Sponsor, In Vogue Sponsor, the Trendsetter Sponsor, and a General Family Sponsorship.

The Millstone Township PTSA is a 501(c)(3), non-profit group of parents, educators and community members who work together to support the Middle School and offer educational opportunities for our students. We depend on fundraisers to provide the extras that mean so much to our children. 100% of the proceeds from this event will go directly to the students to provide items that enrich and support our students’ educational experience.

To order tickets or find out about sponsorship or advertising opportunities, visit [www.mtmsptsa.com](http://www.mtmsptsa.com)

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# Felicia Grondin of Millstone Township Named Associate Director of Lloyd D. Levenson Institute of Gaming, Hospitality and Tourism at Stockton

*By Christina Butterfield*

Felicia Grondin, of Millstone Township in Monmouth County, was recently named associate director of the Lloyd D. Levenson Institute of Gaming, Hospitality and Tourism (LIGHT) by the Stockton University Board of Trustees.

Grondin, who had been serving LIGHT as research associate, has worked in higher education, county government and the executive, judicial and legislative branches of state government.

She is experienced in addressing public policy issues with a focus on Atlantic City and its gaming industry, having served as chief of staff for a state assemblyman and as legislative liaison and senior policy adviser for the New Jersey Casino Control Commission.

"I am elated to serve as LIGHT's associate director due to my admiration for my alma mater, Stockton University, and passion for Atlantic City and the gaming, hospitality and tourism industries," said Grondin, originally from Clark, NJ. "I am excited to be back in the area and grateful to Acting President Kesselman and the Stockton Board of Trustees for providing me with the opportunity to do what I love."

Grondin has been actively involved in a number of Atlantic City community initiatives over the years. One of the most significant projects was leading the effort to restore Atlantic City's Absecon Lighthouse, for which she acquired \$3.5 million in grant funding. Since the restoration, Absecon Lighthouse has become one of Atlantic City's most popular non-gaming tourist destinations.

She was the lead researcher and writer of the 1998 New Jersey Casino Control Commission report: Casino Gambling in New Jersey: A Report to the National Gambling Impact Study Commission.

Grondin earned a Master's in Public Administration from Rutgers – Newark and a B.A. from Stockton University.

She owned and operated several private businesses and worked on numerous research, social service, historic preservation and tourism initiatives, resulting in millions of dollars of grant awards as a result of her efforts and leadership.



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### INGREDIENTS

- 1 c skim milk
- 1 c frozen unsweetened peaches
- 2 tsp cold-pressed organic flaxseed oil (MUFA)

### DIRECTIONS

Place milk and frozen, unsweetened peaches in blender and blend for 1 minute. Transfer to glass, and stir in flaxseed oil.

This 1 serving meal has only 213 calories and 9 grams of protein. It is low in sodium and sure to target unwanted belly fat and bloat.







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 at the 5th Annual Ride for the Cure  
 on September 13 at The Horse Park of NJ.

More than an equestrian event, this is a family  
 fun day featuring "Vendor Row" with shopping  
 & activities, food trucks and more!

[www.komencsnj.org/ride](http://www.komencsnj.org/ride)



**Susan G. Komen Central and South Jersey**  
**Race for the Cure**

**Sunday, October 4, 2015**

*Six Flags Great Adventure*

**Walk or Run** at our signature fundraising event and join  
 in our mission to end breast cancer forever! Together we  
 celebrate breast cancer survivorship and honor those who  
 have lost their battle.

For more information or to register as  
 an **individual**, **team**, or **volunteer**, visit:

[www.komencsnj.org/race](http://www.komencsnj.org/race)



*Team Captain Handbook and  
 Fundraising Tips available online!*

2 Princess Road, Suite D, Lawrenceville, NJ 08648  
 (609) 896-1201 [www.komencsnj.org](http://www.komencsnj.org)

**SAVE THE DATES!**

**ST. JOSEPH CATHOLIC CHURCH**

**Upcoming trips:**

**Wednesday, September 9 - Philadelphia Museum of Art --**

Discovering the Impressionists: Featuring Claude Monet, Pierre--August Renoir, Edouard Manet, Camille Pissarro, and Edgar Degas. Collection of Paul Durand--Ruel and the New Painting. (Critical years of 1865--1905).

\$65 pp Lunch on own

**Thursday, October 14 - The Franklin Institute--**

Vatican Splendors - The Largest Vatican Collections Ever to Tour North America! From culture, to history to art, explore how the Papacy has impacted, and been impacted, by the world throughout the centuries. Galleries transport visitors to the Vatican, delivering the sights and sounds of the grand Basilica, a journey to the underground catacombs where the remains of St. Peter were discovered, and back to the magnificent papal chambers found above ground.

\$65 pp Lunch on own

**Thursday, December 3 - Longwood Gardens--Christmas Display**

Longwood Gardens is a premier horticultural display garden with 11,000 varieties of plants and 1,050 acres of gardens, fountains, meadows and woodlands. Wander through half a million twinkling lights, thousands of poinsettias and magnificent Christmas trees. Listen as carolers share the sounds of the season and beautifully lit fountains dance in this holiday wonderland.

\$65 pp Lunch on own

**To reserve your spot on any of these trips please call:**

**Rosalie at 732--490--5302**



# Health, Wellness & Regeneration

## Non-Invasive Pain Treatment, No Surgery — No Cortisone



*Dorota M. Gribbin, MD*

Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

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

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

### REGENERATE RATHER THAN REPLACE!

#### STEM CELLS, PLATELETS

#### RICH PLASMA (PRP)

#### AND PLATELETS POOR PLASMA (PPP)

Regenerate rather than replace your joints, tendons, muscles, skin, and wounds with Regenerative Injection Therapy with Growth Factors in Platelets Rich Plasma (PRP) and Kinines in Platelets Poor Plasma (PPP). PRP therapy strengthens and heals arthritic and strained joints, tendons, ligaments, muscles, and skin — including nonhealing wounds and aging skin of your face. PRP injections can be performed all over the body. It is a natural regenerative method of treatment of sports injuries, arthritic joints, lower back pain, disc disease, tennis elbow, carpal tunnel syndrome, ACL and meniscal tears, shin splints, rotator cuff tears, plantar fasciitis, iliotibial band syndrome, piriformis syndrome, tennis/golfer's elbow, sprained or torn muscles and neck/back pain including disc disease (herniated nucleus pulposus).

PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

### PROLOTHERAPY

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage

## COMPREHENSIVE PAIN AND REGENERATIVE CENTER

### NATURAL PAIN RELIEF AND BODY REGENERATION

- TPIs nonsteroids trigger points injections
- RFA Radiofrequency Ablation: alleviate the pain with elevated temperature
- Pure PRP/PPP Platelets Rich Plasma/Platelets Poor Plasma
- Medical Weight Loss
- Esthetic Medicine
- Stem Cells Regenerative Treatment
- Fall Prevention Program

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

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

### RADIOFREQUENCY:

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

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

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

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

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

### FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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



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