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IN THIS ISSUE

Health & Wellness	9	Home Improvement Guide	41
Senior Moments	14	Historic Allentown	58
Back to School	17	Pet Pages	60
Real Estate Guide	35	East Windsor	64

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The Millstone Times STUDENT OF THE MONTH

Taylor Kinsey *By Pam Teel*

Congratulations to Millstone resident, Taylor Kinsey, who recently graduated from Syracuse University in New York. Taylor majored in Architecture and received a "Bachelors of Architecture Degree" in May with a minor in "Environment and Society." Taylor chose to go to Syracuse because the Architectural School was ranked #2 in the nation. She found the campus and surrounding area quite beautiful and was thrilled when she found out that she would be attending college there. Being four and a half hours away from home, Taylor got to experience what it was like living on her own, but still, she was close enough to be able to drive home for school breaks and special events.

Taylor's biggest fear about going away to school was leaving her friends behind and wondering if she would make new ones while at college, which she laughs at now because she made some of her closet and best friends while there.

The architectural program was a five year accredited degree program. In order to take the licensing exams to become an architect, one had to go to an accredit program. Taylor didn't mind the extra year. It gave her even more time to bond with the close friends that she made. Taylor found that Architecture was a very demanding major, which meant a lot of late nights in the studio; a building on campus where students had their own desks for drafting and keeping supplies. It was there that she further bonded with the same group of students throughout her five years, helping each other struggle through the highs and lows.

Aside from her busy school schedule, Taylor was a member of the Student Liaison Team and gave tours and answered questions to incoming/potential students. She also served as a peer advisor to a group of students helping them make the transition to the college a little easier. In her last year, she was chosen to be part of a group called the "Student Mentor Squad." Her role was to help increase the connections between upper classmen and lower classmen within the school of Architecture. Holding many forums and presentations, she gave advice and answered questions about specific things within the school program.

Taylor also got to travel abroad in her third year, where she studied in Florence, Italy. Syracuse University has its own school in Florence and the best part of that experience was that she got to go with her friends. She had her own apartment, which she shared with two other girls. Taylor loved Florence because the city is so full of history and is small enough that she could easily navigate her way around. She loved studying architecture by actually getting out and looking at buildings in person and not studying them from a picture in a book. She also got to visit Barcelona, London, Paris, and Dublin. She was very appreciative to have been able to have all of those experiences.

Taylor has a lot of pride and school spirit for the University and was happy when her younger sister joined her there when she was in her junior year. It was nice to have some family around.

The University has also helped her with some great connections. Taylor interned two summers and winters at an architectural firm in Morristown and last winter she had an internship in Princeton. After Graduation, she started a full time permanent position with Joshua Zinder Architecture & Design in Princeton. Her title right now is Intern Architect. Taylor now has to log a certain number of hours, and study to pass 5 exams to become a licensed architect in New Jersey. Right now she is enjoying being home, saving money, and enjoying her mother's home cooking!

Knowing Taylor for some time now, there is no doubt that she will accomplish all that she sets out to do.

Stay the sweet, personable, young woman that you are, Taylor. We wish you the best of luck with all your future endeavors.



Taylor Kinsey (middle) with her two sisters at her May Graduation from Syracuse University.



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Did You Know that...

By Pam Teel

Did you know that if it were up to Benjamin Franklin, our National symbol for the United States would have been a turkey and not the Bald Eagle? In fact, Mr. Franklin hated the idea of the bald eagle representing the pride of America. In an excerpt taken from a letter to his daughter, he stated the following, "For my own part I wish the Bald Eagle had not been chosen the representative of our Country. He is a bird of bad moral character. He does not get his living honestly. You may have seen him perched on some dead tree near the river, where, too lazy to fish for himself, he watches the Labor of the Fishing Hawk; and when that diligent bird has at length taken a fish, and is bearing it to his nest for the support of his Mate and young Ones, the Bald Eagle pursues him and takes it from him. Besides he is a rank coward: The little King Bird, not bigger than a Sparrow, attacks him boldly and drives him out of the District. He is therefore by no means a proper Emblem for the brave and honest Cincinnati of America who have driven all the King birds from our Country. For the Truth, the Turkey is in Comparison, a much more respectable Bird, and withal a true original Native of America. He is besides, though a little vain & silly, a Bird of Courage, and would not hesitate to attack a Grenadier of the British Guards who should presume to invade his Farm Yard with a red Coat on."

It was a Philadelphia artist named William Barton, who in 1782 suggested the majestic bird to become America's symbol standing for strength, courage and freedom. It became the National emblem when the Great Seal of the United States was adopted during that year. It is the Bald Eagle that we look up to with great pride, especially as we celebrate our Independence Day in July and our outright pride for being an American. One of the most recognizable birds in the US, the eagle is shown on gold and silver coins, on the back of a quarter and holding an olive branch and arrows on a one-dollar bill.

These large predatory raptors are dark brown on their bodies and wings and white on their head and tails. Young juvenile eagles have brown heads that don't turn white until they reach the maturity of about five years old. Young eagles are often mistaken for falcons and hawks before they morph into adulthood. Their bill will eventually turn from dark brownish black to yellow and their head and tail will eventually turn to a brilliant white. They grow about 2 ½- 3 feet in height with a wingspan about 6 ½ feet. Both the male and female bald eagle have white heads. They are not really bald. The females grow larger than the males. Their wingspan can reach up to 8 feet. They build large nests very high up where nothing can get to them. During nesting season, they are almost always on their nests protecting their eggs.

Bald eagles love fish and when fish aren't available they hunt for small birds, rodents, and dead meat. They have also been known to take small dogs and kittens as prey. They can live about 20-30 years in the wild and longer in captivity. They love to nest around big lakes and will swoop down and float on top of the water in order to catch a fish. They use their wings as oars so they can get to the side of the lake if the fish that they caught is too big for them to fly with. They were once on the brink of extinction thanks to DDT and other pesticides. Since DDT was banned in 1972, the Bald Eagle has made a remarkable comeback. There are over 10,000 nesting pairs alone in the US with many more in Canada; though certain pesticide usage still poses problems for them.

They can be seen from the Mexican border, throughout the U.S. and into Canada. We usually see them during the winter and the migration period on the east coast. They communicate with each other with a high-pitched chirp. America's symbol of strength, pride, and freedom is truly a majestic creature and has served us well as America's National Emblem. I couldn't imagine a turkey ever taking its place!

"It is said the eagle was used as a national emblem because, at one of the first battles of the Revolution (which occurred early in the morning) the noise of the struggle awoke the sleeping eagles on the heights and they flew from their nests and circled about over the heads of the fighting men, all the while giving vent to their raucous cries. "They are shrieking for Freedom," said the patriots.

Thus the eagle, full of the boundless spirit of freedom, living above the valleys, strong and powerful in his might, has become the national emblem of a country that offers freedom in word and thought and an opportunity for a full and free expansion into the boundless space of the future. (Maude M. Grant)

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The Zimmerli

By Jordan Tinitigan

The Zimmerli is an art museum located at 71 Hamilton St on the Rutgers University campus in New Brunswick. On weekends, it it open 12PM-5PM and on weekdays, it is open 10AM-4:30PM. Its exhibits are a perfect mixture of modern, abstract, and older art pieces. Some current exhibits include "Abstraction Squared" and "Fletcher and the Knobby Boys: Illustrations by Harry Devlin." Not only is this museum full of amazing art, but it has a variety of educational programs for people of all ages wanting to learn about art. Unfortunately, the museum is closed for the month of August, but will reopen on September 1st, just in time for autumn!



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Local Fertility Clinic Announces Exceedingly High IVF Success Rates

Morgan Fertility and Reproductive Medicine (formerly Shore Institute for Reproductive Medicine), a premier private concierge-infertility practice, announces exceedingly high in vitro fertilization success rates.

Since 1992 infertility specialists have been required to report In Vitro Fertilization (IVF) rates to the Centers for Disease Control and Prevention (CDC) and Society for Assisted Reproductive Technologies (SART). The outcomes are released to the public 18 months later to help illustrate individual fertility centers' success in the field. The latest report shows stellar outcomes for patients who underwent IVF at Morgan Fertility in 2014.

For example, a new patient under age 35 using her own eggs had a 70% chance of giving birth to a baby after only one IVF cycle at Morgan Fertility in 2014.

Also notable is the primary outcome per intended retrieval for women under age 35 using their own eggs to complete IVF treatment cycles at Morgan Fertility and Reproductive Medicine (formerly Shore Institute for Reproductive Medicine) in 2014. The live birth rate was 60%, considerably higher than the national average of 42.6%.

"We're very excited to share the latest IVF success rates with the public. Behind every statistic is a person or couple struggling for parenthood," states Dr. Allen Morgan. "Exceptionally high IVF success rates means we've helped more patients overcome their struggle with infertility."

SART's new yearly report structure now includes genetic testing, egg and embryo cryopreservation and elective single embryo transfer (eSET). These procedures have improved live birth rates over the past decade and drastically reduced the occurrence of high-order multiple gestations.

"In recent decades we've been able to help more patients achieve success – the birth of a healthy child – faster than ever before, with less chances at twins and multiples," says Dr. Morgan. "The future is bright in our field. And, we're proud to lead the way."

Dr Morgan advises potential patients to also consider proximity to home or work, reputation for individualized care and ample financial assistance options when choosing a reproductive endocrinologist since the annual SART report numbers reflect varied patient selection criteria, treatment approaches, and cycle reporting practices that may inflate or lower pregnancy rates.

About Dr Allen Morgan:

Dr Morgan is recognized for his minimal use of fertility drugs where appropriate, with exceptionally high success rates, and for his advocacy efforts for infertility awareness across the United States. After completing his bachelor's degree at Columbia University, Allen attended medical school at Far Eastern University in Manila while a Captain in the US Army Reserves. He then completed his residency in Obstetrics and Gynecology at Long Island Jewish Medical Center in New York and Jersey City Medical Center here in New Jersey. Dr Morgan completed his fellowship in Reproductive Endocrinology and Infertility at The University of Kentucky before opening his own practice on the Jersey shore in 1993. Dr Morgan is also a clinical professor at Jersey Shore Medical College, teaching OB-GYN residents since 1993. His expertise also encompasses advanced laparoscopic and hysteroscopic surgery to preserve and enhance female fertility, treating conditions such as endometriosis, ovarian cysts, and uterine fibroids and polyps.

*reported to and published by Society for Assisted Reproductive Technology (SART) for the year 2014



What Is The BRAT and BRATTY Diet?

This isn't a type of diet that is geared towards helping you lose weight, nor is it a type of crash diet. It is a simple diet of bland foods that are easy for the body to process.

The BRAT diet is a bland-food diet that is often recommended for adults and children. BRAT stands for Bananas, Rice, Applesauce and Toast. The BRAT diet can help you recover from an upset stomach or diarrhea for the following reasons: It includes “binding” foods.

Alternate forms of the diet might include tea such as Chamomile and yogurt, forming the BRATTY diet. The BRAT was commonly prescribed to anyone dealing with gastrointestinal issues because of its low fiber content.

The most common use for the BRAT diet is when a person is suffering from diarrhea. Because of the issues with bowel movements associated with diarrhea, the BRAT diet can help appease associated symptoms while replacing any nutrients lost due to diarrhea and even vomiting. The BRAT and BRATTY diet is meant to be used while the patient is still suffering gastrointestinal problems, and allows people to ease back into their regular diet once their stomach issues have subsided.

The key is to avoid foods that are difficult for your body to digest and breakdown. When dealing with a gastrointestinal problem, like diarrhea, stick with bland, simple foods that are easier to process. Avoid foods high in complex sugars and grease.

Buying Medicine Online Is Not Your Best Option

Buying from your local pharmacy is your safest option and also helps out your community.

While there are legitimate online pharmacies, there are also some fraudulent ones that advertise prescription drugs at low prices. Understand the dangers of buying from a fake online pharmacy, identify the warning signs, and find resources to help you safely buy medicine online:

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Buying from fake online pharmacies can be dangerous, or even deadly. It can also hurt your wallet.

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Slight differences in your medicine can make a big difference and cause further health complications.

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Warning Signs

It is important to be able to identify the warning signs of a fake online pharmacy. You should be suspicious if an online pharmacy:

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Is not licensed and has no physical address in the U.S.

Sends unsolicited e-mails (spam) offering cheap drugs.

Does not have a licensed pharmacist available to answer your questions.

File a Complaint If you suspect that an online pharmacy is fake, report it to the U.S. Food and Drug Administration (FDA) and the Drug Enforcement Administration (DEA).

What Is Swimmer's Teeth?

By Joely Phenés

Competitive swimmers and people who spend a lot of time in a chlorinated pool may be at risk for developing yellowish-brown or dark-brown stains on their teeth, reports the Academy of General Dentistry (AGD).

Chlorine is an antimicrobial agent used in drinking water and swimming pools to kill harmful bacteria, as defined by the Centers for Disease Control and Prevention (CDC). And although it's a necessary chemical disinfectant, the effects of chlorine on your teeth can be a cause for concern.

The chlorine included in your tap water is generally not enough to cause a dental problem, but soaking in a backyard jacuzzi or doing laps at your local swimming pool could expose you to water that's too harsh on your enamel.

Pools with too much chlorine contain pH levels that can cause enamel erosion as water occasionally seeps into your mouth during your swim session. And in recent years, more and more evidence shows the connection between improperly chlorinated pools and tooth damage.

New York University's College of Dentistry collected data in 2010 from a male patient who reported extremely sensitive teeth, dark staining and rapid enamel loss during the five-month period he began a 90-minute swimming routine in his backyard pool. Having found improper chlorination to be the cause of his enamel erosion, Dr. Leila Jahangiri, who authored the report, noted that pool water does become a threat to your teeth when its pH level falls below 7.

When your enamel wears down, your teeth may become discolored, the edges of your front teeth may look transparent and, in later stages, you may feel extreme dental sensitivity when consuming hot or cold foods. Once this enamel erodes, chips or even cracks, the body can't repair it.

When in a public pool or on a tropical vacation, take notice of pool linings, railings and ladders. Pool water that's too acidic will eat away at these surfaces. If you notice spots of erosion, the water may do the same to your teeth, so consider skipping your swim or pursuing a natural (but supervised) body of water. Pool pH strips are also common to local recreational supply stores, and allow you to test the water before wading in. According to the CDC, pool water should register between 7.2 and 7.8 on the pH scale.

If you're a homeowner, you might attempt to save money by maintaining your own backyard pool – but this can be tricky. Check your pool's pH balance once a week at a minimum, and budget permitting, hire a specialist to examine it upon your first use.

Ultimately, brushing with a soft-bristled toothbrush, having regular teeth cleanings and using a toothpaste specifically designed for the health of your enamel can keep your teeth strong and help modulate the effects of chlorine.

MONROE TOWNSHIP SENIOR CENTER

List of On-Going Activities

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

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

Sleep Yourself to Better Health

Are you bright-eyed and bushy-tailed today or beat down and just plain bushed? Being chronically tired to the point of exhaustion translates to decreased performance in nearly every physical and mental activity.

If we do not recharge our brains and rest our muscles, our body is not given the chance to fully recover from various activities.

Sleep plays a critical role in our health across immunity, metabolism, memory, learning and other vital functions.

Sleep & Learning

Researchers at the Division of Sleep Medicine at Harvard Medical School are conducting studies that suggest various sleep stages are involved in the consolidation of different types of memories and that being sleep deprived reduces one's ability to learn.

You'd probably guess that the better rested you are, the more likely you are to focus and learn new information. But what about after you learn?

Slow-wave sleep, which is defined as deep, restorative sleep plays a signification role in processing and consolidating newly acquired information, according to Harvard's sleep researchers. REM sleep, on the other hand, is necessary for our ability to consolidate the memory of how to perform repetitive tasks.

How to Get More Sleep

In today's 24/7 world of information-sharing, socializing and working, sleep is getting harder to come by. The fact is, our bodies still require an ample amount of sleep to most effectively get through the day. How much sleep depends on your age. A study by the National Sleep Foundation found that sleep needs vary across populations.

The National Sleep Foundation offers these tips for maximizing your mattress time:

- Choose one consistent bedtime and maintain it, even on the weekends;
- Avoid napping late in the afternoon if you want to catch your Zs at night;
- Daily exercise is beneficial, as long as it doesn't cut into your sleep time;
- Design a sleep-friendly room with the noise and darkness levels best suited to your personal sleep preferences; and
- Reach out to your physician if sleep deprivation is impacting your daily life.

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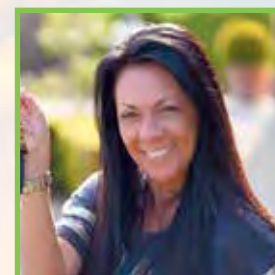
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By Jill Garaffa

How to Break Out of a Career Rut

Dear Jill,

I noticed on your website that you provide life coaching in the area of careers. What suggestions can you offer to get out of a career rut? I am very bored with my profession. I have been doing the same thing for years and have lost my passion for my work. I also feel stuck because it's the only thing I know how to do, so I feel like I can't change careers at this point in my life.

Signed, Bored in Brielle, NJ

Dear Bored,

A relationship with your job or career---no matter what the profession---is similar to relationships with people. In order to be healthy & fulfilling and go the distance, our career requires commitment, attention, love and a lot of self awareness. Careers, like relationships, go through natural cycles of ups and downs. And, like relationships with people, we can occasionally become checked out and just go through the motions or consider leaving altogether if something doesn't shift.

First, to get the spark back, consider what it was that drew you to your career in the first place? What got you excited? What did you look forward to each day? The sense of novelty and possibility of a new job releases a real chemical rush in the brain (dopamine) that fuels our passion. What was it for you? How can you bring it back?

Next, how can you challenge yourself to learn something new? Early in our career, we are often learning at a rapid rate. When we stop learning, we can quickly become bored. What opportunities are there for you to take a class? Take on a new project? Read a book? Get a mentor or become a mentor?

Last, taking a few days off or enjoying a well-earned vacation can work wonders to reframe your career perspective, provide clarity and restore emotional & physical wellbeing. When we feel drained of mental or physical energy it can impact our viewpoint on all areas of our life, personally and professionally. Taking a break can give our brain, body and spirit the rest we need to bring back a fresh outlook.

Most of us want to use our natural skills, gifts & talent to make a difference in the world. We want to know that our life matters in the lives of others. A life coach can provide clarity and support for you to explore your values, interests and passions as it relates to your current career and discovering alternative career options. Most importantly, a life coach can help position you to overcome the natural fear of change that can keep you stuck in a career that no longer serves you.

Wishing you peace, purpose and clarity, Jill

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

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



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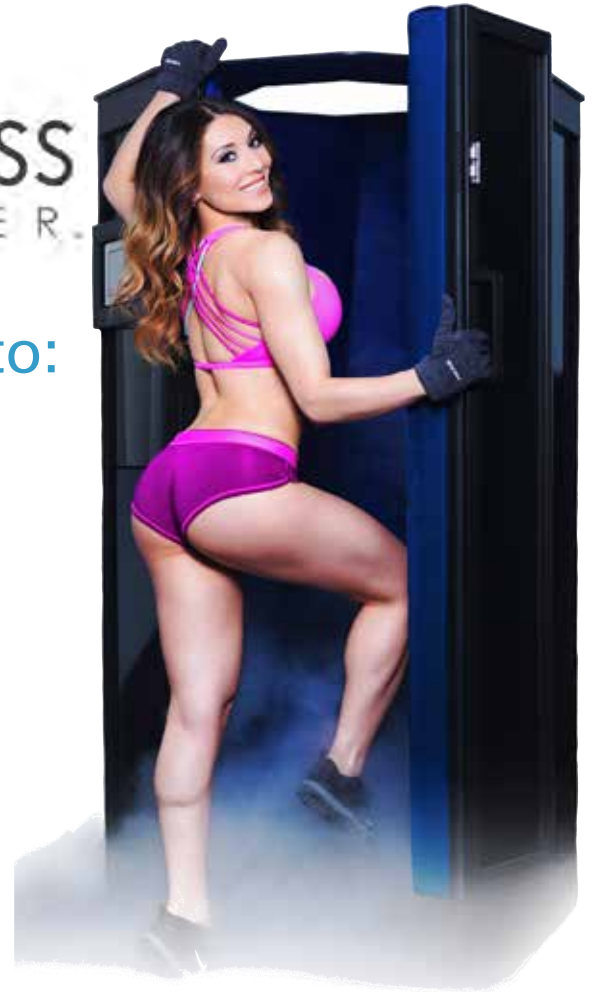
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Why I Chose Health Fusion Wellness

By Susan Heckler

My saga began in a different era (I am 57) in a land far away (Long Island). Due to my posture and a lifestyle of inactivity, I have been plagued with neck and back issues my entire life to the point of surgery three years ago to remove three discs from my neck. And how can I forget the flat feet and tendonitis in both knees.

Eight months ago, I pulled a hamstring doing something routine in the shower, which caused a chain of painful events. The hamstring led to a change of gait, which stressed my hip, which strained my foot, which led to tendonitis, which led to a stress fracture, which led to intense muscle spasms in my hips and thighs. I had trouble standing on my feet at work, pain sitting at my computer, couldn't sleep and was a miserable excuse for a human being.

My 28 year old daughter told me to go to the practice she had been to when she dislocated her knee for the third time. She said they have a very different type of practice than I am expecting. I told her I had been there, done that and it was of minor help in the long run. Persistent as ever, she hounded me into calling.

Right from the start, the simplicity of getting an appointment was outstanding. I got an appointment the same day!! I came in for an evaluation/consultation with Dr. DiMarco. The environment was clean, relaxing, full of warm and inviting faces that immediately put me at ease and made me feel like part of the family. We discussed my health history, issues and goals to uncover the layers of past damage done and to help determine what may be the cause prior to my exam. Next, a short physical exam by the

doctor which included taking an actual picture of me and objectively evaluating my posture and the problems it was causing me.

I have been to approximately 10 chiropractors in my life and thought I knew everything there was to know about an adjustment. Dr. DiMarco explained they use the EAT PRINCIPLE (Exercises, Adjustments, and Traction) which helps to move the patient toward a healthier, more normal alignment. Gentle adjustments are performed utilizing a range of techniques to improve range of motion, provide pain relief, and improve posture and function of the spine and other joints. Their doctors have been trained with the latest, state of the art techniques.

As I assumed, my achy body was in need of physical therapy, which is done in the same room. I have been to 5+ physical therapy offices in the last 10 years in a more gym-like setting several times a week for months and always left a sweaty mess with a slight degree of progress each appointment. They gave you a circuit to do and sat at a desk giving little supervision. At HFW they work with you in a smarter, more effective way, which gave me better results without the sweaty mess. I was able to go straight to work.... standing up straight and walking straight.

Something new for me, was they work on Trigger Points with Myofascial release. Trigger points can occur as a result of muscle trauma, muscle strain from repetitive movements at work or play, postural strain from standing or sitting improperly for long periods at the computer, emotional stress, anxiety, allergies, nutritional deficiencies,

inflammation, and toxins in the environment. I checked off "all the above". As they worked on the trigger points, my bunched body released, similar to acupuncture, allowing for increased blood flow, a reduction in muscle spasm, and the break-up of scar tissue. It will also help remove any build-up of toxic metabolic waste.

At the end of the session, I was taped with Ninja Tape, which they developed themselves with patients and athletes using trial and error. They use this to reinforce the weakened muscles to add stability, as well as to help your body to acclimate to the way it was supposed to be moving all along. Typically used by acupuncturists and chiropractors in Japan, today is used by practitioners throughout the world to treat injuries and improve sports performance. I had heard about this from Israeli athletes I know.

To reduce inflammation, they use cold compression therapy called Game Ready and the compression only system called Normatech Recovery in a dual-action treatment system that sets a new standard of care in injury and post-op recovery. All the while I am sitting in a reclining chair nice and comfy. I also tried Whole Body Cryotherapy, which was wonderful for pain management as well as injury recovery (and is also unique to their office).

So when all was said and done, the treatment that began May 26 is winding down to once a week in mid-July. My foot is pain free 100%, my hips are 80% better (I am still on my feet way too much, which is why it is still an issue) and I am back to enjoying life as it should be! For more information contact them at 732 665-6334.

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Monroe Township Office of Senior Services & Senior Center

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Membership Information

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

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

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

Good For You

As the Stomach Churns: On Monday, August 1, at 1:30 p.m., find out how to combat tummy upset and weight challenges naturally. Siobhan Hutchinson, MA-Holistic Health, will demonstrate easy movements and techniques that can be performed seated or standing. Space limited. Please register in advance.

Promoting the Golden Years: On Wednesday, August 3, at 1:30 p.m., Laraine Abbey-Katzev, retired RN, and Certified Nutrition Specialist, discusses how to prevent the rusting years by promoting your health through sound nutrition and supplements. Find out how these two components go hand-in-hand in preventing and/or treating arthritis, heart disease, diabetes, etc. If you have a specific concern for Laraine, please drop a note in an envelope and include it with your registration form. Please register.

Anxiety & Depression Support Group: Starting on Thursday, August 4, from 2 to 3 p.m., join our social worker, Judy Kalman, for this 6-session group that will meet twice a month: 8/4, 8/18, 9/8, 9/22, 10/6, and 10/20. Learn old and new coping techniques, share your stories, and support others. Confidentiality is a must! Space limited; so register in advance!

Gastrointestinal Issues: On Thursday, August 11, at 1:30 p.m., join Dr. Rada Shakov, Apex Gastroenterologist, CentraState, for an informative discussion about colon cancer and the importance of screenings. Please register in advance.

Journey Back, Stroke Rehab.: On Monday, August 15, at 10 a.m., discover what you can do to lower your risk for stroke during this invaluable program led by Kathleen Cooney, UMCP. Learn the early warning signs; know when to seek medical attention; and, learn about the role of rehabilitation in recovery. Please register in advance.

AARP Smart Drivers Course: On Monday, August 22, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

Reiki One: Starting on Monday, August 22, from 9 a.m. to 1 p.m., Siobhan Hutchinson, Reiki Master Teacher, MA, Holistic Health, provides this 2-day workshop for individuals interested in receiving training and certification in Reiki. The course costs \$150 p.p. and students must attend both classes on 8/22 and Tuesday, August 23, in order to receive certification and Reiki Attunement. Registration for this specialty program is being conducted directly through Siobhan. Please call her at: 609-752-1048. Additional Reiki information and registration paperwork is available at the front desk.

Understanding Herbal Medicine: On Tuesday, August 30, at 1:30 p.m., join Anthony Dissen, MS, RDN, CentraState, for an overview of the history and practice of herbal medicine. Learn how to find a qualified herbal therapist; and, go home with resources to purchase quality herbal products. Please register!

Exercise Your Options

Bodies in Motion: Starting on Monday, August 8, at 9 a.m., join Georgeann for this weight-bearing exercise program that uses light hand weights, bands, and balls. (Students are encouraged to bring their own equipment to this 20-session class). Course fee: \$40 p.p., due upon registering during the NEW Walk-In Registration Day on July 22nd at 9 a.m.. Please Note: Class will NOT meet on: 9/5, 10/3, 10/10, 10/24, 12/26, 1/2/17, and 1/16/17. Last Class: February 6, 2017. (Information regarding this new procedure is available at the front desk). Space limited to ensure safety.

Music & More

Fred Miller's Lecture-in-Song: On Tuesday, August 2, at 1:30 p.m., Fred Miller looks at the fabled female characters who have infiltrated sheet music's fantasy world. From "party girls" to the "girls-next-door", discover the Great Dames of American Popular Song. Please register in advance.

Evening Summer Series Concludes: Our Summer Series this year concludes with two special programs: An Evening with Elvis, on August 3, at 7 p.m. Tickets: \$2 p.p. NO TICKETS SOLD AT THE DOOR. Intergenerational Pizza & Pillowcase Party, on August 17, at 6 p.m. You and your favorite small person (7+) will decorate and personalize a pillowcase together. Plus, enjoy pizza on us! Craft Fee: \$10 per child; due in-person, by August 8th. Space limited! For complete details, please refer to the Summer Evening Series 2016 Pamphlet that was provided in June's SENIOR FOCUS.

Folk Music Revival: On Thursday, August 4, at 1:30 p.m., join Larry Wolfert as he examines the progression of folk music in America with an emphasis on going "behind-the-scenes" to learn more about the artists and their music. From the early pioneers to folk-rockers, bring your singing voices and join in this musical journey. Please register.

Art of Golf: On Monday, August 8, at 10:30 a.m., explore the game of golf, its history and major players as you enjoy some of the most famous paintings and photos that highlight one of our greatest social and athletic pastimes. Hosted by Paul White, Huntington Reading Group. Please register!

Music of Doris Day: On Monday, August 8, at 1:30 p.m., enjoy a heart-warming, sentimental journey celebrating America's Sweetheart, Doris Day, during this musical tribute performed by Patty Carver, a friend of Doris' since 1992. Besides singing some favorites, Patty recounts important moments in Doris' life and career. Please register in advance.

Thomas Elefant Presents: On Tuesday, August 9, and on Wednesday, August 10, both at 1:30 p.m., Mr. Elefant returns to provide to very different lectures: FRANK SINATRA (on the 9th) looks at the varied stages of his career and his continual development in the interpretations of ballads. VARIATIONS IN THEME (on the 10th) examines the beautiful forms in music that incorporate variations as part of the structure. When registering in advance, please be sure to indicate each program separately.

Grand Ideas for Grandparents: On Friday, August 12, at 10:30 a.m., join Jen and Krista for this fun and interactive program with grandkids in mind. Discover some fun things to do throughout the year and get some helpful tips, too. Pre-registration fee of \$5 p.p. is due by August 3. Space limited.

Jerry's Travels: On Friday, August 12, 1:30 p.m., join Jerry as you hop across the sun-drenched and crystal clear waters of the Islands of the South Pacific. Delight in the amazing scenery of New Caledonia, Fiji, American Samoa, and more. Then, enjoy a swim with manta rays and sharks. Please register.

Michael & Ted Present: On Thursday, August 18, at 2 p.m., join our friends, from WWFM's The Classical Network, as they look at the life and career of Marlene Dietrich. Besides sharing some of the songs from her films, this lecture will also examine her Herculean efforts during World War II. Please register.

Pizza Plus: On Friday, August 19, at Noon, enjoy a slice or two of pizza, a drink, and a treat before viewing the movie classic, PIRATES OF PENZANCE, the film adaptation of Gilbert & Sullivan's musical comedy (based on the smash Broadway show) featuring Kevin Kline, Angela Lansbury, and Linda Ronstadt. Tickets: \$6 p.p., due upon registering, in-person, in-advance. Space limited to ensure comfortable viewing for all.

Masters of Swing: On Monday, August 22, at 1:30 p.m., we welcome back Gordon James for this musical lecture featuring big bands, their artists, and swing music from the 1920's thru the 1960's. From Ben Pollack to Frank Sinatra, get ready to swing in your seat. Please register.

Aloha, Elvis!: On Thursday, August 24, at 1 p.m., enjoy Elvis' Hawaiian performance from 1973, during this DVD presentation, hosted by Michael Ferreira. Please register.

A Salute to the 1940's: On Thursday, August 25, at 1:30 p.m., reminisce about the 1940's when you swoon and sway to the sounds of the big band vocalists. Francie and Joel return as they highlight the music of The Andrew Sisters, Benny Goodman, The Mills Brothers, "Kalamazoo" and more. Please register.

Ted's Classic Films: On Monday, August 29, at 1 p.m., join Ted Shuster as he shares his love of classic films. This month, enjoy Ziegfeld Follies, featuring Fred Astaire, Lucille Ball, Red Skelton, and Gene Kelly. Please register.

Artistically Speaking

2-Day Soft Pastels Class for Advanced Students: Starting on Tuesday, August 2, at 1:30 p.m., Shelly Wish instructs this special two-day workshop (8/2 and 8/9) with experienced students in mind. Improve your pastel portrait techniques and skills. A handout filled with head types, proportions, etc. will be provided. Students are responsible for bringing in their own supplies and a notepad. Course fee: \$25, due upon registering in-person, in advance. Space limited.

Van Gogh: On Wednesday, August 10, at 10:30 a.m., join Maurice Mahler, Art Historian, as he presents the life and masterpieces of Van Gogh during this DVD-illustrated discussion. Please register in advance.

Soft Pastels for Beginners: Starting on Tuesday, August 16, at 1:30 p.m., join Shelly for this creative 5-session class (8/16, 8/30, 9/6, 10/18, 11/1). Come prepared with a pad of pastel paper, a starter set of soft pastels, pencil, charcoal, and kneaded eraser. Course Fee: \$50.00, due upon registering, in-person, in-advance. Space limited.

Mixed Watercolor Media: Starting on Thursday, August 18, at 12:30 p.m., join Jeremy Taylor during this 5-session watercolor, multi-level class that incorporates acrylics with other mediums and the use of both natural and synthetic papers. This class is designed to bring out your individual style! Course fee: \$50, due upon registering in-person, in advance. Space limited. Supply list available upon request.

Art of the Masters: On Friday, August 19, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on American artist, Chuck Close. Then, individuals, with a PROJECT COUPON, will create a group masterpiece, using fingerprint painting, in the artist's style. Coupons available upon request, in-person. Only the lecture? Register by phone. Space limited.

Watercolor Experience: Starting on Friday, August 26, at 12:30 p.m., join Jeremy Taylor during this 5-session class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. No Class: 9/23. Last Class: 9/30. Course Fee: \$50, due in-person, in advance. Space limited. Supply list available upon request.

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If you're looking for help paying for your prescriptions, there are a number of local and federal agencies and programs you can contact:

State human service agencies provide direct assistance to people in distress and referrals to other local organizations that may be able to help. Visit: <http://www.aphsa.org>.

Local health centers serve people with limited access to healthcare. Your annual income and family size determines your ability to pay, according to the most recent federal poverty guidelines. Visit: <http://findahealthcenter.hrsa.gov>.

Medicare's Prescription Drug Program can provide extra help with the cost of prescription drugs if you're a Medicare beneficiary. Visit: <https://www.ssa.gov/medicare/prescriptionhelp/>

Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach them at 1-800-677-1116 or <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

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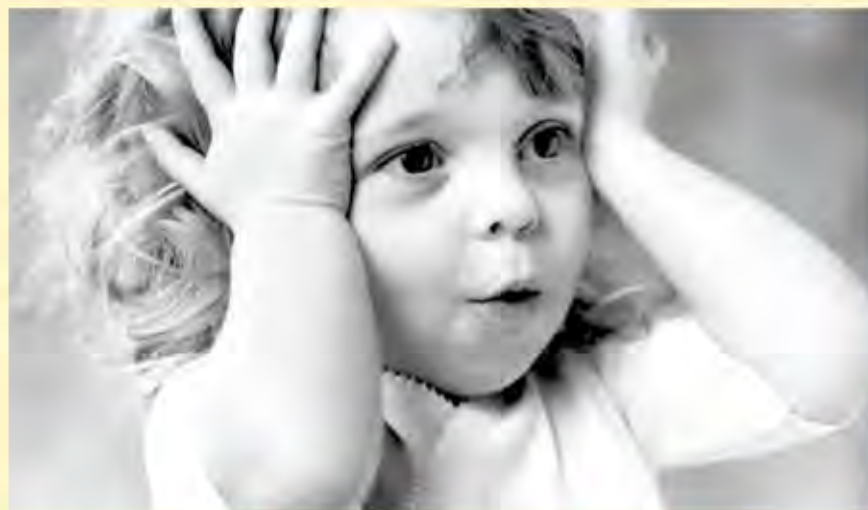
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Back to School Business Cards for Kids

By Susan Heckler

Yes, it is only August, but it is never too early to get yourself organized for the coming school year...even if it is only in your head. Mental notes go a long way, especially if you write them down for future reference.

One mental note that many don't think about until the school year is over and the 'damage' is done is making "business cards" for your children for the start of the school year. BUSINESS CARDS? Yes!

A business card is simply a fun name for a label or card which goes inside ALL of your child's belongings that may get misplaced outside the home. It will help keep your student organized and keep your hard earned money out of the Lost and Found.

The cards can get artsy and crafty and let your child be creative and show their personality, or you can simply print them. He or she will use them to label all of their materials, including her backpack, folders, notebooks and binders and they should be durable enough to last through the school year. Many kids get a thrill out of handing the business cards out to their friends to exchange contact information too.

Your child should write all pertinent information. You can go over what is essential and what else they would like to put on the cards. Important information may include name, school, grade, teacher, bus number, phone number and email address. Some parents add allergies and health information. When this part is finished, they can personalize the business cards with stickers, stamps, or hand-drawn designs.

You also have the option of having cards printed using stock designs from web sites or creating your own. A sticker is best for belongings so you can have both stickers and cards done.

For the Stay-at-Home Moms, a business card is a great idea when exchanging information with your children's new friend's parents. You don't have to have a career to have a business card, just a life!

Streamline Your Back to School

By Susan Heckler

What?? Summer is ending? So soon? Yes!

Here is how you can get a jump on Back to School with less stress and still enjoy what remains of summer time. As a parent, we all hate the feeling of sending your child off to school unprepared. For those with multiple children in multiple schools, it is even more difficult. The sooner you get started, the better it is for all concerned.

Your school website may be a great resource for what you need, especially reprinting the papers that your child may have brought home and lost.

SHIFT your schedule: The start of school is not a great time to shift your child's schedule around. You may want to ease them in to earlier bed and earlier wake-up in the last 2 weeks before school. Laid Back Summer needs to transition into Full Speed Ahead Fall.

TAKE command. You are the parent, thus, Command Central. You are everyone's go-to on where they are going, what time, what they need etc... The best way to manage that is to have a killer calendar. Make use of your Smart Phone but also have one that the family can refer to in plain sight. Anything that you can do to foster independence is a plus; they can refer to the calendar on their own. You can color code it per child, use erasable pen, post-it or whatever you find works best in your world. School functions, after school activities, playdates, doctor appointments, back to school night, daycare and anything else you need to remember. This you can start immediately!

AUGUST is a great time to go through wardrobes and sort the fit and not fit. Looking at the give-away pile will give you a list of the need to replace items. August is the second-biggest sales month for clothing retailers. You can also sort through the left over school supplies to get a jump on staples every student will need.

REACT to school notices. If your kids need physicals, get them in so paperwork is set for the start of school.

TEACH your kids good organizational skills. Help them organize their rooms and backpacks for greater success for the school year. Help them to streamline their routines as it will also help you. It is also a great time to clean up rooms, organize desks and get your child off to a good start.

READY...SET...GO!

The ABC's of School Year on a Budget

By Susan Heckler

School supplies, uniforms, fall wardrobe, sports gear...YIKES the new school year is going to be expensive. How can you curb the price tag and bang those bucks? First thing you need to do is to take inventory! You certainly didn't buy just enough last year and have some excess school supplies. You will be amazed at what you find that you don't need to purchase again. Once done, follow the ABC's of school supplies"

- AVOID impulsive purchasing
- BORROW from a friend or check out garage sales for expensive sports equipment. Invest when you know your child is serious.
- COUPONS are your friend.
- DON'T wait until the first day of school, buy now. You may have to fill in here and there but you don't want to be waiting on lines for the basics and paying a premium.
- ENJOY free delivery PRICE SHOP, you don't need to go personally, surf the web
- FOR goodness sake, think BULK. Office supply and big box wholesalers sell in boxed quantities that may be a good savings. If you don't use the pencil this year, someone will use it next year.
- GROUP SHOP with friends and neighbors. Share in the bulk savings
- HAVE something useable? REUSE when possible, something like a 3 ringed binder may still be serviceable.
- INVEST in a good backpack; it will last a few years versus those with skimpier materials.
- JUST use what you have, Johnny has no use for that clipboard but Janie needs one this year RECYCLE
- KNOW that convenience stores are typically much more money
- LET it go, if you don't need it immediately, wait until the prices drop after the rush is over
- MAKE sure to save receipts for returns
- NEVER let your kids shop for their own supplies until you know they are bargain conscience.
- OPEN packages only when you know it is what you need
- PUT things away where you will find them later, a special shelf or cabinet for supplies is best
- QUENCH their thirst with healthy choices of drinks and keep them cold for hot summer days
- REBATES require receipts and possible UPC symbols, keep in mind when unwrapping purchase
- SHOP sales for big ticket items early.
- TAKE note of what you need, MAKE A LIST
- UNDERSTAND what the future needs will be with big purchases like laptops and calculators
- VERIFY that you can't make do with what you have
- WASTE not want not
- XEROX your list and split it up to save time
- ZOO week will be over soon

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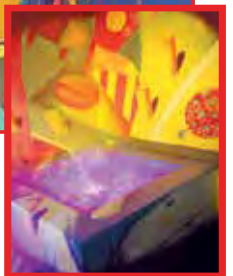
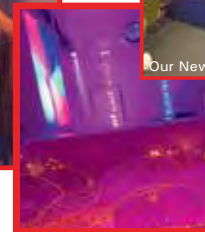
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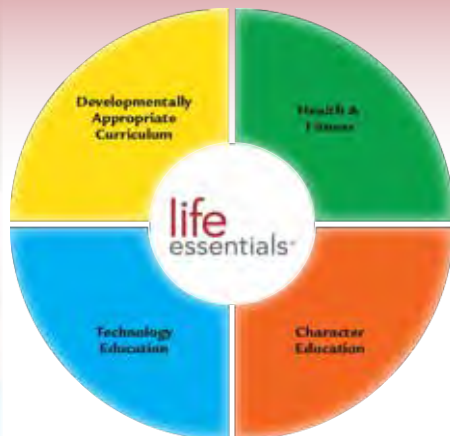
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Back to School

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How to Motivate Your Child to Get Excited about Going Back to School

By Jessica Lane

With everyone's mind in "back to school" mode, parents, teachers and students are gearing up for a new school year with all kinds of new supplies and clothes. Students of all ages, whether in first grade, high school or in college, all need similar supplies to get them through the school year.

If you have a student heading back to school soon and are looking for items to inspire them to do well this year, here are a few ideas to get them excited to learn again.

1. School Supplies

If you have a younger student entering elementary school or junior high for the first time, you'll need some rudimentary items to get them ready for classes. For example, lined paper, binders, folders, pens, pencils, calculators and erasers are the fundamentals, but look for a more personalized touch when it comes to buying the standards. These items can be personalized with your child's name, school colors and more. Find out what interests your kids, and get them a whole package of items tailored to them.

2. Computer Accessories

If your high school student is getting ready to tackle college applications, find a computer and all of its accessories to make sure that they're prepared for the transition into university life. Great deals on computers can be found throughout the year, and make sure to look for personalized computer bags to keep their laptops protected to and from the campus. Look for a quality online retailer that can embroider their college logo or mascot onto the bag, along with their name and contact information in the event that the computer becomes lost.

3. Backpacks

Backpacks and over-the-shoulder personalized tote bags are another popular item on the back to school shopping list. If you have a younger student, look for a lightweight backpack that is easy to clean. Often times, your student will come home with a bundle of books, papers and projects, so make sure that they don't experience any neck or back pain when toting around a large load. Older students enjoy trendier, over-the-shoulder bags, which are usually made of fabric, polyester or leather, so keep an eye out for what would be best for your child's unique sense of style.

Shopping for school supplies for your student may get a bit tedious each year, but it will help to bring focus and success in and out of the classroom. If your student seems a bit resistant in getting back to the swing of things at school, look for some customized and personalized items to get them excited for class again. Paying attention to their interests will help you when you begin shopping. Shop with them online, and you can even make it a fun, family event, right in the comfort of your own home!

Smart Health Habits

A strong body makes a strong mind, so think healthy today

The back-to-school season is all about getting a strong start for the upcoming year. Decisions that are made now will shape the entire school year.

That makes it an ideal time to focus on healthy living. Studies have shown a link between a healthy lifestyle and success in the classroom, so making improvements to your family's eating and exercise habits could improve everyone's mental health at just the right time.

Here are some simple but important steps for setting up the right habits for the school year.

GET ENOUGH SLEEP

Many studies have been conducted about how sleep affects students' grades, and a clear pattern has emerged: students who get enough hours of quality sleep consistently perform better at school.

While you're setting up your new patterns for the school year, make sure that bedtime — even for older children — is a big, clear part of the plan. Students should go to bed early enough that they get plenty of sleep at night, and they should eliminate any distractions — such as computers, TV or cell phones — that could keep them awake at night.

EAT HEALTHY FOODS

Whether you pick meals from the school cafeteria or use lunches packed at home, you should decide now to make this a healthier eating year.

Most schools have taken big strides toward offering healthier meals in recent years, but parents should still know what's offered and what their child is choosing to eat. Older students should decide to make their own healthy decisions in the lunch line — drinking skim milk instead of chocolate milk, for example, and perhaps skipping dessert if it's offered.

When students bring their own lunch to school, that gives them more flexibility, which can be a good or bad thing. You can decide to bring foods that are either much healthier or much less healthy than the options available from the lunch line, so choose carefully and try to pack lots of fruits, vegetables and healthy grains.

EXERCISE REGULARLY

Finally, since students will be re-setting their alarm clocks at the end of the summer break, it's the perfect time to schedule regular exercise.

It can be a good idea to wake up an hour early for a morning jog or just some vigorous play time for younger children. Anything that gets your body moving will be a good thing, and the exact activity isn't as important as making it a regular part of your daily routine.

STUDY TIP: Eliminate distractions, eat right

Students of all ages face distractions in today's world. From must-watch TV shows to games, Facebook and cell phones, there's no shortage of things to keep you from hitting the books. To be able to focus, you've got to take time to simply turn off all the distractions so you can get intense about what you're studying. Make it a habit to "go off the grid" while you're studying, and make sure you eat healthy meals ahead of time. Nutritious food helps you feel better and focus your energy.





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recipe of the month

SHRIMP AND AVOCADO SALAD

INGREDIENTS:

- 1/4 cup mayonnaise
- 2 stalks celery, thinly sliced
- 3 tablespoons finely chopped fresh cilantro
- Kosher salt and freshly ground pepper
- 1 1/2 limes
- 1 1/2 pounds large shrimp, peeled and deveined
- 1 tablespoon vegetable oil
- 2 hass avocados, diced
- 1 5-ounce package baby kale salad mix (about 8 cups)
- 1 small bunch radishes, thinly sliced

DIRECTIONS:

For the dressing: Combine the mayonnaise, celery leaves, 2 tablespoons chopped cilantro, 1 tablespoon water, 1/2 teaspoon salt and a few grinds of pepper in a large bowl. Grate in the zest of 1 lime and squeeze in the juice.

Shrimp: Toss the shrimp with the vegetable oil, 1/4 teaspoon salt and a few grinds of pepper in a bowl. Arrange the shrimp on the grill and cook until pink and just firm, about 2 minutes per side. Transfer to the bowl with the dressing; squeeze in the juice of the remaining 1/2 lime.

Add the sliced celery, avocados, salad mix and radishes to the bowl with the shrimp; toss to coat. Top with the remaining 1 tablespoon chopped cilantro.



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COME CELEBRATE THE PEACHES! Peddlers Village Peach Festival

By Pam Teel

Do you like peaches? The Peach festival is coming to Peddlers Village on August 13th and 14th from 10:00 am to 6:00 pm. Along with it, come and stroll the annual sidewalk sale that will be going on the 12th and 13th. Come and enjoy various treats from Bucks County's featured farm, Bechdolts Orchards, who will be bringing their fresh peaches along as well as local peach cider and peach honey. The village will be filled with live entertainment, food, activities for the children, and a peach pie eating contest. Shop Peddler's Village, a relaxing and stress-free shopping experience with over 65 stores to browse through. Make sure you stop by Peddler Village's General Store for peach preserves, peach butters and fruit spreads, peach pies, and their signature peach t-shirts. The lucky cupcake Village Bakery will also be baking up peach pies, shortcake, cupcakes, muffins and cakes. Admission and parking are free.

Located in Lahaska Pa., (in between New Hope and Doylestown), Peddlers Village has been operating for over fifty years. The 42-acre lot features over 65 retail shops, 3 restaurants, and a seventy one-room hotel called the Golden Plough Inn. New this year to the Village is Earl's New American Restaurant combining the countryside charm of Bucks County with contemporary American cuisine.

Peddlers Village is also host to Food truck Thursdays all summer and a new and exciting event or festival nearly every weekend. Adjacent to the Village you'll find just what your child is looking for- summer entertainment at Gigglesberry Fair Indoor family Center with hands on experiences, arcades, a carousel, the Giggles Discovery play room with awesome rides and activities for toddlers, and Gigglesberry Mountain, a crazy kid friendly obstacle course, a game room, and more.

Act now for this upcoming September event- Italy in the Village. A series of dining events

over a four day period at Peddlers Village from August 25th to August 28th - celebrating the food, wine, and heritage of Italy in the heart of Bucks County. Reservations are required for dining events. Call 215-794-4051 for information and reservations.

Thursday, August 25th- Achaval Ferrer Wine Dinner at Earl's New American. \$85+ per person. 6 p.m. Reservations are required. Please call 215-794-4020.

Friday, August 26, and Saturday, August 27 - "Linguini Code", an Italian themed Murder Mystery Dinner Theater on the Main Village Green at 7 pm. Enjoy a delicious dinner as you watch this new show about competing pasta makers who are engaged in a hilarious tale of industrial espionage and a race for the secret of the holy grain of Italian pasta. Reservations required. \$64.95 inclusive. Please call 215-794-4051.

Saturday, August 27, and Sunday, August 28 -Italian Wine Strolls through the Village. Taste wines from all regions of Italy at tasting locations in Village shops. \$40 per person. Reservation times on Saturday: 11 am; 1 pm; 3 pm and 5 pm. Reservation times on Sunday: 12 pm; 2 pm and 4 pm. Reservations required.

Sunday, June 28- Italian Brunch at Cock 'n Bull served 9:30 am-2 pm. Featuring Pasta Station and Italian Dessert delicacies. Reservations accepted. Call 215-794-4051.

For more info on upcoming events go to: <http://www.peddlersvillage.com/festivals>
(Special Thanks to Alexa Johnson - Public Relations Manager at Visit Bucks County tourism)

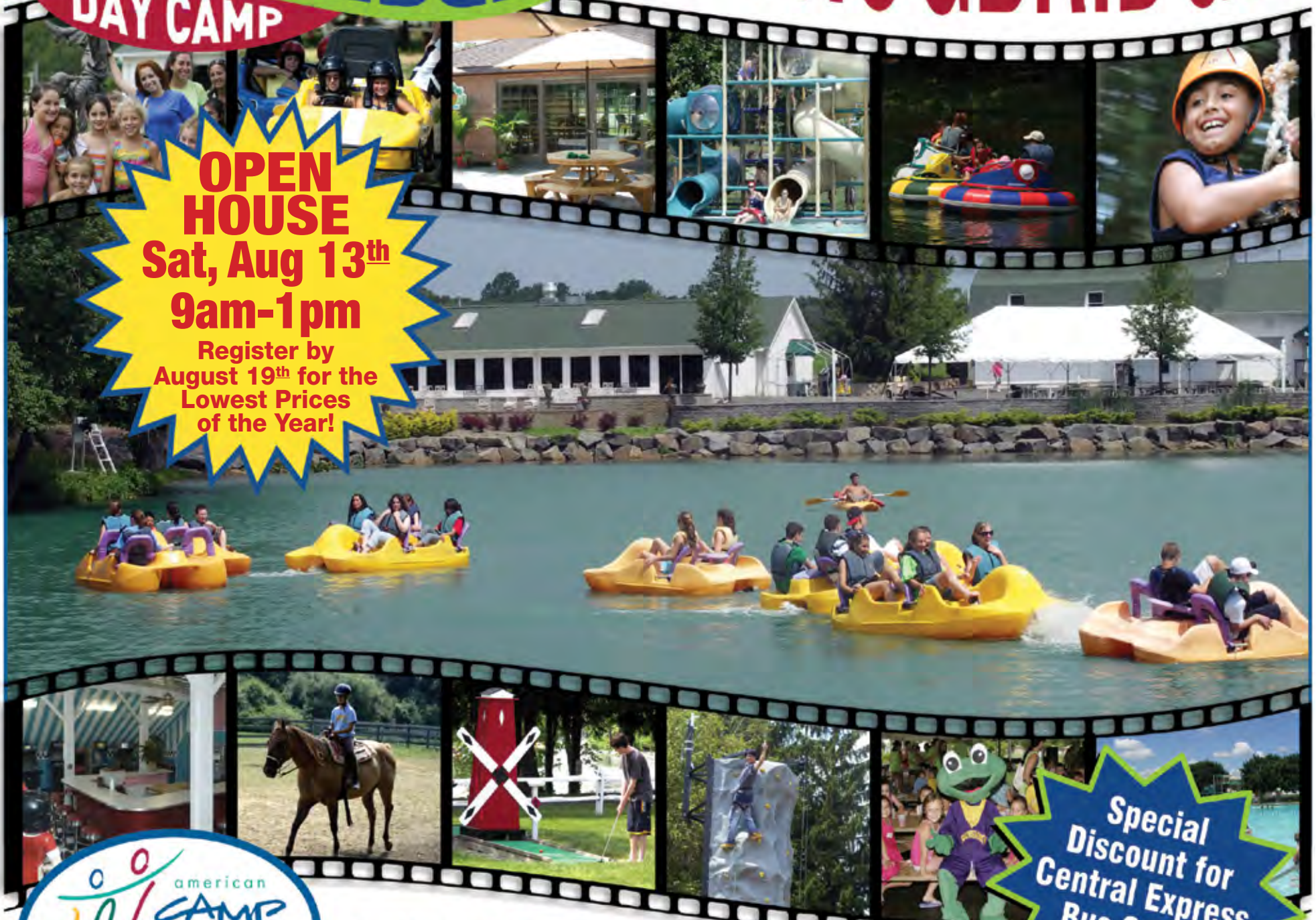




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iPhone Secrets You Must Know

Top Tip: Your iPhone will recharge about 25 percent faster if you put it in Airplane Mode and plug it into a wall outlet.

1. Make text bigger and bolder

Despite the iPhone's large screen size and the iPad's larger displays, it's not always easy to read the tiny print on websites and menus. Fortunately, you can make your Apple display easier to read.

If you'd like to make your text bigger, and bolder, go to Settings > General > Accessibility.

To bold the text, tap on the Bold Text button.

To make the text bigger, tap Larger Text > Larger Accessibility Sizes and move the slider to adjust the size of the font.

2. Zoom in for bigger text

There's another trick for making text bigger. Go to Settings > General > Accessibility, and turn on Zoom.

Use three fingers to double tap on the screen to zoom in and out of applications like Mail, Safari and your Home and Lock screens. Try it with other apps, too. Do this in Facebook, for example, to zoom in on a photo.

By the way, to zoom in while watching videos, just pinch in and out with two fingers, like you do with photos.

3. Keyboard alternatives

If you'd prefer to use a standard keyboard rather than type directly onto your touch screen, Apple lets you use keyboards made by other companies or by third-party providers, as long as you're using iOS 9.3.2. Go to Settings > General > Keyboard > Keyboards > Add a New Keyboard.

4. Add button shapes

Another handy feature is Button Shapes. To enable them, go to Settings > General > Accessibility, and turn on Button Shapes. This setting will add outlines and shapes to an app's buttons so you have a better idea of exactly where to press.

5. Enable captioning

Closed captioning is extremely useful if you're hard of hearing, or if you want to enjoy a show or movie while everyone else is trying to sleep.

Captioning, or Subtitles, is available on most Apple devices using iOS 9.3.2. It's easy to set up. Go to Settings > General > Accessibility, and turn on Subtitles & Captioning. You can also customize the caption's font, size, type and color.

6. Have your gadget read to you

VoiceOver reads the words on your Apple device out loud. It will read each letter as you're typing a text or email. It will tell you which app button you're touching, who's calling you, how much battery life is left, and more.

VoiceOver will also read directions to you in maps, have your camera tell you how many people are in your shot and get spoken photo descriptions. You can write notes and letters on the screen and have VoiceOver translate your messages into text for email and other apps.

To turn it on, go to Settings > General > Accessibility, and turn on VoiceOver. You have the option to practice with VoiceOver, including setting a speaking rate. Once enabled, to use VoiceOver from your iOS device, press the Home button three times.

7. Get better alerts

Do you miss calls or texts? There are ways to get your attention, especially if you have trouble hearing.

Try using your iPhone's LED light to alert you. To set up LED flashing lights, go to Settings > General > Accessibility, and turn on LED Flash for Alerts.

There's another way to get alerts: You can set custom vibrations for incoming calls and messages. It's actually quite clever.

Go to Settings > Sounds > Ringtone > Vibration. Or from your contacts list, press Edit and select the Vibration option for each of your contacts. This way, even if your phone is muted for calls, you can know who is calling by the contact's vibration pattern.



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LEE BRICE.....	9/29/16 7PM
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GAVIN DEGRAW AND ANDY GRAMMER.....	10/17/16 7PM
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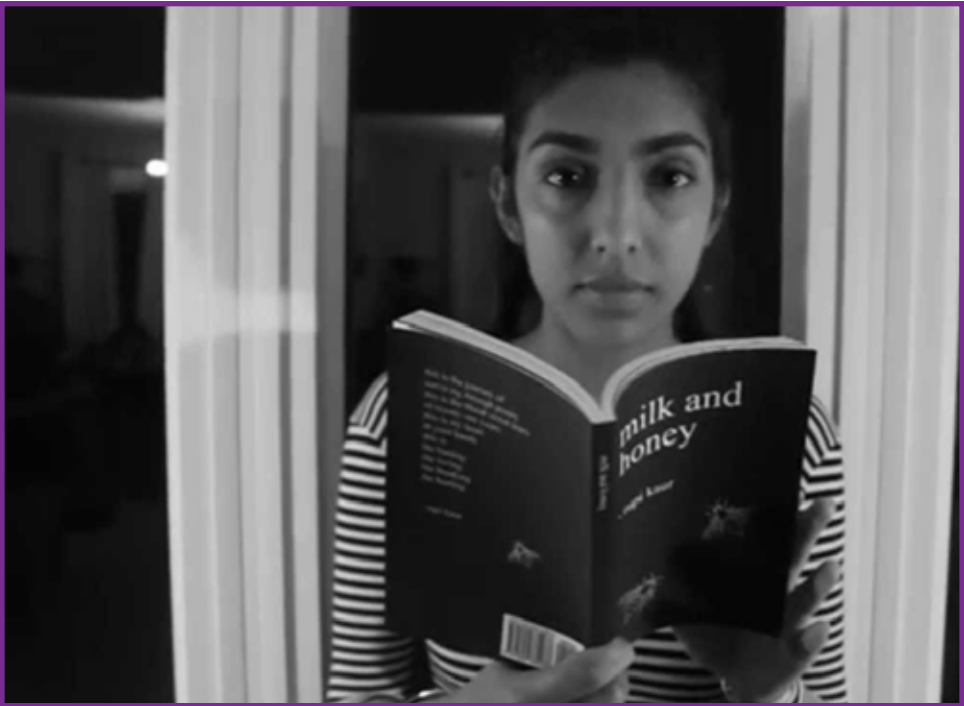
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A Book for the Summer

By Jordan Tinitigan

If you're a fan of poetry, then the perfect end-of-summer read to add to your list of beach books would be Milk and Honey by Rupi Kaur. While this book touches upon serious issues a woman may have to go through, it expresses them in a way that is truly artistic. It has been exploding all over social media, some even saying that it "truly hits home." The book includes beautiful poetry and doodle-like drawings on every page, showing Kaur's creative personality. Check it out!



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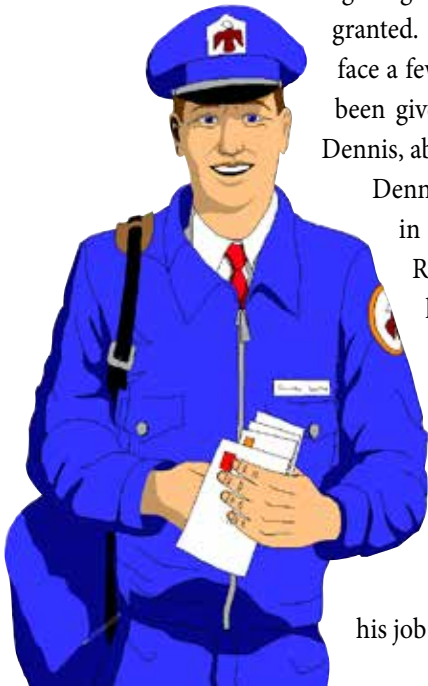
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Get To Know Dennis Your Mailman

By Jordan Tinitigan

There are many people in this world that we don't get the chance to appreciate. People like garbage-men, landscapers, and mailmen are often taken for granted. However, without them, our everyday lives would face a few more challenges than they do now. Recently, I've been given the opportunity to interview a local mailman, Dennis, about his life, job, and opinions about the paper.



Dennis has been a mailman for almost thirty years, first in Staten Island and eventually transferring to the Rossmor development in Monroe, New Jersey. He has a wife, three adult kids, and two grandchildren. He not only delivers The Millstone Times, but he receives it as well. His favorite part of the paper is definitely the community news and hopes to see it expand to more areas in Monroe. He says that many people look forward to receiving the paper, mostly the people he sees everyday. Overall, as he moves closer to retirement, he seems to still love his job as a mail carrier.

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The Millstone Township PTO & PTSA are gearing up its second annual Millstone **Color Run** on Saturday, October 8, 2016!



Lace up those sneakers and get ready to get doused in color! The Millstone Township PTO/PTSA will be holding its second annual Millstone Township **Color Run** on Saturday, October 8, 2016! The event will once again take place at the Millstone Twp. Middle School located at 5 Dawson Court. This year however; participants can walk, run or even dance through a new and improved race route. Participants

should also be prepared to get color-blasted with even more safe, eco-friendly, powdered dye at every zone along the way. "This year is expected to be bigger and better," said event Co-Chair Christina Baldino. "Our committee is working hard to make this event even more fun for the whole family with even more clouds of color!"

Participants will line up behind a giant inflatable archway at the starting point and then race through a new course 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. "The course proves to be a lot of fun during the cross-country season and promises to be just as exciting for the upcoming Millstone Twp. **Color Run**" "It's such a great family event that also promotes exercise," said event Co-Chair Kristin Schloss. "My two boys think it's awesome to be covered in color - they don't even realize they are doing something healthy too!"

After the race, participants will jam out to music at the After Blast Party that will include a 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.

Students will receive a pledge packet when school starts in September, where they will get a chance to earn tons of free prizes to use on race day! Non-Millstone students and members of the community will have the opportunity to register online in September or the morning of the race. The early entry fee is \$30.00. "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 event Co-Chair Kristen Saker. Event sponsors include Tom and Kristen Saker from Saker ShopRites, Dr. Michael Baldino from Baldino Dental Arts, Cobra Power Systems and the Dona Family. There are many other sponsorship opportunities available which include DJ shout outs and prominent signage along the course, as well as family sponsorships. For more information regarding sponsorship please contact Kristen Saker at wiffysaker@optonline.net

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 Twp. PTO and PTSA are 501(c) (3) organizations that operate independently from the school district. All donations are tax-deductible to the extent allowed by law.

For more information about the Millstone Township **Color Run** please contact Christina Baldino at christinabaldino@gmail.com or Kristin Schloss at kristin@castlecpa.com.

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MUSIC NEAR YOU: Young Rising Sons

By Jordan Tinitigan

New Jersey is extremely well known for the amazing musicians that emerged from there. Music icons such as Bruce Springsteen, Jon Bon Jovi, and Whitney Houston are all New Jersey born stars. Although all the artists named have already made themselves legends, there are still many who are up and coming stars.

The Young Rising Sons are an indie-rock band who come from Red Bank, New Jersey. The band was formed in 2010 and have been rising to success ever since. They have toured with artists such as The 1975, Halsey, and The Neighbourhood. With their song, "High" hitting Top 40 radio, their name has become more well known, especially amongst the youth. However, they do not stop playing shows close to home. Actually, back in June, they played a free show at Q104.3's Riverfest in their home town of Red Bank, New Jersey.

Although they have created a name for themselves, they have not yet reached the status of super stardom just yet, but they definitely have the potential to do so. I have seen their shows, myself, and the atmosphere they present is absolutely brilliant and their music is uplifting, joyful, and a perfect addition to your summer playlist.



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Millstone Little League vs Princeton Little League

Sunday, June 26th 2016

Pinch Hitter David Egbe stepped up to bat for Millstone Little League in the Bottom of the 7th inning with the score tied 10-10 vs Princeton and promptly drove the first pitch over the left field fence to give Millstone the 11-10 win and the District 12 Championship.

Millstone received strong pitching from Mike Doran who pitched 5 2/3 innings and Will Wiedau who went the last 1 1/3 innings and picked up the win.

Jake Mangrella contributed a key double and Dean Mitchell drove in two runs with a Home Run in the 6th. Adding to Millstones offensive attack; Gavin Elwell, Scott Bruett, Hunter DelGuercio and Frank Marra contributed several hits and runs. Jake Sacco made several strong plays in Centerfield to keep the game close and Nick Blotto fired a strike to home plate to cut down the potential go ahead run in the top of the seventh inning to keep the score tied at 10.

Millstone won the first game of the best of 3 series on Saturday with a strong combination of Mike Timeberlake on the mound and Charlie Pallitto behind the plate to limit the Princeton offense and secure a 6-3 win.

Millstone will now advance to the sectional tournament in Middletown to begin on July 5th.



Pictured left to right: Bottom Row – Frank Marra, Gavin Elwell Top Row – Coach Don Elwell, Michael Timberlake, Nick Blotto, Michael Doran, Jake Mangrella, Dean Mitchell, David Egbe, Will Wiedau, Jake Sacco, Charlie Pallitto, Coach Chris Blotto, Scotty Bruett, Hunter Del Guercio, Manager Mike Pallitto

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Making your Gardens and Yards Safe for Young Children

By Pam Teel

Deceivingly beautiful, some common flowers and shrubs planted on your property can prove to be harmful and even fatal to humans. Ingesting leaves or seeds in certain plants can cause headaches, convulsions, comas, and even death. It's good to know what's in your yard before you set your toddler out to explore. Now that flowers, shrubs, and trees are in full bloom, it's important for families and caregivers to keep an eye on what young children are putting into their mouths, especially in your own environment.

It would be a good idea to have some kind of general knowledge of the level of toxicity that plants around your yard contain. Perhaps the highly toxic ones can be fenced in so young curious children can't easily get to them. (Keep in mind that this goes for indoor plants too.) Young children, not knowing any better, will put many foreign things into their mouths; things such as snails, flowers, foliage, dirt, and even wild mushrooms. Knowing where the risks are and doing something about it might one day save you a trip to the hospital for both a child and a pet. Children under six years old are especially vulnerable, accounting for 85 percent of the phone calls to poison centers nationwide. Let's start with some common outdoor plants many of us have in our landscaping.

Hydrangea- A very common shrub. Chances are you probably have one planted in your yard. They can grow to fifteen feet and come in many different colors. Ingesting the leaf could send a child into a coma.

Prunus Shrub- (wild cherry shrub)- the seeds have a high concentration of cyanide. Even animals such as deer and dogs that munch on these wild cherries can die.

Narcissus- Daffodils- are highly toxic and can be fatal if ingested. It's no wonder Deer won't touch these flowers.

Holly Berries- Birds snack on them. They are not toxic to birds but the toxins can and will kill you if you mistakenly eat too many berries.



Azalea Bush



Lily of the Valley

Lily of the Valley- another common and popular outside plant. These plants are highly poisonous. Another plant deer won't touch.

Anthurium - generally purchased as a houseplant. There are over 1000 species of anthurium plants. They are poisonous if leaves are eaten due to calcium oxalate crystals. The sap is irritating to the skin and eyes.

Ficus- Fig Tree- Not deadly but has a milky sap inside each leaf that's highly toxic. Even touching a ficus leaf can cause a severe reaction.

Azaleas- The beautiful bell shaped flowers are lethal. Toxicity levels are so high these plants can send someone into a coma in a matter of minutes.

Rhododendrons- Named by Native Americans, it means suicide bush in English. Its shiny leaves looks like bay leaves. The poisonous



Anthurium- indoor plant

compound found in the rhododendrons nectar can produce low blood pressure, shock and even death.

Poke Berries- birds love to snack on them but they are poisonous to humans. A handful of these can kill a human.

Foxglove- called the witches thimble; it can cause serious heart issues and possibly death if any part of the plant is eaten.

Castor Oil Plants- sometimes planted to keep moles and small burrowing animals at bay; this self-sown weed has toxic seeds, flowers, and leaves. Ingesting just a few seeds can cause severe nausea, vomiting, diarrhea, and abdominal pain.

Pink or Yellow Oleander- every part of this shrub is poisonous. Symptoms include vomiting, diarrhea, irregular heartbeat, dilated pupils and coma leading to death.

Angel Trumpet- the flowers, seeds, and nectar is very poisonous to humans.

Belladonna Lily- the sap and bulb are highly toxic to children.

Mushrooms and Toadstools- although most of the toxic species are found in the forest, it's good to remove all mushrooms and toadstools from your yard.

Native White Cedar- eating the fruit from this tree can cause nausea, vomiting, confusion, and seizures.

Euphorbia Genus- sap from these common plants can cause severe eye pain and eye injury. It's also known as spurge and milkweed. This also includes the Christmas poinsettia.

Rhubarb- all parts especially the leaves are poisonous. The stem is edible if boiled.

If you or someone in your care has been exposed to a poisonous plant, don't hesitate to call NJ Poison Control at 1800-222-1222, even if you have a question to ask. If ingestion of a poisonous plant does occur, try to take a piece of the plant with you for quicker identification and treatment.

In the next issue we will discuss common plants harmful to dogs and cats. Here's a tip until next time. Don't let your cat chew on Day Lilies, even the native orange ones found in this area. They are highly toxic to cats and will cause kidney failure. They are not toxic to dogs.



Poke Berries



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Avoid Foreclosure

Foreclosure is a situation in which a homeowner is unable to make mortgage payments as required, which allows the lender to seize the property, evict the homeowner and sell the home, as stipulated in the mortgage contract.

Step one: communicate with your lender

As soon as you realize that you are going to have trouble making your mortgage payments, contact your lender and tell them about your financial difficulties. This gives them the opportunity to work with you to create a plan. Do not stop paying your bills, and do not wait until you cannot make payments before you act. Though you may feel scared or embarrassed, immediately begin working with your lender to avoid foreclosure on your home.

Step two: work with the MHA program

You can get help through the Making Home Affordable (MHA) program, which provides free counselors for advice and assistance with keeping you in your home or getting out safely. Visit the MHA website to read about the options and what you'll need to prepare.

MHA has a hotline you can call anytime: 1-888-995-HOPE (1-888-995-4673) and TTY users should call 1-877-304-9709. You can also find a counselor in your area.

Your state's housing agency might have a foreclosure avoidance program as well.

If you have an FHA loan, call the FHA National Servicing Center at 1-877-622-8525.

MORTGAGE SCAMS:

Things You Should Know

Anyone can be scammed if they don't know the warning signs to look for. Here are some red flags to indicate that you may be dealing with a loan modification scammer:

A company/person asks for a fee in advance to work with your lender to modify, refinance or reinstate your mortgage. It is illegal for a company/individual to charge fees in advance for these services according to the Federal Trade Commission (FTC) Mortgage Assistance Relief Service (MARS) Rule. Note: Attorneys are allowed to charge fees in advance if they meet certain requirements and place fees in a client trust account (FTC MARS Rule Compliance Guide for attorneys). But be careful! Attorneys, and people claiming to be attorneys, have been known to take advantage of homeowners, too.

A company/person guarantees they can stop a foreclosure or get your loan modified. Nobody can make this guarantee to stop a foreclosure or modify your loan. Many scammers offer "money-back" guarantees to make homeowners feel more comfortable. But why do you need a money-back guarantee when getting a loan modification is supposed to be free? Legitimate, trustworthy HUD-approved counseling agencies will only promise they will try their very best to help you.

A company/person advises you to stop paying your mortgage company or to pay them instead. Despite what a scammer will tell you, you should never stop paying your mortgage to improve your chances of getting a loan modification. Also, never send a mortgage payment to anyone other than your mortgage lender. As soon as you have trouble paying your mortgage, contact your mortgage lender and ask for the loss mitigation department. You should also contact a HUD-approved counseling agency for assistance. It's free.

A company pressures you to sign over the deed to your home or sign any paperwork that you haven't had a chance to read, and you don't fully understand. Be careful. Signing over the deed to your home may not prevent foreclosure. You are still responsible for paying your mortgage even if you sign over the deed to your home. A legitimate housing counselor would never pressure you to sign a document before you had a chance to read and understand it.

A company claims to offer "government-approved" or "official government" loan modifications. They may be scam artists posing as legitimate organizations approved by, or affiliated with, the government. Contact your mortgage lender first. Your lender can tell you whether you qualify for any government programs to prevent foreclosure. You can also work with a local HUD-approved counseling agency to determine what programs you may be eligible for. And, remember, you do not have to pay to benefit from government-backed loan modification programs.



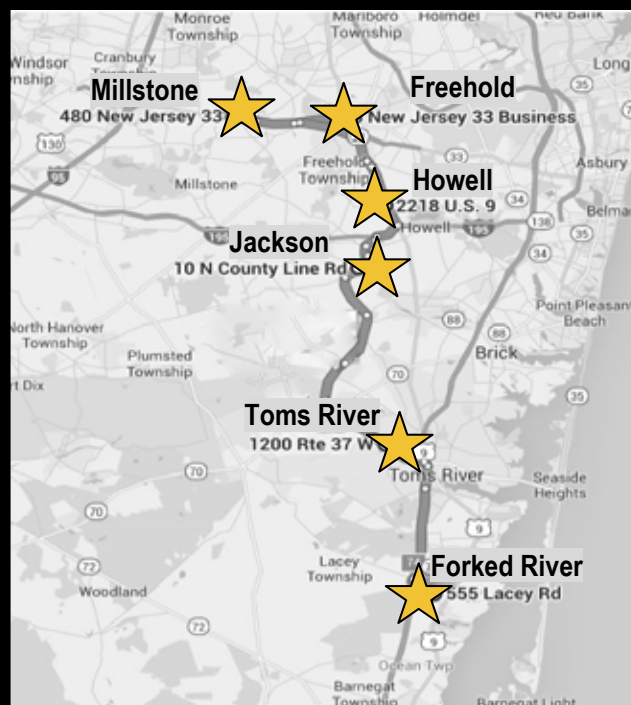
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118 Meirs Rd., Cream Ridge, NJ 08514
\$1,499,000 Agent: JoAnn Stewart

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



MLS#6812246

14 Elm St., Hopewell, NJ 08525
\$595,000 Agent: Kathleen Goodwine

4br, 3 full baths lovely colonial style home accentuated with a contemporary flair is just steps away from the quaint & charming Boro of Hopewell. This home is warm welcoming and waiting for you!



MLS#6769888

33 Cottage Place Dr., Robbinsville, NJ 08691
\$544,900 Agent: Robert Angelini

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



MLS#6802168

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

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



MLS#6751197

1 Sienna Ct., Robbinsville, NJ 08691
\$749,900 - \$1,099,900 Agent: Anthony "Tony" Rosica
Introducing Bear Creek Estates- 16 lot SFR subdivision in Robbinsville w/lots ranging from 1.2 - 2.1 acres. Homes range from 3200 - 4700sqft. Model home pictured, Sherborne "D" offers 4/5 br, 4 full & 1 half ba, 3 car side entry gar & full bsmt. \$919,000



MLS#6813522

158 Pennington Hopewell Rd., Hopewell, NJ 08525
\$895,000 Agent: Marjorie Owens

5br, 3ba home on 3.75 acres on a backdrop of open, wooded acres in Hopewell Township. Totally redone & expanded in 2015. Owner has spared no expense to deliver a quality constructed home ready to go.



MLS#6815577

2538 Kuser Rd., Hamilton, NJ 08691
\$399,900 Agent: Patricia Hogan

3br, 2.5ba eat in kit that open up to a beautiful sunroom overlooking paver patio & lush backyard, first fl laundry, formal liv room & din room; fin walk-out bsmt w/bar, den & frplc.



MLS#6757847

4 Malsbury St, Robbinsville, NJ 08691
\$499,900 Agent: Anna Coriasco

Town Center Carriage VI 4br, 2.5ba home. Two story foyer w/mororized chandelier, recessed lighting, 2 walk-in closets in Master bedroom, Bose wired Entertainment System.



MLS#6762361

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

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



MLS#6800288

27 Bradford Ln., Plainsboro, NJ 08536
\$655,000 Agent: Donna Moskowitz

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



MLS#6815799

29 Jonathan Holmes Rd., Cream Ridge, NJ 08514
\$885,000 Agent: Anthony Rosica

4br 4ba Custom French Style Ranch completely private country 20+ acre setting w/circular driveway & professional landscaped throughout. Dramtic 3500 sf first fl w/spectacular open fl plan. This is a must see!

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

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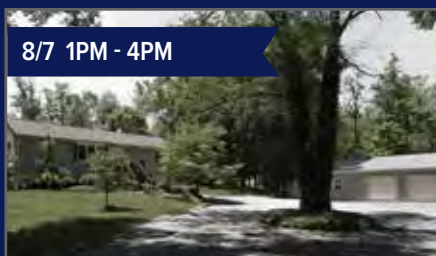
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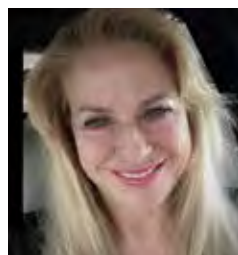
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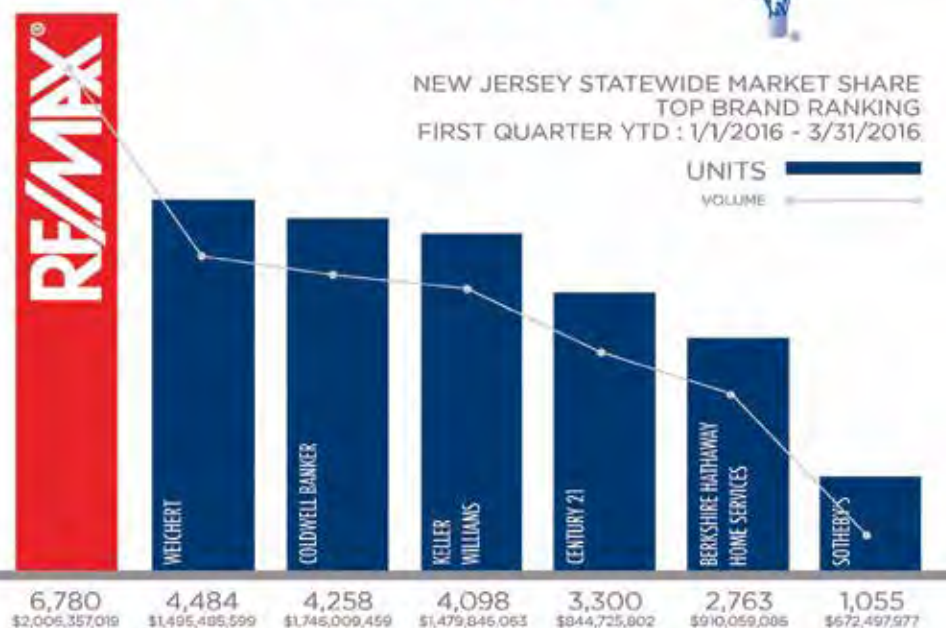


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This chart compares "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/16 - 3/31/16. It includes which listings were sold by such organization itself, or with the aid of a cooperating broker for the state of NJ and the period submitted, according to the data by the following Multiple Listing Services in NJ: Triad MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data provided by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Based opportunity employee.



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1. Air conditioning Tune-Up

The number one priority for your summer home maintenance checklist is to have your air conditioning (AC) unit tuned up. Your AC needs to be tuned to inspect and prevent unwanted emergencies. You can keep your AC bill running smoothly by changing out your air filters often. Experts advise changing them once a month when using your unit on a daily basis.

2. Check Your Roof

Your roof should be inspected annually to ensure that you don't have any problems. Checking your roof regularly will assist in finding a small problem before it becomes a large, leaky one.

3. Get Your Gutters Clean

Cleaning gutters regularly will help prevent clogging and unnecessary leaks. It is recommended that gutters are cleaned twice a year: once at late fall/early winter, after all of the leaves have fallen and prior to the first snowfall, and once at late spring/early summer after flowers, seeds and blossoms are done blowing off.

4. Windows Should Be Checked

Make sure that the hot summer heat stays outside by checking and maintaining your home's windows. One of the key items in window maintenance is routinely checking the sealants. Ensure that both inside and out are secured, and caulk any open areas in between. Also, check weatherstripping for any faults and replace it immediately if there is an issue. Taking care of windows will keep your home looking and feeling good.

5. Clean The Outside Exterior

An important element of maintaining your home's exterior is to routinely clean it. Experts recommend that the most efficient and easiest way to do so is to pressure/power wash the exterior. It will remove dirt, stains and mildew which will keep your home looking it's best while preventing decay.

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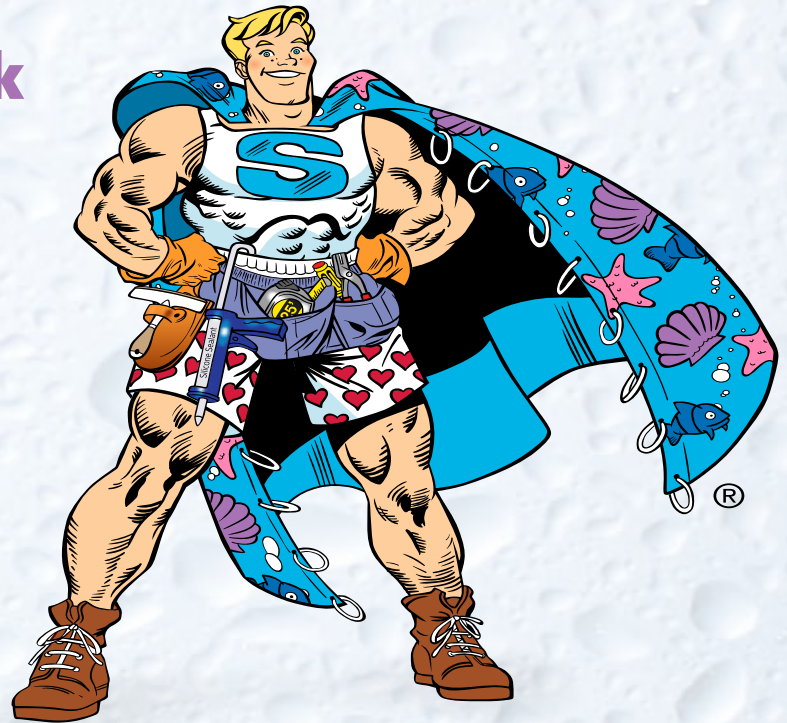


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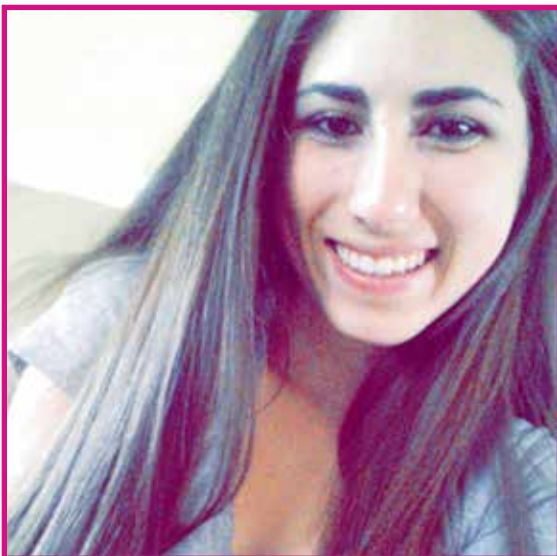
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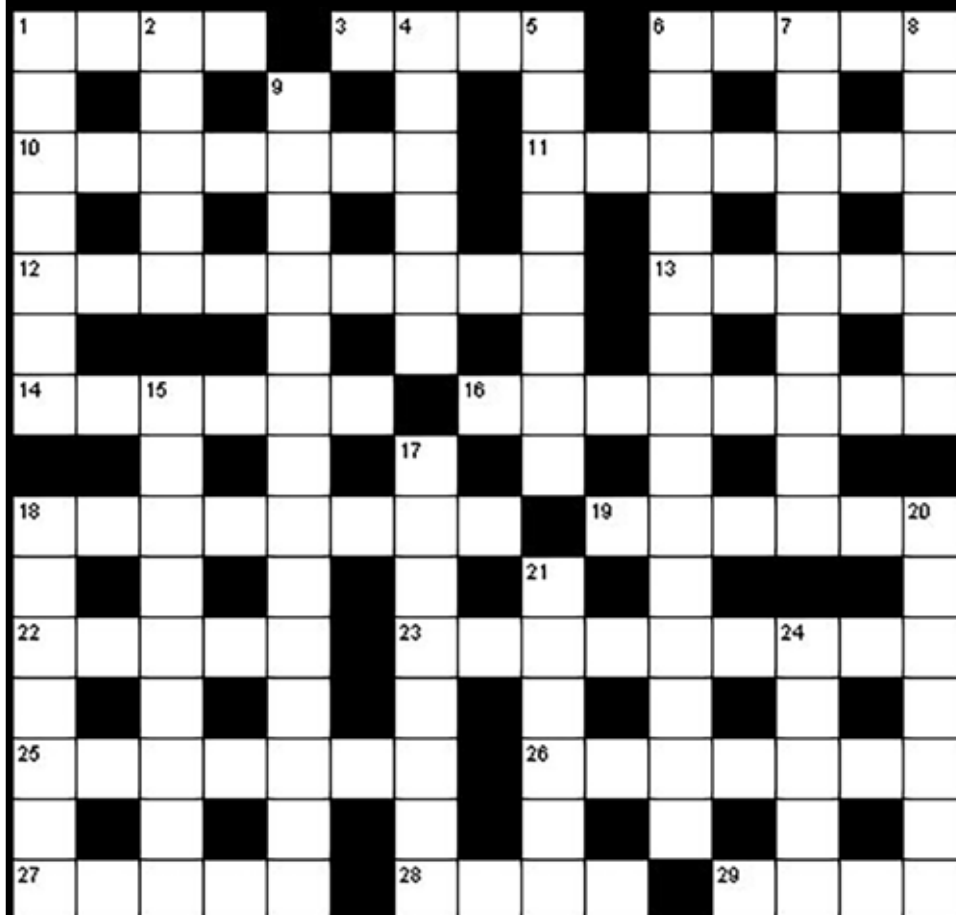
MEET THE INTERN



Hello, I'm Stefanie Maglio and I'm very excited to be starting my internship with Gunther Publishing. I've always had a passion for writing ever since I was little, and it is something that sticks with me to this day. I have taken honors language arts literacy classes all three years of high school, and I will be taking it again during my fourth year. I plan on studying public relations as well as computer programming in college, and I hope to gain experience with the people at Gunther Publishing that I will hold onto for a very long time.

If any High School Student is interested in an internship with Gunther Publishing, if you have any interest in journalism/ communications, please have your Career Placement Department contact our Director of Recruitment - Jolene Conoscenti - by sending an email to jolenechr@verizon.net

EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



ACROSS

- 1 Rob a philosopher (4)
- 3 One crosses river to find some land (4)
- 6 Fool locks copper in cell (5)
- 10 Test ground after some radiation displacement (7)
- 11 Nominal union leader is involved in tense criminal trial (7)
- 12 Concentrated, finding Einstein very complex? (9)
- 13 Jelly, say, mostly produced with one kitchen device (5)
- 14 Modelled in nude, representing water-spirit (6)
- 16 Duke has daughter that's outgoing - it's a disadvantage (8)
- 18 Bike featured in red was green (8)
- 19 Decorated band of woollen cloth (6)
- 22 Serpent-witch depicted in plate (no name given) (5)
- 23 Swift horse's whinny heard by maiden (9)
- 25 Checks decisions involving head of state (7)
- 26 Unfriendly landlord's lazy without a hint of doubt (7)
- 27 Garments about to leave African city (5)
- 28 Ship from past? That's about right (4)
- 29 Smack is a fishing boat (4)

DOWN

- 1 Czech composer is a high flier at university (7)
- 2 Bound to upset militant, having dismissed worker (5)
- 4 Football side gets the axe, I see in report (6)
- 5 Rent out English vessel in port (8)
- 6 Republican element largely opposed to authority ousted two leaders (14)
- 7 Lucille ate without a worry, becoming fat (9)
- 8 Tree maintenance (7)
- 9 Where one learns to do the ironing? (7,7)
- 15 Once, millions read new version of Boccaccio's tales (9)
- 17 Nonconformist church building a healing pool in Jerusalem (8)
- 18 Depending on artisan to turn up about one (7)
- 20 European alliance with West America has Homeric character (7)
- 21 Edible clam from Ohio raised in boggy area (6)
- 24 Poem telling of journey to Uruguay (5)

Answers on Page 67

MOVIES TO CATCH IN AUGUST

By Joely Phenex

Pete's Dragon

Opening Day: August 12th, 2016 - PG

The film stars Bryce Dallas Howard as Grace, a park ranger who discovers the existence of Elliott; 10-year-old Oakes Fegley as Pete; Wes Bentley as Jack, a local mill owner; New Zealand native Karl Urban as Jack's brother, Gavin; Oona Laurence as Natalie, the young girl who befriends Pete; and Oscar winner Robert Redford as Grace's father.

The Hollars

Opening Day: August 26th, 2016 - PG-13

A man returns to his small hometown after learning that his mother has fallen ill and is about to undergo surgery.

Kubo and the Two Strings

Opening Day: August 19th, 2016 - PG

Japanese mythology is adapted in this supernatural boy-becomes-samurai tale in stunning stop-motion animation from Laika, the filmmakers who wowed us with Coraline and ParaNorman.



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WEEKEND GETAWAYS

Cape May, NJ

By Pam Teel

If you're from New Jersey and you've never been to the very southern tip of our State, you don't know what a treasure you're truly missing out on. Cape May is a city at the southern tip of the Cape May Peninsula in Cape May County where the Delaware Bay meets the Atlantic Ocean. It's actually on its own island after a canal was dug from a natural shallow creek during World War II by the Army Corp of Engineers to provide a protected route to avoid German U- boats operating off Cape May Point. It is part of the Intercoastal waterway and was the final link in the protected waterway intended to allow coastal shipping to travel along the coast with a greatly reduced risk of attack from German submarines.

Cape May is made up of Cape May City, the boroughs of west Cape May and Cape May Point and Lower Township. Cape May City looks like small town America with quaint shops, tree lined streets, beautiful beaches, and plenty of Victorian architecture. It's also the top bird watching location in New Jersey.

The city was named for a Dutch Captain, Cornelius Jacobsen Mey, who explored and laid claim to the area in the early 1600's declaring it a province of New Netherland. It was later settled by New Englanders from the New Haven Colony. It became host in the 18th and 19th centuries to vacationers traveling from Philadelphia and is still recognized today as the country's oldest seaside resort.

A five-day fire destroyed most of the town's buildings in 1878. These structures were mostly all replaced with Victorian homes. In fact, Cape May boasts over 600 Victorian style houses. It holds the record for the second largest number of well-maintained Victorian homes in the nation. San Francisco is number one. In 1976, the entire city of Cape May was officially designated a National Historic Landmark.

The year round population of Cape May is about 4,700 but can reach up to 40 to 50,000 visitors a weekend during the summer. There is plenty to see and do in Cape May and the surrounding area. The City is known for its wonderful restaurants with fresh seafood at its door. You won't find any chain stores in the area, just small shops and antique stores. The Washington Street Mall has a host of restaurants and stores for the tourist with a wide brick walkway in between with fountains and benches. If you don't want to shop, you can sit and take in the tourists. You can also find quaint shops amidst the tall Victorians on Beach Avenue. There are dozens of bed and breakfast Inns, old hotels, such as the Congress Hall Hotel, guesthouses, houses and condo rentals, and a variety of resort hotels in the area.

Things to do in Cape May include, exploring nature trails, whale and dolphin watching aboard the whale watching boat, going on Victorian house tours, such as touring the Emlen Physick Estate, or taking a haunted house tour. There is wine tasting at the many Cape May wineries around the area or get a cold one at the Cape May Brewing Company. You can take a trolley tour through the historic home district or take a carriage ride through town. Visit the 1859 Cape May Lighthouse for a wonderful view on top, just 199 steps, and go into the World War II lookout tower #23 at Cape May Point State Park. You can go to Cold Springs Village or visit the fire department museum, the Naval Air Station and the Aviation Museum all in one day.

The beaches are award winning. Search for clear diamonds on Sunset beach. This is always a family favorite (these are clear polished quartz that wash up on the beach.) If you can't find one you can always purchase one in one of the plentiful gift shops around the area. At Utsch Marina you can find parasailing, paragliding, jet skis and jet boat adventures. There is also fishing charter tours, kayaking, stand up paddles, canoeing, swimming, and bicycling in Cape May to keep you entertained.

Cape May also offers live entertainment at the Cape May Stage and East Lynne Theater Company. There are many performances and events that take place at its own Convention Hall daily from concerts to antique shows. Some events are free. This 20,000 square foot facility, located right on the beach, is home to performing art concerts and can hold up to 1,000 people. You can find out more about upcoming events by going to: <http://eventful.com/capemay/venues/cape-may-convention-hall>

Visit the free Cape May County Park and zoo. There is also a Cape May Bird Observatory and if that's not enough cross over Canal Bridge into Wildwood where you'll find arcades and an amusement park.

So much to do and see; it would make a very busy weekend getaway.



Cape May Lighthouse



Old Wreck Off Of One Of The Cape May Beaches



World War II Lookout Tower

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

Jack R. and his girlfriend Melanie, from East Windsor, took these photos of Niagara Falls when they went on a vacation to Canada. The first photo was taken from their hotel room hall window on the Canadian side. You can actually see the waterfalls in the back left of the photo. The other photo is a view of Horseshoe Falls with the Maid of the Mist boat in the foreground.

Niagara Falls is made up of three waterfalls that straddle the International border between Canada and the United States. The largest is called Horseshoe Falls, which lies mostly on the Canadian side, followed by the American Falls and Bridal Veil Falls, which are on the U.S. side. The Falls were formed when glaciers receded at the end of the Wisconsin glaciation (the last ice age) and water from the newly formed Great Lakes carved a path through the Niagara Escarpment en route to the Atlantic Ocean.



Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: crescent671@gmail.com Include your name and a description of the photo. If you have a brief story that goes with it, please send that along too. You may send photos more than one time. (If you prefer to send anonymously, we will leave your name out). Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.

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The Allentown Village Initiative (TAVI) Celebrates the Jazz Age

Allentown celebrates the Jazz Age! Wear 1920-30s period dress, if you like, to TAVI's biennial summer party to benefit Allentown's historic downtown located at the Pierce House, a beautiful 1930 Tudor Home. The Fundraiser celebration will be held on Saturday, August 13 (rain or shine) from 5 pm to 8 pm.

Don your favorite Jazz Age styles...cloche hats, straw boaters, or flapper style headbands; pile on long strands of pearls; or go all out and "dress to the nines!" Sip a flavorful sangria or non-alcoholic beverage. Enjoy delectable finger foods/small plates provided by Allentown's local restaurants.

Pose for a pic at the open aire photo "booth". Local lively jazz music will put you in the mood to "trip the light fantastic" on the patio amid vibrant floral displays! Pause and admire choice 1920-30s automobiles, view movies of the silver screen, and learn about Allentown's colorful and eventful past during this era.

Come join us at the Pierce House and step onto the red carpet...and step back in time!

TAVI is a volunteer 501c3 organization and an Associate Program of Main Street NJ whose

mission is to work with local businesses and the community to revitalize charming and historic Allentown. All proceeds will be used to benefit Allentown's downtown.

Tickets (limited availability) are \$50 per person. Log on www.allentownvinj.org or contact Martha Ploshay at ploshay@juno.com for ticket purchase. Tickets are on sale until August 5, 2016.



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UNDERSTANDING OUR LONG HISTORY

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

As you read this, much – if not all -- the 2016 convention election business has been decided. The two major political party candidates have been held up before us with arguably the greatest amount of scrutiny ever imagined in 240 years...and selected.

In case anybody missed it, "The Republic for Which It Stands" celebrated its 240th birthday on the 4th of July just passed. The Pledge of Allegiance to the flag, once recited in elementary schools throughout the land, is possibly the first exposure young school children can remember about our complex governing process.

Before we leave the history of our nation, it may be worth noting that the only reliable form of communication that existed in 1776...is the very same one you are connecting to at this moment. The printed word in a scheduled news journal remains the most viable method of information exchange we have.

The spoken word in a single most popular language remains the fastest form of information exchange we possess. In a court of law, under oath, the spoken word carries both the weight of permanent record...along with a stiff penalty if proven to be perjured.

In present times, the written word has been totally streamlined by various forms of digital technology including electronic tweets, text messaging and satellite radio and television.

Roadside signage, bumper stickers, single page handouts tucked under a windshield wiper -- even skywriting -- complete the other less fashionable ways we communicate.

There really is no excuse for being uninformed, although regular viewers of "Watters World" (FNC 8-9 PM) often prove otherwise to affable host Jessie Watters.

In the final analysis, word meaning and optics still deliver the greatest impact.

The November election is widely anticipated to be the highest turnout of voters in our history. The aging adult population of America can no longer be relied upon as the single most deciding factor.

Even the Baby-Boomers are slowly advancing to old age. The most significant voting group then are those who have recently reached the legal age to cast a vote. And what they know is largely what they see and hear around them. They may be unemployed. They may be working at a minimum wage job they don't enjoy and are saddled with a sizable education or lifestyle debt that must be paid. The point is...these voters are easily swayed by campaign promises they may have heard during the past year that cannot ever be fulfilled.

The candidates who are running represent the only hope for these young voters. Terms like super power domination, national security or a robust economy are not likely to be a strong influence on these young potential voters.

There is one issue that the new, untested, voters may become influenced by.

It's a longshot: individual mobility.

For the last eight to ten years, the geologists who determine what is below the ground have made an impressive discovery. There is more fossil fuel (crude oil) below ground level in America than Saudi Arabia and Russia combined!

Now just think of that for a moment... For the past four or five decades we have been existing under the severe cost of being dependent on energy provided by middle eastern nations who have doubled and tripled their national wealth by selling us their crude oil. US driver petro dollars have been flowing into their treasury like water flowing over Niagara Falls...every day, every month, every year.

So why has this been such a well-kept secret? That's easy. The world price of crude peaked at \$146.00 per barrel, leaving us to pay the pump price of \$4 or \$5 per gallon of gasoline -- just for the privilege of driving a personal car to and from work.

The crude oil middle eastern producers joined with our own oil cartel to quietly keep this WTI price at this level because it was good for business.

The appearance of President Obama last July 5th campaigning with candidate Hillary Clinton exclaiming at the end of their first joint rally (in North Carolina), "And we have cut our dependence of foreign oil by 50%".

If the President had entered his first term in office, and seized on the opportunity to begin maximum drilling of domestic USA crude, either by conventional drilling or fracking, the dependence on importing costly foreign oil would have ended 100%.

On top of that, the crude oil being drilled by USA drillers would have totally satisfied our national needs and, provided an excess that could have been exported for profit. Instead the massive over supply was placed in costly storage facilities. President Obama even purchased a portion of our glut to place in the Strategic Petroleum Reserve (SPR) established by President Reagan over 30 years ago.

If this information is properly presented to the motoring public from now until election day, the effect will be significant.



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Before



After



Five Ways To Handle Cat Behavior Problems

By Steven Tucker

Quite a few people who get a cat as a family pet at some time might notice a variety of cat behavior problems. These are behaviors that you don't want your cat doing for example consuming other cats' food, jumping on furnishings, hostility, cat litter box problems, along with scratching. There are generally five intriguing things that you'll be able to do that will certainly assist you to deal with these types of behaviors.

Cats consuming other cats' food

Occasionally moving a single cat away from the remainder of the group will be a remedy. This might be feeding the problem one in another room. Other times it might mean feeding those who are not getting enough at a distinct time.

Cats jumping on home furniture

Use water to your advantage. Water is something that almost all cats do not like. If perhaps your cat is jumping on furnishings for instance, spraying a little bit of water on the cat will certainly be quite effective. This is a tool that you need to use in moderation to help along with improper habits.

Cats becoming way too aggressive

There are generally numerous problems such as aggression that are caused by the cat becoming way too lonely. If perhaps the animal is at home all day long alone, it seems sensible that the kitty is acting out. Sometimes having other cats at home might help. Additionally stopping aggression as soon as you observe it, particularly in a kitty is critical.

Cats not using the litter box

Sometimes you may observe that a cat isn't using the litter box. This may be for a wide array of reasons. Often you have to keep the litter box cleaner because this specific cat might be much more fussy. In other cases you will need to supply a second cat litter box which is closer to be able to keep away from this problem.

Cats scratching home furniture

Giving your cats something to scratch on at times may help limit this problem. Often times utilizing distraction will be a great tactic to use whenever your cat is being bad. If perhaps your cat is doing something you dislike, distracting using a toy is one thing that you should consider. Often this can help keep the cat from continuing doing things that you do not like. Keep at it and your cat's behavior will change.

Pets Can Play, Inc. is focused on creating some of the highest quality cat toys available on the market. Quality and fun go hand and hand to bring great memories to both owners and their pets.

Advice on Caring for Senior Cats

Sooner or later, your beloved cat will start to get old and experience physical changes. This typically occurs between the ages of seven and ten. However, some are fortunate enough to stave off major changes until approximately 12 years old. Whenever the time finally comes though, you will need to make a few changes in how you care for your pet. Keep reading for useful advice on caring for senior cats.

Most owners take their cats to the vet for an annual exam. Older cats need to be seen by the vet more often than their younger counterparts since the risk of problems has increased. It's best to schedule a wellness exam every six months.

You will also need to change what you feed your senior cat somewhat. Seniors who become less active but are still fed the same amount of calories will more than likely become overweight. Obesity is particularly a problem for seniors, so a veterinarian-approved diet would definitely be in order.

When caring for senior cats, always ensure that they always have access to fresh drinking water. Dehydration more easily sets in as cats advance in age. Their organs won't respond very well to chronic dehydration either. The kidneys usually give seniors the most problem, and frequent dehydration certainly won't do these vital organs any good.

Just like with humans, arthritis becomes a problem for older cats. Once arthritis sets in, your cat won't be as physically active as he used to be. Don't be surprised if he stops climbing the stairs or hopping up onto the windowsill. Arthritic cats may even have problems getting into their litter boxes. If you notice yours has an issue with this, you can accommodate him by getting a shorter box or even putting a set of stairs beside it.

Dental care is important for cats of all ages. For older cats, it becomes increasingly important. The risk of developing dental disease only increases with age. This disease can cause enough pain to keep your cat from eating.

Your cat may also lose the energy to keep himself groomed properly. You don't want him to develop a dry or excessively dirty coat. Matting can also become a problem if you have a long-haired breed. You can help your senior cat out by brushing him yourself on a daily basis, or at least a few times each week.

The changes that occur in your senior cat aren't just physical. He may also display mental issues much like elderly humans. He may wander around occasionally or even appear disoriented. Some cats become much more vocal and meow too much for their owner's liking. When caring for senior cats, also keep in mind they may not respond well to changes. Try to keep everything in the household the same as they do best with familiar routines.

There are quite a few diseases that are common in older cats. Hypertension, kidney issues, hyperthyroidism, and diabetes mellitus are among some of the most common. Different types of cancer are also more prevalent for aged cats.

With the increase in risk of these diseases, it's important to monitor your cat closely for changes. If you notice anything out of the ordinary, you may want to let a vet give his opinion of it. Examinations conducted twice a year will hopefully catch any diseases early on, which would hopefully make it easier to deal with.



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If you're looking for an addition to your family, why not adopt a homeless pet first. Each month we will showcase one or more pets for adoption at Animals Assistance in East Brunswick and other nearby shelters. Please take a look at their website and the animals up for adoption and give these animals a chance at living a long and loving life as part of your household. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them.

If you are interested in finding out more about any of these animals please go to their website and search under petfinder. www.animalassistance.com. You can also sponsor a pet on this site. Sponsorships are handled by the Petfinder Foundation, so if you can't adopt a pet but still want to help in caring for those in the shelters, you can donate online. There is also an online adoption form for those interested in adopting online. If you would like to talk to someone, please call Linda between the hours of: 7-10am Monday through Thursday- Friday 7-10 am- Sunday 8:30-10:30am at 732-251-3210. Please not all animals have updated vaccinations and are spayed/ neutered.

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

A special thank you goes out to Rita for the donation of cat food and flea and tick treatments for the Millstone cats. Any donations to help to update vaccinations would be most welcome. You can email me at crescent671@gmail.com for more information. With your help we can keep the small colony healthy.

Tia- is a cat that loves to be on your lap. She's super friendly, cuddly, litter trained, and quiet in nature.

Blakie- is a sweet loving young black cat.

Napolean- is a small clean, quiet Chihuahua.

Louie- is a Pekinese small adult male. He's an older dog, housetrained and does suffer from cataracts. He is in foster care now but needs a loving place to call his own

Robin- is a 12 week old kitten. She's small and petite and extremely playful.

Mrs. Mau- is a curious young small friendly female cat.

Sandy- is a young male Shih Tzu.

Nelson- is a one-year-old young male orange cat whose super friendly.

Marie- is a young small female cat.

(You can obtain more info about each animal at Animalassistance.com- adoptable pets)



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Freedom Fest State Fair Delivers!

By Pam Teel

The 14th Annual Freedom Fest State Fair was a big hit, drawing people from all over the State to the grounds of the Horse Park of New Jersey. For a discount price of 10 dollars with a 5 dollar off coupon from Walgreens, and special group rates, people got to enjoy a day of fun without digging deep into their pockets. The price of admission included unlimited free rides, free entertainment, and free parking. Both a carnival and a Fair rolled up in one; there was something for everyone, both young and old.

The 185 acre Horse Park, a world class Equestrian Center, played host to the Fair with great food, horse shows, continuous live entertainment, and an expansive midway with a multitude of spectacular rides and games.

As you entered through the gates, you were presented with local fare such as, the Farmers Market, a local honey stand, local businesses, and more. The enclosed Parakeet aviary was filled with birds of all colors and children were able to go in with the birds to feed them. Next to the aviary was a large enclosed tent that held many different animals from all over the world, brought to you by Eudora Farms. Some of the animals included an antelope, zebra, baby kangaroo, miniature horse, an African watusi, alpaca's, miniature donkey, camels, and lemurs. Let's just say the tent was always crowded with people, especially around the lemur cage. There were also camel rides available.

A short walk away, we found the carnival games where it seemed like the vendors were very generous with the prizes, especially with the young children. Then on to the food court with over thirty vendors and your choice of whatever you wanted to eat from fried Oreos to Philly cheesesteaks.

The set up on the midway with all the rides was breathtaking, with the large Ferris wheel located in the middle and brightly colored enticing lights down the strip to the left and right of it. It was nice to see some of the old fashioned rides brought back like the zipper, the YoYo, the Swings, The Tornado, and one to make your stomach upset and your head ache, the Freak out. If you ever wanted to experience what a hangover felt like, this was the ride. There was also a section just for the kiddies, complete with a giant slide.

Every day there were different bands and different kinds of entertainment. Each night featured a band or two with such headliners as Constantine Maroulis from American Idol Fame, The Marshall Tucker Band, and more. We got to enjoy a tribute band called, "Not Fade Away," featuring music of Buddy Holly and the Big Bop Era.

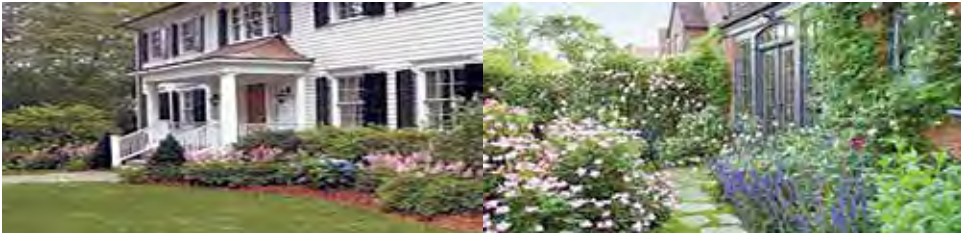
Watching magician and hypnotists Lance Gifford's one-hour show was most enjoyable. We watched in disbelief as he hypnotized 18 random people from the audience right on stage. The man was amazing and the antics that followed on stage made it a most entertaining night. For sure, we're going back to see him again next year. There were so many other interesting things to see and do there.

The crème de la crème was the firework display that followed. With the threat of a thunderstorm looming in the distance, they were pushed up a half hour, which gave us more time to roam around before leaving.

Each year the Fair seems to get bigger and better. If you haven't had a chance to check it out, mark your calendar for next July. A fun time for all ages, it's well worth it!

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East Windsor Township

WHAT'S HAPPENING IN EAST WINDSOR

Groups and Businesses Invited to Participate in "National Night Out" Set for Tuesday, August 2 from 6 pm to 9 pm at the East Windsor PAL Complex, 30 Airport Road.

This annual fun educational Township event, sponsored by Mayor Janice Mironov and Council Members in conjunction with Chief of Police Harry Marshall, features crime watch information, emergency services equipment, music, booths and displays by area groups and businesses with information and giveaways supporting the National Night Out theme. Area community groups and businesses who wish to participate can contact Det. Joseph Gorski at (609) 448-5678, ext. 231, or gorski@ewpd.com.

East Windsor Kicks-Off "We Check for 21" Campaign Joined by Township License Holders, an initiative of Mayor Mironov and Council Members to deter underage drinking. As part of the Township campaign, liquor license holders are required to sign the "We Check for 21" pledge, affirming strong support of the program, as a condition of receiving their liquor license renewal. The Township recognizes and thanks the license holders personally attending the kick-off event for their support: Karen Kleber and Deanna Boehm of USA Wine Traders Club and East Windsor Bowl and Recreation Center; Tara Welch of Bottle King; Member Meaghan O'Brien of Hightstown Elks #1955; Paul Miller of The Peddie Golf Club; Kevin Chabra of Americana Diner; Kevin Quigley of City Streets Café; Jack Wright and George Simaan of TGI Friday's; Craig Carocci of Charlie Brown's; Harvinder Singh of The Shoppes at East Windsor; Tony Menendez of the Town Diner; Jasmin McPherson and Myra Tenesaca of the Holiday Inn of East Windsor, and Clint Jordan of Days Inn of East Windsor.



Mayor Janice S. Mironov recognizes local liquor license holders for their participation in the 2016 "We Check for 21" campaign. Pictured (from left to right) are: (front row) George Simaan, TGI Fridays; Paul Miller, Peddie Golf Club; Mayor Janice S. Mironov; Deanna Boehm, East Windsor Bowl; Karen Kleber, USA Wine Traders Club; Jasmin McPherson, Holiday Inn of East Windsor; Myra Tenesaca, Holiday Inn of East Windsor; Clint Jordan, Days Inn of East Windsor (back row) Deputy Mayor/East Windsor Municipal Alliance for Prevention of Substance Abuse Coordinator Peter Yeager; Jack Wright, TGI Fridays; Harvinder Singh, The Shoppes of East Windsor; Tara Welch, Bottle King; Meaghan O'Brien, Hightstown Elks #1955; Kevin Chabra, Americana Diner; Kevin Quigley, City Streets Café; Craig Carocci, Charlie Brown's Steakhouse, and Tony Menendez, Town Diner.

East Windsor Township Recreation Department Offers Discount Tickets to Area Summer Destinations

Save on tickets to Six Flags Great Adventure, Dorney Park and Wildwater Kingdom, Hershey Park, Philadelphia Zoo, and others. For further information or to purchase tickets, stop by or call the Recreation Department at (609) 443-4000, ext. 225.

East Windsor Residents

Be on Alert for the Emerald Ash Borer, a Tree Killing Non-Native Insect that is killing thousands of ash trees in the New Jersey, Pennsylvania, and New York areas. The tree killing emerald ash borer has been detected in six counties and 15 municipalities in New Jersey, including Mercer County and several surrounding municipalities. The adult emerald ash borer is metallic green and about one half inch long, and damages ash trees by laying eggs that damage the tree's bark. Evidence of the emerald ash borer can be reported to (609) 406-6939. Township residents are encouraged to visit the New Jersey website www.emeraldashborer.nj.gov for more information.



Spotlight East Windsor

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

**Next Live Show on
Wednesday, September 14th**

**To view the most recent broadcast please visit
<http://www.east-windsor.nj.us/>**





The Story of ShadeTree Sunglasses

Millstone Man Launches His Own Line of Eco-friendly Wooden Sunglasses

By Pam Teel

Millstone resident, Nick Sancilio, recently launched his own line of Eco-Friendly Wooden Sunglasses. Nick grew up in Millstone Township and graduated from Rutgers in 2011 with a degree in Economics. He currently works in New York City for a financial firm, enduring a long bus ride to and from the City every day.

Nick is one of those guys who likes to think outside of the box. In high school, he was always finding ways to make extra money. He was good at finding weekend jobs on the side, jobs that paid pretty well for a guy his age, such as valet parking, or cutting Christmas trees down for people during the Christmas holiday. Nick was always one to include his friends in his endeavors, getting them jobs working with him soon after he was hired.

It might be said that Nick's idea to make his own line of sunglasses might not have come to him had he not fallen asleep on the bus on the way into the City. Waking up just in time to make his stop, still half asleep, he jumped up and ran out of the bus onto the crowded sidewalk. Squinting, he searched his pocket for his sunglasses. Needless to say, they weren't there. He then realized he had just left them on the seat of the bus. Knowing that he would never see

those glasses again, he set out to find his next pair of shades. He was very picky and wanted one to match his tastes and individuality. The more he searched, the more he realized that what he wanted from a style perspective lacked what he longed for in terms of quality, budget, and environmental awareness. Trying to find the perfect pair of sunglasses had become a chore, but also a blessing, as he began to once again think outside of the box. While having a lot of time on the bus to contemplate his thoughts, his idea of creating a brand new line of everyday, Eco-friendly wooden sunglasses began to take form. Together with his two friends, Scott Pimental and Chas Maraldo, he went about gathering information on how to achieve this goal. Scott introduced Nick to the world of product sales and global sourcing and Chas helped him with all of the technical aspects of building and maintaining a website.

Tapping into the creative and entrepreneurial side of his personality, Nick with the help of his two friends, took the opportunity to make his idea a reality.

His momentum towards his product line has given him the drive he needed to succeed. Since launching his sunglasses this past year, he originally had 11 style options on his website, but is now looking to finish the summer with closer to thirty unique offerings, including some styles made of cork wood, which are 100 percent unique to their company and brand. Nick's goal for next year is to offer between 50-75 unique styles throughout his website and hopefully to get his product in more retail stores.

"I certainly understand how much more enjoyable life becomes when you are making a product that you yourself would love to wear," Nick stated. "Powered by passion, promise, and the grit and grace of small business roots, Shadetree Sunglasses aims to protect your eyes without sacrificing your individuality- or our rainforests. All of our eyewear is handcrafted from responsibly sourced wood upholding my belief in a small community and the necessity of an environmentally friendly product. To further that point, according to FDA estimates in 2014 alone, Americans purchased over 300 million pair of sunglasses. Over 91 percent were made of petroleum based plastics equating to almost 80 tons of plastic that will eventually end up in landfills. Our sunglasses help reduce that environmental burden."

Congratulations to you Nick for seeing your vision through. We wish you much luck and success with your product line. Keep thinking outside of the box. You'll never know what you'll dream up next!

Right now you can purchase the sunglasses at Boutique stores in Bradley Beach and Belmar or order online and check out the many available styles of sunglasses at: <http://shadetreeglasses.com>.

If you are a local retailer and think you would be interested in learning more about selling Nick's line of sunglasses, you can contact him at: shadetreeglasses@gmail.com



Nick Sancilio's line of Eco-friendly wooden sunglasses. Check them out at: <http://shadetreeglasses.com>.

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What is Charitable Immunity?

I have had a number of recent cases where my clients were unable to obtain monetary damages for their personal injuries because of something called “charitable immunity.” Unfortunately for people that are seriously injured as result of someone else’s negligence, a New Jersey statute prevents the recovery of money for personal injury when the responsible party is a charitable entity and the injured party is a beneficiary of the charitable works of that entity.

Specifically, N.J.S.A. 2A: 53-7, which was enacted in 1959, states that a nonprofit corporation, society or association which is organized for religious, charitable or educational purposes and its employees shall not be responsible for damages suffered by someone who is a beneficiary of the charity’s works. Importantly, however, the statute does not grant such immunity to a health care provider or their employees in the practice of their medical professions. Of course, there are numerous cases which discuss what types of entities qualify as “charities” under the language of this statute and also clarify who is considered a “beneficiary” of the charity’s works.

In light of the statutory language, most churches and religious institutions will be considered charities. However, various legal and factual questions will arise with other types of “charitable” entities such as schools, athletic associations, educational associations and schools. In this regard, in order to determine whether or not such entities qualify for charitable immunity under the statute, the focus will be on the original purpose of the entity, the not-for-profit status as well as whether or not state or federal aid is provided and the ultimate operation of the entity. However, once an entity qualifies as a “charitable” entity pursuant to the terms of the statute, that does not necessarily mean they are completely immune from having to pay damages.

The next part of the analysis is whether or not the injured person in any way benefited from the charitable works of the organization. Of course, if you are receiving a direct benefit from the charity, you will clearly be considered a beneficiary of same. However, there are other scenarios where the existence of the beneficiary status is more complex. For instance, it has been held that where a pedestrian, just walking along the sidewalk next to a church, is not considered a “beneficiary” of the church’s good works if the pedestrian had no intention of entering the church or otherwise utilizing its facilities. On the other hand, however, even if the injured person derives a small benefit from the charitable good works, they will be considered a beneficiary. As an example, it has been held that a parent bringing their child to a parochial school was a beneficiary of the school’s good works despite the fact that the mother’s presence on the school property was solely for the purposes of picking up her child. Similarly, it was held that a parent bringing her child to a local fundraiser was also a beneficiary of the fundraiser’s charitable purpose.

Based on the foregoing, it is not only important for the public to realize that such immunities exist under state law, but also to understand that the existence of such immunity does not necessarily foreclose their right to obtain money damages if they are injured. Importantly, the only way to determine whether or not such an immunity applies is to have a qualified attorney review the facts of each individual case and perform an investigation into both the basis of the charity’s nonprofit status and, further, to perform an analysis of whether or not the injured party is actually a beneficiary of the charity’s good works pursuant to the case law.

Should you have any questions concerning charitable immunity or to discuss the facts related to your particular case, please do not hesitate to contact my office for a free consultation.

JOHN T. BAZZURRO, Esq.

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COME IN AND BROWSE

These Old Hightstown Homes

By Pam Teel

Have you ever driven through Hightstown marveling at the beautiful historic homes on your way to where ever you were going? Did you ever wish that you could just pull over and step back in time inside one of those beautifully renovated Victorian homes? Now's your chance! Take a look at the descriptions of three of these seven beauties that will soon be open to the public as part of the Hightstown /East Windsor Historical Society Biennial House Tour. Mark your calendar for Sunday, October 23rd, from 1-5 pm.

This year's tour includes seven historic houses dating back to the 1800's. All of the homes have been preserved, refurbished, or renovated, and represent a variety of styles representative of New Jersey history. There will also be antique cars at each of the homes.

This year's tour includes seven historic houses dating back to the 1800's. All of the homes have been preserved, refurbished, or renovated, and represent a variety of styles representative of New Jersey history. There will also be antique cars at each of the homes.

One of the highlights of the tour is the restored **Augustus T. Skillman House at 208 Stockton Street in Hightstown**. It was built circa 1889. Augustus was a tinsmith by trade. He sold stoves and tinware. After having served as a private residence from the mid 1890's through the 1930's, the home later became a doctor's office and an optometrist's office. Partitioned rooms and false walls were removed to open up the house to its original grandeur. The kitchen was once used as the main examining room of the medical office.

This Queen Anne style home with Eastlake detailing has been entirely refinished with the exterior cedar shingles restored and painted. The porch was entirely rebuilt with railings built to the exact replicas of the original. The porch flooring is mahogany and the ceiling is yellow pine. Gorgeous stained glass door inserts were found in pieces in the attic. The panels were reconstructed and installed in the inner vestibule doors with newly installed oak and walnut flooring throughout the entire first floor. Each room has a

different design element. You will find hand-stenciled walls in the front parlor and original marble fireplaces. There is a coffered ceiling made of quarter sawn oak in the family room. Walls were removed to make a large functional state of the art kitchen with marble countertops, soapstone sinks, and wood freestanding pieces. This home demonstrates what creativity and respect for already existing resources can produce, a masterpiece of simplicity and beauty. This home is a must see along the tour.

Another home along the tour is the **Thomas Thompson House** located at **108 Etra Road in Hightstown**. Dating back to 1919, this is a charming Arts & Crafts/ Mission- style home, with original moldings and a Frank Lloyd Wright inspired fireplace. Thomas Thompson first owned the home and passed it on to his grandson Steven, and his wife Linda, in 1980. An addition was made in 1987. The dining room furniture first acquired by the original owner is characteristic of the English period style of the late 18th century. The sunroom also adds to the homes charm along with the Tiffany sconce lighting fixtures in the living room. The original Arts and Crafts molding remains with new additions of 18th century style molding added to the walls, as well. Take note that on the front lawn is a Stuart Hemlock, a rare tree in Mercer County.

The third home featured on the tour was once known as the **Clara Barton House**. In 1889, Mr. Abijah E. Applegate purchased an existing house at **216 South Main Street** from Mary Norton. During 1851-52 Clara Barton taught at the Cedarville Road School and lived with the Norton Family during the time she was teaching. (Mary Norton was the youngest of seven children and the only daughter.) As you recall, Clara Harlowe Barton was the founder and first President of the American Red Cross. In 1902, the home was moved to its present location and in its place a stately late Victorian townhome was built for Abijah and his wife Eva. Abijah lived in the home until his death in 1948. His wife, Eva Wright Applegate, lived in the home until 1964 when she sold it to Austin A Wright. It was then purchased by Joann

Woomer from her stepfather Austin A. Wright the Third. It was in the Applegate/Wright family until 2004 and is now owned by James and Mairead Thompson. Upon entering this architectural treasure, you will notice inlaid marble terrazzo floors, a brass fixture in the entrance, a magnificent chestnut banister and staircase. The staircase leads the eye upward to the stained glass window landing, one of many exquisite stained glass windows in the home. Be sure to take note of all the Victorian details of the home, from the working pocket doors, the patterned hardwood floors, and the ceramic tile decorated fireplace. The 9 ½ foot ceilings throughout the house, along with its chestnut woodwork, underscore its Victorian era. Where the brand new kitchen now stands was previously the dining room. The present owners kept the terrazzo floors from the original dining room as well as the windows that had to be reduced to half the size to allow for countertops and a backsplash. The lights in the kitchen are from a 1950's factory in Michigan. Jay Thompson made the dining room tabletop from wood from their barn and the base from Pennsylvania church columns. He also re-purposed the original toolbox used to build this house into a coffee table in the living room. Come and see this architectural gem and four others for yourself.

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



Pink house- Augustus T. Skillman House- 208 Stockton Street



Thomas Thompson House -108 Etra Road



Abijah E. and Eva Wright Applegate House-
216 South Main Street

Keep Mosquitoes and Ticks From Bugging You This Summer:

Take Steps to Prevent Bites Summer allows more time for children to play outdoors, but when kids are covered with bug bites after spending time outside, parents may start to worry about disease spread by ticks, such as Lyme disease, or by mosquitoes, such as West Nile virus. Luckily, parents can take simple steps to prevent bites and diseases spread by bugs. Think-stock Image Use an effective insect repellent Parents may feel overwhelmed by the many bug protection products in the grocery aisle, wondering which ones are best. CDC recommends a variety of effective products. Check the label for one of the following active ingredients: - DEET - Picaridin - IR 3535 - Oil of lemon eucalyptus. Most pediatricians recommend using products with 30 percent or less of these ingredients on kids. Once you've bought an insect repellent, use it whenever you and your children are outdoors. Put a few bottles or packets of repellent anywhere you might need them— in the car, by the door, in your bag. Make it easy so you'll remember. As hard as it may be to think about, any single bug bite has the potential to bring illness, so it's worth taking a moment for prevention. Make your backyard a tick-safe zone While you may think that ticks only live in the woods, ticks can also lurk in backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground

equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert. Check for ticks After playing outside, don't make ticks an uninvited guest in your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside, even if your outdoor adventures were only in the backyard. Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair. If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But to be safe, watch for signs or symptoms of Lyme disease such as rash or fever, and see a doctor if they develop. Bathing when you get inside can also help you find ticks and remove them. Additionally, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks. By following simple prevention steps, parents and kids can keep pests away so they can focus on fun outdoor activities like gardening, camping, hiking and just playing outdoors. For more information, please visit www.cdc.gov/westnile or www.cdc.gov/lyme, or call CDC Info at 1-800-CDC-INFO.

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