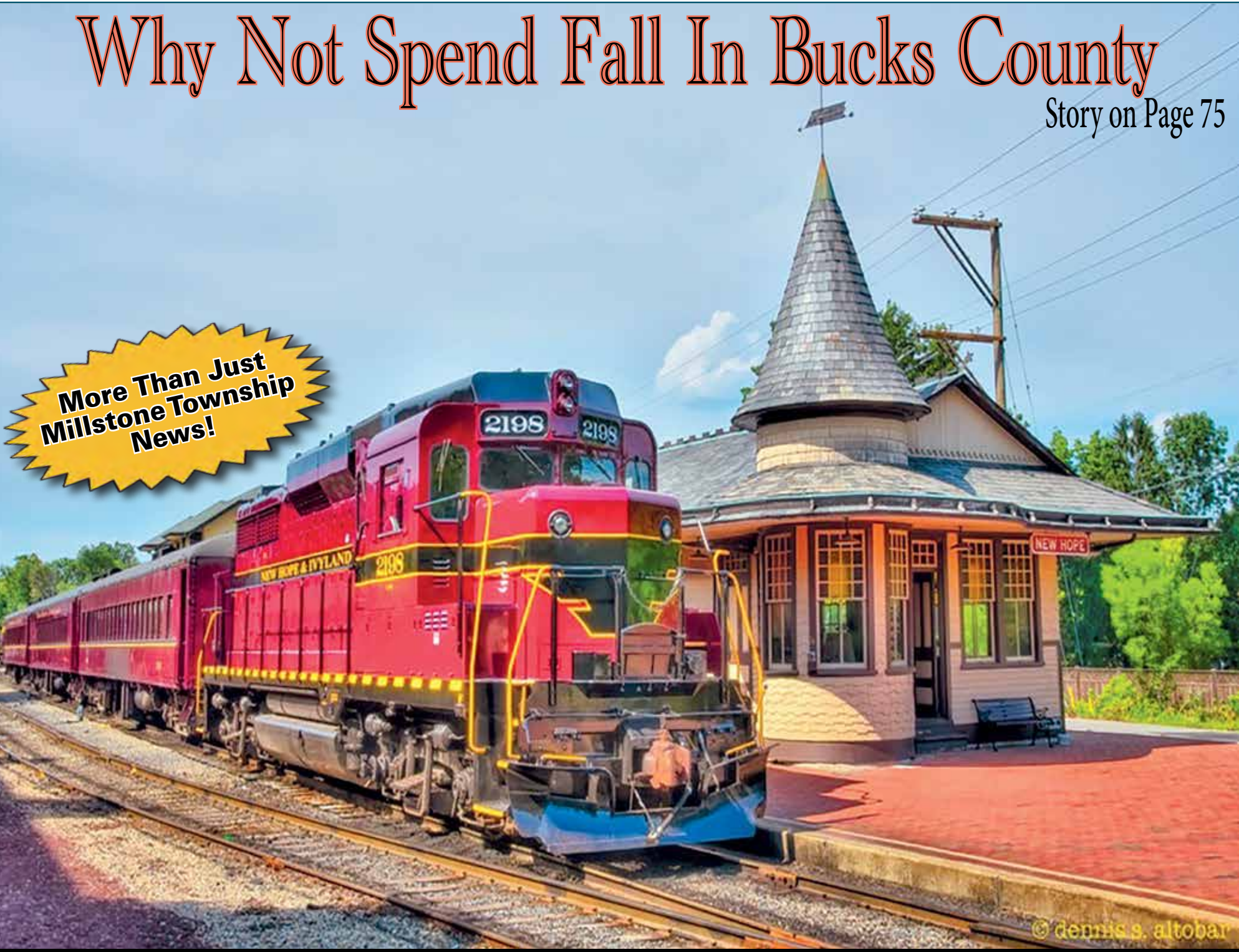


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Monroe Township Chorus to Present 9/11 Musical Tribute

By Pam Teel

The Monroe Township Chorus consists of seniors from different senior complexes in Monroe who share a love for singing and a patriotism to their country, putting on several free concerts during the calendar year. The ensemble consists of approximately 63 senior members who perform together to commemorate and bring attention to certain worthwhile causes such as our War Veterans here in the States. The focus of this concert is to honor those who lost their lives on 9/11.

The free concert will take place at the Monmouth County Library, 125 Symmes Drive, Manalapan, on Sunday September 11th at 2:00 pm. No tickets are required. The Chorus felt it was only right to reflect and remember that heartbreaking day when all of those lives were lost. In addition to the concert, the Chorus will also participate in the annual Monroe Township 9/11 Memorial Ceremony on Monday evening, September 12th, at 6:00 pm at the Monroe Township Memorial Tree Park on Prospect Plains Road.

Some Monroe residents have had their life changed forever on the fateful day in 2001. Below is a tribute to their loved one. The sculpture standing at the Memorial Park to honor the fallen was designed by Blaise Batko.

The symbols used in the design of this sculpture reflect the events that touched all of our lives on September 11, 2001. The nine black granite panels signify the month of September. The panels are carved to symbolize the New York City skyline. The date of eleven is symbolized by the black walkways. These same walkways represent the shadows of the missing World Trade Center Buildings in the New York City skyline. The white sidewalk is in the shape of the Pentagon. The two flagpoles remind us that the United States is a strong nation that has risen up from this tragedy and remains indivisible, with liberty and justice for all.

Two Monroe Township residents were lost at the Twin Towers site:

Mr. Vincent Gallucci is survived by his wife Barbara and his children, Joe and Alyssa.

Mr. Joseph M. Giaccone is survived by his wife Sondra and his children, Alex and Max.

On September 11, 2001, the lives of these Monroe Township families were also changes forever:

Mrs. Margaret Fallon lost her son William Fallon.

Mr. & Mrs. Jay Harris lost their son Stewart D. Harris.

Mr. & Mrs. Sherman Lillianthal lost their son Steve B. Lillianthal

Mrs. Dorothy Rothenberg lost her son Mark D. Rothenberg.

Mr. & Mrs. Donald Weiner lost their son Jeffrey D. Weiner.

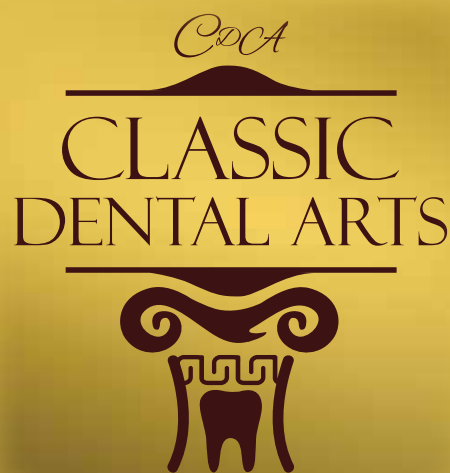
Mrs. Susan Cohen lost her brother John G. Chipura

Mr. Donald Palisay lost his brother Sal Fiumefreddo

Mr. & Mrs. James K. Samuel lost their son James K. Samuel, Jr.

May God Bless them all as we approach the 9/11 anniversary of this tragedy.





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Millburn High School Pays to Settle Bullying Case

By Fran Kirshner

In an unprecedented action, the Millburn School District, Millburn, NJ, agreed to pay Omari George, a 2014 graduate of Millburn High School, \$435,000 to settle his lawsuit in which he claimed he was a long term victim of bullying.

The George lawsuit alleged that, though the multiple acts of bullying were reported to school officials, those claims were ignored and that the school officials failed to take action to address the physical and emotional bullying.

The settlement was reached on the first day of the trial, heard in the New Jersey federal court as the George Complaint claimed his civil rights were violated and that Millburn failed to comply with the New Jersey law on bullying.

The law requires that when school officials are made aware that a student is being bullied, they must conduct an investigation and take effective action to address the harmful behavior.

"During my freshman and sophomore years at Millburn I was tormented by other students both physically and emotionally. I was the victim of frequent racial slurs and physical abuse and though I reported these, the school administrators ignored me," said Omari.

Since Omari's Millburn High School experience, the New Jersey law was changed to put more teeth into what school administrators must do to address bullying. The new law places responsibility directly on the school to take affirmative action to address allegations of bullying, including cyberbullying.

Millburn High School is frequently recognized as one of the finest schools in New Jersey.

George's lawyer, Harry Levin of the law firm of LevinCyphers, Toms River, said, "Millburn's handling of the complaints of bullying was abysmal. They failed to recognize that bullying was a huge problem in their student population. Omari and other minority students routinely faced racist statements and physical intimidation."

Prior to the George lawsuit, Millburn contracted for a Diversity Study to be performed. The Study disclosed pervasive evidence of a lack of sensitivity to minorities, including that there was not a single African American or Latino teacher at the school.

Levin said, "Our children need to be safe while they are in school and free from harassing behavior, especially when it's based on race, gender or sexual preference. Teaching children the importance of tolerance and acceptance is as important as the three R's."

Omari George, the son of Reverend Daryl and Brenda Barnes-George, a reading teacher, is now a sophomore at Morehouse College in Atlanta. He plans on a career in education and has created his own school for marshal arts. "I want to teach my students the skills necessary to protect themselves if they become a victim," Omari noted.

Levin commented, "Hopefully the real benefits of this case will be that parents make sure their children are not terrorized by other students, and that effective programs to address bullying must be implemented for New Jersey schools."

For further information or inquiries please contact Harry Jay Levin, Esq., at LevinCyphers, 700 Hooper Avenue, New Jersey. (732) 240-0909.



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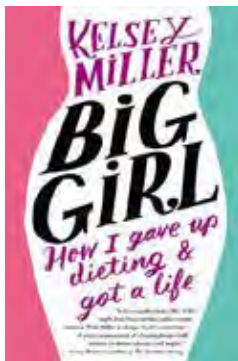
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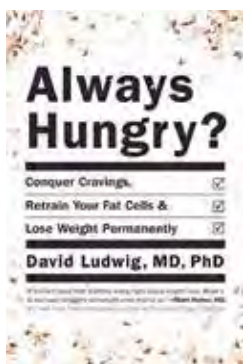
As the creator of the wildly popular Anti-Diet Project column on Refinery 29, Kelsey Miller has become a poster girl for the movement away from fad diets and body shaming and towards balanced, holistic living and body positivity. Her new book details the personal journey that inspired the column as well as the struggles and triumphs she encountered committing to her new, no-diet, balanced lifestyle. It's written in a witty, relateable voice that makes it feel like your best friend telling you a story (or many).



Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

David Ludwig, MD, PhD

Renowned endocrinologist and Harvard Medical School professor Dr. David Ludwig lays out a diet and lifestyle plan that he says can reprogram fat cells to diminish hunger and cravings and speed up metabolism, leading to lasting weight loss. This is likely to be this year's Wheat Belly.



5 Hours, 15 Minutes and 15 Seconds: Guinness World Record For Holding A Plank

By Jordan Titinigin

If holding a plank for a minute sounds a bit tough, imagine doing it for five hours, 15 minutes and 15 seconds.

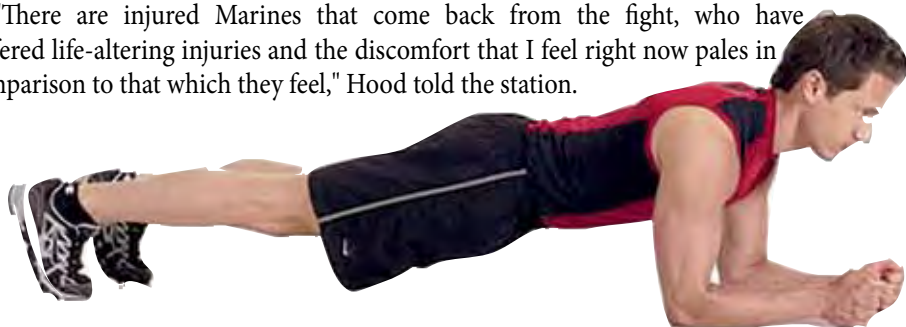
A former U.S. Marine from Carlsbad, CA, did just that this past May and set a new Guinness Book World Record. George Hood, 57, held an abdominal plank at the Junior Seau Oceanside Pier Amphitheater in Oceanside, CA, on May 31, 2016.

Hood broke the previous Guinness World Record for planking that was set by a Chinese police officer at four hours and 26 minutes, according to the The San Diego Union-Tribune.

Hood's family and friends kept him company during the plank and offered welcome distractions from the pain of holding his body up hour after hour.

Hood said he wasn't there just to beat the Guinness World Record, but also to raise money for the Semper Fi Fund, a charity that supports injured U.S. Service Members.

"There are injured Marines that come back from the fight, who have suffered life-altering injuries and the discomfort that I feel right now pales in comparison to that which they feel," Hood told the station.



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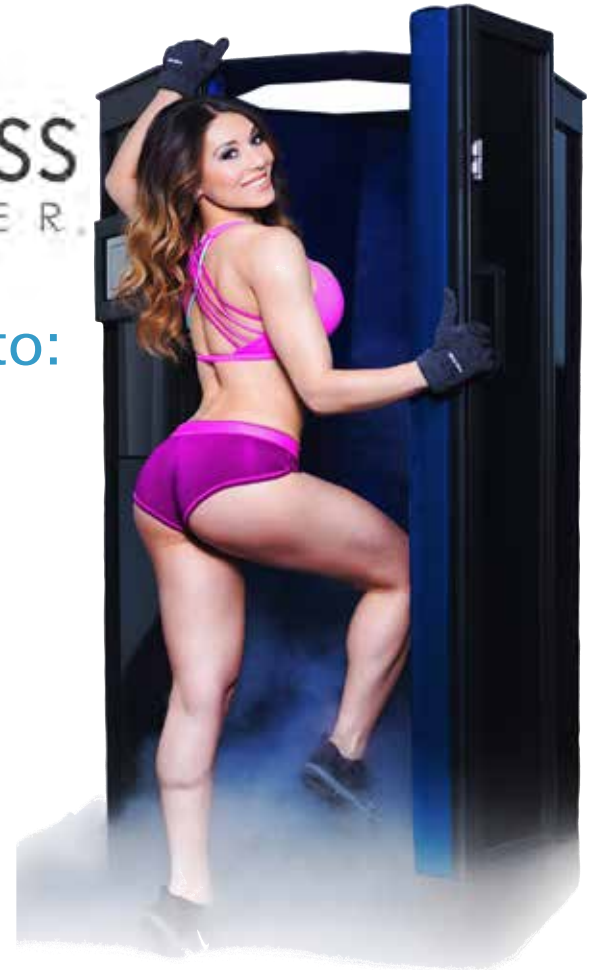
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DIABETES: Choosing the Right Glucose Meter

By Stefanie Maglio

Blood glucose meters are small, computerized devices that measure and show your blood glucose level. This information then allows you and your doctor to figure out how food, exercise, medications, stress, and other things can affect your blood glucose. This is fairly important as it will help to create a better treatment plan for the individual.

There are all sorts of meters that are available. Some meters are more basic, while others are more advanced with memory for storing information. Costs of these meters vary, and some insurance companies may not always provide coverage. It's important to find out what meter is best for you based on how simple or complex it may be, as well as what is best for you financially. When choosing a glucose meter, see if your nurse educator or doctor suggests one in particular. If they do, it would be best to start looking in that direction. It's also important to find out what your insurance covers when selecting a meter. Your insurance company may have a list of pre-approved meters that it covers. Also find out if your insurance covers the cost of supplies and testing strips. After checking with your insurance company, it'll be easier to see how much you will actually have to spend on a meter. It is also important to find out how easy it is or isn't to use the meter you're considering purchasing. Are numbers easy to read? And how much blood is necessary for a reading? How long does it take to get the reading? Maintenance is also an important thing to consider. Is it simple to clean? Can the meter be set correctly for new strips quickly and easily? Lastly, it may be a good idea to find out if you're looking for any special features in the meter such as storing memory. Some meters keep logs as well. It all depends on the preference of the individual. However, these are all important qualities to consider when purchasing a glucose meter.



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

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Coach's Corner

By Jill Garaffa

Dear Jill,

There's a pattern that repeats every year when I write my list of "New Year's Resolutions" or any other time of year when a milestone has been reached (like my birthday or anniversary) and I'm hoping you can help me break it. Each year, I look at all the areas of my life that need fixing. I look at my bad habits that I want to change. The first week or so things are fine. Then, I start to slip and eventually completely give up. The following year, the list of things I want to change is discouragingly similar to the year before, so it always looks like I'm trying to fix the same thing.

How can I break out of this pattern and get some momentum going in the right direction?

Frustrated,

T.J. in Holmdel, NJ

Dear T.J.

Thank you for your courage to ask about a topic to which so many people can relate! There are a few things I can offer from a coaching standpoint to help you move forward.

First, take a look at your language. Anytime your focus is on "fixing" or "changing" something about yourself you will actually end up repelling the very thing that you say you want. The secret is to be grateful and celebrate where you are in this very moment. What accomplishments have you already achieved? Why is this area of your life not worse? (It could always be worse, right?) You are doing something right. What is it?

Coming from a place of gratitude & celebration in an area of life you'd like to transform provides more power than when you come from a place of judgment. You are either blessing or cursing the very thing you want by your intention around it.

Next, true and lasting change comes from the inside out. In order for a goal to come alive, it must be connected to something you deeply value and believe is possible. Why is this goal important to you? What is worth the sacrifice you will be making to achieve this goal?

Last, in order to create momentum, connect your goal to a clear vision & action plan. See yourself a year from now, succeeding. If this goal is a reality in one year, what actions would you need to take right now? This allows your future to pull you forward and your goals to come alive!

Wishing you clarity, focus & power!

Jill

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

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

QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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Aging Gracefully

Getting older doesn't mean you have to lose your style, grace or good looks. Aging gracefully is an art, and one that you can master with practice and healthy habits.

Stay Positive

You know the saying. You are as young as you feel.

Well, attitude plays a big role in determining exactly how we feel as we age. Smiling, laughing and maintaining a positive demeanor – even when times are tough – can help keep us young at heart.

Projecting happiness and excitement about life will help others around you, too. And speaking of others, surrounding yourself with an equally positive social circle can help keep your focus on the good things in your life.

Growing older is often accompanied by health issues, grief and challenges. It's how you decide to deal with these issues that will help or hurt your chances of aging gracefully.

Find a Hobby

Getting involved in something you are passionate about can help you maintain your vigorous spirit and positive glow.

Join a garden club to show off your flowers, plants and shrubs. Make bingo night a weekly endeavor to get out of the house and make new friends through healthy competition. Spend more time taking your grandchildren to the park.

Anything you enjoy doing can be transformed into a hobby that you can relish for years to come. Without meaningful activities to partake in, you might be left feeling bored or alone. Options are endless for getting involved in something that will ultimately help you age gracefully.

Stay Informed

For many women, the beauty shop holds the key for vibrant, smooth skin and youthful hair-dos. A trip to the local hot spot allows women to discuss emerging beauty trends and skin-care products.

Women and men, alike, can also join their city gyms to find tips for maintaining their bodies. If you are constantly seeking out information on how to age gracefully, then you have won half the battle.

Utilize the guidance you receive to choose the best ways for you to ensure a graceful aging process.

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(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



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Being the New Kid at School

By Stefanie Maglio

There are several challenges that people must deal with in life. At one time or another, we all come across something that can be rather uncomfortable because it is new or unfamiliar. One of those things may be being the new kid at school. Being the new kid at school can seem like a scary thing, but it doesn't have to be. There are several ways to make it a much easier and pleasant experience.

First of all, the person must realize and accept that this sort of thing doesn't happen right away. It shouldn't be rushed or forced. Go with the flow, and take one thing at a time. Put yourself out there. Sit next to new people at lunch. Be friendly to everyone. Those who reciprocate the kindness will be worth your time, and those who don't will not be worth your time. Most importantly, give yourself time to adjust to your new surroundings and your new schedule.

Once you're comfortable and adjusted, start getting involved! If you have a passion for sports, try out. If you're into chess, join the chess club. The point is to do what you love. If you aren't sure, then try something new. Hopefully the school has plenty of clubs, sports, add any other groups to offer. Go for something that catches your attention and give it a try! Guaranteed you'll make friends along the way.

It may also be a good idea to become friendly and familiar with your teachers. After all, they are there to help you. If you're struggling with something in class, seek out your teacher for some one-on-one help. Not only will it help you, but the teacher will appreciate the effort that you have shown. This will also be beneficial when it comes time for recommendation letters, scholarships, and college applications. In no time, this new school won't be so new anymore and you'll fit right in!



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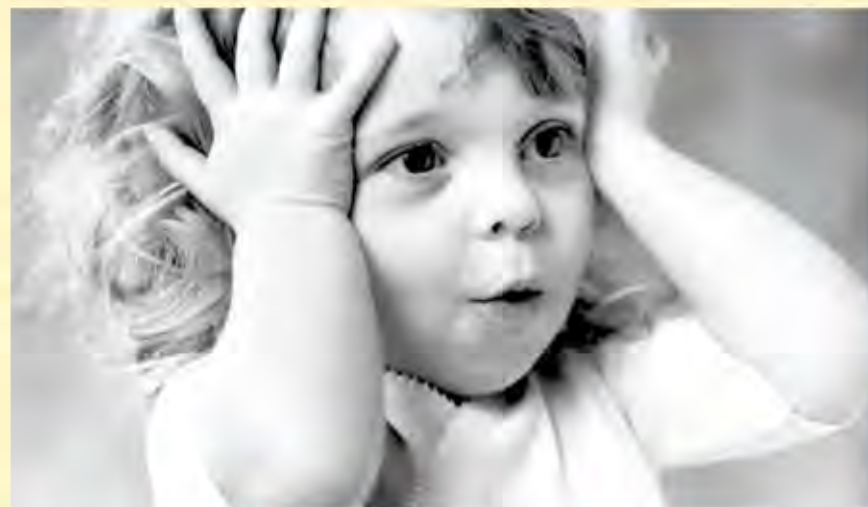
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Know Your Options

Under the No Child Left Behind Act for Children in Public Schools That Are "In Need of Improvement" Parents of children in public schools designated as "in need of improvement" can choose another public school or supplemental educational services (free tutoring). If your child's public school receives federal Title I funds, it must let you know how well the students in the school are learning. The school district must contact you if the school does not meet the academic standards set by the state for two consecutive years. You can find out how well your school is doing by looking at the school's report card. If your child's school has been identified by the state as in need of improvement, the school district must give you the choice of keeping your child in that school or sending him or her to another public school. If your child attends a school that has needed improvement for more than a year, your school district is required to give you a list of organizations and institutions that provide tutoring or extra help outside of the regular school day. This extra help is called "supplemental educational services." If your child is eligible for this help, and your income is low, the school district may pay for these extra services. Such services may include before- and after school tutoring in reading, other language arts, or math. If you have not heard from your public school about whether the school is "in need of improvement" and whether your child qualifies to receive supplemental educational services, contact the school or the school district and ask for the person(s) in charge of choice and supplemental services programs. You can also go to your state department of education's Web site for a list of schools in need of improvement and approved supplemental educational services providers. If you have difficulty finding these lists, call the U.S. Department of Education at 1-888-814-6252 for help in reaching your state contact, or go to the U.S. Department of Education's Web site at <http://www.ed.gov/about/contacts/state/index.html> for a list of contacts in your state.



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Your ADHD Offensive Line

Five People to Recruit in Your Child's Fight Against Attention Deficits

By Michael Ginsberg

The school year has started and as you feared, your child's teachers suspect he has ADHD. The good news is that you're not alone in tackling it! We've assembled a starting line-up of specialists on the ADHD front. Enlist their help to address the challenges of ADHD for your child and your family:

Cognitive-behavioral therapist

What they do: Help set up behavior modification programs. Establish goals, rewards, and consequences for behavior at home and at school. They can be a liaison between family and teachers. Helps the student understand their thoughts and feelings and how they impact behavior.

Advantages: Often provided at no or low cost through family's insurance. Can help families and teachers work together to maintain consistency in approaches being used for the student.

Disadvantages: Does not address the root cause of the ADHD. Not always covered by insurance. Can require a significant time commitment.

Nutritionist

What they do: Can help evaluate and adjust the student's diet to eliminate those things which may be exacerbating the ADHD, such as food dyes, caffeine, and other additives. Offer advice on other health-related factors that may be contributing to symptoms, such as low blood sugar, dehydration, and food allergies.

Advantages: Often covered by insurance with a referral from a doctor. Can offer advice on meal planning and budget-friendly foods.

Disadvantages: Does not necessarily address the root cause of weak attention skills, but rather nutritional contributions to hyperactivity and low energy.

Pediatrician

What they do: Conduct physical exams, noting family history, on-site behavior and parental concerns/observations on symptoms and behavior at school and home. He/she may also be able to help rule out vision problems (or provide a referral to a specialist). Many doctors have extensive knowledge on ADHD and will be able to discuss factors like sleep, exercise, and multiple treatment options.

Advantages: Can diagnose ADHD. Works with insurance companies. Able to prescribe medication.

Disadvantages: Some pediatricians are quick to prescribe stimulant medication, which can have side effects and does not address the root cause of ADHD.

Educational specialist

What they do: Work with teachers to create accommodations at school. Inform families about assistive technology. Help create and teach techniques to the student for school success.

Advantages: Familiar with ADHD and helpful accommodations at school. Can recommend ideas to parents seeking to continue accommodations at home.

Disadvantages: Accommodations may "enable" the ADHD by working around the child's needs rather than addressing the root cause.

Personal brain trainer

What they do: Assess the student's cognitive skills then create a brain training program to fit. (A cognitive skills assessment can pinpoint weak skills, which studies show are responsible for a majority of learning struggles.) Using one trainer per student, brain training targets any weak cognitive skills (which, in children and teens with ADHD, are often the skills of divided, selective, and sustained attention).

Advantages: One-on-one brain training is a form of cognitive

skills training that incorporates immediate feedback, intensity, and loading, among other features, to target the weak skills frequently associated with ADHD and other learning struggles. Effective brain training customizes programs based on the results of an initial cognitive skills assessment and uses exercises founded on years of clinical and scientific research.

Disadvantages: Not always covered by insurance. Requires a time commitment from the child and family.

If you're ready to build your team to help your child or teen navigate the challenges of ADHD, start with the key players above. They'll help you create a game plan that will be right for

you and your family.

Michael Ginsberg is the Owner and Executive Director of LearningRx Brain Training Centers in Marlboro and Red bank, NJ. LearningRx specializes in one-on-one brain training. They train cognitive skills through game-like exercises that are both fun and challenging—and do it with a unique personal trainer approach. LearningRx's customer satisfaction speaks for itself with an average rating of 9.5 out of 10. With 80 centers across the country, LearningRx is a pioneer in the one-on-one brain training industry. Learn more at www.learningrx.com or by calling 732-444-8579.

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Every LearningRx client works one-on-one with their own brain trainer, doing fun, challenging mental exercises that strengthen the core skills the brain uses to think and learn. We call it brain training. Parents and kids call it life changing. See what it can do for your child.

What might be holding your child back?

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AUTOMOTIVE **AUTO DOCTOR**

By John Speranza

How to Choose a Technician— Is one technician better than another?

Look for shops that display various certifications — like an Automotive Service Excellence seal. Certification indicates that some or all of the technicians meet basic standards of knowledge and competence in specific technical areas. Make sure the certifications are current, but remember that certification alone is no guarantee of good or honest work.

Ask if the technician or shop has experience working on the same make or model vehicle as yours.

Repair Charges: Unlocking the Mystery

Before you arrange to have any work performed, ask how the shop prices its work. Some shops charge a flat rate for labor on auto repairs. This published rate is based on an independent or manufacturer's estimate of the time required to complete repairs. Others charge on the basis of the actual time the technician worked on the repair.

If you need expensive or complicated repairs, or if you have questions about recommended work, consider getting a second opinion.

Find out if there will be a diagnostic charge if you decide to have the work performed elsewhere. Many repair shops charge for diagnostic time.

Shops that do only diagnostic work and do not sell parts or repairs may be able to give you an objective opinion about which repairs are necessary.

If you decide to get the work done, ask for a written estimate.

What should a written estimate include?

It should identify the condition to be repaired, the parts needed, and the anticipated labor charge. Make sure you get a signed copy.

It should state that the shop will contact you for approval before they do any work exceeding a specified amount of time or money. State law may require this.

What should I know about the parts to be repaired or replaced?

Parts are classified as:

New — These parts generally are made to original manufacturer's specifications, either by the vehicle manufacturer or an independent company. Your state may require repair shops to tell you if non-original equipment will be used in the repair. Prices and quality of these parts vary.

Remanufactured, rebuilt and reconditioned — These terms generally mean the same thing: parts have been restored to a sound working condition. Many manufacturers offer a warranty covering replacement parts, but not the labor to install them.

Salvage — These are used parts taken from another vehicle without alteration. Salvage parts may be the only source for certain items, though their reliability is seldom guaranteed.

What do I need after the work is done?

Get a completed repair order describing the work done. It should list each repair, parts supplied, the cost of each part, labor charges, and the vehicle's odometer reading when you brought the vehicle in as well as when the repair order was completed. Ask for all replaced parts. State law may require this.

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AUTOMOTIVE



Texting and Driving Aps Can Save Lives

By Susan Heckler

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

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

Some thinking points:

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

Our teens are not experienced and texting is their conversation method of choice so that makes them even more vulnerable to the bad decision.

Parents, check out some of the many aps out there that can stop your new driver from endangering lives:

- Textecution cuts off texting ability if the device is moving faster than 10 MPH. Any attempt to send a text message at more than 10mph brings up a window that simply says "you are moving too fast to use this application".
- OneProtect provides even more control for parents. Once the app is installed on a teen's phone the parent can turn the app on remotely, making it impossible for a teen to turn the app off without the parents finding out.
- AT&T DriveMode automatically sends a customized reply to incoming texts, just like an "out-of-office" autoreply. It also disables all ingoing and outgoing calls and web browsing.
- DriveSafe.ly reads text messages and emails out loud in real time, including shortcuts like LOL, and sends an autoresponse. You can even pick whether to have texts read to you with a male or female voice, or based upon the gender of the text sender.
- SafeCell aims to curb distracted driving in a couple of ways with a message letting the caller/texter know that you're driving and can't be reached.
- Cellcontrol is a subscription-based service that features a device inserted under the dashboard and an accompanying app that blocks your teen from sending or receiving texts while driving.
- Drive Safe Mode prevents texting and emailing while driving.
- Live2Txt lets you block incoming texts and calls while driving.

You can also check with your cellphone provider as some of them have aps or services built in to the phone.

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

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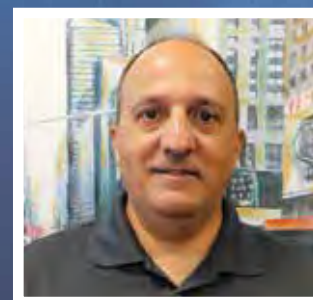
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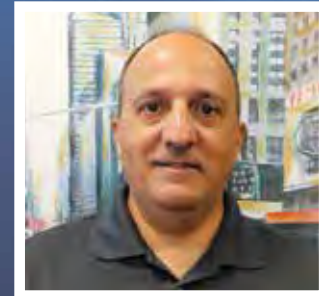
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The Buying Climate

*If you've been holding out for the perfect time to buy a new vehicle,
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New and used automobile sales are up thanks to improvements in the availability of financing as well as some of the lowest interest rates we have ever seen.

Americans are also choosing to replace their aging cars, something many have waited to do as jobs and the economy have slowly dusted themselves off after the Great Recession.

But even with so many positive factors in today's auto-buying climate, no one knows how long credit will be so easily available or for how long interest rates will remain this low.

All of this adds up to one simple fact: It's a great time to buy your next vehicle.

New Loans Are Up

If you need proof that car sales are on the rise, look no further than December 2014. General Motors reported that it sold more than 274,000 vehicles in that month, securing its best December in seven years.

Toyota also reported a strong December and predicted 2015 sales of 16.7 million vehicles.

Car loan debt increased from \$795 million in 2011 to more than \$918 million in 2014, according to a recent report by Bankrate. This statistic is likely due to the rising number of Americans opting for new models.

In fact, the average age of cars grew from 10.1 years in 2007 to 11.3 years in 2012, reports the Bureau of Labor Statistics.

Easier Financing

Lenders have slowly but steadily loosened their belts on consumer loans as the economy continues its resurgence. And while interest rates are low across the board, you may find the best deal at your local credit union.

Rate comparisons show that credit union auto loan rates are consistently lower than other lending sources. According to a 2014 report by the market research firm Informa, the average rate on a new car loan of \$30,000 from a commercial bank was around 4.16 percent, while the average rate on the same loan from a credit union is 2.82 percent.

Check today's rates by conducting an online search or by sitting down with your car loan professional.

The first step to finding out which source can provide you with the best loan is getting pre-approved. Lenders will gather and analyze all of your financial information, including current debt, income and credit scores, to make their decision.



Does This Baby Make Me Look Fat?

By Stefanie Maglio

Being pregnant should be a happy time that is to be celebrated. A child is on the way and there are many things to be excited about. However, many expecting women do dread certain things about being pregnant. One of the main things that comes along with pregnancy is gaining weight. This weight does not just go to the stomach area, but to the hips, thighs, arms, and face as well. Women tend to be insecure about how they look during some point of their lives. Some struggle with this more than others. However, being pregnant and heavier than you'd normally be, this can take a toll on a woman's self-esteem. Luckily, there are tips and tricks to look and feel slimmer while pregnant! Try to maintain your health as best as you can. You will be gaining weight, but don't try to yield to the food cravings. Instead, embrace them and try to eat as healthy as possible. Also, try to exercise. By eating healthy and staying active, not only will you feel better but you will look better in your own eyes as well as other's. It can be difficult to keep up with the exercising and healthy eating, especially later in the pregnancy. However, there are ways to create the illusion of a slimmer body with certain clothing. As a matter of fact, wearing clothes that are tighter around the stomach will make you look slimmer. It'll hug all the right places while making it more obvious that you are pregnant, rather than fat. Wear maternal pants that fit your size perfectly to stay comfortable. If your breast become larger, wear v-neck collars to enhance your assets and slim down your shoulders and chest. Also, wear pants that flare at the end to balance your shape and make your stomach appear smaller. Lastly, highlight any facial features you may be particularly confident about. Jewelry, scarves, or even a new pair of shoes can help boost your confidence, and not only you, but everyone else will notice that healthy and happy glow!

Trendy Moms: Top Ten Trends for Fall 2016

By Stefanie Maglio

Being a mom doesn't mean that you can't keep up with the latest fashion trends. It can be expensive to always go shopping for new additions to the wardrobe. Not to worry, there are ways you can make the clothing you already have seem fresh and new. Sometimes all it may take is adding a scarf to an outfit to complete the look, or even a pair of earrings. Here are some of the fashion trends for fall 2016:

1. Try out different materials such as suede. A pair of suede boots just may be the finishing touch on an outfit you already have.
2. A button-down silhouette with a skinny scarf instead of a tight sweater will look chic and stylish this fall.
3. Instead of patterns, it's all about the material. Try dark colors like black or maroon. Go for a material like velvet. As for length, go for longer clothing pieces.
4. Believe it or not, wearing the same material throughout your outfit is totally in. A jean jacket with your favorite pair of jeans and an eye-catching accessory will be a hit this fall.
5. Instead of a coat with a bright pattern, try a pair of overalls with a cool pattern.
6. Anything silky or with bright and colorful embroidery is a good idea.
7. A darker shade such as gray or brown and a ribbed texture are great qualities to look for when trying to get that put-together look this fall.
8. Instead of ripped blue jeans, go for the straight-legged darker pair of jeans.
9. Go for something bold such as a large bow or pattern that stands out on a skirt.
10. Boho embellishments will help create a casual and laid-back, yet stylish, look this fall.

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MOVIES TO CATCH IN SEPTEMBER

By Joely Phenex

Miss Peregrine's Home For Peculiar Children

When Jake discovers clues to a mystery that spans alternate realities and times, he uncovers a secret refuge known as Miss Peregrine's Home for Peculiar Children. As he learns about the residents and their unusual abilities, Jake realizes that safety is an illusion, and danger lurks in the form of powerful, hidden enemies. Jake must figure out who is real, who can be trusted, and who he really is.

Storks

Storks deliver babies...or at least they used to. Now they deliver packages for global Internet giant Cornerstore.com. Junior, the company's top delivery stork, is about to be promoted when he accidentally activates the Baby Making Machine, producing an adorable and wholly unauthorized baby girl. Desperate to deliver this bundle of trouble before the boss gets wise, Junior and his friend Tulip, the only human on Stork Mountain, race to make their first-ever baby drop – in a wild and revealing journey that could make more than one family whole and restore the storks' true mission in the world.



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Did You Know that...

By Pam Teel

Did you know that dreaming is the most mysterious and interesting experience in our lives and that people forget 90 percent of their dreams? Not everyone dreams in color. 12 percent of sighted people dream only in black and white. Only 4.4 percent of people under 25 dream in black and white. The remaining dream in full color. Recent research has suggested that the changing results may be linked to the switch from black and white film and TV to color media.

There is still a lot that is not known when it comes to sleep. What is known is that certain changes do occur in the brain during sleep. You have probably heard that dreams only occur during rapid eye movement, (REM) sleep, but we are actually constantly dreaming. Just because you don't see the dream, it doesn't mean it's not there. As the night goes on and periods of REM sleep lengthen, within the latter third of the night is when the majority of our dreams occur. REM sleep is a normal stage of sleep characterized by rapid eye movement. During REM sleep the body is paralyzed by a mechanism in the brain in order to prevent the movements, which occur in the dream from causing the physical body to move.

25 percent of the population experience what is called lucid dreaming, which is a state in which one is aware that they are dreaming. They can even change the scene in their head if they don't like what they are dreaming about.

10 percent of the population claims to have had an astral projection, which is an interpretation of any form of outer body experience on the astral plain. An example would be if you ever dreamed that you were flying over the ocean, or wherever, and it feels so real to you, chances are you are astral projecting. (The astral body separates from the physical body.)

Between 18-38 percent of the population have experienced at least one precognitive dream and 70 per cent have experienced déjà vu in dreams, dreaming the same dream over and over again. Dreams can be symbolic. We, as human beings are continually in search of meanings and meaningful patterns in a dream, the process of trying to make sense of our world doesn't stop when we are sleeping. There are literally thousands of books out there on dream interpretation.

Animals can also dream. All mammals, reptiles, and small birds do experience REM sleep. Have you ever seen a dog whimpering in his sleep and moving his legs as if he were running? Chances are he's dreaming about chasing a cat up a tree or out playing fetch in the yard. Insects and fish do not experience REM sleep.

The most common emotion experienced in a dream is anxiety. Negative emotions are more common than positive ones. People can incorporate things into their dreams. Say you are sleeping and someone is playing an instrument in the next room. You could start to dream that you are at a concert or a part of a symphony.

Men and women dream differently. 70 percent of the characters in a man's dream tend to be other males. A woman contains an almost equal number of men and women in their dreams. Men generally have more aggressive emotions in their dreams and women tend to think more about relationship conflicts.

We dream in real time. In reality, dreams can play out for 20, 30, and even 60 minutes. People who can remember their dreams show a different brain activity then those who can't. They have more spontaneous activity in a part of their brain called the temporoparietal junction compared with people who rarely can remember their dreams.

Nightmares aren't always about fears and although bad dreams are scary they can mask other underlying emotions that we are feeling such as failure, worry, sadness, guilt, confusion.

How many times have you heard someone say, "I had a weird dream last night?" Your dreams aren't thought weird until you actually wake up and call them weird. When you are having a dream, no matter how weird, like if you're dreaming that you're playing tennis with a giant octopus while on roller skates, it's not weird while you are dreaming it, only after you come back into the waking world will you find it weird.

If you wake up trying to remember your dream, best not to chase it, chances are it's already long gone.

Sweet Dreams Everyone!



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Millstone Township Foundation For Educational Excellence Announces 180 Day Club Kick-Off

MIL Millstone Township Foundation for Educational Excellence (MTFEE) announces the kick-off of its "180 Day Club" for the 2015-16 school year. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget.

The "180 Day Club" asks for contributions of \$1.00 a day for each of the 180 days of school and "extraordinary" learning. Families who contribute will have their name displayed on an acorn. The acorns will be hung on the MTFEE oak tree murals that are displayed in the lobbies of the primary, elementary and middle schools.

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$523,700 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEAM enrichment programs, learning lab, book rooms, professional development, fitness equipment, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall.

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

For more information about the "180 Day Club," becoming a trustee or its fundraising efforts, please e-mail info@mtfee.org, visit www.mtfee.org and Like Us on Facebook.



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Hoof Prints On The Heart:

A Nonprofit Organization combining horses and healing in our own backyard!

By Pam Teel

Hoof Prints On The Heart, Inc is a 501c (3) Nonprofit organization dedicated to providing Equine-Assisted Activities and Therapies (EAAT) to individuals who are working through personal and emotional challenges in all stages of life. Under the guidance of a licensed counselor, and professionally trained staff, children and adults who may be experiencing feelings of anxiety, depression and isolation will have the opportunity to receive unconditional acceptance through a genuine connection with horses, in a peaceful and idyllic setting.

Located in Millstone Township, NJ, the heart of picturesque Monmouth County horse country, and operating out of Golden Gait Farm, www.goldengaitfarm.com, Hoof Prints On The Heart offers participants a chance to reconnect with nature and explore alternative solutions to common every-day problems by actively engaging with caring and compassionate staff and equine partners in a safe, fun and therapeutic environment. In addition to helping people, Hoof Prints on the Heart gives many horses an opportunity to have a purpose long



after their other careers end.

President and founder of Hoof Prints On The Heart, and owner of Golden Gait Farm, Jacki Hundertpfund, is a life-long animal lover and horse woman. Ms. Hundertpfund started the nonprofit organization when she was trying to find a job for horses that couldn't be shown or ridden anymore. "Most people don't want to pay board on a horse that's not useable anymore. Too many of them end up at an auction or tossed out in a field to live out the rest of their lives. This causes overcrowding in rescues, only to be challenged where to place them and how to raise money to care for them properly," stated Ms. Hundertpfund. "At Hoof Prints On The Heart, horses are donated to our program. It becomes their "forever home." Every horse is given an important job and that job becomes the easiest, most important job in their golden years. All they have to do is be loved, groomed, eat treats, and be spoiled, forever, until they cross over the rainbow bridge. Their only work is to teach people how to love them and how to cope with individual problems in a peaceful serene environment."

When Hundertpfund was looking for the right person to lead the organization, she turned to Jenni Tevlin, who has over six years of experience, specifically in the field of equine assisted activities and therapies, as well as 3 years dedicated solely to providing these services to veterans and underprivileged children. Tevlin was delighted to accept the position of Executive Director and describes the entire experience as a "dream come true."

According to Tevlin, "Unlike many traditional forms of healthcare, this provider has four legs, a flowing mane and tail and a soft welcoming muzzle. Instead of a cold, crowded waiting

room, the receiving area is a warm and fuzzy farmhouse filled with quiet nickers welcoming you to come in and explore your mind in an entirely new and unfamiliar way. With their large kind eyes and curious lips, horses are, by many accounts, the best healers. Naturally social animals, horses provide unconditional acceptance, friendship, companionship and love. They also release the calming and bonding hormone, oxytocin, and just by their mere touch, horses have an innate ability to cure what ails us. Throughout history, anecdotal evidence has supported the idea that animals can be "healing." Horses in particular with their selfless desire to please humans and their consistent non-judgmental demeanor, offer safety and stability in a world that is sometimes filled with chaos and confusion. Ask anyone who has ever had a relationship with a horse and they will tell you, **The Best Therapists Have Four Legs!**"

Tevlin, also a lifelong animal lover and horse owner herself, became certified through the Professional Association of Therapeutic Horsemanship (PATH) International as an Equine Specialist in Mental Health and Learning and a Therapeutic Riding Instructor in 2013. She holds a Bachelor of Science and Master of Science degree in Animal Science, with a specialization in Equine Science, from Rutgers University, as well as a Master of Science in Mental Health Counseling from Monmouth University. Tevlin is a NJ-State Licensed Associate Counselor and a National Certified Counselor, working toward licensure as a Professional Counselor under a state-approved supervision plan. Tevlin developed and taught the first graduate course in Animal-Assisted Therapy for Monmouth University's Psychological Counseling Program in 2014, and continues to teach her course, 'Animal Assisted Therapy in Counseling, as an adjunct professor, each fall, alongside her certified therapy dog, Sweet Pea, who also volunteers her time with their certifying organization, the Monmouth County SPCA. Tevlin also developed and teaches a similar class, 'Animal-Assisted Therapy' as a part-time lecturer in the Rutgers University undergraduate Animal Science Department. She has presented her work regarding 'Equine-Facilitated Mental Health for Veterans with Post-Traumatic Stress Disorder' alongside her colleagues, at both the PATH Region 1 and PATH National Conference in 2015 and she has worked closely with other non-profit organizations that have shared visions and missions. Tevlin was recently awarded a \$4000 grant on behalf of another nonprofit organization, which she used to jointly collaborate with several other teams to investigate the impact of Equine Assisted Activities and Therapies (EAAT) in both horses, and veterans with PTSD. Everyone is anxiously awaiting the results of this collaboration and the impact that this data could have on the field of animal-assisted therapy!

Hoof Prints On The Heart just announced that Tevlin was among a select group of professionals chosen to attend a 3-day intensive workshop sponsored by The United States Department of Veterans Affairs and PATH International. This Equine Services For Heroes Instructor Training will be held at BraveHearts Therapeutic Riding and Educational Center in Poplar, Illinois at the end of August. It will focus on providing equine assisted services for veterans and military members. The entire team at Hoof Prints On The Heart is so proud of Tevlin's accomplishments and that fact that she was selected for this honor.

"At Hoof Prints On The Heart, every horse has a forever home here on our farm, and a place in the hearts of everyone. Every amount donated, great or small goes towards this mission to provide a horse with a forever home, and a person in need of the Equine Assisted Therapy that will help them in a way that's priceless. Even if you can't donate, please share our page and website to spread the word & assist in making our mission successful. We are a 501c (3) nonprofit organization and all donations are tax deductible," stated Hundertpfund.

To learn more about Hoof Prints On The Heart or to make a donation please visit:

www.hoofprintsontheheart.org

<https://www.facebook.com/Hoof-Prints-on-the-Heart-1538605993034847/?fref=ts>

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Fashion Show

MILLSTONE TOWNSHIP MIDDLE SCHOOL PTSA TO HOST
"FASHION SHOW" ON OCTOBER 21ST 2016

Millstone Township Middle School PTSA will be hosting a "Fall Fashion Show" fundraiser on October 21st at 6:45 p.m. at Millstone Township Middle School. The cost of the event is \$15.00 per adult, \$10.00 per child & \$8.00 per model.

The models will be the districts' own students showcasing their unique sense of style wearing fashions from their favorite stores.

Help support the Middle School while enjoying an evening watching your child & their friends walk the runway!

Ticket prices include beverages, light dinner and dessert. There will be raffle baskets and a 50/50 raffle.

Advertising & Sponsorship opportunities are available.

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

To order tickets or find out about sponsorship or advertising opportunities, visit www.mtmsptsa.com

Millstone Day



Sunday, September 18, 2016

Frogbridge Day Camp

For: All Millstone Residents

Location: Frogbridge Day Camp

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75th Anniversary of Pearl Harbor – Monmouth County Remembers

By Paul Zigo



The attack on the U.S. naval base at Pearl Harbor 75 years ago on December 7, 1941 is now seen as the turning point of World War II. The devastating raid resulted in America entering the war and leading the shattered states of the free world to a victory over Axis tyranny in 1945. The sacrifices of the veterans and the fallen of Pearl Harbor therefore were not made in vain and should never be forgotten. The World War II Era Studies Institute, working in cooperation with the Monmouth County Library and the InfoAge Science History Learning Center, will present a series of programs throughout the fall to commemorate the 75th anniversary of Pearl Harbor. All programs are free and open to the public.

In September at the Monmouth County Library Headquarters in Manalapan, two programs will be presented. "A Failure of American Diplomacy – Summer 1941" on September 15th at 1 pm and "Could Pearl Harbor Have Been Avoided" on September 22nd at 7 pm. Come October at the Monmouth County Library Eastern Branch in Shrewsbury, the presentation "The Attack on Pearl Harbor: How and Why it Succeeded" will be made on October 17 at 7 pm and on October 26, at 7 pm, the program "Japanese War Council, October 1941: Could War with the US Been Avoided". On November 20th, 2 pm, at the Monmouth County Library Headquarters in Manalapan, the musical "Songs and Letters of WW II" will be presented by the Traveling Literary Theater. Thereafter, on December 7th at 1 pm, a formal ceremony commemorating the 75th Anniversary of Pearl Harbor will be conducted at the InfoAge Science History Museum and Learning Center in Wall Township. Many veterans of the Second World War will be recognized during the program.

The World War II Era Studies Institute, the Monmouth County Library and InfoAge invite all to attend the anniversary programs. Attending the events will enable one to learn about a very important event in history that brings about the world we live in today.

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REALITY IS THE ULTIMATE OUTRAGE

By RUSS PERRINE—The writer, of *Monroe*, was an on-air news editor at New York's former 97.9 FM and graduate of the C. W. Post Campus at Long Island University. He can be reached at RPerrine@aol.com

Just another clever bumper sticker? Perhaps. But when you think about it, our present national situation seems to be a near perfect fit.

Full disclosure: it was a bumper sticker – displayed on a truck parked in Perrineville!

Reality does not need a lengthy definition. What might be more interesting is how reality can make us react. Take Mr. Sandy Berger for instance.

Berger was President Bill Clinton's National Security Advisor from 1997 to January 20, 2001. After leaving office, during the fall of 2003 Sandy Berger visited the National Archives building in Washington and gained private unsupervised access to the area where classified documents are stored. Unaccountably Berger was charged and pleaded guilty with unauthorized removal and retention of classified papers by "stuffing the documents into his socks and pants." In April 2005, Berger was sentenced to serve two years of probation, 100 hours of community service, fined \$50,000 and stripped of his security clearance.

Fast forward to present day. Neither Sandy Berger or the Clintons ever revealed why he did this. Upon his death, President Barack Obama praised Berger's government service and dedication to being a humanitarian.

As of this writing, Donald Trump is the republican candidate for President of the United States. In a major speech on foreign policy, Trump delivered a carefully worded summation of U.S. policy failures that may be ascribed to President Obama and former Secretary of State Hillary Clinton. A specific reference was made to our military being at peak operational readiness if they were ordered to the Benghazi attack on September 11, 2012. Trump was careful to charge the Commander in Chief for failing to issue the order as the terrorists began their assault. Four active duty members who repeatedly requested U.S. military support be sent to their location were burned to death in the consulate building.

When Charles Krauthammer of Fox News was asked recently why he thought Russian fighter jets continually buzz American warships conducting routine Baltic Sea exercises, Krauthammer (a distinguished author and news commentator) gave a lengthy answer of how the Russian President Putin was attempting to recreate the "glory days of the USSR."

What is never mentioned is the frustration and anger Putin must be feeling watching his economy deteriorate because USA oil drillers continue to add to the crude oil supply glut thereby pressuring the world crude price. OPEC is no longer a factor.

Fox Business (FBN) broke the story July 25th that the current USA crude oil storage glut is being stored outside our borders by the oil cartel so the General Accounting Office cannot accurately record the giant oversupply. The cartel desperately wants the WTI price return to \$146.00 per barrel by reporting a large "crude oil supply drawdown." Trump is on record stating as president he will begin a massive export of U.S. sweet crude to help pay down the \$19,000,000,000,000 national debt after our domestic oil needs are met.

So why is outrage such a factor in our country? The expression that comes to mind is: "a little bit of knowledge is a dangerous thing." We exist in a communications whirlpool. Every viewpoint has a chance of being read, seen or heard.

Knowledge and education in our government have never been as important as they are at present.

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* reviews published from zillow.com

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



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\$1,499,000 Agent: JoAnn Stewart

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MLS#6812246

14 Elm St., Hopewell, NJ 08525
\$575,000 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#6833938

20 Eastwood Dr., East Windsor, NJ 08520
\$469,000 Agent: Donna Moskowsky

4br, 2.5ba Totally remodeled from top to bottom this home shines to perfection. Full basement ready to be finished. Best for last is the deck that will lead you to the pool that has a brand new filter & was just filled for the new buyers. Must see to appreciate!



MLS#6840601

43 Heritage Dr., Allentown, NJ 08501
\$649,900 Agent: Patricia Hogan

5br, 3.5ba, 3831 sq ft in Heritage Green, including an add'n of 1st fl master/au pair/in law-suite. 5 zone radiant heat under hrwd fl throughout main floor. Open fl plan w/ wdfp. 3 zone Heat/AC. Sprinkler system. New roof 8/2016!



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
\$849,000 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
\$389,900 Agent: Patricia Hogan

3br, 2.5ba eat in kit that opened 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/motorized chandelier, recessed lighting, 2 walk-in closets in Master bedroom, Bose wired Entertainment System.



MLS#6838577

27 Carnation Road, Monroe, NJ 08831
\$499,000 Agent: Donna Moskowitz

4br, 2.5ba great value in Monroe Manor. 42" wht kitchen cabinets w/stainless steel appliances. Full basement to use for storage or invest in finishing. This is priced to sell!



MLS#6840239

59 Fenton Lane, Chesterfield, NJ 08515
\$375,000 Agent: Gregory Harvell

4br, 2ba beautiful ranch features a renovated kit w/stainless appliances & granite counter tops. Finished basement offers a large den, bedroom & full bathroom. 20'x40' in-ground pool on nearly half acre of nicely landscaped yard.

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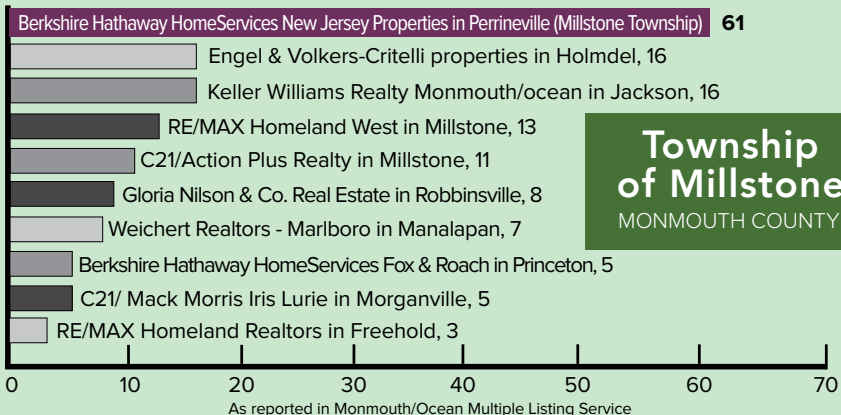




Who **LISTS** and **SELLS** the **MOST** in Millstone Township?*

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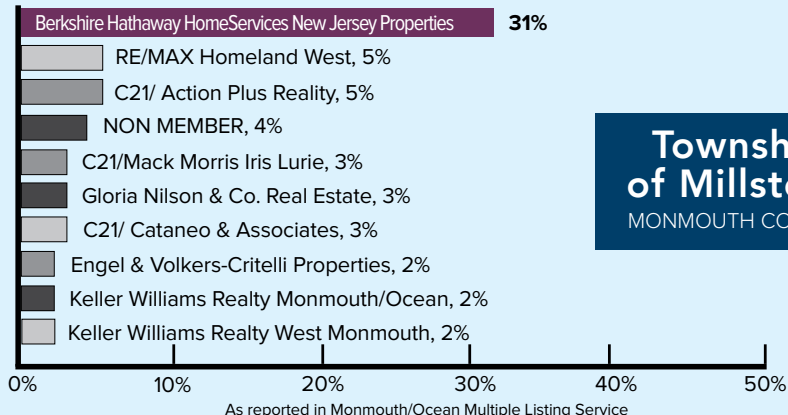
JANUARY 1 - AUGUST 9, 2016



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of Millstone**
MONMOUTH COUNTY

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JANUARY 1 - AUGUST 9, 2016



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MONMOUTH COUNTY

* Property types include residential, land/lots, multi-family, commercial, residential rental



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\$ 699,000 **Millstone Twp.**
www.5RueCourt.com



\$ 619,000 **Upper Freehold**
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\$ 619,900 **Millstone Twp.**
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\$ 515,000 **Millstone Twp.**
www.342MillstoneRoadClarksburg.com



\$ 484,900 **Millstone Twp**
www.170PaintIslandSpringRoadClarksburg.com



\$ 449,000 **Millstone Twp.**
www.64-Rising-Sun-Tavern-Road.com



\$ 399,900 **Jackson**
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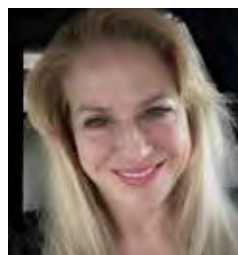
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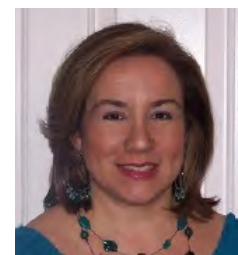
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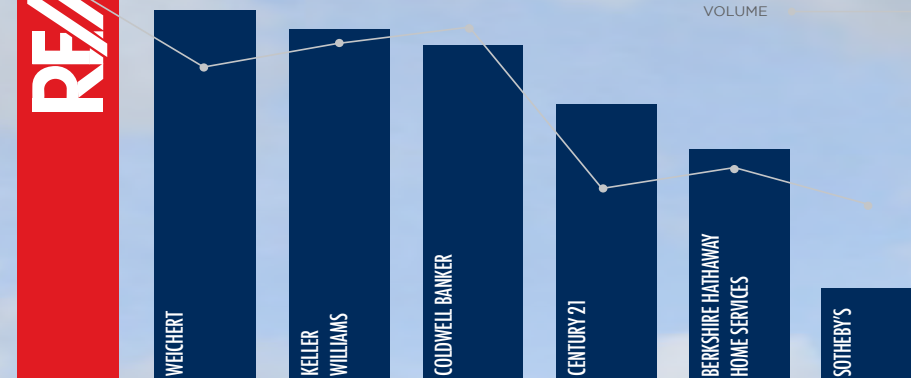
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This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/16 - 6/30/16. It includes which listings were sold by such organization itself, or with the aid of a cooperating broker for the state of NJ and time period indicated, according to the data by the following Multiple Listings Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Jersey Shore/Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data Maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.



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\$375,000 Jackson Twp.
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Open Floorplan, 2 Story Living Rm & Family Rm Plus Beautiful
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\$475,000 Millstone Twp.
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& Lots Of Windows. Heated 2 Car Garage With Loft
& Garden Like Backyard.



\$489,000 Plumsted Twp.
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Real Estate Trends To Watch

By Gina DiRusso

Last year was one of the strongest years for the real estate market. Experts predict that this strong real estate market will continue for a while. Unemployment is steadily declining and consumers are continuing to buy more, giving the real estate market the boost it needs to continue being successful.

Take a look at these four real estate trends to watch.

Rising Inventory

There are fewer distressed properties in the housing market and single-family home median sales are growing. In 2016, buyers have a huge inventory of quality houses to choose from in their search for their next home. To stay on top of this trend, zero in on exactly what your client is looking for, to avoid wasting time touring homes that may not meet all of their needs or expectations.

Millennials, Millennials, Millennials

Millennials are officially the biggest generation in the workforce, and experts predict that a good number of these millennials will begin investing in real estate. Realtor.com suggests that millennials will purchase one out of three homes on the market in 2016. Smart real estate agents will be focusing specifically on tailoring the buying process for this younger generation. Increasingly, agents will need to have a steady online presence and be willing to work with technology. Millennials are always researching and finding out information online before purchasing anything.

Mortgage Rate Increase

Late last year, the Federal Reserve increased interest rates, which is expected to lead to higher mortgage rates. This will increase the amount of monthly payments and also affects the debt-to-income ratio, making it harder for buyers to afford homes. Current homeowners will likely choose to expand or remodel their homes with home equity loans, rather than buying a new home.

Buying Is More Affordable Than Renting

Rental prices are increasing across the country, and this trend is continuing. Vacancy rates are low, because would-be buyers in the past few years chose to rent long-term rather than buy. Property owners and landlords can increase rent prices, often to amounts that are higher than a mortgage. Purchased homes are more affordable than renting in many markets, and many people will choose to purchase a home and invest in a property.

Of course, these are national trends. Every region is different. Give us a call and we'll help you decide what might be best in your particular area, and assist you in making the next property transition in your life.



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Benefits Of Landscaping For Birds

Among the fondest and most memorable moments of childhood are the discoveries of songbirds nesting in the backyard. The distinctive, mud-lined nests of robins and their beautiful blue eggs captivate people of all ages. Likewise, the nesting activities of house wrens, cardinals, chickadees, and other common birds can stimulate a lifelong interest in nature.

As people learn to enjoy the beauty of bird-life around their home, they may wish to improve the "habitat" in their yard so that more birds will visit their property. You can attract birds by placing bird feeders, nest boxes, and bird baths in your yard, and by planting a variety of trees, shrubs, and flowers. These can provide good nesting sites, winter shelter, places to hide from predators, and natural food supplies that are available year-round.

Increased Wildlife Populations

You can probably double the number of bird species using your property with a good landscaping plan.

Energy Conservation

By carefully arranging your conifer and hardwood trees, you can lower winter heating and summer cooling bills for your house.

Soil Conservation

Certain landscape plants can prevent soil erosion.

Natural Beauty

A good landscaping plan will contribute to a beautiful, natural setting around your home that is pleasing to people as well as birds.

Wildlife Photography

Wildlife photography is a wonderful hobby for people of all ages.

Bird-watching

A fun hobby is to keep a list of all the birds seen in your yard or from your yard. Some people have counted over 190 species of birds in their yard!

Natural Insect Control

Birds such as tree swallows, house wrens, brown thrashers, and orioles eat a variety of insects.

Food Production

Some plants that attract wildlife are also appealing to people. Cherries, chokecherries, strawberries, and crabapples can be shared by people and wildlife.

Property Value

A good landscaping plan can greatly increase the value of your property by adding natural beauty and an abundance of wildlife.

Habitat for Kids

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- 1. Closets-** Items should be neat and your closets not overflowing. Pack up some items so your closets look larger.
- 2. Bathrooms-** Make sure all bathrooms are clean and cabinets are organized. Remove items from the counters. Buy some new fresh towels or a new curtain so that the bathroom has a new fresh and undated look.
- 3. Landscaping-** Keep your lawn mowed and bushes trimmed. Adding some fresh flowers or decor always seems welcoming with a sense of home and comfort.
- 4. Kitchen-** This is the main living area of the home! Remove any clutter, clean the fridge and stove and remove nic-nacks so your potential buyer can see the kitchens potential.
- 5. Bedrooms-** Beds should always be made and all clutter packed away so each room looks large. Clean out closets and keep decor simple.

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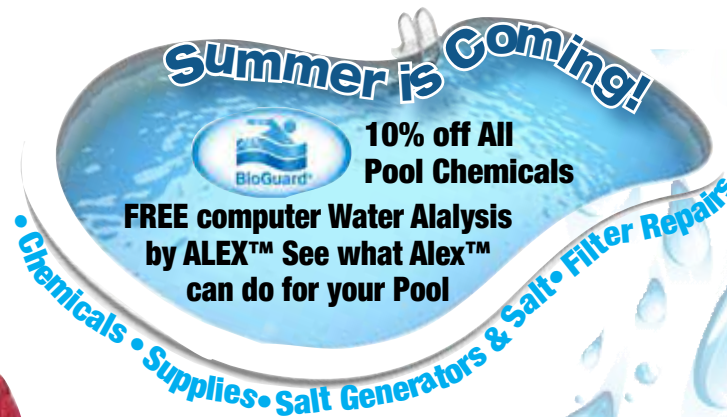
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Shopping For Hardwood Flooring? Make Sure Your Supplier Is Compliant With The Lacey Act

The illegal logging ban passed during the summer of 2008 has received a great deal of attention in the U.S. media, particularly within the flooring industry.

This legislation is significant for a number of reasons. First, it protects our world's forests. Second, it protects buyers who practice due diligence when importing wood from outside the United States. Third, it eliminates the influx of low-cost, low-quality wood flooring produced from illegally harvested wood. Penalties for noncompliance with this new legislation are severe, and can include the forfeiture of the material, \$500,000 fines, and five years jail time.

The U.S. Lacey Act prohibiting the import of illegally logged timber into the U.S. was passed more than four years ago. Since then, the Environmental Investigation Agency (EIA) has been working on behalf of industries like ours in supporting Lacey Act implementation. With the success of the law in the U.S., the EIA also helped to introduce similar legislation in the European Union, which was passed on July 7, 2010.

The Hardwood Federation is keeping a close eye on this Act.

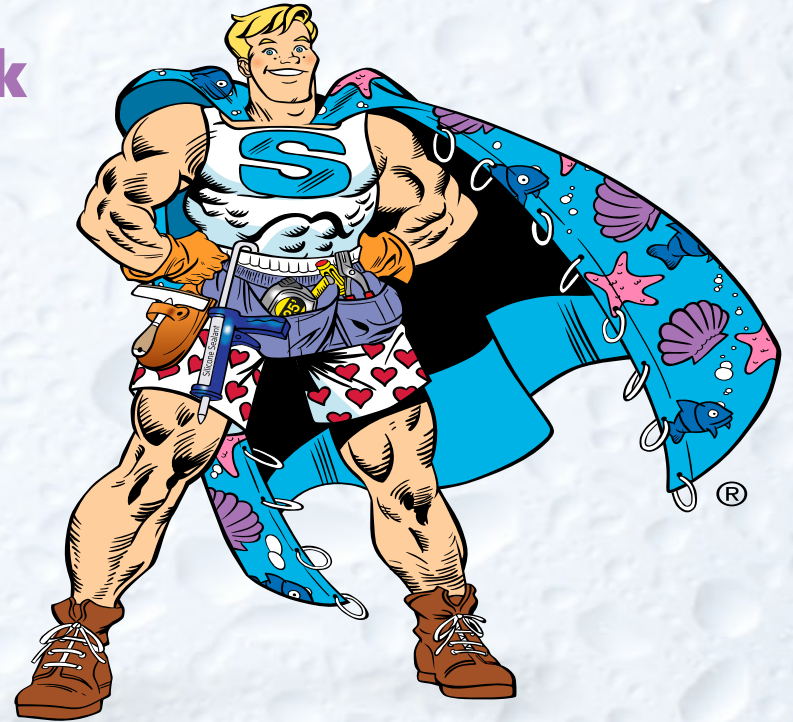
Brendan Phillups, CEO of Smart Carpet Flooring says, "I think the public has gone many years unaware of the significance of this law or perhaps even knowledge of the law itself. It is important that when you purchase hardwood flooring in the United States, the manufacturer and dealer are in complete compliance with the Lacey Act. Flooring dealers who sell materials not in compliance are in violation of the law and consumers may also be culpable if they have knowledge of their purchase not being compliant."

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Critical Rx For a Healthy Home

Not feeling well, but can't figure out what is wrong? Some people have health issues and may not realize their personal wellness and the health of their home are interconnected.

By giving your home a health check-up, you may be preventing diseases and other hazards from hurting you and your family. Poor indoor air quality, mold, radon, carbon monoxide, and lead paint are just a few of the home health issues that could potentially trigger asthma, possibly cause lung cancer or lead poisoning.

The Department of Housing and Urban Development (HUD) is encouraging everyone to do a home review. You may already use smoke detectors as one safety measure, but there are other ways to improve the well-being of your living space without breaking the bank.

Keep it Dry Prevent water from entering your home through leaks in roofing systems, rain water from entering the home due to poor drainage, and check your interior plumbing for any leaking. 2. Keep it Clean Control the source of dust and contaminants, creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods. 3. Keep it Safe Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand. 4. Keep it Well-Ventilated Ventilate bathrooms and kitchens and use whole house ventilation for supplying fresh air to reduce the concentration of contaminants in the home. 5. Keep it Pest-free All pests look for food, water and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least toxic pesticides such as boric acid powder. 6. Keep it Contaminant-free Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint, and keeping floors and window areas clean using a wet-cleaning approach. Test your home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action-level are detected. 7. Keep it Well-Maintained Inspect, clean and repair your home routinely. Take care of minor repairs and problems before they become large repairs and problems.

Ordering a radon test kit to see if you need to install a radon mitigation system

Using a carbon monoxide device to detect CO gas

Checking to make sure air vents go outside and are not clogged

Sealing cracks to prevent bugs and animals from entering

Personal health and home health go hand in hand. By identifying the weaknesses in your home's health you can address the problems to make it safe and healthy for you and your family. Have more questions about environmental health? Contact your state environmental office.

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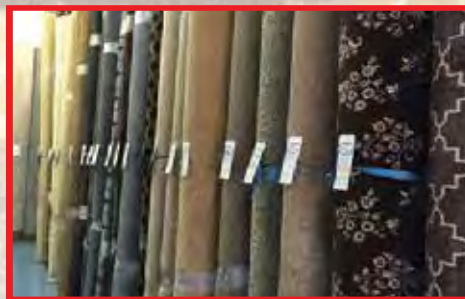
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The Millstone Times PHOTO OF THE MONTH *By Pam Teel*

Mearl Challender of Cream Ridge sent these photos in of a tiger lily in his Cream Ridge garden and a beautiful sunset in Cream Ridge, NJ. Cream Ridge is noted for its spacious and picturesque horse farms throughout Upper Freehold. It was given the name, Cream Ridge, by the Rue family, who preferred it over Rueville, to pay homage to the many dairy farms that were once in the area.

Some Cream Ridge tidbit: Cream Ridge was in the colony of East Jersey, settled primarily by Baptists from New England, the Dutch and Huguenots from Greater New York, Dutch reformed, and by the Presbyterian Scots.

The location often called Lincolns Forge at the corner of Burlington Path Road and Harvey Road was once known as Fillmore, named after present Fillmore. (Prior to that, it was called Varmintown.)

General James Cox was a resident of nearby Cox's Corner. His plantation was called Box Grove. He held the rank of Major in the Revolutionary War and later was promoted to Brigadier General in the NJ Militia. He served in the State Assembly, was Speaker of the State Assembly and was elected to Congress. He married Ann Borden Potts who was a direct descendant of Joseph Borden, the founder of Bordentown.

There are still descendants of the prominent first settlers living in the area. The Holmes Families (Baptist origins), The Rues, (La Rue)-of French Huguenot origins, and the Meirs Families (Scottish Baptist origins).



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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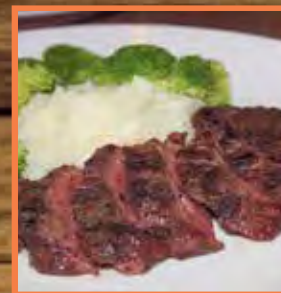
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Retail Therapy

Yes, it is a real thing. Well, maybe not as defined by the American Psychiatric Association, but “retail therapy” has been shown to impact people in large-scale studies.

Most recently researched by the University of Michigan, people tend to spend more on themselves when they’re feeling sad about something.

Another recent study published by Psychological Science polled dozens of volunteers in a unique way. A team of researchers from Carnegie Mellon, Harvard, Stanford and the University of Pittsburgh showed volunteers either a video clip that showed grief following a tragic death or a neutral clip from a nature show. They found that people who watched the sad video clip offered an average of 300 percent more money for the item than those who had viewed the neutral clip.

Feel Good by Going Green

“Retail Therapy” isn’t the only way that shopping locally can make you feel good. The impact you make on the environment can go a long way, too. Every dollar you spend locally decreases your carbon footprint by reducing the amount of gas and packaging required to complete the supply chain process.

The connection between smart shopping and sustainability is strong, especially when spending is at its peak. So whether you’re shelling out your hard-earned tax refund or Christmas shopping stockpile, don’t forget the health of the environment and the shape you want to leave it for future generations.

Less Travel = Quality Time

Buying more locally produced products can help us refine our air because it cuts down on travel for both you and delivery drivers. According to the Environmental Protection Agency, trucks and locomotives are responsible for 25 percent of smog-causing pollution and the majority of the cancer threat posed by air pollution in some areas.

Staying local can lead to more quality time spent with family, too, instead of being confined inside of your car. Cleaner air AND more time with your favorite people? By now you should be feeling all fuzzy inside about shopping locally. Now go share your positive feelings – and money – with your local business owners.



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Allentown Public Library Hosts Civil War Speaker

By Pam Teel

The Allentown Public Library will host retired Mercer County Community College Instructor, Martin Mosho, on Thursday night at 7:00 pm, September 8th, at the library, located at 16 S Main Street. Mr. Mosho has studied and researched the Civil War Era for over 50 years, making him an expert in his field. He has also extensively toured and researched famous battlefields throughout the area.

Mr. Mosho will present, "Unsung Heroines- The Role of Women in the Civil War." His lecture will explore the many achievements credited to the women who served as spies, nurses, combatants and volunteers during the Civil War. These women went against the culture of their time by accomplishing the things that they did in a time period when the only place for a woman was to be at home. Mr. Mosho will go into detail as to the enormity of their many contributions.

Fought from 1861 to 1865, the American Civil War was a war between the Union (almost all northern and western states) and the Confederate States of America (almost all southern states), primarily over the practice of slavery. To date, the Civil War remains the deadliest conflict in U.S. history. It also marked a turning point for women and their role in society. Before the Civil War, women were expected to cook and clean, to make the home comfortable for the family and presentable for guests. With the outbreak of the Civil War, many women volunteered to help in the war effort. They worked in a variety of capacities, from cooking to nursing, to actually fighting on the frontlines. Women formed aid societies to help both Union and Confederate soldiers. They planted gardens; canned food; cooked; sewed uniforms, blankets, and socks; and did laundry for the troops. Some women wanted to get closer to the frontlines, and they volunteered as nurses.

One of many women to contribute to the Civil War efforts was Social reformer, Dorothea Dix, who served as the Union's Superintendent of Female Nurses. She organized about 3,000 nurses to tend to Union troops. One of these nurses was Little Women author Louisa May Alcott.

More famous by name was, Clara Barton, who resided in Bordentown, NJ, for a while. She set up a system to provide medical supplies for troops, and she also served as a nurse, traveling on field ambulances. Called the "Angel of the Battlefield," Barton also organized searches for missing troops and identified many war dead. Barton used her war experience to create the American Red Cross in 1881.

Sojourner Truth collected supplies for African American troops and worked to improve conditions for them.

Mr. Mosho's lecture will further detail the women's role in the Civil War. Please call the Allentown Public Library at 609- 259- 7565 to register for this lecture



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If a picture is worth a thousand words, a **video** is worth a thousand pictures.

From One Foodie to Another: Rudy's Café Rules

By Susan Heckler

Close your eyes...concentrate while someone reads these words to you:

Imagine the freshest seafood...raw shrimp, clams, octopus and mussels in bite-size morsels slowly marinating in fresh lime juice with juicy local tomatoes and fresh cilantro. This slow marinating process cures the raw fish with the citrus, making a light, refreshing Latin American treat called Ceviche that make your taste buds stand at attention.



Fresh cuts of sirloin steak slow-simmered carefully for two hours with diced sweet carrots, potato and exotic fresh Mexican seasonings to make rich spicy gravy. Carne Guizada is a rib-sticking, mouthwatering Latin American beef stew with variations by country and kitchen. Paired with a side of sweet plantains, rice and beans and everything from your lips to your stomach will be beyond happy.



Tender boneless chicken breast, prepared fresh just for you, sautéed to perfection with tomato, sweet onions and peppers, and the flowers of a Guatemalan vine, all coated with a fresh sour cream sauce. The moist chicken in Pollo En Crema is lightly spicy and deeply comforting with a new flavor to add to your educated pallet.

If these dishes sound out of this world, they are not.

They are just down the road at:

Rudy's Café

at 363 Route 33 in Manalapan, inside the Knob Hill Country Lanes

Some of the locals may know Rudy from his restaurant inside Showplace Horse Farms, also on Route 33 or may remember him from years ago at Olde Silver Tavern. Rudy began his cooking expertise at the knee of his mother, a renowned chef of a restaurant in his birth country, Guatemala. A New Jersey resident for 23 years, his cooking is so flavorful yet subtle. He has combined the best of Latin cooking, drawing from his own heritage and other countries in South and Central America.

Rudy's does off-site catering as well as parties of all sizes in their private room. They are open for Breakfast, Lunch and Dinner. Come in for their Weekend Lunch Buffet \$8.95 per person of all ages including free drink refills. Come in for Free Coffee Sundays where coffee is free with every meal. Their September Special; Buy one entrée and get 50% off the second from 4pm-9pm Mondays through Thursdays.

So if your taste buds are hankering for something new, you really have to try this place. The aroma was driving me crazy while I was there, watching everyone around me savoring their incredible meals. Please don't tell too many people about this wonderful cuisine, if the word gets out we may have to wait to be seated!

Tell Rudy and his manager Alison that Susan from The Millstone Times says hello, assuming I am not at the next table already!

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Inside The Knob Hill Bowling Lanes

Responsible Ownership

A dog's love is unconditional, and that is why they have been a favorite human companion for hundreds of years. Before you decide to bring a dog into your home, there are many things to know and understand to ensure a positive experience for both you and the animal.

As an owner or possible owner, we tend to only consider the fun and rewards of having a dog, but we also have to consider the lifelong responsibilities. It takes serious dedication of time, money and love. Your dog should be compatible with your lifestyle in regards to energy level, grooming needs and temperament. That's because if you bite off more than you can chew with a new dog, you may end up becoming frustrated with the responsibilities of ownership. If you have children, it is imperative that your dog loves kids, although you should always supervise play with children, especially very small children.

DOG CARE/HEALTH Dogs depend on us for their welfare for their entire life. We have to provide basic needs such as proper food, water and shelter from the elements, as well as regular bathing and grooming. Dogs require regular checkups from their veterinarian for required vaccinations and prevention of flea and heart worm infestations. These can be big expenses for the dog owner, so be sure to consider your financial flexibility when deciding whether or not to own a dog.

KEEPING TABS ON YOUR DOG Safety and training go hand in hand when it comes to responsible dog ownership. Your dog should wear an identification tag with your name, address and phone number at all times. Permanent microchips and tattoos are options, too. Consider also keeping a current picture of your dog on hand. You never know when it could come in handy. All of these steps are important in case your dog gets lost. Dogs are living creatures that feel pleasure and pain just like a child, and they deserve the best of care. If you think you are not up to the task, delay the decision about buying a dog for a while. Further down the road, your life circumstances might change enough to allow for dog ownership. If you already have a dog, evaluate how you care for your dog and readjust if necessary.



Preventing Kennel Cough

According to the American Society for the Prevention of Cruelty to Animals, kennel cough is a term loosely used to describe a group of respiratory infections. These can be both viral and bacterial, and they generally cause inflammation of a dog's voice box and windpipe. Much like a chest cold in humans, it is a highly contagious infection that can spread quickly. Dogs that are in the company of other dogs frequently are at greatest risk, hence the term kennel cough. This is particularly true for dogs in enclosed or poorly ventilated areas.

PREVENTION & CAUSES Fortunately, preventing kennel cough is a relatively straightforward process. Making sure that your dog isn't exposed to the aforementioned conditions during any kennel stays is always best for both owner and dog. Vaccinations also are important for several of the agents known to be associated with kennel cough. Your veterinarian may suggest having your dog vaccinated to prevent them, especially if it will be around dogs in kennel environments.

SYMPTOMS What exactly are you looking for when it comes to identifying kennel cough? In most cases, dogs will appear healthy except for a persistent dry cough with that honking sound, according to the ASPCA, which also lists gagging, coughing up white phlegm, fever or nasal discharge as other symptoms. Your dog can catch kennel cough through direct or indirect contact. This can include germs on a food or water bowl.

TREATMENT There are many treatment options when it comes to taking care of kennel cough. In many cases, your veterinarian may advise you to let the infection run its course as long as your dog is eating and drinking enough, while also remaining in a well-ventilated, safe environment. An antibiotic that targets the Bordetella bacteria can be given to support the recovery process and kill the infection. Talk with your veterinarian about your options to make sure you're treating the issue in the most effective way possible.





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Chloé

A LOVING FAMILY **WANTED**

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 from 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. Animal Assistance does a great job of finding the right home for these animals. Please consider looking here first. You never know. You just might find your forever pet at Animal Assistance.

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 years experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crate 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.

George of the Jungle was brought in by New Brunswick Animal Control. He is very clean and quiet. Could do well living with someone on a work schedule. He could make a great therapy dog. There are classes available with his adoption.

Houdini was found abandoned. He is approximately six weeks old. He will be spayed, neutered and given all shots before you take him home.

Napoleon has had a rough street life, yet he is still friendly. He's very clean and quiet. He could easily travel. Looking for a Chihuahua lover!!!!

James Dean is a boxer who is very young and athletic. He needs an active person. He has a sensitive boxer stomach. Classes are provided by the shelter after adoption.

Nelson is a one-year-old super friendly orange cat needs your love.

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

Two of the Millstone Cats will soon be going to the veterinarian for vaccinations and checkups. If you care to help donate toward the vet bill, please contact me at crescent671@gmail.com.



George- Very clean and quiet



Houdini- 6 week old kitten



James Dean- Boxer



Napoleon- Chihuahua



Nelson- orange cat



Robin- young kitten

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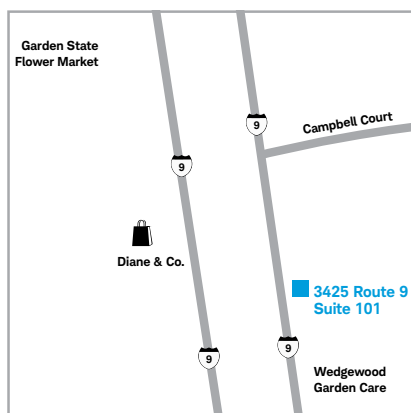
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10 Ways to Shop Your Own Closet

By Stefanie Maglio

Many people enjoy shopping, but everyone loves getting a great deal when they go shopping. Specifically for clothing, everyone is always trying to stay up on the latest trends while still feeling comfortable. That's why it's so important to understand what you already have, determine what you may want or need, and then proceed from there. Here are some tips for shopping your own closet:

1. Shopping your own closet is a great way to stay within whatever budget you may have.
2. Shopping in a store is difficult when the clothes are unorganized. This same issue occurs in your own closet. Make sure to clean up your closet. This will make it easier to see what you do and do not have.
3. Try getting inspired! Window shopping is one way to do this, however make it even simpler by going on Pinterest and creating a board of clothing pieces and outfits that you like. You may even find similar items in your closet.
4. Take inventory and find out what you do or do not have. You may discover a dress or top you never even wore!
5. Get a second opinion and see what a friend thinks. They may give you that extra confidence boost that you may need.
6. If you happen to have some clothing items that you love but need adjustments, consider hiring a tailor or making a trip to the dry cleaners. This will definitely be cheaper than trying to purchase a whole new wardrobe.
7. Mix and match different pieces to create new outfits! Try something that maybe you normally wouldn't wear.
8. Layering different items may be a great option as well. This can help you to create new looks in addition to mixing and matching.
9. Spicing up your wardrobe may be as simple as accessorizing. Adding a scarf or a belt here or there could really help to make the perfect outfit look complete.
10. Make a list of anything that you don't have, and that you may want or need. This way next time you're at the mall you'll know exactly what to get and not waste any time or money.



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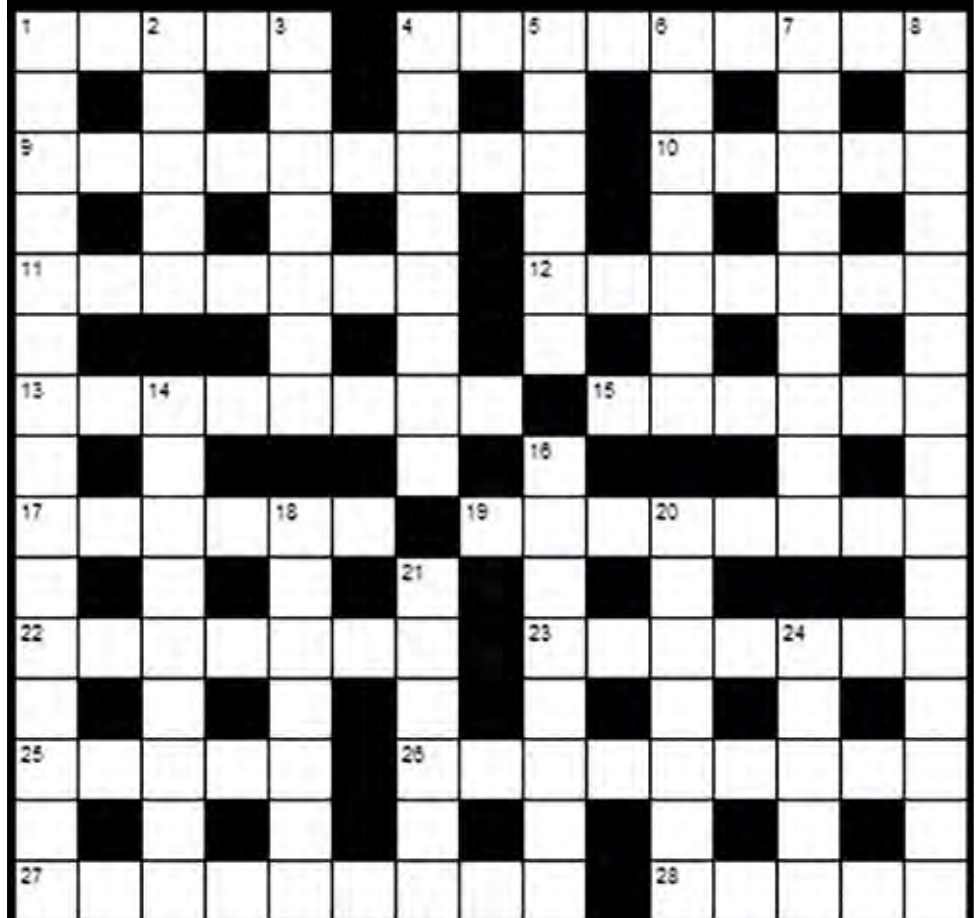
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Solo Parenting: Breaking the News to Your Kids

By Stefanie Maglio

Typically, divorce is a difficult thing to go through. It only becomes ten times harder when there are kids involved. Breaking the news is hard enough to do in general, but it can be most difficult when trying to explain it to a child. However, it is crucial that the parent makes two things clear: that the divorce is between mom and dad and is in no way the child's fault, and that even though mom and dad no longer love each other, they will never stop loving their child. Children can often believe that this is happening because they failed to do something. They may make promises to walk the dog more or clean their room. When this begins to happen, remind your child that nothing they have done is the reason for the divorce. Remind them that this is not their fault no matter how angry mom or dad may get. Also let your child know that there is nothing they can do to change the fact that mom and dad are getting a divorce, especially because it was never their fault to begin with. If your child is older, they may begin to wonder what would happen if mom got into an accident and passed away? They may wonder who would take care of them. It's important to let your child know that in a situation like that of course their dad would step in and take care of them. However, make sure to not bring this up unless the child does first. Solo parenting can be difficult, but making sure that the child is loved and well taken care of is what matters most.

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ACROSS

- 1 One second? (5)
- 4 Cross dress, turning heads of colleagues in bold lilac ensemble (9)
- 9 We're shortly to receive a jolly good hiding on political escalator? (9)
- 10 Starts to shut out light and radiation from the Sun (5)
- 11 Wayward ambler's heading south, circling miles off course (7)
- 12 Hungry? Mum's out of chips - make salad (7)
- 13 Hoodlum and wise guy embracing end of prohibition (8)
- 15 Bottom left longing for cane (6)
- 17 Player at centre-back retains fluid (6)
- 19 Filthy Frank? (8)
- 22 Chimera? Fear not - pass by, skipping (7)
- 23 Writer extorted money by electronic means (7)
- 25 Relative's uncontrollable after Shaking All Over and Born To Run (5)
- 26 Former king - 'I banish all Muslims from the East!' (9)
- 27 Vulgar Spooner's tied up girl (9)
- 28 The sound of spring cleaning? (5)

DOWN

- 1 It's not difficult to achieve unfailing growth with reform (3-7,5)
- 2 To play without picking the two leading strikers - bizarre! (5)
- 3 City streets erupting, getting set off by these? (7)
- 4 Taken for a laugh out loud journalist (8)
- 5 Quick fitting parts for old railways and tube (6)
- 6 The fleeing criminal who catches a golden goose (4,3)
- 7 Wild sea covers surface of lost island (9)
- 8 Of great importance - potentially greater than this? (5-10)
- 14 Arrest Newton, a gutless crook stealing primarily trinkets... (4-5)
- 16 ...or farthings? (8)
- 18 These days education's most advanced in top universities (7)
- 20 Lazy way detailed instructions go unfinished (7)
- 21 Some lively cheerleaders could be 1d (6)
- 24 Authorise detective to apprehend a beast (5)

Answers on Page 71

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recipe of the month

LEMON-PEPPER FETTUCCINE

INGREDIENTS:

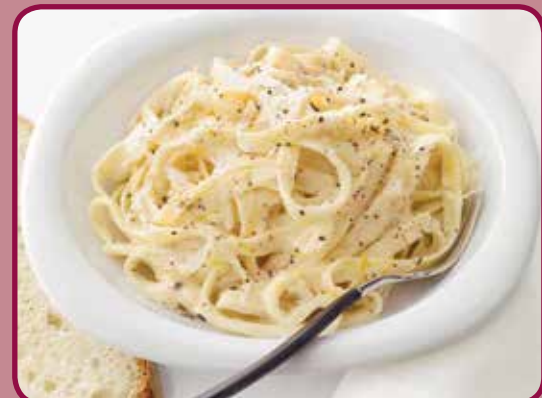
- 12 ounces fettuccine
- 1 tablespoon unsalted butter
- 1 large shallot, minced
- 1 1/4 cups heavy cream
- 1 large egg yolk
- 1 to 2 teaspoons finely grated lemon zest
- 1/3 cup grated parmesan cheese
- Freshly ground pepper

DIRECTIONS:

Bring a large pot of salted water to a boil, put in the pasta. Let cook until al dente.

Set the pasta aside.

To make the sauce: Start by melting the butter over medium heat and add the shallot. Stir occasionally until lightly golden brown, about 3 minutes. In a separate bowl, whisk together the egg, cream, and lemon zest, then add this and the cheese to the pan. Reduce the heat to low, and let thicken for 2 minutes. Add pepper, and then the pasta into the sauce.





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All Fantastic Ways to Pray

Do you need a lawyer in Municipal Court?

By John Bazzurro

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

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

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

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

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

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

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The Gung Ho Gopher; Your Go-To, Go-For and Honey-Do

By Susan Heckler



Meet Mike Strivelli... I recently did. Brought up in neighboring Jackson, Mike, now 27 has just debuted his new business to our area...The Gung Ho Gopher.

The Gung Ho Gopher is many things, just not a pest control company. Mike is Gung Ho to run your errands, wait at your home or business, deliver non-live cargo (sorry no pets or people), pick up your dry cleaning, change your light bulb and pretty much anything he can do to make your life easier.

Why do I need The Gung Ho Gopher? Maybe because I lost 2 days of work waiting for appliance repair. Hiring Mike would have taken so much aggravation off my shoulders and cost less than losing 2 days of work. Or possibly he can change the light bulb under the eaves of my roof that I can't and won't try to reach. He knows how to adjust the kitchen cabinet that doesn't close right and hang the new television for me. I sure could have used him to pick up groceries and a prescription when I was unable to drive.

This service is a home-run for Seniors! No longer will my mother be searching for a grandson to change her filter, clean a hard to reach window or cover her air conditioner for the winter. For the Snow Birds among us who own a home locally but don't always reside there, he is your man!

The Gung Ho Gopher services Monmouth, Middlesex, Mercer and Ocean Counties. Let him be your Go-To for Go-For, your Honey Do for minor home repairs when Honey Doesn't.

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Pedal a Path to Leisure- Central NJ Bike Trails

By Susan Heckler

Right now it is 97 degrees and feels like 111 but have no fear. Our moody female friend Mother Nature will calm herself down and start thinking Autumn. After all, how long can she stay in this hot, steamy mood?

More and more residents are loving our New Jersey country roads these days. Driving 50mph in a car doesn't allow you the same relaxation and scenic details as a good bike ride.

Central New Jersey is filled with historic towns of all sizes and gushing colonial charm. Whether you are a solitary cyclist or a member of a bike club, Central New Jersey is beautiful year round. Speaking of round, many trails are not and you need to factor in the return ride too.

Websites abound with suggested bike trails for riders of all levels, and even include child friendly routes for our training wheel dignitaries. You can even print a map of the trail or it will help you make your own route with a map.

Some suggested routes for the average leisure rider are:

- * Henry Hudson Trail, Aberdeen to Atlantic Highlands, Keyport, North East, 9.67 paved miles
- * Michael J Tighe Park, Adelphia, Adelphia, North East, 1.42 paved miles, good for training wheels
- * Heritage Park, Allentown, Allentown, South West, 0.67 paved miles, good for training wheels
- * Dorbrook Recreational Area, Colts Neck, Marlboro, South East, 2.23 paved miles, good for training wheels
- * Monmouth Heritage Trail, Freehold, South East, 9.3 paved miles, good for Training wheels
- * Cross Farm Park, Holmdel, Marlboro, North East, 1.77 paved miles, good for training wheels
- * Sunnyside Recreational Area, Middletown, Marlboro, North East, 1.03 paved miles, good for training wheels
- * Joe Palaia Park, Ocean, Long Branch, South East, 3.33 paved miles, good for training wheels
- * Sandy Hook Multi-Use Path, Sandy Hook, Sandy Hook E, North East, 4.88 paved miles, Good for training wheels
- * Wall Sports Complex, Wall, Asbury Park, South West, 1.1 paved miles, good for Training wheels
- * Allaire, Wall, Farmingdale, South East, 1.74 paved miles, good for training wheels
- * Edgar Felix Bikeway, Wall, Asbury Park, South West, 3.4 paved miles
- * Manasquan Bike Path, Wall, Asbury Park, South West, 1.73 paved miles, good for training wheels
- * Franklin Lake Park, West Long Branch, Long Branch, South East, 0.88 paved miles
- * Bayshore Trail & Bikeway, Atlantic Highlands, Monmouth, 1.9 paved miles, good for training wheels
- * Manasquan Reservoir Perimeter Path, Howell, Farmingdale, South West, 5.81 cinder miles
- * Union Transportation Trail, Allentown, Monmouth, Allentown, South East, 1.95 Miles

Don't forget a helmet needed safety gear, something for hydration, and remember that not all drivers are considerate to cyclists.

East Windsor Township

"Spotlight East Windsor" High School and College Student Volunteers Recognized by Mayor Mironov with Certificates of Appreciation for their valuable contributions to the production of the local live call-in television program, which provides residents with timely news and information of interest to area residents. Recognized student volunteers are Kordell Easy, Jonathan Jack, Isabelle Jocelyn, Elena Plumser, Charles Silodor, Jared Sokoloff, and Sarina Sokoloff. Thanks also to Bernice Cunningham and Dick Cunningham. The volunteer program provides students with the opportunity to learn camera techniques, audio, lighting, video switching, videotape operation and other broadcast production principles.



Mayor Janice S. Mironov presents Certificates of Appreciation to "Spotlight East Windsor" student volunteers. Pictured (from left to right) are: Kordell Easy; Sarina Sokoloff; Jonathan Jack; Mayor Janice S. Mironov; Jared Sokoloff; Director Elena Plumser, and Host Dick Cunningham. (Missing from photograph are Isabelle Jocelyn and Charles Silodor.)

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/>**



Why Not Spend Fall In Bucks County

By Pam Teel

5 Ways to view fall foliage in Bucks County:

By Bike with Bear Bicycle touring Company-

Recently opened and based in Lambertville, you can choose two different bike tours with the Company to see colorful autumn leaves along the river. First choice is an easy paced 20-mile tour along the scenic Delaware Canal towpath, with time stopped for some shopping in New Hope and Lambertville. Second, is the historic river town's tour that's medium difficulty spanning thirty five miles with stops in the Bucks County towns of Point Pleasant, Lumberville, crossing over into Frenchtown, NJ, and Stockton, NJ. You can bring your own bike or rent one. www.bearbicycletouring.com

By Hot Air Balloon with the U.S. Hot Air Balloon Team.

Balloons launch everyday at Sunrise and sunset until November. Rides are an hour long and you'll fly over vineyards, horse farms, wildlife and distant silhouettes of the NY City skyline. Viewing the leaves from above is breathtaking.

By a driving tour through the famous covered bridges (look up covered bridges of Bucks County.)

View 12 authentic covered bridges scattered across the county passing acres of countryside along the way.

By train on the New Hope and Ivy Railroad.

Every weekend in October, board the Fall Foliage Excursion Train. This 2 ½ hour ride through the picturesque countryside aboard a 1920's vintage steam train passenger coach offers breathtaking sites and plenty of photo opportunities. You can find schedules and fares on their website.

By stroll through Washington Crossing Park or along the Delaware Canal

Spend a day walking and picnicking in the park, famous for being the launching point of George Washington's famous crossing of the Delaware River one Christmas night during the Revolutionary War. Learn the history of the park as you take in the beautiful fall foliage.

Follow the Bucks County Wine Trail: The trail is home to nine unique wineries throughout Bucks County ranging from grand "sand-castle" like structures with beautiful views such as Sand Castle Winery to charming big red barns with antique shops within the tasting rooms such as the New Hope Winery. The region is one of the premiere grape growing regions on the east coast. Bucks County has a tasting and tours bus, which provides safe transportation for groups of all sizes to three wineries of the groups' choice, as well as lunch at a local Bucks County restaurant, all for a fixed price. Every fall, the Bucks County Wine trail hosts Harvest Day to celebrate the autumn season with events at each winery. Other wineries include Crossing Vineyards and Winery, Buckingham Valley Vineyards and Winery, Rose Bank Winery, Rushland Ridge Winery, Peace Valley Winery, Unami Ridge Winery, and Wycombe Vineyards. (www.buckscountywinetrail.com)

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Online Registration is open for the Millstone Township PTO & PTSA's second annual Millstone Color-A-Thon on Saturday, October 8, 2016!



On your mark... get set... register to race! Online registration is now open for the Millstone Township PTO & PTSA's second annual Millstone Township Color-A-Thon to be held on Saturday, October 8, 2016! The event will again take place at the Millstone Township Middle School located at 5 Dawson Court. Participants will line up behind a giant inflatable archway at the starting point and then run a scenic route through the woods and around the school property. Last year the event offered two small courses to choose from, however; this year, the Color-A-Thon committee decided to merge the courses. "With one large course to focus on, we are able to provide even more color blasting along the route," said event Co-Chair Christina Baldino. "We will have color blasting canons at all of our color stations that spray clouds of color all around and in the air." Day of race registration and festivities begins at 9am. Vesuvio's

Pizzeria of Millstone will have their food truck selling coffee and breakfast sandwiches as well as lunch items for after the race. Participants can also enjoy an energy boosting pre-race fitness warm-up. "The Color-A-Thon is a wonderful opportunity to introduce fitness to children in a fun way," said event Co-Chair Kristin Schloss. "They are exercising without even realizing it!" After the race, participants will jam out to music at the After Blast Party that will include a countdown to when everyone rips open their color packets to share a blast of color with family, friends, classmates, teachers, administrators and everyone around! This year DJ David Paul from the Harlem Wizards will be leading off the festivities. Last year the event drew a crowd of more than 300 people and raised more than \$15,000. "This was such a fun and successful school and community event," said PTO Co-President Juli Hilbert. "This was one of our highest earning fundraisers for our schools and we hope to draw an even bigger crowd and earn even more money for our school kids." Students will receive a pledge packet when school starts in September and have the chance to earn tons of free prizes to use on race day! However; Millstone students and members of the community don't need to wait until then! Simply log onto <http://shop.schoolathon.org/184113> and enter the school I.D. 120359 to create your own donation website. Registrants will be able to share the link on social media to help raise even more money. Racers will also be able to sign up on the morning of the race, but will not be eligible for prizes. 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 Saker ShopRites, Baldino Dental Arts, Cobra Power Systems and the Dona Family. There are still 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-A-Thon please contact Christina Baldino at christinabaldino@gmail.com or Kristin Schloss at kristin@castlecpa.com.



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Intimate Partner Violence Advocate (IPVA) Certification Program Starts in September

Series Designed to Enhance Response to Victims of Domestic Violence

A Partnership for Change (APFC) is a New Jersey non-profit organization dedicated to ending domestic violence through the provision of education and prevention programs that reach high school students, law enforcement professionals, nurses, social workers, human resource managers and other human service professionals.

Registration is now open for our Intimate Partner Violence Advocate (IPVA) Certification Series, a comprehensive educational opportunity valuable to social service and healthcare professionals, school counselors, nurses and educators, or anyone who works with families.

One in 4 women and 1 in 3 teenage girls will experience intimate partner abuse in her lifetime; therefore it is likely that human service professionals will have a client or patient who is affected, yet many don't know about the risks, how to develop a safety plan, or where to refer victims for help.

Co-founders of APFC, Allison Bressler and Gloria Sgrizzi, developed the series to fill a gap in domestic violence educational services for professionals in New Jersey. "IPVA is designed to give people on the front lines practical tools and information on how to provide safe and effective support," says Ms. Sgrizzi.

As the lead trainer for APFC, Ms. Bressler brings her 16+ years of experience of working with victims to each class: "We answer the questions so many people have concerning risk assessment, safety planning, resources, navigating the legal and community-based systems in our state, the effects on children who witness abuse, teen dating violence and more."

IPVA is praised by former attendees – 100% of whom said on confidential evaluations that they'd recommend the program to colleagues. One person wrote, "This is the only program that SHOWS us how to do the work."

APFC is authorized to reward continuing education credits for professionals; we ask that you contact us for details.

Participants may register for all five classes to obtain the IPVA certificate, or they may take classes individually. Go to www.APartnershipforChange.org and click on the IPVA link for full class descriptions.

Topic & Dates for IPVA Series:

- 1) DV101: Domestic Violence Introduction: Wed., Sept.21, 2016
- 2) DV102: Understanding the Victim/Survivor: Tues., Oct. 18, 2016
- 3) Effects of Domestic Violence on Children: Thurs., Nov .3, 2016
- 4) Teen Dating Abuse: Tues., Dec. 13, 2016
- 5) DV103: Advocacy & Community Response: Tues., Jan. 10, 2017

Location: Prevent Child Abuse NJ Training Facility,
103 Church Street, New Brunswick, NJ.

Time: All classes run from 10AM to 4PM

Cost: \$110 per class OR \$500 for the series
(includes materials, certificate and light refreshments)

REGISTRATION REQUIRED.

Seats go fast; email us to reserve a spot at:
IPVA@APartnershipforChange.org

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