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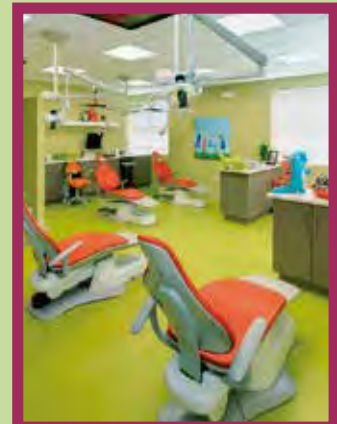
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MEET THE INTERNS: Mia Ingui

Mia Ingui, a senior at Monroe Township High School, has big dreams of becoming a professional writer and studying writing and journalism in college. Reading and writing have always been a passion for her, as well as performing in theater. She has been in almost all of her school's plays and musicals, and absolutely loves it! When she isn't rehearsing, you can find her probably baking cookies or shopping. She is a die-hard Yankee fan, aspires to be Ariel and loves OneRepublic. Mia is incredibly thankful for this opportunity to write for Gunther Publishing, and is thrilled that she has gained experience professionally doing what she loves.



MEET THE INTERNS: Joely Phenes

Joely Phenes is a senior at Monroe Township High School and has loved to write ever since she was a little girl. Joely has always had a knack for creative writing, from short stories to poetry. She recently started writing articles in her junior-year journalism elective and absolutely adores it! Aside from writing, her favorite activities include watching movies, reading books, and most of all, listening to music. The speakers in her bedroom are constantly blasting her favorite songs, to her family's dismay. Joely is excited for her opportunity to write for Gunther Publishing and can't wait to see her work featured in a professional publication!



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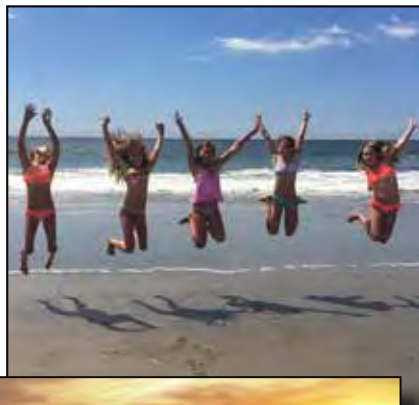
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The Millstone Times PHOTO OF THE MONTH

By Pam Teel

This picture titled "Last Hurrah at Bradley Beach" features five friends who were enjoying the last day at the beach before school started. One of their dads took the picture. The girls are: Ava Bartony, Olivia Porzio, Samantha Alster, Devyn Bernstein, and Hannah Kilcommons.



Gary and Joann Molner of Perrineville took this photo of the sun going down at Long Beach Island on Labor Day. They were at a friend's house celebrating their 39th anniversary together. LBI is the place they love to spend their summers. As they were driving along, they had to pull over and take a picture knowing it was only seconds before the sun went down. This picture is of the LBI side across from Egg Harbor Bay.



If you have a photo that you would like to share, please send it to Crescent671@gmail.com along with a brief description. Please type in photo of month in the subject line. The photo could be of nature, people, animals; it's your choice. We would love to see it. You can send more than one photo. Who knows, yours could be picked for the next issue!

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Dorota M. Gribbin, MD

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

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

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

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

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

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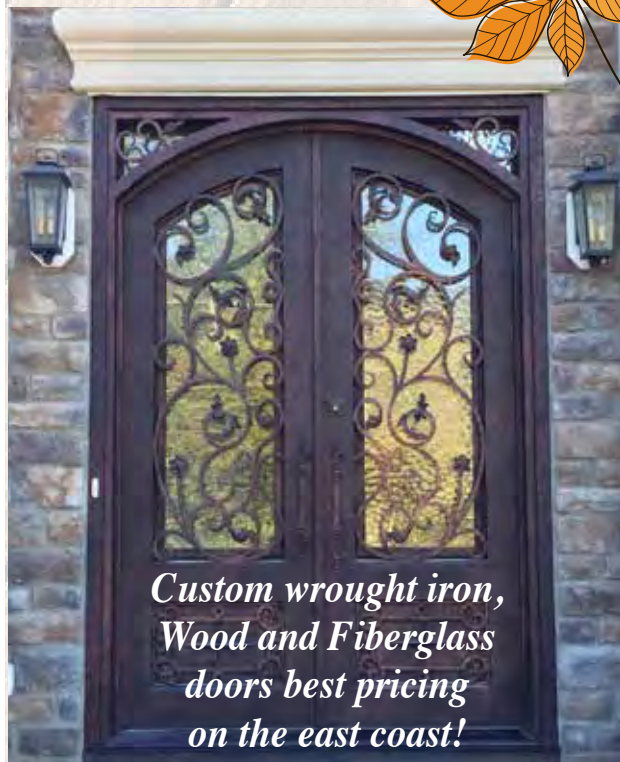
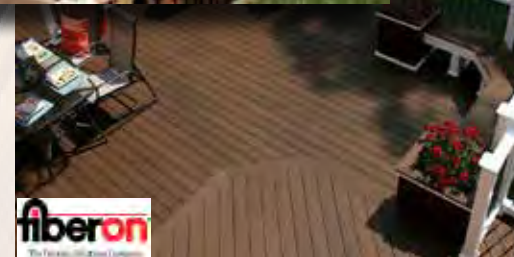
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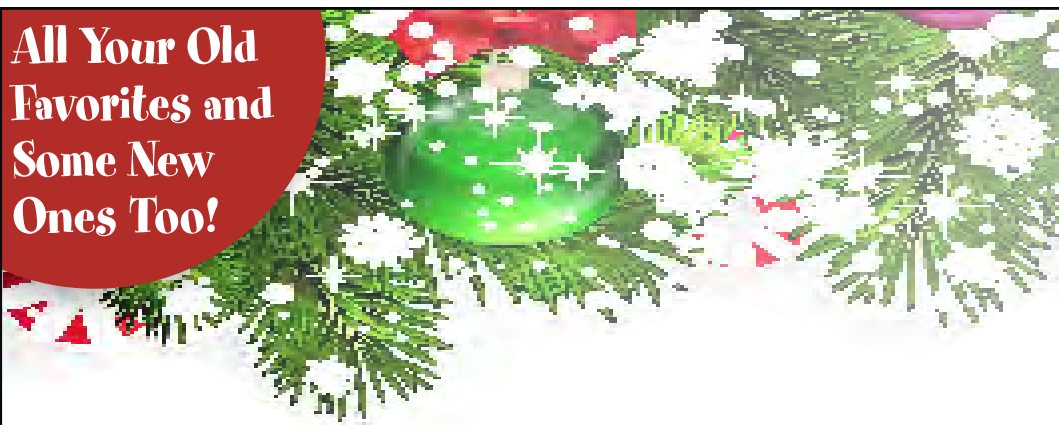
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lights flash and change color.

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The Millstone Times

STUDENT OF THE MONTH

Kathy Heller

By Pam Teel

Twelve-year-old Kathy Heller is in the eighth grade at the Millstone Middle School. Kathy is energetic and loves going to school. She loves to be involved in many different things in school. She is part of the band, chorus, cross country and track team, art club and Eagle Productions. She likes the times she spends with her friends in school and in after-school activities.

Her favorite subjects are Language Arts and Social Studies. She really likes history and learning about the past. She also likes art class where she can explore her creative side. Kathy puts her best into everything she does and her school grades reflect that. Her favorite books that she likes to read are horror and mystery novels. She also likes the Percy Jackson mystery books. Her favorite television show is the Ghost Whisperer and she likes to listen to pop and rock music.

Kathy's favorite place to visit is Sedona, Arizona. She loves the beautiful red rock canyons and all the wildlife there. She also loves going to Ocean City for seafood and to collect shells on the beach. She remembers the beauty of the Cayman Islands when she visited in her younger days. Kathy lives with her mom and dad and eleven-year-old brother Drew. All four of her grandparents live about an hour away. Her uncle and aunt live in Arizona and she is very close to her second cousin who is nine days older than she is. Kathy has two cats, Bella and Panther, four hermit crabs, and two African dwarf frogs.

Her favorite holiday is Christmas because she gets to see both sides of her family. Thanksgiving is a close second. One of her favorite activities is art, from sculptures to painting. She also loves being on the cross country and track teams. Her favorite food is seafood and loves the crab cakes she gets in Ocean City.

What she would like to be more than anything is an author. Kathy loves to write short stories and even submitted one into a writing contest sponsored by Historic Philadelphia. She was one of thirteen winners and was interviewed on WHY? She also got to read her story out loud to tourists in the historic district on a "Once upon a Nation" storytelling bench with a professional storyteller. It was one of the best days of her life.

Her hobbies include writing stories on Wattpad, reading books of any kind, sketching everything from animals to anime, playing the flute and acting. If she had but one wish, she would want to be a bestselling author and have a book-signing in New York. She has many ideas for new novels and has already started on one.

Kathy is trying to learn Japanese and is currently memorizing the alphabet. She loves Japanese music and anime. She wants to understand what the characters are saying in the original programs and songs, as the English translation sometimes makes no sense.

Kathy and her best friend, Becky Klein, have been running "Perler to Pups" for the past two years. They raise money for the AWA Animal Shelter where Kathy's family has adopted from in the past. They make small figurines out of fused craft beads and then sell them, giving all the proceeds to the shelter. Last year they put sixty hours into a project per person and made \$145.00 that went to the shelter. This year they made \$180.00 for the shelter.

I have no doubt that with Kathy's ambition and writing ability that she will succeed in her future goals. The best of luck to you Kathy. Keep on writing!!!!



Kathy Heller

Attention Millstone, Creamridge and Allentown Parents

If you know of a student, son, daughter, neighbor, who works hard in school and you feel is deserving of being student of the month, please email me at crescent671@gmail.com

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Avoid Being Pulled Over by The Police?

By John Bazzurro

Obviously, the easy way to avoid being pulled over is to refrain from violating any traffic violations. However, in my practice, I have recently seen a number of people pulled over for reasons other than moving violations under the traffic code. Because the first defense for attorneys in representing individuals in municipal court is to challenge whether or not the officer had appropriate cause under New Jersey law to actually make the stop in the first place, any "legal" reason that an officer has to effectuate a traffic stop makes the attorneys' defense of any case much more difficult.

Other than moving violations, the four most used violations by officers to validate a potential, otherwise "illegal" traffic stop have to do with simple equipment violations that can be resolved rather quickly and inexpensively.

The first equipment violation relates to the "improper" covering of a license plate by a license plate frame. License plate frames are generally the plastic "frames" that are given out by most car dealers or that can be bought in any automotive store. New Jersey law prohibits a motor vehicle from having a license plate frame which conceals or otherwise obscures "any marking" on the license plate. Thus, if a portion of the words "New Jersey" or "Garden State" is obscured on your license plate in any way, a police officer has the legal right to effectuate a traffic stop.

The second violation relates to items hanging off of your rearview mirror and other obstructions of the windshield and front side windows. New Jersey law prohibits the operation of any vehicle which is "constructed, equipped or loaded" so as to "unduly" interfere with the driver's vision. New Jersey case law has held that items hanging from the rearview mirror could fall under the language of this statute. However, the statute also includes the existence of stickers, signs, radar detectors, navigation systems or any other device or mechanism attached to the front windshield.

The third violation relates to tinted windows. The same statute that restricts the hanging of anything from the rear view mirror also has been construed to hold that tinted windows constitute such an obstruction of view and, as such, the tinting of any three of your front windows would constitute appropriate cause for a law enforcement officer to pull you over even where you have not committed a moving traffic violation.

The fourth violation relates to broken lights on your vehicle such as headlights, taillights, brake lights and signal lights. Even where you have not committed a moving traffic violation, a law enforcement officer has appropriate cause to effectuate a traffic stop where he observes that one of your lights is not operational.

It should be noted that the fines and penalties for these violations, in and of themselves, are not excessive. However, as is often the case, the law enforcement officers, upon effectuating a traffic stop will then observe that the driver or passengers in the vehicle have violated other motor vehicle and/or criminal statutes such as driving while intoxicated (DWI), driving under the influence (DUI), possession of controlled dangerous substances (CDS), possession of drug paraphernalia, open containers of alcohol in a vehicle, possession of a weapon or any other offenses which the officer may observe during a traffic stop. Once you are pulled over for a valid reason, it is difficult for an attorney to challenge the traffic stop on the basis of articulable suspicion or probable cause.

Accordingly, in light of all of the above, it is prudent to make sure that your motor vehicle complies with all of the above statutes in order to prevent being pulled over by law enforcement even where you have not actually committed a moving traffic violation.

Holidays and Small Businesses

*Small businesses offer great year-round options for gifts and home décor.
This is especially true around holidays, and we're not just talking Christmas.*

From locally produced furniture and decorations to unique homemade crafts, local shops are churning out amazing products that make great gifts for your friends and family members.

Birthdays

Do you have a car-crazy family member or friend? Are you looking to support local businesses when shopping for their birthday gifts this year? You are in luck. Local mechanic shops need all the local support they can get throughout the year so they are able to pay and retain top mechanics and service professionals. Shop around for deals on custom details or maintenance packages that will leave your special auto enthusiast smiling on his birthday.

Anniversaries

Do you have a local tourism department in your area? Consult with the office for your next trip out of town to celebrate your anniversary. No one knows your area like professionals within these organizations, and they will be able to send you off on an excursion to remember.

Check your local newspaper's website for coupons

promoting local travel opportunities. You may be able to find a steal of a deal on cabins, bed and breakfasts or resorts.

Halloween

Halloween celebrations have become staples of downtown areas in many American cities. They offer safe environments for trick-or-treating and give parents a great opportunity to teach their children about supporting local business.

You also can find Halloween-themed stores that only open in October to meet all of your costume and party needs. Many of these businesses are run by your fellow community members looking to operate a successful seasonal company, so be sure to support them this Halloween.

Christmas

The biggest push to shop local comes around Christmastime every year — on the last Saturday of November. Launched by American Express in 2010, Small Business Saturday has rapidly become part of the

national narrative on Christmas shopping.

Start checking in with your local shops in early November to see what kind of promotions they are offering to draw your business.

You can find unique gifts in your downtown shops and support local business the same time — a holiday shopping win-win.



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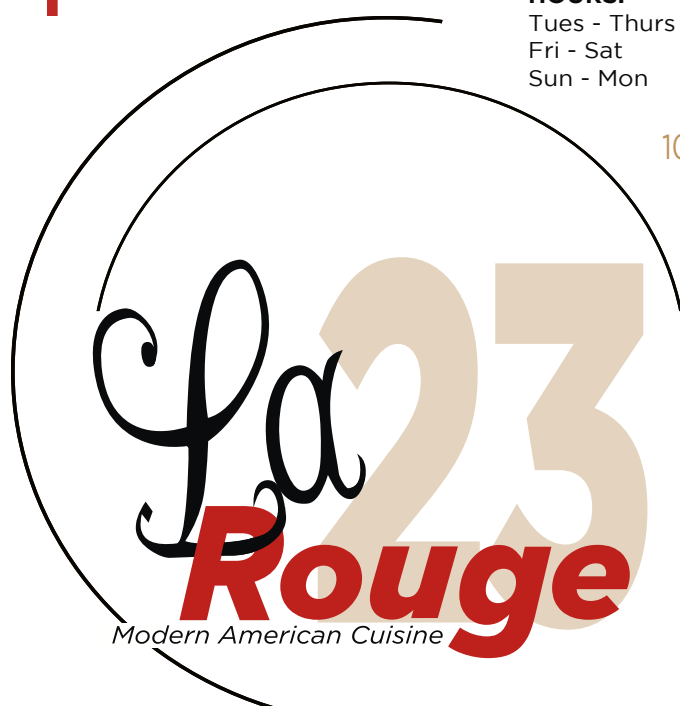
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Family and Community Effort

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

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

Like Father, Like Son

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

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

Give Businesses Ideas

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

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

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

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

Make it a Contest

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

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



Small Business Saturday

*Going up against Black Friday and Cyber Monday is no easy task,
but Small Business Saturday continues to hold its own as a national movement.*

The effort is celebrated every year on the Saturday following Thanksgiving, meaning this year's edition is slated for Nov. 28.

American Express started Small Business Saturday in 2010 and rewards consumers who use their American Express cards on the holiday. In 2013, when someone spent \$10 or more at a small business, they were rewarded with \$10 of credit.

But is it working? Supporters and coordinators offer a resounding "Yes!" and point to the following numbers.

According to The American Small Business Coalition:

- There are 23 million small businesses in the United States, representing a 49 percent increase since 1982;
- Fifty-four percent of U.S. sales happen at small businesses;
- Small businesses have created 8 million jobs since 1990; and
- Franchised small businesses employ roughly 8 million people, and make up 40 percent of all American retail jobs.

2014 Stats

- Small Business Saturday has more than 3.4 million Facebook fans, growing by 100,000 since 2013.
- Sixty-six percent of small businesses plan to keep spending money on digital marketing. According to the same study from the AT&T Small Business Technology Poll, sixty-six percent could not survive without wireless technology.
- Online shopping reached an all-time high in 2014, underscoring the importance of offering e-commerce as a purchase option for customers.
- More than \$5.9 billion was reportedly spent on Small Business Saturday 2014, giving the day a \$200 million year-over-year growth over the past two years.





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Your Dollar Counts

"I can't make that big of a difference with just a couple of local purchases."

"It will be easier to just go to the chain store." Have you ever thought this to yourself when deciding where to shop?

These thoughts are what small businesses in your area are up against — and it's time to flip the script. The truth is, your money does matter, no matter how small the amount. And it can actually be easier to make a quick trip downtown for a purchase instead of walking through a big box store for the same item.

That's because choosing locally owned stores for your shopping needs generates almost four times as much economic benefit for the surrounding region compared to shopping at a chain, according to the Institute for Local Self-Reliance.

More specifically, the report states that local restaurants re-circulate 79 percent of their revenues locally, compared to 30 percent for chain eateries. This type of money being re-invested in your community should help convince you which way to shop the next time you're conflicted.

Social Investments

More money staying local means more funding for important organizations such as charities and fundraiser events. Small business owners are more likely to make these types of social investments in the community, according to research by The American Small Business Coalition.

From local art groups to youth sports teams, small business owners are quick to offer their sponsorship and money to help support community groups. This helps create customer buy-in for business owners, as well as a reputation for genuinely caring about their communities.



Hiring Local

About half of all private sector workers are employed in small businesses, according to the Bureau of Labor. This means more local talent is retained and more money for taxes stays in the community, as well.

The next time you think your dollar doesn't count, remember that you're not only helping the community as a whole, but also all of those individual workers who have jobs because of your support. From part-time help all the way up to the business owner, small businesses are counting on you.

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Allentown's Fall Festival; A Feast for All Senses

By Susan Heckler

Don't let the small town feel fool you; Allentown can throw one heck of a party! With a population of fewer than 2,000 people, this little town that could, DID on a big scale.

October 10th and 11th was the Allentown Fall Festival from 10am-5pm both days. The event was really well organized with a Civil War Camp and Re-enactment, Crafters, Live Music, Wine & Beer Tasting, a Petting Zoo, Classic Cars and activities for all ages. The 100 vendors had a wide variety of merchandise for all tastes and the food vendors were amazing. The Allentown stores and businesses were well represented, showing off their best.

15,000 visitors enjoyed during the course of the two day festival. The weather could not have been better for a family outing. Even the pets were smiling! The only problem was what to do first and how to do it all without missing anything.

A day in Allentown is a day well spent, especially for a festival. I literally ate my way through town. I can't wait for next year! Have I mentioned I really love this place?



“My Friends Laughed When I Told Them I Wanted to Lose Weight Again... But When Olivia At Caruso Physical Therapy and Nutrition Helped me Lose 61 Pounds, They Nearly Fainted In Disbelief.”

ALLENTOWN - These are the words of Caruso Physical Therapy and Nutrition's patient Deborah after she told her friends and family about her accomplishment.

"I didn't even think it was possible to get my 44 year old body to ever look good again. But Caruso Physical Therapy and Nutrition told me they had a plan that was custom fit for people just like me. I had diabetes, high cholesterol, high blood pressure and I didn't think anyone could help me. They were offering to change my life forever without surgeries, injections, pills, or diets that leave you starving... so I decided to give it one more try," said Deborah.

The extra 61 pounds was a lot to carry around every day. I'm a working mom with 3 very active kids. "Sometimes as a mom it is hard to feel sexy!" Especially with my back hurting from all of the laundry.

This weight loss not only helped my back hurt less, but I noticed my husband looking at me in a whole new light. And now I don't have diabetes, and my cholesterol and blood pressure is normal.

Not only was the Caruso Physical Therapy and Nutrition Program effective, but it was even covered by insurance. "It was so much more effective in comparison to everything else I have tried with minimal results."

Olivia from Caruso's Physical Therapy and Nutrition Clinic explained, "Deborah's weight loss was never really approached the right way... but when we take on a client, the right way is the only way and we mean it. For people like Deborah, this approach to weight loss is a huge opportunity!"

As a result of seeing the impact we have on the lives of our clients, for a limited time we will be offering the customized approach we did for Deborah for 21 more people this month.

Due to our customized approach we can only work with 25 people per month and at the time of this article four spots were already taken.

"We are out to make sure these 25 people will be ready to be slimmed down," said Olivia.

"We only have 21 spots remaining so schedule your weight loss evaluation to see how fast we can have you living life the way you want to." Schedule Right NOW to be one of 21 people we help this month. Spots will fill up fast, so don't hesitate.

Call right now to be one of the 25 we help this month:

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The Right Collar

The function of your dog's collar can vary depending on where you live. In the city, it can serve as the last line of defense between you dog and busy traffic. If your dog roams rural land, its collar might be merely aesthetic.

No matter how you use the collar, there is an overwhelming variety of styles, colors and sizes from which to choose. The type of collar you need depends on its purpose.

If you have any questions about what type of collar you need, reach out to your dog's veterinarian for a recommendation for your specific dog.

Nylon Adjustable Collars

For the majority of dogs, a traditional nylon collar will get the job done. These options are durable and come in adjustable sizes for fitting a variety of dogs.

Nylon collars should be snug but not so tight that it restricts your dog's breathing. A good trick is to leave enough room for two of your fingers to fit between your dog's neck and the collar. This will keep your dog comfortable yet secure, unable to sneak out of the collar while on a walk.

You also should consider the weight of the corresponding hardware when selecting your collar. A larger dog will be able to comfortably handle wider, heavier pieces, while a smaller one is probably a better fit for lightweight hardware choices.

Harnesses & Halters

Dog harnesses go around your pet's neck and shoulders behind the front legs. They are better suited for dogs with respiratory issues, as they put pressure on parts of the body other than the throat or trachea.

Halter-type collars are similar contraptions in that they wrap around your dog instead of simply sitting around his neck. These collars look like a horse's halter, attaching around the back of your dog's head and its nose.

These collars are recommended for larger dogs in the training phase. They can teach your dog how to walk without leading or pulling you. They also can make the owner feel more in control since more parts of the dog's body are covered.



The Millstone Times BEST PET PHOTO CONTEST



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Dog Arthritis & Joint Issues

*Running, jumping and playing — a dog's life is full of physical activity.
That non-stop action can eventually lead to arthritis or joint pain.*

Knowing how to spot the warning signs of physical ailments in your dogs is important, as early detection can help make treatment more effective.

Be proactive with your pooch and take notice of how it stands, walks and runs. Work closely with your veterinarian if you have any concerns about your dog's mobility, and be sure to ask questions about how you can help your dog before advanced medical attention is required.

Warning Signs

If your dog is struggling to partake in common physical activities, he may be having joint issues. Ask yourself these questions when evaluating your dog:

- Is he slow to get off the couch or up stairs?
- Is he not keeping up on family walks or jogs?
- Is he disinterested in running around with other dogs?

Joint issues usually occur over time, so you may not notice your dog experiencing any sudden pain or limping. Staying ahead of these more serious issues will be key in identifying and treating the issue.

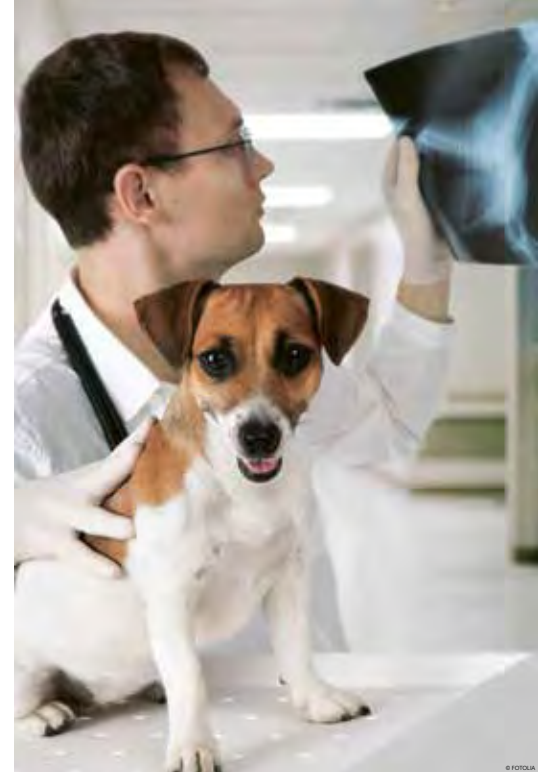
What Can You Do?

Just like most medical issues, arthritis and other joint issues can be treated both surgically and non-surgically. What your dog requires usually depends on what stage the problem is in.

If caught early enough in the process, non-operative success can be achieved. Weight control and strength training can actually help fight joint issues.

Less weight means less stress on the joints, so putting your dog on a healthy diet that includes plenty of beneficial fish oils can make a positive difference. So, too, can introducing more exercise to your dog's daily routine. Working out can build up your dog's strength, adding muscle to help protect the joints.

Check with your veterinarian to make sure you're not overloading your dog with new activity. If you get the green light, add a few more games of fetch or an extra jog into your dog's exercise regimen.



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A LOVING FAMILY

By Pam Teel

It is very satisfying to say that some of the readers of this paper have reached out to the East Brunswick shelter and have adopted and given forever homes to some of these abandoned dogs and cats.

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

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case

basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. Animal Assistance is also there for you once you leave with your pet. If you need help with trainers and vet care, they will provide someone for you. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org.

To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html>

If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phone calls are answered during open doors hours or email: linda@animalassistance.org. Phone conversations are preferred to email. Should you wish to sponsor a specific pet until they find a safe and loving home, please call between

7-10am Monday through Thursday, Friday 7-10am, or Sunday 8:30-10:30am to make arrangements.

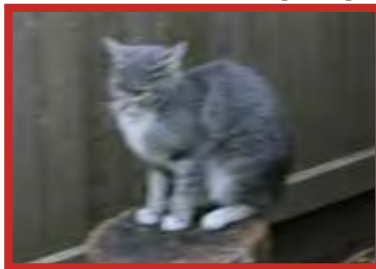
Facility hours are 7-10am Monday through Thursday, Friday from 7am-3pm, and Sunday 8:30am-10:30am. You do not need an appointment, just drop in. Donations are accepted. A tax receipt can be provided.

All proceeds are for the animal's medical fund, the shelter does not take salaries. The shelter is looking for a used SUV or small pickup truck that can be modified to transport their search and rescue dogs and the animals going to the hospital. They are also in need of KMR Kitten Replacer, dry adult dog and cat food, Purina kitten chow, canned dog food, canned cat food, dog toys, cat toys, catnip, pig ear chews, bleach, laundry detergent, Pine sol, Shampoo, paper towels, trash bags, blankets, towels, and sheets (new or used) and pet items new or used, are appreciated, and can always be used.

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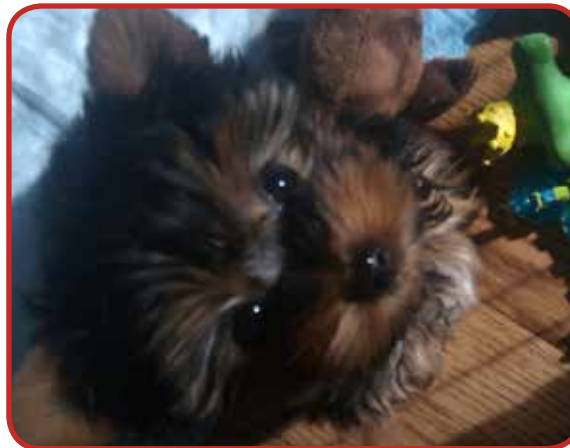
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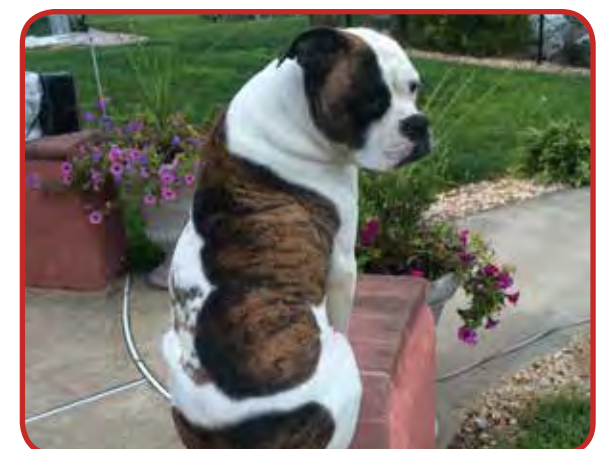
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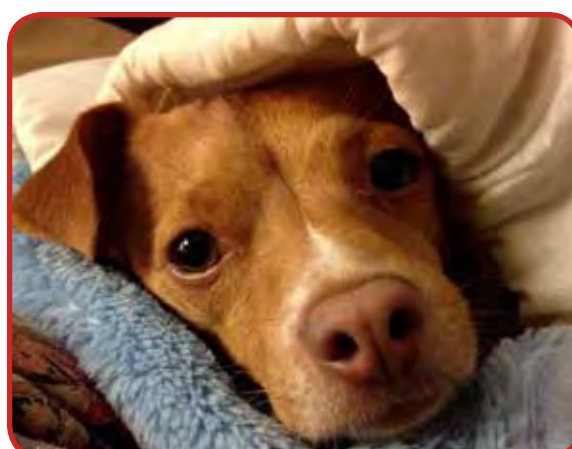
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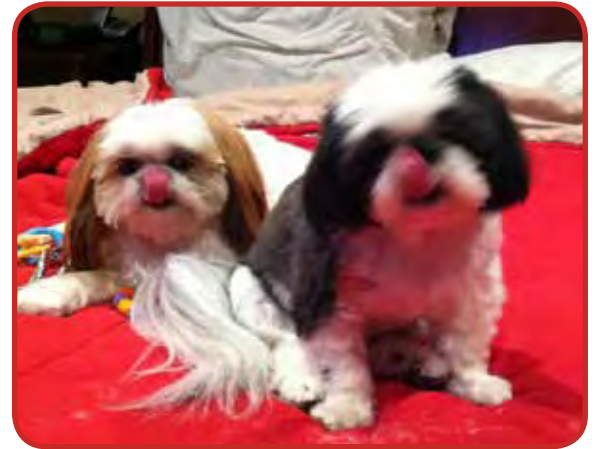
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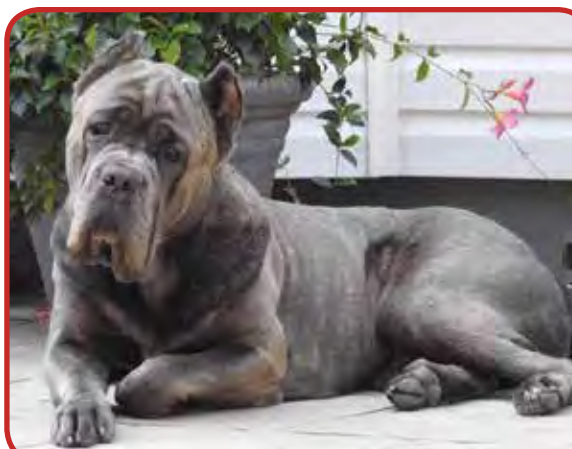
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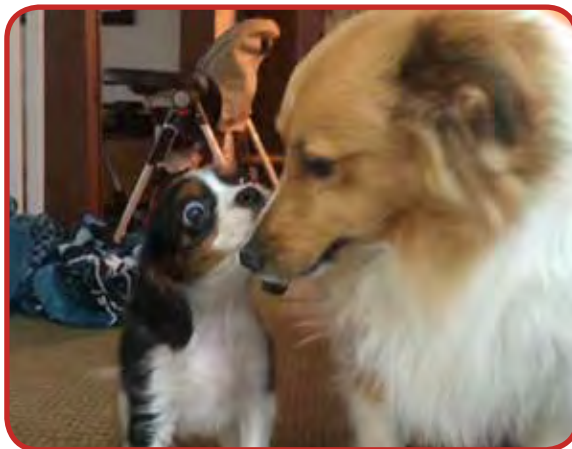
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Did You Know That ...

By Pam Teel

Did you know that the earliest chemically confirmed barley beer to date was discovered at Godin Tepe in the central Zagros Mountains of Iran where fragments of a jug at least 5,000 years old was found to be coated with beerstone, a byproduct of the brewing process? Hard evidence dates back to the Sumerians of ancient Mesopotamia, a region between Iran and Iraq. Archeologists have dug up unearthed ceramic vessels from 3400 B.C. still sticky with beer residue and a recipe dating back to 1800 B.C. that describes a recipe for a beloved ancient brew made by female priestesses.



Beer consumption also flourished under the Babylonian Empire. The Egyptians paid their workers, slaves, stonecutters, and public officials beer for their work; this included the building of the pyramids. This type of beer was called kash. It was safer to drink beer than the polluted water at that time. Even children drank beer in those days as part of their diet. Many ancient beers were flavored with such things as olive oil, Mandrake, and dates. It wasn't until the Middle Ages when Christian monks and other artisans started brewing beer with hops. In ancient Babylonia, if you brewed a bad batch of beer, your punishment was to be drowned in it.

Beer is mostly composed of water. Water in certain regions was originally better suited for brewing certain types of beer, an example being, Dublin's mineral rich hard water, which is great for making stout and Guinness.

A brief description on how beer is made: First, malted Barley is mixed with hot water creating a mash, a mushy oatmeal like substance. Next, a sugary liquid called wort (pronounced wirt) is drained off. Next comes the hops. They are boiled with the wort to add bitterness, flavor and aroma. Hops are the flower of a vine, which is also a member of the marijuana family. Yeast is then mixed with the hopped wort and left to ferment. The yeast converts sugar into ethanol and carbon dioxide. Ethanol is what gets you drunk. CO2 adds bubbles to the beer.

How you get drunk after drinking: Alcohol is absorbed into your stomach and small intestine and eventually it enters your bloodstream where it is carried throughout your whole body. As it journeys through your brain, it first hits the cerebral cortex making you more talkative and less inhibited. When it reaches the hippocampus of your brain, it causes memory loss and exaggerated motions. The cerebellum keeps you balanced. When alcohol hits it, you lose coordination. Watch out if the alcohol reaches your medulla, then you're really in trouble. The medulla regulates activities in which you do not have to think about, like your breathing and regulating your heart rate. Yes, it is true drinking on an empty stomach will get you drunk faster. The alcohol is absorbed more quickly. Your body can break down about one drink per hour, so drink responsibly.

Some Beer related tidbits: Don't lie beer bottles down. Store upright. This minimizes oxidation and contamination from the cap.

Vikings believed a giant goat with big udders would provide an endless supply of beer for them after they died at went to Valhalla (Viking Heaven).

A brewery tank containing 3,500 barrels of beer once ruptured causing a small tidal wave through a London parish demolishing two homes and killing nine people.

Pilgrims on the Mayflower stopped at Plymouth Rock rather than continuing to Virginia because they ran out of beer. Beer was a dietary mainstay in those days. Chances are the beverage in question was "ship's beer," a not-very-alcoholic concoction, but it was plentifully stored on board because it didn't perish quickly, like the food supply. Having been boiled, it was likely purer than ordinary water.

Oktoberfest, the world's largest Beerfest, originated in Bavaria Germany, starting with a 16-day folk festival honoring the history of Beer. This tradition has been in existence since 1810. Oktoberfest is now celebrated throughout the world in late September though October!



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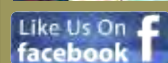
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Allentown Students Excel in Their Scholastic Summer Reading Challenge

By Pam Teel

This past summer Newell Elementary School on High Street, in Allentown, NJ, celebrated its success in the Scholastic Summer Reading Challenge, where students from all over the world competed to see who could read the most minutes during the time frame of May 5th to September 4th. Each child had their own account established with the Scholastic Program and both students and the school administrators were able to access the accounts in order to keep a running record of the time the students' accrued reading.

The contest, sponsored by Scholastic, promotes summer reading. Students are able to choose the appropriate books of their choice under the supervision of Newell School's Sue Downs- Reading Specialist, Julia Larkin- Literacy coach and Kimee Moore- School Librarian. The students entered the program four years ago and have managed to be in the top twenty all four years.

This year the children came in 6th place worldwide competing with over 6,220 other schools and they came in First Place in New Jersey, accumulating over 3.2 million minutes of summer reading.

The students at Newell celebrated during their Scholastic Summer Challenge Reading Rally where they got to participate in games and in the very first Newell Flash Mob dance where they did the Nae Nae dance. They were also treated to a 70-foot inflatable obstacle course in which they got to enjoy during recess time. The top 55 readers got unlimited time on the obstacle course.

As an incentive for reading, the PTA provided \$25.00 Scholastic Book Fair gift cards to the top readers as well as water ices and water for the obstacle course. Colonial Bowling in Lawrenceville also provided gift cards to the top readers as well as goodie bags for the whole school. Top classes per grade were then treated to a pizza party.

The whole teaching staff at Newell helps to work towards the students' summer reading goals. Numerous teachers joined in finding different incentives to encourage the children to take the Summer Scholastic Challenge.

What greater incentive than Newell's Principal Kelly Huggins pledge to cut her hair if the students met their reading goals. True to her word, on September 28th in front of all the students, Principal Huggins brought her hairstylist in to school and lived up to that promise. She then donated her hair to Locks of Love.

Congratulations to all the participants of the Scholastic Summer Reading Program. You should be very proud of yourselves for your wonderful accomplishment. Reading is a gift for the rest of your life. With the ability to read and comprehend, anything can be learned.

"Every man who knows how to read has it in his power to magnify himself, to multiply the ways in which he exists, to make his life significant and interesting." (Quoted by the Famous English Writer, Aldous Huxley).



Principal Huggins (far left) sports her new hair-do after living up to her pledge to cut her hair after her students met their reading goals!



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Test Your Home for Radon: Quick Tips

Radon is a natural radioactive gas that you can't see, smell, or taste. There is usually very little radon in the air outside, but sometimes an unsafe level of radon can build up indoors.

Breathing in too much radon over time can cause lung cancer, especially if you smoke.

If you are breathing in too much radon, you won't feel sick or have any symptoms right away. Testing your home is the only way to know if there's a radon problem.

Test your home with a short-term test.

Testing your home for radon is easy and doesn't cost very much. You can test for radon yourself or hire a professional to do it for you. If you rent your home, ask your landlord to get it tested.

There are 2 main types of radon test kits. Short-term tests take between 2 and 90 days. Long-term tests take more than 90 days. Start with a short-term test.

Test for radon in the lowest level of your home that people spend time in. If you use part of your basement for living space, like a playroom, test there. If you only use your basement for storage, test the ground floor.

You can buy test kits at home improvement or hardware stores. To order a test kit over the phone, call the National Radon Hotline at 1-800-SOS-RADON (1-800-767-7236).

If your home has a radon level of 4 or higher, it's time to take action. There is no safe level of radon, so you may still want to fix your home if the radon level is between 2 and 4.

Test your home again if the radon level is 4 or higher.

If your home has a radon level of 4 or higher, fix your home.

If 2 radon test kits show that the radon level in your home is 4 or higher, make a plan to fix your home. You may also want to take action if the radon level is between 2 and 4.

Be sure to hire a contractor who is qualified to fix radon. It's a good idea to get at least 2 price estimates.

For help finding a contractor or your state radon office, visit <http://www.epa.gov/radon/whereyoulive.html>.

For help finding a radon test kit, visit <http://www.epa.gov/radon/radontest.html>.

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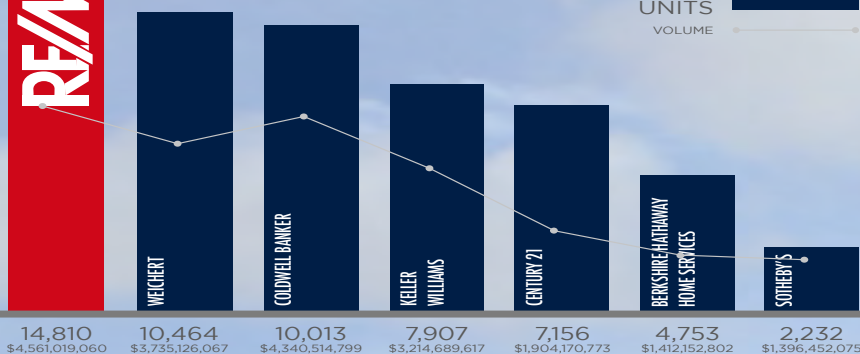
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TAKE PRECAUTIONS

*When taking on any home improvement project,
it is important to protect yourself from preventable injuries.*

Doing so involves understanding the risks associated with your specific project, as well as equipping yourself with the proper tools.

Research shows that many Americans are seriously injured by home improvement accidents every year. According to the U.S. Consumer Product Safety Commission, in 2013:

- More than 511,000 people were treated in hospitals, doctors' offices and emergency rooms for injuries related to ladder use;
- Approximately 301,425 people were injured from lawn mower-related injuries;
- Nearly 7,500 were treated for injuries related to power tools; and
- More than 569,000 injuries were related to sofas and couches, particularly in climbing them to clean hard-to-reach areas of the home.

Don't become a statistic. Follow the tips below for a safe home improvement project.

Ladder Safety

One of the most dangerous places around the home is on top of a ladder. Especially if you don't scale them very often, ladders can pose balance issues. And given the height you're dealing with, a fall can be very dangerous.

Always place ladders on a firm, level surface and always avoid wet ground.

Once you're on the ladder, avoid leaning too far to one side or reaching for items. This can throw off your balance and quickly shift the weight of the ladder.

Other tips:

- Never climb a ladder without someone nearby;
- Keep your ladder away from electrical wires, tree limbs or other obstructions; and
- Use a sturdy step ladder instead of furniture or a countertop to reach high areas.

General Safety

Many injuries occur in far less dramatic ways than falling from a ladder.

Improper stretching and lifting techniques can do damage to your back, keeping you out of any home improvement projects until you recover from your injury.

When lifting heavy objects, it is important to separate your feet shoulder-width apart, bend your knees and lift with your legs.

Other tips:

- If taking on a large project, alert your friends and family ahead of time so they will be able to check on you periodically;
- Always keep a phone within reach in case of an injury; and
- If working in the heat, take frequent breaks and hydrate properly.

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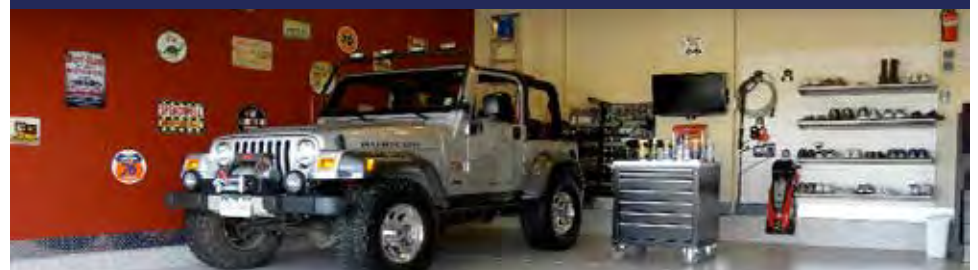
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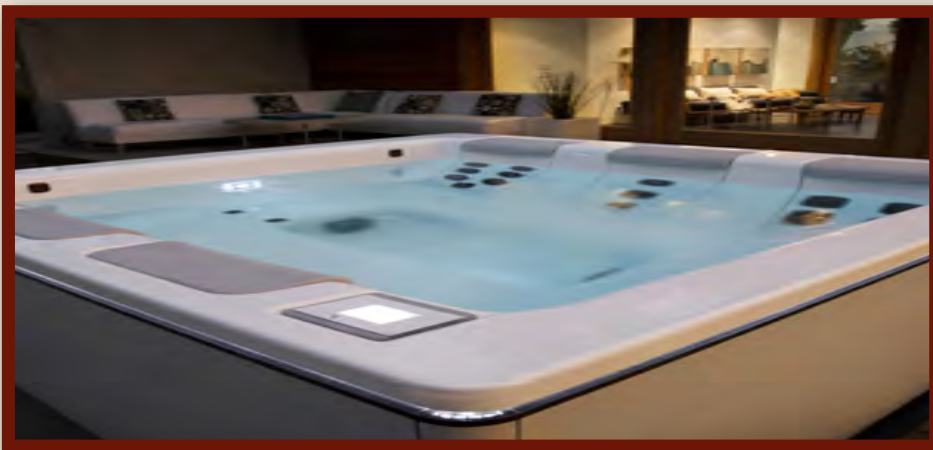
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Kitchen Renovations

Return on investment (ROI) is one of the most important aspects of home improvement, especially if you plan to sell your home within the next five to 10 years.

Many homeowners may choose to nix the ROI factor because they plan to stay in their home for life. They make every home improvement decision based on their needs and preferences.

For those with more moves in their future, ROI is more important and should be strongly considered before anything is removed, replaced or restructured.

The trick is understanding which parts of your remodel will offer you the greatest return on your financial investment. You probably won't make back the \$5,000 put into a home theater room in your basement, but you may still be OK with spending the money because you'll get many great years of use out of it.

If there is remodeling in your future, consider what is selling in your local real estate market. Talk to Realtors and stay up to date on current buyer trends. Doing so will keep your home improvement decisions on track.

Smart Kitchen Renovations

The annual cost vs. value report from Remodeling magazine routinely finds that kitchens are the first room homebuyers consider when looking at homes. They also return about 66 percent of initial investments, according to the most recent report.

Improvements such as ceramic tile floors or new countertops in the kitchen are at the top of the list of smart remodeling upgrades. Refinish your cabinets if they are structurally sound, and consider upgrading your appliances.

Steps like this can help improve the value of your kitchen and home.

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Quartz is also great for enhancing your home's overall design. Its natural color gradation and patterns lend it to be paired with bold, modern decorative accents in your design strategy.

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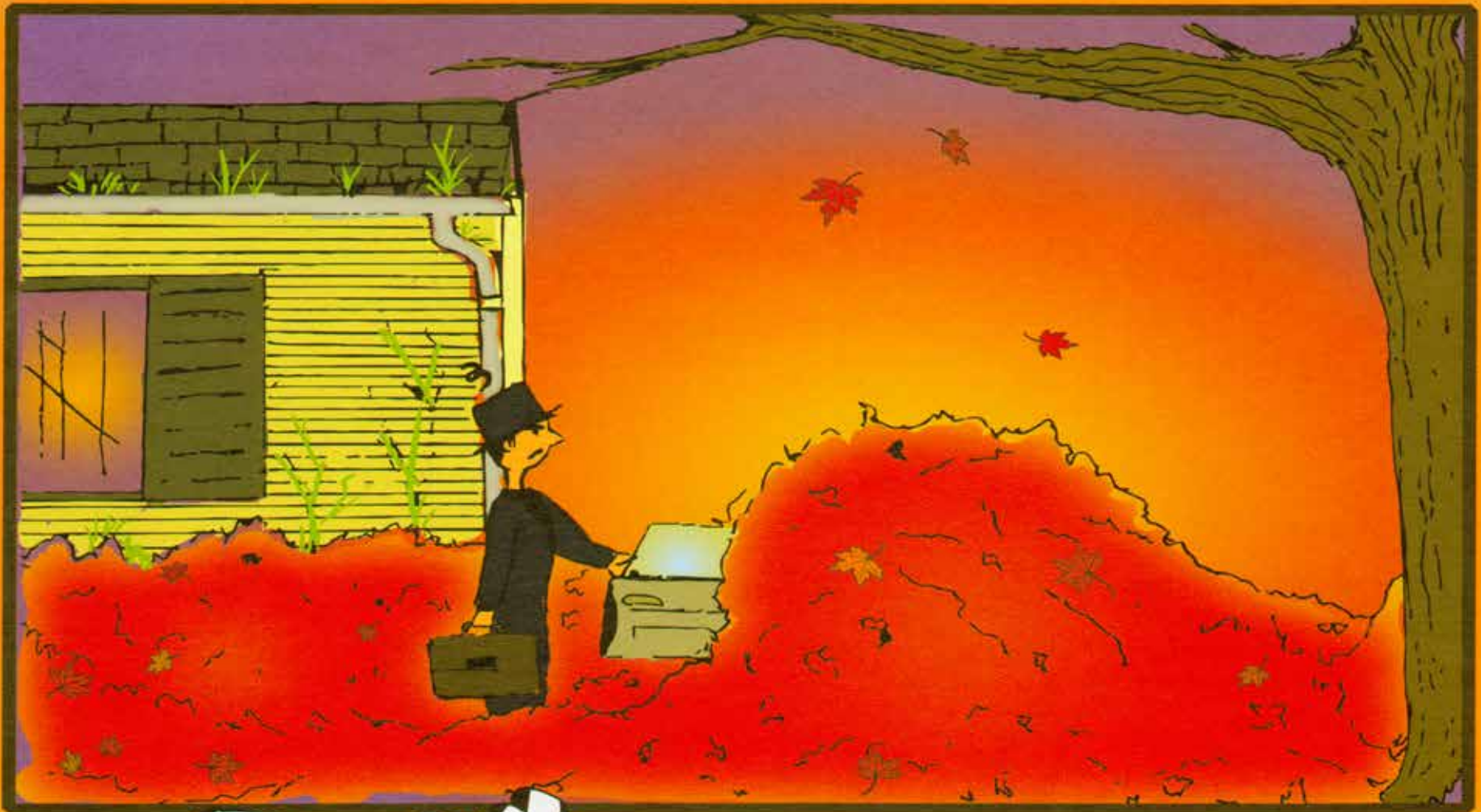
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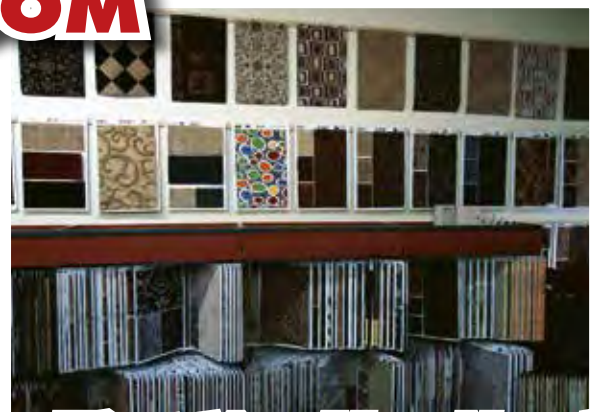
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MTFEE

Putting Our Children's Need's First

By Pam Teel

The Millstone Township Foundation for Educational Excellence is a nonprofit organization devoted to funding grants for items and programs that help enhance a child's educational experience in the school district by helping to add nurturing educational assistance beyond the realm of the school's general budget.

Presently, the Foundation consists of eighteen members who should themselves be honored with an Excellence Award for all of their time and hard work in putting together fundraisers and events in order to raise money to help enhance every Millstone student's quality of learning. Operating independently from the school district, the Trustees replenish their grant funds solely through fundraising, corporate donations, and private donations.

Since 2002, the Foundation has awarded over \$515,000 in grant money to the Millstone Township School District. (MTFEE is a member of the New Jersey Education Foundation Partnership and the National Consortium of State and Local Education Foundations.) This past year alone, over \$28,000 was granted to various teachers and programs. Grant money went to the music department for new timpani drums and equipment, the Fitness department for new fitness equipment to be used by the Middle School students; grant money went towards a responsive classroom four day workshop for educators, a workshop for visualizing and verbalizing for language comprehension, installing a mosaic garden of stepping stones at the Primary school, thus creating outdoor Inquiry learning spaces, and fans to enhance the STEAM curriculum. With the purchase of two different fans, this grant will enhance the STEAM curriculum by offering students hands-on opportunities to design investigations and engineering challenges in a variety of fields including physical science, earth science and life science. Data generated through these investigations will be readily applicable for cross-curricular application in mathematics as well. A grant was also provided for Historical Figure's performances. In partnership with the Friends of Millstone Township Historical Registered Properties, this grant money will allow three half day performances by actors bringing History to life at the Middle School. The actors will portray Abe Lincoln, George Washington and Edgar Allen Poe in classroom presentations.

With the fundraising events and private donations, the trustees work hard at trying to fulfill teacher and staff wishes, knowing the full value of worth at hand for every student. School staff are invited to submit an application (posted on the MTFEE website) for items they feel will enhance their students education and that are beyond the scope of the general school budget. There are two grant cycles per year, one in the fall and one in the spring.

Want to help, join the "180 club," which is a contribution of a dollar a day for 180 days of the school year. Families who contribute have their names displayed on an acorn on the MTFEE oak tree mural displayed in the primary, elementary and middle schools. The 180 day program has raised more than \$43,000 since its inception six years ago.

Teacher Staff Appreciation Week in April- whether a teacher, nurse, custodian, bus driver, librarian, everyone likes to be appreciated. With a ten dollar minimum donation, the member

of the staff that you nominate with a Mighty Oak Award will be presented a certificate by both the Principal and the student who nominated them during school hours with a special note of their appreciation.

Upcoming events-November 15th 2015, **Family Movie Day**- held at the MPAC Center at the Middle School. There will be pre-movie children's activities which include games, activities, prizes, face painting, crafts, etc., starting at 1:00. The movie will begin at 2:30. The movie will be voted on by the majority of the students. Check website for movie title. www.mtftee.org. It's guaranteed to be a fun night for all. \$5.00 minimum in advance-\$6 at door. Concession stand will be available for refreshments.

SAVE THE NIGHT- The 4th annual Casino Night- February 20th 2016 - At the Forsgate Country Club. 6-11. There will be a variety of casino games including a money wheel, Texas Hold-Em, Roulette, Black Jack, and Craps. In addition, there will be a buffet dinner, dessert, cash bar, as well as Tricky Tray and silent auctions with prizes. There will be sponsorship and auction item donation opportunities. If you are a company looking to get involved, don't hesitate to send an email to MTFEE or visit them on facebook. Last year's Casino night, the MTFEE was able to raise nearly twenty thousand dollars, all of which provided grants for many of the above new programs and items.

The MTFEE is always looking for new trustees and fresh ideas, people who want to share their time and talents with the organization. Come and join in on a monthly meeting the second Thursday of each month. You can find dates and location on the website. For more info on MTFEE and lists of events and programs, email: info@mtftee.org or visit www.mtftee.org. Also like them on facebook.

A special Thank you to all the MTFEE trustees for all of your time and devotion in enhancing all of our children's learning experiences!



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MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE TO HOST FIFTH ANNUAL “FAMILY MOVIE DAY” NOVEMBER 15

Millstone Township Foundation for Educational Excellence (MTFEE) will be hosting its fifth annual “Family Movie Day” on November 15 at the Millstone Township Performing Arts Center (MPAC) at Millstone Township Middle School (5 Dawson Court). MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in the Millstone Township School District.

Pre-movie kid’s activities including minute-to-win-it games with prizes, crafts, face painting and tattoos are planned to begin at 1:00 p.m. The movie will start at 2:30 p.m. The foundation polled Millstone Township students on several popular family-friendly movies, to build excitement and get the students involved. Visit www.mtftee.org to find out which movie won and will be shown. A concession stand will be available for refreshments.

A \$5 minimum donation is requested, with advance payment. \$6 at the door. Donations will help provide grant funding for innovative and exciting classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials that are beyond the scope of the general school budget. To make a donation or find out about family and business sponsorship opportunities, which start at \$50, visit www.mtftee.org.

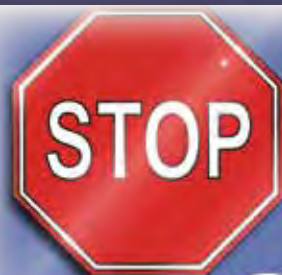
MTFEE will also be collecting non-perishable food items that day, which will help Millstone Township families who are in need.

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 \$515,500 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, book rooms, 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).



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SOME PARTS OF JACKSON**

White Butterfly Café Celebrates its Patrons

By Pam Teel

Jackson's best kept secret is a secret no more as people from nearby towns are discovering this gem of a place. Voted in both 2013 and 2014 as Jerseys Choice/Best by New Jersey Monthly and voted the best gift shop in Ocean County by the Asbury Park Press Readers Choice Contest, this contemporary boutique specializes in unique gifts for everyone in your life. At the boutique you'll find the best selection of Alex and Ani, Brighton, Trollbeads & Chamillia, Lokai bracelets, the giving keys, Gingersnaps, Lotti Dotties, Snoozies, Bourbon and Bowties, Lisette L. Pants, Lenox, Mud Pie, David Bradley chocolates, Willow tree, Jim Shore, Foundation Angels and Nora Flemming. They also carry products and items that are locally made. The owners are constantly expanding their inventory. Whether you want to shop for yourself or get a gift for someone, there is a knowledgeable sales staff at hand to help you.



7th grader, Tristin Leshinsky, finds the Lokai Bracelets in the store. They are the newest fad in school for both boys and girls. Tristin calls them "Cool Looking."

Their clothing boutique includes party attire, classic, and casual attire. Home décor includes Yankee Home candles and locally made candle pies, "Jersey Girl" Lolita hand painted wine glasses and seashore décor. With so much to choose from, come in and discover what other people already know about the boutique and the reasons that keep them coming back. With Christmas right around the corner, it's a great place to buy gifts for teachers, family and friends. The boutique has been open for the past eleven years. It's located at 200 North County Line Road in Jackson. After you pass the Jackson Shoprite, take the next u-turn at Bartley Road. The store is on the right hand side (same side as the Shop Rite).

The property also boasts an outdoor café with an extensive menu. The café has been opened for the past two years and just recently the owners opened up a new garden area where they host private parties and fundraising events. (Click onto: Private Party

Package on their website for more information about booking an event in the Garden).

The café offers appetizers, gourmet sandwiches, quesadilla's, soup, salads, entrees, and a whole separate menu of luscious rich desserts. There are plenty of heaters and fire pits to keep you warm. Take out and catering available during the winter months. You can also find gluten free, vegan, and vegetarian free items on the menu. To view the latest menu, go to: <http://www.whitebutterflynj.com/wb-cafe-menu/>. You can bring your own wine or beer to the café. You'll find a whole array of drinks from soda to cappuccino, lattes, and more.

They can also cater an event at your home. For more info about catering services and events, contact Kat Schadt or Kathy Waters at 732-901-6262 or whitebutterflypr@gmail.com. You can view their Facebook page for specials of the day.

This past October, The Butterfly Café recently held a Fall Garden Party to show their appreciation to their loyal customers and to raise money to help women struggling against Breast Cancer. They partnered up with the Pink and Bloom Foundation, a local fundraising organization. In the Garden area were the Pink and Bloom welcome table with beautiful pink ribbon cookies and a large pink pumpkin to sign, pumpkin crafts for the children, face painting, nail and hair art from the Fab Five, local high school girls in the area who donated their time and talent, DJ JSoul, who donated his time to entertain everyone, Mary Kay, who donated pink lipstick bars, Artist Christina, who painted wine glasses for sale, and more. Home baked cookies were donated by Millstone Resident Joanne Caba. There were also Raffle prizes and gift certificates to give away.

Dine local, shop local! Come on out for a bite or just to browse. You'll be glad you did. The Butterfly Café has a lot to offer!

Store hours are: M-W 10-6, Th-Sat.-10-8, Sunday 10-5

Café hours are M,T,W 11-6, Th, Fri.11-9, Sat. 9-9, Sunday9-5



"Helping women struggling with Breast Cancer" Garden Party



"Helping women struggling with Breast Cancer" Garden Party



Come on in and browse. There's plenty to see!

The White Butterfly

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Jackson Liberty Choir from 4-6
& Fall Decor Showcase

NOVEMBER 28TH
Small
Business
Saturday



AN OASIS IN JACKSON

Fun Happenings at Vesuvio's Family Restaurant Canvas and Cocktails!

By Pam Teel

Known for their delicious food and to die for pizza, Vesuvio's has added some family fun to the mix with step by step painting classes and cooking lessons. Hosted by owner, Mary Costagliola and her family, the third Canvas and Cocktails night was held this past September. The night included a buffet spread, which included an appetizer, salad, a hot entrée, pizza, dessert, coffee and soda. A complimentary bottle of wine was also included and people were able to bring their own bottles of wine with them.

Art director, Heather McFarland, from Around the Corner Art Center in Freehold, was on hand to guide the group, step by step, in painting a scene on canvas. Heather makes it easy for you with a penciled-in outline and takes you slowly through the process. The cost for the



Mrs. Costagliola and her September class enjoy the Canvas and Cocktails event.

night is \$49.95, which includes art materials and buffet. Call "Around the Corner Art Center" to register at 732-308-4666 or email them at www.aroundthecornerartcenter.com. Please note, twenty-five dollars is payable at the time of registration and the balance is payable at Vesuvio's the night of the painting class.

Mrs. Costagliola also hosts cooking classes. Some of her past classes have been, learning how to make rice balls, chicken francese, homemade pasta, cookies from cake mixes, and

more. (Some of these classes also include children ages eight and over). The costs for cooking

classes are \$25.00. This includes a snack, a drink and all materials. Private group cooking classes are available with a minimum of five people or more. (The rate might be slightly higher).

Vesuvio's also hosts fundraiser events. They just completed a cooking class fundraiser for Pop Warner football in Millstone. They have done cooking classes for scout troops and have enjoyed teaching preschoolers and elementary students the art of making pizza. They can accommodate up to fifty people and are available to host your next fundraiser.

Vesuvio's now has a food truck. Their maiden voyage was at a recent car show at Moto Park in Millstone. It was very successful. The food truck will be available for private rental for functions and events. They offer breakfast, lunch or dinner, whatever the client requests. They can also make personal "To Order" menus depending on what the client wants.

Coming up for the holidays, Mrs. Costagliola will be offering her annual Cookie Houses for Charity starting at the end of November. The painting and cocktail classes will be held once a month. You can also call for a private painting and cocktail class with a minimum of 8 people. To learn more about upcoming available classes and events, call Vesuvio's at 732-446-1155 or visit them on facebook.

Why not gather up your family and friends and enjoy a fun stress-free night painting, wining and dining!



Vesuvio's new Food Truck is now available for functions and events.

Drug Use & Abuse Special: Heroin

Monday, November 9, 2015 @ 6:30 PM – 8 PM

Join us for this important program on the history, use, and abuse of Heroin.

Presented by Lt. Joe Pangaro.

Learn to Control Your Diabetes

Tuesdays, November 10, 17, 24 & December 1, 8, 15 @ 10:30 AM – 1 PM

This six-week free class taught by trained health care workers will help you learn about the risks of diabetes; importance of regular doctor exams, diet and exercise; how to manage medications; and much more. You should plan to attend all six classes – no new participants will be accepted after the first class. Sponsored by Healthcare Quality Strategies, Inc.

Book Café With Special Guest Author

Monday, November 16, 2015 @ 3 PM

Meet Karen Kelly Boyce, a local author who has written four inspirational Christian novels and one non-fiction book on surviving cancer. Her third novel, *Down Right Good*, won the Eric Hoffer Award and was a finalist for the Montaigne Medal. Light refreshments served.

Books will be available for purchase.

College Admission 101

Monday, November 16, 2015 @ 6:30 PM

Tips presented by College Wise of Princeton for improving your chances of admission. The presentation will address grades, test scores, activities, essays, interviews, and strategies that will make you a stronger college applicant and help you avoid the most common application mistakes. Grades 6-12.

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Check out our Web Site at www.VesuviosMillstone.com



The Price is Right LIVE is coming to the Count Basie Theater today, at 7 pm!

The Lion, The Witch, and The Wardrobe takes the stage tonight at Monmouth University.

Today is **National Sandwich Day** - go out or make your favorite to celebrate!

Octoberfest is now taking place in Monroe Township! Crafts, rides, music, food, and more.

Visit the **Princeton Farmer's Market** today, which happens every Thursday until November 19th.

MOVIE: The Peanuts Movie comes out today!!!!

Explore the night sky under a planetarium dome. **Planetarium at Raritan Valley College**, 118 Lamington Rd, Branchburg, NJ.

Tonight the **Big Apple Circus** comes to The State Theatre in New Brunswick, NJ, putting on a performance that is specially crafted for children with autism.

Presented by 98.3, **Meat Loaf** performs tonight at the State Theater in New Brunswick, NJ.

Celebrate **National Young Reader's Day** today by visiting your local library or bookstore.

Freehold Mall Art & Craft Fair

Fun fact: Today is **National Pizza with the Works Except Anchovies Day**.

Peter Pan takes the stage tonight at the Count Basie Theater in Redbank, NJ, at 8 pm!

20th Annual Turkey Trot, a 5K run in Colonial Park, Franklin, NJ.

Take a complimentary yoga class today at the **Lululemon** store in the Freehold Raceway Mall.

Today is **National Fast Food** day-to celebrate, go enjoy your local drive-thru!

So You Think You Can Dance LIVE tonight at 7:30 pm in Toms River!

Fall Food Truck Fiesta! In West Windsor, NJ.

Disney On Ice: 100 Years of Magic at the Prudential Center in Newark, NJ- your favorite Disney characters come to life on ice!

MOVIE: The much anticipated last installment of the Hunger Games trilogy, Mockingjay: Part 2, comes out today!

Vonthun's Farm Fall Festival, pick-your-own pumpkins and apples and other family activities every weekend throughout the fall.

Santa Run at Six Flags Great Escape! Dress up like Santa and run a 5K through the park!

Today is **National Eat a Cranberry** Day-right in time for Thanksgiving!

Take today to start prepping for Thanksgiving: make your last minute runs to Shop Rite, bake the pies, and set the table. The greatest holiday in the world is in two days.

MOVIE: Pixar's The Good Dinosaur comes out today!

Thanksgiving Day-give thanks and gobble up lots of food!

Black Friday- starting earlier and earlier each year. Some deals are beginning at 10pm on Thanksgiving Day, so get on out there to steal some deals!

Disney LIVE! opens tonight at the State Theater in New Brunswick, NJ.

The **Bradley Beach tree lighting ceremony** is tonight at 5pm...tis the season!

The official **Stay At Home Because You Are Well Day**, enjoy!

Please check with all venues to confirm dates and times in case changes were made after print.



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For Those With Social Anxiety, Acts of Kindness May Be Therapeutic

Study found doing good deeds can promote positive feelings, enabling easier interactions.

According to HealthDay news, People with social anxiety who perform good deeds may have less trouble relaxing and interacting with others, new research finds.

These acts of kindness can boost feelings of happiness and foster positive views of the world. Over time, deeds that promote positive interactions may enable people with this disorder to socialize more easily, the Canadian researchers said.

"Acts of kindness may help to counter negative social expectations by promoting more positive perceptions and expectations of a person's social environment," study co-author Jennifer Trew, of Simon Fraser University in Burnaby, Canada, said in a journal news release. "It helps to reduce their levels of social anxiety and, in turn, makes them less likely to want to avoid social situations."

Social anxiety disorder causes people to feel threatened or anxious about mingling with others. It's more than just being shy. The disorder may make people feel so uncomfortable that they avoid socializing entirely to avoid angst or the possible embarrassment.

The four-week study involved 115 undergraduate students with high levels of social anxiety. The students were randomly divided into three groups. The first group was told to perform acts of kindness, such as doing a roommate's dishes, mowing a neighbor's lawn, or donating to a charity. The second group was exposed social interactions, but instructed to not engage in good deeds. The third group recorded what happened daily but these participants were not give any specific instructions on how to interact with others.

The study revealed the group that engaged in acts of kindness had the greatest reduction in their desire to avoid social interactions. This was especially true during the first part of the intervention, the study found.

The researchers concluded good deeds are a valuable tool to help people with

social anxiety interact with others more easily by easing anxiety and fears of possible rejection.

Treatment strategies that involve doing good deeds can improve quality of life for people with social anxiety, the study published recently in the journal Motivation and Emotion concluded.

"An intervention using this technique may work especially well early on while participants anticipate positive reactions from others in response to their kindness," study co-author Lynn Alden, of the University of British Columbia, in a journal news release. ■



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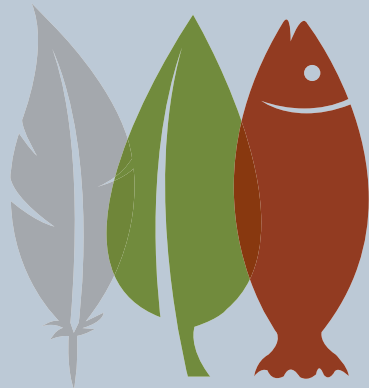
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Knowing the Story of Your Food, From Source to Plate.

Allentown, NJ – In a food environment filled with nebulous terms like “all-natural,” and “grass-fed,” a growing number of globally-thinking consumers are seeking clarity in their attempts to purchase clean food harvested with respect for the planet, the animal and the future of our natural resource base. Though the demand for such food is on the rise, the question remains—where can the average person acquire food that tells the whole story of how it came to be? For people living in the Northeast and Mid-Atlantic regions, the answer is Local Abundance.

Local Abundance, focuses exclusively on sustainably-raised proteins (seafood, beef, pork, and poultry). Each item they offer comes complete with a detailed account of where and how it was raised or caught, and by whom.

“All food has a story,” said Jennifer Hill, Local Abundance’s founder. “It came from a specific place, it was raised in a specific manner. We are here to re-establish the lost connection between harvester and consumer and offer an alternative to the ‘Industrial’ organic food that is now flooding local supermarkets which in so many cases over-promises and under-delivers.”

Local Abundance seeks to help consumers make the best choices for themselves, their family, and the environment based on facts and not misleading packaging or marketing campaigns.

Local Abundance offers home delivery, UPS ground shipping and call-ahead pickups. To learn more, ask a question or place an order, simply visit their newly launched website, localabundance.org or call 609.259.4199.



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Top 50 LeTip Categories

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| 1 Real Estate Residential | 26 Dentist |
| 2 Insurance P&C | 27 Auto Body Repair |
| 3 Mortgage Loans | 28 Advertising Specialties |
| 4 Financial Advisor | 29 Contractor Electrical |
| 5 Insurance L/H/D | 30 Home & Property Inspector |
| 6 Chiropractor | 31 Computer Consultant |
| 7 Banker | 32 PestControl |
| 8 CPA | 33 Skin Care Cosmetics |
| 9 Printer | 34 Interior Design |
| 10 Auto & Truck Repair | 35 Attorney Family Law |
| 11 Attorney Personal Injury | 36 Janitorial Services Residential |
| 12 Heating & Air Conditioning | 37 Restoration Damage & Cleanup |
| 13 Contractor Painting | 38 Accountant |
| 14 Attorney Wills/Trusts/Estates | 39 Contractor Remodeling |
| 15 Contractor General | 40 Contractor Roofing |
| 16 Contractor Plumbing | 41 Contractor Landscape |
| 17 Carpet Cleaner | 42 Health & Wellness |
| 18 Internet Web Design | 43 Photographer |
| 19 Handyman | 44 Security Systems |
| 20 Massage Therapist | 45 Bookkeeper |
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*The holidays mean cold weather for most of the country, which means warm, comforting drinks,
and what's more holiday-inspired than coffee and hot chocolate?*

Having a great variety of both in alcoholic and non-alcoholic choices can be the finishing touch for a festive holiday party. You can achieve this in the form of a fancy coffee and hot chocolate bar set up on your kitchen island or a side table. Here's what you'll need:

Mugs and Glasses

No bar is complete without the mugs and glasses that will be used to serve your delicious concoctions. You can break out the humorous, tacky holiday mugs or opt for classier, more elegant drinkware.

Stack up your cups and mugs on a tray, and let guests serve themselves. Also, don't forget the to-go cups and lids for the non-alcoholic beverages if there are guests who aren't able to stay long at your party.

The Drinks

Coffee is the perfect option for a cold day, so invest in some store-quality thermoses that guests can pump themselves. These can hold much more coffee than a traditional 12-cup pot, which will help you spend less time making coffee and more time enjoying your company.



Considering that not everybody is a coffee fan, be sure to have plenty of hot chocolate on tap for your guests, as well. Your guests can mix individual packets with warm milk for the perfect holiday treat.

The Extras

Once the main aspects of the coffee and hot chocolate bar are planned out, it's time to work on the extras. These can include candies and cookies to complement your drinks, or holiday decorations to dress up your table.

Don't forget the drink add-ons. Creamers, sugar and marshmallows as companions for your guests' drinks. Many creamers come in peppermint, butter toffee or even rum cake — delectable flavors with the perfect holiday twist for your drink bar.



Coach's Corner

By Jill Garaffa

Dear Jill,

I am feeling so stressed out. I have so much going on at work and at home that I don't know where to begin. My days at work are very long and then I come home and there's more work to do at home. I'm up till 2am sometimes finishing projects and I can't seem to sit still and turn my brain (and body) off from constantly being busy. I feel so exhausted and drained. How do I shift gears relax?

Signed,
Stress Head
Manalapan, NJ

Dear Stress Head,

I am hearing a value for you around accomplishment and productivity. Our values stem from our belief system and are the drivers of our actions and behaviors. While we all value many things, we generally have only a few very deep core values from which the rest of our values stem. In other words, we may keep ourselves very busy accomplishing things and checking off items on a "to do list," but the reason we do this is because our deeper values are centered on happiness and peace. We believe that if we accomplish more things it will make us happier and we will finally be at peace when everything is finally done... Except that is usually not how things turn out.

The problem with this line of thinking is it can trap us into developing long standing habits that lead us very far away from happiness & peace. We get buried under piles of projects and our calendar becomes stuffed with activities and obligations that bring us everything but happiness and peace.

From a coaching standpoint, the first question I would invite you to explore is: at the end of your day, what really matters to you? At the end of your life, as you look back, what are the moments that will bring you the deepest sense of fulfillment? Steven Covey, in his best-selling book "The Seven Habits of Highly Effective People," suggests that we all "begin with the end in mind." That said, consider ultimately how you want your life to end and then plan your days accordingly. On their death bed, most people do not look back and think "Gee, if I only spent more time at work."

From a practical standpoint I'm hearing that you currently have a really busy schedule and not enough rest. I suggest taking an honest inventory of all the things that you are currently managing: appointments on your schedule, projects, emails, voice mail, and piles on your countertops and folders in your office. Ask yourself "what is producing fruit?" Any business that does not take inventory will eventually go out of business. Consider that you are the "CEO" of your life. Consider the simple things that truly bring you a sense of joy, fulfillment and happiness. Then ask yourself: What needs to go? What needs to stay?

Our days are made up of hundreds of small choices and ultimately; those choices make up the quality of our life. A life coach is someone that can help you sort through what truly matters and support you with designing a lifestyle that aligns more with your deeper values.

Wishing you clarity, peace & joy, Jill

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

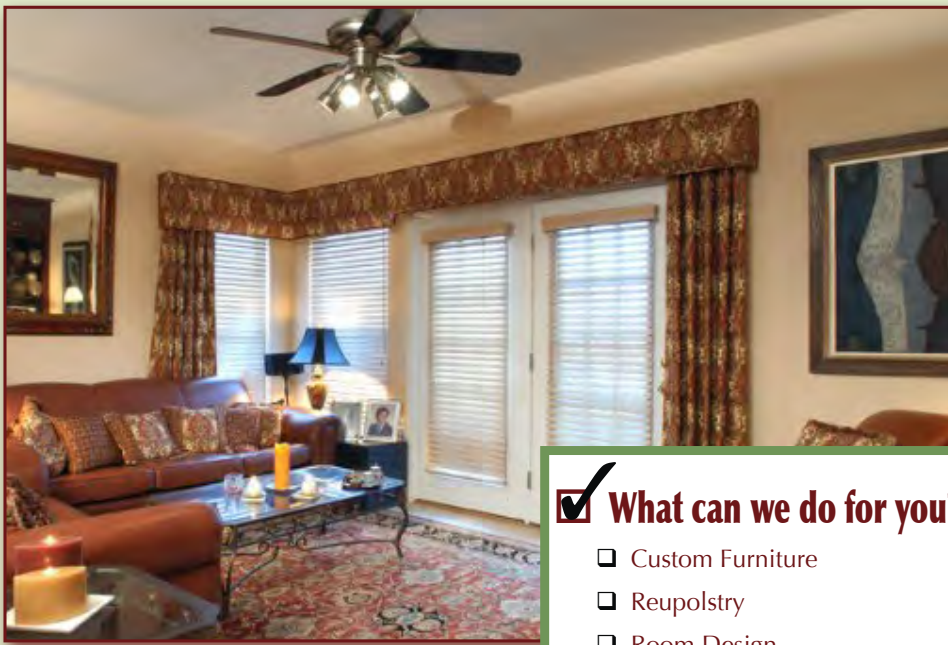
If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchange coaching.com or visit www.seedsofchange coaching.com and click "contact us" to be featured in a future column.

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Pay it Forward

Gifts and financial donations are certainly welcome this time of year by your local organizations and charitable non-profits. But your time may be the most valuable contribution you can make.

If you're feeling fortunate to be where you are in life this holiday season, why not pay forward a little of yourself? You might just make a difference that people will remember for the rest of their lives.

Studies have shown that more volunteering is needed around the country, especially around the holidays.

Only about one quarter of the American population volunteers through or for an organization, according to the Bureau of Labor Statistics. This statistic has remained largely unchanged over the years, underscoring the need for more volunteers to make themselves available for charitable organizations.

Seek out one of the organizations listed below and get started on impacting your community in a positive way.

#GivingTuesday

With so much attention devoted to Black Friday, Small Business Saturday and Cyber Monday, new focus is being paid to Tuesday. #GivingTuesday, that is.

The movement was founded in 2012 by New York's 92nd Street Y in partnership with the United Nations Foundation. Together, with a team of celebrity influencers and founding partners, the groups launched the #GivingTuesday global initiative that has engaged more than 10,000 organizations worldwide.

Check out the website www.givingtuesday.org to find participating organizations in your area and for ways to get involved.

Volunteer Opportunities

There are many military-focused groups and organizations looking for volunteers this time of year. You can check with your local veterans' associations to help provide volunteer hours during a holiday event.

You also can find volunteer opportunities at your local hospital or nursing home — any kind of facility where people may be spending time away from their home during the holidays due to physical issues.

Many hospitals and nursing homes schedule holiday dances, meals and even trips from Santa Claus for kids in children's hospitals. All of these efforts require a strong force of volunteers to aid in planning and coordinating.

Contact the auxiliary arm of your local hospital to find out their needs and how you can meet them.



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Pennington, NJ Named Best Town for Families -2015

By Pam Teel

Pennington, a borough in Mercer County, was voted best town for families by New Jersey Magazine. It encompasses a less than one square mile borough with a Main street full of small town charm. With a population of 2,587, Pennington is highly rated for its school system, convenient highway access, and low crime.

The borough dates back to the 1600's. Travelers stayed overnight at the Inn on their way to New York City.

Once called Queenstown in honor of Queen Anne, and then Pennytown, the settlers began to call it Pennington in 1747. There was an Edward Pennington already in the area from 1667 to 1701. He was the son of Quaker leader Isaac Pennington. Edward was appointed by his kinsmen, William Penn, as Surveyor General of Pennsylvania.

Pennington was established as a borough in 1890 from portions of Hopewell Township. It has its own independent municipality and shares many things with surrounding Hopewell Township. It is a dry town, where alcohol can't be sold. Being that the downtown is only two blocks, children can walk to school easily. There is no train service through town but the nearest train station is fifteen minutes away in Hamilton.

Far off the beaten path, there are no modern day fast food chain stores in town. There is a bank, drugstore, pizza restaurant, hardware store, gift shops, and restaurants. The nearest mall is Quakerbridge, which is ten minutes away and the nearest grocery store is in Hopewell Township. Pennington and Hopewell Township are intertwined. Pennington's close neighbor is Princeton, which is a mere twelve minutes away. Pennington also has a small number of condominiums, town houses and rental apartments. They also have an adult community and assisted living facility. Property taxes are high but compatible to surrounding areas.

The Pennington School is a private day and boarding school founded by the Methodist church in 1838. The school houses 440 students in grades 6th through 12th. It hosts a college prep curriculum with an emphasis on individual excellence in academics, athletics, creative and artistic performing arts, and community service. The school also allows local residents to use their facilities. Pennington Day, a street fair, was created after a fire destroyed a portion of the building. After they reached their goal, they now hold the street fair to raise money to benefit nonprofit organizations.

The town has a good mixture of Colonial, Federal, Greek revival, and Victorian style homes. The Victorian stone Pennington Railroad Station that dates back to 1882, is on the national register of historic homes. It is now a two-unit condominium. Historic churches in the borough include St. James church, The Pennington Presbyterian Church, St. Matthews Episcopal Church, the 1st Baptist church, The United Methodist Church, and the Bethel A.M.E. Church. Visit www.opennington125.org to read up on the history of these churches.

Pennington just held its 125th Anniversary this past April of the incorporation of the Pennington Borough in 2015.

The Lawrence Hopewell Trail (LHT) is a 20+ miles bicycle and pedestrian recreational trail and transportation corridor through public and private lands in Lawrence and Hopewell Townships, Mercer County, New Jersey. The Pennington connection to the LHT starts at the Stony Brook Bridge on Pennington-Rocky Hill Road. To learn more about the LHT <http://lhtrail.org>

An interesting fact, Author Peter Benchley who wrote the book Jaws was born here.

While visiting Pennington, take a drive through scenic rural Hopewell Township.



Pennington school founded 1838



Pennington train depot listed on National Historic Register



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NEED A HUG? UPCM Has Many to Give

By Pam Teel

The United Presbyterian Church has always been one to reach out to the neighborhood whether you're a member of the church or not. Just recently their Outreach Program launched a new initiative called the Community Hug Program. It's a way where they can help those in need in many different ways. Their goal is to help out families, not just in Millstone, but in the surrounding towns as well. If you know of someone in need of clothes, gently used items, school supplies, backpacks, furniture, food, shoes, etc., please don't hesitate to email the church at communityhug@upcm.org. It could be a neighbor who is down on their luck, a friend, or a friend of a friend; all calls and emails are personal and confidential.

The Outreach Program can work with the person in need directly or through someone else representing their needs. As an example, say someone is in need of baby clothes and can't afford to buy any, a call goes out through a distribution email and anyone who can help with the baby clothes will respond. The program is new and is likely to expand. If you would like to be put on the distribution email list for items that you might be able to help with, please contact Cathy Summer at 732-921-7843 or email the above link. The distribution email will keep you informed as to what is needed as requests come in. Please tell your friends, family, co-workers and neighbors about this program. If you know someone who can use assistance in the form of tangible items, let the church know, they are there to help with community needs. Remember- when you are feeling down, a hug makes a difference.

Other church happenings- Come and join the book club. Join an active group of readers who love to discuss the books they are reading. New Members are always welcome. This is open to anyone who likes to read. Held at the church, the next meeting is Monday, November 9th, at 7:00 pm. The new book they are currently reading is "The Martian" by Andy Weir. Call Patti Keeley at 609-259-0769 for more information.

The AA group meets upstairs at the church Mondays at 7:00. All meetings are confidential. If you need someone to talk to, please stop by.

For more info about the United Presbyterian Church of Millstone go to: www.upcm.org

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PREVENTIVE TESTS FOR MEN

The words “men” and “doctor” don’t always fit in the same sentence, but they should. Screening tests can find potentially harmful diseases early on, when they’re easiest to treat. This can mean more years of enjoying time with your family and friends, as opposed to fighting illness or worse.

The U.S. Department of Health and Human Services recommends the following screenings for men:

Body Mass Index

BMI is a measure of your body fat based on your height and weight. It is used to screen for obesity and can serve as a helpful measurement to keep you on track with your diet and exercise plan.

Cholesterol

Once you turn 35 years old, have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease. Catching it early can lead to effective treatment and better heart health.

Blood Pressure

High blood pressure increases your chance of getting heart or kidney disease, and is recommended to be checked every two years.

Cardiovascular Disease

Beginning at age 45, you should ask your doctor about incorporating a daily aspirin to help reduce your risk of a heart attack. A special screening will help your doctor make the decision.

Cancers

Men ages 50 and above should be tested for colorectal cancer. How

often you are screened depends on your risk factors, and you may need to be checked before age 50. Also ask your physician about testing for other cancers, including prostate, lung, oral or skin.

Depression

If you have felt “in the dumps” during the past couple of weeks, you may need to speak with your doctor about depression. It is a treatable illness, and keeping it in check can help you maintain interest in the hobbies and activities that you enjoy.

Diabetes

If your blood pressure is higher than 135/80, ask your doctor to test you for diabetes. High blood sugar can cause problems with your heart, eyes, feet, kidneys, nerves and other body parts. ■



A Tribute to an Entrepreneur and Humanitarian

Stanley Switlik - Part 2

By Pam Teel

In our previous discussion, we spoke about the Lahaway tract of land, the area that now encompasses Great Adventure in Jackson and the surrounding land around it. I was another 20 years after the Brakely's that Stanley Switlik came upon the property. During the time of the great depression, Mr. Switlik was able to purchase thousands of acres throughout Jackson and elsewhere for a reasonable price. He purchased the land in 1932 only meaning for it to be a summer residence, but he quickly became entranced with the property like his predecessors before him.

Working on a footprint of the old Brakely residence, he worked diligently to clean up the neglected grounds and clear out the bogs. What was once to become a family summer residence grew into so much more. He built a large house on the same spot the old Brakely home was built on and he used many unemployed laborers living in the area, who were hit hard by the depression, just to give them some work and money to feed their families. He donated 200 acres to the local girl scouts to build a summer camp calling it Camp Wanda after his wife's middle name.

Mr. Switlik was a Polish Immigrant who came to America in 1907. In 1920, he married Pauline Wanda Schumann of Trenton. It was then that he purchased a small leather and canvas business in Trenton where he began to make parachutes.

In 1927 Switlik sold parachutes to the Navy and when aviators heard about it, the parachute company was suddenly swamped with orders. With more independent people taking up aviation following the footsteps of Richard Byrd, people such as Amelia Earhardt, Wiley Post, and Charles Lindbergh, Switlik expanded his aviation line to include leather flying suits, pilot safety belts and face masks. After a meeting with the then famous aviator James Floyd Smith, the two tested many different prototypes of parachutes until they came up with right pack on the back type, which opened much more quickly and was fastened to a harness over the body. They tested the parachutes on dummies dropped from the sky. George Palmer Putnam, husband of Amelia Earhart formed a



joint venture with Switlik to build a 146-Foot test-jumping tower on the Switlik property in Prospertown. It was the first one designed in the U.S. to train airmen in parachute jumping without using an airplane. It was Amelia Earhart who had seen these towers in Russia while on her around the world flight. Amelia was the first to jump off the tower after it was built although reports stated that Stanley himself tried it first to ensure its safety. The tower was a big success. Amelia and her husband became close personal friends of the Switliks. The following year she landed at Newark airport after her record breaking nonstop flight from Mexico City. On her back was her Switlik parachute.

By the 1930's, the company became the Switlik Parachute and Equipment Company, the largest supplier of parachutes in the nation. George H. Bush was said to have credited The Switlik Parachute for saving his life in World War II after being shot down in an avenger bomber over the Pacific. Government tests had proved that Switlik parachutes were of highest quality saving over 5,000 airmen during World War II.

The Corporation also built towers all over the United States for the military to train airmen and for the new amusement park industry. The U.S. military had towers in Hightstown, NJ and Fort Benning, Georgia.

During this time Switlik also bought up cranberry bogs and became a major bog owner. In 1948 he formed the Whiteville Cranberry Company, which later became Ocean Spray Company.

In the next issue we will continue our tribute to the life of Stanley Switlik and the wonderful donations and contributions he made throughout America and of his secret project with the government during the Allied invasion of Normandy, France, in June 1944.

BEAUTY STEALS AND DUPES!

The best beauty products to buy to keep your bank account happy

By Mia Ingui

Walking into any beauty store, like an Ulta Beauty or a Sephora, can prove to be immediate intimidation-nation. There are tons of shelves lined with lipsticks in hundreds of shades of pinks and reds, too many shampoos to count, and enough lotions and potions to keep you moisturized for months. Which products are the right ones to try and buy, and what products are comparable to higher-end products that you can get for less? I'm here to help you find out!

Let's begin with lipstick. High-end brands such as Dior, MAC, or Burberry could cost you anywhere from \$20-50, and considering most of us will just bury it at the bottom of our purses, a designer lipstick proves to be pretty impractical. So, here are some drugstore shades that are comparable to the designers, and with a much nicer price tag.



MAC Ruby Woo (\$16): Wet N Wild Spotlight Red (\$2.29)



MAC Crème D'Nude (\$16): Maybelline Blushing Beige (\$5.50)



NARS Niagara (\$27): NYX Brick (\$2.29)



MAC Snob (\$16): Revlon Pink Pout (\$4.79)



MAC Cyber (\$16): Wet N Wild Wild Vamp it Up (\$1.99)



NARS Audacious Fanny (\$27): Wet N Wild Sugar Plum (\$2.29)

There are also endless possibilities for finding an eye shadow, bronzer, or other high-end makeup dupes, such as...



URBAN DECAY Naked Palette (\$50): Maybelline The Nudes Palette (\$10)



Chanel's Baked Blush (\$45): Milani Blush (\$7.79)



Bobbi Brown liquid foundation (\$48): Maybelline FITme (\$8)

Happy Shopping!!

How does healthy eating affect mental and emotional health?

By Joely Phenex

We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people.

Eating more fresh fruits and vegetables, cooking meals at home, and reducing your sugar, snack, and white carb/white flour intake, on the other hand, may help to improve mood and lower your risk for mental health problems. If you have already been diagnosed with a mental health problem, eating well can even help to manage your symptoms and regain control of your life.

While some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. That means switching to a healthy diet doesn't have to be an all or nothing proposition. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet and make a difference to the way you think and feel. ■



ROCK FOR RICH

Proceeds from Local Event to Aid Sarcoidosis Research

By Pam Teel

A tribute at the end of September was held for Richard Baylor, a Millstone Township resident who lost his fight to pneumonia after suffering from Sarcoidosis of the lungs over two years ago, leaving behind his wife Marian and his three children, twins, Trevor and Kerianne, and Andrew. Richard was first diagnosed with interstitial lung disease back in 2006 after many misdiagnoses from doctors. Interstitial lung disease (ILD), also known as diffuse parenchymal lung disease (DPLD), is a group of lung diseases affecting the interstitium (the tissue and space around the air sacs of the lungs). At the time, Richard was suffering from many metabolic issues and after more extensive testing; he was then diagnosed with Sarcoidosis. Sarcoidosis is a multi-system disease that causes inflammation of the body's tissue. In Sarcoidosis, the immune system doesn't function properly and lymphocytes become overactive. These overactive lymphocytes release chemicals, which causes masses of inflamed tissue to form in various organs in the body. Inflation of the organs can occur in almost any organ of the body although lungs are affected in almost 90 percent of people with the disease.

The cause of Sarcoidosis is not known and there may be several causes. An abnormal immune response to one or more agents, bacteria, fungus, virus, or a chemical may be involved or it might even be from Genetic predisposition. One third of the patients diagnosed will experience non-specific symptoms such as fever, fatigue, weight loss, night sweats and an overall feeling of sickness. Symptoms generally depend on which organ the disease affects. Though, in some cases, sarcoidosis will go away on its own, but in others, the disease is chronic and life threatening. The disease can affect both men and women of any age and race, and it is more common between the ages 20-40.

With many different symptoms, Richard had a rough time of it. Over the course of seventeen years he broke several bones and was first told he had metabolic issues. He went through many surgeries and therapies but his body was beating him down. Though dealing with pain everyday of his life, Rich was a dedicated employee and managed to keep his job working at Johnson and Johnson as a Senior Analyst of Business Operations. It was a lot easier for him when he got to work from home, but his morale started to weaken, and a feeling of hopelessness took over him. That was until his good friend, Dave Korey, got him out of the house and reconnected him to his true passion in life, music. Dave was a drummer in a Christian Praise Band at the Allentown Presbyterian Church. It was there that Rich met other talented musicians as well as Jennalyn Brown, a talented singer, who instantly formed a special bond with him. She proved to be very influential to him. Rich got to play his guitar with the band and also got to play with other Christian Rock groups at many different venues. Eventually, Rich and some of the

other musicians formed a band called "Lookin Up." He was at a place where he could just be himself and maybe forget about his troubles for a while. Rich was always passionate about his music, his guitar, and his songwriting. He was an inspiration to many of his musician friends.

For the next three years the Baylors held their own Baylor Bashes at their house while their three children were away at College. Their musician friends would come over to jam with Rich in his basement studio. The house was full with friends and family who came to hear the musicians and enjoy a good party. The close friends and the music rescued his spirit and made it all that much bearable for him to face the uphill battle that he did every day.

Sadly, all parties must end. Rich succumbed to Sarcoidosis disease in 2013. For the past two years the Baylor's family and friends have hosted the Ride for Rich Surf Gathering in Loc Arbour and Harvey Cedars, LBI, where they raise money every year to help aid Sarcoidosis Research. Rich loved LBI and he enjoyed surfing, skimboarding, waterskiing, and snow skiing. He also enjoyed watching his children involved in all of their sports activities.

This past September, to honor Rich's memory and help raise money towards Sarcoidosis Research, family and friends held the first "Rock for Rich Bash" at the Elk's Lodge in Millstone Township. There were over 100 people in attendance. To honor his dad, Rich's twenty three year old son Trevor, along with many other musician friends of Rich's, formed a tribute band and played at the event. Trevor took up guitar and piano in college, shortly after his dad passed away, and found out that he held that same passion in his heart for music that Rich did. The Baylors raised over \$2,500.00 in donations with the Rock for Rich event and are planning on having another fundraiser next year to help aid Sarcoidosis Research.

The event would not have taken place without the help of The Millstone Elks and many dear friends who came out to help. A special thanks from Marian to Tom and Patti Keeley for helping to obtain the Elks facilities for the night, Anne Haines for decorating the band and Flowers, Rose Ann Cofone-Stewart, Donna O'Leary, Shivani Amin, Joan Demonte and many others who helped to pay tribute to Rich and raise money for Sarcoidosis research.

To learn more about sarcoidosis go to: (FSR) Foundation for Sarcoidosis Research www.stopsarcoidosis.org.

For donations to the Richard Robert Baylor Foundation send to: P.O. Box 67, Millstone Township, NJ 08067 (All donations will be directed to the newly formed Health Awareness Program for Sarcoidosis Research in Central Jersey).



Tribute band who played at the Elks for Rock For Rich Bash. Members included Dave Korey, Trevor Baylor, Greg Haines, Vera Sharoff, Brian Ricci, Gail Reilly, Joe Cuffari, Lori Cuffari, Jennalyn Brown, Joe Vassallo, Keith Rosenthal and Michele Korey.



Photo of the Baylor family sharing their last Christmas together

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Movies to catch in November

By Joely Phenes

As the weather gets colder, the movies can be a great pastime for the whole family. This November there are a bunch of movies coming out that are sure to be worth the trip to your local movie theater.

The Peanuts Movie

Charles Schulz's classic "Peanuts" comic strips come to life in "The Peanuts Movie" on Friday, November 6, 2015. This 3-D computer generated animation is a more contemporary version of "Peanuts," but still features the same characters we grew up with. Fans everywhere will love watching Charlie Brown in this movie as he falls head over heels for the new girl in town. The movie is rated G and is perfect for all-ages, because who doesn't love "Peanuts," right?



The Hunger Games: Mockingjay, Part 2

The final installment of the popular "Hunger Games" series will be released on Friday, November 20, 2015. This epic finale features the strong-willed Katniss Everdeen (Jennifer Lawrence) as she leads a rebellion against her government. Katniss seeks to end, once and for all, the brutal tradition of The Hunger Games. Fans will love this exciting conclusion despite how sad they are to see the series come to an end.



Brooklyn

"Brooklyn," based on the novel of the same name by Colm Tóibín, tells the story of a young Irish immigrant named Eilis Lacey finding her way in Brooklyn during the 1950s. Homesick at first, Eilis soon forgets her troubles after meeting a handsome young Italian man named Tony at an Irish dance. As their romance grows, Eilis finds herself having to make a difficult choice between her life with Tony and her life back in Ireland. This PG-13 romantic comedy will be out on limited-release on Friday, November 4, 2015.



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