

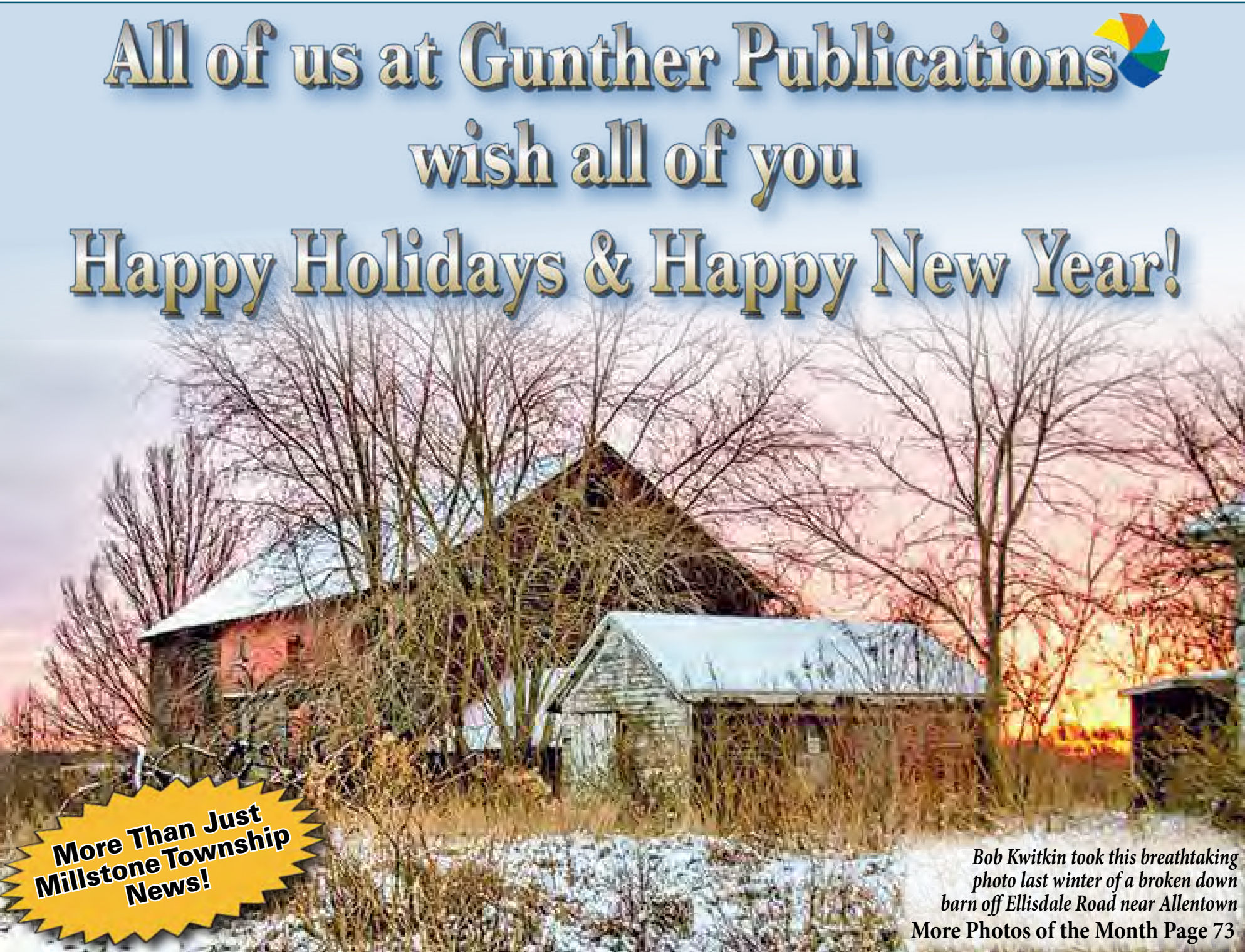
The Millstone Times™

Allentown Clarksburg Cream Ridge East Windsor Hamilton Hightstown Millstone Monroe Perrineville Roosevelt Twin Rivers Upper Freehold

All of us at Gunther Publications

wish all of you

Happy Holidays & Happy New Year!



More Than Just
Millstone Township
News!

Bob Kwitkin took this breathtaking
photo last winter of a broken down
barn off Ellisdale Road near Allentown
More Photos of the Month Page 73



ADVANCED CENTER FOR
orthodontics
www.acortho.com

Michael J. Chung, D.D.S., M.S.
MD000734

Orthodontic Specialist for
Children and Adults

✔ Traditional and Clear Braces

✔ Invisalign and Invisalign Teen

Call us for a free consultation
(\$125 value)

Freehold
535 Iron Bridge Rd.
(732) 308-0022

Munalepon
225 Gordons Corner Rd
(732) 446-2299

SHOP LOCAL
FOR THE HOLIDAYS



Starting on Page 56

IN THIS ISSUE

Health & Wellness.....

Senior Moments.....

Food & Dining

Automotive

Pet Pages.....

Real Estate

Home Improvement

The Holidays.....

Opinion Article.....

East Windsor.....

6

17

23

34

39

42

48

56

77

81

GUNTER
Publishing Enterprises, Inc.

Vol. 6 No. 12

Are you asking enough questions about the way your wealth is managed?

In life, you question everything. The same should be true when it comes to managing your wealth. Do you know what your broker is basing their recommendations on? Do they stand by their word? Do you know how much you're paying in fees? And how those fees affect your returns? Ask your broker, and if you don't like their answers, ask again at Schwab. We think you'll like what our Financial Consultants have to say. Talk to us today about a more modern approach to investing.



Rebecca A. Proske, CFP®
Independent Branch Leader
and Financial Consultant

Freehold Independent Branch
3425 Rt 9 North, Suite 101
Freehold, NJ 07728
(732) 298-6380
schwab.com/freehold

charles
SCHWAB

Own your tomorrow™

TENDER SMILES



Bring in
this ad
for a
FREE GIFT

Dr. Max
is proud to be
on New Jersey's
referral list for
Special Needs
Dentistry



**Finally, a dentist your kids
will be excited to go to!**

Dr. Max Sulla's approach to creating a healthy smile is his commitment to educating parents and children of all ages on the importance of good dental hygiene.



FREE
Ortho Consultation
\$149 value

FREE
Infant Exam
\$99 value

\$160
New Patient Visit
\$399 value

FREEHOLD

122 Professional View Dr.
732-625-8080

NO. BRUNSWICK

1330 How Lane
732-249-1010

EDISON

1656 Oak Tree Rd.
732-549-3773

www.TenderSmiles4Kids.com

How to be an Optimist

By Jordan Tinitigan

There are two types of people in this world. There are the optimists, who see the glass half full, and the pessimists, who see the glass half empty. Most people try to be an optimist, even though they feel like they carry the weight of the world on their shoulders. Sometimes it is tough, but here are some tips and tricks to stay optimistic. First, instead of letting bad experiences get to you, think about how you can benefit or grow from it. Doing this will help you think "on the brighter side of things," and clear your head from the fog. Another tip is to surround yourself with optimistic people. Instead of constantly being around with Debby Downers, hang out with the people who see the glass half full. Their optimism and joyfulness could be contagious, and rub off on you as well. Finally, write down good things that happen throughout your day. Whether it be a promotion or a simple compliment, writing them down and reflecting before bed can help your mindset become more hopeful.



THE MILLSTONE TIMES
THE MONMOUTH & OCEAN FAMILY TIMES
Monmouth County & Princeton Area ASK THE DOCTOR

Publisher
 Cami Gunther

**Art Director/
 Graphic Designer**
 Mindy R. Jacobson

Editor
 Elizabeth Newman

Marketing Consultants
 Sheila Lidz
 Jolene Conoscenti
 Elizabeth Newman
 Susan Heckler
 Bill Campbell
 Dawn Gibson
 Leanne Swallowood

**Director of Recruitment/
 Event Coordinator**
 Jolene Conoscenti

Writers
 Susan Heckler
 Pam Teel

Interns
 Gina DiRusso
 Jordan Tinitigan
 Stephanie Maglio



Download
 "Bar Code"
 app on your phone

Scan this QR Code
 with your smart
 phone to go directly
 to our website.

©2015 by Gunther Publishing Ent. The content of GPE publications and its affiliates are copyrighted. GPE publications are published 12 times a year. Established 10/2008. Distribution and Post office receipt available. All GPE products are distributed free of charge. Average reader per copy is 2.1. No copying or reproduction of the content of this newspaper is allowed without the express written permission from the publisher. GPE's publisher/owner reserves the rights over all electronic copying and reproduction of material contained here within. The publisher, editor, agents, and sales staff reserve the right to reject the advertisements for any reason. Credit for mistakes shall not exceed the costs of the ad in the month which the error occurred.

CONTACT US: PO Box 7632, Freehold, NJ 07728
Cami@GuntherPublications.com
Phone (732) 995-3456 Fax (732) 677-3390



Follow us!
 @TMFTimes



Find us on
 Facebook!



Connect with
 Cami!

We Will Beat ANY Competitors Price!

Let East Coast Salt do the heavy work, from our warehouse to your basement.

EAST COAST SALT

**FREE
 DELIVERY**



CALL TODAY FOR **FREE DELIVERY**

732.833.2973

621 Wright Debow Rd., Jackson NJ 08527

FAX: 732.833.4162 • www.eastcoastsalt.com

Toll Free: 1.888.273.1444



Receive
One FREE Bag
 with order of
 Sun Crystals
 with Rust Remover

Cannot be combined with other offers and
 a Minimum of 800 lbs on delivery only
 Expires 12/31/16

**PICK UP
 SPECIALS**
 on products when
 they are picked up

**Like us on Facebook
 for promotions**



HOLIDAY SALE
40% - 47% OFF
*IN STOCK ITEMS ONLY





JEWELRY
DESIGN GALLERY

357 Route 9 South
Towne Pointe Shopping Center
Manalapan, NJ 07726
Phone: 732-536-1184
www.jewelrydesigngallery.com

Want to ditch the bottle?

FIND ECO-FRIENDLY, HEALTHY ALTERNATIVES TO BOTTLED WATER

Staying hydrated is incredibly important. Most Americans are aware of the problems caused by dehydration, and as a result over the years we have developed a new love: bottled water. It's clean, safe and relatively inexpensive — and according to some it tastes better than tap water.

But, unfortunately, there is nothing green or sustainable about bottled water. Americans drink more than 30 billion bottles of water each year. That is a pretty hairy figure.

Even scarier is the fact that all of those bottles create around 1.5 billion tons of waste each year. What is green about that? And there is no evidence that bottled water is safer or healthier than tap water, especially when it is combined with a water filtration system.

So, if you want to live a sustainable lifestyle, what are your options?

1. Buy larger containers of bottled water. If you absolutely must drink bottled water, use five-gallon jugs or larger. That way, you're still reducing the amount of plastic waste you create.

2. Use a reusable water bottle. Reusable bottles are made from a variety of materials, including stainless steel and BPA-free plastic. They are also available in many colors and styles. Attach a water filter to your sink if you're worried about the water quality.

3. Become more educated. What we're doing to our water sources is just as frightening as the amount of waste we create. Pollution is causing many of our water sources — and those that supply water to bottling companies — to become contaminated with bacteria, pollutants and even pharmaceutical residue.

So, become educated and do your part in helping keep our water safe for us and the rest of the planet.

By making these changes you can help become part of the sustainable solution to our waste production problem.



High Blood Pressure Might Affect Some Kids' Thinking Ability

But researchers noted that all of the children still tested within normal ranges

High blood pressure may affect the brains of some children and teens, a new study suggests.

Researchers assessed the cognitive (thinking) abilities of 150 youngsters. The kids were between the ages of 10 and 18 years. Half of the kids were newly diagnosed with high blood pressure, while the other half had normal blood pressure.

The researchers compared the groups and found that children with high blood pressure scored lower on tests of visual and verbal memory, processing speed and verbal skills than those without high blood pressure.

But while the children with high blood pressure (hypertension) had lower scores on the tests, the differences were small. And the investigators emphasized that all of the children's scores fell within normal ranges. No children were found to be obviously impaired in thinking or memory, the researchers said.

The study also found that more children with sleep issues had high blood pressure, suggesting that poor sleep may have had an effect on thinking tests.

And the study only found an association between high blood pressure and thinking abilities in children.

The findings appear Sept. 29 in *The Journal of Pediatrics*.

"In the future, we want to better understand if there are physical changes to the brain in children who have hypertension that could explain these cognitive test results," study author Dr. Marc Lande said in a journal news release. Lande is the fellowship director in pediatric nephrology at the University of Rochester Medical Center in Rochester, N.Y.

The researchers said understanding these brain changes could be important for future studies on whether high blood pressure treatments might improve thinking abilities in children with the condition. Studies might also look at whether high blood pressure treatment could prevent or improve thinking problems when those youngsters become adults, the researchers said.



SOURCE: *The Journal of Pediatrics*, news release, Sept. 29, 2016/MedicinePlus.gov

Mention you saw this in The Millstone Times and you will receive this discount

New Patient Special

FULL EXAM \$59 Save \$311

Includes X-Rays, Cleaning, Periodontal Evaluation & Cosmetic/Implant Consultation

New Patients Only. Regular \$370. With this Coupon. Cannot be combined with any other offer. Expires 12/31/16.

Mention you saw this in The Millstone Times and you will receive this discount

\$995 Full Snap On Smile

14 Veneer Appliance

Instantly transform your smile to Hollywood smile!

New Patients Only. Regular \$1495. With this coupon. Cannot be combined with any other offer. Expires 12/31/16.

Mention you saw this in The Millstone Times and you will receive this discount

\$1,990 Invisalign Express

The no braces alternative!

Get the straight smile you always wanted!

New Patients Only. Regular \$3900. With this coupon. Cannot be combined with any other offer. Expires 12/31/16.

Mention you saw this in The Millstone Times and you will receive this discount

\$1,990 Implants Special

includes implant, abutment and crown!

All on 4 implant alternatives available!

New Patients Only. Regular \$3085. With this coupon. Cannot be combined with any other offer. Expires 12/31/16.

Mention you saw this in The Millstone Times and you will receive this discount

\$995 per unit

Smile design cosmetic veneers, lumineers or zirconia restorations

Strong No metal crowns and veneers for that beautiful Hollywood smile!

New Patients Only. Regular \$1495. With this coupon. Cannot be combined with any other offer. Expires 12/31/16.

Season's Greetings

Use Your Insurance Benefits Before The End of the Year Or Lose Them!

SPIROS KARAS, DMD

Grand Opening of Our New Location!

Lakeview Commons ~ 123 Highway 33 East, Suite 104, Manalapan
next door from the new Dunkin' Donuts

732.352.3907

www.classicdentalarts.com

OPENING HOURS

Monday 9:00am - 7:00pm ~ Tuesday 9:00am - 7:00pm ~ Wednesday 9:00am - 7:00pm
Thursday 9:00am - 7:00pm ~ Friday 9:00am - 7:00pm
Saturday By Appointment Only ~ Sunday Closed

Accepts assignment on most dental insurance plans. Offers not applicable to services covered by insurance.

STOP IN AND MEET US

Get a **FREE** Dental Travel Kit.

Available to all Millstone Times Readers.

(\$19.95) value. Absolutely free while supplies last.

Crowns & Bridge • Dental Implants • Teeth Whitening • Veneers & Laminates • Sealants • Dentures • Root Canals

ANDEE PLAZA PHARMACY



**Free
Prescription
Pickup &
Delivery**
Some Restrictions Apply

- Personalized Consulting
- Free Blood Glucose Screening
- Free Blood Pressure Screening
- Prescription Refill Reminders
- Prescription Transfers
- Free Flavor RX Available For Liquids
- Jewlery, Handbags, Gifts and More

We Do Shingles, Flu, Vaccine & Many More

We Deliver To Your Home Or Office! Just Call Us!

WE WILL MATCH or BEAT ANY COMPETITORS PRICE on Same product

130 Rt 33 West, Manalapan

732-431-9400

www.AndeePlazaPharmacy.com

Email: AndeePlazaPharmacy@gmail.com



OPEN 7 DAYS A WEEK

Most Major Insurance Accepted

20%OFF

**All Over
The Counter Items**

Not valid with any other Offers.
Expires 12/31/16

FREE \$40

**in Gift Cards
When You Refer our
Friends**

Not valid with any other Offers.
Expires 12/31/16

**Transfer Your prescription
and Receive a
FREE \$20 GIFT CERTIFICATE**

1 per customer

Not valid with any other offer. Expires 12/31/16

AN END TO OVERDOSING: Some pharmacies in New Jersey will be selling Narcan without a prescription by the end of the year.

The drug Naloxone, which is more commonly known by the brand name Narcan, is a nasal spray or injectable that can counter the effects of a heroin or opiate overdose in as little as two minutes.

What is Narcan™ (naloxone)?

Narcan™ (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills like morphine, codeine, oxycodone, methadone and Vicodin. When a person is overdosing on an opioid, breathing can slow down or stop and it can very hard to wake them from this state. Narcan™ (naloxone) is a prescription medicine that blocks the effects of opioids and reverses an overdose. It cannot be used to get a person high. If given to a person who has not taken opioids, it will not have any effect on him or her, since there is no opioid overdose.

How does Narcan™ (naloxone) work?

If a person has taken opioids and is then given Narcan™ (naloxone), the opioids will be knocked out of the opiate receptors in the brain. Narcan™ (naloxone) can help even if opioids are taken with alcohol or other drugs. After a dose of Narcan™ (naloxone), the person should begin to breathe more normally and it will become easier to wake them. It is very important to give help to an overdosing person right away. Brain damage can occur within only a few minutes of an opioid overdose as the result of a lack of oxygen to the brain. Narcan™ (naloxone) gives concerned helpers a window of opportunity to save a life by providing extra time to call 911 and carry out rescue breathing and first aid until emergency medical help arrives.

How is Narcan™ (naloxone) given to an overdosing person?

Narcan™ (naloxone) can be given by intramuscular (IM) injection - into the muscle of the arm, thigh or buttocks - or with a nasal spray device (into the nose). In Illinois, Narcan™ (naloxone) is prescribed for use as an IM injection. Nasal spray use is less common, but some large cities in the U.S. use the nasal spray version and it can be prescribed.

How long does Narcan™ (naloxone) take to work?

Narcan™ (naloxone) generally works within about 5 minutes. Repeated doses may be necessary if a person is still showing signs of overdose even after the first dose.

How long does Narcan™ (naloxone) take to wear off?

Narcan™ (naloxone) starts to wear off after about 30 minutes and is mostly gone after about 90 minutes. By this time the body has processed enough of the opioids that the overdosing person is unlikely to stop breathing again. In some cases, such as after taking a massive dose or using long-acting opioids like methadone, the patient might need another Narcan™ (naloxone) dose and longer medical observation. Always watch the person after they receive a Narcan™ (naloxone) dose for signs of continued overdose.



**Dr. Helen Simigiannis,
MD, FACOG**

QUESTION:

How does The Mona Lisa Touch counteract vaginal dryness?

Vaginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and antilining products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical that has been FDA-approved using a gentle laser. Regular sexual activity can help preserve vaginal function by increasing blood flow to the genital region and helping maintain

the size of the vagina. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
Antheia Gynecology
375 US Highway 130, Suite 103
East Windsor, NJ 08520
Next to the Americana Diner
609.448.7800
www.antheiagyn.com

Adolescent & Routine Gynecology

Menopause

Urinary Incontinence

Endometrial Ablation

Birth Control



609-598-4686
www.ispilates.com
Hightstown, NJ

Monday - Thursday 8am-3pm

Private and Group lessons available by appointment.



Inner Strength Pilates

is a full-service, boutique pilates studio offering private and duet/trio apparatus lessons, group mat and Booty Barre® classes.

offering a
**NEW
CLIENT
SPECIAL**

\$275 a savings
of \$45!

INTRODUCTORY PACKAGE*

4 Private Lessons

*Cash/check only.

*Package expires 10 weeks after purchase.

Pilates Mat

Mondays 9am
Thursdays 10am

PILATES is a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

Booty Barre®

Wednesdays
9:15am

BOOTY BARRE® is a blend of Pilates, Yoga, Ballet Barre and cardio.

Group classes (Mat/Booty Barre®)
\$20 drop in or \$170 for 10 classes.



How do I know if my child has Learning Related Vision Problems?



Dr. Steven Linker, OD

People learn three ways; auditory, tactile/kinesthetic, and visual. 65% of the population learns best visually. Did you know 80% of what a child learns in school is information that is presented visually?

If your child's vision is not at its best, they may not be seeing a large percentage of the information being offered for them to learn. Their minds may be churning, trying to clarify a blurred image rather than trying to learn what that image means. Without good vision, children will never be able to reach their learning potential.

The best way to approach this is through a team approach, which may include the child's teachers, the school psychologist, an eye doctor with experience in children's vision and learning-related vision problems and perhaps other professionals. Your eye doctor is the first line of defense.

Moms and Dads need to make sure their little student is visually ready for school. Step one is a trip to your local optometrist. It is essential to rule out simple refractive errors. But understand that nearsightedness, farsightedness and astigmatism are not the only visual disorders that can make learning more difficult. There are less obvious vision problems which relate to the way the eyes function and how the brain will process visual information which can also limit your child's ability to learn. These are called "learning-related vision problems."

Learning-related vision problems are not considered learning disabilities. According to Individuals with Disabilities Education Act (IDEA), learning disabilities do not include learning problems that are primarily due to visual, hearing or motor disabilities.

Symptoms of learning-related vision problems include:

- Blurred vision or double vision
- Crossed eyes or eyes that appear to move independently of each other
- Difficulty retaining what was read
- Difficulty recalling, recognizing or replicating shapes
- Dislike or avoidance of reading and close work
- Evidence of developmental immaturity
- Excessive blinking or rubbing the eyes
- Headaches or eye strain
- Losing place while reading, or using a finger as a guide
- Omitting, repeating, or confusing similar words
- Persistent reversal of words or letters (after second grade)
- Placing the book very close to your face
- Poor eye-hand coordination
- Short attention span during visual tasks
- Slow reading speed or poor reading comprehension
- Turning or tilting the head to use one eye only, or closing or covering one eye

If your child shows one or more of the above symptoms, it is time to look a little further into what is going on. If no vision problem is detected, it's possible your child's symptoms are caused by a non-visual dysfunction, such as dyslexia or a learning disability.

I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!



Check out our website for more information

License 270A00454300 270M00044200



Monmouth Vision Associates

Dr. Steven Linker, OD • 50 Route 9 North Suite 206 • Morganville, NJ, 07751

732-617-1717 • www.MonmouthVision.com



By Jill Garaffa

Conquering Holiday Food Cravings

Dear Jill,

This time of year is such a challenge to stay focused with all of the tempting food all over the place. What suggestions can you offer to help overcome the temptations and not overindulge over the holiday season?

Signed, C.K. in Manalapan

Dear C.K.,

Great question! Most people can relate to the challenge of food temptations around the holiday season. Everyone from elite athletes to couch potatoes has experienced the vast assortment of savory and sweet food temptations around the holidays. If you want to stay focused, I do have a few tips that I not only recommend to clients, but use myself from now to January 1st to get through the holiday season with minimal damage!

The first tip: change your mindset: We tend to relate to "the holidays" as a 6 week long endless encounter with continuous food temptations at every corner. It may feel like this, but the truth is: "the holidays" are actually only a handful of specific days, depending on the holidays you celebrate: the actual days of Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, New Years Day and Hanukkah. Even with the extra parties in between, it's just a few meals we are dealing with---not every day, all day long. Shifting your perspective will help keep things in balance on the days and meals you can—which is most of them.

Second tip: Set boundaries. Decide for yourself ahead of time when you will give yourself permission to indulge and what time frames and situations are off-limits. For example: if you work in an environment where there is a constant supply of holiday treats you may set a boundary for yourself that you will not eat sugar/treats during work hours, but you can enjoy treats in the evenings or weekends. Or, you will allow yourself one single treat per day, but no more than one. If you are attending a holiday party, a boundary may be to only use one plate---you can enjoy all the food you like as long as it fits on one plate (no seconds). Ask yourself, "Where can I put structure around my food intake that would allow me to enjoy myself but still feel a sense of control over my eating?"

Last tip: Take extra good care of yourself: The holiday season naturally comes with extra stress. When we are under too much stress, our brains switch over to into 'survival mode'. This usually looks like craving more sugar & comfort food while simultaneously conserving energy by avoiding exercise. This sets up a vicious cycle of falling prey to every opportunity to indulge because our defenses are down and we are exhausted. Be proactive to take extra good care of yourself. Sleep resets the brain, so does relaxation and rest, so be sure to take some time to nurture your soul by having some scheduled "down time" over the next several weeks. It will help curb cravings and give you extra energy to exercise which can regulate our appetite.

Life coaching is a process to help you discover your own answers to your challenging life situations. For more information, visit www.seedsofchange coaching.com or call 732-859-6962

Wishing you peace, power and purpose this holiday season!

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.

FREE FMS!

(Functional Movement Screen)

**NEW 4,000 SQFT
STATE-OF-THE-ART FACILITY**

210 MOUNTS CORNER DR
FREEHOLD



**NO
REFERRAL
NEEDED!**



PHYSICAL THERAPY



SPORTS PERFORMANCE



CONCUSSION MANAGEMENT



SPORTS NUTRITION



MASSAGE THERAPY



ACUPUNCTURE



CHIROPRACTIC



(732) 414-2700
www.NJSpineAndWellness.com

QUESTION:

Why do I need that crown on my tooth?

ANSWER:

The terms "crown" and "cap" are actually synonymous. There are several reasons why your dentist may recommend the placement of a crown, the most common being fractured teeth or large, broken down fillings. If you fracture your leg, for example, your doctor will likely stabilize it in a cast for several weeks to allow the bone to heal. Teeth differ from bones, however, in that a fractured tooth is unable to repair itself. The crown, therefore, stays on the tooth providing lasting protection for years to come.

Crowns are custom fit to each individual tooth. First the tooth is "prepared"; a process in which old fillings are removed and any necessary room is made for the actual crown material. An "impression" is then made so that your custom crown can be carefully designed and fitted. Once the

Something to *Smile* About!



fit, shape and shade are verified the crown is then cemented in place.

Traditionally a tooth must be "temporized" so that the dental laboratory has time to physically construct the restoration, a process that takes 2-3 weeks on average. At Dental Arts Group we are able to provide our patients with same-day crowns using cutting edge CEREC (Chairside Economical Restoration of Esthetic Ceramics) digital technology which skips temporization completely and makes your crown right on premises in a single visit. No goopy impressions, no temporary and your crown is 3D printed right before your eyes!

Call Dental Arts Group in Manalapan, to further inquire about how our compassionate dentists can help you.



DENTAL ARTS GROUP

93 Bridge Plaza Drive, Manalapan NJ

732.972.9950 • www.DAGsmile.com



Find Dental Arts Group on Facebook!

*To qualify for this offer, please bring this coupon with you or mention this ad when scheduling an appointment.

ADVERTISEMENT

American Cancer Society's Recommendations For Early Detection Of Prostate Cancer

The American Cancer Society (ACS) recommends men have a chance to make an informed decision with their doctor about whether to be screened for prostate cancer.

They say the decision should be made after getting information about the uncertainties, risks, and potential benefits of prostate cancer screening.

The discussion about screening should take place at:

Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years

Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than age 65)

Age 40 for men at even higher risk which is those with more than one first-degree relative who had prostate cancer at an early age

After this discussion, men who want to be screened should be tested with the prostate-specific antigen (PSA) blood test. The digital rectal exam (DRE) may also be done as a part of screening.

If, after this discussion, a man is unable to decide if testing is right for him, the screening decision can be made by the health care provider, who should take into account the man's general health preferences and values.

If no prostate cancer is found as a result of screening, the time between future screenings depends on the results of the PSA blood test:

The ACS says because prostate cancer often grows slowly, men without symptoms of prostate cancer who do not have a 10-year life expectancy should not be offered testing since they are not likely to benefit. Overall health status, and not age alone, is important when making decisions about screening.

Even after a decision about testing has been made, the discussion about the pros and cons of testing should be repeated as new information about the benefits and risks of testing becomes available.

Further discussions are also needed to take into account changes in a man's health, values, and preferences.

Source: American Cancer Society

Schedule your **FREE** Consultation Today!



Orthodontics for
Children, Teens & Adults

Yana V. Newman, D.D.S., P.C.

Board Certified Orthodontist
NJ Specialty Permit #5585

609.286.7500

211 West Millstream Road, Suite 2
Cream Ridge, NJ 08514

www.CreamRidgeOrtho.com

RECENTLY
LISTED IN NJ
MONTHLY FOR
TOP DENTISTS
FOR 2015

Impressions Without The Goop or Gag with our **NEW iTero Digital 3D Scanner**

***"This was the day that my life was saved and changed forever.
I took control of my diabetes, and now after losing 50 pounds, I am back in control."***

These are the words of Caruso Physical Therapy and Nutrition's patient Karen after she told her friends and family about her unanticipated speed bump in life.

"I was driving the kids to school when my vision became blurry, and I was always tired. One morning, I woke up to feeling like a boulder was crushing my chest, and my husband sped me to the hospital to see what was happening. If I had not made it to the hospital so quickly, it could have caused permanent damage. **I was terrified!** "I was diagnosed with diabetes and high blood pressure, and the strong woman I always saw myself to be, was now impossible to find."

"**I did not have time to be sick.** Who would take care of my family? Spending thousands of dollars on monthly medications and hours at the gym was not on this mom's agenda."

"I became very uncomfortable with my body. I didn't even want to be seen in graduation pictures. The more I tried to hide, the more my weight became out of control. **I finally decided to take**

action. That is the day I picked up the phone and called The Caruso's.

The Caruso's told me they could help, and the best part was their services were covered by insurance. That took the financial burden off my shoulders. With flexible hours, I was able to make an appointment at a time convenient for me!

The Dietitian's from Caruso Physical Therapy and Nutrition Clinic explained, "Karen never felt the need to put her health as a priority, until the diagnosis was put in front of her. It can make even the most confident women become their hardest critics. **When we take on a client, the right way to lose weight is the ONLY way!** This approach to weight loss and disease control is a huge opportunity! Results may vary.

An opportunity to regain your life. An opportunity to lose the weight and feel great again with minimal expense. As a result from seeing Karen take back control of her life, for a limited time we will be opening up more appointments to help more people.

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

We want to see our patients succeed with weight loss and be the Plan A, not the Plan B! We want you to meet your weight loss goal before the diagnosis! The Dietitian's said.

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 1 of 25 people we help this month. Spots will fill up fast. Call right now to be one of the 25 we help this month: 609-738-3143.**

609-738-3143

Or Visit CARUSOPTRD.com

Get Your FREE copy of The Dietitians' Report:

Avoiding The Fad Diets Plaguing America
at: **DoFadDietsWork.com**

***Be 1 of 25 this Month
to Get the Body You Deserve!***

Call Dietitian's at: 609-738-3143

or Get Your Free Report @ DoFadDietsWork.com



609-738-3143

www.carusoptrd.com

1278 Yardville-Allentown Rd, Suite 3, Allentown



KNEE PAIN

Dr. Scot Paris

QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

Dr. Scot Paris using precision fluoroscopy guidance to ensure the best results possible.



ADVERTISEMENT

CENTRAL JERSEY SPINE & WELLNESS

4251 Route 9 North, Bldg. 3, Suite B (Freehold Office Plaza) • 732-683-1800



Delaware Valley OBGYN & Infertility Group, PC



Princeton Midwifery Care

A Service of Delaware Valley OBGYN & Infertility Group, PC.



Princeton IVF

A Service of Delaware Valley OBGYN & Infertility Group, PC.

Bruce Pierce, M.D.

Seth Derman, M.D.

Kenneth Ung, M.D.

Bani Sarma, M.D.

Asha Proctor, M.D.

Shefali Goyal, M.D.

Eugene Gamburg M.D.

Yana Markidan M.D.

Ursula Miguel, C.N.M.

Grace Fimbel, C.N.M.

Maggie Power C.N.M.

Margaret Bruno, C.N.M.

Yelena Laber, C.N.M.

Tobi Smolensky C.N.M.

Lawrenceville

**2 Princess Road, Suite C
Lawrenceville, NJ 08648**

**Phone: (609) 896-0777
FAX: (609) 896-3266**

East Windsor

**300B Princeton-
Hightstown Rd., Suite 202
East Windsor, NJ 08520**

**Phone: (609) 336-3266
FAX: (609) 443-4506**

www.delvalobgyn.com

The Stars Are Out – and We Earned Four of Them.

CentraState is One of Only Eight Hospitals
in NJ to Earn a 4-Star Quality Rating.

To learn more visit

centrastate.com/4stars



*The full circle of health and wellness
dedicated to excellence.*



CentraState
Medical Center

Freehold, NJ

2nd Annual PINK POWER PARTY

A “Ladies Night” full of fun, fashion & inspiration
featuring fabulous food & cocktails, shopping with
vendors, prizes and raffles, runway fashion show
and an amazing SWAG bag.

February 9, 2017 7-9 PM

\$45 per person (until 10/31 then \$50pp)

Vendor Opportunities Available

www.komencsnj.org/pinkpowerparty

benefiting

**susan g.
komen.**
CENTRAL AND
SOUTH JERSEY



presented by

**iPlay
America**
GET INSIDE THE FUN!

Monmouth County's

ASK THE DOCTOR



HEALTH  **WELLNESS**

A Smile Lasts Forever...

Jerry N. Falk, DMD
Allyson K. Falk, DDS
Family, Cosmetic & Implant Dentistry

• • • • •

Orthodontics for Children & Adults
Victor Kong, DDS, MS
Specialty License #5544

- Invisalign Certified
- Comprehensive & Minor Treatments
- Major Insurances Accepted
- Interest Free Payment Plans

Please call for a free, no-pressure consultation.

609-259-3250

15 Carrs Tavern Road • Clarksburg-Millstone Township



HealthFusionWellness
 MOVE BETTER. LIVE BETTER.

A fresh, new state of the art approach to:

- ✓ Chiropractic Care
- ✓ Physical Therapy
- ✓ Sports Rehabilitation
- ✓ Selective Functional Movement Assessment (SFMA)
- ✓ Whole Body CryoTherapy

We look to the root cause of the problem, not just at the symptoms... We take a multi-faceted approach to health care, combining multiple disciplines as part of the health care team for the best approach.

Health Fusion Wellness
 57 Schanck Rd., Suite C-3
 Freehold, NJ 07728
 Phone: (732) 665-6334
 Email: info@hfwnj.com



Whole Body Myofascial Trigger Point Therapy



Whole Body Cryo Therapy



NormaTec MVP Recovery System



Accurate Postural Assessment

'Entitled' People May Be Pursuing an Unhappy Path

*Inflated expectations of what they deserve doom many to disappointment, review of the data shows
"Entitled" individuals who feel superior to others often end up unhappy when reality fails to match their expectations.*

"Entitlement is a broad construct, but basically it refers to a desire to get something for nothing," explained study lead author Joshua Grubbs, assistant professor of psychology at Bowling Green State University in Ohio.

According to Grubbs, entitlement is a personality trait where a person has an exaggerated belief that he or she is an exception to the rule -- much more deserving of life's blessings than others.

But the new review of more than 170 studies on the subject suggests that entitled folk are also especially vulnerable to disappointment.

And when disappointment strikes, it can mean anger, blaming others, social strife, collapsed relationships and depression, Grubbs' team said.

That's because entitlement is "really an attitude of 'deservingness', without any consideration for earning those things you want," said Grubbs, who conducted the review while a graduate student in psychology at Case Western Reserve University in Cleveland. "I often describe it as someone saying, 'I exist, therefore I deserve whatever I want.'"

He said this outlook doesn't necessarily hinge on wealth. "We observe it across cultures and economic status," he added.

But no matter its source, "entitlement has long been known to be associated with negative emotion and distress," Grubbs said.

Along with co-author Julie Exline, a professor of psychological sciences at Case Western Reserve, Grubbs set out to examine why entitlement can be such a problem.

The review of the data uncovered a common three-step pattern of pressures and behavior that often plague entitled individuals.

First, there's the burden of living with the constant threat of failed expectations, Grubbs said.

Next comes emotional instability when an expected path or goal fails to materialize.

Entitled people often muddle through these emotional minefields, but not by admitting that perhaps they aren't so special. Instead, Grubbs said, adversity tends to cause them to lean even more heavily on an inherent sense of superiority.

However, this just perpetuates a cycle of disappointment, unhappiness, frustration and social turmoil, he said.

Grubbs stressed that there's a big difference between entitlement and healthy ambition.

"Ambition, drive and high standards are not necessarily symptoms of entitlement at all," he said. "You can want to be successful and have high standards for yourself while still being humble and grateful. Many of the world's greatest, most-accomplished leaders have been truly humble people."

That notion is seconded by Jean Twenge, a professor of psychology at San Diego State University.

"I agree, it's important to distinguish entitlement from other characteristics," she said. "Entitlement is not the same as ambition. Someone who is ambitious but not entitled knows he will have to work for what he wants. Someone who is entitled expects it to be handed to him."

That said, Grubbs stressed, "there are always exceptions to the rule," and not all entitled people will end up miserable.

Also, he said, "disappointment is not always the result of entitlement. Some people with very low levels of entitlement might still end up disappointed, because life has given them a truly -- objectively -- raw deal."

So if any of this seems familiar, is there a way to get yourself out of the entitlement trap? Yes, said Grubbs, who advocates for introspection and what's known as "active" gratitude.

"What I mean by 'active' gratitude is making a point to be grateful to others throughout your day and your life's experiences," he said. "I also mean this in a deep way -- it's not just saying 'thank you' to the barista at Starbucks, but actually taking time to reflect about how much you are grateful for, how much others have helped you become what you are, and the ways you can express that gratitude."

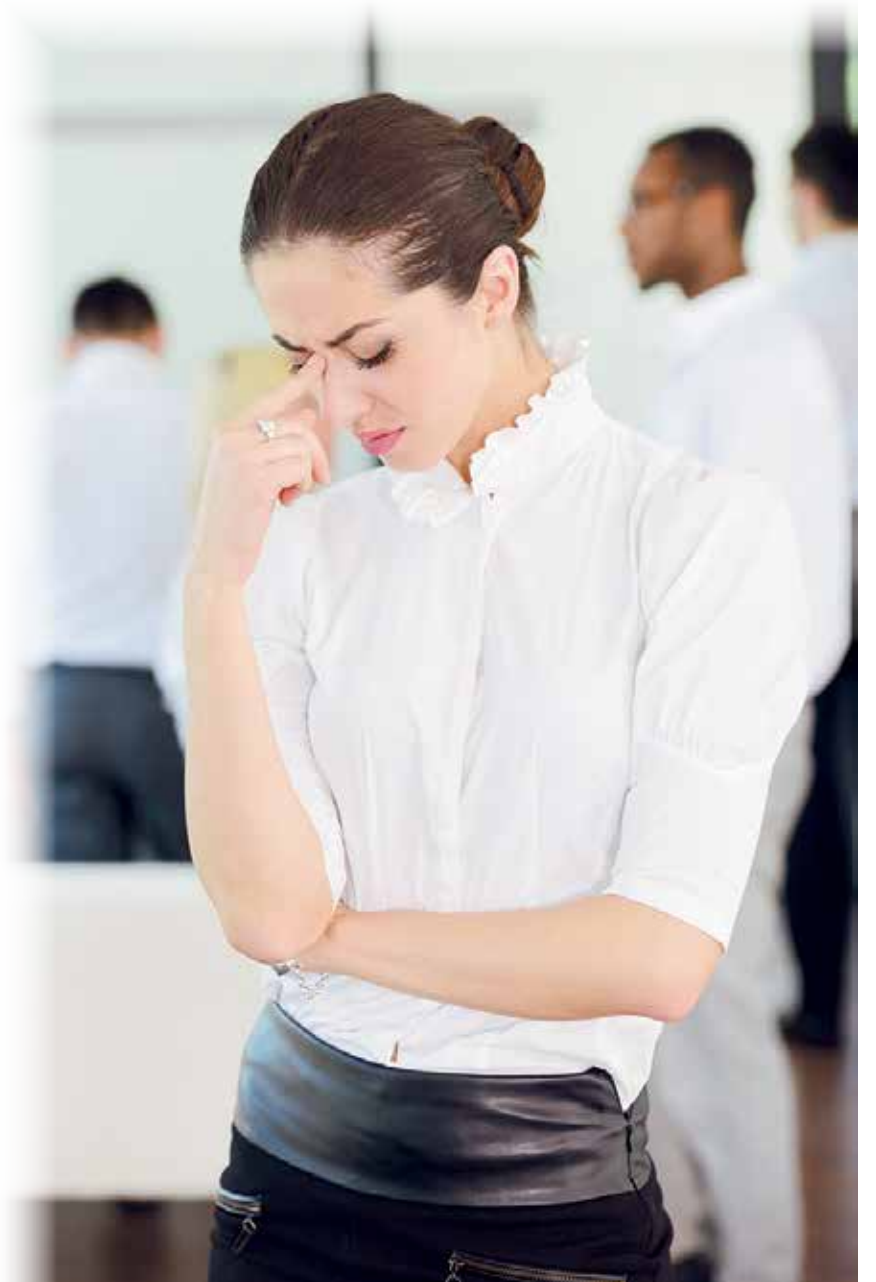
For her part, Twenge said there's much that parents can do to raise kids without a sense of entitlement.

"The best thing parents can do for their kids is to emphasize the importance of hard work," she said. "The world doesn't owe you anything. But if you put in the effort, most but not all of the time it will pay off."

Grubbs and Exline published their findings in a recent issue of Psychological Bulletin.

SOURCES: Joshua B. Grubbs, Ph.D., assistant professor, department of psychology, Bowling Green State University, Bowling Green, Ohio; Jean Twenge, Ph.D., professor, psychology, San Diego State University; Aug. 8, 2016, Psychological Bulletin

HealthDay.Gov



Cultivate Forgiveness

If holding a grudge is holding you back, research suggests that cultivating forgiveness could be beneficial to your mental and physical health. If you feel ready to begin, it can be a powerful practice.

The "Nine Steps To Forgiveness" offers a list of guidelines to follow. You begin by clearly acknowledging what happened, including how it feels and how it's affecting your life right now. Then, you make a commitment to forgive, which means letting go of resentment but doesn't mean letting the offender off the hook or even reconciling with them.

The Nine Steps To Forgiveness Are:

Know exactly how you feel about what happened and be able to articulate what about the situation is not OK. Then, tell a trusted couple of people about your experience.

Make a commitment to yourself to do what you have to do to feel better. Forgiveness is for you and not for anyone else.

Forgiveness does not necessarily mean reconciliation with the person that hurt you, or condoning of their action. What you are after is to find peace. Forgiveness can be defined as the "peace and understanding that come from blaming that which has hurt you less, taking the life experience less personally, and changing your grievance story."

Get the right perspective on what is happening. Recognize that your primary distress is coming from the hurt feelings, thoughts and physical upset you are suffering now, not what offended you or hurt you two minutes – or ten years – ago. Forgiveness helps to heal those hurt feelings.

At the moment you feel upset practice a simple stress management technique to soothe your body's flight or fight response.

Give up expecting things from other people, or your life, that they do not choose to give you. Recognize the "unenforceable rules" you have for your health or how you or other people must behave. Remind yourself that you can hope for health, love, peace and prosperity and work hard to get them.

Put your energy into looking for another way to get your positive goals met than through the experience that has hurt you. Instead of mentally replaying your hurt seek out new ways to get what you want.

Remember that a life well lived is your best revenge. Instead of focusing on your wounded feelings, and thereby giving the person who caused you pain power over you, learn to look for the love, beauty and kindness around you. Forgiveness is about personal power.

Amend your grievance story to remind you of the heroic choice to forgive.

The practice of forgiveness has been shown to reduce anger, hurt depression and stress and leads to greater feelings of hope, peace, compassion and self confidence. Practicing forgiveness leads to healthy relationships as well as physical health. It also influences our attitude which opens the heart to kindness, beauty, and love.

Not convinced this is the best approach? Researches found that cultivating compassion led participants to report more empathy, positive emotions, and feelings of control. That's an outcome that victims of wrongdoing deserve, no matter how we feel about the offenders.

Stress and struggles come in many forms in life: adversity and trauma, fear and shame, betrayals of trust. The 9 steps above can help you cope with difficulties when they arise, but also prepare you for challenges in the future. With enough practice, you'll have a toolbox of techniques that come naturally that will help keep you afloat when times get tough. Just knowing that you've built up your skills of resilience can be a great comfort and even a happiness booster. Ultimately, you can try to find a positive opportunity for growth in the experience: Perhaps it alerted you to something you need, which you may have to look for elsewhere, or perhaps you can now understand other people's suffering better.



Do you Suffer with Back or Joint Pain?

Should you treat with a Physical Therapist?
Chiropractor? Massage Therapist?
Why Choose?

Natural Relief of Chronic Pain



We successfully treat back and joint pain naturally with our Integrated Holistic Approach.

We combine chiropractic care, medical massage and physical therapy to get quick, safe and effective results!

Major Insurance & Medicare Accepted

BOOST YOUR HEALTH WITH ACUPUNCTURE!
This Ancient Healing Art is Available Here!



WHY CHOOSE US?

- We offer a unique holistic integrated approach
- Our philosophy is geared towards improving the function and health of the whole body, not just quieting your symptoms
- We are dedicated to disease prevention and health improvement
- Treatments are safe for everyone, from infants to seniors
- Experienced, Compassionate Clinicians

YOUR HEALING BEGINS HERE™
220 Forsgate Drive, Jamesburg, NJ
732-656-1740
www.innovativewellnesscenter.com

OUR SERVICES:

- Acupuncture
- Chiropractic Care
- Physical Therapy
- Spinal Decompression
- Nutrition Counseling with Dietitians
- Therapeutic Medical Massage

**Take Control
Of Your
Nutrition NOW!**



Nutrition Solutions, LLC
For Health and Longevity
732-966-0130
Mynutritionsolution.net



The Community That Treats You Like FAMILY!

- Assisted Living • Memory Care • Respite Care
- 24-hour Nursing - Bed & Breakfast Style Fine Dining
- Complimentary Transportation- Exquisite Suites
- Vibrant Life Enrichment & Social Programs

Schedule Your Complimentary Lunch & Tour Today!

BEAR CREEK ASSISTED LIVING
 291 Village Road East
 West Windsor, NJ 08550
 609.918.1075
www.bearcreekassistedliving.com



Technology For Seniors Help Keeping In Touch Simple With Video Calling

Today's technology can be intimidating to seniors. The Internet is full of great tools for keeping in touch with family. Whether your friends and family live locally or some distance away, it's easier to keep in touch than ever before. Take advantage of social media and video call sites to keep solid contact with your loved ones.

Learning how to use current technology may show you realities that you could have only fantasized about as a child. For instance, phone calls are now more than just voice based.

Using a video-calling app allows you to see the person on the other end of the line.

These apps come with clear instructions that will have you viewing your family members in no time. Think of the excitement of seeing the joy on your family's faces when you call to give birthday or other holiday wishes. Technology has made this possible, so it's time to get on board.

MONROE TOWNSHIP SENIOR CENTER List of On-Going Activities

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

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

Monroe Township Office of Senior Services & Senior Center Membership Information

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

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

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

GOOD FOR YOU

Bagels Plus: On Friday, December 2, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, discuss "The Gift of Gratitude". This interactive program examines the health benefits of being thankful, especially during stressful times in our lives, as well as the importance of exercising the "act of gratitude." Please register in advance.

Living with Arthritis: On Thursday, December 8, at 1:30 p.m., Dr. Aly Cohen, Medical Director-Integrative Rheumatology Associates, PC, discusses the different types of arthritis and how to prevent and/or manage them using both western (medication/surgery) and eastern (yoga/supplements) approaches. Please register in advance.

AARP Smart Drivers Course: On Monday, December 12, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

Senior Center Support Groups: On select days during each month, Center members can take advantage of the wealth of information offered by facilitators of the various needs-specific support groups available: Cancer Support on the third Tuesday of the month at 1:30 p.m.; Parkinson's on the first Wednesday of the month at 1 p.m.; Diabetes on the third Wednesday of the month at 2:30 p.m.; Caregivers/Alzheimer's on the fourth Wednesday of the month at 2 p.m.; and, Lo-Vision on the third Thursday of the month at 10:30 a.m. For more information, please call the Senior Center.

MUSIC AND MORE!

Rodgers & Hart: On Thursday, December 1, at 1:30 p.m., Dr. Karen Zumbrunn looks at the life and music of Rodgers and Hart, including "My Funny Valentine", "Where or When", "There's a Small Hotel" and more. Please register in advance.

Photo Sorting: On Monday, December 5, at 1:30 p.m., join Rhoda Gordon, from Sunflower Photo Solutions, as she discusses the best ways to organize your print photos and preserve your memories. She will also briefly address digital photos and various tools to use. Please register in advance.

The S.S. St. Louis Continued: On December 6 and 20, Julian Davis provides the last 2 presentations regarding the voyage of 937 German Jews, in 1939, on the S.S. St. Louis. For space availability, please call to inquire.

Pearl Harbor Remembered: On Wednesday, December 7, ("a date that will live in infamy") at 10:30 a.m., the Huntington Reading Group revisits this day, 75 years later, during this PowerPoint presentation that commemorates

the entry of the United States into WWII. Please register in advance.

The Three Tenors: On Wednesday, December 7, at 1 p.m., enjoy this DVD presentation, featuring Placido Domingo, Jose Carreras, and Luciano Pavarotti, as they bring the joy of holiday season to life as they perform, "Let it Snow", "Winter Wonderland", "Ave Maria" and more. Please be sure to register in advance. Hosted by Michael Ferreira.

Pizza Plus: On Friday, December 9, at Noon, while you partake in a slice or two of pizza, a drink and holiday treat, enjoy the movie (based on a true story) "MIRACLES FROM HEAVEN" (starring Jennifer Garner). Be sure to bring a hanky! Tickets: \$6 p.p., due upon registering in-person by 12/7. No refunds after 12/6.

Jazzy Holiday Jam: On Friday, December 9, at 2 p.m., join our friends from the Jimmy Givens Trio as they play songs of the season and "All That JAZZ!" Enjoy this free show with a variety of happy holiday tunes, jazzy standards, and more. Please register in advance.

Broadway's Best: On Monday, December 12, at 1:30 p.m. join David Aaron as he shares and discusses the best songs from the following Broadway musicals: My Fair Lady, The Music Man, The King & I, South Pacific, Fiddler on the Roof, The Sound of Music...and more! Please register. Rick's Holiday Karaoke: On Tuesday, December 13, at 2 p.m., make yourself "famous" by singing along to holiday songs during this special karaoke session. Enjoy light refreshments too! Please register in advance.

Michael & Ted Present: On Wednesday, December 14, at 2 p.m., our friends from WWFM's "The Classical Network" return to focus on composer, Jule Styne's Broadway output (GYPSY, FUNNY GIRL, PETER PAN, etc.)...not his pop songs and film work. Please register in advance.

History of Jazz: On Thursday, December 15, at 1:30 p.m., we welcome back Gordon James as he covers the origins of jazz, ragtime and the blues with a blend of history, song and humor. Please register in advance.

Jerry's Travels: On Friday, December 16, at 1:30 p.m., take an armchair adventure through Eastern Europe by boat and bus during this 2-part visual presentation. The journey begins in Budapest (as well as Bratislava, Prague, Vienna) and ends in Amsterdam (along with Melk, Salzburg, Munich, Castles on the Rhine and more). Part II is scheduled for January 6, 2017. When registering, you will be automatically enrolled in both presentations. Please notify us if you are unable to attend Part II in January.

Maggie's "A Christmas Carol": On Monday, December 19, at 2 p.m., the Traveling Literary Theater brings the spirit of Charles Dickens to the Center as three fully costumed professional actors give life to his story, A Christmas Carol. Please register in advance.

Andy Williams, Behind-the-Scenes: On Thursday, December 22, at 1:30 p.m., stroll down memory lane and take a nostalgic look at Andy Williams and his Christmas Shows. During this DVD presentation, Andy Williams shares stories and special moments with the Osmond Brothers, his own musical brothers, and his whole family. Please register in advance.

Movie Times: On select days this month and for your viewing pleasure, please register in advance for the following: "A CHRISTMAS CAROL" (featuring Alastair Sim as Scrooge) on Friday, December 23, at 10 a.m.; "KEEPING THE FAITH" (a comedy with Ben Stiller) on Tuesday, December 27, at 1 p.m.; and, "ANNIE HALL" (with

Woody Allen and Diane Keaton) on Thursday, December 29, at 1 p.m. (A Movie Synopsis of each film is available at the front desk.)

EXERCISE YOUR OPTIONS

Walk With Us: On Tuesdays and Thursdays this month, starting on December 1, at 10:30 a.m., enjoy our DVD walking program to keep you fit while Body Works and Triple 15 take a brief holiday. While registration for this program is required by 11/28, please feel free to attend any day you wish.

Chair Yoga: Starting on Thursday, December 1, at 9 a.m., join Eileen for a modified yoga class with all yogic exercises performed on the chair. Relax your mind and improve your flexibility during this 8-session class. Course fee: \$40 p.p., due upon registering in-advance, in-person. Space limited.

Tai Chi Silent Practice: On Monday, December 5, at 1 p.m., join Siobhan for this sole session designed for previous Tai Chi students who are familiar with the form, requiring little to no instruction. This one-shot silent practice day can be performed in a chair or standing with gentle guidance. Class Fee: \$10 p.p.; due upon registering in-person no later than 12/1. Min. of 10 students required to run this session.

ARTISTICALLY SPEAKING

Andrea's Painting Party: On Monday, December 5, from 9:30 to 11:30 a.m., after enjoying bagels and smear courtesy of The Gardens at Monroe, learn how to make beautiful tile coasters with alcohol ink for yourself or for a great holiday gift. Pre-registration fee (for supplies and instruction) is \$10 p.p., due upon registering in-person by 11/22. Please be sure to wear an apron or old clothes for this project. Space limited; so, the early bird gets to create!

Soft Pastels Class: Starting on Tuesday, December 6, at 1:30 p.m., Shelly Wish provides this 5-session (thru January 3, 2017) class to teach students techniques in using soft Pastels for portraits and still life. All skill levels welcome! Ask for a supply list when you register. Course fee: \$50 p.p., due upon registering in-person by 11/29.

It's "The Scream": On Wednesday, December 14, at 10 a.m., join Maurice Mahler, Art Historian, for a lecture and DVD presentation on Norwegian artist, Edvard Munch, and his masterpiece which has become a defining image of the 20th Century. Please register in advance.

Art of the Masters: On Friday, December 16, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on Dale Chihuly. Then, individuals, with a PROJECT COUPON, help create an individual masterpiece, to create a 3-D sculpture in the artist's style. Coupons are available, while they last, for "in-person" registrations only. Lecture only? Please call to reserve your spot in advance.

Demo on Transparent Watercolor: On Monday, December 19, at 10 a.m. to Noon, Joanne Amantea, award-winning artist, provides this watercolor painting demonstration for new, interested artists/students. Those who become inspired are welcome to sign-up for the January 2017 class (featured in the January newsletter) while openings last. Please register for the demo in advance.

Masterpiece Mystery: On Friday, December 30, at 10:30 a.m., enjoy this PBS DVD presentation that focuses on "the forensics of fine art". Art sleuths uncover cold case art mysteries, as if they were crime scene investigators, to determine "who committed the art." Please register in advance.

**You have always been there
for your mom, and now
Golden Years Care
is here for you**



Medicaid/J.A.C.C. Covered Service

**Call Us Today For A Tour or Info!
(732) 851-6640
www.GoldenYearsCareNJ.com**

- Medical Appointment Transportation
- Around-the-clock attention
- Physical & Occupational Therapy In House
- Free Door-to-Door Transportation
- Delicious Food Options
(Spanish, Russian, Italian & more)
- Onsite & Offsite Activities: (Ping Pong,
Zumba, Shopping Excursions, Museums,
Crafts, Trips to the Shore and much more)
- Onsite Hairdresser

Serving Monmouth, Middlesex & Ocean Residents

Conveniently off Rt 33 and NJ Turnpike Exit 8
**108 Woodward Rd.
Manalapan, New Jersey**

**If your loved one needs care during
the day, trust Golden Years Care
to put them in good hands!**

**We provide
Adult Day Services
For Special Needs Adults
(21 years old +)**



Medicaid/HMO/DDD

**Call Us Today
For A Tour or Info!
(732) 845-3332**

- Free Door-to-Door Transportation
- Health Evaluations
- Bi-Lingual staff
- Music & Pet Therapy
- Educational Programs to assist & encourage
independence with activities of daily living
- Social Activities
- Fabulous food and menu options
- Recreation, Exercise, Trips to Museums,
Stores, Crafts and more...

Serving Monmouth, Middlesex & Ocean Residents

**20 1-A Jackson Street
Freehold, New Jersey**

**We Offer Something Special Nowhere Else Found
In CNJ For Your Loved One!**

Active Day Adult Services

Let Us Care For Mom or Dad When You Can Not



Hibernian Home Care has made it possible for Mom to stay home safely, and enjoy the companionship of a professional caregiver.

With a job of my own, and three teenagers at home, it was difficult to always be there for Mom. I always felt that no matter how much time I spent with my Mom, it was never enough. It upset me to think that she spent many hours alone in between my visits.

One of my friends told me about how they used services from Hibernian Home Care for their parents after one of them had surgery and suggested that I give them a call.

Immediately upon calling Hibernian Home Care, I felt a sense of relief. The staff person was so caring on the phone and was really interested in finding out about our specific needs and how Hibernian Home Care could help.

The Registered Nurse who came to meet me and Mom at her home was so helpful. She had many ideas to share to make things a little easier for both of us.

The Caregivers have all been wonderful, and my Mom looks forward to their scheduled visits. They help her keep the house tidy, prepare meals, assist with her personal care, and take her on errands and appointments.

Now I feel a tremendous weight has been lifted. I am comforted knowing Mom is enjoying life more and is so happy to be in the home that holds so many dear memories for her.

***Finally, Mom and I have more time to visit together.
Thank you, Hibernian Home Care for making this possible.***

Peace of Mind

*Founded & Operated by a Registered Nurse & Pharmacist. Licensed, bonded, & insured.
All Caregivers undergo background checks, are certified by the State, & receive additional training & education.*



For more information, contact us:

732-481-1148



**Info@HibernianHomeCare.com
www.HibernianHomeCare.com**



***** FREE *****

**In-Home Consultation &
Family Education Video Series**

Services Provided

- Hourly & Live-In Care
- Medication Reminders
- Dementia & Alzheimer's Care
- Personal Care & Bathing
- Meal Preparation & Feeding
- Laundry & Light Housekeeping
- Transportation & Errand Services
- Grocery Shopping

What to look for when you can no longer provide care for your loved one with Alzheimers at home

PEOPLE IN LATER STAGES of cognitive decline may need full-time residential care when their caregiving needs become overwhelming for the family. This form of round-the-clock care, called "memory care," offers specialized activities and trained staff to meet the specific needs of people with dementia.

"Consider these questions when looking for this form of care for someone you love," says Bank of America Merrill Lynch's director of Financial Gerontology, Cynthia Hutchins:

- Is the facility located close to your doctor and to your family?
- Is the facility licensed by your state as an Alzheimer's Special Care Unit?
- Is there a range of services available on site, such as podiatry, vision and dental care, along with occupational, physical, speech and recreation therapy?
- Are there frequent visits by the physician medical director and specialists who can treat the psychological needs of people with cognitive problems?
- What structured daily activities are offered?
- Do staff members frequently engage residents by name as they assist them and pass them in the halls?
- Is the staff experienced in handling a variety of behavioral issues?

"You can evaluate the quality of care of the facility you're considering by using Medicare's nursing home compare tool," says Hutchins. Find it at: medicare.gov/nursinghomecompare/search.html.

Sources: Alzheimer's Association; Centers for Medicare & Medicaid Services

Children's Futures 16th Annual Community Toy & Book Drive



Please drop off unwrapped
books or toy donations
to benefit children
this holiday season at
**Rose Hill, a collection site
for Children's Futures.**

To read more about Children's Futures
and how you can help, please visit
www.childrensfutures.org

**Children's
FUTURES**



DePaul Healthcare

ROSE HILL

Assisted Living

1150 Washington Blvd.,
Robbinsville, NJ 08691

located across from Foxmoor Shopping Center
www.rosehillassistedliving.com

609.371.7007 • Call for Lunch and a Tour!

WE ARE EXCITED TO ANNOUNCE



STYLISH - CONTEMPORARY - CONVENIENT

**Hot & Cold
Clean Fresh, Purified Water
Right at your fingertips**

for less than 10 cents per gallon

Look, No bottles to lug or store



The US Water Treatment Company

Since 1987

29 Years & Counting

222 Millstone Road • Millstone Township, NJ 08535
(732) 446-2021 • www.uswater.net • uswaterco@aol.com

Fill Your Holidays WITH NJ WINE

Experience NJ Wine Country this Holiday Season

Give the gift of NJ Wine this holiday season.
Come out to New Jersey wine country in December.

Statewide, 'tis the season for new wines, sales and discounts, tasting room entertainment, special tastings and more. There's a different experience at each winery. And, when you visit, make sure to ask for your NJ Wine Country Passport



Learn more at
www.NewJerseyWines.com

**While supplies last*

Food & Dining

We Deliver • BYOB



Mounts Corner Plaza
300 Mounts Corner Drive
Freehold, NJ 07728
Phone 732.677.3988
www.LobsterHouseFreehold.com



S P E C I A L S

FREE
Zuppa De Muscle
When You Buy Two Entrées

*Expires 1/31/16
Not valid with any other offers.
One coupon per table.*

\$10 OFF
Any Dine In or
Take Out Dinner
\$60 or more

*Expires 1/31/16
Not valid with any other offers.
One coupon per table.*

Holiday Catering
Special
10% OFF
Any Catering over \$100

*Expires 1/31/16
Not valid with any other offers.
One coupon per table.*

\$6⁹⁹

TUESDAY & WEDNESDAY
ALL DAY • DINE IN ONLY

**1 DOZEN
CLAMS ON
1/2 SHELL**

WHILE SUPPLIES LAST
CANNOT BE COMBINED WITH ANY OTHER COUPONS OR SPECIALS

HOURS

Monday CLOSED
Tues.-Thurs. 11:30AM- 9:00PM
Friday 4:00PM - 10:30PM
Saturday 12:00PM - 10:30PM
Sunday 12:00PM - 9:00PM



LOBSTER LUNCH SPECIAL

\$16⁹⁹

**1 1/4 LB
LOBSTER
WITH CHOICE OF
SOUP OR SALAD**

VALID TUES - THURS
11 AM - 3 PM
DINE IN ONLY

WHILE SUPPLIES LAST
CANNOT BE COMBINED WITH ANY OTHER COUPONS OR SPECIALS
PRICE CAN CHANGE ANYTIME

Food & Dining

THE ROOST

Restaurant & Bar

Live Music
Every Friday & Saturday Night

★ ★ ★
Holiday Parties

Private Room & Great Packages
Still Available

★ ★ ★
Weekly Football Specials

1/2 Price Game Day Specials

★ ★ ★
Happy Hour

Join Us for the
Best Specials Around

**Visit Us and See Why
Everyone is Saying We Have
the Best Food in Town!**



609.208.2500 • theroostatcreamridge.com
181 Route 539, Cream Ridge, NJ 08514



Molto Bene Ristorante & Cicchetti Bar

17 N. MAIN ST. CRANBURY NJ, 08512 | 609.642.6724

A Venetian-inspired tapas style eatery or small plates
"Delicious Italian Food To Share"



**Buy one
large plate and
get 2nd half price**

Tuesday thru Thursday only.
Not valid on holidays.
Not valid with other coupons.
One per table.
Expiration date 12.31.16

Tuesday - Thursday: 11am-9pm
Friday & Saturday: 11am-10pm
Sunday: 11am-9pm



MoltoBeneOnline.com

DON'T FORGET DINNER AND REMEMBER TO EXPLORE

With local shops trying to lure in customers around holiday events, local restaurants often get in on the festivities, as well. Some will have special meals and promotions around the holiday season, so you might even be able to change things up with a Holiday-themed dinner to go along with all the shopping.

Having everyone out around downtown means local shops are often putting their best foot forward, so it's a great opportunity to try out some stores or restaurants you've never visited — or perhaps even noticed — before. Make it a point to visit at least one place you've never been, just to see what you might be missing. Shopping local and spending local is so important to your community.



Food & Dining

Happy Holidays from your friends at



Closed Christmas Day

New Year's Eve
Chef Specials + regular menu,
DJ Louie

Happy Hour at the bar
Mon - Fri 3 - 7:00 pm \$2.00 drafts

Holiday Catering Available
your place or ours

Please call for any of your catering needs

WEEKLY SPECIALS

Monday Night - \$5.00 Off Prime Rib Dinner

Tuesday Night - All you can eat tacos \$12.00;
\$2.50 Mexican beer & \$5.00 well margaritas

Wednesday Night - Pizza Night - 2 Plain Pies for \$14.99

Thursday Night - Rib Eye Steak - \$15.99

Friday & Saturday - Try Our Chef Specials

Sunday - Select half price appetizers

JOIN OUR TEXT COMMUNITY

Keep Up-to-Date on Special Offers and Events
by Texting the Message "CBI" to 57711



465 Stagecoach Rd., Clarksburg, NJ 08510
(609) 259-2558 • www.clarksburginn.net

Our Pavilion Pub Offers All of Our Clarksburg Inn Favorites!

New Restaurant in Town


Join us for lunch, for dinner, or just
grab a bite at the bar.

Full Bar – Including Happy Hour
Meet your friends



Tuesday - Saturday 11:30 am - 11:00 pm
Sunday 3:00 pm - 10:00 pm

DAILY SPECIAL MENU

 Mention you saw this ad in The Millstone Times
You will receive a complimentary dessert with any purchase of an entrée

BOOK YOUR HOLIDAY PARTIES NOW

American Bistro



HAPPY HOUR
Tuesday – Thursday 3-7pm
Friday 3-6pm
Saturday 12-5pm

25 E Railroad Ave. Jamesburg, NJ 08331
732-656-5103 • www.vinejamesburg.com

Food & Dining

Make this holiday a memorable one!



Holiday Catering Packages

31 East Main Street
Freehold, NJ 07728

(In the Hall of Records parking lot)

732-845-5440

www.sanmarzanofreehold.com



Package No. 1

Fried Calamari – 1/2 tray
Baked Clams (30 clams) – 1/2 tray
Stuffed Mushrooms – 1/2 tray
Stuffed with sautéed spinach, bacon and flavored bread crumbs

\$119.99 plus tax

Package No. 3

Fried Calamari – Full tray
Stuffed Shells – 1/2 tray
Chicken Parmigiana – 1/2 tray
Caesar or House Salad – 1/2 tray
Stuffed Mushrooms – 1/2 tray

\$169.99 plus tax

Package No. 5

Cold Antipasto Platter
Chicken Parmigiana – Full tray
Fried Calamari – Full tray
Penne Vodka – Full tray
Caesar or House Salad – Full tray

\$239.99 plus tax

All packages include homemade fresh baked loaves of bread. Set up included with refundable deposit. Paper products not included. A 20% deposit is required on all orders, must be ordered 5 days in advance.

Package No. 2

Fried Calamari – 1/2 tray
Baked Clams (30 clams) – 1/2 tray
Shrimp Cocktail (25 Shrimp) – 1/2 tray

\$149.99 plus tax

Package No. 4

Cold Antipasto Platter
Chicken Francese – Full tray
Stuffed Shells – Full tray
Eggplant Rollatini – 1/2 tray
Caesar or House Salad – 1/2 tray

\$199.99 plus tax

New Year's Eve Package

Gourmet Sandwich Platter
(Grilled Chicken, Fresh Mozzarella, Assorted Veggies, American & Italian Cold Cuts)
Rice Balls – Full tray
Penne Vodka – Full tray
Chicken Parmigiana – Full tray
Sausage, Peppers & Onions – 1/2 tray
(In a red sauce)
Mozzarella en Carozza – 1/2 tray
Caesar or House Salad – Full tray

\$299.99 plus tax

*****ECRWSS*****
Local
Postal Customer

PERMIT TO
CARRY
PAID
New Brunswick, NJ
Permit #10375

Additional Holiday Catering Selections

	1/2 Tray	Full Tray
Seafood Salad	75.00	150.00
Cold Antipasto	50.00	90.00
Zuppa di Mussels (red or white)	40.00	75.00
Zuppa di Clams (red or white)	40.00	75.00
Fried Calamari	40.00	75.00
Stuffed Mushrooms	45.00	80.00
<i>Stuffed with sautéed spinach, bacon and flavored bread crumbs</i>		
Baked Clams	40.00	75.00
Buffalo Wings	35.00	60.00
Shrimp Cocktail	65.00	110.00
Sautéed Veggies	35.00	60.00
Rice Balls	35.00	65.00
<i>Ground beef, green peas and mozzarella</i>		
Mozzarella Carozza	45.00	80.00
Baked Ziti	35.00	65.00
Seafood Combo	75.00	125.00
Linguine w/Clam Sauce (red or white)	55.00	100.00
Penne Vodka	35.00	65.00
Ravioli	40.00	75.00
Chicken Marsala	50.00	95.00

3, 4 or 6 Foot Heros

American, Italian or
Grilled or Crispy Chicken – 20.00 per foot

Assorted Sandwich or Wrap Platters

16' platter feeds up to 10 people – 95.00
18' platter feeds up to 15 people – 120.00

These are just a few of our catering items.
Please visit www.sanmarzanofreehold.com
for our full catering menu.

Delivery or pick up available on Christmas Eve and New Year's Eve.
We will be closing 9pm sharp on Christmas Eve and will be closed Christmas Day.
Open New Year's Eve and New Year's Day, regular business hours.
Christmas Day orders **must** be picked up the day before. No order limit. No substitutions.

Food & Dining

GRAND OPENING

"We make creative handcrafted food to satisfy your palate"

OPEN FOR LUNCH AND DINNER

618

RESTAURANT
BANQUETS
CATERING

618 Park Ave.
Freehold, NJ 07728
732-577-0001
www.618nj.com

- Full Bar featuring Happy Hour
Tuesday-Saturday 3-7pm & All day Sunday
- 3 Private Party Rooms Available
(up to 175 guests)
- Over 70 Five Star Facebook Dinner Reviews
- Reservations available online at www.618nj.com

Book Your Events Now!

Owner/Chef - Christopher Dutka

Hours
Tuesday – Thursday
Friday & Saturday
Sunday

11:30 - 10pm
11:30 - 11pm
4:00 - 9pm

Mention you saw this ad in
The MillstoneTimes and
**Receive A
Complimentary
Appetizer or Dessert**
When You Order 2 Entrees
Limit One Per Table. Exp 12/30/16



We're Ready for the Holidays at

BERRYRICH BAKERY & CAFE

Follow us!



www.facebook.com/berryrichbakery
www.instagram.com/berryrichbakery/
www.twitter.com/berryrichbakery

All major credit cards accepted.
Gift certificates available.



**10% OFF
all Holiday
Pre-orders**

Placed before
Wednesday 12/14/16

Life Is Short Eat Dessert First

We also make specialty desserts. Just ask!

**Get all of your holiday
baked goods fresh here**

- Holiday cookie trays great for gifts or to take to parties
- Breads and rolls for your holiday table
- Pies, cakes and other desserts made fresh daily



Hours: Tue – Fri 7:00am-6:00pm Sat – Sun 8:00am-3:00pm

2 North Main St. • Allentown, NJ 08501 • (609) 259-4950
BerryRichBakery@wix.com/home • berryrichbakery@gmail.com

New Year's Eve Dinner with *Jazz*

New Year's Day Brunch

Two ways to make 2017 special!
Ring in the New Year with your loved ones at 12 Farms. Celebrate with good, clean farm-to-table food and exciting live music!

Book Today! 609-336-7746

Call to secure your reservations.

Located in downtown historic Hightstown | www.12farms.com



- Restaurant • Bar
- Banquet Room

Tommy's Inn



AT MILLSTONE

OFF-SITE CATERING TRAYS



**COME HAVE SOME FUN
WITH YOUR FRIENDS!**

**When purchasing
a Gift Certificate
of \$50+ you will
receive \$10**

Must redeem this coupon
to receive this offer



**Book All Your
Holiday Parties Now!**

Any party of 20+ will receive
A complimentary dessert.

BOOK ALL YOUR PARTIES NOW!!

**WE HAVE A GREAT PARTY ROOM
FOR ALL OCCASIONS**

- STEAKS • SEAFOOD • CHICKEN • PASTA
- SALADS • HOMEMADE SOUPS
- BAR APPETIZERS • DESSERTS • COCKTAILS



560 Monmouth Rd, Millstone, NJ 08510
Rt. 537 between Six Flags & Jackson Outlets

(732) 928-6600

www.restaurantinmillstone.com

OPEN 7 DAYS FOR LUNCH & DINNER

Hours: Mon-Thurs 11a-11p; Fri 11a-1a; Sat 11a-11p; Sun 11am-10pm

**HAPPY HOUR
4pm-6pm at the Bar**

- Thursday Night
World Tavern Poker
- Friday Night Karaoke



RESTAURANT AND BAR
serving

Authentic Greek Cuisine

609-426-9700

Fax: 609-426-9701

146 Applegarth Road, Monroe Twp., NJ 08831

www.tavernaouzo.com

Full Bar Service also available

Happy Hour 3-7pm



YOUR NEW #BFF



EAT IN*TAKE OUT*CALL AHEAD * NOW OPEN UNTIL 8:30PM

731 Route 33, Hamilton, NJ * 609-838-9799
608 Marketplace Blvd, Hamilton, NJ * 609-585-3532
www.JerseyGirlCafeNJ.com



STOP IN FOR DINNER AND USE THIS COUPON, AFTER 4PM * 1 BUFFALO CHICKEN QUESADILLA OR 10% OFF YOUR ORDER.
\$20 MINIMUM PURCHASE. MAY NOT BE COMBINED WITH OTHER OFFERS, ONE PER CUSTOMER, ONE PER DAY, EXPIRES 1/15/2017

Come Celebrate the Holidays With Us

Special Packages Available for Groups of 10 or more
Live Entertainment Once a Month

Málaga

Restaurant

Authentic Cuisine From Spain & Portugal

Fine Dining & Catering
511 Lalor Street • Hamilton Township, NJ 08610

609-395-8878

5 miles from Sovereign Bank Arena • 5 min from Rt. 1, Rt 195 & NJ Turnpike

Coming Soon!

New Italian Restaurant

Please call and make your reservations

Book all your parties for
The Holidays and The New Year
We can accommodate any event!

BYOB

All Seniors from Adult Communities and all Senior Citizens must register at the restaurant to receive a 15% discount off any entrée of their choice.

HOURS

Monday - Thursday
Lunch: 12 p.m. - 4 p.m.
Dinner: 4 p.m. - 10 p.m.

Friday - Saturday
Lunch: 12 p.m. - 4 p.m.
Dinner: 4 p.m. - 11 p.m.

Sunday
Dinner: 12 p.m. - 10 p.m.

**Mention
you saw this in
The Millstone Times
and receive
A Complimentary
Dessert**



(848) 233-9410 • Alt.: (848) 233-9411 • Fax: (848) 233-9409
520 Rt-33 West Millstone Township, NJ 08535
www.Toscaniniitalian.com • info@toscaniniitalian.com



Food & Dining

VEGAN RECIPE: Ho Ho Ho Holiday Hot Tamale Pie

Vegans avoid ingredients that are the product of animal suffering while embracing plant-based foods. This recipe is all that and will be a hit anytime of year!

INGREDIENTS

- 1 tablespoon olive oil (or water)
- 1 medium onion, finely chopped
- 1 medium yellow, red, or green bell pepper, seeded and finely chopped
- 2 garlic cloves, minced
- 1 can (16-ounce) unsweetened tomato sauce
- 1/2 cup black beans
- 1 can (16-ounce) pinto beans or mixed beans, drained
- 1 can corn or 3/4-cup thawed frozen corn or 1 ear fresh corn (cut from the ear)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- Pinch of cayenne pepper
- 3 cups water
- 1 cup yellow stone-ground cornmeal
- 1 tablespoon freshly squeeze lemon juice
- 1 teaspoon Dijon mustard

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Heat the olive oil (or water) in a large frying pan over medium-high heat.
3. Add the onion, bell pepper, and garlic and cook until softened, 5 to 7 minutes.
4. Remove from the heat and stir in the tomato sauce, black and pinto or mixed beans, corn, chili powder, cumin, salt and cayenne.
5. Pour mixture into an 8 X 8-inch glass baking dish.
6. Boil the water.
7. Add the cornmeal, lemon juice, mustard, and sea salt in a large saucepan, and stir until mixed.
8. Bring to a boil over medium-high heat, then immediately reduce the heat to low and simmer, stirring often, until thickened, 3 to 5 minutes.
9. Spread the cooked cornmeal over the bean mixture.
10. Bake for 30 minutes.
11. Cool for 10 minutes before serving.



Scotto's
PIZZA & RISTORANTE ITALIANO

Twin Rivers Shopping Center • 400 Abbington Dr. • East Windsor, NJ

www.scottospizzaristorante.com

609-443-6410

DINE-IN • TAKE-OUT • DELIVERY • CATERING • PARTIES • BYOB

Open 7 Days Sunday-Thursday 10:00 AM - 10:00 PM; Friday & Saturday 10:00 PM-11:00 PM

HOLIDAY CATERING PACKAGES

**MAKE YOUR
RESERVATIONS NOW!**

- **Seven Fishes
Christmas Eve Menu**
- **New Year's Eve Celebration**

**Tuesday All Day!
Delivery/Pick-up**

\$20.00+tax

2 Large Plain Pies

With this Coupon. Cannot be combined with any other offer.
Expires 12-31-16



EARLY BIRD MENU

\$13.95+ tax

Mon-Fri 3-5 Sat-Sun 11-5

Dinner includes unlimited soda & coffee or tea
With this Coupon. Not Valid on
Holidays. Cannot be combined with
any other offer. Expires 12-30-16

15% OFF

Any Check with Purchase of two or more
dinners at Regular Price

Dine in Only. With this Coupon.
Not Valid Fri-Sat or Holidays
Cannot be combined with
any other offer.
Expires 12-30-16

\$19.95+ tax

Large plain pie & buffalo wings plus any
2 liter Coca-Cola beverage of your choice

With this Coupon.
Cannot be combined with
any other offer. Expires 12-30-16

\$5.00+ tax

2 plain slices & a large Coca-Cola
beverage of your choice

With this Coupon.
Cannot be combined with
any other offer.
Expires 12-31-16

Food & Dining



La Dolce Bakery has been a family owned business since 1992. Everything we make is made from scratch. We take pride in our baking. We use the finest ingredients and we make our fillings, creams, cakes, breads and pastries from scratch. You can taste it in all of our baked goods. We provide the highest quality items for our customers. It's a family tradition!

www.ladolcenj.com

The Holidays Are Here!
Stop In And Order Early:
Cakes, Bread, Pastry & Holiday Cookies.



Call early and order all your special holiday favorites

- ☞ Gingerbread Houses
- ☞ Chocolate Log Cakes
- ☞ Italian Rum Cakes
- ☞ Large variety of Italian Pastries
- ☞ Stuffed Breads
- ☞ Struffoli
- ☞ Fig Cookies
- ☞ Grain Pie
- ☞ Italian Cheesecake
- ☞ Cookie Trays

**OPEN 7 DAYS
A WEEK**

**OPEN CHRISTMAS DAY
8AM – 3PM**



RAINTREE TOWN CENTER ~ 25 Village Center Dr., Freehold NJ 07728 • 732-431-2772
3141 US Highway 9, Old Bridge NJ 08857 • 732-679-5123

Food & Dining

Happy Holidays from Our Family to Yours!

Discount Available
on Cases of Wine

Balic Winery Outlet
at Vesuvio's is offering
\$2⁰⁰ OFF
Any Bottle of Wine

Must present coupon.
May not be combined with any other coupon,
offer or discount. Limited time offer.
Expires 1/15/17

VESUVIO'S
PIZZERIA & FAMILY RESTAURANT
Millstone Township's
Original Family Restaurant

10% OFF
Any Catering Order
of \$100 or More

Must present coupon.
May not be combined with any other coupon,
offer or discount. Limited time offer.
Expires 1/15/17

PACKAGES AVAILABLE FOR THE HOLIDAYS

Bread included with all orders

Cannot be combined with coupons

PACKAGE 1

\$99 +tax Feeds 10-12 People

1/2 Tray- Garden or Caesar Salad
1/2 Tray- Baked Ziti or Penne with
Choice of Sauce
1/2 Tray- Any Entree of Choice

PACKAGE 2

\$149 +tax Feeds 13-15 People

1/2 Tray- Any Appetizer
1/2 Tray- Garden or Caesar Salad
1/2 Tray- Baked Ziti or Penne with
Choice of Sauce
1/2 Tray- Any Entree of Choice

PACKAGE 3

\$254 +tax Feeds 15-20 People

Full Tray- Appetizer (Meatballs,
Wings or Bruschetta)
Full Tray- Garden or Caesar Salad
Full Tray- Baked Ziti or Penne with
Choice of Sauce
Full Tray- Any Entree of Choice

Add Dessert for \$25 +tax

1/2 Tray Mini Cannolis, Mixed Cookies and Brownies

Spend \$200 or more on Catering, Get Free 1/2 Tray of Mini Cannolis

LOOK FOR OUR COOKIE HOUSE SIGN-UPS

LOCATION: Vesuvio's Pizzeria

Saturday, December 3rd - 10:30am - 12:00 noon

Sunday, December 11th - 10:30am - 12:00 noon

Sunday, December 18th - 10:30am - 12:00 noon

LOCATION: St. Joseph Church, Stillhouse Rd., Millstone Twp

Saturday, December 10th - 10:00am - 12:00 noon

Saturday, December 17th - 1:00pm - 3:00pm

\$13 Per Chid. Must be accompanied by an adult.



100% of the Proceeds will be Donated to Ronald McDonald
House & Give Back Foundation (Local Charity)

Around the Corner Art Center presents Canvas & Cocktails

Tuesday, December 13th 6:30pm-9:00pm

A Night of Dinner and Step-by-Step Painting Fun!

BYOB Balic Wine Available

\$49.95 includes:

Includes: Hot Italian Buffet (Entrees, Pizza and Salad)
16 x 20 Canvas, Art Supplies and Apron.

*Step-by-Step Lesson taught by Skilled Artists.

\$25 payable at time of registration,
balance due upon arrival at Vesuvios

Call 732-308-4666 to Register

www.aroundthecornerartcenter.com



FOOD TRUCK AVAILABLE FOR PRIVATE PARTIES AND FUNCTIONS

- Full Catering On and Off Premises
- Complete Catering Set-up
- Servers and Bartenders provided upon request

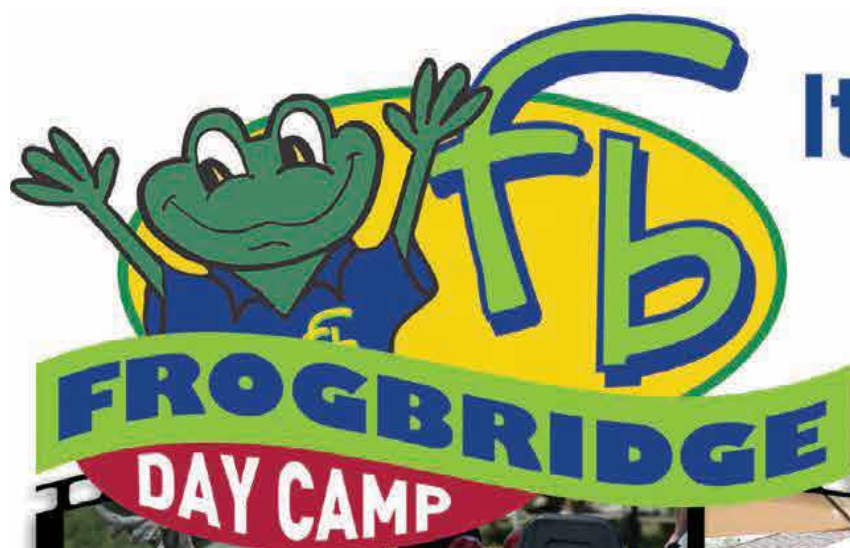


Like Us on Facebook for Specials and Updates!

221 Millstone Road, Perrineville, NJ • 732-446-1155 or 732-446-1908

Check out our Web Site at www.VesuviosMillstone.com





It's not just day camp...
IT'S FROGBRIDGE!

**Private
Tours
Available
Daily**



Call to Register:
609-208-9050 • 732-786-9050

**Special
Discount for
Central Express
Bus Option**

Air-conditioned Door-to-Door Transportation • Hot Lunch • Towel Service • Bathing Suit Laundering

67,000 sq. ft. of air-conditioned Indoor Space, 86 Acres of Fun, Indoor Gymnasium, "Windows on the Water" Dining Room & Patio, Dance Studio, 15 Craft Studios, Computer Center, Drama & Theatre, Large Heated Swimming Pools, Wading Pool, Three Lakes for Boating & Fishing, Bumper Boats, Rock Climbing Tower, 250 foot Ziplines, Music, Frisbee Golf, Ultimate Frisbee, Lacrosse, Cheerleading and Laser Tag, Low & High Ropes Course, Toad-ally Tubing, Go-Kart Track, Five Baseball & Softball Fields, Golf Driving Range, Football Field, Horseback Riding, Roller Hockey Rink, Four Tennis Courts, Outdoor Basketball Complex, Beach Volleyball, GaGa, Miniature Golf, Mini Basketball, Kickball, Gameroom, Gymnastics, Bonzi Ball, Three Soccer Fields, Handball, Archery Range, Little Fenway Wiffle Ball Stadium, Bocce/Horseshoes, Tadpole Playground, Bungee Trampoline, Ribbits Ice Cream Parlor, Frogarita's Frozen Smoothie Oasis, "Aqua" Dance Club and so much more!

7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ www.frogbridge.com



AUTO DOCTOR

By John Speranza

WINTERIZE YOUR VEHICLE

Winter weather can produce many different obstacles when it comes to getting where you need to go. Icy roads, obstructed windshields and bald tires are just a few things that will make driving more difficult. Learn a few ways to prepare your vehicle and practice safe driving techniques to make winter driving less stressful.

To drive safely during winter weather, there are specific aspects of your vehicle to focus on to make sure they are in peak condition. The AARP has laid out helpful guidelines in order to get your vehicle in winter weather shape. A few of these items include:

- **Brakes:** If you notice your brakes squeal or seem shaky when you come to a stop, take your vehicle to a local auto shop to give your brake pads and rotors an inspection.
- **Heat and defrost.** A working heating system will keep you safe and comfortable during the cold months. In addition, a defroster will keep you safe by keeping your windshield clear in case of fogging.
- **Battery.** Don't get stranded, get a battery inspection. Cold weather is extremely hard on a battery that's not in working order. Also be sure to keep battery terminals clear of corrosion.

AVOID SLIDING ON ROADS

Sliding while driving on icy roads is sometimes unavoidable. By driving at safe speeds according to conditions, you will have an advantage at overcoming these slides.

As a rule of thumb, take curves slowly and give yourself plenty of stopping room when applying your brakes. Utilizing these practices can reduce your risk of sliding. Even if you feel the roads have been sufficiently cleared after a storm, it is still important to drive cautiously. Black ice may form when a surface is below freezing and rain is falling. This type of ice is very difficult to spot and may send your car into a slide if you're not prepared.

OTHER DANGERS

It is important to remember that speed limits are made based on dry weather and clear roads. Always drive slowly during winter conditions and increase your following distance.

Bridges and overpasses will most likely be the first area of a highway to become icy. Be ready to slow down as you approach a bridge.

HOME OF THE MILLION MILE WARRANTY



ALL CAR AUTO REPAIR

Service Center

24 Hour Emergency Towing 732.737.1497

FREE NATIONWIDE ROADSIDE ASSISTANCE FOR 1 YEAR WITH ANY ALL CAR PURCHASE OVER \$25

AIR CONDITIONING SPECIAL

\$79⁹⁹
+Tax

INCLUDES UP TO 2 LBS OF FREON AND A COMPLETE EVACUATION AND RECHARGE SYSTEM. PLEASE CALL FOR AN APPOINTMENT. WITH COUPON ONLY. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 12/31/16

Ask for Details **732-780-3860**

MANALAPAN (Shell Station)
199 Route 9 South
(Corner of Taylor Mills Rd & Rt. 9)
Phone: 732-780-3860

FREEHOLD
16 Throckmorton St
Freehold, NJ 07728
Phone: (732) 462-1873

www.AllCarAutoGroup.com

WHEEL ALIGNMENT

\$79⁹⁹
+Tax

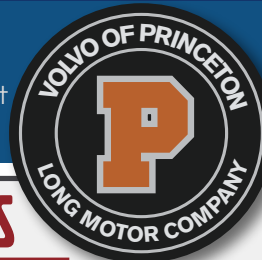
PLEASE CALL FOR AN APPOINTMENT. WITH COUPON ONLY. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 12/31/16



AUTOMOTIVE



WINTER SALES EVENT GET YOUR FIRST 3 PAYMENTS & THREE YEARS MAINTENANCE ON US!†



New 2017 Volvo S60 T5 AWD DYNAMIC

\$265 /24 Month Lease*

\$3,999 Down Payment - \$0 Security Deposit

20L I-4 Cyl, Auto, 2 Zone Climate Control, Push Button Start, Leather Interior, Moon Roof, Heated Front Seats/Mirrors w/Memory, Power ABS Brakes, Power Steering, Bluetooth, Advanced Electronic Stability Control, Alloy Wheels, Side Impact Protection System SIPS, Whiplash Protection System. VIN#H2427785, STK#317181, MSRP: \$37,970.



NEW 2017 Volvo XC60 T5 AWD DYNAMIC

\$385 /39 Month Lease*

\$3,999 Down Payment - \$0 Security Deposit

SUV, 4-Dr, 20L I-4 Cylinder Engine, Automatic Transmission, All Wheel Drive, Power Steering, ABS Brakes, A/C, Leather Interior, Panoramic Moon Roof, Heated Front Seats, Navigation, Backup Camera, Electronic Stability Control, Automatic Temperature Control, BLIS, Emergency Communication System, Bluetooth, Power Windows. VIN#H2071564, STK#317217, MSRP: \$46,395.

USED CAR BLOWOUT SPECIALS

2017 Jeep Grand Cherokee 4x4..... \$10,189

LIMITED, Suv, Auto, 5.7L V8, PS/B/W/L, Air.
VIN#7C572227. Stk.#16536A. 102,373 Mi.

2011 Toyota Highlander V6..... \$18,973

SUV, Auto, 6-Cyl, PS/B/W/L, Air. VIN#BS062626.
Stk.#16246A. 45,805 Mi.

2010 Volvo XC70 3.2 AWD \$14,483

WAGON, Auto, 3.2L 6-Cyl, PS/B/W/L, Air.
VIN#A1078094. Stk.#16542A. 94,724 Mi.

2013 Volvo S80 3.2 Sedan..... \$22,980

4-Dr, Auto, 6-Cyl, PS/B/W/L, Air. VIN#D1166232.
Stk.#SP8968. 32,119 Mi.

2012 Mazda CX-9 Touring AWD..... \$18,787

SUV, Auto, 3.7L V6, PS/B/W/L, Air.
VIN#C0358601. Stk.#P8892. 51,690 Mi.

2013 Volvo XC90 3.2 AWD \$24,790

SUV, Auto, 6-Cyl, PS/B/W/L, Air. VIN#D1671439.
Stk.#SP17003. 58,926 Mi.

VolvoOfPrinceton.com

2931 Brunswick Pike, Lawrenceville • 888.893.5341

†Excludes S90/XC90/Polestar Models. Must Finance or Lease through VCFS. No Payment Cap, Factory Scheduled Maintenance: On all 2017 model year Volvos, sold new and registered in the U.S. by an authorized Volvo retailer will include Complimentary Factory Scheduled Maintenance which covers the first three services (10,000 miles, 20,000 miles, and 30,000 miles) at no charge for the first 3 years or 36,000 miles. Expires 12/31/16. Prices include all cost to be paid by consumer except for sales tax, government fees, and documentation fees. *Leases are closed end & subject to credit approval and include application of all factory incentives. S60 - \$5259 Due at Signing. Cap Cost Reduction/TOP/TCOST/LEP: \$3,999/\$6,360/\$11,354/\$21,642.90. XC60 - \$5,379 Due at Signing. Cap Cost Reduction/TOP/TCOST/LEP: \$3,999/\$15,015/\$20,009/\$24,125.40. Must qualify for \$500 Owner Loyalty Rebate. Cannot be used towards the payment of taxes or fees. Supporting documents must be available at the time of delivery. Offer is not transferable and rebates cannot be combined. Must qualify tier 1 through Volvo Car Financial Services Leases include 10,000 miles per year, \$0.25 per mile thereafter & require \$0 Sec Dep & \$995 Bank fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicle only. See dealer for details. Pictures may not represent actual vehicle. Not responsible for typos. Must take retail delivery by 12/31/16.



Advertising in This Magazine WORKS



Dr. Helen Simigiannis Antheia Gynecology

375 Hwy 130
East Windsor, NJ 08520
609 448-7800
www.AntheiaGynecology.com

"I have just started a marketing campaign in this publication last month. I already got new patients from the ad."

For more information about advertising, call 732-995-3456



OUTSIDE SALES REPRESENTATIVE POSITIONS

If you are Hardworking, Ambitious, Ethical,
and have a Positive Attitude, **WE WANT YOU!**



Gunther Publishing offers exceptional
career paths and long term opportunities.

- VERY HIGH EARNING POTENTIAL
- BEST in MARKET COMMISSION and BONUSSES
- No Commute/No Office Hours

Work From Home – FT or PT
WORK-LIFE BALANCE GUARANTEED

Advertising Sales EXPERIENCE NECESSARY

Please contact: **TMFT@optonline.net** or **(732) 995-3456**



A GREAT TEAM TO WORK WITH!

Targeted Publications That Get Results



L I N C O L N

WISH LIST

S A L E S E V E N T



New 2017 Lincoln
MKC
Premiere AWD

Lease **\$264**
/mo. 36 mos.
\$2,909 due at signing

Well Equipped Including: 2.0L 4-Cylinder Engine, 6-Speed Automatic Transmission, All Wheel Drive, Power Steering, ABS Brakes, Dual-Zone Electronic Auto Climate Control, Power Windows/Driver Seat, Power Heated Front Seats w/Driver's Memory Setting, Active Noise Control, Push Button Start, Remote Keyless Entry w/Keypad, Rearview Camera, and MUCH MORE! STK#H305. VIN#5LHUL21484, MSRP:\$36,055.



New 2017 Lincoln
MKZ
Premiere FWD

Lease **\$282**
/mo. 36 mos.
\$2,927 due at signing

Well Equipped Including: 2.0L I-4 Engine, 6-Speed Selectshift Automatic Transmission, Front Wheel Drive, Power Steering, ABS Brakes, Auto-Dimming Rearview Mirror, Dual-Zone Electronic Auto Climate Control, 10 Way Power Heated Seats w/Driver Memory Setting, Rearview Camera, Remote Start and MUCH MORE! VIN#3LHR625355, STK#H257, MSRP: \$35,935.



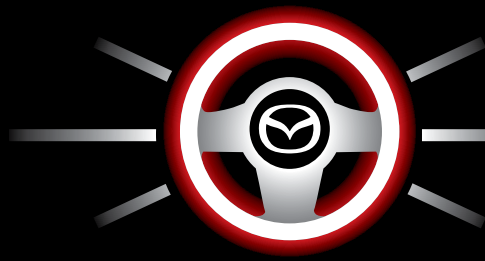
Carlos Sousa
our General Manager
is waiting to help you now!

**Route 9 At Route 33
And The Freehold
Raceway Mall
732.462.1818**



L I N C O L N

Lincoln MKC Lease: \$2909 Due at delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$9,504/\$12,149/\$21,993. Lease includes \$1200 RCL Cash Rebate (everyone qualifies). Lincoln MKZ Lease: \$2927 Due at delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$10,152/\$12,797/\$21,201. Lease includes \$1500 RCL Cash Rebate (everyone qualifies). Prices include all cost to be paid by consumer except for licensing cost, tax, registration, title, documentation & tire fees. Leases are closed end & are subject to credit approval. Leases include 7,500 miles p/yr, 20¢ p/mi. thereafter & require \$0 Security Deposit & \$645 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicles only. See dealer for details. Picture may not represent actual vehicles. Offer expires 12/31/16.



Mazda

DRIVE FOR GOOD[®]



New 2016

Mazda3 i Sport

\$98/mo.
Lease 39 mos.

\$3,093 due at signing

Well Equipped With: 4-Dr, Automatic Transmission, Traction Control, 4-Cylinder Engine, Dual Air Bags, Power ABS Brakes, Air Conditioning, Power Assist Steering/Windows/Locks/Mirrors, Front Bucket Seats, Rear Defrost, Cruise Control, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera and Much More! Stk #G1921. VIN #GM327596. MSRP: \$19,730.



New 2016.5

Mazda CX-5 Sport

\$169/mo.
Lease 36 mos.

\$3,852 due at signing

Well Equipped With: S.U.V, Automatic Transmission, Traction Control, Front Wheel Drive, 4-Cylinder Engine, Power ABS Brakes, Power Assist Steering, A/C, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost/Wiper, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera, and Much More! Stk #G1970. VIN #G0866610. MSRP: \$24,550.



New 2016

Mazda CX-9 Sport AWD

\$299/mo.
Lease 36 mos.

\$3,741 due at signing

Well Equipped With: S.U.V, Automatic Transmission, Traction Control, All Wheel Drive, 4-Cylinder Engine, Power ABS Brakes, Power Assist Steering, A/C, Climate Control, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost/Wiper, Rear Defrost, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera, and Much More! Stk #G1978. VIN #G0120935. MSRP: \$34,420.



Carlos Sousa
our General Manager
is waiting to help you now!

**Route 9 At Route 33
And The Freehold
Raceway Mall
732.462.1818**



Mazda3 i Sport: Money Down Lease - \$3,093 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$2,995/\$3822/\$6817/\$9470. Lease includes \$2260 Mazda Lease Cash (everyone qualifies), \$500 Owner Loyalty (if Qualified) and \$500 Military Rebate (if Qualified). Mazda CX-5 Money Down Lease- \$3,852 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,683/\$6,084/\$9,767/\$14,239. Lease includes \$515 Mazda Lease Cash (everyone qualifies). Mazda CX-9 Money Down Lease- \$3,741 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,442/\$10,764/\$14,206/\$19,964. Prices include all costs to be paid by consumer except for licensing, tax, registration, title, documentation & tire fees. Leases are closed end & are subject to credit approval. Leases include 10,000 miles p/yr, 15¢ p/mi. thereafter & requires \$0 Security Deposit & \$0 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicles only. See dealer for details. Picture may not represent actual vehicles. Offer expires 12/31/16.

TEAM TOYOTA



Happy Holidays from Our Family to Yours!

609.883.4200 | 2871 ROUTE 1 SOUTH IN LAWRENCEVILLE, NJ 08648



DOWNLOAD OUR FREE APP TODAY!



#myTeamToyota

TEAMPRINCETON.COM 

A LOVING FAMILY **WANTED**

Why not Make this Christmas Holiday Special, Adopt A Pet In Need!

By Pam Teel

The Animal/Assistance shelter in East Brunswick could use your help. They have many beautiful kittens and young cats up for adoption. The cats are all spayed, neutered, and updated on vaccines. They are all super friendly and loving. I got to see them first hand last week. Needless to say, I wanted to take them all home. They just want to play and be loved. It's heart wrenching to see how many abandoned animals need a home. If you are thinking about adding on to your family for the Holidays, please consider a shelter animal first. You can go to the shelter and take your pick. The shelter is located not far from the Jamesburg area.

All it takes is a phone call- 732-251-3210. To view more animals for adoption or get info: Go to Animalassistance.com/ under adoption info- click petfinder.

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 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. Phones 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 7-4 pm, or Sunday 8:30-10:30am to make arrangements. You do not need an appointment, just drop in. They accept donations during those hours also. A tax receipt can be provided. All proceeds are for the animal's medical fund, animal assistance does not take salaries.

Napoleon- has been there too long. He wants out. Please help him find a forever home. He is a sweet adult Chihuahua who loves people and loves going in a car.

Maxamillion has one blue eye and one brown eye. He was found in the streets and is thought to have been abused. He is doing great coming out of his shell at the shelter. He does need love and understanding.

Michelangelo is a young cat found abandoned. He loves a warm shelter and loves to snuggle up.

Peter Rabbit is a friendly rabbit. He would make a great 4-H project rabbit.

Frick and Frack are sisters. They are playful and 10 weeks old. They would love to find a home together.

Autumn is one I know very well. She was found outside and after two days with her, she warmed up and purred the whole day. She needs one on one attention to get her more used to people but she has never ever put her claws out or hissed. All she wants is someone to love her.

Patches was found locked in a garage. He has a great temperament and is looking for a forever home.

Cathy loves sofas and toys. She is young and needs a family to call her own.

Allison is young and super friendly. She needs someone to take her home.

Little Tom- is friendly, passive and loves to share your lap

Laverne and Shirley are young small kittens and super friendly.

From allpawsonboardInc@gmail.com or 732-682-7721.

Leelo the Chihuahua is 12. He could use someone to love him for the rest of his years.

The three kittens are 3 months old and Bella the Yorkie is a five-year-old female. They all need a loving family. Both dogs are good with children and other dogs.

Please give these pets a second chance at life!



Laverne & Shirley



Leelo



Autumn



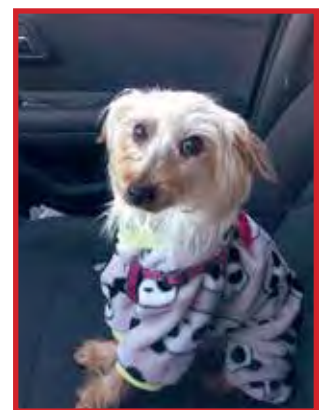
Cathy



cats



Allison



Dog in clothes



Little Tom



Maxamillion



Michaelangelo



Napolian



Patches



Peter Rabbit



Abby



Cappy



Hunny

CONGRATULATIONS!



Jetter



Samantha



Ludwig

All Your Dog and Cats Needs Under One Roof
Over 100 Brands of Pet Food in Stock
Full Line of Toys, Treats & Accessories

**PAWSITIVELY
PURRFECT**



- 🐾 Great Selection
- 🐾 Superior Service
- 🐾 We Wont Be Undersold
- 🐾 We Deliver

\$5.00 OFF

**Any \$30.00
or more purchase**

Coupon can't be combined
with any other offer. Exp 1-9-17

25% OFF

**All Dog/Cat
Treats and Toys**

Coupon can't be combined
with any other offer. Exp 1-9-17

625 Mercer Street, Hightstown, NJ 08520
609-469-3525

HOURS: Monday-Saturday 10-8 • Sunday 10-6

*Cats at Home:
Home Veterinary Visits*

*22 years
all-feline
experience*

609-915-8671
EmilyJarvisDVM.com

**\$10 OFF first
house-call fee
when you
mention
this ad**



Popular Plants Toxic to Your Pets

By Pam Teel

This list was put together using information compiled by Cornell University and the ASPCA as a guide as to what plants and flowers to keep your eyes open for. There are a number of other toxic plants around, but these are the top offenders; plants that can be found in your own back yard.

In order to prevent poisoning by cut flowers or houseplants, avoid placing toxic ones in your home where pets may be able to access them. Try to purchase ones that aren't poisonous especially if you have animals that have a habit of chewing on the leaves.

For dogs, if your pet has a habit of chewing on plants, the animal science department at Cornell University suggests adding bran flakes to his food or switching the diet to one higher in vegetable fibers to deter cravings for vegetation. Keep an eye out on your dog's behavior when walking outside and try to prevent them from munching on vegetation. When you see symptoms such as vomiting, diarrhea, difficult breathing, abnormal urine, salivating, weakness, take your pet to the veterinarian because they might have been poisoned.

Aloe Vera- great for burns but toxic to cats and dogs. Indoor plant- make sure to keep it out of reach of your pets. Symptoms include vomiting, diarrhea, abdominal pain, hyper salivation, anorexia, and tremors.

Amaryllis- a popular potted bulb for holidays. Toxic to both cats and dogs. The bulbs contain the most toxins. Symptoms- vomiting, depression, diarrhea, abdominal pain, anorexia, tremors

Azalea/rhododendron- toxic to cats and dogs as well as horses, goats and sheep. Ingesting just a few leaves will cause serious problems. Symptoms- excessive drooling, loss of appetite, frequent bowel movements, depression, weakness, leg paralysis, weak heart rate. Animals could become comatose and die.

Baby's breath- causes vomiting and diarrhea

Begonia- toxic to cats and dogs. Tubers are the most toxic part. Symptoms include oral irritation, intense burning, excessive drooling, vomiting, difficulty swallowing.

Carnations-they aren't the most poisonous, but can cause gastrointestinal problems, mild dermatitis.

Castor bean- a popular plant used in many parks and public spaces. Keep an eye out for it on dog walks. Symptoms include abdominal pain, drooling, vomiting, diarrhea, excessive thirst, weakness, and loss of appetite. Severe cases can cause muscle twitching, dehydration, tremors, seizures, coma and death.

Chrysanthemum- not so poisonous, but can cause depression, loss of coordination, vomiting, diarrhea, hyper salivation.

Cyclamen- these pretty flowers in the garden are toxic to both cats and dogs especially in the root section. Can cause gastrointestinal irritation, intense vomiting and fatalities.

Daffodil- toxic to both cats and dogs. Causes vomiting salivation, diarrhea, and large ingestions can cause convulsions, low blood pressure, tremors and cardiac irregularities.

Gladiola- the corm (bulb) is the most toxic to dogs and cats and cause salivation, vomiting, drooling, lethargy and diarrhea.

Hosta- toxic to both cats and dogs can cause vomiting, diarrhea, depression

Ivy- ivy foliage is more toxic than its berries. Symptoms include vomiting, abdominal pain, hyper salivation, and diarrhea.

Lilies - extremely dangerous to cats. Members of the liliun family are considered to be highly toxic to cats even in small portions. Tiger, Asian, Japanese show, Easter stargazer, casa blanca, daylilies- can cause kidney failure in cats.

Morning Glories- can cause hallucinations- symptoms include gastrointestinal upset, agitation, tremors, disorientation, anorexia.

Oleander- highly poisonous. Can affect cats, dogs, and horses. All parts contain a highly toxic glycoside. Symptoms include colic, diarrhea, sweating, shallow breathing, muscle tremors, cardiac failure and death.

Poinsettia- can cause discomfort. It's irritating to the mouth and stomach and can cause mild vomiting. Not as deadly as first thought.

Pothos- not the most toxic plant on the list but a popular house plant that can have adverse reactions to chewing or ingesting it. Symptoms include oral irritation, intense burning, irritation of mouth and tongue, excessive drooling, vomiting, difficulty swallowing.

Tomato plant- although not so lethal to your pet, it can provide a lot of discomfort. Severe gastrointestinal upset, diarrhea, drowsiness, confusion, behavioral change, weakness, slow hear rate, dilated pupils.

Tulip/ Narcissus- the bulb of these plants have a high concentration of toxins. If you have dogs that like to dig, be cautious. Symptoms include intense gastrointestinal irritation, drooling, loss appetite, depression of the central nervous system, convulsions, and cardiac abnormalities.

Yew- The bark and leaves of this popular evergreen provided the basis for the cancer treatment drug paclitaxel but general ingestion of any part of the tree except the flesh of the berry can be very dangerous to animals, especially horses. Symptoms include- central nervous system effects such as trembling, incoordination, difficulty breathing, cardiac failure, gastrointestinal irritation and death.

It's best to keep all houseplants high and away from cats and dogs. Know the path your dog takes in the yard, especially if he is left on his own. Know what plants are within his reach. It could mean the difference between life and death.



GUNTHER
Publishing Enterprises, Inc.

**BEST PET
PHOTO CONTEST**

Do you think you have the most adorable pet?

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

Send in your photo to: tmft@optonline.net

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

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





ATTENTION LOCAL REALTORS: The Millstone Times Is Your ONLY Local Advertising Media Source That Offers Realtors:
Direct Mail with 100% Coverage, Web Advertising, Social Media Advertising All With A Direct Link To Your Website

IS YOUR HOUSE STILL THE RIGHT HOME FOR YOU?

*5 questions that can help you decide
whether to move or stay put as you age*

- **Is maintaining the property starting to wear you down?** Do you need to hire someone to take of lawn care and housekeeping, or ask family members for help?
- **Are you comfortable managing your daily routines?** Is it time to make adjustments, such as wider doorways, some grab rails, or a stair lift?
- **Can you get around?** Are your eyes and reflexes up to the demands of safe driving? Perhaps it's time to look into transportation services in your area that can get you to grocery stores and restaurants, or to your social and leisure activities.
- **How much support would you have in an emergency?** Are you close with your neighbors? Do you have family or good friends nearby who can help out—or just visit—if the need arises?
- **Will loved ones worry about you?** Is it time to begin thinking seriously about downsizing to a retirement community or assisted living facility, or moving in with or near the kids?

J/B ELECTRICAL CONTRACTORS LLC.
Servicing the New Jersey Area for over 23 Years

Lic# 12823

732-845-3333 • 908-907-5170 Residential & Commercial

- New and old electrical work
- Circuit breakers replaced
- Attic and bath fans
- Smoke detectors
- Recessed lighting
- Security and outdoor lighting
- Swimming pool, hot tub and sauna wiring
- Ceiling fans
- Backup generators
- Lighting upgrades
- Surge protection

24 Hour Emergency Service

Top 10 factors that will influence real estate in 2017

- The changing global economy
- Debt capital market retrenchment • Demographic shifts
- Densification/urbanization
- The political environment
- Housing affordability and credit constraints • The disappearing middle class
- Energy
- The sharing and virtual economy
- The rise of experiential retail

Custom Basements

Turn Your Basement into the Most Popular Room in Your Home!



Custom Finished Basements including Bars, Home Theaters, Family Room, Gym, Wine Cellar and Playroom
Call 732-928-3433 • www.PATGAGLIANO.COM or patgagliano@yahoo.com

License # 13VH06399300



494 Monmouth Road (Rt. 537)
Millstone Twp, NJ 08510
in Jade Plaza
Office 609-208-1800

RE/MAX®
Homeland WEST



\$599,900 Millstone Twp.
Situating on 3.64 Acres This Magnificent 4 BR 2.5 Bath Custom Home Features Resort Style Backyard w/Inground Pool & 2500 SF Stampcrete For Entertaining.



\$405,000 Jackson Twp.
County Living At Its Best! 4 Bedroom Colonial Nestled On Over An Acres On Dead End Street. Generous Size Rooms, Full Basement With High Ceilings, Size Entry 2 Car Garage.



\$629,000 Manalapan Twp.
Great Location For This 4 BR, 3.5 Bath Colonial Home With Ideal Open Floorplan. Peaceful Living Yet Conveniently Located To Shopping & Commuting.



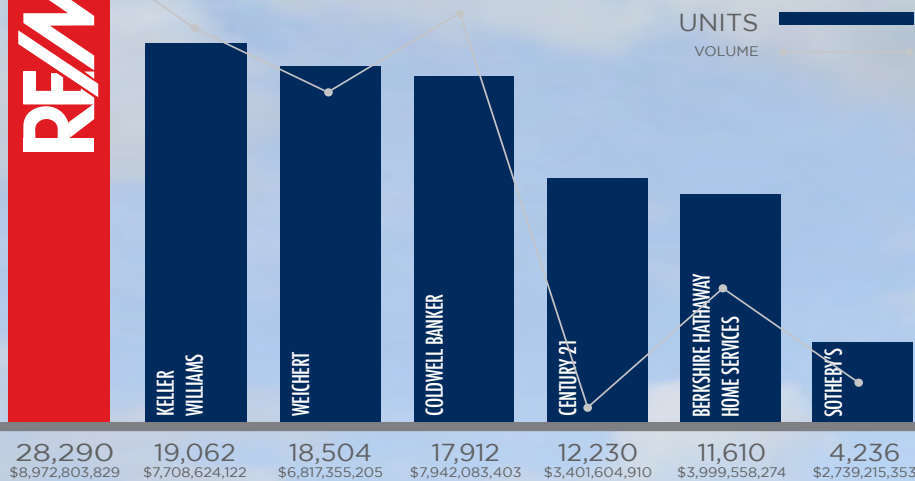
\$510,000 Monroe Twp.
Move Right Into This 4 BR, 2.5 Bath Home On 2.5 Acres. Gleaming Hardwood Floors, Spacious Living Room, Updated Kitchen, Large Family Room That Flows Into Vaulted Ceiling Sunroom & More!

NOBODY
SELLS MORE HOMES
IN NEW JERSEY
THAN RE/MAX



RE/MAX®

NEW JERSEY STATEWIDE MARKET SHARE
TOP BRAND RANKING
THIRD QUARTER YTD : 1/1/2016 - 9/30/2016



OUTSTANDING AGENTS, OUTSTANDING RESULTS.

This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/16 - 9/30/16. It includes which listings were sold by such organization itself, or with the aid of a cooperating broker for the state of NJ and time period indicated, according to the data by the following Multiple Listings Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Jersey Shore/Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data Maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.



\$779,000 Millstone Twp.
Newer Construction Home On 2.3 Acres Better Than New With Many Upgraded Features - 5 BR, 5.5 Baths, Exotic Hardwoods, Full Finished Basement, 3 Car Garage & More!



\$574,000 Upper Freehold Twp.
Quiet Cul-De-Sac Living On. 1.3 Acres For This Lovely 4 BR, 2.5 Bath Home With Flowing Floorplan. Outside Features Beautiful Inground Pool w/Waterfalls, Paver Walkways, Pond w/Fountain & Golf Green.



\$539,000 Jackson Twp.
Spacious 5 BR 3.5 Bath Home In Sought After Whispering Hills. Gourmet Kitchen, Spacious Floorplan, Full Finished Basement With Kitchen, Bath & Living Area. Private Backyard With Inground Pool.



\$899,900 Upper Freehold Twp.
Custom 4 BR, 3.5 Bath Colonial Set On 6 Tranquil Secluded Acres. This Horse Farm Features 3 Stall Barn, Wash Stall, Tack Room, 4 Paddocks, Run In Shed, Sprinkler System, Storage Shed & More!



\$899,000 Upper Freehold Twp.
Highly Upgraded Toll Brothers Home Featuring 4 BR, 4.5 Baths. Brazilian Cherry Hardwoods, Expansive Kitchen, Sunroom & Office On 1st Floor, 3 Car Garage & Outside Features Paved Walkways, Patios, Fountain & More.



\$297,500 Jamesburg Boro
So Many Possibilities With This 2 Family Home. Income Producing, Professional Services, Etc. Separate Electric & Water. Large Detached Garage Too

Experienced Agents - Proven Results
Each office is independently owned and operated





REAL ESTATE



Gloria
NILSON & co
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

THE BRAND THAT DEFINES LUXURY REAL ESTATE, WORLDWIDE.

MATTHEW MERRITT

Broker – Associate

Multi-Million Dollar Producer

Relocation Specialist

NJ Realtors Circle of Excellence Award
2008-2015



*From our Families to yours, We want to wish you all a
Happy Holiday Season and a Happy and Healthy 2017!*

JUST LISTED



17 Groendyke Cir.
Millstone Twp
\$669,950

JUST LISTED



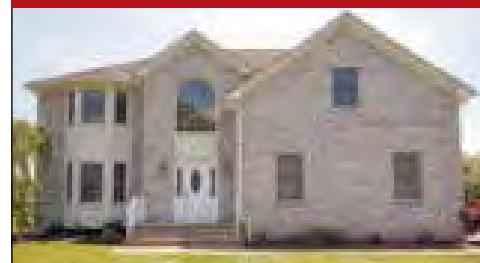
1111 Morning Glory Dr.
Monroe Twp
\$224,950

NEW PRICE!



163 Rogers Ave.
Hightstown Twp
\$279,950

NEW PRICE!



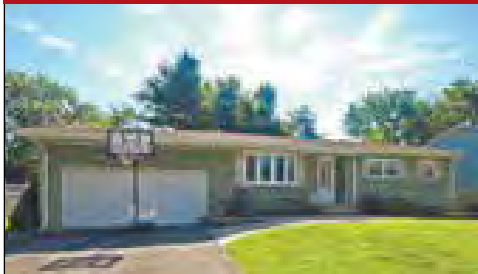
17 Carriage Way
Millstone Twp
\$489,950

AVAILABLE



12 Deer Run Dr.
Millstone Twp
\$484,950

AVAILABLE



7 Dartmouth Dr.
Jackson Twp
\$309,950

UNDER CONTRACT IN 13 DAYS!



26 S. Robbins Rd.
Millstone Twp
\$599,950

JUST SOLD!



6 Algonquin Ter.
Millstone Twp
\$452,500

LISTED & SOLD BY MATT!



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

LISTED & SOLD BY MATT!



4 Deer Trail Dr.
Millstone Twp
\$593,000

SOLD IN 7 DAYS!



6 Jeffrey Ln.
East Windsor Twp
\$349,000



Welcome
Sales
Associate
Paulina
Pinzon
to The Merritt
Real Estate
Team

Paulina brings over 10 years of
management, customer relationship
building and personalized service
to our team!

We love what we do and would love to be a part
of your home buying or selling process in 2017!

*based on pending and closed data in 2016 in
Monmouth, Mercer, and Middlesex MLS systems.

Cell: 609-658-5916

Office: 732-446-2424 x5113

MattNJRealtor@gmail.com

Exclusive Affiliate of Christie's International Real Estate

Mercer, Monmouth, Ocean, Southern Hunterdon and Southern Middlesex Counties

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



Gloria NILSON & co

CHRISTIE'S
INTERNATIONAL REAL ESTATE

REAL ESTATE

THE BRAND THAT DEFINES LUXURY REAL ESTATE, WORLDWIDE.



MLS#6813522

158 Pennington Hopewell Rd., Hopewell, NJ 08525
\$785,000 Agent: Marjorie Owens

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



MLS#6850575

112 Holmes Mill Rd., Upper Freehold, NJ 08501
\$1,249,000 Agent: JoAnn Stewart

4br, 3.5ba A hidden Gem in Cream Ridge with premium construction & quality of craftsmanship that is evident to this unique custom built home situated on 9.9 secluded acres. Backing to woods! Come see this for yourself!



MLS#6751197

1 Sienna Ct., Robbinsville, NJ 08691
\$879,900 Agent: Anthony "Tony" Rosica

Introducing Bear Creek Estates- 16 lot SFR subdivision in Robbinsville w/lots ranging from 1.2 - 2.1 acres. Homes range from 3200 - 4700sqft. Model home pictured, Sherborne "D" offers 4/5 br, 4 full & 1 half ba, 3 car side entry gar & full bsmt.



MLS#6849737

12 Woods Rd., East Windsor, NJ 08520
\$447,000 Agent: Donna Moskowski

4br, 2.5ba "Nothingham" model complete w/9ft ceilings throughout first floor. Owners replaced the roof 2 yrs ago & hot water heater 4 yrs ago. Home has bright open floor plan & spacious yard. Home is move-in ready!



MLS#6851349

504 Perrineville Rd., Robbinsville, NJ 08520
\$699,900 Agent: Cynthia Duvin

5br, 3.5ba brick-front colonial located on 3 acres. Fam room has wbf& glass doors leading to patio, hot tub and l/g pool. 24'x36' detached metal barn with one 12'x12' stall & one 4'x12' stall. Too many upgrades to mention.



MLS#6786175

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

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



MLS#6855708

115 Hill Rd., Allentown, NJ 08501
\$433,000 Agent: Patricia Hogan

3br, 1ba home with over 15 acres located in this agriculture, historical and environmental traditions in one of the few townships untouched by development. Ranch style home has possible mold & may be a tear down. The value is in the land.



MLS# 6884271

11 Story Place, Robbinsville, NJ 08691
\$410,000 Agent: Suzanne Garfield

3br, 2.5ba in pristine condition and offers a modern open floor plan w/hrwd flooring, wainscoting, and 9ft ceilings throughout first fl. On a premium site facing a tranquil park in a much sought after section of the community.



MLS#6794408

2 Orchard Dr., Cream Ridge, NJ 08514
\$759,900 Agent: JoAnn Stewart

4br, 5.5ba Provincial Model in Golf Edge Estates is a showcase home that has it all and then some! A 3-car garage, fresh paint and new landscaping, make this home everything you could want, priced to sell, come take a look today!



MLS#6846420

7 Heritage Dr., Allentown, NJ 08501
\$574,900 Agent: Matthew Green

5br, 3ba Charleston model loaded with tons of upgrades. Finished basement features a theater sys w/ xlarge video screen and an amazing backyard with in-ground pool, hot tub, deck and tons of landscaping. Public water and sewer. A must see!!!



MLS#6825775

15 Peter Rafferty Dr., Hamilton, NJ 08690
\$439,900 Agent: Nina Cestare

5br, 3ba Beautiful Golden Crest's largest Concorde Model! Lrg family room 3 yr old wood flooring and brick fireplace. Maintenance free Deck. Back yard features an in-ground pool w/2 yr old liner & filter.

**Monmouth County's #1
Real Estate Broker*
Gloria Nilson &
Co Real Estate**

*is actively looking for new real
estate associates.*

*Call John Burke for an interview
and information on our Tuition
reimbursement program.*

* #1 in Monmouth County according to Monmouth
County MLS
from 1/1/2015 - 12/31/2015 in closed Sales volume.

NEW LOCATION Millstone Office 500 Route 33, Suite 1 B, Millstone • 732-446-2424

glorianilson.com





REAL ESTATE



THE COMPLETE HANDYMAN

Home Improvements

"No Job Too Big Or Too Small"

All types of repairs
and installations,
Finished Basements,
Bathrooms, Kitchens, etc.

Lic. #13VH04304300 *Fully Insured

Serving Monmouth, Mercer and Middlesex County



Bob Yacovelli

732-735-1540

Moving one piece or a few, across town or in house, call...

The Moving Guys



Family And Corporate Movers

(732) 333-1800

240 Boundary Road, Marlboro, NJ 07746

529 Atlantic City Blvd, Beachwood NJ 08722

www.MovingGuysNJ.com | info@MovingGuysNJ.com

PACKING COUPON

1 Free Hour of Packing Labor Only
w/a 3-hour minimum, plus materials

With this coupon. Cannot be combined.
Coupon must be present at time of estimates.

BOX COUPON

5 FREE Wardrobe Boxes
with move of \$700 or more
to be brought out on day of move

With this coupon. Cannot be combined.
Coupon must be present at time of estimates.



MC# 696812 | DOT# 1967597 | NJ Lic #39PM00103100



**BERKSHIRE
HATHAWAY**
HomeServices

New Jersey Properties

Residential/Commercial Land Lot



2+ Acres Of Privacy



0 Meirs Rd, Upper Freehold
\$199,000

16 Pine Dr, Clarksburg
\$519,000

FEATURED HOME

Just Reduced



W/First Floor In-Law Suite And Finished Walk-Out Basement

7 Danser Dr, Millstone \$819,999

5 Acres+ Possible Sub-Division



64 Rising Sun Tavern Rd, Clarksburg
\$449,000

Just Listed



105 Alder Ct, New Brunswick
\$265,000

Mother & Daughter Walk-Out Basement



436 Stagecoach Rd, Millstone
\$739,999



Robin Cittone, ePRO, SFR
Berkshire Hathaway HomeServices
Primary: 732-446-4959 x104
Mobile: 609-647-8659
robin.cittone@bhhsnj.com
<http://www.bhhsnj.com/robin.cittone>



REAL ESTATE



Buying or Selling? Personalized Service with Great Results!



Dear friends,

I would like to take this opportunity to wish all my neighbors a Happy Holiday Season and to thank my clients for giving me the opportunity to help them sell and purchase their homes. It has been a fabulous year and I am truly grateful and blessed to work with such wonderful families. Wishing all a Happy and Healthy New Year!

~ Linda O'Reilly

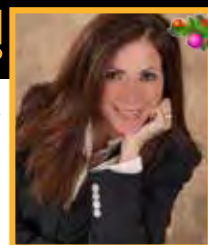
Linda O'Reilly

Realtor Associate

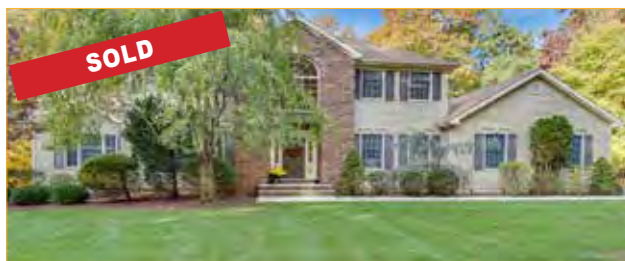
loreilly@actionplusrealty.com

Quality Service Producer 2015

NJ REALTORS® Circle of Excellence 2015



\$715,000 4 Moonlight Ct., Millstone Twp.



\$555,000 17 Ivy Ct., Perrineville



\$720,000 20 Grant Dr., Cream Ridge



\$515,000 2408 Chestnut St., Point Pleasant



\$740,000 28 Jake Dr., Upper Freehold



\$935,000 4 Wolcott Dr., Millstone Twp.



Supporter of
breast cancer
research

Century 21 Action Plus Realty

480 Route 33, Suite 2, Millstone Twp., NJ 08535 • Office: 732-446-7476

Each Office Is Independently Owned & Operated



Everything You Need To Know About Rock Salt

Slippery sidewalks have been the cause of bruises, broken bones and even deaths. Your sidewalk can be a hazard spot due to ice buildup caused by freezing conditions. Knowing how to keep your sidewalks ice-free will ensure a safe winter for you and your family.

CHOOSING THE RIGHT PRODUCT

There are many products on the market to deal with ice. However, some of these products can cause damage to your concrete. It's important to know which products will protect your sidewalk without hurting your property.

Here are a few of the main ice-melt products on the market today, according to Consumer Reports.

- Sodium chloride: The most common deicer on the market today. It is commonly called rock salt. This will quickly melt ice but also will release high levels of chloride as it dissolves. This can damage concrete or metal.
- Calcium chloride: Another salt used for clearing areas of ice. This type is dangerous for your skin and also will damage concrete.
- Potassium chloride: This will not harm your skin and is safe for plants. This is a good option to choose if you have vegetation surrounding your sidewalk.
- Magnesium chloride: This is the safest salt for your concrete and vegetation. It will melt ice and snow for temperatures up to -13 degrees F.

HOW SALT MELTS ICE

The way that salt affects your icy sidewalk is simple. The combination of salt and water has a lower freezing point than water alone.

This mixture works by turning layers of ice into water. As each layer melts, the mixture of salt and water increases, thus increasing its effectiveness to dissolve the ice on your sidewalks.

HOW TO APPLY SALT

There are a few techniques to utilize when it comes to applying salt to your sidewalk. Just spreading it around will not give you the full effect that these products are able to obtain.

The first step is to shovel away as much ice and snow from your sidewalk as possible. Next, apply the salt. You'll start to notice the ice begin to melt in just minutes. Once the melting process begins, shovel the area again. You should be able to remove the ice more easily.

THANK YOU Aqua-Soft

Improving Your Water Is What We Do!

CITY or WELL FREE BASIC WATER TESTING*

I Love My Water!

Customer friendly
non electric water systems
whole house and drinking water

Authorized Independent Kinetico Dealer



732-446-9322

504 Highway 33W, Millstone Twp.
aquasoft@optonline.net
www.aquasoftnj.com



**Kinetico's K5
removes more
contaminants
than any other
drinking water
system out
there-including
Chromium-6**



Aqua-Soft Water Treatment
Since 1966
Serving your community for 50 years

*Basic Water Test for Minerals & PH Only

NEW SYSTEMS • UPDATING EXISTING SYSTEMS • REPAIRS • SUPPLIES • SPECIAL FINANCING

DUSTIN'S

HEATING & AIR CONDITIONING

Call Today! **609-529-2505**

www.DustinsMechanical.com



- ✓ HEATING / AIR CONDITIONING
- ✓ BOILERS
- ✓ OIL TO GAS CONVERSIONS
- ✓ AGRICULTURAL HEATING
- ✓ GENERATORS
- ✓ RADIANT HEATING

0%
APR FINANCING*
For 60 Months*
*Call For Details

dustins heat 5x7 1016 377-20-AO

NJ Cool Advantage
Install an American Standard
Energy Star Furnace
UP TO \$500
REBATE
On Qualifying
A/C Installed

NJ Warm Advantage
Rebate
UP TO \$500
On Qualifying
New Furnaces Installed

\$89

Heating / AC Tune Up

With coupon. Not valid with other offers. Expires 12-31-16.

\$50 OFF

**Any Purchase or
Repair of \$250 or more**

With coupon. Not valid with other offers. Expires 12-31-16.

UP TO \$500 OFF

New System Installation

With coupon. Not valid with other offers. Expires 12-31-16.

\$675 INSTALLED

Aprilaire Humidifiers

With coupon. Not valid with other offers. Expires 12-31-16.

\$100 OFF
Honeywell

Electronic Air Cleaners

With coupon. Not valid with other offers. Expires 12-31-16.

Safety Tips For Clearing Snow On Your Roof

Clearing your roof is a dangerous task. Always think about safety first. If possible, do not attempt to clear the roof alone.

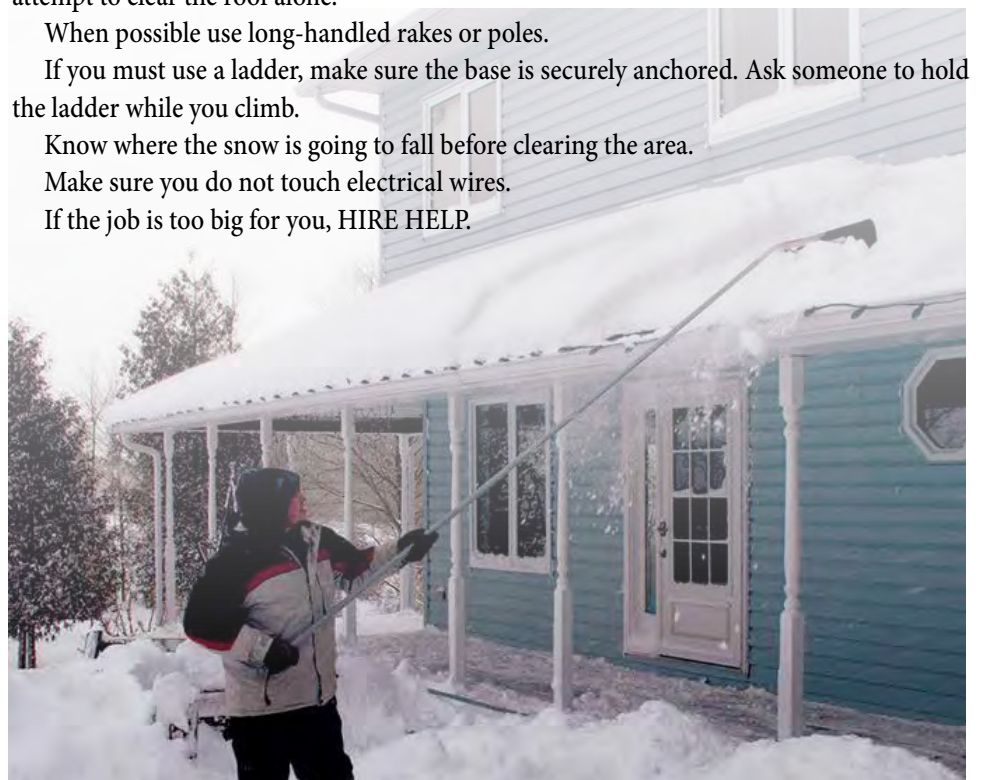
When possible use long-handled rakes or poles.

If you must use a ladder, make sure the base is securely anchored. Ask someone to hold the ladder while you climb.

Know where the snow is going to fall before clearing the area.

Make sure you do not touch electrical wires.

If the job is too big for you, HIRE HELP.



What Stinks?

Toxic Phthalates in Your Home

Manufacturers Report Toxic Chemicals in Wide Range of Household Products

New report reveals toxic phthalates “everywhere.” Used in products from 3M, Hallmark Cards, The Gap, Sherwin-Williams Company, True Value, and More

Newly disclosed information shows toxic hormone-disrupting chemicals are used in a broader range of household products than previously known. For the first time, manufacturers of paints and cleaning products available across the country have been required to disclose their uses of hormone-disrupting chemicals called phthalates (THAL-eights), revealing phthalates used as a fragrance ingredient as well as a plasticizer in these products.

A new national report—What Stinks? Toxic Phthalates in Your Home—presents data generated by a Maine chemical-use reporting requirement, for products sold across the country. The report was conceived and authored by the Maine-based Environmental Health Strategy Center and Prevent Harm and is cosponsored by Safer Chemicals, Healthy Families and Safer States, Breast Cancer Fund, Ecology Center, Healthy Babies Bright Futures, and Women's Voices for the Earth.

In addition to the first-time disclosures about toxic phthalates in specific paints and cleaners, manufacturers reported the use of phthalates in vinyl clothing, shoes, and fragranced personal care products. Reporting companies included 3M, which revealed phthalates in the fragrances of cleaners, disinfectants, and deodorizers, and the Gap, Inc. which reported phthalates used to soften the plastic tips of shoelaces and drawstrings.

“This data provides new examples of products that are letting these hormone-assaulting chemicals infiltrate our bathrooms, kitchens, schools--and, ultimately, our bodies,” said Mike Belliveau, executive director of the Maine-based Environmental Health Strategy Center and Prevent Harm, lead sponsors of the new report. “To protect public health, manufacturers and retailers should move quickly to replace phthalates with safer substitutes.”

Chemical-use disclosure required by the Maine Department of Environmental Protection is the basis for the report, and shows 14 manufacturers reported the use of four phthalates in 130 products.

Phthalates are tied to reproductive harm, learning disabilities, and asthma and allergies—even at low levels of

exposure. Strong science linking phthalates to health hazards has led to strong restrictions throughout Europe, and several phthalates are prohibited in children's products in the United States.

A growing number of states, including California, Maine, Oregon, Vermont and Washington, have passed laws that authorize mandatory disclosure of chemicals in products that may harm the health of babies and children. But reporting requirements still exempt many types of common household products.

“That means it's likely the data reported represents just the tip of the iceberg for uses of phthalates in household products,” Belliveau said. “It also is very likely that many manufacturers are illegally failing to disclose their uses of phthalates.”

Phthalates are mainly used as plasticizers, making vinyl plastic flexible. However, fragrance ingredients constituted the most frequent use of phthalates by manufacturers reporting in Maine.

Phthalates were reported as an ingredient in fragrance for more than half of the products. “Fragrance” can include dozens of chemicals, and there is no requirement that companies must disclose these ingredients publicly. In more than a third of the products reported in Maine, phthalates use is as a plastic softener in clothing, toys, and home maintenance products.

Among the priority chemicals for which Maine requires disclosure are four types of phthalates: diethylhexyl phthalate (DEHP), diethyl phthalate (DEP), benzyl butyl phthalate (BBP), and dibutyl phthalate (DBP).

“This report shows why we need real reform on the federal level to close the ‘fragrance loophole. Consumers must have full disclosure of phthalates and other potentially harmful ingredients,” said Melissa Cooper Sargent, environmental health educator for the Ecology Center. “Congress must act now to fix the Toxics Substances Control Act.”

“This new report can help retailers identify the types of products where phthalates are still hiding on store shelves,” said Mike Schade, Mind the Store campaign director for Safer

Chemicals, Healthy Families. “Big retailers should use their purchasing power and influence to drive these unnecessary toxic chemicals out of fragrance and plastics.”

“In the absence of any federal laws requiring ingredient disclosure for cleaning products and fragrance ingredients, this new data provides crucial information women can use to reduce their exposure to chemicals like phthalates that can cause reproductive harm,” said Erin Switalski, executive director of Women's Voices for the Earth. “We urge the cleaning product companies that have reported using phthalates to commit to the elimination of this toxic chemical.”

“This report shows that our families are being exposed to dangerous ingredients that are hiding in the products we use every day,” said Janet Nudelman, Breast Cancer Fund Director of Program and Policy. “Consumers have an urgent right to full disclosure of all, and not just some, of the chemicals such as phthalates in their personal care and cleaning products so they can make safer, more informed purchases.”

The Ecology Center is a Michigan-based nonprofit environmental organization that works at the local, state, and national levels for clean production, healthy communities, environmental justice, and a sustainable future. Founded in 1970, the Ecology Center is organized for one purpose -- to develop innovative solutions for healthy people and a healthy planet.

About Environmental Health Strategy Center and Prevent Harm: As a public health organization, the Environmental Health Strategy Center works to ensure that all people are healthy and thriving in a fair and healthy economy by reducing exposure to toxic chemicals in our homes and promoting products that are safe for people and the planet. In state and national campaigns, we use research and education to reform policies, change the marketplace, and advance science-based solutions that are socially just. Prevent Harm is our advocacy and political action partner. Both organizations are based in Maine.

HOME IMPROVEMENT

Serving The Jersey Shore Since 1994

B&K
CARPET CLEANING LLC

B & K Cleaning Is The Symbol
Of Quality Cleaning and Care!

**B&K Carpet Cleaning only uses the superior
Butler® system to ensure your satisfaction!**



- Wall-to-wall carpeting
- Area rugs
- Automobile interiors
- Fabric furniture... and more!
- Carpet protection
- Pet odor control
- Powerwashing
- Treatment for water damage
- Upholstery cleaning
- Window cleaning

- Carpet Cleaning • Upholstery Cleaning
- Tile & Grout Cleaning
- Area Rug Cleaning • Kid and Pet Safe Cleaning

732-904-5010



Check out our
Reviews on



10% OFF
ALL SERVICES

*Not to be combined with any other offer.
New customers only. Expires 1/15/17*



Residential Cleaning

Just The Way You Want It!



NEW HOME Renaissance Cleaning Plus Companionship Corp.

Bereavement Services Available
For Your Times Of Need

Home Cleaning Meal Services
Massage Contracting

20% OFF ANY SERVICE
After Consultation

New customers only. Expires 12/31/16.



Satisfaction Guaranteed

Organic Cleaning Products Included

Fully Insured • Custom Packages • Free Quotes
References Available

Additional Custom Services Upon Request:

Meal Plans, Garage Cleaning,
Inside Cleaning Cabinet and more

732.670.9354 • 848.466.2996

www.newhomerenaissancecleaning.com

*Elegance
In Design*

Kitchen & Bath Showroom ~ Interior Design Services



Wishing You All
A Happy Holiday!
Stop in for Holiday Savings

**Outdated
Kitchen?**
NOT ANYMORE.

*We could say more,
but you get the picture!*

Yorktowne

DIY's & Contractors Welcome



Elegance In Design

15 year Anniversary Sale 50% off Cabinetry

WHEN YOU MENTION THIS AD

NJ License #13VH02978600



Designs4Us.com

eleganceindesign@gmail.com

Phone: 732-446-8222 • Fax: 732-446-8802

Millstone Center • 480 Rt. 33 West • Millstone Township, NJ 08535



BARRETT OUTDOORS DESIGN CENTER

Showcasing Deck and Patio Materials, Outdoor Kitchens & Furniture

Enjoy the outdoors all year long with a Bullfrog Spa!

START PLANNING AND DESIGNING WITH OUR OUTDOOR SPECIALISTS!



Since 1987, Barrett Outdoors has been the Premier Outdoor Remodeling Specialist in NJ.

bullfrog
spas

- ❖ A Bullfrog Spa is a wonderful holiday present to the whole family! Stop in today for special year end pricing!
- ❖ Personal Spas Perfected
- ❖ JetPak Therapy System
- ❖ Perfection Through Engineering
- ❖ Unmatched Quality

DON'T WAIT ANYMORE!

Have all of your design work done this WINTER so your new outdoor space is ready to enjoy next spring!

Be sure to "like us" on Facebook



to learn about our latest promotions!



LIC# NJ HIC 13VH04871400

MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES AND RECEIVE A COMPLIMENTARY ONE HOUR CONSULTATION.

2 CONOVER ROAD, MILLSTONE TWP. (CORNER OF RT. 33) | 866-418-1891 | WWW.BARRETTOUTDOORS.COM

J. Angeles PAINTING & DECORATIONS LLC

"We Treat Your Home Like Our Own"

INTERIOR/EXTERIOR

CUSTOM TRIM WORK:

Crown Moldings

Chair Rails

Shadow Boxes

POWERWASHING:

Houses • Fences • Decks



**Call us for a
FREE ESTIMATE**

**References Available
Upon Request**

**Customer Satisfaction
GUARANTEED!**



VISIT OUR SHOWROOM: 10 Forest Hill Ave, Jackson
or call us at 732-928-3204

LICENSE # 13VH04146600



Home Ideas For Adding Privacy to Your Patio or Yard

A yard or patio is the perfect spot for enjoying the outdoors, whether that means playtime with your kids or quiet relaxation after a long day. And while you may like your neighbors, you may not want to see and hear them every time you venture into your backyard. If more privacy interests you, consider these options below:

Fencing -- Probably the most straightforward solution, fences have long been the go-to for homeowners seeking seclusion. Be sure to check city ordinances and HOA policies before installing one.

Hedges -- Shrubs like boxwood and privet are commonly planted along property lines. Choose an evergreen variety for year-long privacy. Make sure it's suited for your climate and matures to your desired height.

Screens -- Stylish and effective, folding wood-panel screens add a nice visual element while blocking unwanted views. Opt for a weather-resistant screen designed for the outdoors.

Trellis -- The lattice configurations on these simple wooden structures offer an element of privacy. They're also a perfect host for climbing vines and plants if you'd like additional coverage. Just be sure to check the sunlight and care requirements for the vegetation you plant.

Pergola -- A pergola helps block views from second-story windows and balconies. It can be as simple or intricate as you'd like and will offer a degree of shade along with privacy.

Drapes -- Budget-friendly and chic, panels help screen off your patio and can be moved as desired. Make sure the fabric is suitable for outdoor use or spray it with a water-resistant coating.

Vertical Garden -- If you're looking to increase privacy and also want to grow your own herbs, consider a living wall. You can buy prefabricated tower planters for easy installation.

If neighborly noise is a problem, a water fountain is a relaxing, sound-muffling solution. Consider your outdoor space and choose the privacy-adding options that work for you.



MERGER PARTNER WANTED



**YOU CAN
NEVER TAKE
YOUR WATER
FOR GRANTED**

WINTER SERVICE PROGRAM

- Annual Sanitation of your Well, Hot Water Tanks, & All Plumbing to KILL naturally occurring bacteria & get rid of that "Rotten Egg" Smell.
- Clean & Sanitize your Brine (salt) Tank.
- Clean & Flush Safety Float Assembly.
- Inspect & Clean or Replace Injectors & Screens in Backwash Valve.
- Flush & Re-Pressurize Well Pressure Tank.
- Clean Black Mold from Mineral Tanks.
- Iron Out Treatment in All Toilet Tanks.
- "Res-Up" Treatment for All Resin Beds.
- Test Tap Water for Iron, Hardness, pH & TDS.
- Inspect Sanitary Well Cap Seal for water tightness & insure exposed casing is intact.
- Clean Housings & Replace Mechanical Filters.

**A \$1500
Value for
Only
\$775**

WITH THIS AD



THE ULTIMATE WELL WATER SYSTEM

If you should run out of salt, or if you are using the wrong salt, your Softener will not work efficiently, and your water quality will be compromised, i.e., rust stains, mineral or salty taste.

What's The Right Salt to Use?

NATURAL SALT

Natural Salt Water Softener Salt Cubes with RESIN KLEEN

The ultra high purity of Natural Salt Water Softener Salt Cubes with Resin Kleen results in a highly soluble product, which virtually eliminates tank clean-out and helps the softening unit operate at peak efficiency. Features: Keeps softener clean & maintenance free, highly soluble 99.8% pure salt, controls mineral build-up, eliminates brine tank clean-out, helps softener operate at maximum efficiency and product sized to eliminate bridging, mushing and channeling.



or

NATURE'S OWN

Nature's Own Potassium Based Water Softener Crystals

Nature's Own processed cubes is a **POTASSIUM**, not sodium, ion exchange salt used to soften water by removing iron and other unwanted trace minerals. Your water will not only be soft, but it will actually be more healthful. Nature's Own works with any brand water softener, and Potassium can actually help lower the risk of stroke and high blood pressure. Plus, Nature's Own reduces the amount of chlorides discharged into the environment versus common salt, and it's friendlier to your lawn.



Order today and we will service your water softener free of charge while we are there.

COMPLETE SALES • INSTALLATION • SERVICE

ASK FOR SPECIAL PRICING ON:

- Salt Delivery
- Water Coolers
- Purified Water Delivery
- Sanitizing & Changing R.O. Filters
- Upgrading Your Water Treatment System
- Installation of our Bacteria Removal System
- Swimming Pool Chlorine - FREE Sanitation System
- E-Z Breathe for Dampness & Odor Removal from your Basement



222 Millstone Road
Millstone Township, NJ 08535



(732)446-2021 • Fax: (732)446-2506

Please visit our website @ www.uswater.net

What is an E-Z Breathe?
It dries damp, moldy,
smelly basements!



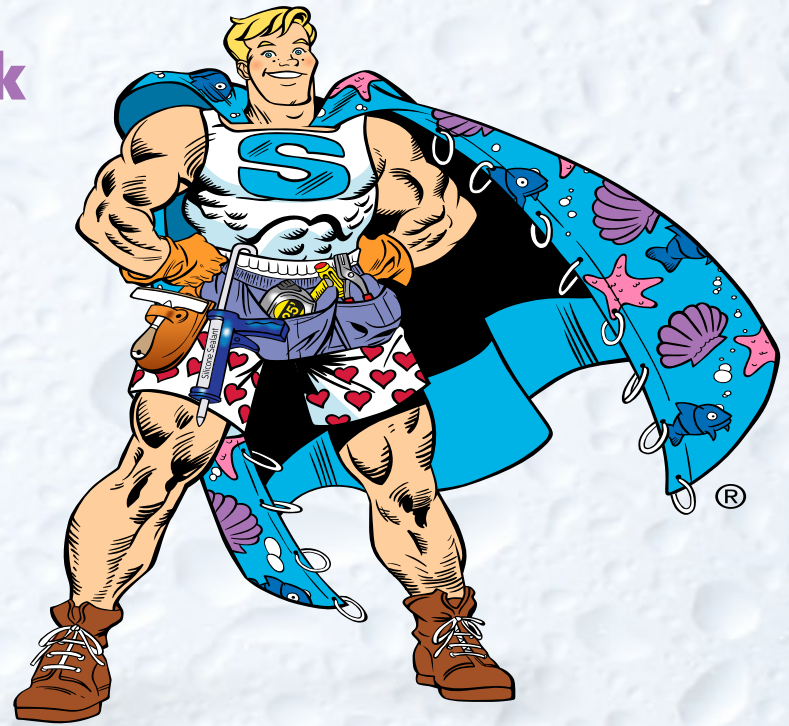
MERGER PARTNER WANTED

Thinking Shower Doors? Think

SHOWERMAN
The Frameless Shower Door Store

732-303-9044

www.ShowerMan.com



Why Choose ShowerMan?

- 40 Years of Excellence
- No salesmen; we measure, design, and install!
- Our factories have the latest equipment
- We do not outsource our labor. All installation is done by our own trained craftsmen!
- Pleasurable experience from the first phone call to the installation
- Great reviews from happy customers
- **Our famous 15 Year Warranty!**

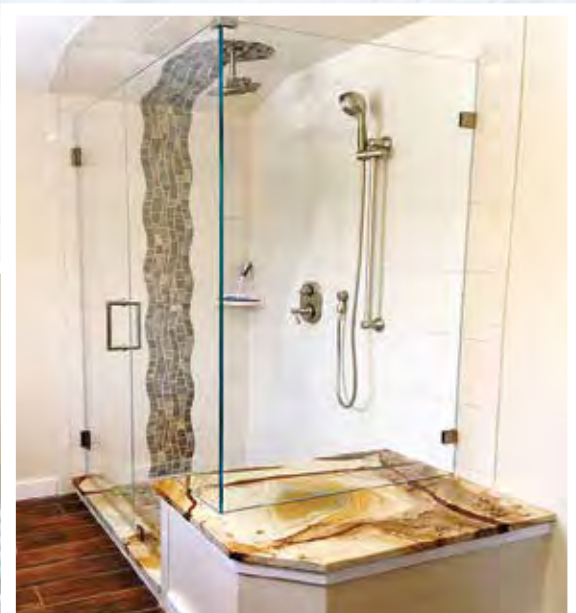


SHOWERMAN
\$100 OFF
Your Purchase of
\$1,000 or More

With coupon. Must be presented at time of sale. Cannot be combined with other offers. Expires 1/15/17

SHOWERMAN
\$200 OFF
Your Purchase of
\$2,000 or More

With coupon. Must be presented at time of sale. Cannot be combined with other offers. Expires 1/15/17



**Visit our
Showroom
to see more!**

Monday–Friday: 9am–5pm • Saturday: 10am–4pm
Galleria Plaza, 100 Route 9 North, Manalapan, NJ
Email us at tara@showerman.com

License: #13VH07021500

HOME IMPROVEMENT

Your Neighborhood Carpet and Flooring Store

A.B. CARPET



Concordia Shopping Center
1600 Perrineville Road, Monroe Township

609-395-5588

www.abcarpetnj.com

Senior
Discount
Available

Happy to
serve you
for 29 Years

Carpets • Carpet Runners/Area Rugs • Vinyl • Laminates • Hardwood

FREE Padding • Estimates • Installation
Removal of Old Carpet • Furniture Moving



Mohawk • Shaw • Quickstep • Armstrong • Kane • Mirage
Mon-Fri 9am-5pm • Sat 10am-4pm



AB CARPETS • 609-395-5588

\$250 OFF

Any Sale of \$2500 to
\$4000 Flooring Purchase

With coupon. Cannot be combined with any other
offers or prior purchases.
TMT

AB CARPETS • 609-395-5588

\$500 OFF

Any Sale of \$4001 & up or
More Flooring Purchase

With coupon. Cannot be combined with any other
offers or prior purchases.
TMT

SINCE 1920
JAMMER DOORS

Experience 96 Years & 4 Generations
of Jammer Quality & Commitment

Visit Our Showrooms:
2850 Brunswick Pike
(Business Rt. 1)
Lawrenceville, NJ 08648
609-883-0900
10 North Main Street
(At The Gristmill)
Yardley, PA 19067
215-493-7709

www.jammerdoors.com
PAHIC# 022787 NJHIC# 13VH02000B00

Garage Doors • Operators • Gate Openers • Entry Doors • Patio Doors • Storm Doors • Windows • Retractable Awnings

\$95 SERVICE OR REPAIR
PLUMBING
ON ANY RESIDENTIAL GARAGE DOOR

\$100 OFF
ANY PURCHASE OF
\$1000 OR MORE

\$200 OFF
ANY PURCHASE OF
\$2500 OR MORE

Must present coupon at time of purchase. Not accepted at time of installation. Not valid with any other discounts, repairs or prior purchases. One coupon per customer/household. Coupon has no cash value. Expires 12/31/16.

Happy Holidays

THE GUNG-HO GO PHER L.L.C.

"Let us Go-Pher you!"

"Any errand, chore or small task you can think of, we can complete it!"

Like us On Facebook!



www.facebook.com/thegunghogopher

Elite Errand, Chore and Task Service
What would you do with an extra hour of time?
Spend time with your family?
Work on your business relationships?
Work on your mental health?

COMPANY MISSION STATEMENT

To simplify our customers lives by removing the hassle of time consuming errands and chores, thus allowing them to spend more time with family, and to work on their health, business and state of mind

FIRST TIME CUSTOMERS
10% DISCOUNT

With this coupon. Mention this ad in
The Millstone Times. Cannot be combined
with any other offer or discount.

REFERRAL PROGRAM
Refer us to someone if they do
business with us
you receive an additional
5% DISCOUNT

With this coupon. Mention this
ad in The Millstone Times.

908-670-4183

www.TheGungHoGopher.com

The Holidays

Top Holiday Gifts

By Jordan Tinitigan

With the winter holidays right around the corner, most parents need to start shopping as soon as possible; but what do my kids want? What are some of the most popular toys? 2016 has been an amazing year for kids, so here are some of the best gifts for your children...

1. **For the future artist: Crayola Easy Animation Studio** This product pairs with a cool app to allow your child to see their creation come to life!
2. **For family fun: Zing Wet Head Game** This is a fun water roulette board game for your kid(s) to play with their friends, cousins, or even you!
3. **For anyone that loves Star Wars: Star Wars Furbacca** That's right! Furbies are making a comeback. Not only is this product homage to your childhood, but also it takes the furry skin of Chewbacca from Star Wars.
4. **For the future superhero: Paw Patrol Zoomer Marshall** Paw Patrol is a wildly popular Nickelodeon TV show that almost every kid loves. This toy allows your child to have their very own interactive pup to solve missions, have fun, and save the day!
5. **For the Shopkins collector: Shopkins Tall Mall Storage Case.** This toy allows your child to take their Shopkins anywhere they go! It doubles as a carrying case and a play set, and it comes with two exclusive figures!

The One Eyed Turtle

Earn Turtle Cash while you shop throughout December



\$10 for every \$50 spent in the store

Friday, Dec. 16th Sip & Shop Event



The Old Mill
42 S. Main St. • Allentown, NJ 08501
On-Site Parking

Princeton Rejuvenation Institute

An Evolution Has Come... Medical Spa and Laser Center

Personal Satisfaction

Enhanced Beauty

Beautiful Natural Results

Holiday Specials

Celebrate the holiday season with us and enjoy the savings!

*Latisse BOGO

Buy One 5ml btl. and get a **free** 3ml btl.

*Skin Care Products

20% Off

*Facial Special

Buy any facial and get the 2nd one 1/2 price

*Gift Card Special

Save \$10 on \$100
Save \$40 on \$200

Mention this Ad and receive a \$10 Gift Card

**Offer valid until 12/31/16 and cannot be combined with other offers*



609-448-9055

www.PRImedspa.com

Dr. Wisser & Dr. Lynch
300B Princeton Hightstown Rd., Suite 101- East Windsor, NJ 08520



Clothing and Accessories for the Stylish Woman

Perfectly you Boutique

Fall 2016 Collections:

Joseph Ribkoff, Frank Lyman, Lisette, Tribal, Free People, Curio, Mycra Pac, Insight, Brighton and many more...

\$20.00 Gift Card

Minimum
\$50.00 Purchase
Not valid on Sale Merchandise.
Expires 12/30/16



2683 Main Street, Lawrenceville, NJ
609-882-2821
www.perfectlyounj.com



Hidden Spring Lavender Farm & Gift Shoppe



All products are made here
on our farm with
our farm-grown lavender
& 100% Pure Essential
Lavender Oil.

Our shoppe is stocked and ready with a unique and
complete array of items for gift-giving or a treat for yourself



Shower/Wedding Favors,
Gift Baskets, Teacher's
Gifts, Corporate Gifts,
Bereavement Items

Custom Orders accepted as well



Open Saturdays / Sundays - 10 A.M. To 4 P.M. - thru Christmas*

*Additional Holiday Hours During November & December: Fridays 10 am to 6 pm

890 Route 601, Skillman, NJ 08558

609-558-7034

online ordering available at: www.hiddenspringlavender.com

Come Home for the Holidays



USA and Locally Made Gifts, Art And Accessories For All Occasions

119 West Ward Street
Hightstown, NJ 08520
Phone: 609 448 8830



Tuesday to Saturday:
10am - 5:30pm
Sunday: 12:30 pm - 4pm

perennialhome.com

SEIZE THE MOMENT AND CELEBRATE WINTER

For many Americans, winter means bitter cold, icy roads or being snowed in. As much inconvenience as winter causes, it's also packed with fun opportunities to share with friends and family.

The winter months are packed with holidays that many Americans celebrate. Rather than falling into the stress that comes with this busy season, think of it as a chance to spend time with family and friends outdoors.

We are lucky enough to live in an area that receives a fair amount of snow, there are many different outdoor activities to enjoy. Grab your sled and find a hill with a flat bottom. Avoid hills near fences, water or roads for a safe sledding experience.

Building snowmen is a fun activity for all ages. Grab old clothes or other props to give your snowman some personality.

If you're feeling adventurous, consider ice fishing. Find a body of water in which the ice is at least 4 inches thick, use an auger to create a hole and enjoy a winter weather fishing trip.

If you're not up for spending a lot of time outside during the cold, there are still plenty of ways to celebrate winter indoors.

Choose a day or two throughout the week to incorporate a family night. This could mean playing a board game together or letting a different member of the family choose a movie for you to watch together. Grab a cup of hot chocolate and enjoy the winter from inside.

Enjoy the magic of

MORVEN

Museum & Garden's

Festival of Trees

November 26 through January 8
Museum Hours: Wed. - Sun. 10 - 4

2016 MUSEUM DECORATORS

Contemporary Garden Club

Dogwood Garden

Garden Club of Princeton

Keris Farms

Jazams

McCarter Theater

Princeton Public Library

Princeton Symphony Orchestra

Stony Brook Garden Club

VanDerveer Designs

West Trenton Garden Club

Morven Museum & Garden

Come to Where the Treetops Glisten



55 STOCKTON STREET • PRINCETON, NJ
609.924.8144 • MORVEN.ORG

Sponsored by:

Baxter Construction, Inc.
Drinker Biddle & Reath LLP
PNC Wealth Management

Give a Taste of New Jersey with Holiday Gifts from Terhune Orchards

White glove delivery in Princeton and Lawrence, Shipping Nationwide

This holiday season and throughout the winter, share the local flavors you love by giving gift boxes and baskets brimming with fruits from Terhune Orchards, fresh baked goods, wines from Terhune Orchards Vineyard & Winery and other delectable gourmet foods. Among dozens of gift basket and box options, you'll find the perfect gift box or basket to delight any recipient and fit your budget. Our fresh and delicious samplers are perfect gifts for a holiday host, a favorite teacher, business acquaintances, office staff or anyone that you want to feel a little extra special during the holidays.

The popular Taste of New Jersey boxes and baskets include gourmet food items made here in The Garden State. These fantastic edible gifts may include Jersey Fresh honey, organic popcorn, chocolates in addition to an assortment of apples and goodies from Terhune Orchards. Your family, friends and clients near and far will enjoy these unique, Jersey Fresh gifts.

Share this joyous season with the "Best of the Best" basket, a bountiful arrangement of crisp apples, holiday cookies, a large fruit bread, apple butter, cheese, crackers, chocolates, candies, a Terhune Orchards paring knife, tote bag, mug and much more. The custom Wine Farm Basket includes your choice of a bottle of Terhune Orchards award winning, red, white or fruit wines, a colorful assortment of apples, savory cheese and crackers, sweet treats and a freshly baked loaf of fruit bread.

Gift boxes are carefully handpacked to order and ship nationwide. We provide old fashioned, top-notch customer service by making local deliveries to homes and

businesses in the Princeton and Lawrenceville area.

Gift items that include wine can be picked up at the store or shipped to addresses in New Jersey and Florida. All gift baskets and boxes can be pre-ordered and ready for pick up at the farm store to take with you to your holiday events. We can add wine to any order picked up at the farm.

Terhune Orchards unique gifts are perfect for sharing a taste of New Jersey. View our gift basket and box selection in our online store at www.shop.terhuneorchards.com. Place your orders online, in the farm store or call (609) 924-2310.

Gift boxes of cookies make wonderful gifts for coworkers, neighbors, teachers and anyone else you'd like to give some holiday cheer. Available in 1 and 2 pound boxes Terhune Orchards holiday cookie assortments include seasonal favorites include gingersnaps, snickerdoodles, sugar cookies and decorated gingerbread. Classic chocolate chip, chocolate shortbread, thin mints, biscotti, and chocolate crinkles will satisfy any chocolate lover. Fruit lovers will enjoy Linzer tarts, thumbprints, apple newtons, oatmeal raisin and lemon drops.

Pam Mount suggests gingerbread house kits as a timesaver for busy parents and grandparents. "Spend time with the children making memories building a house together without having to bake all the pieces and make the icings." The farm store also assembled and decorated gingerbread houses to give as a gift. These sweet edible houses are a wonderful way to celebrate a family's first year in a new home.

Terhune Orchards is located at 330 Cold Soil Rd. Due to bridge construction, Carter Road is closed. Use Cold Soil Road to visit our home farm.

The farm store is open daily 9 a.m. - 6 p.m.

The winery is open Friday- Sunday, 12:00 p.m. - 5 p.m.

Wine bottles available in farm store daily.

Find us online at terhuneorchards.com, on Facebook, Twitter and Instagram.

TERHUNE ORCHARDS

*From your favorite farm...
to your favorite friends!*

Order now to give or send through
out the holidays

Farm store open and full of holiday cheer

Farm fresh Wreaths and Christmas Trees

*Now easy to order online:
"click & shop"*

www.terhuneorchards.com

WINE TASTING ROOM

Friday-Saturday-Sunday 12 to 5



COLD SOIL ROAD • PRINCETON, NJ 08540

(609) 924-2310 • Hours: Week Days 9-6, Sat. & Sun. 9-5



**"People travel to us for our great
selection and unbeatable prices."**

Unique selection of furs,
leathers, hats, scarves,
handbags, gloves, boutique
jewelry and more

We have it all!



Stephen's

Fur • Leather • Accessories

682 Whitehead Road, (off Route #1), Lawrenceville, NJ 08648

Hours: Tues-Sat 10-5pm (Sundays in December 12-5)

609-394-3663 www.stephensfurs.com Like us on Facebook



A gift for *you* and a gift for your *home*



Lili B's

1378 Rt 206, Skillman
Village Shoppes
609.454.3803

A unique gift for the horse-lover!



An "active equestrian" membership provides the rider in your life with access to, and discounted rates for, events at the Horse Park of New Jersey throughout the year. At the same time, you are supporting the Park as a community resource that serves all disciplines and breeds. Other membership levels are available. Go to horseparkofnewjersey.com and click "Join" more information and make your holiday giving easy!

The perfect gift! Surprise the horse person in your life with an annual or lifetime membership to the Horse Park of New Jersey. This is

the gift that lasts all year through access and discounts to Park events for 2017...and beyond if you select a "life membership!"

There are different membership levels available with different perks. Details can be found at horseparkofnewjersey.com, and click on "Join." An example of one popular perk available for "active equestrian" members is eligibility to school in the Park's indoor arena which affords protection from winter weather – a big plus in our area that riders appreciate.

By the way, did you know that the Horse Park is a non-profit entity that also benefits from the gift of a membership? In purchasing a membership, you are assisting the Park in its mission to support the equine community in our area through educational and riding opportunities. Numerous equine groups use the Park including pony clubs, carriage drivers, handicapped riding groups, 4-H members, western riders, dressage riders, eventers, hunters/jumpers, and many breed groups.

New products ARE HERE!
Which are you most excited for?

perfectlyposh.com

perfectly posh
Independent Consultant
Jessica Gross

Visit Us At: <https://MyHippiePosh.po.sh/>

EVERYTHING
under **\$25**

Naturally based ingredients
cruelty free

MADE IN THE
USA

Scrubs, Body Bars, Cremes,
Body Butters

Men and Women Beauty
Products Without Harmful
Added Ingredients

Free Gift With First Order

Buy 5 Get the 6th Free

Just In Time For The Holidays!
Let Me Pamper YOU And Your Loved Ones!

Local Gift Cards Make Shopping Local Easy

If you're totally stumped for a gift selection, there's nothing wrong with snagging a gift card and tossing it in a greeting card. There's no rule, however, that says you have to buy a card from a chain restaurant or big box store. Think local for an easy gift solution.

CHECK LOCAL SHOPS

Most local stores have started offering gift card options for customers, be it a rechargeable card or just a gift certificate signed by the manager. Regardless, it can make for a more personal gift than just a generic gift card. If you find a store you think your loved one would really like but can't find the perfect gift, just get a gift card and let them enjoy shopping and picking out their favorite items on your dime. A gift card to a local store can be a much more personal gift, and it also takes some of the guesswork out of gift-buying. Plus, it supports a local business.

DON'T FORGET RESTAURANTS

Most local restaurants also offer gift cards, and a free lunch is a great gift. Aim high on this one; pick out a place you really think they'll like, and let them indulge with a nice meal as a gift from you.

Be it a great, highly rated local restaurant or a beloved hole in the wall that has the best burgers in town, get creative and choose something that complements the taste of the recipient.

COFFEE SHOPS, BAKERIES

If you want to offer a bit more of a snack, pick up a gift certificate to a local coffee shop or bakery. Just make sure the place is good (maybe test out a few pastries before you pick up the card). A \$20 or \$30 gift card can stretch a good distance at a coffee house or bakery.

Try to think of a place that might be on your friend's commute, as well, so they'll have a chance to use it and take full advantage of your clever gift.

If you find a store you think your loved one would really like but can't find the perfect gift, just get a gift card and let them enjoy shopping and picking out their favorite items on your dime.



Family Firms Give Back

By ANNA CHANG-YEN | Green Shoot Media

Ninety percent of all businesses in the United States are family owned, meaning there's a good chance you already do business with many such companies, from your dry cleaner to your home remodeling professional. Why not make an effort to also spend your holiday gift-giving budget with the families who make up your community? The rewards will be worth the effort.

Supporting family-owned businesses not only helps strengthen communities and the families who call them home but it also could mean customers get higher quality products and services with greater attention to detail.

FAMILY VALUES

"Family business has access to unique ingredients that can provide a lasting competitive advantage," concluded KPMG Enterprise in a 2011 reported titled "The Competitive Advantage of a Family Business." Those ingredients include strong values that show in their business practices, according to KPMG. Another trait that many family-owned businesses have plenty of is a "do whatever it takes" attitude, according to Franchise.org. "The words 'that's not my job' do not exist."

Families put customers first because they're invested in the long-term success of their companies, so they can pass through the generations, according to the Conway Center for Family Business. Family businesses also are more likely to invest in their employees and avoid layoffs during tough economic times, according to Conway.

THE RIGHT STUFF

When Texas A&M University economics professor Jim Lee studied family businesses, he found that they out-performed other businesses in revenue and employment growth. According to Census bureau information, family businesses also are more likely than other companies to survive the first few years in business, when more than 7 out of 10 business fail. In fact, only about half of all types of new businesses survive the first five years. Among family-owned businesses, however, about 30 percent survive to be passed down to the next generation, according to Inc. magazine. Wells Fargo Advisors points out that families emphasize making sure each family member is well suited for their role in the business. A strong sense of ownership translates into more efficient companies that tie their personal futures directly to the family business' success.

BUILDING COMMUNITIES

Family owned businesses also have a vested interest in making their communities a better place to live. Their kids go to the same schools as their customers, they worship in the same places and pay taxes in the community. In short, their success is their community's success and vice versa. "I've seen so many business owners who tell me something like 'my business feeds 457 people,'" said Dan Prebish, First Vice President, Estate Planning Services, Wells Fargo Advisors. It's really neat that they added it up, counted the spouses and kids at the company picnic, and have a strong sense that 'my business affects this many people in my community.' That means when a family decides to sell their business, they're probably not just looking for the highest bidder. They want to find a buyer who's committed to keeping the business vibrant in the community, investing tax dollars and providing jobs. From customer-first values to building communities, it's easy to see how supporting family-owned businesses is a great way to spread some goodwill this holiday season.

Cookie Pies, Cookie Platters, Dried Fruit, Gourmet Popcorn, and MORE!

The Perfect Gift is Baking Now!

Tasteful cookie & baked holiday gifts for family, friends & businesses.

Gifts you'll be proud to give.

Order Today!

Fast, affordable customization!

Barbara's
COOKIES, GIFTS & FAVORS
Taste the Love

www.barbarascookiepies.com
Call Barbara Direct: **732-995-0497**

FREE SHIPPING • NATIONWIDE!
USE COUPON CODE: P24X0T415K

ADPRESSION MARKETING & PROMOTIONS

732-536-9680

FULL COLOR PHOTO FLEECE BLANKETS – 50"x60"

Take your favorite photo and transform it into a warm washable blanket.

Who wouldn't love one of these?

Kids, Parents, Grandparents, Aunts, Uncles, God Parents, Coaches, Friends, Business logo, etc.

Blanket - \$40.00 each

Art Charge - \$10.00 Freight - \$13.00

Email photo to: adpression@aol.com



ORDER FORM

Make Check Payable to/Mail to:

Adpression Marketing & Promotions, 57 Millay RD, Morganville, NJ 07751

Credit Card – NO American Express

Type _____ # _____

Expiration Date _____ Security Code _____

Number of Blankets _____

Real Holiday Gifts for Families

By Stefanie Maglio

As children grow into young adults, the classic toy or newest video game becomes a less appropriate holiday gift. They may want something more expensive, or even something plain and simple such as money itself. For parents who are still trying to keep up the holiday spirit, it can become difficult to find the perfect Christmas gift. However, there are several other ways to go about finding the perfect family gift. Here are some real holiday gift ideas for the family:

Take the family out for a day in New York City. Go see a Broadway play, go out to dinner, go ice skating, or simply go see the Rockefeller Christmas tree.

Also in New York City, go see the Radio City Music Hall Christmas Spectacular. Everyone in the family is bound to love the Rockettes and Santa!

Bake some sweet treats and share them on Christmas Day. These can include holiday cookies, cakes, brownies, or even some more creative recipes found online or in magazines.

Go to the movies and out to eat with the family. This way, no one will have to cook!

Gift certificates for massages could be the perfect mother-daughter holiday gift.

Speaking of massages, a mother-daughter trip to the spa while the boys have some quality time together could be the perfect gift for everyone.

Give back to your community for the holiday and take the family to help out at your local soup kitchen!

Donate to each family member's favorite charity.

Is Elf on the Shelf Really That Good?

By Stefanie Maglio



Elf on the Shelf is a doll that can be purchased at stores such as Walmart and Target that have slowly become a part of the holiday tradition in families with young children. However, these dolls may not truly be as good as people have said that they are. The way the elf on the shelf works is that at night parents move the elf around within the house. In the morning, the children have to find the elf but they are told that they must not touch it. Otherwise, the elf will lose its "magic," and disappear forever. The actual elf doll itself has scared some children because of the way it looks. It's tiny stature and unique facial expressions may frighten your child. This should be kept in mind before purchasing the doll. Also, children have found their parents moving the doll during the night. If your child is young, this could ruin their childhood beliefs, specifically in holiday figures such as Santa Clause. This small doll that may end up scaring your child, or even ruining the holiday is \$30. For some, this may be exciting and worth it. For others, this doll may simply be a waste of time and money. Personally, I believe there are better ways to spend the holiday with your family in a more fun and festive manner.

VILLAGE SILVER



Hand crafted sterling silver jewelry by New England artist

**One of the largest collection of
sterling silver jewelry on the east coast.**

Family owned & operated since 1978 in Downtown Princeton.

**39 Witherspoon St. Princeton, NJ
609-924-5990**

THE BEST GIFT EVER!

Learn to Fly at the Princeton Flying School



INTRODUCTORY FLIGHT \$199

Buy Gift Certificate on our Website!

Princeton Airport, 41 Airpark Road, Princeton, New Jersey 08540
609-921-3100 • 39N@princetonairport.com
www.princetonairport.com



All Your Old Favorites and Some New Ones Too!

*Made Fresh Right Here
In Our Monmouth County Candy Factory*

Old Time Favorites
Chocolate Santas, Snowmen, Reindeer & Ornaments
Hanukkah Chocolate & Candy
Homemade Chocolate Gift Box Assortments
Old Fashioned Hard Candy
Chocolate Covered Oreos, Pretzels, Twinkies,
Graham Crackers & More

Open Every Day For The Holidays

**Enjoy An
Old Time Christmas With
Homemade Candy Treats**

From
Old Monmouth Candies

We Ship Anywhere
Gift Baskets of all Shapes & Sizes
We specialize in Business Gifts, Party
Favors and Stocking Stuffers

627 Park Avenue (Business 33) Freehold, NJ • 732-462-1311 • www.OldMonmouthCandies.com

Remember To Use Cash

Here's one important step to remember before heading into town and hitting all those lovely, local shops to buy Christmas gifts: Hit up the ATM first. Shopping with cash has myriad benefits, but it can really be a huge help for small businesses around the holidays.

STICK TO YOUR BUDGET

It's so much easier to know what you're spending when you can literally look at the cash in your wallet or purse. Pull out what you've budgeted for gift-buying and get to shopping. By setting your limit and not bringing any extra cash with you, it can help you stay focused while shopping and help you stay on budget. Of course, just be cautious of carrying too much cash around with you. Make sure you have it secure and safe when strolling around.

SAVE BUSINESSES PROCESSING FEES

Those little credit and debit card machines aren't free for local businesses to use, and most businesses have to pay a fee with every swipe. That means you can actually help support your local business- es, and keep a few extra dollars in the local economy, just by shopping with green backs. It might not seem like much to you, but with potentially hundreds of purchases flying through each day during the holiday season, those fees can really add up for a small business with tight profit margins.

SCORE A BETTER DEAL

It doesn't just work on car dealers. Most vendors prefer cash, and a bird in the hand is worth two in the bushel, as they say. It's not a guarantee by any means, but especially when you're talking about bigger ticket items, shopping with cash can also help shave a few dollars off the sticker price. Since it saves vendors money and is easier to deal with, some are willing to have a bit of wiggle room on a price when dealing with cash.



Choose & Cut Your Own Tree!

WREATHS • FRESH CUT FRASER FIR
• GARLAND • LIVE BALLED TREES

OPEN DAILY
8:00 AM - 5:00 PM
NOV 19 - DEC 24
Closed Thanksgiving Day
609-259-0720
848 Route 524
Allentown, NJ 08501

KERIS

TREE FARM
&
CHRISTMAS SHOP

www.kerischristmastreefarm.com



Dragonfly Farms

presents

Christmas 2016 "Let it Snow"

Our enchanting Christmas Shop features a phenomenal array of collectible ornaments, exquisite ribbon, bows, magnificent tree toppers and other holiday decorations Christmas lights, artificial trees, gift items, candles, Poinsettias and many other accessories to make your holiday complete. Our outside is full of live trees, decorated grave blankets and wreaths, pillows and much more. This year bring the entire family to Tree Shopping Thursday from 6-9 and enjoy hot chocolate, hot cider and much more.

VISIT SANTA



Dec. 3rd



Fairy Garden Workshop

Fill your Garden with the Love
and Magic of the Fairies!
Make it a Mommy and Me date!
Perfect Christmas gift

Sunday, December 4th 11:00 am – 12:30 pm
Saturday, December 17th 11:00 am – 12:30 pm

TBT - Tree Buying Thursdays



Starting December 1st Every Thursday between 6pm - 9pm

Bring the entire family to DragonFly Farms this holiday season and pick out that perfect tree! Hot Chocolate, Hot Cider and other refreshments will be available.



966 Kuser Road, Hamilton, NJ 08619

Hamilton's Best Kept Secret!

For information on this and other great events
at DragonFly Farms

Text "Dragonflyfarms" to 71441

Call 609-588-0013



HOLIDAY HOURS

Sun.-Wed. 9-6

Tree Shopping
Thurs. 9-9

Fri.-Sat. 9-7



SHOP LOCAL FOR THE HOLIDAYS GIFTS WITH LOCAL FLAIR

A CHANCE TO GET QUIRKY

If you're looking for something quintessential about your hometown or area, hitting a local shop is probably your best bet. The nearest big box retailer probably won't be carrying jewelry from a local artist, or T-shirts for the local football team. Shopping local for the holiday opens up a whole new arena for gift-buying, outside the usual hustle and bustle of cookie-cutter catalog options.

CHECK OUT THE ART

If you look close enough, many towns have local art shops — or at least an artist or craft guild — that organizes things locally. Track down the nearest one and see what the creative minds in your community have to offer. From mixed media art to paintings, buying from local artists helps support their work, while also offering a gift that is one of a kind and truly unique to the area. Some can even do work on commission, if you're looking for something extra personal.

THE SAME THING GOES FOR JEWELRY

With the rise of platforms such as Etsy and Pinterest, there are more small-town artists than ever just trying to make a living and offer up something unique. If you're shopping for jewelry, check around for local jewelry makers, and you could find the perfect, quirky gift for your loved ones. If you're looking for something with a local tie, too, this also could be your best bet.

DON'T FORGET THE TOYS

Locally made toys are a bit harder to pull off, but many local shops stock toys — and the offerings can be very different from what you'll find in the toy aisle at a big box retailer. From toy train sets to vintage toys that have been around since the 1950s (but may not be in easy circulation these days), local shops often carry a much more diverse set of toy options. Take a risk and go for something old school this year.

North Pole Express
Ride the rails with Santa!

NEW HOPE & IVYLAND RAILROAD

A Unique Holiday Gift!

Join Santa & Mrs. Clause for a host of holiday adventure!

Sing along to familiar Christmas Carols
Enjoy warm cocoa & a chocolate chip cookie
Receive a special gift from Santa

20% off Any North Pole Express
Offer expires 12/31/16
Valid Monday – Thursday only
Enter Code: MTNPE16

BUY TICKETS ONLINE

www.newhoperailroad.com

32 W. Bridge Street • New Hope, PA • 215-862-2332
www.NewHopeRailroad.com

GRAND OPENING!

WINDSOR LIQUORS

in the new Galleria Twin Rivers Shopping Center

WE ARE OPEN FOR BUSINESS!!

Shop Local for Best Prices
Looking for a specific brand?

Please let us know immediately, we'll do our best to find what you are looking for!

Open 7 Days A Week!

HOURS

Mon – Wed 10am -9pm
Thursday – Saturday 10am – 10pm
Sunday 10am – 8pm



609.630.2951

Galleria Twin Rivers Shopping Center, 680 Route 33 East, Suite 6, East Windsor, NJ 08520

info@windsorliquors.com

MILLSTONE SHOPPING CENTER

480 Rt 33 West, Millstone Township, NJ 08535

**HAPPY HOLIDAYS AND
HAPPY NEW YEAR!**

Stop in and meet your local retailers.

**Redeem this coupon in any store in
The Millstone Center
and receive their discount.**



A & S Salumeria

Old World Italian Food Market

We specialize in Hot & Cold Catering

USDA Prime Black Angus Meats

Boars Head and Imported Cold Cuts

Coal Fired Brick Oven Bread

Italian Cakes, Pastry, and Cookies

10% OFF all Pre-ordered Fresh Meat freezer packages
10% OFF all Hot or Cold Deluxe Catering for 25 or more people

732-792-7050

www.salumerianj.com



- Open 7 days a week
- Law Enforcement Specials
- Father & Son Special on Wednesday's
- Hot Towel Shave Packages

\$5 OFF any Service, minimum of \$30
732.446.4000
my community source.com
www.EvilFades.com



Elegance In Design

Outdated Kitchen?
NOT ANYMORE.


Kitchen & Bath Showroom ~ Interior Design Services

15 year Anniversary Sale 50% off Cabinetry
WHEN YOU MENTION THIS AD

732-446-8222
Designs4Us.com

We are on FB  and friends of the Millstone and Allentown FB pages



Century 21 

ACTION PLUS REALTY
480 Route 33
Millstone Twp., NJ, Suite 2
800.299.2129

#1 CENTURY 21 COMPANY IN NJ/DELAWARE REGION*

SEVEN OFFICE LOCATIONS:
MILLSTONE, FREEHOLD, HOWELL, JACKSON, TOMS RIVER, FORKED RIVER, MANAHAWKIN (COMING SOON)

Each Office is Independently Owned & Operated *According to CENTURY 21, LLC Stats through 9.16



Pizza • Pasta
Dine In • Take Out
Catering • Partyroom
BYOB • Free Delivery

\$5 off any purchase of \$30 - Pick Up Only
\$10 off any purchase of \$60 - Pick Up Only
For all catering—10% of any purchase of min \$150

732-446-1500
www.trecolorepizza.com

Come Meet Your Neighbors

The Magic Of Christmas!

MONEY SAVING INSTORE COUPON

\$20 OFF

ANY PURCHASE OF \$150 OR MORE W/ THIS COUPON

\$20.00 off will be applied to any Christmas related purchase that has a pre-tax dollar amount greater than \$150.00. This \$20.00 of coupon cannot be combined with any other offers, promotions, coupons, or other specials. Coupon applies to only one qualifying transaction and cannot be used on multiple transactions. Coupon must be presented at time of purchase and no adjustments will be made for absent coupons after the transaction has been completed. Price adjustments on previous purchases are excluded. Limit of one coupon per household, per group, and per family. This promotion applies to in-store purchases only. This coupon has no cash value. COUPON IS VALID FROM December 1, 2016 – December 18, 2016.

Coupon Code: MT-20OFF



This Holiday Season Shop NJ's Premier Christmas Specialty Store

www.njchristmasstore.com



**SEASONAL WORLD
CHRISTMAS STORE**

609.259.8330

**Next To: Six Flags Great Adventure & Jackson Premium Outlets
532 Monmouth Road Clarksburg, NJ 08510
Open 7 Days**

JAMESBURG - A Town with a Rich History

By Pam Teel

The borough of Jamesburg has a strong sense of history. Since its beginning in 1887, its home to stately old Victorian houses and old storefronts that line both east and west Railroad Avenue. The main Avenue is divided by a train track that once served the community well.

The earliest documents show that settlers arrived in 1685 from Scotland and a mill was operating along the Manalapan Brook as early as 1734. With the arrival of James Buckelew in 1829, of which the town was named after, the area, at that time a part of South Amboy Township began to take shape.

With the coming of the Camden and Amboy Railroad in 1831, the town began to grow. In 1853, the establishment of the Jamesburg and Freehold Agricultural Railroad caused Jamesburg to become a railroad hub. This was a short line railroad in New Jersey, which was incorporated with two other railways to form the company; the headquarters being in Jamesburg. Interestingly, the Allaire family was a major stockholder in the company and James P. Allaire's son, Hal, was on the board of directors. Streets in the older section of the town bear the names of railroad pioneers such as Gatzmer, and Stockton, and Civil War heroes Hooker, Sherman, and Lincoln. Jamesburg separated from Monroe Township in 1887 and became an independent borough. Today it is mostly residential, with shops and businesses that line the main part of the town, and stately older homes scattered throughout.

The home called Lakeview, which sits across Lake Manalapan, was once owned by James Buckelew. It is now part of a recreation area called Thompson Park. Mr. Buckelew brought modernization and commerce to town. He was a man who wore many hats. He owned a gristmill and sawmill and was a successful farmer. He was a contractor for construction on the original lines of the Camden and Amboy Railroads. In 1840 his business included running a team of mules up the Delaware and Raritan canal. He owned and housed 700 of the finest mules in a brick barn he built behind his mill. He was also a man who believed in equality for all. According to findings from the Jamesburg Historical Society, in 1844, he was angered by the refusal of a black boy into the school. He went on and built a brick schoolhouse that was to be open for all students regardless of color. The school was called the James B. School and later, the Jamesburg School, and it was close by to a train stop. The Jamesburg sign on the school was what people saw from the train and thus the name of the town was established.

Mr. Buckelew also owned a draining tile manufactory that produced 3000 tiles a day and a brickyard not far from his gristmill. He donated land to the Jamesburg Presbyterian Church, for the Fernwood Cemetery, and the Roman Catholic Church of St. James. He was also known in government circles and called upon to provide transportation at one time for President Lincoln. Buckelew supplied his finest driver, carriage, and prized horses. He and his sons also organized the First National Bank of Jamesburg in 1864, which was built of stone.

The presence of the RR brought other manufacturers to the area. It brought the Downs, Finch, and Gourley shirt factory in 1871. This was the largest shirt factory in the world occupying a whole block on West Railroad Avenue. James Buckelew died in 1882 and is buried in the Fernwood Cemetery.

Some buildings worth seeing:

The Professional Building in town was once the site of Mr. Buckelew's gristmill and silk mill. The present building was once a butterscotch factory.

The William Courter House, which was built in 1860. Mr. Courter was Buckelew's agent. Today it serves as a professional building with different businesses in it.

The Joseph C. Magee Mansion was built in 1851. Mr. Magee was active in merchandising and lumber and also served on the state legislature. He also was a chosen freeholder in Monroe Township.

The little Wonders Day Care Building served as the post office between 1909 and 1962 and as a meeting place of the Independent Order of Odd Fellows, a non-political and non-sectarian fraternal order founded in 1819.

The Intravato House - a gothic Greek revival stone house built by P.H. Pownall, which includes a large stone barn. The home was originally used as a mortuary business.

The Assembly of God Church Manse - built in 1850 but moved to its present site.

The Beckney House - a gothic style home with gingerbread gable pieces built in the 1860's.

The Abraham Davison Homestead - constructed in 1807 and moved to its present site.

The Emmons House, located on the corner of West Railroad Avenue and Willow Street. It was once a furniture store.

The Nicholas Van Wickle Home- a federal style pre-revolutionary home. The Van Wickles were prominent Dutch settlers. This home and a section of the Buckelew mansion are the only architecturally surviving buildings in town to last from the 17th and 18th centuries. For a picture and description where these historic homes are located, go to: <http://www.jamesburg.net/jha/> to the right you will see link- a walking tour of Jamesburg.

There are some choice restaurants within the Jamesburg area. Fiddleheads, is a gourmet dinner location, though a bit pricey, is well worth it. It's located at 27 East Railroad Ave. There is also the new Vine Restaurant, located at 25 E Railroad Avenue, PerTutti Italian Restaurant is located at 49 E Railroad, and a great GMO free Mexican restaurant called Taqueria Maria's, located at 52 Dayton Rd. You can check out all their menus online. There is also a tea room worth checking out called, One Steep at a Time. Sadly, Mendokers Bakery after serving 88 years in Jamesburg, recently just closed their doors. This was one of the premiere bakeries in the area. It will be sadly missed.

Close by the main part of town and within walking distance is Thompson Park where you will find the 30-acre Lake Manalapan. It's a great place to take the kids. It has swings and playground equipment close by to the lake. The Park is located on the southwestern edge of Jamesburg and is also partially in the neighboring town of Monroe. Thompson Park takes up at total of 675 acres. The park in total has four tennis courts, four basketball courts, two handball courts, three baseball fields, a softball field, many soccer fields, multiple picnic groves equipped with grills, three hiking/biking trails, fishing, a gazebo. They have an enclosed wildlife area where they have deer, chickens, ducks, turkeys, peacocks, pigs, and other live animals. Children love to stop by to feed the animals. They also have a dog park.

The lake was once used for ice cutting until 1919 and children were not allowed to skate on the lake until the ice cutters were through with their business. The ice was placed in icehouses and carted off inside insulated railroad cars. The lake also supplied waterpower to the mill. Jamesburg is located between Monroe Township and East Brunswick. The tracks are still active commercially from Conrail's Browns yard in Sayreville to Freehold occasionally passing through Jamesburg. The children wait every year for the Santa train to come through Jamesburg.



The Christmas train rolling through Jamesburg



Feeding the deer at Thompson Park



The James Buckelew Home in Jamesburg



Maria Tilton
Franchise Owner Cruise
Specialist & Land Vacations

**NORWEGIAN'S
FREE AT SEA**
— Endless Summer Spectacular —
Up To \$2,800 In Value

**CHOOSE UP TO
5 FREE
OFFERS***

- 1 UNLIMITED OPEN BAR
- 2 SPECIALTY DINING
- 3 PRE-PAID SERVICE CHARGES
- 4 WIFI
- 5 FRIENDS & FAMILY SAIL FREE*

Oceanviews & Above Choose 2 or More

**Any bookings on
a 7 day or longer
will receive an
additional \$100
OBC per stateroom**

MTilton@CruisePlanners.com
iLoveVacationDeals.com
888-430-9744 • 732-410-8962
facebook.com/CruisewithMaria

NCL NORWEGIAN Feel Free   **TRAVEL** 



LIBERTY
INSURANCE ASSOCIATES
COUNSEL • ADVOCACY • SERVICE

525 State Route 33 • Millstone Twp, NJ 08535 • (732) 792-7000
www.LibertyInsurance.com

Insurance Made Easy by the Professionals at Liberty

We have a team of experts who live in, care about, and understand our community, with focuses on different segments of insurance including:

Commercial Lines of Coverage

- Contractors
- Landlords
- Marinas
- Manufacturers
- Retail Stores and Services

Personal Lines of Coverage

- Home
- Auto
- Umbrella
- Boats
- RV's

Health Insurance

- Group Plan Design
- Medicare Supplement
- ACA "Obamacare" Compliance tools
- Voluntary/ancillary benefits

Life Insurance

- Whole Life
- Term Life
- Variable and Universal Life
- Annuities

Financial Services and Estate Planning

- Tax Planning & Strategy
- 401K
- Investments
- College Savings Plans

...and much, much more!

**Call us For A Free Independent Policy Review at 732-792-7000,
or request a quote online at www.LibertyInsurance.com**

The Jewish Heritage Museum Welcomes Art Topilow and Friends, “Fascinating Rhythm: The Music of George Gershwin”

The Jewish Heritage Museum of Monmouth County welcomes Art Topilow and Friends, in “Fascinating Rhythm: The Music of George Gershwin” with Art Topilow, piano; Gary Mazzaroppi, bass; and Annette Sanders, vocals; on Sunday, December 11, 2016, at 2 p.m. Admission is \$18 members, \$20 non-members.

By day, Arthur Topilow, MD is the Director of Hematology/Medical Oncology at the Jersey Shore University Medical Center (JSUMC) in Neptune, New Jersey, and an ardent pianist at night. His area performances have included venues such as the Garden State Orchestra, Count Basie Theatre, Axelrod Performing Arts Center, and the 92nd Street Y. Topilow has played for noted performers such as Bernadette Peters, Steve Lippia, and Joe Piscopo.

Dr. Topilow is presently working on a fourth CD that will feature his piano playing. In May 2010, Arthur and his brother, Carl, a clarinetist/conductor, were sent by the U.S. Department of State to Italy to perform.

Appearing in SIZZLING HOT SWING with Mark O'Connor, Gary Mazzaroppi has toured with the Lionel Hampton Big Band, and accompanied jazz artists including Stan Getz, Clark Terry, and Charlie Byrd. Mazzaroppi has played with Marian McPartland as a frequent supporting guest on her twenty five-year PBS radio show. He has also accompanied the diverse styles of Renée Fleming, Willie Nelson, Alicia Keyes, Bela Fleck, and Chuck Mangione. Mazzaroppi has performed at Carnegie Hall, Blue Note, Tanglewood, and in Italy (with the Topilow brothers).

Annette Sanders' big break came in 1966 when Benny Goodman chose her as his featured vocalist for his prestigious Rainbow Grill engagement. Her solo for Imprevu perfume launched Annette's career as a much sought-after studio singer. Her distinctly recognizable sound has been heard on jingles, movie soundtracks and CDs. She has worked with the "who's who" of the music industry - Roberta Flack, Mel Tormé, Gerry Mulligan, and Barbra Streisand.

During the late 80s, Sanders co-founded the jazz-tinged vocal quintet, Group Five. Her second CD with them, On My Way To You, garnered a Grammy nomination. Sanders has performed at the 92nd St. Y, the Kennedy Center, and most recently, Avery Fisher Hall. Her latest recording is a duet CD with Bob Florence, composer, arranger, and pianist from the west coast - You Will Be My Music.

For more information or to make a paid reservation (non-refundable), call the Museum at 732-252-6990, or visit www.jhmomc.org. The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive Freehold, NJ, at the corner of Route 537 and Wemrock Road. It is on the second floor of the historic Levi Solomon Barn. The JHMOMC is a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code and is handicapped accessible.



ATTENTION HEALTH PROFESSIONALS

Get New Patients By Advertising With

Monmouth County's
Ask The DOCTOR
THE HEALTH & WELLNESS MAGAZINE FOR YOU AND YOUR FAMILY

The Greater Princeton Area
Ask The DOCTOR
The Health & Wellness Magazine For You And Your Family

**Direct Mail
On-Line Social Media & More**

"Best CNJ Advertising For Healthcare Businesses"

**Call Today For A Free No Obligation
Marketing Analysis**

732.995.3456

info@guntherpublications.com



We have yoga for everyone! We are an authentic yoga studio with over 15 years experience teaching. It is a supportive environment for those with injuries, limitations just starting yoga or coming back to yoga.

- Gentle Yoga for Relaxation & Stress Release
- Hatha Yoga for Creating Balance where you need it
- Vinyasa styles for added Strengthening & Endurance
- Kid's Yoga for 5-9 years
- Yoga4Cancer, Yoga4Sobriety & Tai Chi Classes

Yoga Teacher Trainings & Workshops

**We also have monthly groups:
Book Club, Goddess Gatherings, and Drumming Circles.**

YOGA TEACHER TRAINING THIS JANUARY

Daytime Program Tuesdays & Thursdays 9Am-2Pm Or Weekend program that meets two Saturdays half day and two Sundays each month. Now taking enrollments! Registered Yoga Alliance School.

New Student Special: \$20 Unlimited Week Pass

**156 S. Main St., Hightstown, NJ 08520
609-918-0963**

Info@oneyogacenter.net • www.oneyogacenter.net

Major New Jersey Elks Projects Could Use Your Support

By Pam Teel

Since 1985, the Millstone Township Elks have held a monthly dinner dance for those with special needs, complete with a DJ and 80- 100 guests from Ark of Monmouth County in attendance. They hold theme and Holiday parties, Thanksgiving Dinner, and a yearly Christmas party, complete with gifts. They also donate their hall to "Oceans of Love" for their Halloween party. This is an organization that gives their support to families of children with cancer. The Elks usually are able to donate a thousand dollars in gifts and supply food for the party. This year they could only donate half of that.

Over the past few years, the donations to hosts these dinners have diminished. Given the state of the economy and how people are living from one pay check to the other to make ends meet, it's understandable. It's also a shame if these programs have to stop because of insufficient funds. To see the looks of joy and excitement on the faces of these special needs children during these dinner dances is priceless. They look forward to stepping out of their controlled environments, having a good time, and meeting up with old friends who attend from other towns.

Your generous donation to the Elks in your town can make a big difference, whether its ten dollars or more, just know that every penny of it goes to towards hosting the events. The Elks, their spouses, and other volunteers, donate their time and their love in putting a smile on a special needs persons face. Seeing those smiling faces firsthand at the Halloween party this past October made me feel proud of what our Elk members do for our community, though many times the things they do go unnoticed.

The Elks have a camp in Haskell, NJ, designed for special needs children. It is called Camp Moore, "Miracle on a Mountain." The Elks Organization also gives to many other charities but could use the support of the community to continue carrying on these special projects. One week sessions cost approximately five hundred dollars per camper for children ages 7-18 and \$950.00 for campers ages 19-21 and is paid for from donations and fund raisers by the lodge. Last year there were approximately 550 campers. So far no child has been turned away. With your help, they can keep it that way.

After 9/11 the New Jersey Elks formed the Army of Hope Committee to help families of servicemen and women from NJ who were deployed. Since then, they now help families of those from N.J. who gave their lives in the service to their country. To date, they are helping 169 families. They donated a state of the art bus that can take on wheelchairs and stretchers to transport the wounded from Fort Dix to the naval hospital in Maryland. Each school child receives \$500.00 for what is needed at the beginning of the school year, and on the first Sunday in September, they hold an annual picnic and memorial service at the Lacey Township Elks Lodge in Forked River inviting the families of all the fallen hero's and wounded servicemen and women. The service also includes a roll call and dates of those fallen heroes and a military flyover. Anyone can attend with a twenty-five dollar admission donation.

Remember, 100 percent of all donations go to designated committees to keep these events going. No member of the Elks has ever taken a salary. Think about donating to your local Elks Chapter today.

It's the American way to help others, especially this Holiday season! Please appreciate your local Elks and all that they do for others by thinking about giving them a generous donation to keep these "programs of the heart" going.

Elks Care- Elks Share. Now it's our turn! You can make a difference this December by sending a donation to the Millstone Elks Lodge #2613, P.O. Box 34, Clarksburg, NJ 08510

Let's make their Christmas Party one that will never be forgotten!



A counselor helping a special needs child maintain a high quality of life at the Elks Coed Special Needs Camp Moore

QUESTION: Is MicroBlading A Tattoo?

ANSWER: With the sudden popularity and media attention to the term microblading, many are led to believe microblading is not a tattoo process. Permanent cosmetics, micropigmentation, dermal implantation, microblading/microstroking, eyebrow embroidery, and long-time/long-lasting makeup, are all different names for the same procedure – cosmetic tattooing. Any time color is placed into the skin with any device, it is a tattoo process as defined by many well-informed regulators, the medical community, and dictionary sources. Denying this process is a tattoo can be problematic for those who would, for religious or other personal reasons, normally refuse to have a tattoo.



Microblading is performed with a grouping or configuration of needles affixed to a handle to manually create lines that resemble eyebrow hairs. Manual methods of tattooing have been used through the ages, and the tools have gone through changes over time from pre-historic sharpened stones to the hand tool devices currently being used. An actual scalpel or cutting-type blade should not be used under any circumstances as these are considered medical devices and cannot legitimately be used for this process. Any hand tool device (i.e., both handle and attached needles) used for microblading should be pre-sterilized and fully disposable.

Microblading may not last as long as other eyebrow tattooing techniques because a much smaller amount of pigment is inserted (tattooed) into the skin as compared to fully or solidly filled eyebrow tattoos.

Eyeliner • Eyebrows • Lip Line and Color • Full Lip Color • Beauty Marks • Scar Camouflage

for a FREE Consultation Call:
Phone # 732-780-0216 and 732-547-0643
500 Route 33 West Millstone, New Jersey 08535
www.envisionmakeup.com

We Will Come To You – Individual Or Groups



We will buy all types of jewelry, in any condition, in any quantity

Free appraisals and never an obligation to sell

We also buy:

- Diamonds in all shapes, sizes, colors and quantities
- Gold Watches
- Platinum
- Coins
- Sterling Silver
- Silver Flatware and Platters



Visit our Website: www.fromGold2Green.com
732-598-6908

WITH THIS AD

10% BONUS \$

Not to be combined with any other offers. Must show coupon at time of transaction.

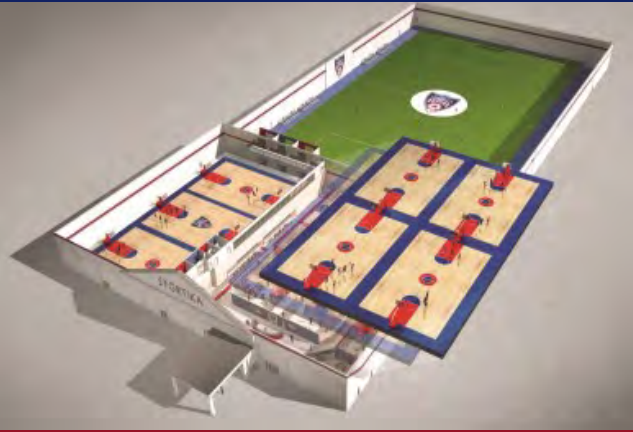


ASK ABOUT FUNDRAISING FOR YOUR FAVORITE CHARITY

“Gold might be shiny, but green is even brighter”



THE ULTIMATE SPORTS EXPERIENCE™



FEATURING

- ▶ **50,000 sq. ft. of HARDWOOD COURTS** usable for Seven (7) Basketball Courts, Seven (7) Futsal Courts and Four (4) Volleyball Courts
- ▶ **44,000 sq. ft. OUTDOOR SPORTS FIELD**
- ▶ **90,000 sq. ft. HIGH QUALITY INDOOR TURF** with a 54 foot ceiling usable for full-sided Soccer, Lacrosse, Football, Baseball, and Softball
- ▶ Two (2) Batting Cages
- ▶ Six (6) Sports Strategy/Meeting Rooms
- ▶ 3,000 square foot Personal Training and Physical Therapy Facility
- ▶ Spacious Men's and Women's Locker Rooms

HOURS OF OPERATION

Seven Days A Week
7am to 11pm



Coming Soon!

**146 Woodward Rd.
Manalapan, NJ 07726**

SPORTIKA

will be the largest and most exciting amateur sports facility in the state of New Jersey.

It will be comprised of approximately 170,000 square feet of sports and non-sports elements that cater to recreational, competitive and elite athletes as well as their family spectators.

SPORTIKA'S

ultimate goal is for each and every person who enters the facility, whether player or non-player, to have

THE ULTIMATE SPORTS EXPERIENCE™



FEATURING

- ▶ Sky Deck Viewing Areas for All Sports Events with FREE Wi-Fi
- ▶ Four (4) 600 square foot multi-purpose rooms convertible to 1,200 or 1,800 square foot rooms usable for exercise classes, birthday parties, larger parties, and corporate events.
- ▶ State of the Art Video Arcade
- ▶ Food Vending Area
- ▶ Relaxing 3,000 square foot TV Lounge
- ▶ Academic Center providing homework clubs, tutoring, academic summer camps, SAT/ACT Prep, college applications counseling, and athletic scholarship preparations.

FOR MORE INFORMATION

call us at 732-577-1745 or
email: sportika@sportikasports.com

sportikasports.com



323A Fairfield Rd., Ste. 10, Freehold, NJ 07728 | 732-577-1745 | sportika@sportikasports.com



The Millstone Times

PHOTOS

❖ OF THE ❖ MONTH

By Pam Teel



Amateur photographer, Terry Goldstein, of East Windsor, took this photo of a dragon fly in her garden.

Alex Ostrow recently retired. Alex has taken up photography as a hobby. He takes his camera everywhere he and his wife go for photo opportunities. Alex likes to think outside the box when it comes to taking pictures. Some of his photos reflect that way of thinking, where the viewer can paint their own story. Alex calls this photo, "Shades of Blue" (The shiny new bike with the ocean in the background.) What's your story behind this picture?



Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: crescent671@gmail.com Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time. If you prefer to send anonymously, we will leave your name out. Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened. Some of the photos received are breathtaking and a true inspiration to those amateur photographic enthusiast who like to capture and keep the memory of the things they view in the world with their eye. It got me to thinking, if there would be any interest in forming a photography group where we could learn from each other, perhaps take in some field trips, and maybe even get a professional photographer involved to give us photographic tips, please email me and let me know if you would be interested. This is open to Millstone, Allentown, Jackson, East Windsor, and all the surrounding communities. Enclosed are some favorites that were recently sent in. Please note- if you don't see your photo in the next issue, have patience, I will get it in.

LOUIS NAPOLITANO D.M.D.

GENERAL & COSMETIC DENTISTRY
ORTHODONTICS • IMPLANTS

**We are pleased to welcome
Dr. Ilan Gamburg, DMD to our practice**

- Veneers
- Digital X-rays
- Crowns, Bridges & Bonding
- Root Canals
- Non-surgical Periodontal Treatment
- Implants and Dentures
- VEL Scope – oral cancer screening: simple, fast & painless
- Nitrous Oxide – available for all procedures
- Oral Sedation
- Digital Impressions – easy & comfortable



STA Single Tooth Anesthesia System Unit

No syringe
No pinch
No facial numbness
Numbs in just the tooth



BIOLASE

\$100 OFF

New, Fast, Effective
Laser Whitening

Includes take home trays

or \$75 OFF

Take Home Whitening System

With this ad only. Offer expires 12/31/16.



FREE Invisalign Consultation

A confident smile
can change everything!

With this ad only. Offer expires 12/31/16.

FREE Implant Consultation + X-ray

Improve your appearance,
eat the foods you enjoy
and invest with this permanent
solution for tooth loss.

With this ad only.
Offer expires 12/31/16.

Visit our state-of-the-art facility

New patients of all ages welcome • Evening & early morning appointments

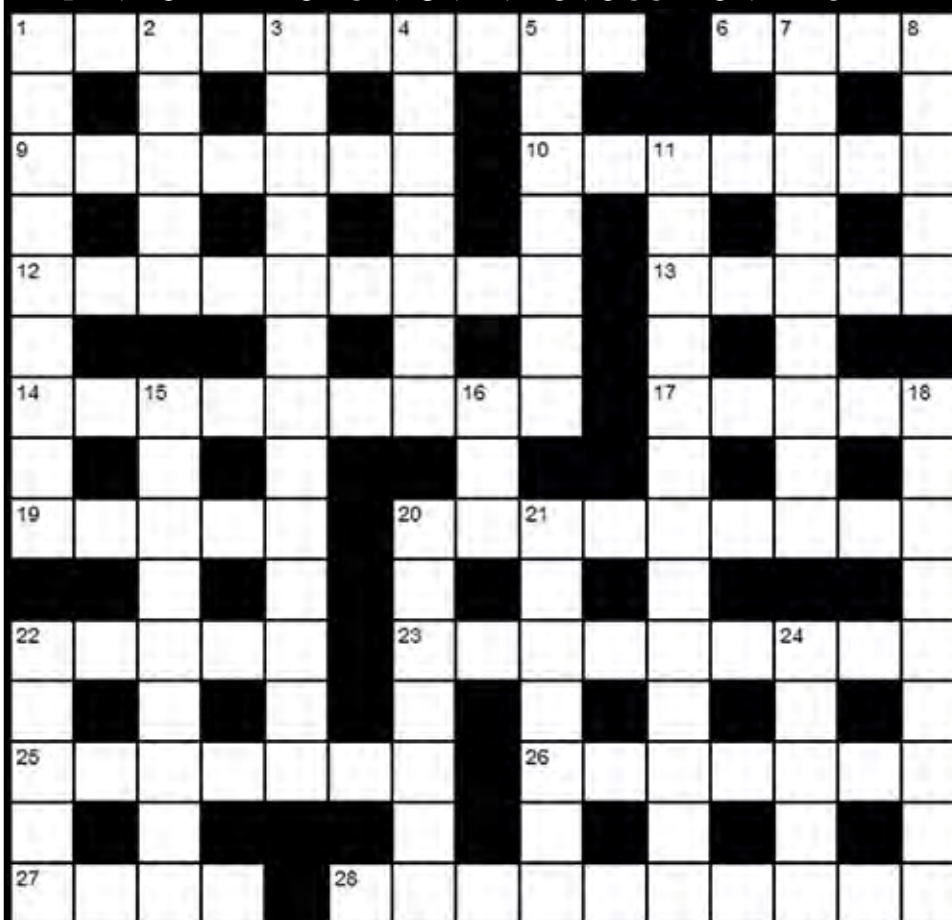
SAME DAY EMERGENCY VISITS

2046 West County Line Road, Suite 2, Jackson

732-905-2488

www.louisnapolitanodmd.com

EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



ACROSS

- Europeans isolated and far from agreeable (5,5)
- A bonus for every thousand (4)
- One turned out to trespass (7)
- Competent secretary featured in Telegraph (7)
- Duck on hearing order from Armada's leader? (9)
- Clubs offering endless satire opening in September (5)
- Induces colleague of Marx to embrace objective and swap sides (9)
- Reject story about Conservative glory (5)
- Holly possibly needs a massage after tennis match finishes (5)
- Win communist backing for confiscation of land (9)
- Government activists initially following Tory party line? (5)
- Brightened up extremely benign Rushdie novel (9)
- Home rule is lawful (2,5)
- Show eager support when hospital application is led by one if its depts (7)
- It's not odd unless son is in the lead (4)
- Genre of films covering medical drama for those in Europe or America?(10)

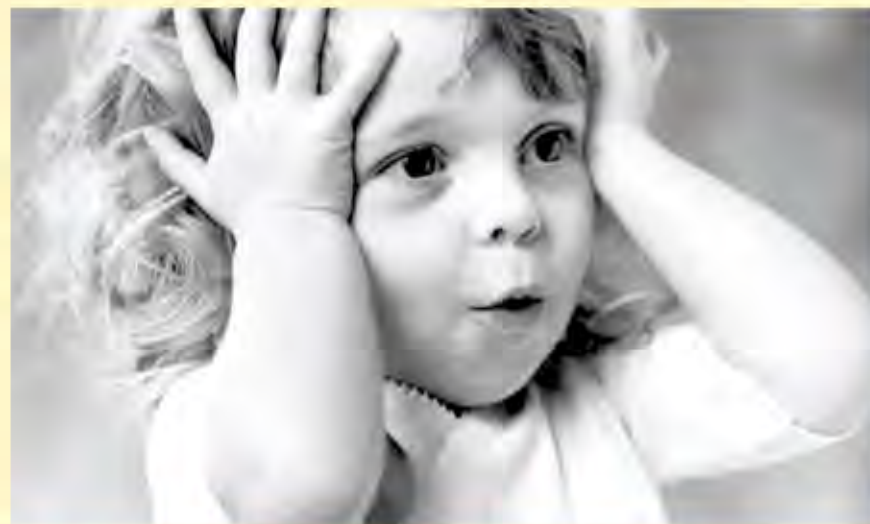
DOWN

- Pagan leader's mysterious site exposed in the media (9)
- Carefree, topless and graceful (5)
- Someone to approach for an opinion re. clue for "uninterested"? (8,5)
- English Queen in call for honour (7)
- Fiddles a game (7)
- Doctor angry about nothing after drug's mixed up (9)
- Detains spy heading north then south (5)
- May perhaps get ready to attend (5,8)
- Reloading fancy candle-holder (9)
- Soak in rosewater, regularly (3)
- Note evidence of sunburn and fatigue (9)
- Nice hostelry in France, to the east, visited by Austrian composer (7)
- Peak cost of borrowing leads to outburst (7)
- Rebuke accepted by French idealist (5)
- Accommodate husband - a waste of space? (5)
- Close match gets time to replace first of linesmen (5)
- Go away with second husband and unlimited food (4)
- Release without charge (4)

Answers on Page 78



TADPOLE VILLAGE PRESCHOOL at Frogbridge



REGISTERING FOR 2016-2017!

State-of-the-art Preschool Located In Beautiful Millstone Township

- NJ State Liscensed
- Certified & Experienced Teachers
- Excellent Teacher Student Ratio
- Ages 2 ½ - 6 years
- Kindergarten & Kindergarten Enrichment
- Mommy & Me & Transitional Mommy & Me
- Mornings, Afternoons or Full Day Classes
- Heartwarming Performances & Seasonal Celebrations
- State-of-the-Art Facility Equipped with Security Cameras and Monitors

- Caring and Nurturing Environment
- Smart Boards
- Special Events
- Spanish Classes
- Music Program
- Computer Lab
- Fitness Program
- 6,000 sq. ft. Gymnasium
- No Need to Be Potty Trained
- Morning Care Available
- Extended Care Option

**PRIVATE
TOURS
Available
Daily**

FOR A TOUR, CALL OUR DIRECTOR DR. LISA POLVERE

609-208-2114 • 732-786-9050

7 Yellow Meeting House Rd. Millstone Twp. NJ 08510 ~ TadpoleVillagePreschool.com

"We Sent Our Child To LearningRx Because We Want Her To Succeed In School - And In Life"

"...And Because We're Her Parents"

"Our Julie was struggling in school. Although she was passing, she had to try so hard just to keep up. It broke our hearts. Her teachers tried, but they couldn't give her the quality time she needed.

Like all parents, we want the best for our child; we started a college fund when she was three. But what good will that be if she can't get into the school of her choice?"

"At LearningRx, Julie made progress right from the start. The look of pure joy on Julie's face as she experiences success at LearningRx is truly priceless. Happily, it looks like Julie's progress will be double that.

From one parent to another, please call LearningRx now and schedule a comprehensive evaluation for your son or daughter. I'll bet LearningRx can help you like they helped us."

**Comprehensive
Testing Only** **\$99**
(reg. \$299)

**To Learn More And View An Informative
10-Minute Video Online Go To
In Marlboro & Red Bank, NJ
732-444-8579
www.LearningRx.com**



All About Snowshoeing

Snowshoeing dates back 6,000 years. It is thought that snowshoes were originally used by Central Asian immigrants to migrate to North America. The travelers modified pieces of wood, which made it possible for them to travel easily in the snow.

Wearing snowshoes allows you to "float" on the top layer of deep snow. Originators of the contraptions used them to enable easier travel for trading, hunting and relocating.

Today we generally use snowshoes for recreation rather than survival. Snowshoes make it easier to extend your hiking season during the colder months. The activity also is a great way to stay in shape, as operating a pair of snowshoes takes a little more effort than walking in regular shoes.

Just as summer brings running marathons, winter bring snowshoeing racing events across the country. You can find these events in New York, Wisconsin, Colorado and other cold-weather states.

Like all other outdoor winter activities, there are safety measures to follow. Dressing in layers, wearing gloves and packing plenty of water are all crucial to having a worry-free snowshoeing adventure.

When starting out, you may be surprised at how much like walking snowshoeing actually is. One obvious difference is that you will need to walk with your feet farther apart to avoid hitting your snowshoes together with each step.

The other required skill with a learning curve is walking uphill or downhill. Your snowshoes will be equipped with cleats or crampons.

When walking uphill, kick into the snow with the front of your boot. This will allow the cleat or crampon to give you a better grip going up. When going downhill, do the opposite and plant your heels into the snow.



Scouting For Food



The Cub Scouts of Pack 116 in Millstone Township know how fortunate they are to have a warm meal every night — whether around the campfire or at the kitchen table. And the boys also know that not everyone is so lucky.

That's the motivation behind Scouting for Food, the annual food-collection drive run by the Monmouth

Council. It's another reminder to our local communities that Scouts are here, doing good turns.

Scouting for Food takes place on two consecutive weekends. On the first weekend, Scouts distribute bags to let their friends, family and neighbors know about the drive. On the second, Scouts revisit those houses to pick up bags full of canned food, cereal, pasta, peanut butter, juice and other nonperishable items.

This year Pack 116 in Millstone participated in the drive, in which scouts collected over 1,000 lbs. of food that was then sorted and delivered to the United Presbyterian Church of Millstone's Food Pantry. They are hopeful that this good turn will become an annual tradition.

After sorting their collection and holding their monthly pack meeting, scouts ranging in age from 5-11 (Kindergarten through 5th grade) had a fun time "feathering" their Cub master, Chris Weltner, and their Den Leaders. Feathers were flying, laughter and smiles were abundant and now many more families in town can feel a bit more joy this holiday season thanks to the efforts of these scouts.

In addition to the Scouting for Food drive, Pack 116 also had another momentous first this month. The Lion Den had their meeting and were introduced to the Pack as their first kindergarten-aged den. Pack 116 was chosen as one of the packs to test this new pilot program for the Battleground District and they are excited about the possibilities this holds for younger boys to start their journey in scouting.

If you know someone who might be interested in learning more about scouting, please visit <http://www.millstonetwp116.mypack.us> or call Cub master Chris at 732-792-6320



THE END OF THE BEGINNING

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

The identity and motive of the New York City high school age protesters (following the national presidential election) is now a matter of public record. A local NY midtown minister took time to mingle with the crowd on the first two nights of protesting and simply ask as many young teens where they came from. The answer: LaGuardia High School in the borough of Queens.

The protesting students told the cleric who was dressed in black robe and white collar, "Our school principle told us to ride the subway into the city and disrupt traffic in front of Trump Tower on Fifth Avenue and protest as loud as you can."

The name of the LaGuardia High School principle and New York City minister were revealed and scrutinized during an interview aired on Fox News Radio at 11:45am on November 11, 2016.

The publication of this sort of information plus the destruction of property in Portland, Oregon following the 2016 Election Day results sadly confirms the long rumored presence of decay and moral corruption at the highest level of our public and private education system.

The President-Elect and President Obama have completed a cordial first meeting per protocol following an election for President of the United States (POTUS). The video and audio of the meeting was broadcast worldwide. There is no way any intelligent person could have missed viewing the news of this one hour long Oval Office meeting.

Which bring us to Miley Cyrus. Wikipedia, the online encyclopedia, has published during 2015 Miss Cyrus was "focused on her acting career with several television and film appearances. Her sexually explicit behavior generated widespread controversy with promoting her fourth album BANGERZ, her first recording contract with RCA Records."

But something else was going on during 2015.

Kathryn "Kate" Steinle was a successful 33-year-old junior executive at Medtronic in San Francisco. On July 1, 2015 Kate contacted her father Jim and suggested they meet for dinner near Pier 14, a popular tourist area with numerous fine restaurants to choose from. Once dinner was over, there was still enough daylight remaining and warm weather for an after dinner walk on the famous fishing pier for this father and daughter.

Tragically they had no way of knowing a 45-year-old man named Francisco Sanchez, a native of Guanajuato Mexico, was lurking in the same area where they were walking. The Steinles also had no way of knowing this man that evening was high on Heroin...had just stolen a loaded .40-caliber handgun from a parked vehicle and -- worst of all -- had been deported from the U.S. a total of five times for manufacturing narcotics.

His ability to return from deportation was made possible because the city of San Francisco has a municipal law on the books classifying itself as a "sanctuary city" offering Sanchez legal safety from being arrested for returning from being deported.

Sanchez fired the gun a total of three times in the direction of people walking on the pier. One bullet struck Kate Steinle in the back and pierced her aorta. Kate was heard by several nearby people to scream for help while her father held her in his arms as she collapsed to the floor of the outdoor pier. She died two hours later at San Francisco General Hospital.

The question we might consider here is: Where was Miley Cyrus to protest that night (or the next day) upon learning of this criminal shooting of a woman only a few years older than Miley's own age?

The same question may also be asked of the thousands of young protesters who appeared on all west coast streets upon learning the winner of the November 8th election. During the hard-fought campaign, the President-Elect vowed to eliminate federal funds being sent to any city that continues their municipal status as a sanctuary city.

Miley Cyrus' very public display of tears shed were never once for Kate Steinle.

WICKED tan

Discover Your Darker Side

Mobile Spray Tanning for Competitions & Other Special Events

Christina Granito, Owner
Central Jersey

908.304.3388

www.getwickedtan.com • wickedtanNJ@yahoo.com

3 Holiday Season Trends

By Jordan Tinitigan

With the holidays around the corner, many savvy shoppers start to put new trends to the test for the season.

The first trend is buying online, picking up in store. If you've ever done online shopping for a store like JC Penney or Kohl's, you've seen there is an option that ships the product to the store instead of your home. This ends up being just like actually shopping because it usually waves the shipping fee.

The second trend is mobile shopping. Now, many retail stores offer apps that are accessible on your mobile device. Since this is easier than online shopping via computer or going into the craziness of holiday store sales, many have turned to this method.

The third holiday shopping trend is social media influence. Especially in younger people, websites like Twitter, Facebook, and Instagram are constantly in your face about the newest and best products. Whether it's the new Nike shoes or the selfie phone case, social media is a huge influencer.

I WILL REVIEW YOUR 2015 TAXES FOR FREE



Kenneth R. Deitz
Certified Public Accountant

KENNETH R. DEITZ, CPA

42 East Main Street, Suite 204
Freehold, NJ 07728

Email: deitzfreeholdcpa@gmail.com

Phone: (732) 780-3665 or (908) 415-8367

Fax: (732) 780-4402

www.kendeitzcpa.com

*Days, evenings & weekend appointments
are available at my office or
at your home or office!*

Call To Make An Appointment —
Free Review Of All
Personal And Business Tax Returns



Authorized IRS E-File Provider
Major Credit Cards Are Accepted

Happy Places to Visit in NJ This Winter

By Jordan Tinitigan

Six Flags Great Adventure (Jackson): Six Flags has recently opened themselves up for the holidays. Decorated for the winter season, you and your family can now ride your favorite roller coasters in the cold weather.

Storybook Land's Christmas Fantasy with Lights (Egg Harbor Township): Here is one of many places in NJ to display beautiful Christmas lights to those who come visit.

The Turtleback Zoo (West Orange): The Turtleback Zoo is still open during cold times. During these months, the zoo hosts amazing light shows at night.

Jenkinson's Aquarium Winter Wonderland (Point Pleasant): (\$6) Visit your favorite sea creatures while the Jenkinson's Aquarium is decorated with holiday spirit and festive fun!



CROSSWORD PUZZLE ANSWER

1	P	O	2	L	E	3	S	A	4	P	A	5	R	T		6	P	7	E	R	8	K
	R			I			O		E			A						M			E	
9	I	N	T	R	U	D	E					10	C	A	11	P	A	B	L	E		
	E			H			N		R		K				R			R			P	
12	S	H	E	L	D	R	A	K	E						13	I	R	O	N	S		
	T						I		G		T				M			I				
14	E	N	15	G	E	N	D	E	16	R	S				17	E	C	L	A	18	T	
	S			I		G				E					M		E				I	
19	S	H	R	U	B				20	A	T	21	T	A	I	N	D	E	R			
				A		O			U		O			N							E	
22	C	O	N	G	A				23	B	U	R	N	I	S	24	H	E	D			
	H			D		R			E			R		S		O				N		
25	I	N	O	R	D	E	R					26	E	N	T	H	U	S	E			
	D			L				G			N		E		S					S		
27	E	V	E	N				28	W	E	S	T	E	R	N	E	R	S				

Did You Know...

By Pam Teel

Did you know that Daylight Saving Time (DST) could have been started with an idea from Benjamin Franklin back in 1784? Franklin suggested, jokingly, in an essay he wrote to the editor of the Journal of Paris titled, "An Economical Project for Diminishing the Cost of Light," that Parisians could economize the usage of candles by getting people out of bed earlier in the morning to make use of the natural morning light instead.

DST normally adds one hour to standard time with the purpose of making better use of daylight and conserving energy. This means that the sunrise and sunset are one hour later on the clock than the day before. DST has only been used for about the last 100 years, though the idea was thought of long before that. Ancient civilizations were known to have been engaged in a practice similar to modern DST by adjusting their daily schedule to the sun's schedule. Not many people in the U.S. look forward to the fall change of rising up in the dark and coming home in the dark and despite what people were led to think, DST was not designed for the farmers whose plows follow the sun. In fact, changing the clocks does not create extra daylight. DST simply shifts when the sun rises and sets relative to our society's regular schedule and routines.

DST has more to do with efficient ways to save energy during those peak hours, however, recent research suggests that DST in some cases actually increases energy usage and whether you are for it or against it, for the time being, it is here to stay in most states.

Germany was the first to use DST in 1916 when clocks were turned ahead one hour to minimize the use of artificial lighting in order to save fuel for the war effort during World War I. The United Kingdom, France, and many other countries soon followed. Some reverted back after the war and then went back to DST during World War II.

DST was first used in Ontario, Canada, in 1908, and other Canadian cities soon followed.

The first daylight savings plan was presented to Parliament in 1909.

In the U.S., it was called "Fast Time" and introduced by President Woodrow Wilson, who signed it into law to support the war effort during World War I. The idea was sparked by Robert Garland, a Pittsburgh Industrialist, who had encountered the idea from the UK. Some U.S. cities continued to use it, others chose not to. In 1942, Franklin Roosevelt instituted year round DST in the U.S. Year round DST was then called, "War Time" during World War 2 and U.S. time zones were called Eastern War time, Mountain War Time, Central War Time, and Pacific War time.

From 1945- 1966 DST caused a lot of widespread confusion, especially for train, buses, and the broadcasting industries, which brought about The Uniform Time Act of 1966, where DST would begin on the last Sunday of April and end on the last Sunday of October. Although altered a few times, as it stands now, DST starts on the second Sunday in March and ends on the first Sunday in November. Now used in over 70 countries worldwide, it affects over a billion people every year. Not all U.S. States change their clocks. Hawaii and Arizona (excluding the Navajo Nation), American Samoa, Guam, Puerto Rico, the Virgin Islands, and Northern Mariana Islands do not observe DST.

Whether we like the time change or not, we need to learn to cope with it, especially the fall time change. For some people, feeling blue can indeed be seasonal. Shorter days and less time spent outdoors are triggers for seasonal affective disorder, a condition that's estimated to affect up to five percent of the population. And even people who don't have clinical depression can experience milder feelings of sadness, fatigue, and low mood throughout the colder months.





*The Speech Tree has been
providing Speech, Language,
and Feeding Services
for over 20 years*

OPEN 7 DAYS A WEEK



The Speech Tree specializes in the treatment of children with:

- Receptive & Expressive Language Delays/Disorders
- Feeding Delays: Including Sensory & Behavioral Involvement
- Articulation/Phonological Disorders
- Stuttering/Cluttering
- Oral Motor Impairments
- Cochlear Implants/Hearing Aides
- Auditory Processing Disorders
- Apraxia
- Autism Spectrum Disorders
- Feeding and Social Skills Groups
- Down Syndrome

**We also offer
Occupational therapy
and Audiology**

*Speech Therapy available in
Spanish, Russian, Urdu,
Hindi & Punjabi*



Morganville
23 Kilmer Drive
Building 1, Suites C & D
Morganville, NJ 07751

**Most Health
Insurances Accepted**

Monroe
7 Centre Drive
Suite 11
Monroe, NJ 08831

Phone (732) 617-1500 • Fax (732) 617-1600 • www.speechtreecenter.com

Township Eagle Scouts Honored

By Pam Teel

Three young men from Scout Troop 116 have been honored by the Eagle Court at Saint Josephs Church in Millstone Township for their community projects that helped to benefit their township.



*Brendan Maher (photo's courtesy of
Doreen Laskiewicz Photography LLC)*

Sixteen-year-old Nicholas Boyler is a junior at Allentown High School. Nicholas designed and built six large freestanding bat roosting boxes. The building of these boxes can help replace lost or degraded habitat that has been contributing to the decline of bat populations throughout North America. Bats in New Jersey that are likely to inhabit the boxes include, Little Brown Bats and Big brown bats. New Jersey's little brown bat population has been ravaged by fungal diseases making them subject to distinction. Under the direction of the Monmouth County Park System environmentalists, the bat boxes were installed within the Perrineville Lake Park system and also on a local farm that borders the park. Nicholas's goal was to give the bats a chance to survive.

18-year-old Thomas Brockman is a senior at Allentown High School. He designed and built a decorative garden bed that enhances the entrance sign to the Historic Baird Homestead in Millstone Township.

The Baird Homestead, built in the 1830's, has been restored as a Museum by the Friends of Millstone Registered Properties. Thomas designed and walled the garden with boulder stones from the foundation of the original barn. The garden bed features an antique farm artifact from that period, which attracts attention to the site.

18-year-old Alden Littlefield attends Mercersburg Academy in PA. Alden designed and built a 4' x 20' paver walkway with a 12' paver and cement display area at the Baird Homestead Museum. The walkway was designed with the historic feel of the Museum and included dedication pavers. The Baird House is an Agricultural Learning Museum. Alden worked closely with the Board Members of the Friends of Millstone Township Registered

Properties to assure the design and placement of the walkway matched with the historic surroundings. This project was a focal point of the 2015 Harvest Festival. Some of the pavers were stamped with people's names and sold to raise money to the museum.

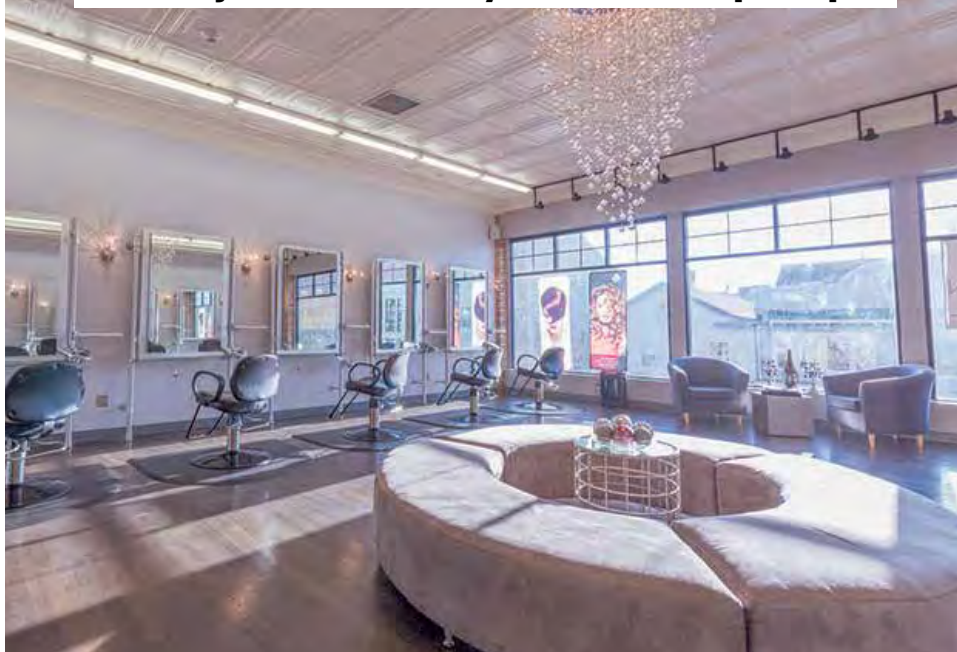
Brendan Maher is also 18 years old. Upon graduation from Allentown High School, Brendan enlisted in the United States Marine Corps and is currently at Boot Camp in South Carolina. Brendan designed and constructed a 6 foot by 10 foot planter at the front entrance of St. Anthony's Church in Hightstown, NJ. The planter is 20 inches in height and is constructed of landscape block. The planter was lined with landscape fabric, contains gravel at the base for drainage and high quality topsoil. The planter was filled with semi- evergreen, flowering perennials, and beautifies the entranceway of the church. The wall of the planter is low enough to provide a seating area when people gather in front of the church.

Congratulations to all three scouts for their fine work and the best of luck in all of your future endeavors.



(l to r) Thomas Brockman, Alden Littlefield, Nicholas Boyler

GRAND OPENING
Please join us January 19, 2017 5pm-9pm



Voted Best of Monmouth 3 years in a row!

Chips
HAIR SALON
EST 1998

NEW LOCATION

21 W Main St., Freehold • www.chipssalon.com • (732) 431-9070

Chips Salon Moves to Freehold

By Susan Heckler

A funny thing happened on the way to Freehold. I had an appointment to meet with the owner of a Chips Salon who recently moved her facility to Downtown Freehold, one of my favorite destinations, at 21 West Main Street. I walked in hoping to sell an ad and after bantering back and forth, I was dared to stay for a makeover.

Understand that I have been using the same salon for 24 years and have been very happy. So here I am, thinking I am looking GOOOOD. My hair was just cut and colored to my satisfaction two weeks ago. I consider my hair to be a problem, health issues and hormones have been wreaking havoc with me. I made every excuse in the world but finally succumbed. I played along with the challenge, thinking all salons are created equal.

I upped the ante and asked a male friend to keep me company and voice his opinion. When he walked in to the striking room and I introduced him to the staff, they made him part of the bargain. He just had his hair cut in a posh NYC salon for \$75 and was not going to be easy to impress.

The salon is on the second story of a building listed with the Historic Register. The space is great, extra high ceilings and floor to ceiling windows overlooking Main Street USA. The interior is like a New York City Loft salon, clean and sleek with European flair. It is open and roomy yet cozy, with warm colors, warm smiles, cushy chairs, and great music. I sat, watching to see what my neighbors are eating while they dined al fresco across the street with my bird's eye view.

The owner, Onita Luisi, was trained in England, in the business for 30 years and has this amazing, soothing accent. She is an educator for Paul Mitchell and has handpicked and trained all of her stylists to meet her expectations. Each employee I met was professional and just great. You are surrounded by really nice people looking to make you the beauty you are meant to be.

WELL... the experience was beyond indulgent. They cater to your every need and have gone great lengths to make customers comfortable. Everything is state of the art, shiny and new. The front of the salon is all about the hair. The middle is the color station for hair and makeup. In the more private area will be the waxing and other Day Spa menu items that will be coming soon.

I am too boring to do anything drastic, but what these ladies do to "brown" hair is wonderful. Their product left my damaged, thinning hair rich and luxurious. The next day I wet it down and tried doing my November version of beach waves successfully. My friend will be having his do done in Freehold from now on.

I left beyond satisfied and will be very happy to come back in a few weeks for another cut. I am hoping to come on a Saturday when they pop open the bubbly for mimosas.

I lost the challenge but am happy to say I am a happy loser this time. Check out Chips Salon at 21 West Main Street in Freehold on the second floor and tell them Susan and Michael sent you!



HOWELL
Auto Driving School

ESTABLISHED IN 1963



Serving Monmouth & Northern Ocean Counties

**APPROVED
DEFENSIVE DRIVING COURSE**

Classroom or Online
(Points/Insurance Reduction)

Free Door-to-Door Service 7 Days a Week!

Late Model Dual Control Cars • Written & Road Test Service

One Student Per Car • Road Test Refresher Course

Parallel Parking • Teenage Insurance Certificate



16 YR OLD Programs!

GIFT CERTIFICATES AVAILABLE!!

1220 ROUTE 9 SOUTH
HOWELL TOWNSHIP

(732) 462-4951

www.HowellDrivingSchool.com

\$25 OFF

16 Year Old Program

*With Coupon Cannot be combined
with any other offers.
Expires 12/31/16.*

FREE Written & Vision Tests! FREE Re-Tests as Many Times as Needed!

East Windsor Township

Novitium Pharmaceuticals Relocates

Novitium Pharmaceuticals Relocates and Expands to 45,000 Square Foot Facility at 70 Lake Drive just off New Jersey Turnpike East Windsor Interchange 8, from a small facility employing 20 people in South Plainfield, NJ. The company now employs 46 workers with plans to grow to 100 workers in 2017 and to add another 100 workers in 2018. Novitium Pharmaceuticals, a new start-up pharma company by longtime industry professionals, specializes in developing and manufacturing generic forms of drugs in dosage forms such as tablets, capsules, oral/topical liquids and creams. In addition to developing and manufacturing generic drugs, Novitium will also market directly to major retailers such as CVS, Walgreens and Rite Aid. Extensive renovations are on-going and planned for the existing 45,000 square foot building, consisting of a fit-out of 2,000 square feet for additional office and lab space, followed by a fit-out of 35,000 square feet of space, currently configured as a warehouse, for the manufacture and packaging of pharmaceuticals.



Mayor Janice S. Mironov and Council Members joined Novitium Pharmaceuticals executives to announce the relocation of the company to a 45,000 square foot facility on Lake Drive in East Windsor Township. Pictured (from left to right) are: Council Member Denise Daniels; Muthusamy Shanmugam, President and Founder; Mayor Janice S. Mironov; Chad Gassert, Chief Executive Officer, and Council Member John Zoller.

Police Department Receives Award

East Windsor Township Police Department Awarded \$4,028 State Grant from the New Jersey Division of Criminal Justice 2016 State Body Armor Replacement Fund Program for Purchase of Police Body Armor. East Windsor had also been awarded a \$9,201.71 grant for purchase of police body armor under the United States Department of Justice Bulletproof Vest Partnership. These funds are used to supplement Township expenditures for the periodic replacement of body armor issued to and used by members of the Township police department.

Congratulations Council Member Denise Daniels

East Windsor Township Council Member Denise Daniels Elected by Voters in November 8 General Election. November 8 General Election Results are available on the Mercer County Clerk website: <http://nj.gov/counties/mercerc/officials/clerk/>

Free Recycling of Rechargeable Batteries

Free Recycling of Rechargeable Batteries Is Available at Home Depot in East Windsor, located at 739 Route 33 West. The Home Depot is part of a national program called "Call2Recycle" which is a free, in-store recycling program that offers customers convenient access to recycling rechargeable batteries and cellphones. Any rechargeable battery that weighs less than 11 pounds is accepted. Rechargeable batteries can be found in cordless power tools, cellular and cordless phones, laptops, digital cameras, and other portable electronics. For additional information, go to www.call2recycle.org/the-home-depot/ or <http://www.call2recycle.org/the-home-depot/>



Spotlight East Windsor

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

To view the most recent broadcast please visit

<http://www.east-windsor.nj.us/>



Welcome To Millstone's Jade Plaza



Window Décor & Accents

Unbeatable Price A Simple Process Stunning Results

Drapery Panels

Swag

Valances



Cornices

Decorative Rods

Fabrics

windowsbyjayne.com | 732 492 6777 | jayne@windowsbyjayne.com



@windowsbyjayne



@windowsbyjayne



facebook.com/windowsbyjayne

494 Monmouth Road - Suite 2, Millstone, NJ 08510

Looking For Rental Space?

Join Jade Plaza - Rental Units Available

Call RE/MAX Homeland WEST 609-208-1800



Winter Break that Won't Break the Bank

By Stefanie Maglio

Christmas tends to be the start of winter break, and there are many festivities that are going on during this time. But what about the week or so that follows the holiday? The children are home from school and parents often stay home from work to spend some quality time with their family. It may be difficult to keep things entertaining around the house. The kids may want to go outside the house and participate in some sort of fun activity. However, not everything is fairly priced. Here are some activities to consider this winter break that won't break the bank:

Take the kids sledding at your local park. If they don't have sleds, use the covers of your garbage cans. They work just as well.

Make hot chocolate at home. If you feel like being extra creative, add Milky Way candy or a candy cane to the drink. Marshmallows work too.

Have a movie day/night with the family. Each member of the family can pick one or two movies to watch that day and everyone can make and share snacks.

Make a holiday cake. There are all sorts of recipes online and in magazines. Go to your local grocery store, pick out some ingredients, and get to work.

Build a snowman. Add accessories such as a hat, or scarf.

Build a gingerbread house. They often sell kits for these at the grocery store.

Purchase some spray paint or silly string from the dollar store. If there is snow on the ground, use it as your canvas and make some cool drawings on your front lawn.

Whatever you and your family decide to do this winter break, make the best of it and enjoy the quality time together. Happy holidays!

BROADWAY IN THE WINTER: Must see plays & musicals

By Stefanie Maglio

A trip to New York City this winter could be the perfect way to get the family together. There's nothing like a nice dinner, a trip to Rockefeller Center, and a Broadway show during the holidays. Here are some of the must-see shows you and your family should check out this winter:

Musicals- The Lion King, Wicked, The Book of Mormon, The Phantom of the Opera, Matilda, Aladdin, School of Rock, Cats, Chicago, Kinky Boots, Christmas Spectacular Starring the Radio City Rockettes, Something Rotten

Plays- The Encounter, Not that Jewish, The Front Page, The Humans, The Present, The Glass Menagerie, The Cherry Orchard

These are just some of the many shows out there. Go online to broadway.com for more information! Happy Holidays!



**FREE Introductory
Parent & Me Class.
No obligation.
For a tour call Jayne
732-462-3264
shaariemeth.org**

Parents, grandparents and children all make new friends. Call Jayne or email jllieberman@shaariemeth.org

- Calm & soothing environment
- Affordable, nonprofit school
- Intro to child's Jewish heritage
- Warm, friendly clergy and staff
- Children's Shabbat services
- Interfaith families welcomed



Temple Shaari Emeth

400 Craig Rd. • Manalapan, NJ 07726 • (732) 462-7744



Like us on Facebook



The Historic Commission

Proudly presents a

Holiday Open House

At the Historic Baird Homestead

24 Baird Rd. Millstone Township

On Sunday, December 11th, from 12-3

Please join us to bring in the New Year with refreshments & song!

There will be carolers every hour on the hour

and crafts for the children.

Whether you've already seen the historic 1830's

Thomas Baird's Homestead

Or you haven't yet had a chance, please stop in!



MOVIE OF THE MONTH

By Jordan Tinitigan

**Grab your Family and some Popcorn and
Enjoy these Parent-Approved Movies**

Sing

Release Date: December 21st, 2016 PG

Dapper Koala Buster Moon presides over a once-grand theater that has fallen on hard times. An eternal optimist, and a bit of a scoundrel, he loves his theater above all and will do anything to preserve it. Facing the crumbling of his life's ambition, he takes one final chance to restore his fading jewel to its former glory by producing the world's greatest singing competition. Five contestants emerge: a mouse, a timid elephant, a pig, a gorilla and a punk-rock porcupine.

Cast: Matthew McConaughey, Reese Witherspoon, Seth MacFarlane, Scarlett Johansson,

Genres: Musical comedy, Animated

Believe

Release Date: December 2nd, 2016 PG

A small-town business owner and a boy who believes in miracles save the annual Christmas pageant.

Cast: Ryan O'Quinn, Shawnee Smith, Danielle Nicolet, Kevin Sizemore, David DeLuis

Genres: Drama



609-409-1700
www.monroeorthollc.com
2 Centre Drive, Suite 300
Monroe Township, NJ 08831

Orthodontics for Children, Adolescents and Adults

Susan Leiva, DMD
Orthodontist
NJ Specialty Permit #3852

- We accept most insurances
- Advance state-of-the-art office and highly trained orthodontic team
- All new equipment and materials
- The most modern sterilization procedures available
- Digital x-rays and imaging allows you to see your treatment plan
- Invisalign certified - the new invisible braces
- Financing Available
- Located next to Bank of America & across from Forsgate Country Club

FREE
Orthodontic
Consultation

With Coupon.
Not valid with other offer or prior services.
Exp. 12/31/16

\$300 OFF
A Full
Orthodontic Treatment

With Coupon.
This offer applies to new patients only and cannot be combined with any other coupons or offers. This offer may only be applied to full treatment. This offer cannot be used with discounted insurance plans.
Exp. 12/31/16



recipe of the month

SHRIMP AND QUINOA DINNER

This 15 Minute tasty, simple and satisfying makes this meal the perfect weeknight dinner for easy entertaining. The blend of shrimp, quinoa, and onions is a great source of high-quality protein and potassium, which is always a plus.

INGREDIENTS:

- 1/2 cup low-sodium soy sauce
- 1/4 cup balsamic vinegar
- 1/2 teaspoon pepper
- 1 clove garlic, finely minced
- 2-4 dashes hot sauce (optional)
- 1 cup quinoa
- 1 tablespoon olive oil
- 1 red onion, thinly sliced
- 1 cup raw shrimp (fresh or frozen and defrosted)

DIRECTIONS:

In a medium sized bowl, combine soy sauce, balsamic vinegar, pepper, garlic, and hot sauce (if using). Stir until well blended and set aside.

Combine quinoa and 1 3/4 cups water in a pot. Bring to boil, cover, and reduce to a simmer for 10 minutes, or until quinoa is cooked and tender. Remove from heat and set aside.

While quinoa is cooking, begin cooking shrimp: Heat oil in a frying pan over medium-high heat. Add onions and shrimp. When shrimp begin to turn pink, add sauce and continue to cook, stirring frequently.

When shrimp is cooked through, add quinoa, and stir until well combined. Drizzle with soy sauce or fresh lime juice.



FREEHOLD
Smiles
Family, Laser & Cosmetic Dentistry

Dr. Rochelle Heller is a different kind of dentist. Gentle, patient and caring, she takes the time to provide the best care possible. She is also well regarded by her patients for her thoroughness. Rather than being rushed, you know that she is there to serve your needs.

- Trusted, Comfortable & Caring Dentistry
- Digital X-Rays (Less Radiation)
- Sedation Dentistry Available
- All Insurance Welcome & Maximized
- 0% Financing Available



122 Professional View Drive · Bldg. 100
Freehold, NJ 07728
(for GPS use 1101 W. Main Street – 1/4 Mile W. of Centra State Hospital)

Phone: 732-625-9600

Fax: 732-625-9800

\$199

NEW PATIENT SPECIAL

includes, cleaning, exam, x-rays

FULL VALUE AT \$395

FREE

2ND OPINION CONSULTATION

FULL VALUE AT \$99

FREE

CUSTOM WHITENING TRAY

*with completed restorative treatment
restrictions apply*

FULL VALUE AT \$495



www.freeholdfamilydentistry.com

10 Holiday Happenings in Bucks County, PA

By Pam Teel

From festive furry friends to holiday light shows, Bucks County offers the perfect events and activities to celebrate the holiday season. Bring the whole family across the river into Pennsylvania to welcome winter and spread the yuletide joy!

Everyone's favorite street will be decked out in holiday lights during 'A Very Furry Christmas' on select dates from November 19 through January 1 at Sesame Place! New this year is a holiday sing-along adventure on the Furry Express and Lightening the Reindeer! The park will also have special Christmas shows, dry rides, the illuminated Neighborhood Street Party Christmas Parade, visits with Santa in his Furry Workshop, Christmas treats and shopping.

Millions of lights illuminate acres of Newtown farmland during Shady Brook Farm's 2016 Annual Holiday Light Show. Take a tractor-drawn wagon ride through whimsical light displays filled with your favorite holiday characters or keep cozy and warm in the comfort of your own vehicle from November 19 through January 8.

Dress the kids in their PJs as they live out their Christmas fantasy and hop aboard the North Pole Express on the New Hope & Ivyland Railroad for an unforgettable holiday journey! Santa and Mrs. Claus will join you with hot cocoa, cookies and Christmas Carols on select days from November 19 through December 31.

Get a feel for a colonial Christmas this year at Pennsbury Manor during their annual Holly Nights December 1 and 2. A community tradition for more than 35 years, warm up beside crackling bonfires, listen to the beautiful sounds of carolers and take a candlelit tour of this historic Manor House built by Pennsylvania's founder William Penn.

Santa kicks off the holidays at Peddler's Village with one million dazzling lights during the Grand Illumination Celebration on November 19. The lights will stay on through the holidays. Stop in to see their locally made Gingerbread House Display!

Witness history on the shores of the Delaware River on December 11, during the annual re-enactment of General George Washington's daring river crossing on Christmas Night in 1776. Watch more than 200 re-enactors row across the river in the same style Durham boats and see colonial-era games and period demonstrations. Or

catch the Annual Christmas Day Crossing Re-enactment takes place at Washington Crossing Historic Park.

Come to the Christmas capital of the county, Byers' Choice, this holiday season! Enjoy Christmas cookies and juice as you explore the famous Christmas workshop observation deck and marvel at more than 250 Nativities from around the world in the Creche room. On December 9 and 10, listen to the great-great grandson of Charles Dickens when he performs a reading of the classic "A Christmas Carol." From November 19 through January 3, stop by the Mercer Museum to visit the "Under the Tree: A Century of Holiday Trees and Toys" exhibit. See Fonthill Castle decked out for the holidays December 2-January 2, stop by on December 10 for a special Holiday Lights Meander, or marvel at the castle under the cloak of darkness with a candlelight holiday tour December 30. On December 4, Fonthill and Moravian Pottery & Tile Works host a free Holiday Festivities event for the whole family.

Take a holiday tour of the farmhouse once lived in by Nobel and Pulitzer Prize winning author Pearl S. Buck during the 38th Annual Festival of Trees November 8 through December 31. Come out for the Community Open House on December 8 or be sure to stop by on select dates from November 25 through December 4 for their annual Holiday Craft Show!

The Bucks County Visitor Center in Bensalem will be filled with holiday cheer as 25 uniquely themed trees light up the main gallery during the 11th Annual Bucks County Holiday Tree Fest. Throughout the six-week celebration, visitors can browse the decorated trees, enjoy musical entertainment, visit with Santa Claus and even bring their furry friends along for pet photos on select dates between November 22 and January 5. Information courtesy of Alexa Johnson, Public Relations Manager- Visit Bucks County.



Peddler's Village all lit up with Christmas Lights



Re-enactment of Washington's Crossing

The Millstone Times STUDENT OF THE MONTH

Ellie Mashkevich

By Pam Teel

Thirteen-year-old Ellie lives in Millstone Township. She attends the Millstone Middle School and is a very conscientious student maintaining a steady flow of A's in her studies. She also plays the alto saxophone and loves to perform in school plays. She loves to play Lacrosse and seems to be following in her mom's entrepreneurial footsteps.

Her mother, Jessica Mashkevich, created Kona Benellie designs in 2010. Her signature products, the OmniRobe, the THROWBEE blanket-poncho, and the Kona Pet Blanket have appeared on the TODAY Show, QVC, The View, Parade Magazine, and more. It was during the spring of 2014, while visiting a local animal shelter, Jessica noticed that the dogs had very little to bring them comfort and security as they waited to be adopted. Seeing that blankets are at the top of shelter wish lists nationwide, she knew that this was where she could help make a difference. The company now matches each customer purchase with a new blanket given to a shelter dog in need. Since that day in 2014, her company has donated thousands and thousands of new blankets to shelters throughout the United States.

Though Ellie can't pinpoint exactly what she wants to focus on in the future as far as careers, she currently has many passions and is highly motivated and competitive. She also has a very big heart for taking care of and helping homeless animals.

This past September, Ellie, her friend, and her mom went on a mission to Georgia to help one of Kona Benellie's giving partners, Animal Aid USA, bring over 400 rescued dogs back up north for a better life. Animal Aid USA is an all-volunteer nonprofit organization that provides education, awareness, and resources to the public in an effort to empower positive changes for shelter animals. Animal Aid Rescue has a safe haven in Georgia that rescues dogs in high-risk situations, such as high kill shelters, horrific conditions, neglectful cruel dog owners, and or abandoned animals. Working side by side with Animal Aid Rescue, the trio got the dogs ready for the trip up north. They also left behind over one thousand blankets for the rescue group. The dogs came to New Jersey by airplane and by caravan. The pilots of eleven planes donated their time and their planes for the trip north through Pilots and Paws. There were also 12 vans and 3 rigs for the road trip home. Each dog had a blanket to snuggle with for their trip. When they arrived back home, they were greeted by rescue groups and children holding banners and cheering. Every one of the 400 animals were all claimed by receiving rescues. Ellie felt proud to have been a part of that rescue mission and to experience the process of helping to save dogs' lives hands on. She and her friend washed, walked, played with, loved, and hugged the dogs. It made her feel proud knowing these animals are getting a second chance at life.

If Ellie had but one wish, she would wish that all the dogs in the world would have loving homes. Ellie's love, compassion, kindness, and empathy is what will make her a leader to her peers and encourage them one day to step out of their comfort zone and do more than just think about helping animals in need.

Ellie, we're proud of your academic achievements and the fact that you have such a big heart and a voice for animals in need. Keep up the good work in school and continue to be an advocate for the animals!

If you are interested in finding out more about or donating to Animal Aid USA or adopting a pet, go to: www.animalaidusa.org.

Remember with every blanket purchased, another blanket goes to a shelter dog! You can find more information and photos of Ellie's rescue mission on facebook under Kona Benellie.

Lots of luck with all of your future endeavors Ellie, especially those that involve helping animals!!



GOLD-N-TIME
FULL SERVICE JEWELERS

As Seen In:
Neiman Marcus
Bloomingdales
Lucky Magazine
In Style Magazine



Gabriel & Co.
NEW YORK

STOP & SHOP SHOPPING CENTER, 700 TENNENT ROAD, MANALAPAN
732-536-6020

We All Deserve Some Style This Holiday



**Illusions
Salon & Spa**

**FREE \$10
Gift Card**

with any \$100
Holiday Gift Card Purchase

Expires 12/23/16



- Full Service Salon
- Hair ~ Nails ~ Skin
- Blow Out Packages Available
- Weddings ~ Sweet 16's ~ Formal Affairs

Three Brooks Plaza 3475, Route 9 North, Freehold
732.462.2101 • www.IllusionsHairSalonAndDaySpa.com



WHAT YOU SHOULD KNOW AFTER BEING INVOLVED IN A CAR ACCIDENT?

By John Bazzurro

In my practice, clients will typically come in for a consultation concerning injuries sustained in a motor vehicle accident more than one month after the accident has occurred. In general, it is after this time that people realize that they have sustained personal injuries, which warrant a visit to an attorney for advice. However, what a person does or does not do in the first 30 days after a motor vehicle accident may have a significant impact on their ability to bring a lawsuit in the future.

First and foremost, it is important that individuals involved in motor vehicle accidents report their accident to the local police or proper authorities to ensure that there is a record of the accident and to obtain the other drivers' information. In fact, N.J.S.A 39:4-130 specifically requires that any motor vehicle accident in which a person is injured or in which the property damage is greater than \$500.00 be reported to the local police department. Often times clients will tell me that they and the other driver decided not to report the accident to the police in order to avoid having to "put it through" their insurance. In these instances, the other driver may attempt to deny that the accident even occurred. Thus it is important that the accident be reported promptly-especially where significant property damage or personal injuries are involved.

Second, it is important to know that any and all medical treatment that is required as a result of injuries sustained in a car accident be paid for by the applicable motor vehicle insurance policy as opposed to a health insurance policy. New Jersey law provides that automobile policies of insurance provide Personal Injury Protection coverage (PIP) to allow for those injured in motor vehicle accidents to receive proper medical treatment. If such medical bills are paid for by health insurance as opposed to automobile insurance, issues may arise in the future concerning the potential need to repay the health insurance company for any benefits paid. Thus, when visiting an emergency room or physician for treatment related to a car accident, you should provide them with your automobile insurance policy information.

Third, with regard to damages to your vehicle, you should obtain a copy of the police report as soon as possible (typically police departments will be able to provide same within a few days) for purposes of identifying the other drivers' insurance company. Once the insurance company is identified, they should be contacted and advised that your vehicle sustained damage due to the negligence of their driver. However, when speaking to the other insurance company, no statements should be given concerning how the accident occurred or the nature and extent of any injuries suffered. Instead, you should only provide them with a copy of the police report to show them how the accident happened. If you provide the other insurance company with a statement, that statement may be used against you in any future litigation (including traffic court) concerning the accident.

Finally, any and all "evidence" should be recorded and maintained in the event a lawsuit arises. For instance, photographs should immediately be taken of the damage to your vehicle as well as the other vehicle if possible. Additionally, photographs of any injuries sustained (bruises, cuts, scrapes, abrasions, casts and bandages) should also be taken. If anyone approaches you at the scene of the accident you should take down their contact information for potential future use.

If you are aware of these issues and comply with the actions suggested, it will make it easier for you and your attorney to properly and efficiently pursue any claims against the other drivers. However, your failure to abide by all or some of the suggestions, your failure to do so may make any claims much more difficult to pursue.

Of course, if you have any questions concerning the above, please do not hesitate to contact our office for a consultation..

JOHN T. BAZZURRO, Esq.
Board Certified Civil Trial Attorney
LAW OFFICES OF JOHN T. BAZZURRO, LLC
200 Meco Drive, Millstone Township, New Jersey 08535
Phone (732) 410-5350 Fax (732) 810-0006

LAW OFFICES OF
JOHN T. BAZZURRO
LLC



**LARGE FIRM REPRESENTATION
WITH PERSONAL ATTENTION**

- Personal Injury
- Motor Vehicle Accidents
- Nursing Home Neglect
- Wills

AREAS OF PRACTICE:

- Municipal Court Practice, Including Defense of DWI, Traffic Tickets and Non-Indictable Offenses
- Workers Compensation
- General Civil Litigation
- Employment Law
- Residential and Commercial Real Estate Transactions

Certified by the Supreme Court of New Jersey as a Civil Trial Attorney
Member of New Jersey and New York Bars

David P. Levine, Esq. Of Counsel to the Firm
200 Meco Drive, Millstone Twp., NJ
Email: jtbazzurro@bazzurrolaw.com
732-410-5350 • www.bazzurrolaw.com

GUNTHER
Publishing Enterprises, Inc.



Get To Know Our Publications



CALL FOR A FREE MARKETING REVIEW
732.995.3456

info@guntherpublications.com
www.GuntherPublications.com

We've Got Your Business Marketing Covered!
In Print, Direct Mail, Online, Social Media & more

Performance Enhancing Drugs

John Jarsolawski

One of the most controversial topics in all of sports is the use of performance enhancers. The problem lies within the definition of a “performance enhancer.” Baseball, specifically, has had the most problems with performance enhancing drugs, or PEDs, and has had to create several ground rules to control them. Most people and nearly all the media associate PEDs with cheating. Making PEDs a derogatory term shapes the mind of society when performance enhancers have proven to increase competition and popularity in baseball.

When people hear the word “steroids” their mind is filled with all sorts of negative terms, such as “cheater” or “fake.” This naïve way of looking at the topic have caused Major League Baseball and several other sports to ban the use of them based on the reputation the sport would receive. Of course natural talent is impressive, but fans want to come to the ballpark to see the highest level of baseball possible. If steroids create a more competitive, exciting atmosphere, why ban them?

The steroid breakout in baseball began in the late 1980s and ran until the mid to late 2000s. Although steroids were banned by the MLB in 1991, testing was not mandated until 2003. This made it incredibly easy to “juice” and not get caught. The popularity of steroid use reached its height in the late 1990s and has been argued to have saved baseball. The 1994 Major League Baseball season was cut short on August 12th due to a player’s strike. The owners and players failed to reach a collective bargaining agreement, therefore the players held out. What was once America’s pastime has now turned into a giant dramatic mess. The 1995 season feature fed up fans, who showed their anger with a 12% drop in attendance from the 1993 campaign. The sport that hundreds of millions of Americans turn seemed to be crumbling before their eyes, in need of something to rejuvenate the love and excitement of the game.

A trend surfaces in the 1996 season, creating some hope for the fans. Seventeen players hit 40 or more homeruns, a mark that is difficult for even the game’s best. For the next five years, no less than a dozen hitters reached the 40-homerun mark in each season. The excitement of the long ball had peaked the fan’s interest again, and people started to flock back to the old ball field. Household names such as Barry Bonds, Mark McGuire, and Sammy Sosa headlined the homerun craze, and are now notorious for their use of PEDs. Major League Baseball’s revenue increased steadily from 1995-2001 at around \$300 million a year. The 1995 season saw a revenue of \$1.4 billion, while in 2001 the MLB grossed \$3.7 billion. Baseball had officially been saved, and this can be credited to the increase in performance due to performance enhancers.

Players such as Bonds and Sosa will never be voted in to the baseball Hall of Fame due to their use of steroids and the terrible reputation of PEDs in the media. Barry Bonds holds the all-time record for career homeruns (762) when he broke Hank Aaron’s record of 755 on August 7th 2007. Bonds, along with Sosa and McGuire have over a dozen All-Star selections and several Most Valuable Player awards between them in addition to their impressive stats, but will never get the recognition they deserve due to their use of performance enhancers. The only way for players to be voted in to the Hall of Fame is by getting 75% of votes in an election. The people voting are the most respected baseball writers in the world, and would not risk damaging their reputation in the media by supporting steroids, and the people who used them. The main problem with this, is steroids have helped baseball more than it has hurt it. The integrity of the game is not damaged because it saved the game itself. Additionally, baseball is not the only platform where the participants use performance enhancers, they just have the worst reputation and strict regulations.

What is a performance enhancer? Something that makes a person better, or more efficient, at a certain task. This can range from things as simple as an apple before a workout, to complex drugs such as Adderall to tame those who suffer from attention deficit disorder. The main problem with performance enhancers are their legality. For no apparent reason, many performance enhancers are allowed, and even encouraged in fields such as education and fitness, while banned in others such as Major League Baseball. Those who do suffer from ADD take this drug to maintain focus, whether that be a test or just menial daily tasks. Adderall is most definitely a performance enhancer, specifically when it comes to productivity in the classroom, yet it is completely overlooked and allowed. Thousands of students each day use this drug to help them study and achieve the grades they desire. In addition to Adderall, classic musicians have turn to a drug like Beta Blockers that reduce anxiety and increase performance. The audience knows this, yet no one seems to mind that these musician’s performances are not totally “natural.” The clearest example of all seen in competitive runners and swimmers. Endurance is the name of the game when it comes to running or swimming. Being able to catch your breath quicker than your opponent creates a great advantage. Athletes

such as Michael Phelps are known to use “altitude chambers” while training to increase endurance. These chambers pump in oxygen each minute while extracting all carbon dioxide. This makes the body work harder to create red blood cells, which increase the amount of oxygen delivered to the body, which increases endurance performance.

Having legal performance enhancers in nearly every field raises many questions as to why PEDs are so frowned upon when it comes to baseball. The most common PED in baseball is steroids, which increase muscles growth and development, creating a stronger athlete. If baseball was a sport that involved heavy-lifting I would agree that steroid pose an unfair advantage. Baseball is a game that is heavily dependent on mental sharpness, mechanics and communication, none of which are boosted by the use of steroids. Some of baseball’s best players lack strength, yet still contribute to their team’s success. Craig Biggio, one of the all-time best second basemen of all time and is a member of the 3,000 hits club, an accolade only 30 players in league history possess, and he did it without the use of PEDs. Biggio’s claim to fame was his ability to get on base and his rock-solid defense. He never stole 20 bases or hit more than 20 homeruns, yet still will be inducted into the Hall of Fame next summer. Biggio, standing at 5’11” 185 pounds, is a grade-A example of how steroids do not make a great baseball player. Of course they can help, but do not transform a terrible player into a great one. Before Bonds was on “the juice” he was still an all-star caliber player. The PEDs, in Bonds’ case, added a few long-balls to his stat sheet, but were not the makeup of his talent. Also, the multitude of homeruns increases the fandom and popularity of the sport. The fact that so many professions commonly use performance enhancers, yet almost all of them are legal and socially accepted, creates an unfair disadvantage for Major League Baseball’s players and their fans. If the media covered steroids and other PEDs in a more positive manner, baseball as we know it would be completely different.

Not only do steroids get the reputation as a method of “cheating” but the media constantly spits out “facts” about the drug’s side effects. These “facts” are not facts at all, but exaggerated side effects that are drastically uncommon. Almost everyone knows the term “roid-rage” that is used to describe an outburst of anger by a steroid user. However, studies have proven that a decrease in anger control is wildly uncommon for steroid users and the most common side effects are rather minor or insignificant. These side effects include bodily acne and enlarged mammary glands. Steroids and other PEDs are just like any other drug. They help solve a problem, but also leave side effects. Similar to Adderall, which creates a lack of an appetite, steroids have minor side effects and certainly do not outweigh the benefits of the drug. Steroid users such as Barry Bond and Alex Rodriguez are functioning members of society, with no reports of domestic violence or anything of that nature. All steroids did to them was help doubles turn into homeruns, and bring millions of fans back to the ballpark. Having a few cases of anger outrage makes it easy for the media to put a negative connotation on the, and an asterisk on Barry Bonds’ career.

Over there last two decades there have been thousands of cases reported concern the use of performance enhancing drugs in Major League Baseball. The allegations put on players has wasted a ridiculous amount of time for both the league’s front office and the players. Mandatory drug tests, countless press releases, and suspensions take attention away from the core principle of the sport, the game itself. Performance enhancers create a more exciting, impressive form of entertainment and should not be looked at so harshly by society. Media coverage has destroyed the reputation of steroids, the drug that saved Major League Baseball in the mid-1990s. PEDs have brought baseball a major rise in revenue, and interest for generations to come. With minor side effects, there is a negligible difference between PEDs in baseball and Adderall in the library, altitude chambers in endurance-based sports, and Beta Blockers on the stage of a classical music performance.

This article is an opinion article and is a written opinion piece which is not affiliated with The Millstone Time’s editorial team.



CDC recommends only two HPV shots for younger adolescents

Fewer shots offer more incentive to prevent HPV cancers

CDC recommended this month that 11- to 12-year-olds receive two doses of HPV vaccine at least six months apart rather than the previously recommended three doses to protect against cancers caused by human papillomavirus (HPV) infections. Teens and young adults who start the series later, at ages 15 through 26 years, will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infection.

“Safe, effective, and long-lasting protection against HPV cancers with two visits instead of three means more Americans will be protected from cancer,” said CDC Director Tom Frieden, M.D., M.P.H. “This recommendation will make it simpler for parents to get their children protected in time.”

The Advisory Committee on Immunization Practices (ACIP) voted today to recommend a 2-dose HPV vaccine schedule for young adolescents. ACIP is a panel of experts that advises the CDC on vaccine recommendations in the United States. CDC Director Frieden approved the committee’s recommendations shortly after the vote. ACIP recommendations approved by the CDC Director become agency guidelines on the date published in the Morbidity and Mortality Weekly Report (MMWR).

CDC and ACIP made this recommendation after a thorough review of studies over several meetings. CDC and ACIP reviewed data from clinical trials showing two doses of HPV vaccine in younger adolescents (aged 9-14 years) produced an immune response similar or higher than the response in young adults (aged 16-26 years) who received three doses.

Generally, preteens receive HPV vaccine at the same time as whooping cough and

meningitis vaccines. Two doses of HPV vaccine given at least six months apart at ages 11 and 12 years will provide safe, effective, and long-lasting protection against HPV cancers. Adolescents ages 13-14 are also able to receive HPV vaccination on the new 2-dose schedule.

CDC will provide guidance to parents, healthcare professionals, and insurers on the change in recommendation. On October 7, 2016, the U.S. Food and Drug Administration (FDA) approved adding a 2-dose schedule for 9-valent HPV vaccine (Gardasil® 9) for adolescents ages 9 through 14 years. CDC encourages clinicians to begin implementing the 2-dose schedule in their practice to protect their preteen patients from HPV cancers.

ACIP, CDC, FDA and partners monitor vaccines in use in the U.S. year-round. These updated recommendations are an example of using the latest available evidence to provide the best possible protection against serious diseases.



MEN’S HEALTH:

Overwhelmed by Too Many Health Tips? Cheat Sheet for Men’s Cancer Screenings and Good Health

If you’re like many men, you get a lot of health tips from your wife, mom, coworkers, and friends. Some of them are scientific, while others are just general healthy living tips that someone read in a magazine or heard on a talk show: exercise, get more sleep, get a flu shot, get a colonoscopy, don’t smoke, watch your cholesterol, wear sunscreen, check your blood pressure...the list goes on.

While there are many things you can do to stay healthy, focusing on cancer screenings (checking your body for a disease before you have symptoms) is extremely important.

Every year, more than 300,000 men in the United States lose their lives to cancer. The most common kinds of cancer among men in the U.S. are skin cancer, prostate cancer, lung cancer, and colorectal (colon) cancer.

To help you manage your cancer screenings, start off with these screenings that are available for some of the cancers that most often affect men. Add to it with your doctor’s recommendations for further screenings or tests based on your own health, family history, and age.

Colon cancer Men should start screening at age 50, or earlier if they have a family history of colon or rectal cancer or colon problems that raise their risk. Some screening tests can find growths called polyps, which can then be removed before they turn into cancer. All of the tests used can help find colon and rectal cancer earlier, when treatments are more likely to be successful.

Prostate cancer Starting at age 50, men should talk to their doctor about the pros and cons of prostate screening, and then decide if they want to be tested.

Lung cancer Men ages 55 to 74 who are or were heavy smokers should talk to a doctor about whether a low-dose CT scan to screen for lung cancer is right for them.

Skin cancer Men should be aware of all moles and spots on their skin and report any changes to a doctor right away. A skin exam should be part of regular health check-ups.




Hospitality Meets Healthcare at Allaire

Introducing Allaire Rehab and Nursing,
an unparalleled provider of hotel-style
healthcare in the heart of Monmouth County.

Our newly renovated upscale setting features luxurious patient suites, the latest rehab modalities and an array of comfort-enhancing amenities such as bistro dining and concierge service.

- Subacute Rehabilitation
- 7 Days A Week Therapy
- Neuro & Brain Injury Care
- Respiratory Care
- Long Term Care
- Respite Care

 **Call Today 732.431.7420**
to schedule your PERSONAL TOUR!


A L L A I R E
 Rehab & Nursing
Revolutionizing Care Delivery

**In Larger Private Suites Only*

OUR SUITES FEATURE: Large Flat Screen Smart TVs • Bluetooth Compatible Surround Sound Bedside Speakers
 • Special Ceiling & Accent LED Soft Lighting • Sleeper Sofa, Desk & Refrigerator*

115 DUTCH LANE ROAD, FREEHOLD, NJ 07728 • 732.431.7420 • ALLAIREHC.COM



BARNDOORE

**Look for New
Announcements
Coming Soon!!!!**

*Rustic Elegance
Catering*

**For your Special Event, Corporate Luncheon
or Family Celebration**

Call or email 732-446-7900 Catering@Barndooore.com

BARNDOORE

Real. Fresh. Local.



353 Sweetmans Lane • Millstone Twp. • 732-446-7900

Barndooore.com

breakfast • artisan sandwiches • deli salads • gourmet burgers • soup • great coffee

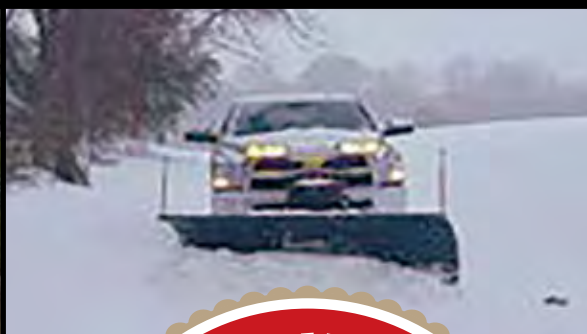


PRSRT STD
U.S. POSTAGE
PAID
PERMIT 280
LANC., PA 17604

ECRWSS

POSTAL CUSTOMER

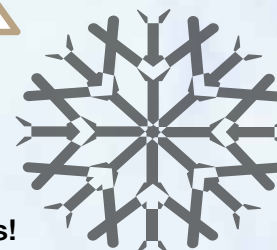
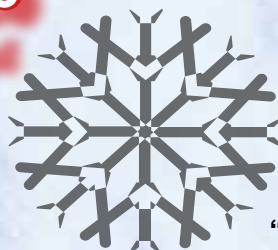
***Call now to schedule guaranteed snow plow/removal services
(Commercial & Residential)***



Fully Insured

Lic # NJ HIC#13VH06827800
Pest # C006000

Quality & Service
It's In Our Roots!



**CUSTOM PACKAGES
AVAILABLE**

"Quality & Service" It's in our Roots!

BENCHMARK LANDSCAPE

A Full Service Landscape Company

- Residential & Commercial Lawn Service
- Fertilization & Weed Control
- Grounds Management
- Landscape Design & Installation

Call for a free consultation on all your landscape needs

3D Graphic Designs available
See your project complete before we start!

15% OFF all winter hardscape projects



Credit Cards are accepted



732-792-6734

337 Sweetmans Lane, Millstone Township, NJ 08535

www.benchmarklandscapenj.com • info@benchmarklandscapenj.com