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Inside this issue: Elder Care Advice, Comfort for Cancer Patients, Strong is What Happens, The Ferret that Went to College, Junk in the Trunk, In the Burbs Bravo for Bravura, MTFE Awards Grants to Millstone Township, Hearing Loss, Peppery Thoughts on Capsicum, Horse De-Spooking, MTFE Casino Night, New Egypt Cheer & Dance Team Medal in Florida, New Egypt Baseball New Season, Municipal Court, Student of the Month, Driving Under the Influence

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Comfort for Cancer Patients In the Form of a Pillow

By: Pam Teel

Thirteen-year-old Keely Allen from Millstone Township had to pick a project to do for her Silver Award for Girl Scouts. She chose a topic that hit close to home one too many times already in her short lifetime, people she loved getting cancer. Using money she earned from selling girls scout cookies and candy, Keely bought the materials needed to make fifty 12 x 12 orange pillows so she could pass out to the patients at Centra State Hospital who were undergoing chemotherapy and other cancer related treatments.

Keely got the idea from her mom, who years ago made a pillow for her father-in-law to lay on when he was sick and dying of colon cancer. This past December, Keely lost her grandmother on her mother's side to ovarian cancer. Her other grandmother was diagnosed with skin cancer and also recently passed away. Two aunts, one from each side of the family, were diagnosed with breast cancer and are still undergoing cancer treatments, and her cousin, who was twelve at the time, had two brain tumors removed within a two year span. Keely made a pillow for each family member so they could take it with them when they went into the hospital for their treatments. It made her feel good to know that she could give them some kind of comfort, even in a small way. Her relatives were very grateful that she made them the pillows

Continued on page 28



Keely and younger sister Kyleigh with pillows they made for cancer patients



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Dr. Maxim Sulla and Dr. Liya Ostrow are the pediatric dentists working in the 5,000 square foot Freehold all green dental office, and Dr. John Butler is the orthodontist there.

Dr. Sulla graduated the NYU College of Dentistry with his D.D.S. and then received his Pediatric Dentistry degree from the University of Medicine and Dentistry of New Jersey.

Dr. Sulla is the President of the NJ Academy of Pediatric Dentistry and a council member of the American Academy of Pediatric Dentistry.

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Elder Care Advice Who Will Handle Your Parents' Affairs if They Cannot?

By: Barry M. Weiner Attorney at Law

If you think you can just take over that job, sadly you are mistaken. So how can you protect loved ones, who find themselves unable to manage their affairs due to aging, sickness or accident? If a person is married, no one but a spouse has authority to act on another person's behalf and there are limits to what a spouse can do as well.

When a client's father had a stroke, she found that she could not legally access his checking account, admit him to a nursing home or sell his home, among other things. Merely signing his name on checks or other documents is considered forgery and is illegal. Such actions could create many problems between family members as well.

Since her dad was already incapacitated, my client had to initiate a legal proceeding to become his court appointed guardian. Even though it was simple and uncontested, the proceeding was costly, time consuming and stressful. This simple proceeding took several

months and cost thousands of dollars during which time she could not act on her father's behalf and his home and stock portfolio, which she could not access, lost considerable value.

This terrible situation can be easily avoided with common sense planning and foresight. The solution is to have your loved one execute a document known as a durable power of attorney before they become incapacitated. Once a person becomes incapacitated it is too late for them to execute this extremely valuable and important document. A durable power of attorney appoints an agent who is authorized to pay bills, cash checks, sell property, invest money and perform many other acts on behalf of the person that has chosen that has signed the document. You don't need court approval to have one and it is not necessary to transfer title to assets, although, with this document you can legally do so, should it be needed.

There are different types of powers of

attorney. A durable power of attorney is effective immediately upon proper execution and remains in force until the death of the person who signed it. This is recommended for individuals who feel they need help in managing their affairs due to aging or illness. A durable power of attorney is a powerful document that can prevent many potential complications and expenses by assuring that someone trusted by the person needing help is handling their finances and personal affairs in a way they require and prefer.

It is an easy and cost effective way to avoid a costly and time consuming court proceedings to be appointed guardian or conservator by the court. However, it must be done while a person is of sound mind. So please consider having your loved one execute this document before you think they may need it. Doing so will certainly make things less stressful when it is needed and will help preserve the assets of the person needing it for you and yours. ■

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Small Businesses Making Big Contributions *Local Vet Believes in Giving Back to the Community*

By: Pam Teel

Doctor Farr, DVM, is a well known Veterinarian in the Englishtown area. She started her practice at 22Water Street in 1990 and served her community for nineteen years before selling the practice in 2009, much to the dismay of her loyal patrons who missed the quality care that their animals received and the expertise of their trusted doctor. Her dedication to each and every animal that was brought in to her clinic and her love for them all was quite evident as pet owners expressed their remorse about her leaving on her facebook page.

Imagine the joy on their faces when Doctor Farr decided to come back to the area and reopen her clinic four years later. She still owned the house that the clinic was in and the house next door on Water Street, so when her tenant's lease was up, she took the opportunity to come back to Monmouth County, where she was raised. Dr. Farr has always been compassionate about caring for the animals, and has always put the pet's needs first ahead of the costs. Many of us who own pets know how expensive treatments could be and unfortunately there are over 100,000 pets put to sleep yearly because people just don't have the money to pay for such expensive surgeries or don't have the money for their daily upkeep.

When she herself was diagnosed with a heart condition, the Doctor realized just how fragile life

Continued on page 40



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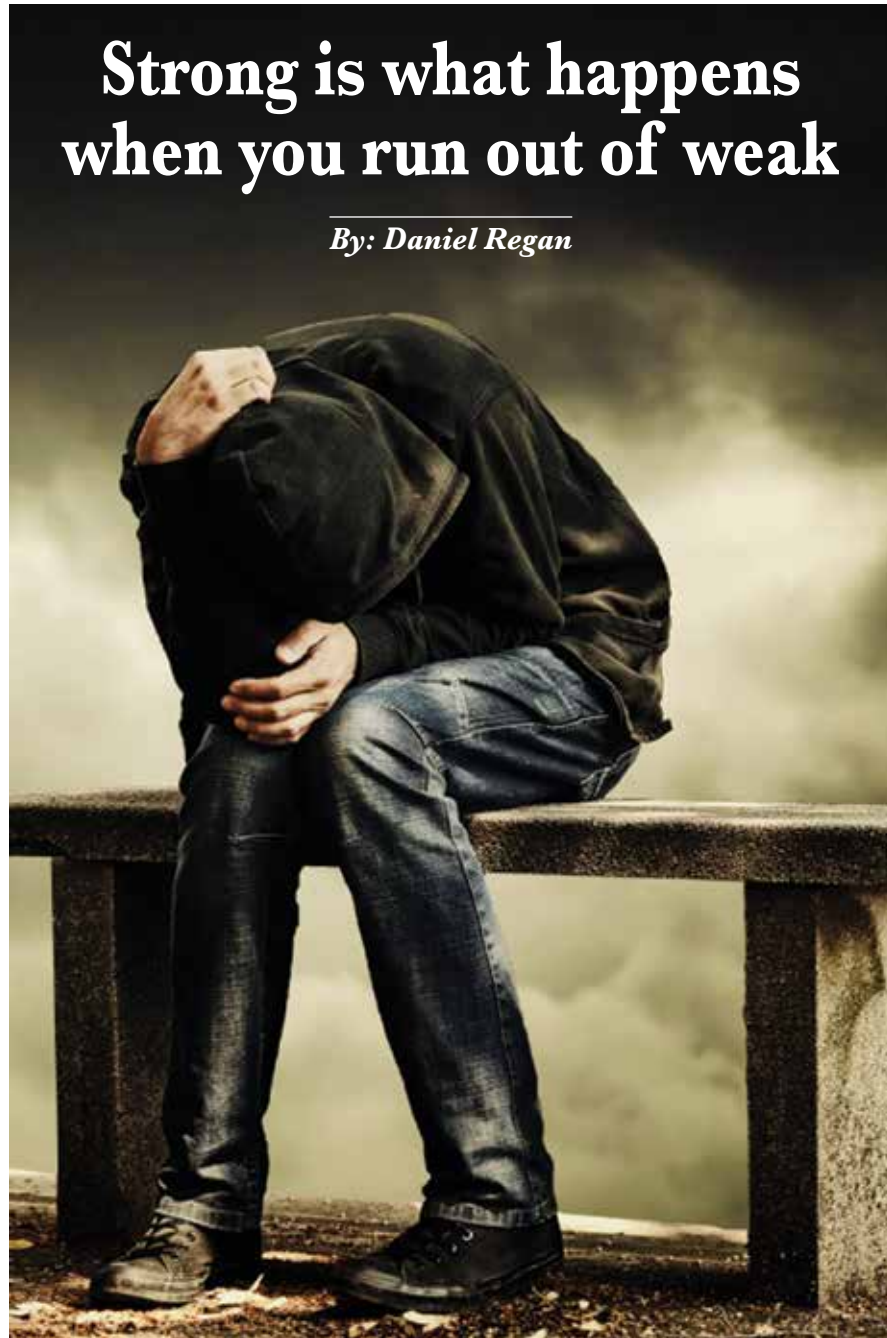
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Strong is what happens when you run out of weak

By: Daniel Regan



Waking up for a few sober minutes, face wet, imbedded on a dirt-ridden floor, in this abandoned motel in the middle of Palm Springs...I was crying in my sleep. I needed to run from myself, instead I reached for another needle....internal combustible self-hatred. If I remained sober for too many minutes I would have to realize where I was and what I had become?

I come from a beautiful family, very supportive, loving, & happy. My parents have been married 26 years; I have three other siblings, older brother, and two younger sisters. I lived a great childhood. My parents were always there, vested in my life. My dad was a soccer coach, mom was involved in girl scouts, horse riding, supported my motor-cross dreams. I lived on a beautiful farm in Howell, NJ.

I was always told by my parents not to do drugs; I was told drugs are bad for you; I was told I could die if I did drugs.

When I was in 6th grade I was offered marijuana by my older brother. Not a stranger, not a hoodlum, not a scary drug dealer. I was so frightened; he convinced me that nothing bad was going to happen. I was standing watching him & his friends laughing and seemingly having a good time. I trusted him, so I tried it. I loved it! This was a pinnacle moment for me in my thought process. I decided at this moment, that my parents had been lying to me...drugs were fun. I wanted to be just like my older brother. He was cool and had lots of friends.

I continued smoking marijuana... first once a week, then on weekends, then every day. I was convinced that I was very cool and my friends at school seem very interested in everything I was doing and saying. I was popular in my newly found world.

Sophomore year of HS I was trying to figure out how to be accepted by the Seniors and get invited to the Senior Parties. My friend had gotten injured in a motorcycle accident and had been prescribed Percocet. I had heard of Percocet and I knew that this was a drug that the Seniors were doing. My friend didn't like the Percocet; it irritated his stomach. So we came up with this great idea to sell it to the Seniors. This way they would like us & we would get invited to the great parties. I had texted my friend one morning on the way out to get my bus & my mother found my phone & of course went through my text messages. She discovered the text related to selling Percocets & lost her mind! Why would my son be texting about Percocet? What is going on? She immediately felt

it was the school, it was the kids at school, it was my friends. She ripped me out of Howell High School & sent me to Monsignor Donovan HS "where they don't do drugs"(irony)? My attitude became severely muted, combustible, I would do what I needed to shut them up, but they are clueless and I want to live my life. I continued to be a great student, smiling, I joined the swim team, smiling, my choices were my choices, smirking, it's my life deal with it, laughing. The media helped my attitude...becoming a gangster/rapper looked cool. Tupak, Eminem, they were rich and always having a great time. My life should be a MTV video, so I thought.

My brother then came home from college. He had been partying hard while away. I stumbled upon him with his friends and they were doing lines of cocaine. I was only smoking weed at this time & said, "No I don't do those kind of drugs!" He convinced me to give it a whirl. So I did...again, I loved it!

My perception of drugs changed even more...All drugs were open game. I wanted to experiment with different altered states, different combinations. I was not yet an addict but clearly a "drug abuser"... 16years old.

Throughout HS I was able to maintain good grades, I participated in TSA, swim Team, rode motor cross, I was fooling everybody. I became an expert at maintaining two faces. I

had a face for my friends & a different face for my family. Most importantly I was only fooling myself. I thought I was able to do drugs and still be successful in life. This was my right of passage, a part of growing up; everyone gets to do this stuff. I had a pure sense of invincibility, "It won't happen to me," I got this under control.

I graduated HS and was offered a scholarship to attend Farleigh Dickinson University. My parents were proud and went on visits to the school, helped me move into my dorm. They dreamed of me becoming educated and soaking in the college experience with great hopes for the future. My attitude was already twisted and I looked at college as a huge party. My first year at FDU I was introduced to OxyContin. I began snorting oxies.. within three months I was snorting 13 pills per day with a \$350 per day habit. My day consisted of sitting in a dark dorm room, watching TV with my drugs. I had to start selling and dealing drugs in order to pay for my daily habit.

I came home from school for Easter Break and was asked to drive my little sister to the mall, which I willingly did, so that I didn't have to spend too much time at home. My mom was cooking a big meal for the family and was expecting me to drop her off and come directly home. I pulled out of the mall parking lot and was pulled over by a police officer. They pulled me from my car, searched my vehicle, which was still full of my entire dorm room. They found 200 OxyContin, couple thousand dollars and a list of everyone that owed me money. I was cuffed and arrested. I was immediately worried about how I could get out of this so I could get back to my drugs. I knew I had to cooperate with the police, so I gave them lists of doctors that were providing us with oxy and other dealers with whom I was working. They released me and I went home, although late for dinner, I walked in to the house and explained I was talking to an old friend...sorry. Now I had a huge problem. I had a 13 pill a day habit; I turned in all my drug dealers so I couldn't go visit them. How do I survive this? Bones were starting to ache, sweats were arriving, skin crawling. I knew I needed to steal in order to keep myself well. How ironic is that statement? My mind so twisted and irrational? I needed to stop doing drugs to be well...

My parents began catching on to my evasive behaviors. I was thin, not participating in family activities like I used to, always absent. They had now been notified of my academic probation at school.

I began stealing... I stole whatever I could from my family & friends. I scrapped metal that was on the farm. I took gar-

Continued on page 38



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“JACK”

The Ferret that went to College

By: Pam Teel



When Matt Rodgers went away to college three years ago, he didn't realize how much he would miss his home. He thought that he would be happy that he wasn't butting heads with his mom anymore about his coming in at all times of the night. He was happy that he didn't have to yell anymore because his little sister would sneak into his room when he was at work and play his x-box. Most of all, he didn't have to keep brushing the white hairs off his clothes from his ever shedding cat Ginger, whom for some reason or other liked his room the best. His mom always said it was because he had more clothes on his floor than in his dresser drawers. Ginger loved to curl up on a soft sweater or on one of his stinky sweatshirts that never made it to the hamper when Matt wasn't around.

Matt relished the first four months of being away from home. Being four hours away, he didn't see much of his family except on holidays or an occasional long weekend visit from his parents. He spent his time studying and slowly meeting the neighbors in his dorm. Many of the kids in the dorm lived close by and Matt found himself alone a lot on the weekends always looking for something to do.

As time went by, he started to miss his family more and more, but most of all, he missed Ginger, who had just turned ten last Christmas. Matt filled up a Christmas stocking for her with all of her favorite things for her birthday. Matt didn't realize just how much Ginger meant to him until she wasn't there. It was Matt's lap that Ginger would climb up on at the dinner table. It was Matt's whistle that would get her back into the house when she quickly sneaked out the back door. It was Matt that she cuddled next to on a cold night, taking comfort in his body heat. She was like a magnet. Matt would move her to turn over and she would climb right back on top of him. He would eventually just give up and let her be.

One day while at school, Matt and a friend, he met in the dorm named Mike, went downtown to waste some time. They walked the streets of the quaint little college town and Matt noticed a pet store. In the window was an animal that he wasn't at all familiar with. Mike told him it was a ferret and that he had two of them when he was younger. Matt and his friend went into the pet store. There were six ferrets all resting on each other and one tiny one in the corner. Matt instantly picked up the tiniest ferret and held him.

Mike told Matt how his ferrets used to chase each other all around the house and play with little toys much like a cat, the more dominant ferret grabbing the neck of the other and pulling him to prove who was boss. The pet store was nearly empty and the owner spent some time talking to the two boys about ferrets. Matt had so many questions. He learned a lot about ferrets from the storeowner and from his friend and being an impulsive person, he decided to buy one. He wanted the tiny one, the one that was sleeping on his shoulder. The runt of the litter, the owner told him. He even gave him a discount for taking the runt.

They weren't allowed to have pets of any kind in the dorm rooms but who would know, Matt thought. He could always sneak the ferret into a shoebox when he went home. It was still winter so Matt and his friend had no problem sneaking Jack in. (Jack is what he named him). He hid him in his coat. They had to disassemble the small cage that he bought to keep Jack in. They used a brown paper bag to sneak that in. Jack stayed at school for almost two years. He was smuggled out on holidays and to make it easier and to keep Ginger away from him, Matt bought a small cage for his house when they would come to visit.

Jack became popular on Matt's dorm floor. Matt swears he's the reason why he met so many new friends. Everybody who heard about Jack wanted to come and play with him. Jack had so much attention and so many toys and treats that Matt's room seemed to be where ev-

erybody came to congregate, whether they came to play x-box or to visit Jack. Unfortunately, Jack's college life came to an end abruptly when one of the new RA's overheard someone talking about the neat ferret in Matt's room. Matt always thought that his last RA knew about Jack. How could he not? He was just cool about it and never said anything.

Matt's mom and dad had to make a special weekend trip to come and pick up Jack. His mom set Jack up in the den where he could see and hear the television. She even upgraded his cage and bought him a three tier one so he could climb and get exercise. She was afraid of letting him loose for fear that Ginger would eat him. Ferrets like to have a place to call home where they can sleep and take refuge. Jack has a ferret bed with small blankets on top so he could bury himself under the covers and a hammock with small blankets in his cage. He has a water bowl and a food bowl and below is a cat tray with litter. Most ferrets live anywhere from 6-8 years but some have been known to live to eleven or twelve years old. Female ferrets are called Jills and males are Hobs. Matt thought if the female was called Jill, that the males should

have been called Jack, as in Jack and Jill. Baby ferrets are also called kits.

Matt always let Jack loose in his dorm. Ferrets like to burrow under things. Jack loved to burrow under Matt's covers at school and occasionally fell asleep by his feet. Matt was always hot, the heat was always way too high in the building, so his blankets were not that heavy.

Ferrets like to play. They are very sociable creatures and they like to be the center of attention. They tend to sleep a lot and can sleep from eighteen to twenty hours a day. They eat when they want, relieve themselves when they want, play a little and sleep. Imagine having a two year old in your house. They are very rambunctious and will get into everything. They like to climb into cabinets, hide behind dressers, and they are little thieves. They love to take things and hide them all over the house. Matt has lost his car keys a few times in his dorm only to find them under the bed. Jack has a lot of toys and chew things to keep him busy in

Continued on page 42



KEEP THE Junk in the Trunk

By: Susan Heckler

Is your family addicted to junk food? Junk food is not limited to drive-thru meals and bagged snacks. Junk food encompasses snack foods and fast foods, but it doesn't stop there. It is anything you eat that has high calories and very low nutritional value. Additionally, these foods are typically low in fiber as well as high in fat and sugars.

Junk food can satisfy your crave to crunch but rarely will it fill you up with what your body needs to sustain it until the next meal. This is why this term has been linked to overeating and obesity.

Commercially produced junk foods are a big part of the problem. The advertising budgets for these edibles are very high and their target market tends to be our youth. A recent article on WebMD states, "Researchers from the University of Liverpool in the United Kingdom exposed 60 children, ages 9 to 11, to both food advertisements and toy advertisements, followed by a cartoon and free food. The children ate more after the food advertisements than after the commercials for toys, the study found. The obese children in the study increased their consumption of food the most (134%) after watching the food ads, compared to overweight children (101%) and normal-weight children (84%)."

Try as you might, you will not be able to rid your world of junk food entirely. You can't control what your family eats when they are out of your home. There is always a way to teach better choices: choose restaurants with a healthier menu, choose items on the menu like juice instead of soda, grilled meats rather than fried, whole grain vs refined flours, add vegetables when possible.

You can, however, take better control of what they eat in your home. Look for products low in sugar, high-fructose corn syrup, milled grains, and partially hydrogenated oils. Keep snackable fruits and vegetables handy, carrot sticks for crunch, apple slices for sweetness. Search the countless websites with healthier versions of your favorite foods. It's all out there ready for you to find it.

You need to become a label reader and an educated consumer. Just because a box says it is made with whole grains and is an excellent source of fiber, it can still be junk because

of over-processing and added sugar and artificial coloring. Does the food contain genetically modified ingredients?

Processed foods have been altered from their natural state, either for safety reasons or for convenience. Processing methods include canning, freezing, refrigeration, dehydration and aseptic processing. They are not all enemies to your health. The ones to steer clear of are:

- Canned foods with large amounts of sodium or fat.
- Pasta meals made with refined white flour instead of whole grains.
- Packaged high-calorie snack foods such as chips and candies.
- Frozen fish sticks and frozen dinners that are high in sodium.
- Packaged cakes and cookies.
- Boxed meal mixes that are high in fat and sodium.
- Sugary breakfast cereals.
- Processed meats.

There are also varying degrees of processing. While some processing extends the shelf life of foods and some make them more convenient to use (prewashed or pre-cut), you want to avoid artificial ingredients.

The best way to monitor what you put in your mouth is to prepare it yourself. You can control the ingredients you use.

For example you can pop your own corn rather than buy the bagged version. When workers at a popcorn factory began to fall ill with a condition known as "popcorn lung" in the late '90s, the public was shocked. The respiratory disorder was caused by inhaling diacetyl, a chemical used to give bagged popcorn its buttery flavor. Are you a snack sniffer?

To ensure that you're still getting heart-healthy flavonoids from your chocolate, buy organic or milk-free dark chocolates that are high in cocoa content and free of additives instead of those brand-name chocolate bars which may be substituting more cost-friendly alternatives like vegetable oil for real cocoa.

A large box of popular French fries will cost you anywhere from 500 to 600 calories. To satisfy those salty urges, whip up some homemade, oven-roasted sweet potato wedges instead. Sweet potatoes are an excellent, antioxidant-rich anti-inflammatory alternative to white potatoes. Just brush with olive oil, add a pinch of sea salt and roast.

Most sodas, including diet sodas, are 100% nutrition-free. Let your soda cravings fizzle by switching to a refreshing glass of mineral water with a squeeze of lime or lemon instead. Limes are high in vitamin C, and also contain flavonoids with anti-cancer properties.

If you need a healthy breakfast alternative to boxed, processed cereals, try boiling some steel-cut oats. Oats help to stabilize blood sugar, reduce the risk of cardiovascular disease and can lower your cholesterol. To improve taste, add a few antioxidant-rich blueberries and granola, and you'll be serving up some real health magic.

Bake alternatives to packaged cakes and cookies with a long shelf life. Nothing smells better than banana nut bread baking in your oven! Use healthier ingredients like oats, apples, quinoa, or banana. You can take the extra step and go organic with your ingredients.

Apparently eating healthy is a bit more time consuming, but it is worthy investment in your future and the lives of your loved ones. ■





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In The Burbs Bravo for Bravura

By: Susan Heckler



We are never ceased to be amazed by the local talent our area has. Is it nature or nurture? Is it something in our water that raises great artists? Can we thank the gene pool? Who cares!

If your family loves music, just a hop and a skip down the road is a wonderful orchestra comprised of local musicians young and old; professional, gifted amateurs, and outstanding young music students. The Bravura Philharmonic Orchestra also includes numerous chamber groups, such as its strings ensemble, wind ensemble, brass quintet and strings quartet. They practice and perform at Princeton Alliance Church located at 20 Schalks Crossing in Plainsboro.

The Bravura Philharmonic Orchestra was founded by and is under the direction of the internationally-renowned conductor Chiu-Tze Lin. Chiu-Tze Lin started conducting at the age of eleven. She herself is an accomplished musician and teacher. You may remember Ms. Lin from when she served as the music director and conductor of the Manalapan Battleground Symphony for seven years.

This year's schedule is as follows:

Full Orchestra: Saturday, March 22, 2014 7:30 pm at Richardson Auditorium, Princeton University featuring world-renowned violinist Chuanyun Li, in Tchaikovsky Violin Concerto Sunday, June 1, 2014 at 7 pm at Princeton Alliance Church Plainsboro, NJ

Featuring 2014 Young Artists Competition Grand Prize Winners

Chamber concert: Late April & Early May - Jewish Heritage Museum in Freehold, NJ

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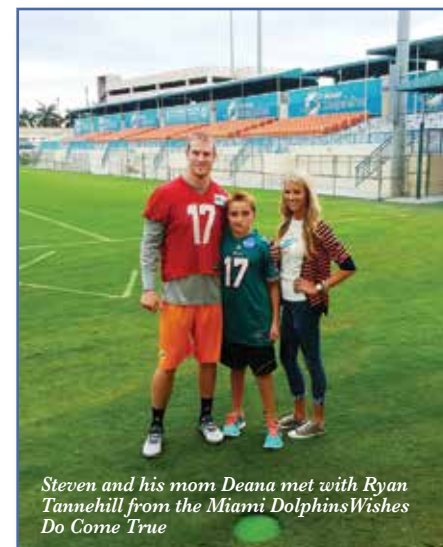


A Local Foundation Adopts A Wish



Local Foundation, "Lorraine's I Believe Foundation," recently adopted Steven's wish from Make-A-Wish New Jersey. Steven's wish was to meet Ryan Tannehill, one of the Quarterbacks from the Miami Dolphins. Steven's wish recently came true!

LORRAINE'S I BELIEVE FOUNDATION WANTED TO SHARE THIS WONDERFUL STORY WITH THEIR COMMUNITY. Our Foundation www.LorainesIBelieveFoundation.com was created to spread awareness about Brain Radiation. All donations from Lorraine's I Believe Foundation are sent directly to the Make-A-Wish New Jersey. Our goal is to "Adopt A Wish" in memory of our mom, Lorraine Giordano annually. Please visit our website for more information. If you would like to send an email or call our foundation, please email us at info@lorrainesibelievefoundation.com or call 917-697-3377. ■



Steven and his mom Deana met with Ryan Tannehill from the Miami Dolphins. Wishes Do Come True



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PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

Millstone Township Foundation for Educational Excellence Awards Grants to Millstone Township Schools Totaling \$22,215.60

*Grant awards included an elementary school book room,
MacBook Air® computers, e-books and continuing education conferences*

MILLSTONE TOWNSHIP, NJ, January 15, 2014 – Millstone Township Foundation for Educational Excellence (MTFEE) awarded five grants today totaling \$22,215.60 to Millstone Township Schools. The grant awards included a book room in the Millstone Twp. Elementary School, MacBook Air® computers, e-books and continuing education conferences. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget. Since 2002, MTFEE has awarded more than \$460,000 to its schools. There are currently more than 60 MTFEE funded grant programs running in the Millstone Township School district. Every child that matriculates through the school district will in some way benefit from an MTFEE funded grant.

Following is a listing of the grants and recipients:

Elementary School Book Room (\$10,529.82) (Sarah Iannuzzi, Reading Specialist; Jennifer Kohn, Third Grade Teacher; Luis Ramirez, Assistant Principal; Meredith Weibel, Reading Specialist and Dr. Stephen Wisniewski, Principal) - The grant consists of the establishment of a school-wide book room in a section of the elementary school library, to better

meet the diverse independent reading levels of its students in grades 3 through 5. It will contain books at a variety of reading levels, balanced between fiction and nonfiction. Additionally, it will expand each classroom library by 320 titles, with a total of 1,920 books. Teachers will also be able to check out books for up to one unit of study. As a result, students will have access to more books, effectively enriching each child's daily dose of independent reading.

MacBooks To Create "iBooks" (\$6,294.00) (Jennifer Kohn, Third Grade Teacher and Meghan Olah, Third Grade Teacher) - With MacBook Air® computers, students will have the opportunity to create and publish lively, voice-filled informational "iBooks" using a free application, iAuthor®. The app allows the user to create beautiful, multi-touch picture books that can be viewed on the iPad™ (previous MTFEE

grant). Using photo galleries, videos, interactive diagrams and 3D objects, these books bring content to life in ways a printed page cannot.

The grant consists of six MacBook Air® computers, which will initially be shared by two third grade classes in the spring, while they pilot it for the "Virtual Zoo" project. The "Virtual Zoo" project (previous MTFEE grant award) enables third graders to engage in a cross-curricular animal research project that is entirely dependent upon technology. Each student conducts research, writes a report and uses the latest

technology to create a graphic representation of the animal in its habitat, as well as a brief description of the animal. Parents are invited to the presentations, where each student speaks on their specific animal.

In the fall, the MacBook Air® computers will be available to the entire third grade, via a mobile cart, for each class to publish a writing piece of their choice.

Confratute Conference & Institute (\$3,300.00) (Michelle Falanga, Gifted and Talented; Beth Topinka, Sixth Grade Science Teacher) - The grant consists of a week-long, research-based professional development conference focused on enrichment learning and teaching; differentiation; strategies for high engagement and creativity; meeting the needs of

Continued on next page



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Award Grants

Continued from page 17

all students; and using technology to personalize instruction. The presenters are among the most noted experts and visionaries in the field of gifted education. The information and ideas from Confratute will be taken back and shared with the Millstone Township teaching staff. Topics learned at the conference are designed to enrich student's academic experiences by focusing on higher-order thinking skills, as well as their creative and intellectual growth.

E-Books (\$1,563.08) (Francine Kamen, Librarian) - The grant consists of adding a set of U.S. state and regional e-books to the Elementary School Library collection. The e-books will include 57 titles, each one covering a separate U.S. state, the District of Washington, Puerto Rico and the five general U.S. regions. They will be available to staff and students through a web-based bookshelf and its online catalog. The e-books can also be accessed through any internet connection and permits unlimited, simultaneous access by the entire user population. Each teacher can also project the e-book onto a smart board (previous MTFEE grant) and read it with the class.

The Geological Society of America Northeastern Section Meeting & Conference (\$528.70) (Mary O'Rourke, Eighth Grade Science Teacher and Gloria Thomasella, Eighth Grade Science Teacher) - The grant consists of a two-day conference that will provide educators with the unique experience of learning about cutting-edge research in various fields of Geoscience from college students and professors from the Northeast. Participants will have the opportunity to attend themed sessions, view exhibits, discuss teaching strategies with other science colleagues and bring these research topics back to the classroom for students to experience. In addition, the conference will provide the necessary information to expose students to material that is beyond the scope of the standard curriculum, as well as careers and opportunities in science.

MTFEE grants are awarded twice a school year. Once grant applications are received and compiled, the grant committee has an opportunity to review them individually and then come together as a group to discuss them before their recommendations are presented to the entire MTFEE board of trustees for final approval. The committee utilizes a grading system, similar to a rubric that the teachers use, during the review process to fairly evaluate the applications.

For more information about donating to MTFEE, becoming a trustee or its fundraising programs and events, please e-mail info@mtfee.org, visit www.mtfee.org and like us on Facebook. ■

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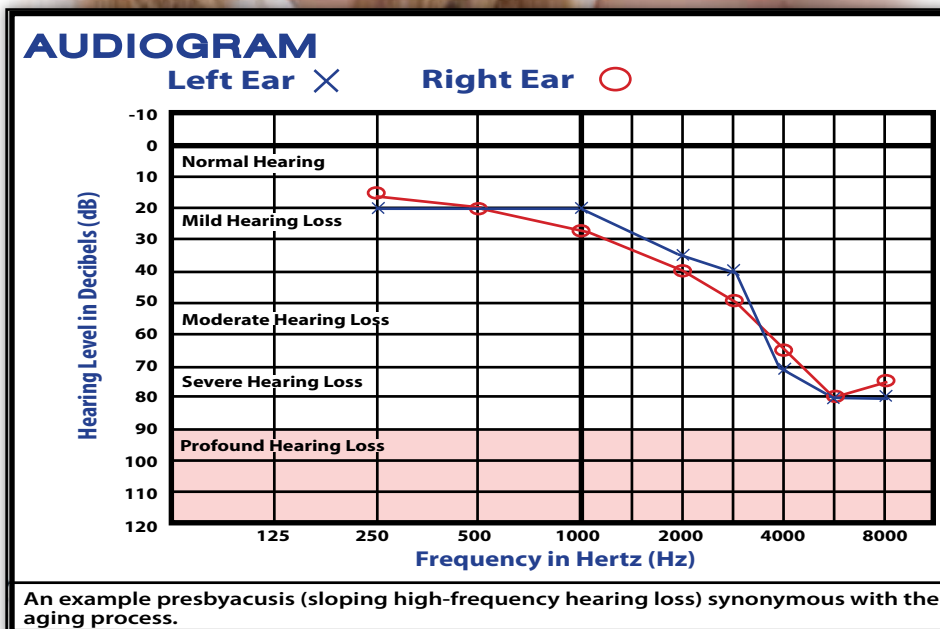


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HEARING LOSS?

Say It Again Sam!

By: Susan Heckler



What did you say? Can you speak up? How many times a day do you hear those questions and under what circumstances? It seems that more and more people are showing signs of hearing loss. A 1971 federal survey estimated 13.2 million Americans had hearing loss. It is up to 36 million Americans who now report lost hearing.

This used to be an affliction for the elderly, but the baby boomers are not hearing the booms anymore. In this generation and those that followed, noise, not age is the leading cause of hearing loss. Tens of millions of people in the U.S. alone, including 12 percent to 15 percent of school-age children, already have permanent hearing loss caused by everyday noise.

Our ears are very fragile instruments. Sound waves, or an acoustic signal, cause the eardrum (tympanic membrane) to vibrate. Those vibrations are transferred to the cochlea, which is in the inner ear. Fluids then carry them to rows of hair cells. The hair cells stimulate auditory nerve fibers, each of which is attuned to a different frequency. These impulses travel through the auditory nerve to the brain. The brain then interprets them as words, music, or specific sounds. When there is too much sound intensity going through the auditory system, Noise-induced Hearing Loss (NIHL) can occur. In actuality, it is the oxidative death of the hairs cells caused by over stimulation.

Fortunately, this is a preventable hearing disorder. Unfortunately, we didn't know any of this when we were rocking out at concerts or plugged in to our Walkman. NIHL can happen gradually from repeated overexposure to sounds over a long period of time. It can also happen from a onetime exposure such as an explosion.

NIHL is generally observed to affect a person's hearing sensitivity in the higher frequencies, especially at 4000 Hz. All the sounds we hear have a certain frequency. People with normal hearing can typically hear from about 50 Hz to about 20,000 Hz (more typically 20 KHz). A 50 Hz sound would be like a low rumbling sound, and a 20 KHz sound would be very high frequency like the whooshing sounds of a cymbal. Most speech ranges from about a few hundred Hz to about 8 KHz, so you can lose a lot of high frequency hearing without serious impact to your ability to understand speech.

At the early stage of hearing loss, high-pitched sounds, such as children's and female voices, and the sounds "S" and "F" become harder to decipher. Other symptoms of hearing loss include:

- Trouble understanding phone conversations
- Trouble hearing above background noise
- Trouble following a conversation when more than one person speaks at once
- Perception that people are not speaking clearly or mumbling
- Often misunderstanding what people say and responding inappropriately
- Often having to ask people to repeat themselves
- Frequent complaints by others that the TV is too loud
- Ringing, roaring, or hissing sounds in the ears, known as tinnitus

The decibel is a unit to measure the level of sound. Sounds of less than 75 decibels, even after long exposure, are unlikely to cause hearing loss. However, long or repeated exposure to sounds at or above 85 decibels can cause hearing loss. The louder the sound, the shorter the amount of time it takes for NIHL to happen. Here are the average decibel ratings of some familiar things:

PAINFUL

- 150 dB = fireworks at 3 feet
- 140 dB = firearms, jet engine
- 130 dB = jackhammer
- 120 dB = jet plane takeoff, siren

EXTREMELY LOUD

- 110 dB = maximum output of some MP3 players, model airplane, chain saw
- 106 dB = gas lawn mower, snow blower
- 100 dB = hand drill, pneumatic drill
- 90 dB = subway, passing motorcycle

VERY LOUD

- 80-90 dB = blow-dryer, kitchen blender, food processor
- 70 dB = busy traffic, vacuum cleaner, alarm clock

MODERATE

- 60 dB = typical conversation, dishwasher, clothes dryer
- 50 dB = moderate rainfall
- 40 dB = quiet room

FAINT

- 30 dB = whisper, quiet library

Hearing loss can also be caused by your workplace. According to the CDC (Center for Disease Control):

Facts and Statistics

- Four million workers go to work each day in damaging noise. Ten million people in the U.S. have a noise-related hearing loss. Twenty-two million workers are exposed to potentially damaging noise each year.
- In 2008, approximately 2 million U.S. workers were exposed to noise levels at work that put
- In 2007, approximately 23,000 cases were reported of occupational hearing loss that was great enough to cause hearing impairment.
- Reported cases of hearing loss accounted for 14% of occupational illness in 2007. them at risk of hearing loss.

Continued on page 41

Peppery Thoughts on *Capsicum*



Capsicum is a biological classification of some flowering plants in the nightshade family. Sweet and hot peppers, eggplant, tomatillos, tamarios, pepinos, pimentos, paprika, and cayenne peppers are classified as nightshade foods. The fruit of Capsicum plants is spicy and some varieties are commonly called “chilies.”

Capsaicin is being studied as an effective treatment for sensory nerve fiber disorders, including pain associated with arthritis, psoriasis, and diabetic neuropathy. Used topically, Capsaicin is used for pain management. Capsaicin works by depleting or interfering with substance P, a chemical involved in transmitting pain impulses to the brain. While it will not cure these conditions, it helps diminish symptoms. Capsaicin is actually an irritant to humans, producing a burning sensation in any tissue it touches so be sure to wash hands thoroughly after applying capsaicin. Getting it in your eye is something you will not forget.

Ingesting Capsaicin has other potential benefits. It has been shown to reduce blood cholesterol, triglyceride levels, and platelet aggregation, while increasing the body's ability to dissolve fibrin, a substance integral to the formation of blood clots.

Cultures where hot pepper is used liberally have a much lower rate of heart attack, stroke and pulmonary embolism.

Additionally, spicing your meals with “chilies” also protects the fats in your blood from damage by free radicals - a first step in the development of atherosclerosis. After eating the chili-containing diet, the rate of oxidation (free radical damage to cholesterol and triglycerides) was significantly lower in both men and women than that seen after eating the bland diet.

Capsaicin has been known to reduce headaches. It not only reduces pain, but its peppery heat also stimulates secretions that help clear mucus from your stuffed up nose or congested lungs. Capsaicin also possesses powerful antibacterial properties, and is very effective in fighting and preventing chronic sinus infections (sinusitis).

In an article on WedMD, “capsaicin may fire a lethal blow at cancer cells by affecting the activity of a protein complex called NF-kappa Beta. This makes it more difficult for cancer to dodge programmed cell death (apoptosis). In the prostate study, capsaicin caused the death of about 80% of prostate cancer cells in mice, making tumors shrink by about one-fifth the size of untreated tumors.”

Not big on spicy foods? You can also buy capsaicin as a supplement.

There is truth to the saying “too much of a good thing.” Taking too much capsaicin may be bad for your health. If you have questions or concerns regarding how much capsaicin you should use, consult your primary medical provider. ■

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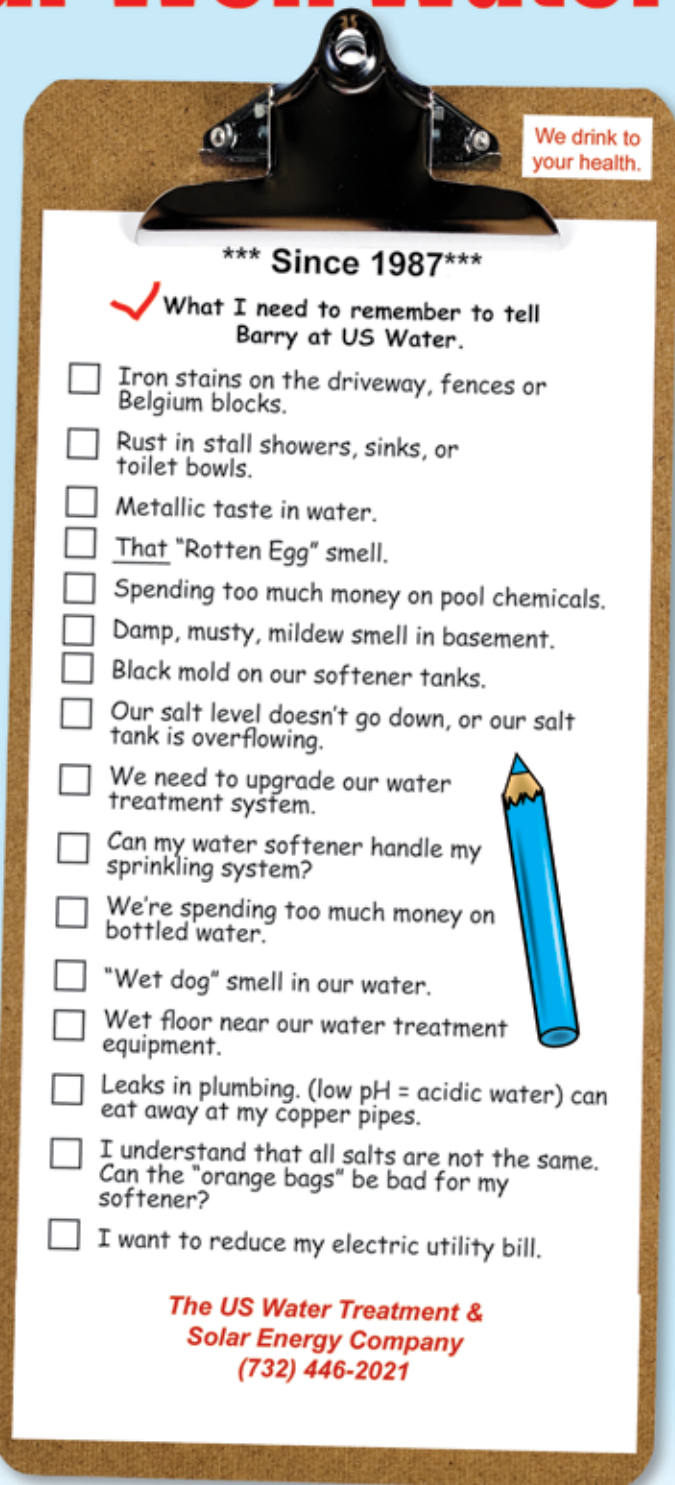
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Horse De-Spooking Clinics Make for Safer Riding

By: Susan Heckler



The number one cause of injuries occurring during horseback riding is due to spooking. An unexpected noise, objects, scents, or just about anything can cause a horse to be spooked. When a horse is spooked, they go into fight or flight mode to protect itself from what the brains considers a potential threat. When spooked, a horse will display behavior such as jumping, rearing, bolting and others that can potentially injure the horse or rider. Out in the wild, these maneuvers help them evade or frighten prey.

Almost all horses spook. Some are more sensitive and worrisome than others. An inexperienced rider may make a horse spookier than an experienced rider because your own

thoughts and fears will transfer to your horse. The rider's reaction to the horse being spooked is very important and can save life and limb. You can stay safe by teaching your horse not to spook, and by taking the correct actions when your horse does spook.

Local equestrians can benefit from horse de-spooking clinics being offered at local horse farms. One was recently held in the first week in January at the Up A Knotch Equestrian Center at 97 Daum Road in Manalapan. These are the same type of workshops that Mounted Police take to gain better control of their mounts. Working with an experienced instructor, you will learn the signs

that your horse is about to spook. This gives you time to react; advance notice to secure yourself in the saddle and begin to calm your horse at the earliest possible moment. Instructors expose your horse to stimuli that they may react to and, with guidance, they become less fearful of it and desensitized. The next time the horse is exposed to the same thing, they will react less. After multiple repetitions, the fear dissipates.

Will your horse be 100% spook-free? You won't know that answer until you take a clinic and judge your horses progress. ■

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Comfort for Cancer Patients

Continued from page 1

and appreciated knowing how much Keely loved and cared about them.

“It wasn’t all about getting the Silver Award,” Keely stated. “I wanted to make people who were undergoing cancer treatments more comfortable. Sometimes it takes hours of the patient just sitting there receiving chemotherapy and they have no pillows to rest their heads on. Breast cancer patients can also use them in their car to put under their seat belts to protect the tenderness of the area.”

Keely taught five other friends, including her eight-year-old sister Kyleigh how to make the pillows. She needed fifty hours to meet her award stipulations. She supervised her friends as they stuffed and sewed orange pillows at her house. With the support of her Girl Scout leader, Anne Pesciotta, Troop 1231 of the Jersey Shore Sunset Region, and her neighbor Mary Jane Carpenter, who acted as an advisor for the project, Keely was able to bring some comfort to those patients who were in for a long ordeal.

After writing a letter to the head nurse of the Oncology Department at Centra State, Keely made her way over to the hospital where she passed out 25 pillows to the Oncology Department and 25 pillows to the Infusion Department.

Keely has a passion for karate and has been taking lessons for the past eight years, working her way up to a third degree brown belt. She is also a straight A student in the eighth grade and is on the high honor roll. She was recently accepted into the National Junior Honor Society. She is very active in school and belongs to the Science Club, Art Club and Future Problem Solvers Club. Her plans for the future include applying to the Academy of Allied Health and Science and hopefully one day becoming an Oncologist herself. Her goal is to one day help find a cure for cancer. What a wonderful world it would be without all the pain and suffering that cancer brings.

Good luck to you Keeley. Here’s wishing your dreams come true! ■

Keely Allen from Millstone Township had to pick a project to do for her Silver Award for Girl Scouts. She chose a topic that hit close to home one too many times already in her short lifetime, people she loved getting cancer.

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MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE TO HOST SECOND ANNUAL "CASINO NIGHT" ON FEBRUARY 1

Enjoy a Night of Casino Fun, Buffet Dinner and Fabulous Prizes All While Raising Money for Millstone Township Public Schools



MILLSTONE TOWNSHIP, NJ, January 17, 2014 – Millstone Township Foundation for Educational Excellence (MTFEE) will be hosting its Second Annual "Casino Night" fundraiser on February 1 at 6:30 p.m. at Battleground Country Club (Manalapan). The cost of the event is \$72 per person and includes \$25 in "fun money" for gambling entertainment, as well as a buffet dinner, dessert and a cash bar. There will be a variety of casino games including Texas Hold-Em, Roulette, Blackjack and Craps. In addition, there will be Tricky Tray and Silent Auctions with prizes, as well as a 50/50 raffle.

MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools. Proceeds from the event will help MTFEE continue to provide grant funding for innovative and exciting classroom

programs, educational opportunities, staff development, and state-of-the-art teaching materials that are beyond the scope of the general school budget.

The foundation operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$460,000 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included a Book Room, STEM (Science, Technology, Engineering & Mathematics) enrichment programs, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall.

There are currently more than 60 MTFEE-funded grant programs running. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant. MTFEE is a member of New Jersey Education

Foundation Partnership and The National Consortium of State and Local Education Foundations (NCEFS).

To purchase tickets, visit www.mtfce.org. Like us on Facebook. ■

About MTFEE: From its initial conception in 1995 to its designation as a 501(c)(3) charitable organization in 2002, the Millstone Township Foundation for Educational Excellence (MTFEE) has remained steadfast in its goal to fund grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget. Items include innovative classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials. Through the creativity of the teaching staff's grant applications and the fundraising efforts of MTFEE, the foundation is proud to have awarded more than \$460,000 in grants to Millstone Township schools. MTFEE grants, which have been awarded at every grade level and in every discipline, have included a Book Room, STEM enrichment programs, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall. MTFEE was the first organization in the district to put iPads™ into the classroom in the spring of 2011. There are currently more than 60 MTFEE-funded grant programs running. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant. MTFEE is a member of New Jersey Education Foundation Partnership and The National Consortium of State and Local Education Foundations (NCEFS).



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New Egypt Cheer and Dance Teams Medal in Florida



New Egypt Pop Warner 2013 PeeWee Cheer Team- National Champions!



New Egypt Pop Warner 2013 Jr. Midget Dance Team- 2nd Place Champions!

The New Egypt Pop Warner Pee Wee cheer and Jr. Midget dance teams competed last month in the Pop Warner National Championships in Disney World, Florida. The Nationals are a week long event that showcase the best of the best Pop Warner cheerleaders and dancers from across the country. Teams from all over the country travel to Florida with the hopes of becoming the National champions. New Egypt is no stranger to this competition as we have been sending teams down to Nationals since 2006. Our dance teams have brought back four 1st place National championship titles along with multiple other high placing titles and our cheer teams have also always done very well

bringing home many trophies over the years.

As in the past, this year's teams were also very successful. The Jr Midget dance team, which was compiled of all returning dancers between the ages of 10-14 years old, placed 2nd in the national competition. The team was awarded a trophy and all of the girls returned with silver medals around their necks. The theme for the dance team was "British Invasion" and the girls went all out with their British flag costumes and British music and all of the fans were cheering them on from the stands waving their British flags.

The PeeWee cheer team, which included both returning and new cheerleaders between the ages of 9-13 years old, trav-

eled to the national competition for the first time as a team and they couldn't have asked for a better experience. For the first time in New Egypt's Pop Warner history our cheer team brought home the GOLD! They were awarded an impressive team trophy and proudly returned home with their gold medals. What a great experience for these national first timers!

The cheer team also placed 1st in the New Jersey State Championships held in November 2013 in Trenton's Sun Bank Arena.

Congratulations to our teams on their achievements and for making everyone in our little town and across the country proud! New Egypt Pop Warner continues to set the bar. ■

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New Egypt Baseball is getting ready for another great season!

By: Sam Noble

We would have never been able to get here if it wasn't for the generous help of our sponsors from last season. The kids and parents had a great time during the season.

All of our Team Sponsors helped out with escorting the teams onto the fields during opening day, and congratulating the kids for an awesome season at the season ending NEBBQ. And of course each sponsor left with a team plaque, to commemorate their assistance to the team, to proudly hang in their office or home.

We want to do it all over again and make it even better this year! This means we need everyone's help in getting the League the financial assistance it needs. The money raised from sponsorships goes directly back to the kids. After all, that is what the program is there for - the kids!! And better yet - your sponsorship is tax-deductible because we are a registered charity and 501 (c)3 with the State of New Jersey. So even your company saves money by doing this!!!

Sponsor money goes to keeping the registration costs low so all kids can have the opportunity to play. Equipment such as catcher's gear and baseballs and bases are all wearable items. These items break and wear out, some after one season. To keep the safety of the kids at heart, we have to replace this equipment. Sponsor money also goes directly to keeping the fields and equipment in the best shape it can be. After all, the fields represent the town and the League to our visiting organizations.

The Deadline is February 16th for team sponsorships. Returning sponsors will be given choice until February 1st, after which the remaining slots will be first come first serve. The League sponsorships are open until March 1st. This insures enough time to produce for opening day. You can continue to sign up after March 1st, but there is no guarantee the banner will be flying for opening day ceremonies on April 5th.

The same registration information letter and form is on our new website www.newegyptbaseball.com. Hit the 2014 registration tab and go to the sponsor registration. As the season progresses, and you sign up for a sponsorship, the sponsor information and logos will be posted on the webpages. To grasp the coverage our website has, last season during the 4 months of prime season, our webpage had over 11,000 hits. That is a lot of opportunity to show your community how you support the kids!!!

Simply fill out the attached documents, and mail them back to PO Box 42, New Egypt, NJ 08533, or go online to www.newegyptbaseball.com and click the 2014 registration tab, scroll down to Sponsor Form and fill 'er out!!!

Also, while I have your attention, we are taking an interest poll for a co-ed softball league for spring into summer this year. If your company thinks they have what it takes to put a team on the field, or you may want to get out and play, PLEASE fill out the Softball registration form online and let us know!! This is a new League so be a part of something great from the start!

Thank you very much for your support. The kids could not have such a great season without it. ■



Nicholas Papaterpou is in the eighth grade. This fourteen year old from Millstone Township is a straight A student. He loves his school and loves learning. He finds his teachers very awesome and knowledgeable and though he sometimes gets a lot of school work; he knows the end result will pay off. His favorite subjects are Language Arts, History, Arts and Computers.

Nick always had a passion for writing. Ever since he was in grade school, he had teachers who encouraged his writing and helped to improve his skills. He is always writing elaborate stories or short stories in his spare time. He usually gets the urge to write at odd times, it can be day or night. Once he gets an idea in his head, he sits and thinks it out and develops it until he has a finished story. Sometimes it might take a few days and sometimes he can knock out a short story in a few hours. Nick loves to read fantasy books such as The Lord of the Rings and Ranger's Apprentice Series. He doesn't watch a lot of television, feeling the shows today are either to childish or too adult and that there is nothing much in the middle. If he had to choose one or two shows that he really liked they would be Modern Family and Sleepy Hollow. His favorite foods are cheeseburgers with fries or grilled shrimp or lobster tails a close second.

His favorite type of music to listen to is classic rock. He is not that much into modern music. His favorite bands are Led Zeppelin, Queen, The Beatles, ACDC, Bon Jovi and Foreigner. When his dad and uncle were younger, they use to play in different bands with famous rock stars. His dad, and his uncle who is now deceased, played the guitar, sang and wrote music. Nick has been helping his dad put together a CD of his uncle's music as a tribute to his memory, which will be available to the public when it is complete. Nick proudly played the keyboard on one of the tracks of the CD as a tribute to his uncle. Nick's favorite song is one that his uncle wrote called The Dreamer.

Nick lives with his mom and dad and younger brother Manny. His dad is a veterinarian at the Four Paws Animal Hospital in Englishtown. His mom is a receptionist for a chiropractor. Nick comes from a small family. His aunt, uncle, and cousin live in Florida. He has another uncle and he has his grandmother who lives in Staten Island. Nick's family is of Greek heritage.

Even though there are clicks in school, Nick will be the first to tell you that everyone has your back when you need it. Nick is very grateful for the friends that he has. He can really trust his closest friends. Nick is a fine young man who is courteous and always respectful to adults. He is very mature for his

The Millstone Times' Student of the Month **NICHOLAS PAPATERPOU**

By: Pam Teel



age and how he views the world today. He is very protective of his younger brother and helps him with his schoolwork or anything else that he needs.

His favorite places to visit are Renaissance Fairs, going to the movies with friends, and going out to eat with his family. He enjoys writing, playing the piano, and filming short films or mock music videos. He has two dogs, Jesse, an American foxhound and Ozzy, a Scottie and Westie mixture. He was very sad when his cat of 19 years, Stymie died a few months ago.

Nick favorite holiday is Christmas. He enjoys celebrating the birth of Christ and being with his family. Though he doesn't play any sports now, he likes to watch football and hockey. He also does archery in his spare time. As far as future careers, Nick has narrowed it down to three things that would make him happy. He would like to be a musician, a writer/novelist, or a video editor. If he had one wish it would be to live a happy and healthy life with his current family and future family. We wish you the very best Nick. Keep up the good grades and stay as sweet as you are! ■

Making this journey and applying to college takes thought, effort and organization. We at THE COLLEGE ADVISOR NETWORK help you navigate through the journey. We assist in research in order to develop a college list based on your needs, work with you on the application process, closely collaborate with other professionals to ensure all your questions are answered and overall help ease the process. Whether you are student in high school, college or a parent looking for the best options for your child, contact us today and let us help make this an amazing journey! Call 732-617-1577 for information on how to begin your college application process.

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The High Cost of Driving Under the Influence; *Body Damage to You and Your Car*

By: Susan Heckler

Driving under the influence of drugs or alcohol has been an ongoing problem world-wide. People go out for an evening of fun and merriment or have a solo Pity Party at home decide they are okay to get behind the wheel. It is important to understand that alcohol alters perception (you are not okay) as well as impairs motor skills and judgment.

In 2012, there were 158 fatalities across the State of New Jersey as a result of impaired driving, state officials said. These are only deaths, not considering countless life threatening and life changing injuries. According to the Centers for Disease Control and Prevention (CDC) in their October 7, 2011 Vital Signs Report, nearly 11,000 car accident related fatalities (about 1/3 of all crash fatalities in the United States) are attributed to alcohol-impaired driving. 41% of fatal car crashes involve alcohol. Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 48 minutes. The annual cost of alcohol-related crashes totals more than \$51 billion.

After all, alcohol is an addictive substance. The initial feeling of euphoria and other emo-



tions when drunk can be pleasant and for many people alcohol helps them numb their feelings or forget problems. Drunk driving statistics shows those are most likely to be involved in fatal drunk driving accidents are young people (between the age of 21 and 24), motorcyclists, and drivers that have had a prior conviction for DWI.

In an interview with John Speranza at Allcar Collision located at 16 Throckmorton Street in Freehold, the damages they have witnessed and the loss of life and limb is beyond frightening. He estimates 25% of the cars brought to them were caused by irresponsible driving. He said the best thing to do is to report erratic drivers to 911. Even if not drunk or stoned, their driving is a danger. Many drivers are pulled off of the road because of these calls, saving lives.

If you love your children, do your best or better to keep them safe. As an adult, practice responsible decisions. If you have to fear being caught at doing something, it means you shouldn't be doing it at all. Still not convinced? Imagine losing a loved one due to the irresponsibility of drunk driving, or better yet, imagine being responsible for the pain and suffering of others due to a bad decision. ■

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Municipal Court

By: Greg Matarrese

What can I say. Does anyone remember the old game show "Let's make a Deal"?

We will get back to that in a minute.

Municipal Court is a unique venue. It is unique in that it handles not only local municipal code violations, and certain lesser criminal offenses, but traffic violations as well. In other states, like New York for example, there is a Criminal Court which hears municipal code violation and lesser criminal offenses. Traffic violations are handled administratively through the Dept. of Motor Vehicles.



What is the difference? Well, in New York State traffic court you are either pleading guilty or going to trial to prove yourself innocent of the offense. There is no negotiation. There is no pleading to another charge. Guilty or Not Guilty.

Well, Municipal Court in New Jersey is the polar opposite. Almost everything is subject to some level of negotiation and/or plea. Hence, my reference to "Let's make a Deal" at the top of the page. Please note that I am not being critical of the Municipal Court System nor am I in anyway attempting to diminish the vital role that the Municipal Courts play in enforcing the law within the overall state court system. The reason I am using the reference to the old game show is merely to emphasize the importance of having experienced representation in most Municipal Court offenses.

Obviously, if you are charged with an offense of any type that could result in significant fines and/or the loss of your liberty, i.e., incarceration, I strongly urge you to consult with an attorney before your initial court appearance, if possible.

But what about traffic violations? The most frequently asked question I get is "...do I really need an attorney..." for a particular traffic violation? In reality, the questions should be "...will I benefit from having an attorney ..." and the answer, in most cases, is a resounding "yes". Let me try and show you by way of example.

If you have a spotless driving record and are charged with a 2 point offense maybe there is little reason to retain an attorney. After all, in that example, there is both minimal risk and minimal room for negotiation.

But for anyone who already has points on their driving record, and/or facing offense(s) carrying more than 2 points, you have a much better chance of negotiating a favorable resolution if you are represented by an attorney. And you need an attorney with the experience to help weigh the options of your particular case and come to a resolution that is best for you. Remember, every case is different.

When it comes to traffic violations there are many considerations that you need to take into account. Your driving record is a factor that will always be considered by the Court(s) in the future. In addition, it will also be considered by your automobile insurance carrier. "Points" will remain on your record for up to 3 years and will be used by your insurance company to determine your insurance premium. In addition, if you have a certain number of points the state will also impose an annual surcharge, for up to 3 years, and that is in addition to the fine and costs paid in Court. So before you plea to any offense you

need to consider not only the fine and court costs for the specific offense but the effect of the point(s) on your insurance premium and state surcharges.

Most clients that consult with me have heard of the "0 point" option that may be available for certain offenses. This option is a valuable tool that can be used to control the accumulation of points on your driving record and you must have an attorney who is experienced with the application of the plea and the considerations that you need to take into account before entering a plea of guilty.

If your offense involves an automobile accident resulting in property damage and/or personal injury you have other issues to consider. Can a plea of guilty to an offense in Municipal Court be used against me later in a civil lawsuit for monetary damages for that property damage/personal injury? Absolutely...unless you seek, and obtain, a civil reservation at the time the plea is entered.

The point that I am making is that in most cases, since so many of Municipal Court offenses can be negotiated, you are at a significant disadvantage if you are not represented by an experienced attorney who can help you obtain the most favorable resolution of your offense.

I offer a free consultation on all Municipal Court matters. Feel free to call my office with any questions you may have concerning this article or any other matter. ■



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Strong is what happens

Continued from page 11

bage and sold it at auction. A group of my drug friends would break into houses and steal things from homes and go to the local pawnshop daily. Maintaining, maintaining, maintaining.

It was a summer day and I was to drive my sister's best friend to a Rutgers Party. She had just gotten her license and a new car and we were driving together. We stopped at a WAWA where she went in to get an iced tea and upon arriving back at her car she witnessed me snorting my OxyContin from a dollar bill. She was terrified, shocked, pained, and horrified. She played it cool and we went to the party and came home. Two days later she mustered up the strength to go to my mother and tell her what she had witnessed. Her name is Alexa, she saved my life, and she is my snitch. "I ask kids today when I speak to them to please be a snitch save a life."

My parents now knew my deep secret. They were on to me. They immediately put me into my first treatment center. I lasted two weeks, came home and got high again. I attended an intensive outpatient program while continuing to get high. I continued stealing and manipulating. I had stolen and sold all of my mother's jewelry except her wedding ring. I was out one morning with my girlfriend and my mother went to spot-check my car. When she opened the car door, out fell the family silverware & her wedding ring in the glove compartment to be sold. At this point my parents didn't know what to do with me. I had failed in treatment #1, I had failed in the IOP, I was thin, arrogant, angry, dysfunctional, a liar & a thief. They threw me out. I walked down the street directly to my drug dealer. Slept in his van parked in his driveway and continued to get high. The same dealer I turned into the police two months prior. I found my way to another drug associate, three days later, and my father found me. He took me home and I

was put on an airplane with an escort to another treatment center in CA.

I had destroyed my beautiful family. They were in complete disarray. My parents were fighting, crying and confused. My one sister was away in college wanting to come home and leave school unable to function. My baby sister was angry, depressed and had begun cutting herself. My grandparents were so sad and disappointed.. My decisions had affected everyone around me! What had I done?

I entered my third treatment center. I did really well for thirty days, but I was white knuckling it. I was turning 21 in rehab. "I had lost so much time." "I will always be the loser." My mind was saying, I am finally 21 and you're telling me I can never have a drink? I don't think so. My addict Ego was not done with me!

I completed the program and continued going to meetings. I was able to get an apartment, and a job. I unfortunately wanted to celebrate my 21st birthday, so I did. I had a few drinks. I'm not really a drinker, so I decided to find some weed; after all I was in CA. I went walking and stumbled upon a homeless man who said he could help me and offered me a hit off his pipe. I knew it wasn't weed...It burnt my throat. I was just introduced to my new poison...Crystal Meth. I had met three other friends at my last rehab and it was only moments before we all relapsed together. I was soon introduced to heroin and was soon injecting myself with heroin & meth...powerballing.

Within a few weeks, I lost my job, I lost my apartment and I had decided to completely cut my family out of my life.

This is my life, this is how I want to live it. This is the Daniel Story.

My parents were going crazy. They had a contact in CA who informed them that I was hanging with a girl named Christine. My mom was able to contact her mother and let

her know that she was going to CA to get me and that Christine would then be alone in the desert. Advising her to meet her in CA to get both of us at the same time. Christine's mom was belligerent and in denial. My mom couldn't take it anymore. She jumped on an airplane, flew to CA. Christine's mom had contacted her and changed her mind and said she would be coming into CA at 4pm. She said she would never handle the situation like this, she trusted her daughter? My mom knew the only way to find me was to get ahold of Christine. She would be picking her mom up from the airport at 4pm. My mom waited and waited in a bush at the airport and then hi-jacked Christine's car as she pulled up to get her mom. My mom forced Christine to drive her to me. Christine was very high, as I had just shot her up. She drove about 15 minutes from the airport to an abandoned hotel where we paid a homeless man \$20 to stay. My mom jumped from the car screaming, "what room is he in?" She ran into the hotel yard, screeched to door 11 and kicked the door in. She found me standing, band around arm, and spoon in hand. A mother's worst nightmare...

To this day I can still see the image of my mother standing in that doorway. She was a silhouette with bright light behind her and her voice calmly said, come on Danny were going to get you some help. I followed my mother like a small child, as if I was four or five years old. I couldn't figure out how she found me...I just walked behind her...confused

She brought me to a dear friend's house where we were to pack my things and get on an airplane back to NJ. This is when reality hit me ... no more drugs? I had been awake for 12-14 days using Met; I became psychotic. I tried to escape over the concrete wall of the yard I was in, tried to break out of the house, fought with my friends, injured them, broke furniture and then was tackled and held by four people unable to move. The police had to be called. There was obviously no

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way my mother was going to be able to get me onto an airplane in this state. The police took my heart rate and warned me that I may have a heart attack at any minute and that I am acting irrational. They decided to 5150 me. Which means all of my human rights had been taken away and I became the product of the state of CA. I decide that I disagreed with this and I stood up and punched the police officer. They then tasered me three times, I fell to the floor and cut my eye open requiring 22 stitches, and I urinated on myself. I don't remember this at all and can only recount the day because my dear mother had to watch it. She stood screaming, crying but most importantly she was taking pictures. I don't know how she was able to do that, but she wanted me to see what I had become.

I was then tied down to a gurney and brought to the ER. They don't like IV drug users in the ER, for good reason. They would approach me, frightened, in haz-mat suits and I would spit at them. They tied me to my bed and repaired my face as I cursed at them. I was a disgrace. My mother wept as she sat shamed. I spent 24 hours of my hell in this ER. I was then transported to a Psych Hospital by ambulance still tied to my bed, about an hour away. My mom followed.

I arrived at the Psych ward in my paper clothing, stitches, bruised face, sweating, and extremely ill. I stayed there for several days. My mom would visit me each day.

Day 1, I was angry & hated her for doing this to me.

Day 2, I was angry, what have I done.

Day 3, I was in a psych ward? How did I get here?

Day 4, I was soooo sad

Day 5, I crawled into my mother's lap as if I was a small child and wept for 30 minutes.

Day 6, I was seemingly resolute

Day 7, I was released to an escort and driven to another Treatment Center... Mom followed.

I arrived at my fourth Treatment Center. This center was dif-

ferent or maybe I was different? This center was a non-twelve-step program. I dove right into every therapy available to me. I became so aware of myself, my thought process, my errors, and my perception of life. I worked with fantastic counselors through hours of tears, anger, and laughter. I learned meditation. I learned breathing & coping skills. I was reminded of spirituality. I was poked & prodded. I had been given another chance at life; I had begun to realize how grateful I was to be alive. I was taught by these counselors to move forward in my life. To remain positive & grateful, thus keeping negative influence from your being. I was taught to respect my past, to understand how choices affect your life, but to not live in that story, do not live in the past. I was taught to apologize through action; I was taught that humility is of the upmost importance. This place was different...we saved my life. I spent 27 days here. I loved each one of them. I continue to speak to my counselor weekly. He is my life mentor.

My family flew out to CA to finally pick me up and take me home. I was so scared. I had to trust me.

My mom had spoken with the Treatment Center Aftercare Specialist throughout my stay. They offered resources for aftercare, but very few in NJ that she felt were suitable for my success. So upon arriving home, we began building an aftercare program very different from what is available to patients now on the east coast. We were very specific about our needs, very diligent, and very consistent. Our program required many alternative elements, different holistic modalities, specific professional counselors, a community of support and consistency. I was empowered by positive purpose...

I am 2 years sober now. I don't count the days, I LIVE the days, with passion and gratitude. I am humbled daily by the chances I have been given, I am grateful for the people in my life, I envelope the debt of pain I've caused my loved ones, by personal choice, and I internally work my hardest to please &

resolve ... I am peaceful & driven & grateful.

I am now striving to complete my master's degree in counselling and social work. I have started an organization called CFC Loud N Clear in Howell, NJ. This organization is a sober social group, providing drug/alcohol free activities and exposing people in recovery to real-life situations sober. Young adults coming out of recovery feel as if they will never have fun again. We promote "Sober is Cool." This is a groundbreaking concept, progressive and refreshing. It is being met with controversy from existing treatment programs. cfcloudnclear.com

I, along with my mother, have become extremely vocal & vested in promoting prevention & recovery. We are dedicated to relapse prevention as we feel treatment is failing in this area.

I am also involved in the following:

- Motivational speaker at High Schools and Middle schools in the state of NJ.
- SMART Recovery Facilitator.
- Member of Monmouth County Coalition, Prevention First, DART Ocean County Coalition, & Howell Alliance, Farmingdale Chamber of Commerce & Howell Chamber of Commerce.
- Founder of The Insight Center for Healing, Brielle, NJ due to open March 2014. ■

Thank you for listening to my story. I look forward to meeting you someday.

***Peace & Love,
Daniel Regan***

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Local Vet

Continued from page 8

really was. She genuinely wanted to do something for people that would make a difference, something even more special than opening up a full practice again. During her four years away from her practice, she focused on the farm she bought in Pennsylvania, where she raises horses, chickens and all sorts of farm animals. She subbed for other colleagues in their practice and opened up a low cost spay and neuter clinic in Somerset, NJ, where she traveled two hours back and forth from her Pennsylvania farm. Still, she missed her Englishtown clinic. As luck and good timing happened and the fact that her tenant's lease was up, she made the decision to bring the low cost clinic she started in Somerset back to Englishtown. Her inspiration was to offer lower prices to ensure that people wouldn't neglect their pets. They didn't have to fear a large bill for vaccinations and other services. She decided to combine the Affordable Pet Care Clinic with a Wellness Center, all in one. The Water Street clinic is called Animals R Family. It's easy to get to. Water Street is off of Main Street in Englishtown. Coming into Englishtown, take the left at the second light where the old Red Tavern is. The clinic is a few houses down on the right. You'll see the Animals R Family sign out front or the large Kitchen cabinetmaker's sign hanging right next door. There's parking in the back.

Dr. Farr holds Educational Seminars where people can learn about keeping their pets healthy. Topics such as, what are the healthiest pet snacks, dog obedience, how to prevent diabetes and obesity, and much more are discussed. Dr. Farr's goal is to enrich, enhance and improve the lives of the animals and make it affordable so people aren't afraid to take their pets to get examined or looked at if there is a problem. She doesn't like to see any animal in any pain. This Doctor will do all that she can to help that animal maintain a stress free quality of life.

The Doctor offers traditional veterinary services such as exams, vaccinations, low costs spaying and neutering, dental checkups, weight management and surgeries. An office visit is just ten dollars. Wellness exams range from \$15 to \$30 dollars, DHPP, Bordella, FVRP, and Rabies shots each cost \$15.00. You can view other rates and the Doctors services at: www.animalsfamily.us/services.html. The affordable pet clinic is especially great for people with multiple pets who don't have to fear getting a bill for hundreds of dollars every time your pets have to go to the Vet. With twenty-nine years experience behind her, you can trust that your pet is in good hands.

The Doctor's examinations begin with a smile and a hug first, for those animals that are small enough to be picked up. (I believe it's her special way of telling them not to be afraid). Being a Veterinarian is her life. "It's all about the animals," the Doctor stated. "Their needs come first." She would never turn an animal away because someone didn't have the money to pay for them. On many occasions, she has taken in injured pets found along roadsides, performed surgeries on them, and has placed them in loving homes. Dr. Farr does a lot of work with animal rescue. She helps the rescue centers out by examining the animals that are brought in before they are deemed adoptable. She works with a few different organizations. One of them is called Animal Assistance.org. It is located at 645 Old Stage Road, East Brunswick, NJ. Animal Assistance is a lifetime animal care facility. Their family oriented animal care farm has a purpose to provide a home for animals whose guardians can no longer care for them or for animals down on their luck who still have not been adopted out. They also help animals that were abused and offer a few different services, such as dog obedience training. If you are interested, you can sponsor a dog or a cat that is still waiting to find a home. 100 percent of the donations go to caring for the animals at the Animal Rescue. They also offer space for vacationing boarders and a doggy day care for people who work long hours. They are one of the few animal facilities in the area that are actually located on a farm in a country setting and with over 60 year's experience. On their website you will find Pictures of the Pets up for Adoption, Adopted Pets and a listing of their services, as well as Tips for keeping a Healthy and Happy Pet. To find out more information about adopting or donating visit: www.Amimalassistance.org or call 732-251-3210

Very often you will see an animal up for adoption in the Doctor's office. Currently she has Gracie, a beautiful seven-month-old kitten, part blue point Siamese, at her clinic. She has all her shots and is in excellent health. She is being well taken care of and loved, but the Doctor would love to give this sweet girl a permanent loving home. If you are interested in learning more about Gracie you can email the office at: animalsfamily22@yahoo.com or call 732-786-8877.

*"It's all about the animals,"
the Doctor stated.*

*"Their needs come first."
She would never turn an animal
away because someone didn't have
the money to pay for them.*

Continued on page 41

Dr. Farr grew up in Matawan. She lived in Michigan while attending Michigan State Veterinarian School, where she graduated in 1985. She worked in Detroit for a few years before moving back to Monmouth County. Settling into Englishtown, it was there that she raised her daughter and began her Englishtown practice. She knew from an early age that she wanted to become a veterinarian. She loved animals as a child and spent all of her free time with them. She remembers having to sneak animals into her house, as her mother was not very fond of them. Her father always backed her up though. He loved animals almost as much as she did and went to bat for her when she would bring home a new addition to the family.

With her main home now in Pennsylvania, Doctor Farr travels two and a half hours one way to her Englishtown Clinic. Luckily she owns the house next door to the clinic where she stays while in town. It helps being right next door so she can keep an eye on animals at night that are recovering from surgery. Sometimes she doesn't even make it next door, choosing to stay overnight with a patient in case they are distressed.

The doctor has a hands-on manager named Tom Cowell, who handles the day-to-day operations within the clinic and sets up the appointments. Tom has a special interest and talent when it comes to reptiles and other exotics. He has worked with Dr. Farr for nearly three years and lends a hand when needed during surgeries. The Doctor's daughter, who also grew up with a special love for the animals, helps her mom out when needed. Dr. Farr sees a number of different animals at the clinic, which include dogs, cats, rabbits, birds, lizards, snakes, hamsters, rats, ferrets, and guinea pigs.

The clinic also offers therapeutic and recreational swimming sessions for dogs. Dogs new to swimming are taught how to swim in warm water. Call the office for more information about the swimming sessions. You can even make an appointment with a canine massage therapist while there.

To reach the Doctor: animalsfamily22@yahoo.com or call 732-786-8877 for an appointment. Offices hours are Monday's 10-6, Tuesday's 9-6, Wednesday's 9-12 (with extended hours if needed). You can also visit their facebook page at Animalsfamily Englishtown.

The Doctor is currently searching for an associate veterinarian who shares her views on patient care so she can extend her hours. If you are interested, please send your resume to the above email.

Thank you Dr. Farr for sharing your God-given talents with the people of Englishtown and with the surrounding communities, as well as at a cost that all can afford. You definitely are making a difference in the lives of animals! Good luck to you and welcome back! ■

Hearing Loss *Continued from page 19*

• In 2007, approximately 82% of the cases involving occupational hearing loss were reported among workers in the manufacturing sector.

According to OSHA (Occupational Safety and Health Administration), there are warning signs that your workplace may be too noisy. Noise may be a problem in your workplace if:

- You hear ringing or humming in your ears when you leave work.
- You have to shout to be heard by a coworker an arm's length away.
- You experience temporary hearing loss when leaving work.

How can you prevent hearing loss? The most obvious way is to avoid loud noise whenever possible. When exposed, move away from it as soon as you can to minimize the exposure. If that is not a practical solution for you and yours, try using hearing protection, such as earmuffs or earplugs, can be purchased at drugstores, hardware stores, or sports stores. When listening to your personal listening device like your MP3 or iPod, turn it down a few notches. You will get used to it in time. You can also look at the noise rating on many products.

Not sure if you have hearing loss? Consult your doctor to find out. In any case, it is never too late to prevent further loss to you and any loss to the next generations. Shhhhhhhhhhhhh ■

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Jack the Ferret

Continued from page 13

his cage. Since Matt litter trained him, it is no problem to change the litter when necessary. Even in the dorm, Jack would run back to his litter box when he had to go; for the most part anyway. Some ferrets train better than others.

Ginger was always very curious to get up close and personal with Jack. She would climb up on top of his cage and put her paw in trying to reach him. Matt's mom had to put a blanket on top of the cage. Jack didn't seem to mind though. Ferrets aren't afraid of other animals. They will go right up to something. They sometimes get scared by loud noises. Their eyesight is not that great but their hearing and smelling are very good.

One night, Matt's mom forgot to lock the door on the ferret cage and Jack managed to escape. The next morning she looked everywhere for him. She found him five minutes later behind the dryer crawled up on a sock. Ginger was sleeping not too far from him. Matt's mom feared the worst but when she startled Ginger, Jack woke up to. Ginger didn't seem too engrossed with Jack anymore. Maybe because they might have chased each other all night and tired each other out, but Matt's mom kept an eye on them anyway. Ginger would follow Jack and they seemed to be playing hide and seek around the couch. Jack would hunch his back up and let out an eek eek eek sound as he darted from one side of the couch to the other. Ferrets do this when they are excited. He and Ginger were actually playing together. Ginger would never get too close. It might be because of the musky smell a ferret has. Even though these domesticated animals are descended, they still have a musky smell. You really need to do your homework before you consider owning a ferret. Some people can't take the smell. Even a nice bath wouldn't get rid of it.

A funny story Matt told me was when Jack was loose and climbed up the table via a coat on the chair. He discovered a bowl of banana's and attacked one of the bananas, making a big hole in the middle. This happened two or three times and Matt's sister got the blame for it, even though she swore she didn't do it. The mystery was solved when Jack was actually caught in the act! Matt neglected to tell his mom that Jack loved bananas. His family fondly calls him Banana Jack when referring to him. Jack has a great personality. He loves to be around people. He's gentle and has only hissed one time in his life. Ferrets make a hissing sound when they are threatened. They can also bite and draw blood when scared. Ferrets play hard with each other. They do have a thick skin. When two ferrets are playing, it might look like they are hurting each other and sometimes they do, you might hear one yelping. In this case sepa-

rate them. One ferret might be overpowering the other. Ferrets might play with you the same way, if you move your hand back and forth on the rug. In play, they do not mean to hurt you but they can.

Ferrets come in different sizes and different colors. Most of them are brown, gray and black. The color is darker on the paws and tail. They need to have their nails constantly trimmed and should get at least two hours of exercise a day if possible, in order to keep fit and healthy. Some ferrets sleep so soundly that you might think they have died. Sometimes it takes some time to wake them up. Ferrets love to take things and hide them. Jack takes the TV changer and drags it into his favorite spot behind the dryer. He especially likes the soft rubber buttons on the changer. A few times he has bitten all of the rubber buttons off. The woman at the cable store knows Matt's dad well. She laughs when she sees him walk through the door. He's already had to replace two changers. Ferrets will drag their toys, treats, food, anything they fancy, into their special hiding places.

Jack loves to take a warm bath. He started out in a small sink with just an inch of water, but when he became accustomed to the water, Matt's mom let him swim in the bathtub. Some ferrets hate the water and have a deep fear of being put into a sink full of water. Never leave a ferret alone in water they can't stand in. They tire easy and will drown. There are special shampoos for ferrets and most treats and bags of food can be found in a local pet store. Matt's mom orders online from Fosters and Smith, a pet supply store. They have a wide variety of food, vitamins, and treats and anything that has to do with ferret care. Vitamins are essential for a ferret. They can also keep their coats healthy and shiny. You can get vitamin drops to put in the ferrets water or it comes like a gel in a tube. Jack loves his vitamins and takes it as soon as it's squeezed out of the tube. It might be a good thing to purchase a book on ferret care, as there is a lot to learn. When a ferret is awake and allowed out of his cage, they can get into many different predicaments. They can get into your pots and pans, or find holes to crawl through. A few times Matt's mom found Jack in the open washing machine just staring up innocently at her. Another time he climbed into the dirty clothes barrel, and almost got thrown into the washing machine along with the dirt clothes. Matt's mom always looks twice before putting the washing machine on.

Please don't feed your ferret sweets, chocolate, candy, cakes, dog rawhide, salty human junk food snacks (some ferrets have died of salt poisoning), nuts or seasoned table scraps. Although ferrets like dairy treats, milk products will give them digestive problems -- unless it is lactose free milk. Do not give a ferret any alcohol or caffeine. Your ferret will be a handful as it is, without being either drunk or hyperactive. Alcohol or caffeine can do very severe damage to a ferret's cardiovascular system and lead to a premature death. Do not feed them raisins or grapes. Feed only non-acidic fruits, such as banana, papaya, melon, and apple (without the skin). Feed only in the strictest moderation - no more than a small piece once or twice a month. Too much sugar in a ferret's diet has been tentatively linked to the onset of insulinoma, a tumor of the pancreas. Unfortunately, older ferrets are prone to tumors and cancer. Don't substitute ferret food with cat or dog food. Ferret food is made especially for ferrets' nutritional needs. Treats should be given every now and then. Make sure if you take your ferret outside in its cage, that they are protected from the direct sunlight. It's best to keep a towel on top of the cage or keep the cage in the shade and limit his time outside in the sun. Don't let your ferret run loose outside, especially if you live in an area where there are hawks. Ferrets like to stay warm and even in the shade in the summer, they can get cold. Ferrets can be enjoyable fun loving pets but they are a lot of work. Do your research before you purchase one. There are too many ferrets, parrots, rabbits, and other small animals that are abandoned and put into shelters because people bought them on whims. Do not ever let a ferret loose in the wilds because you do not want them anymore. Ferrets are domesticated animals and they do not know how to hunt for their own food. They will die.

Jack has grown in the last three years, but by ferret standards he is still a small ferret. His favorite food is still bananas and peanut butter ferret treats. When Matt comes home from school, you can find Jack sleeping under his covers and Ginger lying on top of him, always with a watchful eye out for Jack somewhere below. When Matt's at school and he is feeling lonely, he just needs to look up at the poster on his wall that his sister had made for him for his birthday of Jack and Ginger. It always makes him smile. During his second year of school, Matt changed his major. He wants to work with animals. He's working toward becoming a Park Ranger. As for Jack, he gets all the attention he needs right now from Matt's mom and sister and of course from his playmate Ginger! ■



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