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## Special Kays Competitive Dance Team Wins Top Awards to Kick Off Season

Special Kays—a non-profit, nationally recognized competitive dance team of the New Jersey Center of Dance (NJCOD) & Performing Arts—received numerous high-level awards at its first two competitions of the season. The team competed at the Groove Regional Dance Competition (Millstone Twp.) on March 14-16 and VIP Regional Dance Competition (East Brunswick) on March 21-23. At Groove, the team received 4 platinum (highest level) and 9 first place overall awards for its solo, duo/trio and group dance numbers. At VIP, Special Kays received 29 platinum and 11 judges choice awards.

At Groove, three Special Kays dancers received the highest scores in the petite solo category (8-9 years old). Kendall Deal (Monroe Twp.) received first place overall, Nicole Rubino (Millstone Twp.) received second place overall and Bella DePompo (Allentown, NJ) received third place overall for their solo performances. In the



In the petite duo/trio category (8-9 years old), Chase Jansen (Millstone Twp.) and Kendall Deal (Monroe Twp.) were awarded a platinum, as well as first place overall.

petite duo/trio category (8-9 years old), Chase Jansen (Millstone Twp.) and Kendall Deal (Monroe Twp.), were awarded a platinum, as well as first place overall.

In the junior solo category (10-12 years old), Allison Hoeni (East Brunswick), received first place overall and an opening number invitation at Groove Nationals.

Sophia Abene (Monroe Twp.) and Amanda Capasso (Jackson) received a platinum in the teen duo/trio category (13-15 years old).

In the senior solo category (16-19 years old), Jasmine Jerman (East Brunswick) received a platinum, full convention scholarship, opening number invitation at Groove

Nationals and a "Beautiful Mover" special judges award.

The team also won 6 first place overall and 1 platinum award for its group numbers at Groove.

At VIP, Bella DePompo (Allentown, NJ) received a platinum award in the mini solo category (7-9 years old),

*continued on page 16*

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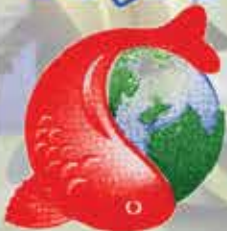


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## You Can't Take It with You — Dancer Bill Would Help You Leave More to Your Children

Assemblyman Ron Dancer said recent news reports about residents migrating out of New Jersey demonstrates the need for swift action on his legislation that would significantly reduce the inheritance tax burden. The Assemblyman's bill, A-1281, takes a two-pronged approach to the problem, repealing the transfer inheritance tax, and amending New Jersey's estate tax to increase the tax free threshold.

"New Jersey's infamous taxes make this one of the most unbearable states to live in, and the amount of money the government grabs from an estate makes it the most expensive state in which to die," said Dancer, R-Ocean, Burlington, Middlesex and Monmouth. "Residents who have put some significant money away for their heirs understand that upon death they are forfeiting much of that hard-earned money to the government, so they are moving to states with less taxing estate practices."

A report by RegentAtlantic Capital in Morristown demonstrated disturbing levels of outward migration, as New Jersey taxpayers abandon the state to reduce their cost of living in states like Florida, North Carolina and Pennsylvania. The report found that the average income coming into New Jersey is approximately 50 percent less than the income that is leaving.

"With the number of people we are losing, it is clear we need to make conditions here more bearable for those who have so much invested in our state. We should be giving people reason to stay, rather than driving them away. That's why I feel so strongly about my legislation to reduce the tax impact on the estates of residents who pass away," said Dancer.

Recently, at the Commerce and Industry Association of New Jersey's Legislative Roundtable, business leaders cited the State's aggressive estate and inheritance taxes as major contributors to the frigid environment for business, telling the legislators, "We lose money because of the estate tax. We know it drives capital away."

The transfer inheritance tax, one of NJ's oldest taxes, dating back to 1892, is imposed on the transfer of all personal and real property in the estates of New Jersey resident decedents and of all tangible and real property located in New Jersey in the estates of nonresident decedents. The tax was revised in 1985 to exempt from taxation transfers to spouses, ancestors and descendants of the decedent, but bequests to brothers and sisters of the decedent or their children, and to non-relatives, are taxed at rates as high as 16 percent.

Dancer's legislation would provide tax relief by revising the \$675,000 New Jersey estate tax threshold to the federal tax free level, which is currently \$5.1 million. New Jersey was cited by Forbes as a place "Where Not to Die in 2012."

"Few states tax estates, fewer have an inheritance tax, and New Jersey is just one of two states that has both. We give a whole new meaning to the saying that nothing is certain but death and taxes, and for those of us who are left standing, it is death by taxes," Dancer said. "This is sound economic policy because the death tax can kill economic growth when applied to small business owners and farmers who may be forced out of business if they can't afford it. "People should not have to meet with their accountants on the same day they meet with a funeral director," Dancer added. ■



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# Happy Birthday, New Jersey!

## 350 Years and Counting

By Susan Heckler

**W**e may complain and point out all of her faults, but New Jersey is looking pretty good for 350 years old. 1664 is the year today's state began to be called New Jersey, although in an earlier form.

King Charles II of England awarded the Isle of Jersey to his brother James, the Duke of York. James granted "from the Connecticut River to the Delaware" to two loyal noblemen, Sir George Carteret and John Lord Berkeley. The document that records this transaction is housed at the New Jersey State Archives in Trenton. It proclaims, "said Tract of Land is hereafter to be called by the name or names of New Cesarea or New Jersey." And so New Jersey was born.

A new website [www.officialnj350.com](http://www.officialnj350.com) is a great reference to find out what celebrations are planned throughout the state. They state, "Communities, schools, businesses, organizations and individuals are invited to join in the celebration of New Jersey as the best place to live, work, visit, vacation, and do business. There are many ways in which to participate. You can adopt the official anniversary logo throughout 2014. You can develop new programs and events that highlight New Jersey and its unique heritage or rebrand existing events related to one or more of the themes of the 2014 celebration. Highlight the distinct assets found in our own backyards. Help make this 350th anniversary a year-long celebration that explores our rich heritage and showcases the very best that New Jersey has to offer."

Our state website says, "In 2014, New Jerseyans have a tremendous opportunity to celebrate how far we've come from this seventeenth-century beginning. To acknowledge our state's contributions to the nation and the world, three themes have been designated to help frame the anniversary:

**Innovation:** The world has been reshaped again and again by people from and things created in New Jersey. From Edison's light bulb, to the Atlantic City boardwalk, to the first intercollegiate football game, to Frank Sinatra and Count Basie, New Jersey's innovations and innovators have had an impact around the globe.

**Diversity:** By virtue of its location and diversity, New Jersey is in many ways a microcosm of the U.S., with numerous national themes playing out within the state's boundaries over the past 350 years.

**Liberty:** New Jersey played a pivotal role in the American Revolution, witnessing more significant military action than any other state in the new nation and establishing a tradition of distinguished military service that continues to this day. New Jersey's commitment to the cause of liberty was further demonstrated when it became the first state to ratify the Bill of Rights in 1789." ■

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**If you are looking to join in the local celebration, check out these events:**

**May 18**

Hear the Hessian Soldiers' Stories  
The Whitall House at Red Bank Battlefield  
12-4pm

**May 31-June 1**

Revolutionary War Encampment at Craig House  
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# RWJ Hamilton Becomes First Hospital in Capital Region to Earn National Recognition for Hip, Knee, and Spine Procedures

## *Hospital Establishes Center for Orthopedic & Spine Health*

**R**obert Wood Johnson University Hospital Hamilton (RWJ Hamilton) has earned The Joint Commission's certification for hip and knee replacement, and spine surgery—the first and only hospital to receive this distinction in the region.

The hospital's intense focus on orthopedic care over the past five years mirrors the growing prevalence for joint replacement procedures in the United States and has led it to establish the Center for Orthopedic & Spine Health. The multi-disciplinary program brings together a highly-trained team of orthopedic specialists, pain management professionals, and physical and occupational therapists.

"Certification from The Joint Commission is evidence of RWJ Hamilton's long-standing commitment to quality, and establishes the hospital as a destination center for orthopedic care in the Capital Region," says Roy Sayles, RN, orthopedic program coordinator.

The program offers a full range of orthopedic services from minimally invasive to trauma and other complex procedures. In addition to joint replacement and spine surgery, the program also treats injuries and conditions affecting the neck, shoulder, hand and feet.

"The success of all hospital programs is measured on quality patient care and outcomes," says John DiBiase, MD, a surgeon with Trenton Orthopedic Group and chief of orthopedic surgery at RWJ Hamilton. "RWJ Hamilton's orthopedic program performed so well that the Joint Commission provided no recommendations for improve-

ments during its recent evaluation. That level of quality is exceptional and unmatched in the region. We owe these results to the outstanding surgeons and to the highly intelligent and dedicated nursing staff."

The Joint Commission's review evaluated RWJ Hamilton for compliance with standards of care specific to the needs of orthopedic patients and families, including infection prevention, leadership, pain and blood management.

"Certification is a voluntary process and I commend RWJ Hamilton for successfully undertaking this challenge to elevate its standard of care," says Jean Range, M.S.,



Paul Goubeaud of East Windsor, center, works with Dr. Ciara Kelliher, left, physical therapist, and Jenna Hempelma, RN, orthopedic nurse, as part of his post-knee-replacement therapy at Robert Wood Johnson University Hospital Hamilton's Center for Orthopedic & Spine Health. Photo: Gerald Paguio.

*continued on page 58*

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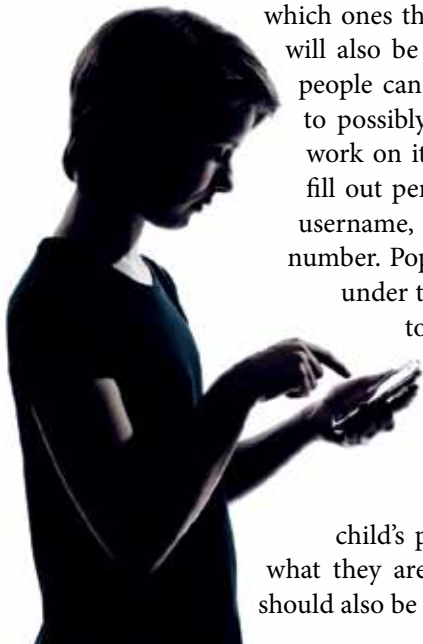
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# Instagram – Is It Safe for Kids?

By Susan Heckler

Instagram is a photo sharing mobile app that's available on some smart phones. Users choose to upload a photo from their device's library or take a picture or up to 15 seconds of video and customize media with filters and other enhancement tools, similar to Photoshop.



The user can then immediately upload this photo to a number of social networks, including Facebook, Twitter, Flickr and Foursquare, depending on which ones they sync to their Instagram account. The photo will also be uploaded to the Instagram community where people can 'like' and comment on it for the entire world to possibly see. Instagram is a photo-sharing social network on its own. Users have a profile with the option to fill out personal information such as first and last name, username, birthday, gender, bio, email address and phone number. Popular photos from all over the world are shared under the "Popular" tab, and every user has the option to follow other Instagram users and vice versa.

It sounds like fun but there are a few issues parents need to be fully aware of. You want your child to have fun but as a parent, it is your obligation to protect their safety.

Parents, you need to monitor. Know your child's password and check their accounts to see both what they are posting and who is following them. Parents should also be on Instagram, become familiar with the site and

follow their kids, and also teach them to be aware and stay safe online. The same goes with similar apps, Ask.fm, Snapchat, Kik, Whisper, and Tinder.

The only information required to sign up for Instagram is an email address and desired username. A phone number is optional. The person viewing your child's photo is essentially anonymous, and anyone can download a photo unless your profile is private. Make sure to protect your child's privacy before entering a phone number and set your profile to private so anyone who wants to see your photos will need to be your friend. Bios are visible to all and can be where predators start looking for under-age victims. Your child can easily accept anyone into their private network.

During the process of uploading a photo, the geo-location data of the photo you're uploading can easily be shared with your followers. Anyone can learn the location of your child. Fortunately, geotagging is off by default, but you need to make sure it stays off.

Instagram is not for children under the age of 13, and over that age is really up to the parent. You know your child and their maturity and responsibility level. There isn't even a 1999 year to choose when signing up, so Instagram has acknowledged this. There are a lot of inappropriate posts and inappropriate people on Instagram that you will not want your child exposed to. There are approximately 150 million monthly users internationally. Many of the younger age group uses the service to circumnavigate parental screening.

Instagram has a help center for parents on their website [www.instagram.com](http://www.instagram.com). They offer advice for the safety and security of your child. Assume no one else will look after your child's welfare and take your role as a parent seriously. It is part of loving your children. ■

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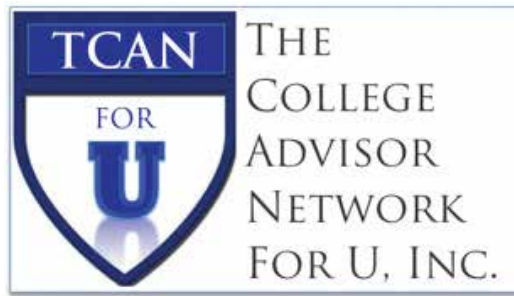


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PRESENTS...

## THE MILLSTONE TIMES' STUDENT OF THE MONTH

### ALYSSA I. HACK

By Pam Teel



The Millstone Times is proud to present Alyssa I. Hack as our Student of the Month. Alyssa is in the fourth grade and is a student at the Millstone Elementary School. This active ten year old lives in Per-rineville and works hard to keep up her good grades in school. She is very conscientious with all of her schoolwork and wants to always do her best. Her fourth grade teacher, Mrs. Prevosti, has nothing but high praise for her. "Alyssa

is a pleasure to have in my fourth grade classroom. In class she tackles every assignment with hard work and enthusiasm. She is an active participant in group assignments and works well with others. Alyssa is a shining star," she quoted.

Alyssa loves to write. Her favorite subjects are writing, reading, art and gym. She also enjoys being a part of the band and chorus. She plays the bells in band and finds it easy because she has been playing the piano since she was five years old. Alyssa loves all types of music. She also plays the suspended cymbals and the chimes in music class. She likes gymnastics, playing baseball and playing catch with her family.

Alyssa loves her friends and is very thankful to have special friends like Kyla. She also loves the friends she rides to school with on her bus, which include her friends Emily, Olivia, Erica, Alexa and others.

Her favorite books she enjoys reading are the Humphrey books and the Ann. M. Martin books. Her all time favorite is a book by Ann Martin called, *A Dog's Life*. Alyssa loves animals and is a very caring and nurturing young girl. She is of Greek origin and it was only fitting to name her dog Zeus after the Greek God. She was very sad when her dog Tasha died from old age two years ago. She already knows that when she grows up she wants to be a Veterinarian. She made up her mind about that when she was just three years old!

Her favorite movies to date are *Megamind* and *Despicable Me*. Her favorite song right now is "The Sun will Come out Tomorrow," from the musical Annie. Alyssa has many hobbies. She loves playing music, singing, doing crafts, jumping rope, and most importantly hanging out and having fun with her friends.

Alyssa lives with her mom and dad and her dog. Her family has special places they go to both in Vermont and in Florida. Alyssa loves to take trips to either place whenever she has off of school. She would one day love to go to Greece and to Germany to see more of her cousins. Her Grandma and Grandpa on her mom's side died before she was born, but she still has a lot of Greek cousins on her mom's side that she stays in touch with. She calls her Grandpa on her dad's side Opa and she likes to visit with him in Howell. Unfortunately, she lost her grandmother last year.

Alyssa loves Christmas and Easter. She shares Easter with the Greek relatives and really looks forward to the festivities. Her favorite food is pasta and pizza and her all time favorite food, which is Greek, is called spanakopita.

If Alyssa had one wish, it would be for peace, love and happiness for the whole world and that there wouldn't be anyone suffering from any pain. She would like to thank her teacher, her friends and family for supporting her and for being there to guide her in life!

The best of luck to you Alyssa. I know with your compassion for animals that someday you will make a great Veterinarian. Keep up the great grades you are getting in school and stay the sweet young girl that you are! ■

Making this journey and applying to college takes thought, effort and organization. We at THE COLLEGE ADVISOR NETWORK FOR U 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 us today at 732-617-1577 for information on how to begin your college application process.

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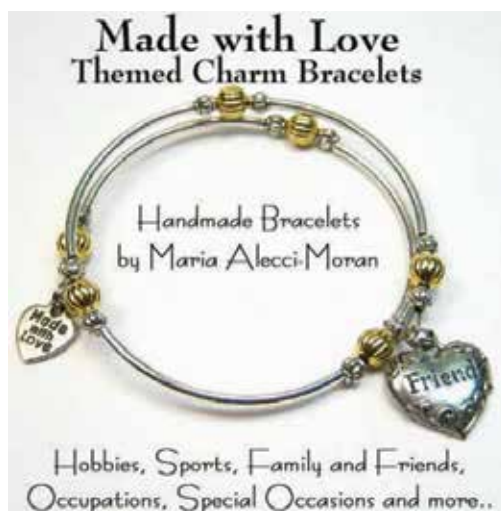
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# The Powers of Flowers

By Susan Heckler

A team of researchers at Rutgers, The State University of New Jersey conducted a behavioral research study that explored the link between flowers and life satisfaction. During a 10-month study of participants' behavioral and emotional responses to receiving flowers, the outcomes show that flowers are a natural and healthful moderator of moods.

Anyone who has received an unexpected bouquet of flowers can corroborate this, as it is a combination of a surprise, a gift and beautiful flowers. Flowers have an instantaneous influence on happiness. All study participants conveyed "true" or "excited" smiles after receiving flowers, demonstrating extraordinary delight and gratitude. This reaction occurred in all age groups. A specific smile, the "Duchenne smile" is associated with the raising of the cheeks and crinkling around the eyes and has been linked to positive emotion and related changes in the brain.

Flowers have a long-term positive effect on moods. Study participants reported feeling less depressed, anxious and agitated after receiving flowers, and demonstrated a higher sense of enjoyment and life satisfaction. Flowers last for many days so the feeling lingers with them. They stimulate several of your senses, sight, smell and touch.

Not all flowers have the same effect on us. There is a theory that the color of a flower plays a key role in the perception of people's senses, which undoubtedly has an effect on our emotions and our cognition. Red flowers supposedly improve a person's



performance on jobs that are very detail-oriented. Red is also linked with caution and danger. Blue increases creative thinking and is associated with honesty and peace. The shades that seem to be the most appealing are blue-green, blue, green, purple and red-purple. The least likable hues of flowers consist of yellow and yellow-green.

Studies conducted at Rutgers and Harvard revealed that participants in the study were twelve percent more productive when fragrant plants were introduced in the workplace. The study also showed that compassion and kindness levels increased within a week in people when fragrant plants were introduced into the workplace.

Edward Bach, British doctor, discovered and developed 38 flower essences in the 1930's. Today they are called Bach flower remedies and are used homeopathically in conjunction with herbs. The purpose of these remedies is to gently re-balance our mental and emotional state. Most of them are from wildflowers found in the countryside and woods. Each one relates to a different emotional state. These are grouped in seven categories: fear, loneliness, uncertainty, lack of interest, despondency and despair, oversensitivity, and over care for others. The philosophy of Dr. Bach was principally to deal with the balance of the soul, spirit and body.

Pick up a bouquet for yourself or a friend, plant that dream garden and smile, smile! ■



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A growing concern is the effects of this on children. This incorrect posture while playing games can lead to increased ear infections and sinus problems due to poor draining issues in the neck.

As poor posture continues to be linked to digital device usage, many tech and health professionals are coining the syndrome as "iPosture."

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## Special Kays Dance Team

*continued from page 1*

and an "Idol Soloist" invitation to VIP Nationals. Nicole Rubino (Millstone Twp.) and Kendall Deal (Monroe Twp.) also received platinum awards in that category.

In the mini duo/trio category (7-9 years old), Chase Jansen (Millstone Twp.) and Kendall Deal (Monroe Twp.), were awarded platinum and first place overall awards, as well as a "best choreography" award to Kirsten Jansen (Millstone Twp.) for that number.

In the junior solo category (10-12 years old), Kailey Kocur (Millstone Twp.) received a platinum award, as well as a "Best Lyrical" special judges award and an "Idol Soloist" invitation to VIP Nationals. Sophia Abene (Monroe Twp.), Allison Hoeni (East Brunswick) and Briana Shifrin (Cream Ridge) also received a platinum award in that category.

Sophia Abene (Monroe Twp.) and Amanda Capasso (Jackson) received a platinum award in the teen duo/trio category (13-15 years old).

Amanda Capasso (Jackson) also received two platinum awards in the senior solo category (16 years old and up), as well as a "Best Contemporary" judges choice award and "Best Choreography" award to Kirsten Jansen (Millstone Twp.). In the same category, Jasmine Jerman (East Brunswick), received a platinum, judges choice award, VIP convention scholarship and "Idol Soloist" invitation to VIP Nationals. Cayla McLaughlin (Millstone Twp.) also received a platinum award in that category.

The team also won 16 platinum and 5 first place overall awards, as well as 7 judges choice awards for its group numbers at VIP.



Above left, Nicole Rubino (Millstone Twp.) received second place overall. Above right, in the junior solo category (10-12 years old), Kailey Kocur (Millstone Twp.) received a platinum award, as well as a "Best Lyrical" special judges award and an "Idol Soloist" invitation to VIP Nationals.

"Special Kays is excited to once again be starting its competition season so strong," said Linda Kay Griggs, director, Special Kays resident dance team for the New Jersey Center of Dance + Performing Arts. "It's so gratifying to see the choreographers' and dancers' hard work being recognized."

For more information about New Jersey Center of Dance + Performing Arts or Special Kays, visit [www.njcodance.com](http://www.njcodance.com). ■



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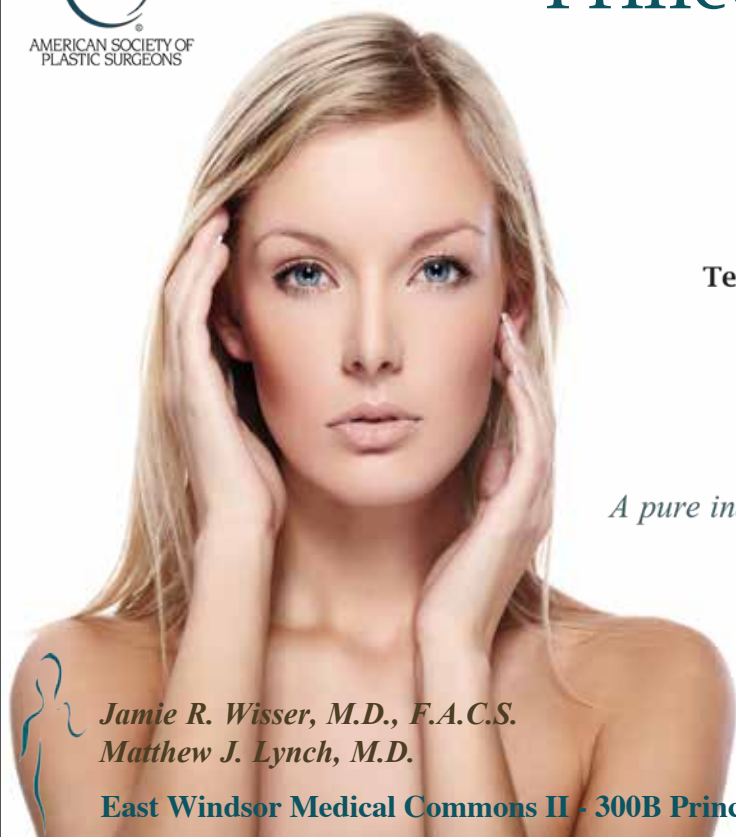
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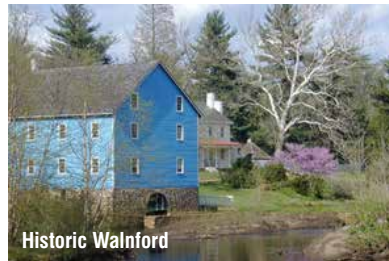
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## Get Ready for the Annual 'Weekend in Old Monmouth' Tour 45 Historic Monmouth County Sites Open for Visits May 3 and 4



The annual "Weekend in Old Monmouth" event returns with 45 historic sites throughout Monmouth County opening their doors to visitors interested in local history. Hours for most sites are from 10am to 5pm on Saturday, May 3 and from noon to 5pm on Sunday, May 4.

"Weekend in Old Monmouth is a wonderful event for anyone interested in history and architecture," said Freeholder Director Lillian G. Burry, liaison to the County's Historical Commission, coordinator of the weekend event. "The sites on the tour are generally operated independently of one another, but this special tour project coordinates the hours of operation at several locations so history buffs can travel by foot, bicycle or car to enjoy and take in many of the county's rich historic places all in one weekend."

"The tour includes 45 sites and each illustrates a piece of local history," said John Fabiano, executive director of the Historical Commission. "The outlined tours help put the pieces together by theme or geography. Tour visitors can see the places in any order of their own selection. The proposed starting points are just suggestions for those who may be seeking guidance."

You can start planning your route by previewing the tour sites on the County's website at [www.visitmonmouth.com](http://www.visitmonmouth.com). ■

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# 10 Things Science Says Will Make You Happy

By Jen Angel

*Scientists can tell us how to be happy. Really. Here are 10 ways, with the research to prove it.*

In the last few years, psychologists and researchers have been digging up hard data on a question previously left to philosophers: What makes us happy? Researchers like the father-son team Ed Diener and Robert Biswas-Diener, Stanford psychologist Sonja Lyubomirsky, and ethicist Stephen Post have studied people all over the world to find out how things like money, attitude, culture, memory, health, altruism, and our day-to-day habits affect our well-being. The emerging field of positive psychology is bursting with new findings that suggest your actions can have a significant effect on your happiness and satisfaction with life. Here are 10 scientifically proven strategies for getting happy.

## Savor Everyday Moments

Pause now and then to smell a rose or watch children at play. Study participants who took time to “savor” ordinary events that they normally hurried through, or to think back on pleasant moments from their day, “showed significant increases in happiness and reductions in depression,” says psychologist Sonja Lyubomirsky.



## Avoid Comparisons

While keeping up with the Joneses is part of American culture, comparing ourselves with others can be damaging to happiness and self-esteem. Instead of comparing ourselves to others, focusing on our own personal achievement leads to greater satisfaction, according to Lyubomirsky.

## Put Money Low on the List

People who put money high on their priority list are more at risk for depression, anxiety, and low self-esteem, according to researchers Tim Kasser and Richard Ryan. Their findings hold true across nations and cultures. “The more we seek satisfactions in material goods, the less we find them there,” Ryan says. “The satisfaction has a short half-life—it’s very fleeting.” Money-seekers also score lower on tests of vitality and self-actualization.

## Have Meaningful Goals

“People who strive for something significant, whether it’s learning a new craft or raising moral children, are far happier than those who don’t have strong dreams or aspirations,” say Ed Diener and Robert Biswas-Diener. “As humans, we actually

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require a sense of meaning to thrive.” Harvard’s resident happiness professor, Tal Ben-Shahar, agrees, “Happiness lies at the intersection between pleasure and meaning. Whether at work or at home, the goal is to engage in activities that are both personally significant and enjoyable.”

#### *Take Initiative at Work*

How happy you are at work depends in part on how much initiative you take. Researcher Amy Wrzesniewski says that when we express creativity, help others, suggest improvements, or do additional tasks on the job, we make our work more rewarding and feel more in control.

#### *Make Friends, Treasure Family*

Happier people tend to have good families, friends, and supportive relationships, say Diener and Biswas-Diener. But it’s not enough to be the life of the party if you’re surrounded by shallow acquaintances. “We don’t just need relationships, we need close ones” that involve understanding and caring.

#### *Smile Even When You Don’t Feel Like It*

It sounds simple, but it works. “Happy people...see possibilities, opportunities, and success. When they think of the future, they are optimistic, and when they review the past, they tend to savor the high points,” say Diener and Biswas-Diener. Even if you weren’t born looking at the glass as half-full, with practice, a positive outlook can become a habit.

#### *Say Thank You Like You Mean It*

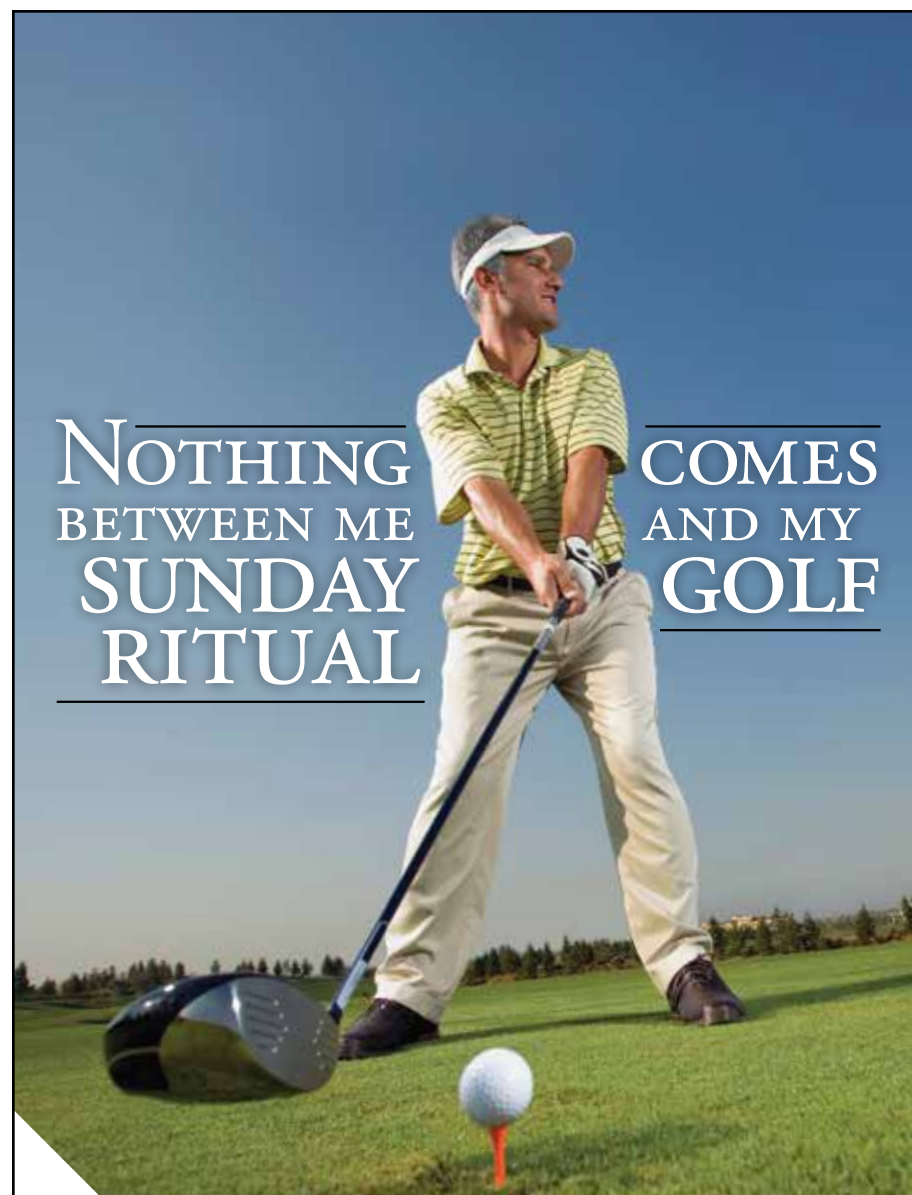
People who keep gratitude journals on a weekly basis are healthier, more optimistic, and more likely to make progress toward achieving personal goals, according to author Robert Emmons. Research by Martin Seligman, founder of positive psychology, revealed that people who write “gratitude letters” to someone who made a difference in their lives score higher on happiness, and lower on depression—and the effect lasts for weeks.

#### *Get Out and Exercise*

A Duke University study shows that exercise may be just as effective as drugs in treating depression, without all the side effects and expense. Other research shows that in addition to health benefits, regular exercise offers a sense of accomplishment and opportunity for social interaction, releases feel-good endorphins, and boosts self-esteem.

#### *Give It Away, Give It Away Now!*

Make altruism and giving part of your life, and be purposeful about it. Researcher Stephen Post says helping a neighbor, volunteering, or donating goods and services results in a “helper’s high,” and you get more health benefits than you would from exercise or quitting smoking. Listening to a friend, passing on your skills, celebrating others’ successes, and forgiveness also contribute to happiness, he says. Researcher Elizabeth Dunn found that those who spend money on others reported much greater happiness than those who spend it on themselves. ■



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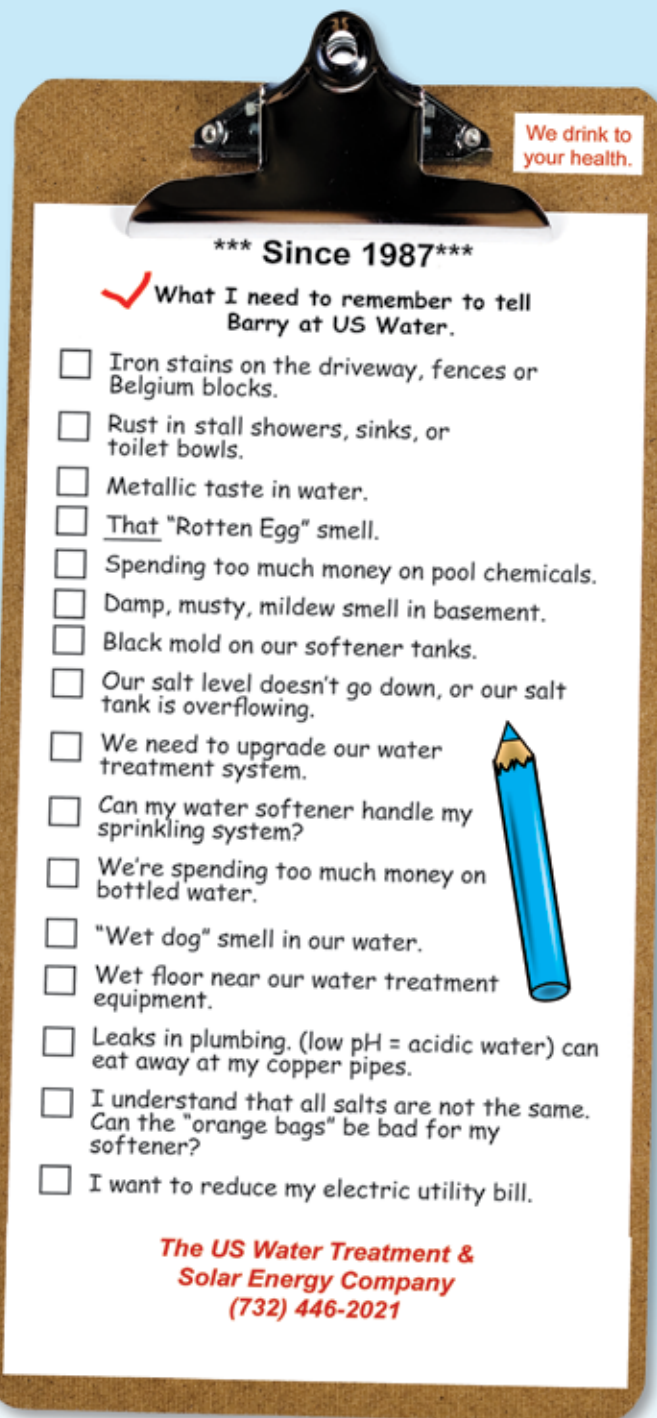


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# IN THE **HEAT** OF THE MOMENT

By Susan Heckler

**C**ongratulations, you have survived the 'Winter from Hell.' The trees are budding and the first signs of spring have sprung. It seems a long way away, but we need to start thinking about summer and the hot weather. Heat Awareness Day is May 23, 2014.

Anyone who is exposed to extreme heat or hot environments may be at risk of heat stress. Heat-related deaths and illness are preventable, even so an average of 688 deaths each year in the U.S. are attributed to it. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Workers at risk of heat stress include outdoor workers, but also workers exposed to hot environments such as firefighters, bakery or kitchen workers, farmers or construction workers, or anywhere you would be wishing for air conditioning. Senior citizens, those who are overweight, have heart disease or high blood pressure, or take certain medications, infants and children, and athletes may be affected by extreme heat and are at greater risk.

Our bodies naturally react to heat by perspiring and breathing. The Center for Disease Control recommends keeping your body temperature cool to avoid heat-related illness, be sure to stay hydrated because your body loses fluids through sweat (you can become dehydrated during times of extreme heat), and stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

Heat exhaustion is a common reaction to severe heat and can include symptoms such as dizziness, headache and fainting. With rest, a cool environment and hydration (including refueling of electrolytes, which are necessary for muscle and other body functions) the symptoms diminish. When a person is exposed to heat for a very long time, the first thing that shuts down is the ability to sweat. When perspiration is dried by the air, it has a cooling effect on the body. When perspiration stops, a

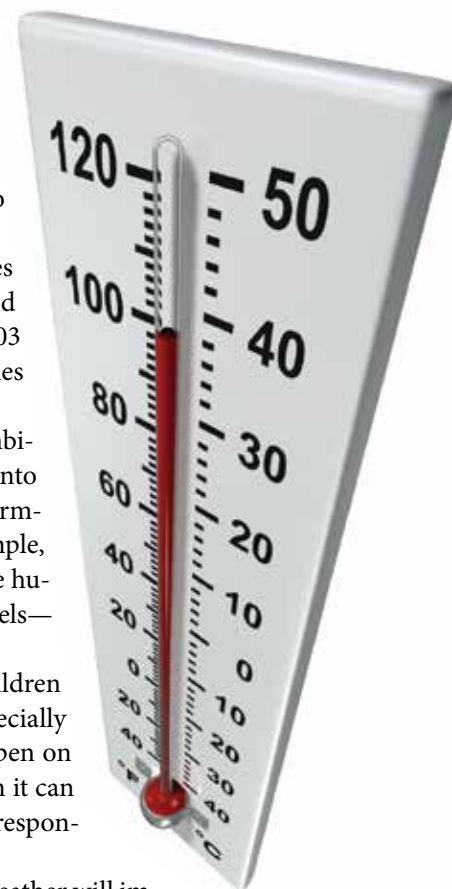
person can move from heat exhaustion to heat stroke rapidly.

Heat stroke is more severe and requires medical attention—it is often accompanied by dry skin, a body temperature above 103 degrees Fahrenheit, confusion and sometimes unconsciousness.

Heat and humidity is a dangerous combination. When you factor relative humidity into the air temperature, it feels like it is much warmer than the thermometer reads. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index—how hot it feels—is 121°F!

We should all remember not to leave children and pets in the cars in any weather, but especially in the warm months. Even with windows open on a mild day, the body absorbs more heat than it can handle. This is called hyperthermia, and is responsible for untold deaths each year.

If you are uncertain whether or not the weather will impact your health, don't make those plans. Summer is a time for fun in the sun, be smart and be safe...when in doubt, do without. ■



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# “Come Rally in the Alley” to Fight Vasculitis Disease

By Pam Teel

**T**welfth grader, Erika Citron, has a passion for the arts, especially dancing. She credits her love for dancing to her teachers at the dance studio that she has been attending for the past five years. They have been very supportive of her, always encouraging her and guiding her throughout her training. During her second year at the studio, Erika noticed that one of her dance instructors stopped teaching class. All that they were told was that she was sick. It wasn't until a little while afterwards did they find out just how sick their instructor really was. Her teacher, Tiffany Cohn Masi, affectionately known to the students as Miss Tiff, was diagnosed with Takayasu Arteritis, a form of the Vasculitis disease. This was a disease that neither Erika nor her classmates were at all familiar with.

Vasculitis means inflammation of the blood vessels, arteries, veins or capillaries. When the inflammation occurs, it causes changes in the walls of blood vessels, such as weakening and narrowing that can eventually lead to blood vessel blockage. As a result, tissues and organs supplied by affected blood vessels end up not getting enough blood, which can lead to organ and tissue damage and even death.

Vasculitis is a rare disease that can affect people of all ages. There are many types of vasculitis, but the overall condition is rare. The different types of vasculitis are classified according to the size and location of the blood vessels that are affected. With some forms of vasculitis, people can improve on their own. Treatment for it generally tends to work better when caught early, but some forms can require a treatment of medication that can last a lifetime. For people with the disease, the outlook and treatment depends on many different factors, such as the type one has, which organs are affected, how quickly the condition worsens, and the severity of the condition. In some cases vasculitis can go into remission, which means the condition isn't active but it can come back at any time.

The inflammation involves pain, redness, warmth, swelling, and loss of function in the affected tissue area. If a blood vessel is inflamed, it can get narrow or even close off. This prevents blood flow through the vessel. Rarely the blood vessel will stretch and weaken causing it to bulge. This bulge is called an aneurysm. Vasculitis can also affect your skin, joints, lungs, gastrointestinal tract, sinuses, nose, throat ears, eyes, brain, and nerves.

The area that affected Erika's teacher was the area around the aorta (the main blood vessels leaving the heart and its branches, as well as the pulmonary arteries). It is also known as the pulseless disease because they can present weak or absent pulses on examination of the upper extremities.

Luckily for Erika, her beloved teacher was able to come back the following year and since then Erika and her dance mates have developed a strong bond with her. Erika cares for her like she does her own mother. Erika is now taking solo lessons from Miss Tiff and she knows that there are times when her teacher should be at home taking care of herself instead of coming into the studio to teach. The medicines that they have her teacher on are all experimental because the disease is not well enough known. Miss Tiff even spent her honeymoon in the hospital receiving treatment with her new husband by her side supporting her.

Whenever Erika dances, her teacher is her inspiration. When she is on stage, her teacher gives her a lot of strength and encouragement to push on and to keep improving and now it's time for Erika to give that support and strength back to her. “While raising money is extremely important, my main goal is to raise awareness,” Erika quotes. “I want people to know about the disease and I would like them to help me make a difference not just for Vasculitis, but for any disease. I think that people should want to make a difference everyday knowing that it is benefitting someone else

*continued on page 52*



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# New Jersey Baseball

## A Lesson in Our History

**F**rom Alexander Cartwright to Derek Jeter, some of baseball's most important figures have ties to the Garden State.

Alexander Cartwright is the father of baseball. In 1845, he developed the basic rules of the game as we now know it. On September 23, he organized the Knickerbocker Base Ball Club of New York. The members of the club traveled to Hoboken to practice the game under his new rules at Elysian Fields.

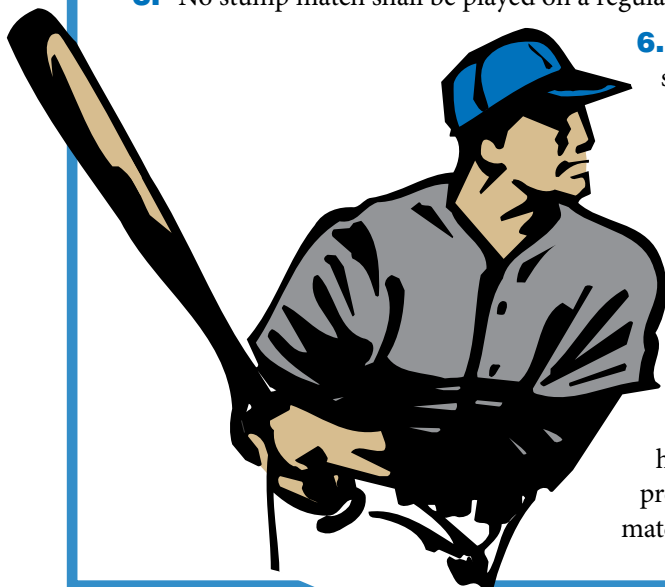
On October 6, 14 members of the Knickerbocker Club took part in the first baseball game. The two sides battled for three innings with Cartwright's team losing 11-8. Between October 6 and November 18, the club played at least 14 more intrasquad games in Hoboken.

With some practice behind them, the Knickerbockers were ready for their first game against a rival team. On June 19, 1846, at the Elysian Fields, baseball was born.

The New York Nine annihilated the Knickerbockers 23-1 in four innings. However, things were not as bad for the Knickerbockers as they appeared. Most of the New York Nine's players were originally Knickerbockers who did not like to travel to Hoboken for practice. ■

On September 13, 1845, Alexander J. Cartwright presented the first 20 rules of baseball. His list includes many rules that are still followed today. The rules created the baseball diamond, placed the batter at home plate, and created the strikeout, force out, and fly out. Three outs made up a half-inning. The ground-rule double and foul territory were also established. A player could no longer get a runner out by throwing the ball and hitting him. Below is a complete list of Cartwright's rules, a number of which were simply club policies.

1. Members must strictly observe the time agreed upon for exercise and be punctual in their attendance.
2. When assembled for practice, The President, or Vice President in his absence, shall appoint an umpire, who shall keep the game in a book provided for that purpose, and note all violations of the By-Laws and Rules during the time of exercise.
3. The presiding officer shall designate two members as captains, who shall retire and make the match to be played, observing at the same time the players put opposite each other should be as nearly equal as possible; the choice of the two sides to be then tossed for, and the first in hand to be decided in a like manner.
4. The bases shall be from "home" to second base, 42 paces; from first base to third base, 42 paces, equidistant.
5. No stump match shall be played on a regular day of exercise.
6. If there should not be a sufficient number of members of the club present at the time agreed upon to commence exercise, gentlemen not members may be chosen in to make up the match, which shall not be broken up to may afterwards appear; but in all cases, members shall have the preference, when present at the making of the match.
7. If members appear after the game is commenced they may be chosen in if mutually agreed upon.
8. The game to consist of 21 counts, or aces; but at the conclusion of an equal number of hands must be played.
9. The ball must be pitched, and not thrown, for the bat.
10. A ball knocked out of the field, or outside the range of first or third base, is foul.
11. Three balls being struck at and missed and the last one caught is a hand out; if not caught is considered fair, and a striker is bound to run.
12. A ball being struck or tipped and caught either flying or on the first bound is a hand out.
13. A player running the base shall be out, if the ball is in the hands of an adversary on the base, or the runner is touched with it before he makes his base; it being understood, however, that in no instance is a ball to be thrown at him.
14. A player running who shall prevent an adversary from catching or getting the ball before making his base is a hand out.
15. Three hands out, all out.
16. Players must take their strike in a regular turn.
17. All disputes and differences relative to the game, to be determined by the Umpire, from which there is no appeal.
18. No ace or base can be made on a foul strike.
19. A runner cannot be put out in making one base, when a balk is made by the pitcher.
20. But one base allowed when a ball bounds out of the field when struck.







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### THURSDAY (7:30-10:30 PM)

5/1 Joe Kaplow	5/22 Joe Kaplow
5/8 Joe Kaplow	5/29 Billy Simmons
5/15 Billy Simmons	

### FRIDAY (6-9 PM)

5/2 Rob Silvers Duo	5/23 John Patrick Duo
5/9 John Patrick Duo	
5/16 Rob Silvers Duo	

### FRIDAY (9:30 PM-1 AM)

5/2 Drew's Farm	5/23 Jumbo and the Flatleaver Band
5/9 King Mosquito	
5/16 Tangled	5/30 John and Carm

### SATURDAY (9:30 PM-1 AM)

5/3 The Psycho Misfits	5/17 Melanie and Sonny
5/10 Thomas Wesley Stern	5/24 DJ Nebbs Dance Party
	5/31 Tangled



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Photos by Grace Glover (right) and  
Sheila Bodine (above).

## Lakefront Gallery Brings Family and Community Together

It stands to reason that the basic rule of organization would dictate placement. But simply grouping like items together just didn't seem right to Princeton curator Sheila Geisler. As she plotted the layout for the upcoming juried exhibit at Lakefront Gallery at Robert Wood Johnson University Hospital Hamilton (RWJ Hamilton), she knew it called for something more.

"They all had a flow so much so that I didn't have to group them by individual artists," Geisler said of "Generations" an exhibit of photographs taken by generations of nine families that debuted at Lakefront Gallery on March 13th and will run through June 12th.

"It must be in the genes," she said.

Whether it is nature or nurture, this collection of images captured by grandmothers and granddaughters; mothers and sons; fathers and daughters will express the differences and commonalities that are present in all families. These expressions, Geisler thinks, connect people to the art and help people connect to each other.

That's not only true for the patrons, but also for the artists.

Princeton's 76-year-old Sheila Bodine whose black and white photographs of musicians' hands playing instruments was paired with her 17-year-old granddaughter Grace Glover's shots of abstract architectural patterns. It was Bodine who brought the idea of the "Generations" exhibit to Geisler after seeing a similar show elsewhere. Both women belong to the 287-member Princeton Photography Club that has been supplying some of the subject matter for Lakefront and other local galleries. Geisler, whose husband Carl has been president of the club for the past eight years, said members are always looking for ways to bring the community together.

As for Bodine, she said she is certainly excited about displaying her family's work. While she and her granddaughter both enjoy photography, they have never collaborated together. "I wanted to do something I'd never done before and I thought it would be great to do it with her."

"That's what art is all about," Geisler said. "Involving the community around us—so that the community will walk into RWJ Hamilton before they need it and see what else is there and have them excited about what they can come in for before they need hospital services."

Ilya Genin, a Hamilton cardiologist and director of Lakefront Gallery, agrees. "The gallery brings original photographic art to the walls of the hospital, enriching the patient, visitor and staff experience."

For additional information about Lakefront Gallery, contact 609.584.5900. ■



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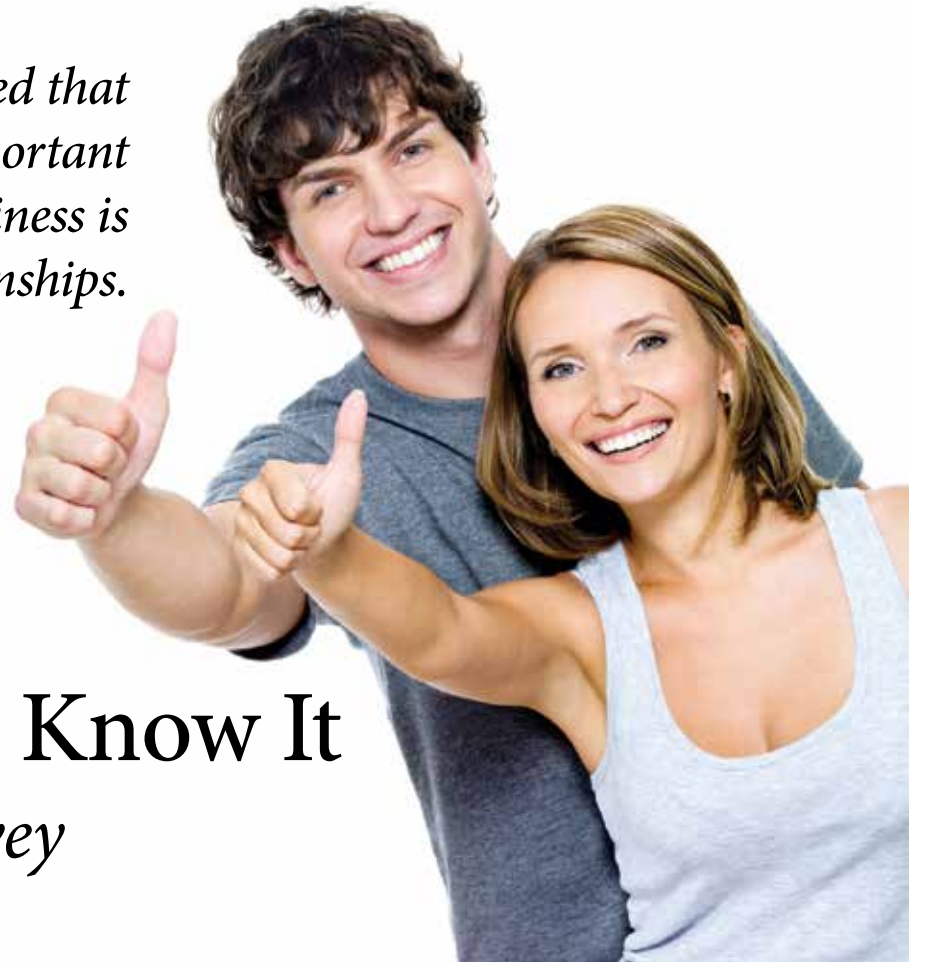
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*It has been determined that  
one of the most important  
influences on happiness is  
social relationships.*



# If You're Happy and You Know It

## *Satisfaction with Life Survey*

By Susan Heckler

If you are happy and you know it take a bow, clap your hands, stamp your feet or however you would like to celebrate. Authors Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin wrote an article in the Journal of Personality Assessment in 1985 to measure global cognitive judgments of satisfaction with one's life.

In one minute's time after responding to 5 questions, you may have a new understanding of how satisfying you see your life to be. Using the 1 – 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

Please be open and honest in your responding.

7 – Strongly agree

6 – Agree

5 – Slightly agree

4 – Neither agree nor disagree

3 – Slightly disagree

2 – Disagree

1 – Strongly disagree

\_\_\_\_\_ In most ways my life is close to my ideal.

\_\_\_\_\_ The conditions of my life are excellent.

\_\_\_\_\_ I am satisfied with my life.

\_\_\_\_\_ So far I have gotten the important things  
I want in life.

\_\_\_\_\_ If I could live my life over, I would  
change almost nothing.

Although this study is almost 30 years old, the questions are broad enough to encompass any time period and location, making it useful anywhere and everywhere.

Notice that you are answering the questions about your own life. It is your opinion of your own happiness that counts. If others perceive you as happy and you do not, in your heart and head you are not satisfied with your life.

The Satisfaction with Life Scale (SWLS) is a single scale that is used by UNESCO, the CIA, the New Economics Foundation, the WHO, the Veenhoven Database, the Latinbarometer, the Afrobarometer, and the UNHDR to measure how one views his or her self-esteem, well-being and overall happiness with life. The SWLS is a global measure of life satisfaction.

It has been determined that one of the most important influences on happiness is social relationships. People who score high on life satisfaction tend to have close and supportive family and friends, whereas those who do not have close friends and family are more likely to be dissatisfied.

According to Live Happy Magazine, another factor that influences the life satisfaction of most people is work or school, or performance is an important role such as homemaker or grandparent. This relates to your goals and your attempt to achieve them.

Many find satisfaction with the self, religious or spiritual life, learning and growth, and leisure are a big determining factor of happiness.

The explanation of your score was copyrighted by Ed Diener, February 13, 2006, as follows:

### **30 – 35: Very high score, highly satisfied**

Respondents who score in this range love their lives and feel that things are going very well. Their lives are not perfect, but they feel that things are about as good as lives get. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well—work or school, family, friends, leisure and personal development.

### **25 – 29: High score**

Individuals who score in this range like their lives and feel that things are going well. Of course their lives are not perfect, but they feel that things are mostly good. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part

*continued on page 48*



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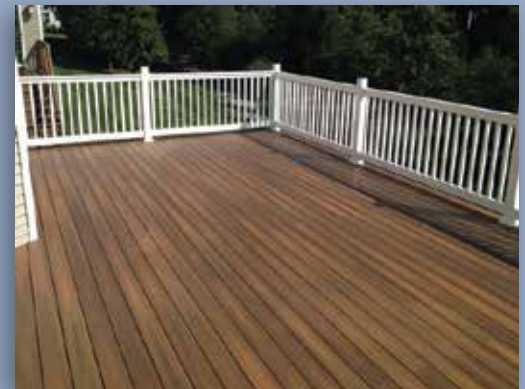
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The Monmouth County Health Department is offering free rabies clinics Monmouth County residents can bring their cats and dogs to the rabies clinics offered on five dates through June:

- Saturday, May 3 from 9 to 11am, Neptune, Public Works Building, 2201 Heck Ave.
- Saturday, June 7 from noon to 2pm, Asbury Park Firehouse, 800 Main St.
- Tuesday, June 10 from 6 to 7:30pm, Englishtown, Public Works Building, 15 Main St.
- Thursday, June 12 from 6 to 7pm, Millstone Municipal Building, 470 Stagecoach Rd.

Rabies is a deadly disease caused by a virus that is found in the saliva of a rabid animal and is transmitted most commonly by a bite. It is important that your dog or cat have up-to-date rabies vaccinations, said Freeholder John P. Curley, liaison to the County Health Department. Pets can become infected with rabies through contact with wild animals. According to the New Jersey Department of Health and Senior Services, there has been a higher incidence of rabies in cats than dogs in recent years. Cats left outdoors to roam have a greater chance of exposure to rabid animals, but even indoor cats and dogs should be vaccinated, as occasionally they may get outside or a wild animal could get into the home through open doors or windows.

No appointments are necessary, but vaccines are given on a first-come, first-served basis. For more information, call the County Health Department at 732-431-7456. ■

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Secure your place at the event. Register at [www.WhosComing.com/njawbo-sj/TheStandingMixer.html](http://www.WhosComing.com/njawbo-sj/TheStandingMixer.html) ■



Also, don't miss the Head to Toe Women's Expo on May 3 at Robbinsville High School in Robbinsville from 9am-3pm. Visit [www.mercercountywoman.com](http://www.mercercountywoman.com) for more information.

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## If You're Happy and You Know It

*continued from page 38*

of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well—work or school, family, friends, leisure and personal development. The person may draw motivation from the areas of dissatisfaction.

### 20 – 24: Average score

The average of life satisfaction in economically developed nations is in this range—the majority of people are generally satisfied, but have some areas where they very much would like some improvement. Some individuals score in this range because they are mostly satisfied with most areas of their lives but they see the need for some improvement in each area. Other respondents score in this range because they are satisfied with most domains of their lives, but have one or two areas where they would like to see large improvements. A person scoring in this range is normal in that they have areas of their lives that need improvement. However, an individual in this range would usually like to move to a higher level by making some life changes.

### 15 – 19: Slightly below average in life satisfaction

People who score in this range usually have small but significant problems in several areas of their lives, or have many areas that are doing fine but one area that represents a substantial problem for them. If a person has moved temporarily into this level of life satisfaction from a higher level because of some recent event, things will usually improve over time and satisfaction will generally move back up. On the other hand, if a person is chronically slightly dissatisfied with many areas of life, some changes might be in order. Sometimes the person is simply expecting too much, and sometimes life changes are needed. Thus, although temporary dissatisfaction is common and normal, a chronic level of dissatisfaction across a number of areas of life calls for reflection. Some people can gain motivation from a small level dissatisfaction, but often dissatisfaction across a number of life domains is a distraction, and unpleasant as well.

### 10 – 14: Dissatisfied

People who score in this range are substantially dissatisfied with their lives. People in this range may have a number of domains that are not going well, or one or two domains that are doing very badly. If life dissatisfaction is a response to a recent event such as bereavement, divorce, or a significant problem at work, the person will probably return over time to his or her former level of higher satisfaction. However, if low levels of life satisfaction have been chronic for the person, some changes are in order—both in attitudes and patterns of thinking, and probably in life activities as well. Low levels of life satisfaction in this range, if they persist, can indicate that things are going badly and life alterations are needed. Furthermore, a person with low life satisfaction in this range is sometimes not functioning well because their unhappiness serves as a distraction. Talking to a friend, member of the clergy, counselor, or other specialist can often help the person get moving in the right direction, although positive change will be up to the person.

### 5 – 9: Extremely Dissatisfied

Individuals who score in this range are usually extremely unhappy with their current life. In some cases this is in reaction to some recent bad event such as widowhood or unemployment. In other cases, it is a response to a chronic problem such as alcoholism or addiction. In yet other cases the extreme dissatisfaction is a reaction due to something bad in life such as recently having lost a loved one. However, dissatisfaction at this level is often due to dissatisfaction in multiple areas of life. Whatever the reason for the low level of life satisfaction, it may be that the help of others are needed—a friend or family member, counseling with a member of the clergy, or help from a psychologist or other counselor. If the dissatisfaction is chronic, the person needs to change, and often others can help. ■



# Living with Toxic Black Mold One Family's Story

By Pam Teel

Jennifer and her husband Rob were the typical American family living on the east coast in an apartment with their five-year-old son. Rob worked as a Project Manager and Jen was a certified Reiki trainer. Both were pulling in income so that one day they could own their own home, but something went terribly wrong along the way. That something was an unseen toxin that was hiding behind the moist walls of the apartment they were renting and under the rugs throughout the home. There was nothing visible at the time, nothing that they would have even thought of as a concern.

As the months went by, Jen and her family started to feel sick. They were developing symptoms that just wouldn't go away. There were countless trips to the doctor's office for itchy throats, runny noses, watery eyes and coughing; all passed off as the common cold. It wasn't until almost a year of breathing in the toxic spores



did they realize that there was more to their sicknesses than just the common cold. Rob was the first to get really sick. He was dizzy, nauseous and developed upper respiratory congestion so bad that he started to miss many days of work. Constant trips to the doctor resulted in more prescriptions for antibiotics. Not soon after, their son woke up gasping for air. It was when he was rushed to the hospital in the middle of the night and thoroughly examined, did

the couple really find out what was making them so sick. They were all exhibiting symptoms of toxic black mold.

Mold can invade the human system and result in a number of allergies, especially if someone has an overly sensitive immune system. The mold develops hyphae, which are small spores containing appendages. When you inhale the air containing these spores it can lead to a number of allergic reactions. If a person already suffers from asthma, the mold allergy can trigger off asthmatic symptoms like wheezing, coughing and shortness of breath. A person can also be subject to food allergies and stomach ulcers when exposed for a long time to mold. The toxins released by the mold can enter the body through the skin and cause skin rashes. Black mold poisoning can also cause rashes, hives, and skin inflammation. Mycotoxins present in black mold when breathed or ingested can make their way to a person's blood stream and cause circulatory disorders.

Black mold can cause developmental impairment and birth defects in pregnant women if the fetus is exposed to the toxins during pregnancy. The longer you go undiagnosed and untreated, the mold will continue to grow inside your body making you sicker each passing day. As it continues to grow, it produces these Mycotoxin poisons.

There are many different types of mold and different molds produce different toxins. People can suffer a whole wide range of symptoms. People remaining in a mold contaminated environment for an extended period of time can develop symptoms that include constant headaches, nose bleeds, constant fatigue, breathing disorders, nausea, diarrhea, vomiting, loss of appetite, skin rashes, memory loss, swollen glands, sudden asthma attacks, pain in the liver, bad taste in mouth, hair loss, hearing loss, ringing in ears, vision troubles, ear infections, pain, chronic bronchitis, muscle and joint pain, to name a few. Late stage symptoms due to

*continued on page 53*

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## How Strong Is Your Family?

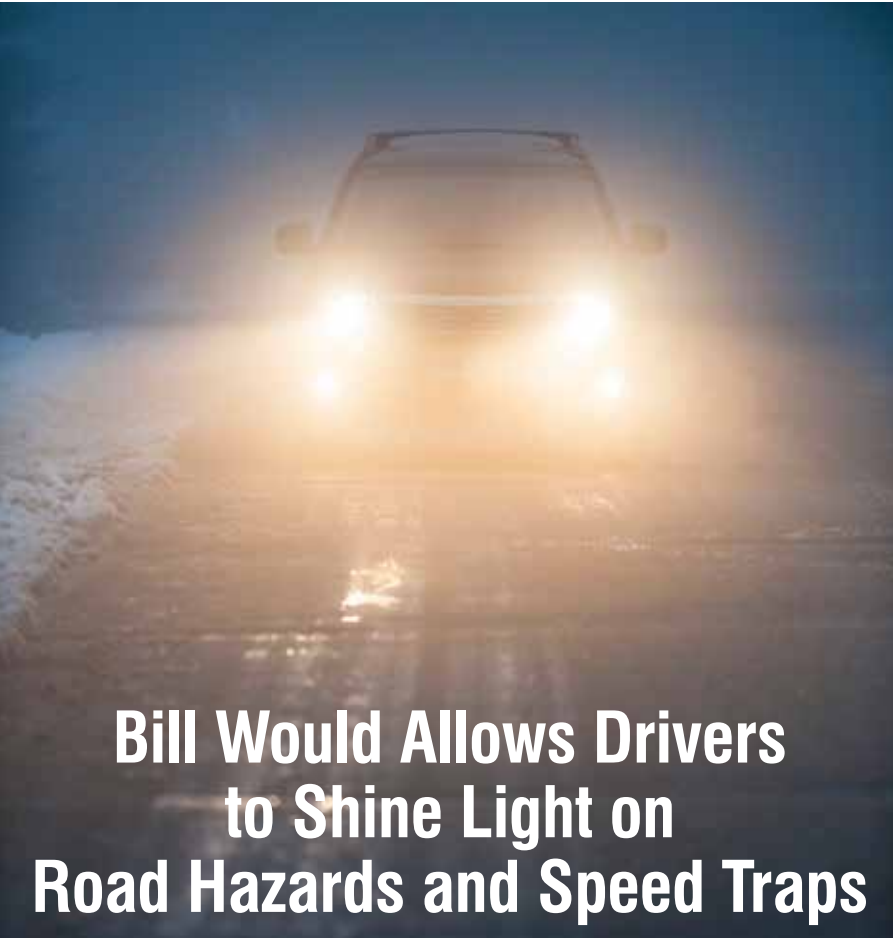
By Susan Heckler

Cultural changes have transformed the typical family. More single parent families, more grandparents picking up the slack of busy or missing parents. Growing pressures conspire against keeping families strong; two income families took Mom away from the home. The whole family is plugged in to the Internet and electronics; the art of conversation is lost to texting and meals on the fly. There are so many distractions and disruptions in our day to day lives that it can be difficult to keep in mind that we are just one part of a whole...the whole being your family.

One goal that is especially important to many is to keep their family strong. The Search Institute has come up with a framework to help do just that. The five themes are:

- **Nurturing Relationships**—healthy relationships begin and grow as we share emotions, show we care, and share interests.
- **Establishing Routines**—shared routines, traditions, and activities give a dependable rhythm to family life.
- **Maintaining Expectations**—expectations make it clear how each person participates in and contributes to family life. Shared expectations require talking about tough topics.
- **Adapting to Challenge**—every family faces challenges, large and small. The ways families face and adapt to those changes together help them through the ups and downs of life.
- **Connecting to Community**—community connections, relationships, and participation sustain, shape, and enrich how families live their lives together

It may be time to reassess your goals and incorporate these themes into your home to strengthen your family for the betterment of all concerned. ■



**Bill Would Allow Drivers  
to Shine Light on  
Road Hazards and Speed Traps**

If you have ever been rolling a little too fast on the interstate and an oncoming driver flashed the high-beams as a warning, you may be surprised to learn that driver was risking a costly traffic ticket of their own.

"In New Jersey, drivers who flashed their lights to warn others have been cited and fined for 'improper use of multiple beam headlights.' That is a troubling fact, because this is a form of communication that should be constitutionally protected," said Assemblyman Ron Dancer, R-Ocean, Burlington, Middlesex and Monmouth.

Dancer is the sponsor of legislation, A-2922, that clarifies that it is permissible to utilize motor vehicle headlights to warn oncoming traffic of certain road conditions.

"If law enforcement is using radar to combat excessive speed, a motorist who flashes the lights is having a positive impact, helping to slow the flow of traffic and improve road safety. However, if tickets are being issued for blinking the lights, frankly, that is an overly aggressive tactic to preserve the flow of easy money from speed traps," said Dancer. "The goal should be safe roads and highways, not a money-grab for municipal treasuries."

Dancer said in addition to flashing their lights to expose radar, drivers may also toggle their high-beams to warn of accidents, stopped traffic, deer crossings, obstructions in the roadway, and ice or other hazardous road conditions.

"When headlights are flashing, it is a sign to slow down and be alert. It could save a person from a speeding fine, and it could prevent an accident or save a life. Drivers in New Jersey should be confident when they are looking out for each other that they will not be pulled over and presented with a summons to municipal court," said Dancer.

The Assemblyman noted a recent ruling by a federal judge in a case of a Missouri man who had received a ticket, with a standard fine of \$1,000, for using high-beams to tip-off drivers to a police radar deployment.

The judge in that case issued a temporary injunction ordering the Ellisville Police to halt their policy of stopping drivers who blink their lights.

"When you come down to it, this is a free speech issue. Common sense tells us a person should be able to look out for others and warn them of hidden dangers," Dancer said. ■



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## Rally in the Alley for Vasulitis

*continued from page 31*

in need even if they have never met that person before. I'm asking people to advertise their businesses and come bowl and have fun for 3 hours because that will make a difference in helping someone with Vasculitis. I take this very personal because Miss Tiff has helped me grow as a dancer and I am forever in her debt. She gave me a purpose in my dancing and a future to look forward to, and I would like to do the same for her." After graduating from Allentown High School, Erika will be continuing her training as a Jazz-Contemporary Trainee at the Joffrey Ballet School.

This past December the studio held a performance fundraiser to help bring awareness to this rare disease. By learning more about the disease on the Vasculitis Foundation Website, Erika noticed another fundraiser that the foundation holds every May called, "Rally in the Alley," which is held in Bowling Centers all over the United States. The owners of the Bowling Centers generously donate their lanes for this event to help raise friends and funds for the Vasculitis Foundation (you can find out more information about Vasculitis on their website at [www.vasculitisfoundation.com](http://www.vasculitisfoundation.com)). This foundation is the only international organization for patients with vasculitis. It helps to educate patients and families about the disease, spread awareness of the disease to the general public and medical community and helps fund research to determine the cause, develop more treatments, and hopefully one day to discover a cure. It just so happens that Erika works in a bowling alley in Manalapan. The owner was extremely generous and helpful in helping her set up the Rally in the Alley, which will be held on May 18th from 6-9 pm. Miss Tiff will be there helping to make people aware of the disease and talking about her personal experience with it. Why not make it a family event? You get to spend three hours bonding with your family, your children, co-workers, friends, neighbors, etc., having fun bowling and raising money for a worthwhile cause.

You can contact Erika Citron for advanced tickets at [egcitron@gmail.com](mailto:egcitron@gmail.com). Can't make it but still want to make a donation? All checks can be made out to the Vasculitis Foundation, P.O. Box 28660, Kansas City, Missouri 64188. ■



## Living with Toxic Black Mold

*continued from page 49*

overexposure include blindness, brain damage, anaphylaxis, memory loss, bleeding lungs, cancer and even death.

Unfortunately for Jen and her family, the physical damage was already done to all of them. Both Jen and her husband suffer greatly from upper respiratory infections, headaches, dizziness, and other related symptoms. Their son has been rushed to the hospital more than three times in the past year alone. The latest trip to the emergency room was in March when he developed an infection in his body and broke out in rashes all over. He has developed such a sensitivity to mold spores that he can only wear 100 per cent cotton clothes. His mom has to make sure that any hand me down clothes were not stored in an attic or anywhere where mold could have grown. He has also developed food allergies due to the black mold and has been put on a strict diet. He's not the healthy child he once was. He is seven years old now, thin stature and he can fit into a size 2T in pants.

If that wasn't bad enough, Rob lost his job as a Project Manager because his illness occasionally kept him out of work. The family moved to the Midwest on a promise of employment for Rob but when they got there, the job fell through. Jenn and Rob and their son have been living out of their suitcases trying to find a suitable apartment that is mold free to live in. Rob has been looking for work but so far has not found anything. Jen has applied to charitable housing and food stamps and both processes were held up pending an investigation to make sure they were still not getting anything from the state they moved from. They are now living on the generosity of friend's donations and those willing to help them to at least procure a roof over their heads for another month until Rob finds employment or they get into a charitable housing program. The other problem is that they can't move back into a home that contains mold due to their sensitivity to the mold spores. It's not easy trying to find an affordable apartment that is mold free.

They are in so much debt from the hospital bills from their son's emergencies because Rob lost his insurance when he was let go, but they are both willing to work to pay their bills. What makes things even worse is that their son has seven cavities and needs a dentist. His teeth literally split in half because of all the medications he had to take. Jenn is having a hard time finding a dentist who will help them. Not all take on charity cases. Rob was a project manager and a very good one. He just needs a chance to get back on his feet to support his family. If you know of anyone who can help him find employment, please contact this writer through the paper.

If you think this can't happen to you, think again. Toxic black mold is a silent killer. If you are thinking of moving into a house or apartment, it would be wise to have your home tested first for mold. There are mold testing kits available to test for mold spores and there are also companies out there who specialize in toxic mold who have more advanced equipment to check the home or apartment more thoroughly. It is especially important for people renting to have the apartment tested before you sign a lease. Remember that lease that you sign can clear the owner of any future liabilities or health issues, even those related to toxic mold.

Please keep in mind, there are many different types of mold and they are found everywhere; some not so threatening to one's health, other's potentially deadly if in constant contact. A telltale symptom of mold in a home is an earthy musty odor especially around wet areas like a bathroom, faucets, air conditioners, shower curtains and basement storage (think of a musty old hotel room smell). Look for black, white, gray, yellow or green growth that looks like cotton or velvet.

Black mold is generally green and black in appearance and may appear uneven or blotchy on surfaces. It is dangerous and must be removed or it can cause long-term physical damage. When going to rent or buy, look for signs of water damage. Look for warped containers, cabinets, and warped floors. Look for water spots on the drywall. Chances are if it was once wet, there could be some degree of mold still growing. You might see it on the walls or around the bathtub, but it can go unnoticed behind the walls and tiles.

*continued on page 58*

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# The ABCs of Fruits and Vegetables



By Pam Teel

**Y**ou have always heard that fruits and vegetables are good for your health, but did you ever really know why? Hopefully this article will help to break down the reasons for you, but keep in mind, the healthiest fruits and vegetables that you can buy now a days are Certified Organic, which means that they are free of pesticides and free of GMO's. Here is a list of A B C's for you to ponder over and think about in a different way the next time you plan dinner.

## ARTICHOKES

One of the oldest cultivated plants, the artichoke is native to southern Europe, North Africa, and the Canary islands. This is a large herbaceous perennial. The leaves contain a primary compound known as cynarin, which is said to improve liver and gall bladder function and it lowers serum cholesterol. As a traditional medicine, artichoke is also used for jaundice, hepatitis, arteriosclerosis, and symptoms of diabetes. The leaf increases bile production, protects the liver, reduces cholesterol, promotes urination, and stimulates appetite.

## AVOCADO

Avocados aid in regulating and stabilizing blood sugar. They contain lutein that is necessary to protect you from age related degeneration. It provides oleic acid,

which improves the cardiovascular system. It also contains folic acid to control homocysteine levels. It contains antioxidant "Glutathione" which boosts the body system. It can also aid in weight loss because it contains more fiber than any other food and makes you feel full faster making you eat less. Did you know that an avocado contains 35% more potassium than a banana?

## ALMONDS

The health benefits of almonds include helping to lower the risk of heart attacks. It helps lower bad cholesterol, protects the artery wall from damage. Helps build strong teeth and bones and aids weight loss. It provides healthy fats, lowers the rise in blood sugar and insulin after meals. It helps provide good brain function, nourishes the nervous system and alkalizes the body.

## BANANAS

Here's something you might not have known. Don't throw out that spotted banana; there are healthy benefits to yellow bananas with dark patches on them. The fully ripe banana produces a substance called TNF, which has the ability to combat abnormal cells. As the banana ripens, it develops dark spots or patches on the skin. The more dark patches it has, the higher will be its immunity enhancement quality. Bananas, containing

TNF, have anti-cancer properties. The degree of anti-cancer effect corresponds to the degree of ripeness of the fruit, i.e. the riper the banana, the better the anti-cancer quality. The recommendation is to eat 1 to 2 bananas a day to increase your body's immunity to illnesses such as a cold, flu and others. Bananas are also a good source of potassium and iron. They help with weight loss, blood pressure, constipation, brain power, anemia, morning sickness, heartburn and yes, even hangovers by making a banana and honey milkshake, it can help calm your stomach. It builds up depleted blood sugar levels while the milk rehydrates your body. Also rubbing a mosquito bite with the inside of a banana peel can help reduce itching and swelling.

## BEETS

Beets provide an excellent source of folates. They contain a significant amount of fiber, manganese and potassium. Beet greens are an excellent source of calcium, iron and vitamins A & C. Beets stimulate liver function, reduce cholesterol, is a natural colon cleanser, and contains betacyanins, which counteracts cancer. Beets are an immune booster. Nicknamed, Nature's Viagra, it also contains polysaccharides for digestive tract health. It is possible to purchase beet greens

*continued on page 60*

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saw this in The  
Millstone Times.

Dear CREE-MEE FREEZE Customers,

In mid January this year we were informed that we would no longer have the lease at our original location in Millstone. Due to the unfortunate timing of this we were unable to properly inform all of our loyal and longtime customers. We apologize for all the confusion and inconvenience this has caused.

Rest assured we are more than ready to accommodate all of you at our conveniently located Manalapan location 2.8 miles east on Route 33 from our original Millstone location. We built this store with this moment in mind, with more seating, more parking and 3 service windows to serve all of you to the best of our ability like we have for over the past 20 years.

From our family to yours we say thank you for all your loyal support and look forward to keeping this ice cream tradition going for many more years!

Come visit us at 337 Highway 33 East in Manalapan!



## RJW Hamilton

continued from page 10



Walter Cucciniello of Marlboro is seen by orthopedic nurse Melrose Tan, RN, BSN, after having hip replacement surgery at Robert Wood Johnson University Hospital Hamilton's Center for Orthopedic & Spine Health.

R.N., C.P.H.Q executive director, Disease-Specific Care Certification, The Joint Commission.

Over the course of the year, hundreds of surveys are sent to RWJ Hamilton's orthopedic patients following their hospital stay by a third-party (Press Ganey, the leading patient satisfaction organization in the U.S.); those results are reported to the hospital for constant monitoring. In 2012 and 2013, the hospital's orthopedic unit ranked in the 95th percentile of hospitals nationwide.

"RWJ Hamilton has designed an orthopedic program that provides university-level care in a community hospital setting," says Sayles. "Having managed surgical programs in multiple academic medical centers; I can tell you, that's not easy to achieve."

For more information about the Center for Orthopedic & Spine Health contact 877-700-0531 or visit [www.rwjhamilton.org/ortho](http://www.rwjhamilton.org/ortho). ■

## Living with Toxic Black Mold

continued from page 53

There are some precautionary ways you can control toxic mold. Moisture is one of the most important factors when it comes to mold growth. Keep a check on humidity levels within your home. Check for water leaks in pipes, roofs, and condensation problems. Make sure that air conditioners, HVAC systems, air/ventilation ducts are clean as the mold that forms in these systems generally go unnoticed.

Check bathrooms for mold formations and growth. Venting fans in bathrooms can help in keeping it clean and dry. Use air purifiers throughout your home, they cut down the amount of mold spores. Use bleach water to clean mold in a small space. Use spray-on anti-mold products. Pick up rugs in a house to check for any moisture under it. Call a professional to come in and inspect a home or apartment you are interested in renting or purchasing. The cost of hiring a professional to check for mold might be worth it considering how sick deadly mold can make you.

Jen and Rob had no idea when they were signing their lease that there was deadly black mold lurking beneath the surface; a mold that would affect everyone in their family, making them so sick that they couldn't function normally and causing a downward spiral of their finances and lives. Their hope is to enlighten anyone thinking about renting an apartment or a buying a home to hire a mold inspector first, despite what the home owner might otherwise tell you. Once you sign a lease, you are bound to that lease. Imagine having to continue to pay for an apartment that is literally making you sick and having to foot the bill for another place to live in that is mold free. It doesn't seem fair but that is what they had to do.

This couples advice to you, "Be sure your new place is mold free before you sign any lease. Even if you don't see any mold around the premises, it's wise to hire a professional to investigate first, no matter what the cost. It could literally save your lives in the long run."

There was no telling what would have happened to this family if the doctors in the hospital didn't thoroughly examine their son that day, running extra tests specifically for mild spores. The results of that examination probably saved all of their lives. Please say a prayer for Jen and her family that soon they will see better days! ■

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**Quesadillas**

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Pick-up Only.  
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## ABCs of Food

*continued from page 56*

separate at the supermarket. If you never tried it, it makes a great side dish. Simply boil beet greens until tender, then sauté in pan with garlic and olive oil and season to taste.

### BROCCOLI

Broccoli helps to lower the risk of cancer development. It promotes healthy eyes and improves the immune system. It promotes stronger bones and helps fight heart disease and diabetes. It helps in relief from colds and helps regulate blood pressure. It also helps to maintain optimal brain function.

### CUCUMBERS

Cucumbers help to relieve joint pain (arthritis and gout). They help to reduce cholesterol, aid in weight loss and promote digestion. They prevent headaches, help to fight off cancer, rehydrate and de-mineralize the body. They contain high silica, which can give you more vibrant silkier hair. They help to cure diabetes and control blood pressure.

### CILANTRO

Cilantro is an all around amazing detox herb that helps in toxic metal cleansing of the body. It helps prevent cardiovascular damage and helps fight diabetes. It has strong antioxidant activity. It possesses anti-anxiety effects and it helps improve sleep. It helps to lower blood sugar, has an anti-bacterial and anti fungal activity and is a natural internal deodorant.

### CRANBERRIES

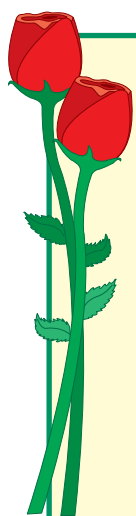
Cranberries help to rid infections in the urinary tract. They assist in kidney problems, are full of vitamin C, help lower bad cholesterol, helps to fight off cancer, helps to prevent dental problems, improves mental health, relieves skin conditions, high in antioxidants and are great for the respiratory system.

### CHOCOLATE

There are actual benefits that come from eating chocolate. Eating moderate amounts of chocolate can lower your risk of heart failure, particularly if you are an older woman. The flavonoids can help lower your blood pressure and cholesterol levels, improve your blood flow to the brain and heart and lower your risk for a blood clot. Eating dark chocolate is actually good for your skin. The type of antioxidants called flavonoids found in dark chocolate offer some protection from UV damage from the sun.

Statistics show that more and more people are getting back to the basics of growing their own fruits and vegetables in their own gardens in an effort to stay healthy. If you are purchasing seedlings and plants from local businesses like Home Depot and Lowes, check first to make sure that these products are not GMO seedlings and plants that you are taking home and putting in your garden, as they will contaminate the soil and kill off all other non-gmo plants. A good place to start for non-GMO seedlings is the John Sheepers catalog. You can obtain a free catalog on their website. ■





## CELEBRATING...

### *Cinco de Mayo*

Friday, May 2 & Saturday, May 3  
Drink & Chef Specials

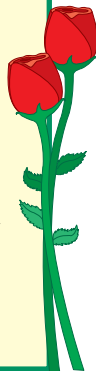
### *Kentucky Derby*

Saturday, May 3  
Mint Julep Special @ \$5

### *Mother's Day*

Sunday, May 11

Brunch Seatings at 10am & 12noon  
Adults – \$21.99+tax Children – \$10.99+tax  
Dinner Served from 4-8pm  
Chef's Specials & Regular Menu Available



### Weekly Dinner Special Best Value In Town

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Friday, Saturday & Sunday Night - Try Our Chef Specials  
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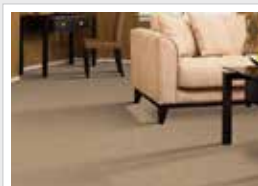
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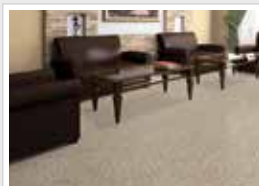
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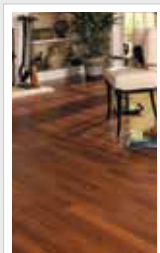
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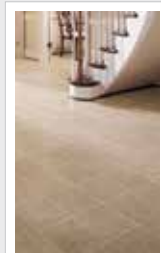
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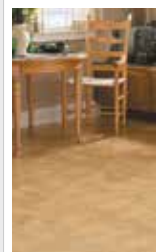
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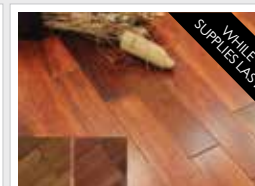
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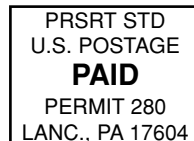
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