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Inside this issue: Oliver is Coming to Town, Your Parents' Safe Deposit Box, Winter Blues, My Happy Life, Forgiveness, Crank Up the Heat, Apple Bath, Indoor Winter Sports, Who is Oscar?, How Healthy is Your Marriage, Pros & Cons of Raw Food Juicing, MTFEE Raises \$25,000, Student of the Month, Good-For-You Recipe, The Suburban Man

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Oliver Is Coming To Town! Millstone Middle School Students Are At It Again

By: Pam Teel

The Millstone Middle school students will present the play Oliver on March 7th and 8th, so mark your calendars and save the date. With a cast of seventy-five hard working and talented individuals, Oliver will come to life on the Millstone Performing Arts Stage for Friday and Saturday night performances. Eighth grader, Davis Bush, will be playing the title role of Oliver alongside eighth grader Victoria Merse, who will be playing the character Nancy. Eighth grader, Hunter Stahley, will play Fagin and sixth grader, Mike Ragosa, will play the Artful Dodger. Other young actors in the ensemble include, Obi Chikezie playing the evil Bill Sykes, Michael Deitz as Mr. Bumble, Grace Rogosa as the Widow Corney, Gianna Pallante as Bet, Zach Elwell as Mr. Sowerbery, Gillian Finnegan as Mrs. Sowerbery, Daniel Shuttner as Noah, and Shannon Donnelly as Charlotte.

The scenery is being designed, built, and painted by Jamie Allaire of Jackson Township and Art teacher Frank Iglesias, with the assistance of the Middle School Art Club. The design team is working to create a set that is in context with the streets of London in the mid 1800's. Musical numbers are

Continued on page 41



On the left – Victoria Merse (grade 8) – playing Nancy
On the right – Davis Bush (grade 8) – playing Oliver

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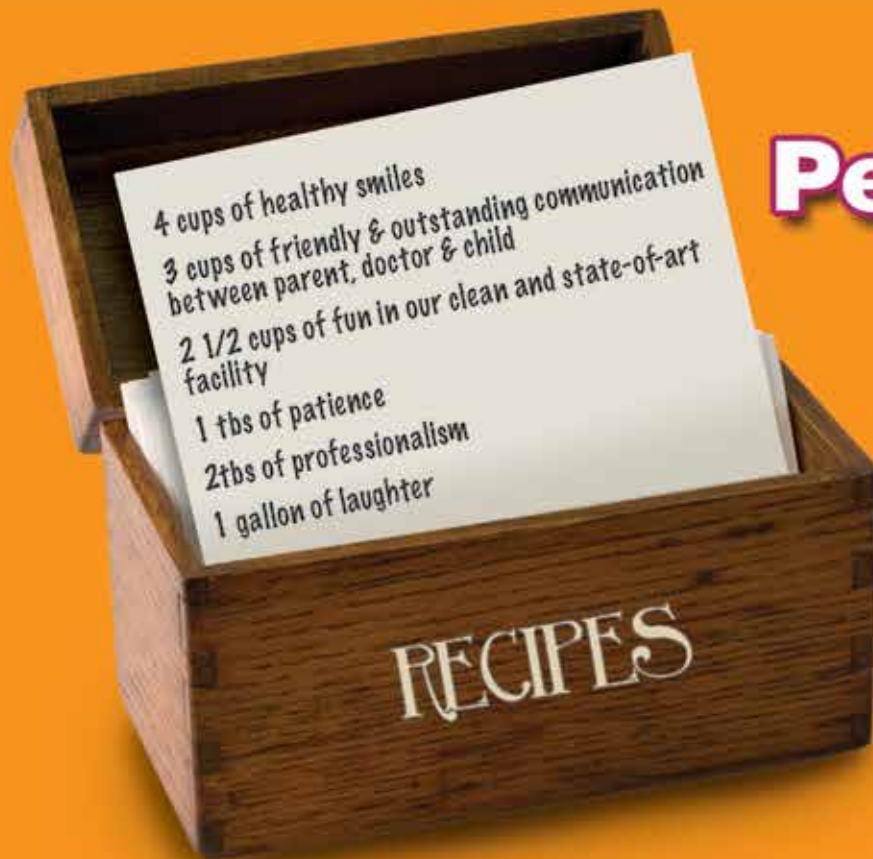
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Many of your parents' important papers and valuable belongings may be in a safe deposit box. Your complete access to your parents safe deposit box hinges on several issues. If you are a joint owner of the box, you will have complete access to its contents, even if your parent has passed away. However, it is important to recognize that joint ownership of a box neither entitles the survivor to ownership nor passes title of assets in the box to the survivor, that is only done through the decedents will.

Should your parent be the sole owner of the box, while your parent is alive, you will have full access, so long as you have a bank approved power of attorney form naming you as agent. According to representatives at several local banks, once the bank becomes aware that your parent has passed away, a child's access becomes very limited. Initially, you will only be able to access the box with a bank representative present and the only documents you will be able to remove are a will and papers relating to any funeral arrangements or cemetery plots. This was the custom prior to large scale acquisitions of local banks by larger out of state banks. Recent mergers and acquisitions have made it increasingly difficult for family members to gain access. If your parents' local bank is taken over, I recommend that you inquire about the policy of the new bank in regard to accessing safe deposit boxes. If the new policy makes it unreasonably difficult to access the box, you may want to change banks.

Once the Surrogate Court issues you documents appointing you as the executor/executrix or the administrator, you will have access to the box. If you have an attorney with you to inventory the contents of the box, you may do so in private and then give the inventory to the bank. If you come alone, a bank representative will accompany you, so they can inventory the contents for their report (L-8 form) they are required to provide the State Inheritance Tax Bureau. The law no longer requires the presence of a state representative to be present at the opening of a safe deposit box. ■

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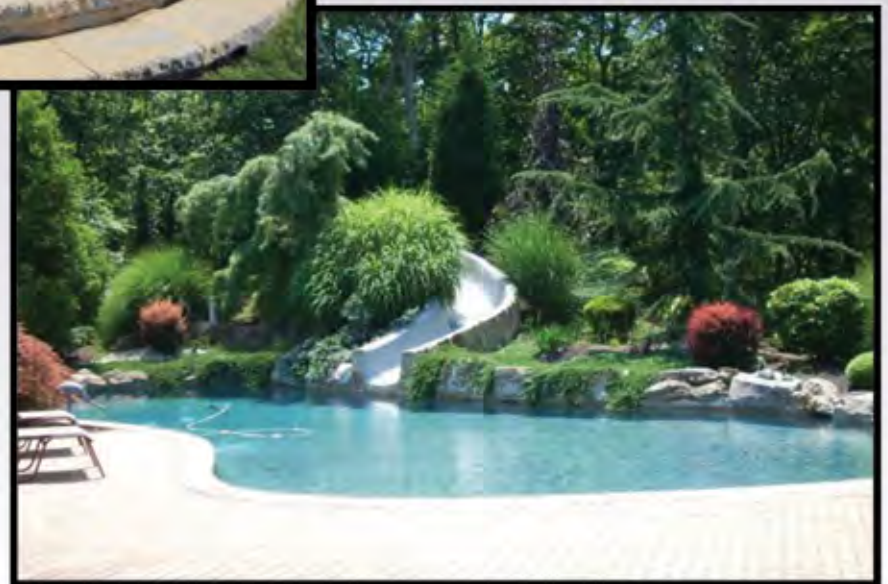
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WINTER BLUES?

Planning An Overnight Trip Can Help Your State of Mind!

By: Pam Teel

Do you feel penned in during the winter months like the walls are closing in around you? Do you need a night away but you don't want to travel so far from home? Sometimes weekend getaways could be just what the doctor ordered. These mini trips can help you clear your mind and reduce your daily stress. Making it an overnight adventure is even more satisfying. There's no rush to get home before dark and you can take advantage of what a hotel has to offer. Give yourself a break from the winter blues and plan a quick getaway.

Have you ever checked out Bucks County PA? I'm sure many people have been to New Hope or maybe even Peddlers Village, but there's more to Bucks County than meets the eye. Separated into three different areas, there is lower Bucks County, Central, and Upper Bucks County, each with their own lure of attraction.

You should check out the town of Doylestown in the central portion of the county. Visitors enjoy the historic architecture of Doylestown as they stroll along sidewalks lined with brick pavers and Victorian-style street lamps frequenting the many unique shops along the way. There are over 115 restaurants to choose from, some with sidewalk cafes that add to the ambiance of this quaint historic town. Doylestown also offers many cultural and historic attractions that bring in tourists all year round.

It became the county seat for Bucks County in 1813. Originally the county seat was in Newtown, PA, but it was moved because Doylestown had a more central locality to roadways that led to Philadelphia, New Hope and Easton PA. Its origins date back to 1745 when William Doyle obtained a license to build a tavern on what is now the northwest corner of Main and State Street.

Thanks to the many efforts of the townspeople during the 1960's, many historic homes and sites were saved from demolition by a town government that wanted to grow in a different direction. Because of the voices of these people, there are many homes on display that would have been plowed under that are now on the National Register of Historical Homes. Some historic homes that were saved include the Fountain House, which was built in 1758, Lawyers Row, which is a collection of Federal style homes and offices, the county theater in the Doylestown historic district, which houses native art, and the old courthouse. Unfortunately the original courthouse had to be torn down but the one built to replace it in the 1800's still remains.

Places to visit while in Doylestown include the Mercer Museum, The Moravian Pottery and Tile Works, The Fonhill Castle, the local National Shrine of Our Lady of Czestochowia, the Art Deco County Theatre, The James Michener Art Museum, Pugh Dingan House, The



The front of the Moravian Pottery and Tile Works building.

Fountain House, Oscar Hammerstein the 2nd's farm, the James Lorah house and the Shaw Historic district (all of which are listed on the Historic National Register).

Doylestown Borough is home to three different structures designed and built by Henry Chapman Mercer. Mr. Mercer was a Victorian eccentric born and raised in Doylestown. He was known as an architect, collector, curator, lawyer, archeologists, and entrepreneur. He had a rich aunt who was a source for some of his eccentricities before making his own fortune. He loved castles but hated fire, opting to make his residence out of concrete. Since concrete was cheap at the time, he built his home and the tile factory adjacent to the property out of hand poured concrete. He named his home Fonhill. It was built from the inside out. It contains 44 rooms, 18 fireplaces, 32 stairwells and more than 200 windows of varying sizes.

Fonhill and the Tile Works are open to visitors all year round.

Mercer attended Harvard University in 1875 -1879 obtaining a liberal arts degree. He then went on to study law but never practiced it. He became a founding member of the Bucks County Historical Society and served as the Curator of American and Prehistoric Archeology in the early 1890's at the University of Pennsylvania. When he left his position as curator, he devoted his time to finding old American artifacts. He also developed an appreciation for home made tiles and he apprenticed with a German tile-maker for a few years. Turning his attention to hand crafted tiles, he became a leader of the arts and crafts movement in the early 20th century.

Completed in 1912, the Moravian Pottery and Tile Works produced tiles and mosaics for floors, walls and ceilings. In seeing a picture of a Moravian woman making candles, Mercer got an idea on how to make more tiles at the same time, so he developed and patented an invention that allowed him to do so. He actually made a tile mosaic of the picture of the woman dipping candles. Although Mercer had no association with the Moravian culture, he decided to honor the woman in the picture for her inspiration by naming his Tile Works the Moravian Pottery and Tile Works. Using the clay from the Pennsylvania soil, Mercer's tile works can be seen at the Penn State Capital and throughout the U.S. and the world. Handmade tiles cut from the clay soil are still made at the factory and specialty tiles

for fireplaces, etc. can still be ordered. You can take a self-guided tour of the building, which was also made from hand poured cement. There are old machines that show you how clay was extracted out of the soil and there are old brick furnaces for firing. Down below in a cooler section, you will see hundreds of bags of clay ready to be made into

Continued on page 40



These handmade mosaic tiles told a story with its depictions.

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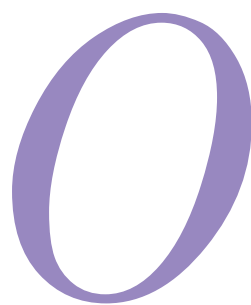
1. How old would you be if you didn’t know how old you are?
2. What are the top three things you cherish in your life?
3. We learn from our mistakes, yet we’re always so afraid to make one. Where is this true for you?
4. What risk would you take if you knew you could not fail?
5. What is your greatest strength? Have any of your recent actions demonstrated this strength?
6. At what time in your life have you felt most passion and fun?
7. What charity do you feel most connected with and would like to devote more time to? (The key word is time!)
8. What one piece of advice would you offer a co-worker?
9. Which is worse—failing or never trying?
10. Name the 5 friends that mean the most to you?
11. If you could apologize to one family member, who would it be?
12. What is the one job/cause/activity that could get you out of bed happily for the rest of your life? Are you doing it now?
13. If you found out that you were going to die in the next 24 hours, would you have any regrets?
14. What is the one lesson in your life that you are most grateful for?
15. How many times can you say that you have helped someone with no self motive and just for pure giving?
16. Would you marry your spouse all over again?
17. Are you settling in life for less because you are scared to reach for more?
18. Do you know yourself and set goals?
19. Which worries you more – saying yes or saying no- to people?
20. Have you been the kind of friend you’d want as one?
21. Have you asked yourself, what do I have to lose or gain if I just say it/do it?
22. Would you be happier if you let go of caring what other people think?
23. Can you find comfort believing you did the best you could during that time and circumstance?
24. Have you accepted that the life you dreamed about as a child may not be where you are now?
25. If money was no issue, what would the one thing you would do for yourself this year?

These questions are powerful questions and can give us a chance to challenge our own ideals and perhaps shed some light on what we are and are not committed to and what we want for ourselves to make our life a Happy Life.

It’s important to understand that we don’t always recognize that we are always committed to something. If it’s not our own success or happiness, it’s staying safe and comfortable and not reaching out for more. Today, is the day to set goals, be fearless and believe that life is about the choices we make and the choices we take. ■

Forgiveness... Breaking the Cycle of Resentment

By: Lori Radun, CEC



Over 20 years ago, my mother disowned me for a period of 10 years of my life. It wasn't something I could ever imagine doing to one of my children, but it happened. It was one of the most painful times of my life. I was angry at her. I got married and gave birth to my first child and she wasn't there. I missed her and longed for a mother-daughter relationship. I cried a lot. Today my mother and I have a beautiful relationship and I am so grateful for our reconciliation.

What is forgiveness?

I don't think a single person can escape life without experiencing hurt by another person. Maybe the hurt is angry words spoken during an argument or a friend who surprises you with betrayal. Perhaps the pain comes from emotional neglect, infidelity, divorce or even sexual and physical abuse. Sometimes the hurt is a one time event. Other times the pain continues for a long time.

Forgiveness is a necessary step to healing from pain. It is a choice to extend mercy to the person who hurt you. Sometimes forgiveness allows you to move forward with the other person and experience a new relationship. Other times, reconciliation is not possible. In this case, forgiveness is more for you and your own personal growth.

Why forgive?

You might be saying, "But you don't understand what's been done to me." And you're right; I don't know all the hurts you've endured. However, I know from experience that it pays to forgive. Forgiveness is a sign of strength - not weakness. It is the strong who can put aside the past and let go of anger and resentment.

Anger and resentment drains your energy, and keeps you imprisoned by your past. By choosing to let go of your hurt and anger, you give yourself the freedom to fully experience joy in life.

What forgiveness is not?

Forgiveness does not mean you allow people to treat you badly. It does not mean you ignore the wrongdoings. It means you accept that the person has made a mistake, and you are choosing to grant them mercy. When you forgive someone, you won't necessarily forget the hurt. I will always remember the pain I felt when my mom disowned me, but I do not dwell on it, and I do not let it interfere with the quality of our relationship today. Forgiveness does not mean you are condoning or excusing the person's behavior. And it doesn't mean you have to trust that person again. Some acts, like physical and sexual abuse, require that you limit your trust or at least test the trust with the person who hurt you. Remember, forgiveness is more for you than the other person.

The process of forgiving

So you've thought about it and you're ready to forgive. You're tired of holding on to old pain and you've decided it's time to let go and move on. What do you do? First, you must face and release the anger that you feel. On the surface of the hurt is anger and you need to break away that layer first. Underneath the anger is the pain and hurt that you must grieve. There are many ways to release anger and hurt. You can talk about it with trusted people. You can spend time journaling. You can express your feelings to the person who hurt you, provided that it's possible to have a healthy conversation where both you and the other person speak and listen in respectful ways.

One of the best and most cleansing ways to release your negative feelings is to write a letter to your perpetrator. In this letter, you pour out every emotion you feel. You tell them everything that hurt you and everything they did to make you angry. Allow yourself to really feel the anger and cry the tears by reading it out loud to yourself. When you are done, burn or bury the letter as a symbol that you are ready to move on. DO NOT give the letter to the person. This letter is for you and you only.

After processing all your emotions, you are ready to make the choice to forgive. It is a choice that requires compassion, understanding and an open and loving heart. When my mother and I first reconciled, we talked about our feelings. Sometimes we even fought because the pain was still fresh. But we listened to one another and we tried to get inside each other's shoes.

Each of us makes mistakes in life. At one time or another (probably more than one time), we will hurt another person. Maybe it will be an accident, or perhaps it will be a purposeful reaction to someone hurting you. When this does happen, do you want to be forgiven? Do you want another chance to make amends? Most people don't mean to hurt us - they are dealing with their own pain and unresolved resentment. It's unfortunate that we take it out on our loved ones, but until we break the cycle, it will continue to happen. ■



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If you haven't already, it's time to schedule a seasonal checkup for your heating systems/fireplaces/furnaces. It is best to hire a professional to insure your family's safety. Make sure everything is working and venting properly. Be sure you have installed both smoke and carbon monoxide detectors and changed the batteries on them. This is extremely important for the heating season where carbon monoxide exposures and even poisoning becomes more common.

Carbon monoxide (CO) poisoning is a serious concern in the heating season. It is often referred to as the "Silent Killer" because it is a gas that gives no warning – you can't see it, smell it or taste it. When the gas is breathed into the body it combines with the body's blood and prevents it from absorbing and using oxygen.

"Use extreme caution when using sources of carbon monoxide such as kerosene and gas space heaters, fireplaces and gas stoves for heat," said Dr. Steven Marcus, Executive and Medical Director of the NJ Poison Center. If used in living quarters these

sources can potentially fill the air with carbon monoxide and cause harm. "Be sure all furnaces and hot water heaters are vented properly and that there is no obstruction to the fireplace chimney," Dr. Marcus added. Other common sources are automobile exhaust from attached or unvented garages and "patched" vent pipes using tape, gum or other substances. Exposure to carbon monoxide can produce headaches, sleepiness, fatigue, confusion and irritability at low levels. At higher levels, it can result in nausea, vomiting, irregular heartbeat, impaired vision and coordination, and death. During cold and influenza season carbon monoxide poisoning can easily be confused with those viral illnesses, so prevention of exposure and early detection are important to prevent tragedy.

Since this gas is easily detected with an installed and fully functional carbon monoxide detector we highly recommend that everyone install carbon monoxide detectors on every level of their home. ■



Life-Saving Tips

1. Open flues when fireplaces are in use.
2. Furnaces and chimneys should be inspected and cleaned every year by a trained professional.
3. Gas appliances must have adequate ventilation so that carbon monoxide will not accumulate.
4. DO NOT heat your home with your stove.
5. DO NOT cook with charcoal indoors.
6. DO NOT bring gas powered equipment, propane stoves, propane lights, or kerosene camping stoves into the house or garage.
7. DO NOT idle a car in a closed garage. Once you pull in, immediately turn off the engine.
8. Keep your home well ventilated. If needbe, keep a window slightly cracked to allow airflow.

If you suspect Carbon Monoxide Poisoning, Take Immediate Action:

1. If a loved one is unconscious or unresponsive, get them out of the house and call 911 immediately.
2. Exit the house/building immediately. Do not waste time opening windows to "air" it out; this will delay your escape and cause you to breathe in more dangerous fumes.
3. Contact your local fire department/energy provider.
4. Call the NJ Poison Experts, 800-222-1222, for immediate treatment advice. Do not waste time looking for information on the Internet about carbon monoxide poisoning. Call us for fast, free and accurate information.

This information is presented courtesy of First Aid & CPR, LLC www.FirstAid.org 1-888-242-4259 and more information about CO Poisoning can be obtained from the NJ Poison Control Center or www.NJPIES.org

Apple Bath - Soak Up For A Fab-Apple Evening

Women, men and even boys and girls can reap the benefits of an Apple Bath this winter.



Preparing this mixture of apples and honey and taking time to relax will reduce stress and surely make anyone feel better, more calm and will also ensure a great night's sleep. Warm baths help relax tensed nerves and sore muscles. How could you not appreciate a good warm bath during winter months!

Apples are filled with antioxidants and nutrients. They are very flavorful too. However, they can be used for many other things besides culinary delights like pie and strudel. Fresh Apple juice acts as an astringent on our skin. Its juice has many benefits. Our skin gets exfoliated and our muscles get soothed. Apples are full of malic acid, which is the key ingredient in removing dead cells from the outer layer of skin. Malic acid also helps soothe sore muscles and inflammation.

Ingredients:

- 1 cup fresh apple juice
- ¼ cup honey
- ½ cup liquid castile soap
- ¼ cup ground cinnamon

Bath Prep:

Stir all the ingredients together and pour into a clean jar. Shake container to mix any settled ingredients. Pour ¼ to ½ cup into the tub under running water. Store remaining soap in the refrigerator. Makes 12 ounces ■



Apples are filled with antioxidants and nutrients. They are very flavorful too. However, they can be used for many other things besides culinary delights like pie and strudel.



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The Joy of **INDOOR WINTER SPORTS**

By: Susan Heckler

Most exercise regiments are typically based on outdoor activities, at least in part. Many enjoy walking, running, hiking or biking. The sudden cold snap has made outdoor activity become more and more difficult to do. The additional layers of clothing alone are an obstacle to a good workout.

You can get that workout, but you may need to move indoors to a treadmill or other exercise equipment or do the laps at the Freehold Raceway Mall. But don't give up on the option of staying outside for a workout.

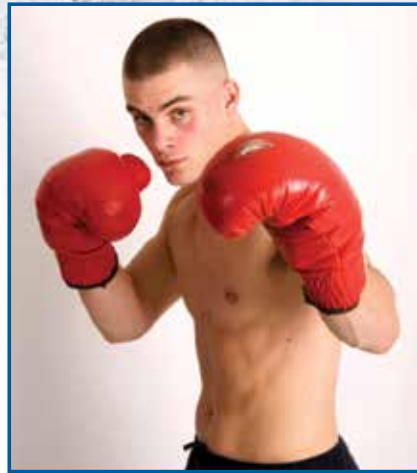
Does being stuck inside drive you up a wall? Make a hobby of it! Take up Rock climbing! There are plenty of facilities in New Jersey that offer indoor rock walls where you can use your strength, balance, coordination, and logic to help you ascend to the top. For a great workout for the body and mind, check out this website for listings in our state www.indoorclimbing.com/newjersey.html.

If you feel your fitness is sinking fast, set it afloat with an indoor swim. There are great options from swimming laps, water aerobics to water running. Swimming is low impact on your joints so it is great for so many different body shapes, sizes, and conditions. Many of the local health clubs have indoor pools, as does the YMCA.

Indoor court games like tennis, racquetball or squash provide workouts that use skill, coordination, and power. Playing with a friend or a league can also be a great way to catch up and socialize, making the time you're exercising go by quickly and enjoyably.

Embrace your childhood pastime and grab a jump rope. If your joints can handle it, jumping rope can be an excellent way to fit in cardiovascular exercise. Try skipping for 30 seconds then resting for a minute, and repeating that 8-10 times in an interval format. This one is strenuous and may not be for everyone. Take it slow and build up.

Feeling a little boxed in being stuck in? Try boxing! There are plenty of types, traditional ring boxing, kick boxing. According to BodyBuilding.com, a boxing workout will increase endurance and strength. Shape Magazine states, "Maybe you're not the fighting type, but here are some facts that will get you in the ring: Boxing blasts up to 600 calories an hour while



sculpting your arms, shoulders, core, and legs. And since nailing the punch sequences requires extreme focus, boxing is an excellent way to train your mind and body at once."

Not into physical contact? Try aerobic or cardiovascular (cardio) kickboxing. This combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Unlike other types of kickboxing, cardio kickboxing does not involve physical contact between competitors — it's a cardiovascular workout that's done because of its many benefits to the body.

Cardio kickboxing classes typically start with 10-15 minutes of warm-ups, which may include stretching and traditional exercises such as jumping jacks and push-ups, followed by a 30-minute kickboxing session that includes movements such as knee strikes, kicks, and punches. Some instructors may use equipment like punching bags or jump ropes. Don't forget, at least 5 minutes should be devoted to cooling down, followed by about 10 minutes of stretching and muscle conditioning. Stretching is really important because beginners can strain ("pull") their muscles, and slow, proper stretching helps

relax muscles and prevent injury.

Group classes for yoga, Pilates, dance, Spin, aerobics, Zumba and many others get the heart pumping and muscles toning. You can join a class to learn the basics or even purchase a DVD and learn it on your own in the privacy of your own home. Crank up the music and move!

For the focused fitness people among our readers, there is always a home workout. This takes the discipline of not letting anything distract you from your routine. Try running up and down a flight of stairs for a minute and then stop to catch your breath. Once your breathing has slowed down, repeat the stair climb again for another minute. Try this anywhere from 8-12 times. If you want to make it more challenging, add ankle weights if you are physically able. Many people have home equipment to handle their needs. No weights? Use soup cans of different sizes to add weight to your arm exercises.

Fresh air and sunshine is great when it is available, but there is something to be said for indoor sports. ■



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- ☐ Black mold on our softener tanks.
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Who is Oscar and Why is He So Important?

By: Susan Heckler

Oscar is the name of the statuette awarded at the Academy Awards for excellence in the film industry. Officially called the "Academy Award of Merit," this sought after little guy is 13.5 inches high, weighing 8.5 lbs and made out of Britannia metal that has been plated in copper, nickel silver, and 24-karat gold. To date, 2,809 of these awards have been distributed. The Art-Deco knight is holding a crusader's sword and stands on a reel of film with five spokes. These five spokes represent the original branches of the Academy: Actors, Writers, Directors, Producers, and Technicians.

The trophy was officially nicknamed the "Oscar" in 1939 by the Academy of Motion Picture Arts and Sciences. There are all sorts of legends as to who came up with the name but no consensus as to the truth. The award holds high honors as well as a high value monetarily. Since 1950, the statuettes have been legally encumbered by the prerequisite that neither winners nor their heirs may sell the statuettes without first offering to sell them back to the Academy for U.S. \$1. If a winner refuses to agree to this stipulation, then the Academy keeps the statuette. Academy Awards that were not secured by this agreement have been sold in public auctions and private deals for six-figure sums!

The first Oscars were awarded during the May 16, 1929 Academy Awards held in the Blossom Room of the Hollywood Roosevelt Hotel

honoring movies released from August 1, 1927 – August 1, 1928. During a luncheon, 15 awards were given out in a ceremony that lasted 15 minutes. It has been an annual event since then.

Academy Award nomination results have been announced to the public in late January for many years. January 16 was the big day for this year's awards. The much anticipated list is determined by The Academy of Motion Picture Arts and Sciences (AMPAS). This is a professional

honorary organization which maintains a voting membership of 5,783 (as of 2012). The five different branches of the organization represent the five disciplines of the industry.

The awards are given out at a well televised evening of glamour and entertainment, March 2 this year on ABC at 7pm. This year will mark the 86th Academy Awards. Ellen DeGeneres will be the host of the televised show. Movie fans will get to see who presents the awards, who will be entertaining and who will be winning.

Prior to the event, the celebrities arrive and walk down The Red Carpet, a great opportunity to strut their stuff and taking advantage of the opportunity to get noticed. Who is wearing what and from what designer is about as important as who was nominated and who will win. It is an honor and an opportunity to be a presenter of an award.

2013 welcomed some great flicks into theaters. Enjoy the movie and enjoy the show. ■

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How Healthy is Your Marriage?

By: Susan Heckler



On a scale of 1 to 10, how happy do you think your marriage is? Marriage is a commitment but it is also a partnership. A partnership is an arrangement in which all parties agree to cooperate to advance their mutual interests. How is that going?

Envision you and your spouse in a row boat. An equal partnership would mean both oars are in the water, stroking in unison, and with equal force. In a perfect world, your row boat would be gliding smoothly and swiftly to the chosen destination. Are you on course? Are you spinning in a circle, going nowhere except round and round and round because only one of you is rowing?

We want you to take a long look at your marriage to determine if you are happy in this relationship. If you are not, your health can easily be affected. This does not necessarily mean a trip to the divorce attorney. There are some simple things you can do to try and set yourself back to smooth sailing.

Were you a happy person as a single?

If you were an unhappy person before you met your spouse, did you think getting married would change that? Happy people make for happy marriages. If you were an unhappy person prior, you need to do some soul searching to make yourself happy without relying on someone else to do it for you.

Did you choose your spouse for the right reasons?

What attracted you to them? Were you on the rebound? Did you get married for the sake of getting married?

Unhappy people tend to blame themselves first, and eventually their partner. Blaming gives people a sense of supremacy. It feels a whole lot better than self-doubt, but it eliminates the motivation to work on the relationship.

Taking a marriage quiz gives you the opportunity to determine where your marital problems stem from. After scouring the web, these are the best questions I have found to determine this. Thanks to Sophie Keller and Interim, I have compiled a good test. Try to be brutally honest with yourself to get a true score. We all come with baggage, is yours compatible with your partner?

1. How do you both handle a disagreement?
 - A. One or both of us are loud and volatile. We talk over each other, without listening properly.
 - B. We discuss our differences, acknowledge if they have a point and try to calmly work it out.
 - C. One or both of us bottles it up and we become slightly passive aggressive as a result.

Points: A2 B1 C3

2. A general sense of tension in your marriage relationship. All marriages have tense moments, even tense periods of time, but constant tension suggests unresolved problems. The normal condition of a healthy marriage is peace, not tension.

Tension:

Occasional 2-----4-----6-----8 Constant

3. Are you both happy with the amount of sex you have?
 - A. No, I want more sex than my partner.
 - B. My partner wants more sex than I do.
 - C. Yes, we are both happy with the amount we are having.

Points A3 B2 C1

4. A decrease in laughter and overall happiness. Joy is also the normal condition of a healthy marriage, yet some couples cannot remember the last time both were joyful in their marriage. Rather than energizing them, their marriage drains them. How about your marriage? Do you laugh with each other? Does anything about your relationship bring you joy? When was the last time that simply thinking about your husband or wife brought a smile to your face?

Joyful:

Usually 2-----4-----6-----8 Seldom

5. Do you and your partner have a lot of interests and hobbies in common?
 - A. Yes, we are best of friends and have a lot of similar interests.
 - B. No, we really don't have that much in common.
 - C. We have some things in common, but it would be nice to have more.

Points A1 B3 C2

6. You are easily distracted and find it hard to give one another your complete attention. Occasional distractions happen to everyone. If you have children, you will have more distractions. Wise couples learn how to focus on their relationship, planning time to pay special attention to each other. Couples in danger believe the lie that there is no time to find. Can you identify with this comment from one of our seminar attendees?
I cannot remember when we had our last heart-to-heart talk. We act like everything else is more important than special times for ourselves. Our lives are a swarm of urgent demands clamoring for our attention.

Distracted:

Seldom 2-----4-----6-----8 Usually

7. The longer that you are with your partner, do you feel that:

- A. Your relationship is growing apart.
- B. You are naturally growing and evolving together.
- C. Sometimes you grow apart temporarily, but you tend to put in effort in order to grow together again.

Points: A31 B13 C2

8. Electronic media takes the place of face-to-face communication. TV can entertain, educate, and enlighten. But do you ever use the TV to avoid each other? Does the TV or the internet dictate your daily schedule?

Do you have the willpower to turn them off and do something more helpful for your marriage?

Electronic Media:

Right amount 2-----4-----6-----8 Too Much

9. After being apart for the day when you see each other do you:
 1. Immediately kiss or hug when you see each other? 2. Mumble "hi" then get on with other things?
 3. Sometimes give a warm welcome and sometimes not, depending on your mood?

Points A1 B3 C2

10. As a couple, you are not communicating effectively. Every couple develops their own patterns of communication, but sometimes those patterns are unhealthy. If you have put each other in solitary confinement, if you no longer take the time to discuss important concerns, you are in danger.

Communication:

Discuss 2-----4-----6-----8 Avoid

11. You and your spouse have separate agendas, but no common activities. One couple we know looks great to casual acquaintances. Nice home, prosperous, active in church and very involved in their careers. But if you scanned their date books you would notice that they have no time for each other or for their relationship. In fact, they had developed separate lives. It doesn't happen in a moment. It happens when we stop thinking as a couple and only think about our individual lives, careers, and activities.

Togetherness:

Healthy 2-----4-----6-----8 Little or None

Continued on page 42



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The juicer, the wonder machine of this century that can turn fruits and vegetables and whatever else you want to throw into it, into something drinkable, is on the rise.



There are many different juicers you can choose from.

The Pros and Cons of Raw Food Juicing

By: Pam Teel

A big part of getting and staying healthy has a lot to do with what we are putting into our mouths. In a world of fast food and false advertising, it's tough for people to know just what is good for them to eat and what's not. People try all kinds of different diets and fads to try to look and feel healthier. One of those is juicing, but it's wise to take the time to do a little research first before you start changing your eating habits.

The juicer, the wonder machine of this century that can turn fruits and vegetables and whatever else you want to throw into it, into something drinkable, is on the rise. There are multitudes of people who are wholeheartedly committed to daily juicing. They will tell you that they feel healthier, have more energy, and perhaps have even dropped a few pounds along the way.

There are always pros and cons to everything, even in deciding on a raw food diet. Overcooking foods does destroy valuable nutrients. Raw foods do provide instant energy and certain foods are known to help ward off diseases such as chronic fatigue syndrome, by boosting your immune system. Raw foods are not processed or refined and contain less contaminants. Processed foods are ultimately toxic and tend to cause weight gain. Raw vegetables are high in fiber and can help in decreasing the risks of heart disease, diabetes and cancer. Staying on a juicing regiment for a short period of time can help you lose some weight. When you have a healthier system with less to digest, you do sleep better.

There are the cons of a raw food diet. Most cooked food is easier to digest. There are certain vegetables that require cooking to release key nutrients. Tomatoes have an antioxidant called lycopene. The best way to get it is from ketchup, stewed tomatoes, or tomato sauce. Steaming carrots allows the beta-carotene to be more bio-available and readily used by the body. The fiber in raw food is left behind when juicing and following a raw food diet makes it harder to go to social functions.

There's no question that including juicing of raw foods into your diet is good for you. They certainly will give you a healthier advantage over the typical American diet, but you still need to balance that with fiber, brown rice, 100 percent whole grains, legumes, and fruits, preferably with their skin on. Moderation is the key. In order to get all the benefits out of juicing you also need to know where your food comes from. Is it local? Is it organic? Does it contain GMO's? Is it free of pesticides? Has it been minimally processed? Otherwise, what's the use of juicing toxins? ■

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MILLSTONE TOWNSHIP FOUNDATION FOR
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Raises More than \$25,000 from its “Casino Night” Fundraiser



Due to the Success of this Event and Other Fundraising Efforts, MTFEE Is Able to Offer Millstone Township School Staff A Second Grant Cycle This School Year.

Millstone Township Foundation for Educational Excellence (MTFEE), a non-profit organization, raised more than \$25,000 from its final fundraising event for this school year, Second Annual “Casino Night.” Every dollar raised will fund grants approved by the Foundation. MTFEE is devoted to funding grants for items that nurture extraordinary educational experiences for every student in the Millstone Township Public Schools and are beyond the scope of the general school budget.

MTFEE recently awarded five grants totaling \$22,215.60 to Millstone Township Schools. Due to the success of this event and other fundraising efforts, MTFEE is able to offer a second grant cycle. Those grants will be awarded before the end of this school year.

The event—which included a variety of casino games including Texas Hold-Em, Roulette, Blackjack and Craps—was held at Battleground Country Club (Manalapan) on February 1. In addition, there were Tricky Tray and Silent auctions that included more than 100 items. Top items were an iPad™ Mini, 32” flat screen TV, Samsung Galaxy® tablet, Coach™ bag and scarf, fifth row tickets to “Wicked” on Broadway, lift tickets for several ski lodges, as well as golf and spa packages to name a few.

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 SMARTBoards®, mobile computer and iPad™ labs, STEM enrichment programs 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).

For more information about MTFEE, making a donation or becoming a trustee, please e-mail info@mtfee.org, visit www.mtfee.org and like us on Facebook. ■



Fourteen-year-old Daphne Gaveglia is in the ninth grade at Allentown High School. She is having a great freshman year. When asked what she likes about high school, Daphne told me that she loves the freedom that she feels and how different it was from the eighth grade. She feels that the teachers are caring about the individuals and have a genuine interest in their personal lives as well. “It’s a different level of maturity. Here we are treated more like adults,” Daphne stated. “There are so many different clubs to choose from and you get to be friends with students of all grades.” Daphne belongs to the LifeSavers Club in school. Every month the teacher introduces a new topic for the group to discuss. “At the last meeting, the teacher gave a presentation about Drugs and Alcohol. It was interesting,” Daphne told me. “I learned a lot of things that I didn’t know. That’s what I love about education. I like retaining new knowledge and one day being able to use that knowledge out in the real world.”

Daphne’s favorite subjects in school are Math and Spanish. Math just comes so easily to her and she likes the idea of having to solve a problem and getting the correct answer in the end. Daphne is in Spanish II Honors. She loves the idea of being able to speak another language. She feels that the more she learns, the more she can apply to everyday life. Daphne admits that she does get a lot of homework and she is not one to procrastinate, so she will get it done right away. Her method must be working for her because she is a straight A student. She feels that the more she learns, the more she has to talk about and she has no problem interacting with adults on certain subjects.

The Millstone Times’ Student of the Month **DAPHNE GAVEGLIA**

By: Pam Teel

Daphne values her friendships, which she bases on trust and understanding. She likes to feel comfortable with her friends and to be able to talk to them about anything, knowing that what they talk about in private stays with them.

Daphne loves to read. She likes to read Nicholas Sparks books. She just finished his book called Safe Haven. She likes to watch drama shows, comedies, and some reality shows on TV. Right now her favorite show is Criminal Minds. Daphne loves to play the piano and loves to listen to music. She likes country music the best. Her favorite performers are Carrie Underwood, Rascal Flatts, and Miranda Lambert. She gets a lot of satisfaction being able to play their songs on the piano. Daphne also loves to sing and dance.

Daphne lives in Perrineville. Her parents are Lisa and John Gaveglia. She has an older sister, Michelle, who is a freshman in college. Daphne has a lot of cousins and has a strong bond with them all. When she is with her younger cousins, she likes to teach them different things. Daphne was thinking about becoming a teacher, but she is also considering becoming a neonatal nurse in the future. She’s lucky to have her grandparents around. They live in nearby towns, so she can visit them often. She just lost her grandfather on her dad’s side a few months ago and she misses him dearly.

Her favorite place to visit is Miami. Her grandparents used to rent a condo every year and she and her family would go down to visit. She loved the great weather and being able to just relax and do nothing. Daphne has a light brown poodle called Ginger. Ginger is very spoiled and very loved.

Daphne’s favorite holiday is Christmas, mostly because she gets to be with her relatives. She also loves Thanksgiving because she gets to go to Connecticut to be with her cousins for a few days. She loves watching tennis on TV and is thinking about joining the tennis team next year.

Two years ago Daphne was diagnosed with Type-One Diabetes. She told me that it changed her life. There was a lot to get used to. Every day she has to give herself a shot of insulin, but she’s dealing with it. At first she was afraid but she has learned to live with it and to keep it under control. If she had one wish, she would wish that there were no more diseases in the world and that they would soon find a cure for diabetes, cancer and all the other life threatening diseases in the world.

Daphne is a well-rounded mature young woman who has a very positive direction forward. Her quest for knowledge will get her far in the academic world. I have no doubt that she will achieve whatever she wants to achieve. ■

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Our 5 INGREDIENT Good-For-You Recipe Meal time solutions - Healthy, simple & quick

Warm Steak and Sauteed Kale Salad with Miso Dressing

(serves 4)



INGREDIENTS

- 2lbs. Skirt steak, fat trimmed
- 1 tablespoon white miso
- 1Kale bunch, ribs and stems removed and cut or torn into bite-sized pieces
- 1 1/2 cups cherry tomatoes, halved
- 1 cup thinly sliced red onion

DIRECTIONS

1. Preheat oven to 325 degrees . Season steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper. In a small cup, combine miso and 2 teaspoons balsamic vinegar. Heat 1/2 teaspoon vegetable oil in a large skillet over medium-high heat. Brown steaks, about 2 minutes a side. Transfer steaks to a foil-lined baking sheet and roast 15 minutes for medium rare or until desired degree of doneness. Remove from oven and smear each steak with 1 teaspoon miso mixture. Set aside to rest. Stir 2 tablespoons cold water into remaining miso mixture.
2. Add 1 tablespoon vegetable oil to same skillet and heat over medium-high heat. Add 1 tablespoon minced garlic, kale, tomatoes, 1/2 teaspoon salt and 1/4 teaspoon pepper and saute 30 seconds. Add remaining miso mixture and saute 1 to 2 minutes, or until kale just starts to wilt. Remove from heat.
3. Thinly slice steak across the grain. In a large salad bowl, toss together kale mixture, steak and any juices that have accumulated, and onion. ■

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

Can Fat Make Me Lose Some Weight?

By: Edwin Vega



Is it true that fats are good for me?

Yes, they are vital for optimal health. Dietary fats are essential for the absorption of fat-soluble vitamins A, D, E and K.

Can fats actually help me drop pounds?

Absolutely. The digestion of fats stimulates the release of a hormone that experts believe makes you feel satiated. Fats take longer to digest than either protein or carbs. Thus, you may feel fuller longer after eating a fat-heavy meal than a carb-heavy meal.

To maintain weight, how much fat can I eat?

Fats should constitute no more than 30 percent of your daily calorie intake, according to the USDA. One gram of every type of fat contains 9 calories, so if your daily calorie intake is 1800, consume up to 60 grams of fat; if it's 1500, up to 50 grams.

If I want to lose weight, should I avoid all fats?

No, just limit the fat you eat to 20-25 percent of your total daily calorie intake. "When something is fat free, some people think that gives them license to eat as much as they want, so they ultimately end up eating more," says John Foreyt, Ph.D., director of the Behavioral Medicine Research Center at Baylor College of Medicine. Also, fat-free products are often packed with sugar.

What foods should I avoid?

Those that contain high amounts of saturated fat, such as whole milk, butter and red meat. To reduce your saturated-fat intake, remove the skin from poultry and make smart substitutions (for example, drink low-fat or skim milk instead of whole). Also, avoid foods high in trans fat, like stick margarines and most processed baked goods, microwave popcorn and fast foods.

So, which fats are best?

All have the same effect on weight but, in terms of health, certain fats offer benefits while others may increase your risk of heart disease. The main groups are unsaturated (liquid at room temperature) and saturated (usually solid at room temperature). Unsaturated fats (polyunsaturated and monounsaturated) may lower your bad (LDL) cholesterol level and raise your good (HDL) cholesterol level. These should comprise at least 90 percent of your total daily fat intake. Conversely, saturated fat tends to increase HDL and LDL. The worst, however, may be trans (or hydrogenated) fat – a chemically altered fat added to foods to make them last longer and have better consistency. It raises your LDL and may even lower your HDL. Experts suggest avoiding trans fat altogether.

What foods are best to eat?

Foods with unsaturated fats. Generally, these include plants or products derived from plants—like almonds, avocados, olive oil and peanut butter – and fatty fish, such as salmon.

Should I also avoid high-cholesterol foods?

Unless you're a vegan, you will not be able to entirely avoid dietary cholesterol. Though you should limit your daily intake to under 300 mg, surprisingly, it is believed that high-fat foods affect your blood cholesterol levels more than high-cholesterol foods do. Still, be aware that some low-fat foods, such as shellfish and eggs, have shockingly high cholesterol counts. For example, five large pieces of peeled shrimp have about 221 mg of cholesterol. ■

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Spiking your calorie burn is key to burning extra calories even when you are on the Soccer field or at a Board Meeting.



Commuting, carpooling and endless “honey-do” tasks can make scheduling exercising into your busy life seem overwhelming. The key is to target your post exercise calorie burn to continue working for you even after you are done with a work out.

This is easy to do and called “spike finishing”. Adding a metabolically spiking finisher will kick your calorie burn into high gear during and after your workout, thanks for the EPOC (excess post-exercise oxygen consumption) phenomenon. Basically, it takes energy to return your body to its pre-workout state, thus increasing your metabolism for hours after your workout. The result? A leaner, fitter, stronger you.

THE PLAN:

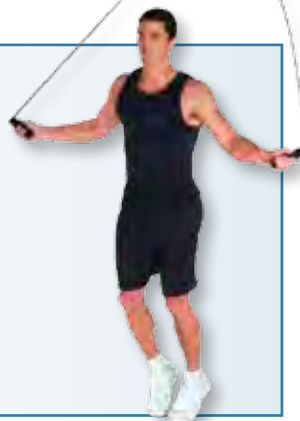
The metabolic cardio mix-up incorporates sprints with body weight exercises for 10-minutes. Perform the circuit below as many times in a row in 10-minutes. Perform twice a week with the aim of getting more work done in the 10-minute time frame.

Set up a treadmill at a level 5.0 incline and at a speed you can maintain for 15-seconds. Leave the treadmill on during the entire finisher (use the handrails to jump on and off).

Get a TRX ready on a pull up bar for suspension pushups, grab a 5kg slam ball and a skipping rope.

METABOLIC CARDIO MIX-UP:

- 1) 15-second treadmill hill sprint (incline level 5.0)
- 2) 15 suspension pushups
- 3) 10 split lunge jumps per side (perform alternating)
- 4) 5 pull-ups
- 5) 15-second treadmill hill sprint
- 6) 50 hops skipping rope
- 7) 5 tuck jumps
- 8) 15 suspension mountain climbers per side
- 9) 20 jumping jacks
- 10) 10 overhead medicine ball slams



Remember that exercising is only part of a healthy lifestyle. Make sure you eat a healthy, maintain positive sleep habits and do what it takes to lower your stress. ■

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Winter Blues

Continued from page 9

tiles, and as you wind your way down into the basement, you will find tile makers at their craft who will answer any questions that you may have. Tiles and souvenirs can be purchased in the shop.

Mercer first founded the Moravian Pottery and Tile works in 1898 as a way to further his funds to allow him to travel all over the world and build up his collection of objects made obsolete by the Industrial Revolution. He spent years adding on to the building. The newer addition attached to the Tile Works factory is reminiscent of Spanish Mission style architecture.

Mercer was obsessed with the pre-industrial age. He realized that the pre-1850 work related implements might one day be the prized findings of future archeologist. After Henry began to run out of room with his ever growing collection, he decided to build a seven story castle like building made entirely out of cement closer to town, thus becoming his museum, his gift to the world. The museum has no heat or electricity and off-season visitors are warned to wear coats. There are heaters and lights placed around the exhibits that make it comfortable enough in the winter months. The museum is filled with pre industrial tools such as millstones, candle molds, bloodletting razors, and large objects such as whaling boats, a Conestoga wagon, an antique fire engine, and so much more at every turn. There literally is a little bit of everything on display. The collection consists of everyday tools and artifacts associated with pre industrial trades, crafts, agriculture and domestic work. You have to see it to believe it.

Mercer started to collect items in and around Doylestown first, convinced that the story of Bucks County was the story all over America. His search extended to the Delaware Valley region, then to New England, Appalachia and the Deep South. He also collected artifacts from pre industrial cultures from around the world. As news spread of his collecting, people started to come to him with things to sell or to donate. For a small fee, this museum is well worth seeing. There are hands on activities for the children and a gift shop to complete the tour. Mercer wasted no space. There are items on display on walls, ceilings, and hanging in mid air. The Spruance library is located at the Mercer Museum. It is a research library containing primary source material for historians, genealogists, and students of Bucks County history. The Mercer Museum is located at 84 South Pine Street. Hours are Mon-Wed 10-5, Sat- 10-5, Tuesdays 10-9 and Sundays 12-5 pm.

The Moravian Pottery and Tile Works and Fonhill are located at 130 East Swamp Road, Route 313, Doylestown. Hours are from 10-4:45 daily including Sundays. If you go to the tile works and Fonhill first, make sure you ask for a map of the area. They will show you how

to get to Mercer Museum, which is only a few minutes away. All three locations can be visited in one day.

The easiest way to get to Doylestown is to take route 202 from the Lambertville area, then get on route 263 for a short time before getting back onto route 202. This will take you straight into Doylestown.

Notable people who came from Doylestown include, Justin Guarini, the first American Idol runner up, Moss Hart- writer, Irene Molloy- singer and actress, Dorothy Parker- writer, Jeff Musselman- former MLB pitcher, Mike Pettine- NY Jets defensive coordinator, James A. Michener- author, Oscar Hammerstein – lyricist, playwright and composer, and Nobel prize winning author, Pearl S. Buck. (You can also visit the Pearl S. Buck house in nearby Perkasi.) Other notable people include, architect and archaeologist Henry Chapman Mercer, anthropologist Margaret Mead, and pop-rock star Pink.

The former prison, which was across the street from the Mercer museum, has been converted into the James A. Michener Art Museum, which just showcased a famous Grace Kelly exhibit.

If you like covered bridges, Pine Valley covered bridge is located on a 14-acre park in nearby New Britain on Keeley Avenue (Some know the bridge as Iron Hill Bridge).

To make your stay even better, you can plan on spending the night at a local hotel. Look for one with a bar and perhaps some light live entertainment before retiring for the night or stay within walking distance of a town and find a nice restaurant to go to.

On the way back to New Jersey, follow Route 202 to Route 413, you'll pass Tyler State Park where you'll find another covered bridge. You might want to save this one for the spring, as the Bridge is only accessible on foot or by bike. There are three different parking lots in the park where you can leave your car and walk to the covered bridge. Continue down 413 to the trendy town of Newtown for a quick lunch. The Sycamore Grill has really good food, but there are other notable eating establishments in town. Take some time to explore Newtown. It's a mix of old historic homes and new buildings. The town is quaint with shops and restaurants. It's a great place to wind down your trip. Newtown is within fifteen minutes from the Delaware River and the Jersey border, not far from Washington Crossing and the Trenton area.

Relax, enjoy and just do it! We all need a break every now and then! ■



Mosaic Tile of Moravian woman dipping many candles at one time, which gave Henry Mercer an idea for an invention for his tile-making.

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Oliver Twist

Continued from page 1



On the left – Michael Deitz (grade 8) – playing Mr. Bumble
On the right – Grace Ragosa (grade 8) – playing Widow Corney

being choreographed by Allentown High School students Rachel Lew and Rachel Masci. Local resident, LisaMarie Capuzzo, who is directing the production, feels very fortunate to have these two young women helping her out with the production. “It takes a lot of time and patience to teach dances to such a large group,” Ms. Capuzzo pointed out, “but these two girls are so good with the children and they handle the task with remarkable professionalism, creativity and patience.”

Ms. Capuzzo has been directing productions since graduating from the Catholic University of America, where she earned a Bachelor of Arts Degree in Theatre Education in 1992. In the last five years, she has directed ten productions for grades 1-8. This will be her 3rd production at the Middle School. She is excited to be working with the middle school students again. The children all mean a great deal to her and you can tell that it goes both ways. The respect and admiration that they have for her is very touching. She is also very thankful and grateful to the outpouring of support from parents, students and the staff. The parents go out of their way helping out with props, costumes, working the concession stands, and spreading the word about the play. They even help out with the cast parties afterwards.

Ms. Capuzzo is assisted by Vincent D’Aniello, who teaches Spanish at the Middle School. This year, Jackie Tesoriero, a part time language Arts teacher at the Middle School, will help the directing team. With the help of two assistants it makes it possible to have multiple scenes rehearsed at one time. The children have been busy at work rehearsing three times a week for the March debut.

Ms. Capuzzo enjoys teaching the children about acting. Besides continuing to help to develop their acting talents, she is also working on helping to develop their self-confidence, communication skills, and the way they work with one another. All of these are life skills that they can apply to everyday life.

Oliver is a story of loyalty versus betrayal, villainy versus friendship, and despair versus hope. It is set in London around 1850, a time of extreme poverty. It follows the journey of Oliver Twist, an orphan in a dreary workhouse. Things go from bad to worse for Oliver when he is sold to a funeral director for the purpose of being a coffin follower for the children. He manages to run away and is taken in by the somewhat self-promoting Fagin and his gang of pickpockets. Oliver starts to feel at home among his group of thieves and they waste no time teaching him the ropes. On his first outing, he is arrested for picking the pocket of the wealthy Mr. Brownlow, who ends up taking Oliver in and caring for him. The murderous Bill Sykes vows to bring Oliver back before he spills the beans on the thieves’ operation. Will he succeed? You’ll have to go and see the play to find out the ending!

This is a show for the entire community. You don’t need to have a child in the play to attend. You can count on a fun night of entertainment from a cast that puts their whole heart into every production that they put on. That also includes all the other students that help out behind the scenes as well!

Tickets will be available online on February 24th. You can get them online at www.millstoneperformingarts.com.

Good Luck to the Entire Cast! ■

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How Happy is Your Marriage?

Continued from page 27

12. Sexual intimacy has become more a bother, less a blessing. Sexual fulfillment is one of God's most exciting gifts to married couples. A healthy sexual relationship strengthens intimacy, relieves tension, and is fun! Do you both feel sexually satisfied in your marriage?

Sexual Satisfaction:

Fulfilled 2-----4-----6-----8 Frustrated

13. Little things make you angry. You are easily irritated. Irritability develops when we neglect intimacy. We find the tone of our voice becoming sharper. We get offended easily. We avoid each other.

Anger and Irritation:

Seldom 2-----4-----6-----8 Chronic

Essentially, the lower you scored, the straighter you are rowing. You would seem to have a good and balanced relationship. You obviously bring out the best in each other and your relationship is growing and evolving over time. Congrats, you passed the test with flying colors.

If your score is in the middle range, your relationship probably needs a bit of work to take it from good to great. Communication is important. Make an effort; you can easily make your relationship fantastic again you just need to focus on making it happen.

If you scored high, unlike school testing, it is not a good sign. You are probably unhappily married. Scores this high usually indicate a severely neglected marriage. You both need to have a serious heart-to-heart to see if you really want this relationship to work. Your relationship will need a lot of effort to make it work. It is time to drop the blame game and really start listening to each other's needs. See if you can help fulfill them together or if you really want to. If your relationship was once great, you could potentially make it great again, so long as you are both prepared to put in a huge amount of effort.

Okay, so you have now determined the quality of your relationship. Not so good? What's the big deal? Millions of people live with dysfunction. Unhappy couples have compromised immune systems, higher blood pressure and faster heart rates than their happy counterparts. Even more alarming, they could be at an increased risk for heart disease, arthritis and cancer. That is not to say a good relationship will make you healthy. Stress, from any cause, is not a good thing.

ACCORDING TO THE MAYO CLINIC:

Common effects of stress ...

... On your body ... On your mood ... On your behavior

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Irritability or anger
- Sadness or depression
- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal



Working on your relationship may alleviate a large part of your stress. If that isn't enough incentive, think of all of the happiness you are missing out on. Don't you deserve to be happy? "Enjoy life. There's plenty of time to be dead." Hans Christian Andersen. ■

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2013 was the turnaround year for real estate
and 2014 is getting off to a tremendous start!

Visit www.NJSoldHomes.com
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contact Judy at:
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for a complimentary market analysis.



MLS 21403134
10 Ivy Lane, Manalapan
\$899,000
Full brick colonial with complete
in-law apartment.
Gunite in-ground pool.
1+ acre lot.



Just Listed

MLS 21403803
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\$869,000
Young 5 bedroom brick front colonial.
Finished basement & backyard oasis.

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Millstone Twp., NJ 08535

If your home is currently listed with a real estate broker, please
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\$2.50**

February Specialty Drinks

Scarlet Kiss \$9
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3:00pm-6:00pm

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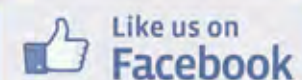
Monday
Open Mic

"Tijuana Tuesday"
Featuring Sunsets Cantina Menu

Wednesday
Prime Rib Buffet

Thursday
Buds and Burgers

Friday
"Fireball Friday"



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March 31 - Freehold Taste of the Town

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