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News!

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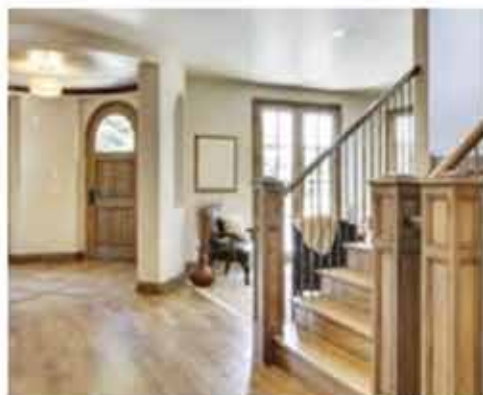
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Instagram – Is It Safe for Kids?

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 underage 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. 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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In addition to less stress, the benefits of the collaborative approach also include less time than the parties would otherwise spend in the court system, and less in attorney's fees.

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Getting Green from Gold and Silver a.k.a. Treasure for Your Trash

By Susan Heckler

Have space...will fill it. We all do it. We organize it and shove it from place to place, without realizing the potential value in it.

I realized that not too long ago when helping my 83 year old mother downsize. My parents had been the inheritors of unwanted and unneeded treasures from cousins near and far. Their basement and attic were the family dumping grounds for items that were highly regarded generations ago but have little use in our microwave to table, dining out lives.

I am talking about Aunt Sadie's silver flatware, which was an incomplete service for 8 (thank you garbage disposal), mixed with Aunt Francis's hideous service for 6 ¾. Then there is Nanny's silver tea service, the odds and ends trays and bowls you have polished your whole life but never really liked or had room for. No one entertains like they did in the Titanic era.

Enough! We went through her home and anything we didn't love or have room for was put on the dining room table. She must have had 20 pounds of excess sterling silver bogging down her life. My sister didn't want it, I don't want it, and Mom doesn't want it. What do you do with valuable items no one wants?

I have seen ads for stores that will buy unwanted silver and jewelry but my mother was embarrassed walking through a parking lot with shopping bags, like a pauper going in to a pawn shop. I had recently met this man, Lew Zimkind, who has a business which will do the same but he works in the privacy of your own home.

Lew came to my mother's condo in her adult community. He explained From Gold to Green has an advantage in that he has no brick and mortar store to pay rent and overhead so he can offer you a better price than the competition. We had him come to price the unwanted silver serving pieces but he explained he also has over 45 years of experience in the jewelry industry so he can tell trash from treasure and a diamond from a want-to-be.

He very patiently went over each piece and explained the value in terms we understood. My mother then went through her jewelry that she loved 50 years ago and hasn't worn since. Those 1950's rings that could choke a horse were mighty heavy as were those heavy gold rope chains from the Travolta Era. She had about a dozen single earrings.

All in all it was quite a windfall for Mom, who like many, live on a fixed income, has prescriptions to pay for and a cat to support. The whole experience was pleasant, stress free, and no one else's business. Mom got a healthy amount of money without feeling embarrassed and has a little more mad money to enjoy her life.

If you want to go FROM GOLD 2 GREEN, contact Lew by phone 732-598-6908 or email him at fromgold2green@gmail.com. Tell him I say, "Hi and thanks!"

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Local Author Helping To Provide Bulletproof Vests For K-9 Patrol Dogs

By Pam Teel

Millstone Township resident and author, James Wiater, read a story back in 1998 that seemed to stick with him throughout his lifetime. It was a true story about a Monmouth County Sheriff's Office K-9 patrol dog, named Solo. Solo was trained for search and rescue and to apprehend bad guys. In 1998 he was sent into a building in Bradley Beach, NJ to search the whereabouts of a fugitive after a 22-hour standoff. After hearing nothing from the suspect for a while and thinking that he might have committed suicide, Solo was sent into the building. Sadly he was shot and killed that day.

Somehow that story made a big impact on James because he never forgot it. He vowed that one day he would purchase a bulletproof vest for a k-9 patrol dog in Solo's honor.

Years later, when his twin girls were younger, they were complaining about their teeth coming loose. James told them that everybody loses their teeth, even dogs. He started to make up a story about a little puppy that was losing his teeth and the dog's name, Solo, just popped up into his head. Over and over again, he would tell his girls his made up tales about the adventures of Solo until one day he decided to write one of his stories down.

James hired an illustrator and decided to self publish his book. With the proceeds from his book, *The adventures of Solo, the Big Dog*, James was able to order his first k-9 body armor bulletproof vest in which he donated in Solo's honor to a dog named Edge and Edge's handler, officer David Lasko, of the Monmouth County Sheriff's Department. Edge is a 2 ½ year old German Shepherd who is dual certified by the New Jersey State Police K-9 unit for both narcotics and patrol. The dedication took place at the Monmouth County Sheriff's Office in Freehold, NJ.

The publishing of this dog-loving children's book is a dream come true for James. Within only four months of the books publishing, one vest has already been donated, while two more vests are waiting to be finalized and ordered. The cost for one vest is \$2,600.00.

"I'm not only excited about the K-9 Officers that we will be helping to protect, but also about the future of the book and the potential we have to help. Unfortunately, there are many more local K-9 Officers that go to work every day without body armor and protection. The more books we can sell, the more K-9 Officers we can sponsor and help protect," James stated.

The MCSO K-9 Unit presently consists of 7 handlers and 8 K-9s. The unit includes 2 explosive/patrol teams, 3 narcotics/patrol teams, 1 explosive team, 1 tracking team and 1 narcotics team.

In 2016, the K-9 Unit was called out on 144 explosive detection calls, 342 tracking calls and 318 narcotics calls. They conducted more than 150 K-9 demos.

Also needed: K-9 first aid field trauma kits, k-9 cooling vests, and pet oxygen masks for first responders.

The more books sold, the more bulletproof vests and other equipment needed that James could buy for the patrol dogs.

You can purchase a copy of, *The Adventures of Solo, The Big Dog*, please visit Bigdogbooks.net or email Jim@bigdogbooks.net.



James Wiater with K-9 Patrol Dog, Edge, wearing his new vest

Governor Chris Christie Signs Legislation Strengthening Small Business

Trenton, NJ - Governor Chris Christie signed into law this January (Pennacchio, Rice/Holley, Oliver, Wimberly, Muoio, Pintor Marin, Mukherji), adopted unanimously by both houses of the legislature, to provide New Jersey's small businesses greater access to commercial opportunities and to save taxpayers money.

"My administration remains committed to empowering and supporting the growth of New Jersey's small business community," Governor Christie said. "This is responsible legislation that adds to our unparalleled track record of initiating and adopting policies and reforms that have created hundreds of thousands of jobs in the Garden State, improved the quality of life here and lowered costs for residents and small business owners, who are 98.3 percent of employers in this state."

The new law establishes the Small Business Bonding Readiness Assistance Program within the Economic Development Authority (EDA), to provide support services to small businesses, including assistance with securing surety bonding, so that these entities can bid more easily on state and federal contracts.

The legislation does not contain supplemental appropriations, providing that the grant program can be funded with amounts made available within the discretion of the EDA. Programs like this led to a record high of 103,093 new businesses filed in 2016 to start operations in the Garden State, besting the previous highest state level of 97,835 that had been set in 2015.

"S-123 is another avenue for small, minority-owned and women-owned businesses to have greater access to job-creating commercial opportunities," Governor Christie said. "It is a win for taxpayers and residents across New Jersey also because increased competition for public contracts will lead to lower costs and a more diverse pool of small businesses performing public services."



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A SAFE TRAFFIC STOP

By John Bazzurro

As a result of social media, the news and police “reality” shows, we have all seen a routine traffic stop by a police officer escalate to a point where either the officer or an individual is fatally injured. In order to help prevent such tragic results, I am writing this article to provide information to citizens in an effort to avoid such an outcome.

Because I represent a number of law enforcement officers, I often times see things from their point of view as well as from the view of an average citizen. The bottom line is that a law enforcement officer who is effectuating a traffic stop is genuinely concerned for the safety of the driver and occupants of the vehicle as well as his or her own safety. Typically, if various simple protocols are followed by both the law enforcement officer as well as the citizen, a safe outcome is more than likely.

First and foremost, when you are being pulled over, you should immediately acknowledge the fact that you are aware that you are being pulled over by placing on your turn signal. Thereafter, you should attempt to pull onto a portion of the side of the road that fully removes both your vehicle and the police vehicle from the traveled portion of the roadway (i.e.-shoulder).

After both you and the police vehicle are safely off of the roadway, you should open your driver’s side window and place both of your hands upon the steering wheel so that the officer can visually observe both of your hands as he or she is approaching you. Often times, people make the mistake of reaching across their vehicle into their glove compartment or into their pockets for purposes of getting out their license, registration and insurance card as the officer is approaching their vehicle. Although law enforcement officers are highly trained in this regard, depending on the circumstances, they could potentially believe that you or the occupants of your vehicle are attempting to reach for a weapon or hide contraband. Obviously, such actions could potentially escalate an otherwise innocuous situation.

After the officer approaches your vehicle and requests your documentation, you should verbally advise the officer as to where in your vehicle the documentation is located and advise the officer that you are reaching for it. This will allow the officer to anticipate your moves inside the vehicle so they are not surprised. Additionally, you should immediately respond to any of the officer’s requests. Failure to do so could be a signal to the officer that you are attempting to hide something or that the officer’s safety may be in jeopardy.

Importantly, when engaging in a conversation with the officer, you should be courteous and friendly regardless of whether or not you believe you committed a traffic offense. Of course, any aggressive or abusive language could cause to escalate the situation. From the officer’s perspective, he is only doing his job. Any arguments or positions you may have with respect to the situation are more properly raised in Municipal Court. From a lawyer’s perspective, it is generally much easier to have the summons dismissed outright or plea to a favorable deal when a client is courteous and respectful to the officer at the time the ticket is issued. On numerous occasions, I have seen law enforcement officers take notes when an individual is uncooperative, rude or abusive and then refuse to “work with” the prosecutor or the lawyer at the time a plea deal is sought.

Basically, all of the above boils down to common courtesy and common sense. If you follow the officer’s instructions, are respectful and do not engage in any actions which the officer may construe as jeopardizing his or her safety, there will be no issues concerning the traffic stop and you may receive the benefit of the doubt from the officer when it comes time to appear in traffic court. On the other hand, if you are disrespectful, rude, abusive, and aggressive, chances are that the situation will escalate to the point where you may receive additional charges and may even be subject to arrest.

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Identity Theft Is Not Just About Your Credit Card

By Jackie Berman

According to the Bureau of Justice Statistics (BJS) an estimated 17.6 million persons, or about 7 percent of U.S. residents age 16 or older, were victims of at least one incident of identity theft in 2014. These statistics were similar to those in 2012 and it's only going up.

Identity theft is the attempted or successful misuse of an existing account, such as a debit or credit card account, the misuse of personal information to open a new account or the misuse of personal information for other fraudulent purposes, such as obtaining government benefits or providing false information to police during a crime or traffic stop. It can be your drivers license, social security number, medical ID, criminal, financial and the newest synthetic.

Most identity theft victims discovered the incident when a financial institution contacted them about suspicious activity (45 %) or when they noticed fraudulent charges on an account (18 %). The majority of identity theft victims did not know how the offender obtained their information, and 9 in 10 identity theft victims did not know anything about the offender.

Half of identity theft victims had related out-of pocket losses, with 10% experiencing losses of \$1200 or more. It takes time to clear up ID Theft.

Identity theft goes beyond stealing and using someone’s credit card number. In some cases, criminals use the person's identity to obtain a driver’s license and other documents and to commit fraud using the stolen identity. In some cases they will steal your social security and bank routing number and receive your tax return. So many people are affected daily for company data breaches. Before you can blink an eye, your information has been sold to the black market 300 times.

There is only so much you can do to personally protect your identity, but remember SHREDDING IS YOUR FRIEND.

For more info and details on what you need to do, please call Jackie Berman/Legal Shield Independent Associate at 732 610 1567 or visit www.legalshield.com/hub/jacklynberman

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Millstone Township Foundation For Educational Excellence

*To Host Sixth Annual
“Family Movie Day & Gift Basket Raffle” On February 12*

MILLSTONE TOWNSHIP, NJ, January 10, 2017 – Millstone Township Foundation for Educational Excellence (MTFEE) will be hosting its sixth annual “Family Movie Day & Gift Basket Raffle” on February 12 (snow date: March 4) at the Millstone Township Performing Arts Center (MPAC) at Millstone Township Middle School (5 Dawson Court). MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in the Millstone Township School District.

Pre-movie activities will include a “Gift Basket Raffle,” new this year, which will feature more than 25 fun and family-themed baskets. There will also be a photo booth, minute-to-win-it games with prizes, crafts, face painting and tattoos, which are all planned to begin at 12:00 p.m. The movie will start at 2:30 p.m. The foundation polled Millstone Township students on several popular family-friendly movies, to build excitement and get the students involved. Visit www.mtftee.org to find out which movie won and will be shown. Vesuvio's Family Food Truck and a concession stand will be available.

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

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$523,700 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEAM enrichment programs, learning lab, book rooms, professional development, fitness equipment, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall. MTFEE is a member of New Jersey Education Foundation Partnership and The National Consortium of State and Local Education Foundations (NCEFS).

Millstone Middle School Students to Present Cinderella

By Pam Teel

Cinderella, a Rodgers and Hammerstein production, will be presented by the Millstone Township School's Eagle Productions on March 3rd and 4th at 7:30 pm and a special Matinee on March 5th at 2:00 pm. (Pre-Ball Festivities begin at 1:00 pm) at the Millstone Performing Arts Center. Save the date, it's a production that you don't want to miss. All are welcome!

Everyone knows the classic story of a common girl and her glass slipper. Every little girl has dreamed of meeting her Prince at the Royal Ball; add the music of Rodgers and Hammerstein to the mix and the results are truly magical.

Director, Lisa Cappuzzo, has always loved the story of Cinderella for its positive message, that dreams really can come true. According to Ms. Cappuzzo, “The musical allows our young actors to explore a more sophisticated style of performance, as they take on the elegant role of attendees at a Royal Ball.” Cappuzzo boasts that all attendees at the Royal Ball will be dressed elegantly in an array of sweeping ball gowns, and will dance a proper waltz.

The cast consists of 40 middle school students (grades 6-8), including Emma Bogusz in the title role of Cinderella and Zak Kheder as the Prince. Emma remembers looking up to her sister as she performed in the Wizard of Oz and wanting so much to follow in her footsteps. She remembers the first time she stepped out on stage. She had a big smile on her face and realized that this was her passion. Emma will have her chance to shine as Cinderella in the production.

Zak was inspired to take the stage in the 5th grade by his friend Jacob Normand. . He fell instantly in love with theatre, especially the musicals. He loves when the actors suddenly break out into song and dance. Zak is having fun with the choreography and learning all the dances.

Other lead actors include Claudia Pelicone (Godmother), Jacob Normand (King), Angela Spadaccini (Queen), Colette Wisniewski (Stepmother), Emma Morris (Joy), Alexandria Miller (Portia), Demetrios Pasis (Herald), Corrine Mendelsohn (Chef), and Brianna San Phillips (Steward).

The students began with auditions in early December and have been rehearsing ever since. In addition to the cast, the production is led by stage managers, Sarah Rainford, Kira Ventrella, Giuseppe Scibilia, Braedan Kenna, Isabella Castalucci and Dance Captain, Kelly Lew. “This production would not be as successful without these students to keep us organized backstage, stated Ms. Cappuzzo, who teaches theatre electives including Acting, Directing and Musical Theatre at the Middle School.

Ms. Cappuzzo is also supported by Assistant Director, Vincent D'Aniello, (Spanish Teacher), Musical Director, Heather Philhower, (Music Teacher), Scene Designer, Frank Iglesias (Art Teacher), and Choreographers' Jo-Ann Figurelli, who is Ms. Cappuzzo's mom, and Rachel Lew, a Junior at Stephen's Institute for Technology. Cappuzzo considers herself very fortunate to be surrounded by such dedicated, creative people. She also relies on a slew of parent volunteers who are more than happy to help her with whatever else she needs for the production.

Don't miss Eagle Productions performance of Cinderella. Tickets can be purchased in advance at noon on February 24th at www.millstoneperformingarts.com. \$8.00 for students & seniors and \$9.00 for adults or at the door - \$10.00.

Don't miss the special Pre-Ball Festivities at 1:00 pm before the Sunday Matinee- this includes games and more and is presented by the MMS National Junior Honor Society.)

Lots of Luck Casts and Crew!!!!!!!



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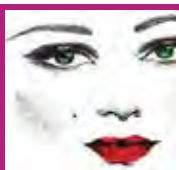
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Teach Kids to Love Others

By Jordan Tinitigan

Many may wonder how to help their kids be more compassionate. Whether it be towards their friends or relatives, some kids don't know how to love. Here are three ways to help guide them along that path.

Teach them about forgiveness and unconditional love: Whenever you are having a hard time with someone else in their life, show them that forgiveness is crucial when it comes to the people you love.

Do not gossip around them: Gossip represents pettiness and conflict. Bringing these ideas around your child may confuse them.

Show them what it's like to be a friend: Allow all of your friendships to be supportive and helpful. This will set an amazing example for your child, hopefully helping them go toward the same route.



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Diners, Drive-Ins and Robbinsville

By Pam Teel



Guy Fieri, Frank Dolce, Joe Clemente

Dolce and Clemente's Italian Gourmet Market in Robbinsville was chosen to appear on The Food Network Channels television show, *Diners, Drive-Ins and Dives*, hosted by playful and energetic Guy Fieri.

The show was originally slated by the Food Network to begin taping about the same time as Hurricane Sandy belted the east coast, prompting the decision of the network to hold off taping shows in the affected areas in order to give people time to recover

prepare their most popular menu items from start to finish. It's a part-travel show, part-cooking show, part-hangout. What makes it fun to watch is Fieri's bubbly personality and his interactions with the owners as they prepare a dish in front of the TV audience. The mere presence of a restaurant showcased on the show brings in an onslaught of curious patrons afterwards who want to taste the cuisine for themselves. It's a win-win situation for the restaurateurs.

The first shots of the show have Fieri coasting by in his own red 68 Camaro, which occasionally gets trucked in for locations, although it's been said that they have stand-in Camaros placed in strategic areas of the U.S. for the further out locations.

Close family friends, Stacey Ferante and her husband, hosted a premiere party on January 20th at their home in Old Bridge. With over sixty guests in attendance, they gathered around to watch the airing of the show and feast on some of Frank and Joe's specialty food items.

With years and decades of culinary experience behind them, Frank and Joe's venture in Robbinsville began in 2008 when they opened up the Italian Gourmet Deli and Market, which is located at 2 North Commerce Square.

Taking along special values that he learned from his grandmother, Joe never forgot that opinions count, and that no matter what, you should always try to improve, even on the food that you serve. The two men are proud of their heritage and know the importance of family. They also value their community and strive to bring their patrons the best food and the best service possible.

When you stop by the market you'll find daily fresh entrees to take home, a wide selection of pastas, certified angus beef, high quality meats, vegetables, deli products, salads, homemade sauces, hearty soups, over 250 hand cut cheeses, imported antipasto selections, fresh mozzarella, artisan brick oven baked bread, baked right on the premises, pastries, cookies, cannoli's, frozen fruits, gelato's, and more.

If you're in the area, stop in and see for yourself why people keep coming back to Dolce and Clemente's Gourmet Italian Market; a place where customers feel like part of the family. For more information about the market, go to: www.dolceandclementes.com.

Calling all Parents!!!

By Susan Heckler

By now, we have all established that Millstone Township and our surrounding towns are amazing places to call home and raise a family. We live on fertile ground for farming, lush landscapes and the growth of our children and future leaders.

Our school districts are putting forth an amazing effort to give your children the best education and school experience. They have opened a world of opportunities to the students.

The dilemma is finding out about all of the great news and programs available throughout all of the schools in all of the districts. We are in touch with school administration but would like to hear from the parents of the great students the schools are privileged to be educating and molding.

If you have or know of a special student who has made an impact to the community or awarded an honor...please share with me! If you hear of a great program available to the students, spread the word through us.

I welcome contact from parents and students to help keep our readers informed. Please email me at SusanHeckler@aol.com with your news and full contact information. Sometimes it takes a village to inform a village.

Thanks and I look forward to hearing from you!

Susan



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Valentine's Day Traditions

Jordan Tinitigan

Valentine's Day is designated to the person you love the most in your life, but who do you love more than your family? Instead of spending money for you and your husband/wife, why not make Valentine's Day a family day? Make it a tradition to exchange cheap or home made gifts between you and your family members. Give your kids a little valentine with a cute (and cheap) gift like a teddy bear or a box of chocolates, and have them draw you a picture or DIY their own card. Then, maybe you could go and do something fun for all of you. Whether your a family of movie-goers, or the adventurous type, spend the extra date night money on something fun like laser tag or indoor trampolines. However, if the day of love falls in the middle of the week, keep the fun at home! Have your own movie night or even a family board night with ice cream sundaes and LOTS of love!



The Logic of Logos and Catch-Phrases

By Pam Teel

Logos are a graphic mark, emblem, or symbol commonly used by commercial enterprises, organizations and even individuals to aid and promote instant public recognition. Logos are either purely graphic (symbols/icons) or are composed of the name of the organization. In common usage, a company's logo is today often synonymous with its trademark or brand.

Even before global marketing campaigns, television commercials, and social media, a company's logo has been important. Over time, as businesses and consumers have changed, most major companies have also changed their logos dramatically. Still, some logos have had incredible staying power and have lasted for decades or even hundreds of years. The world's oldest logos have all retained some core visual element, although several have been noticeably altered.

Take the Shell Oil Symbol for example. This company goes as far back as 1833. **Their logo was first used in 1904.** In 1891, Marcus Samuel and Company began shipping kerosene from London to India, bringing back seashells for sale in the European markets. Initially, the seashell business was so popular that it accounted for most of the company's profits. Samuel incorporated the name "Shell" in 1897 and designated a mussel shell as its logo. In 1904, a scallop shell became the official logo. In 1907, Shell merged with the Royal Dutch Petroleum Company, retaining the logo that remains synonymous with the oil conglomerate. In 1915, Shell opened its first service station in California, introducing the red and yellow color scheme that is still in use. Today, Shell is one of the world's largest energy companies, with a market value of nearly \$260 billion and a logo recognized worldwide.



Logos are a basic part of business promoting. As the organization's major graphical representation, a logo grapples an organization's image and turns into the absolute most unmistakable indication of the organization inside of the objective business sector. It is difficult to build up yourself in the marketing world without a logo. Logo designing for a company is similar to a mental shortcut to an item or organization. Exactly how regularly do you perceive an auto from its make, as opposed to the ever display logo on the guard or in front?



Your logo makes your image. In the corporate world, "Picture" is everything. The power of the logo lies in its visual nature. Studies have demonstrated that individuals perceive and identify with pictures speedier than content.

Be that as it may, the business sector is overwhelmed with Logos. It is completely vital, in this manner, for a logo to have a significance, to present something particular and one of a kind to the intuitive personality of the buyer, to separate it from whatever is left of the opposition. The meaning of logo is quite similar to an icon or emblem that symbolizes an idea or message to others.

Most of the best logos in the music industry come from the world of classic rock. Take the band Kiss for instance. The Kiss Logo was designed by lead guitarist, Ace Frehley, first appearing on the band's second album. The Kiss logo has been a cornerstone of the Kiss legend ever since. The double SS's Frehley drew were meant to resemble lightning bolts, but in Germany and other places in Europe, they looked too much like the insignia of the Nazi's SS. Due to much controversy and the fact that it is illegal to display the Nazi Insignia anywhere in Germany, the Kiss logo displayed on its merchandise was revised to look like normal backward z's. It has remained the original way in the U.S.

Originally known as Wicked Lester, the band decided to change the name shortly after Frehley joined the group. After many nights of brainstorming, Peter Criss recalled an earlier band he was in called Lips, and from that they came up with the name Kiss.

This iconoclastic logo is generally recognized as one of the best logos of all time and has been licensed for use on a massive amount of merchandising, gizmos, and trinkets. Kiss has licensed its name on more than 5000 product categories, from lunch boxes, to comic books, to credit cards, grossing nearly a one billion dollar business.

The Millstone Times

STUDENT OF THE MONTH

Kyla Bhatia

By Pam Teel



Kyla Bhatia attends kindergarten at the Millstone Primary School in Millstone Township. Kyla loves learning about many different subjects in school and really enjoys recess when she gets to play with all of her friends. Kyla does very well with all of her schoolwork. Her favorite things that she likes to do in school are her artwork, math, and writing.

Kyla is starting to read but loves it when her mom reads books to her and her younger brother. Kyla's favorite song right now is Whip Nae Nae, and her favorite television shows are Full House, Sophia the First, and PJ Masks.

Kyla's hobbies include learning to play the piano, doing arts and crafts, and dancing. She can do tap, ballet, hip-hop and Bollywood. Her favorite sport is soccer.

Kyla's favorite place to visit is New York City, Disneyworld, and going on beach vacations to places such as Cancun. She lives with her mom and dad and little brother Rhys. Both sets of grandparents like to spoil her and her brother. She is especially fond of her mom's mother, Kim.

Kyla has a pet fish named Rescue because he was rescued. Kyla's favorite foods to eat are pizza, tacos, and ice cream. Her favorite holiday is Christmas because she gets lots of presents and gets to spend time with her family.

Kyla would like to become a doctor, like both of her parents, when she grows up.

Kyla also does Martial Arts and models in New York City. She has been an extra on some television shows, of which include, Homeland, Madame Secretary, and Royal Pains. She also helps her mom with charity collections and donations. She thinks it is very important to help others.

If she had but one wish she would like to be on the Steve Harvey show "Little Big Shots."

We wish you the very best Kyla. Keep up with all of the good work that you do in school and with all of the extra special things that you are involved in!

MOVIE OF THE MONTH

By Jordan Tinitigan

Grab your Family and some Popcorn and Enjoy these Parent-Approved Movies

The Space Between Us

(February 3rd)

The first human to be born on Mars develops an online friendship with a girl from Colorado. When he finally visits Earth, he enjoys all that the planet has to offer but soon realizes his organs cannot handle Earth's atmosphere. Watch the movie to see how the journey ends.

My Name is Emily

(February 17th)

A teenage girl runs away from her foster home with her boyfriend to embark on a journey to find her birth father; a brilliant writer who has been institutionalized.



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Allentown FFA Parents, Alumni, and Friends (PAF) Allentown High School

JOIN US FOR THE 10TH ANNUAL ALLENTOWN FFA PAF GIFT AUCTION & SPAGHETTI DINNER

The Allentown FFA Parents, Alumni, and Friends (PAF) will be hosting the 10th Annual Gift Auction and Spaghetti Dinner on March 25th, 2017 at 6:00PM at the Hope Fire House, 82 County Road 526 in Allentown, NJ. The Allentown FFA PAF provides support to the Allentown FFA Chapter of Allentown High School throughout the year.

Proceeds from the Allentown PAF Alumni Gift Auction will provide students with opportunities to pursue careers in veterinary science, agricultural technology and mechanical systems, earth sciences, environmental science, horticulture, aquaculture, and many other essential fields of work. Students are given the opportunity to apply what they have learned in the classroom through FFA activities, such as competitive events and leadership trainings.

This event provides the Allentown FFA PAF with necessary funds to assist with chapter activities. This includes travel to the National FFA Convention in Indianapolis, Indiana, the New Jersey FFA Convention, and various Career Development Events (CDEs) throughout the year. These are tremendous opportunities for members to grow personally and professionally. Through fundraising events, such as the Annual Gift Auction, all students have the opportunity to participate in any of the Chapter, State, and/or National activities, regardless of their financial situation.

Admittance for the 10th Annual Gift Auction is \$15.00. The admittance ticket includes one sheet of tickets for the Tricky Tray auction and an All-You-Can-Eat Spaghetti Dinner. Donations are also being accepted.

Join the Allentown FFA at this special event and support this very worthy cause!

For further information, please contact the Allentown FFA at (609) 259-7292 x1440 or x1443. To learn more about the National FFA Organization, please visit ffa.org.

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The Science of Hands on Learning

By Pam Teel

“Science class has come a long way since I was in elementary school,” one of the mothers of Ms. Topinka’s students stated. “I just remember reading a chapter, hearing the teacher’s monotone voice discussing the chapter, taking a test, and having a tough time staying awake in class all year.”

I guess we all experienced those kinds of teachers in our days; after all they weren’t there to entertain us, but to teach us knowledge. Today there is a different kind of science being taught, hands on science, where you are not just reading about the topic, you become a part of it; doing your own investigative research and compiling your own personal data. And even beyond that, being able to apply your own problem solving solutions to the mix.

Such is the case in Ms. Topinka’s classroom. Ms. Topinka is the STEAM (science, technology, engineering, art, math) lab teacher at the Millstone Elementary School where she teaches grades 2-5. She is also the Science Friday Educator and collaborator and the advisor for the Community Problem Solvers Club along with her co-advisor, teacher, Jennifer Modula. The Community Problem Solvers Club is part of the Future Problem Solving International Program.

Science Friday is a weekly call-in talk show that broadcasts every Friday on public radio stations. The focus of each program is news and information on nature, science, and technology. An avid fan of the radio show, Ms. Topinka heard about a new initiative idea the show hosts spoke about; different ways to foster collaboration among STEM educators. After submitting an application along with hundreds of others, she was chosen, along with five other educators, to learn how to share new ways to teach science and technology, not just with each other, but also with their prospective students. Educators participated in formal trainings over several months and began discussing their curriculum and ideas. One thing that made Ms. Topinka the perfect candidate was that she was already introducing media into her classroom curriculum.

There are currently 19 children in the Problem Solvers Club, which range from third through fifth grade. After brainstorming a variety of problems facing Millstone Township, the students decided on an invasive species of plants that the fifth graders were studying. After learning that this plant has also been spreading in and around Millstone Township, the children did online research at Environmental and Park Service websites. They also did an interview using Skype with Dr. Louise Wootton, Chair of Biology at Georgian Court University in Lakewood, and an expert on invasive species. They did another Skype interview with Ms. Elaine Ferrier, who is a Great Lakes Phragmites Collaborative in Michigan. The invasive species that they studied was a plant called Phragmites australis (also known as European Common Reed).

A parent in Ms. Topinka’s class put their project on facebook, inspiring Millstone Township resident and Boy Scout leader, Nick DellaRosa, to come into their classroom for three meetings to teach the students how to take their online survey

data and map the Phragmites locations as color-coded polygons on a Google map using satellite and street images. They also reached out to a local landscaper to find out what equipment works best to cut down the plants.

On January 9th, the students did a presentation in front of the Millstone Townships Environmental Commission explaining what they learned about the plant in front of an impressed commission and a very proud teacher.

It was interesting interviewing a few of the students in the club and learning a few interesting facts about the invasive plant. Fourth graders, Anna DePinho, Ethan Bailey, and Thomas Maltese answered the following questions for the interview.

How big do these plants grow? They can grow up to eight to fourteen feet long.

Do they multiply by seed or root? They multiply by rhizomes and seeds.

Do they like wet or dry areas? You see them mostly in wet and swampy areas.

Are these plants a fire hazard? Yes, they can catch on fire and spread from one to the other.

Student, Charlie Duffy learned that these reeds can destroy whole lakes and that everything could be gone in a matter of years. He especially loved learning about how to make maps and using GIS technology.

The students also did an experiment introducing the plant to goats to see if they would like eating the plant and they did enjoy them. The club has also gotten valuable help from Galina Gordon, a former student of Ms. Topinka, who was in her original Future Problem Solvers group in the Middle School. She’s now in high school and volunteers her time every week to work with the club.

The students will be giving presentations about their research to local scout groups and spreading the words to people who use the woods in Millstone and the Perrineville Lake area. They are also anticipating a guest speaker coming soon to their classroom from the Monmouth County Park System to speak with them about how the parks manage invasive plants, Phragmites in particular.

The club calls themselves the Phearless Phragmites Phighters and sometime this February they will be submitting their work to the Future Problem Solvers State Organization in hopes of being invited to compete at the NJ State Bowl in March.

To date, this has been Ms. Topinka’s favorite project. She is very proud of all of the efforts put forth by her students. The children have spoken to and have met many new people throughout the course of the project and they have learned many new and interesting things. Most rewarding to Ms. Topinka is seeing the enthusiasm in her students’ faces as they learn new things and that the children see for themselves that they can make a big difference in their community.

The children look forward to continuing working with the Township Environmental Committee and the Monmouth County Park System on coming up with solutions to keep the invasive plant under control in their township.



Anna, Gianna, and Charlie



Jai, Ryan, Mahi, and Tia

3 Important Ways To Support Your High School Teenager

1. Visit the School and Its Website

Knowing the physical layout of the school building and grounds can help you connect with your teen when you talk about the school day. It's good to know the location of the main office, school nurse, cafeteria, gym, athletic fields, auditorium, and special classes.

On the school website, you can find information about:

the school calendar

special events like dances and class trips

sign-up information and schedules for sports, clubs, and other extracurricular activities

contacting school staff

testing dates

student resources for life after high school

Many teachers maintain their own websites that provide access to textbooks and other resources, and detail homework assignments, and test and quiz dates. Special resources for parents and students are also usually available on the district, school, or teacher websites.

2.. Support Homework Expectations

During the high school years, homework gets more intense and grades become critical for college plans. Students planning to attend college also need to prepare for the SATs and/or ACTs. Amid all these changes, many teens are learning how to balance academics with extracurricular activities, social lives, and jobs.

An important way to help is to make sure your teen has a quiet, well-lit, distraction-free place to study that's stocked with supplies. Distraction-free means no phone, TV, or websites other than homework-related resources. Be sure to check in from time to time to make sure that your teen hasn't gotten distracted.

Regularly sit down with your teen to go over class loads and make sure they're balanced, and help him or her stick to a homework and study schedule.

Encourage your teen to ask for help when it's needed. Most teachers are available for extra help before or after school, and also might be able to recommend other resources.

3. Send Your Teen to School Ready to Learn

A nutritious breakfast fuels up teens and gets them ready for the day. In general, teens who eat breakfast have more energy and do better in school.

You can help boost your teen's attention span, concentration, and memory by providing breakfast foods that are rich in whole grains, fiber, and protein, as well as low in added sugar. If your teen is running late some mornings, send along fresh fruit, nuts, yogurt, or a peanut butter and banana sandwich. Many schools provide nutritious breakfast options before the first bell.

Teens also need the right amount of sleep — about 8½ to 9½ hours each night — to be alert and ready to learn all day. But early school start times — on top of schedules packed with classes, homework, extracurricular activities, and friends — mean that it's common for teens to not get enough sleep. Lack of sleep is linked to decreased attentiveness, decreased short-term memory, inconsistent performance, and delayed response time.

Most teens also experience a change in their sleep patterns, with their bodies telling them to stay up later at night and wake up later in the morning. As a result, many try to catch up on sleep on weekends. Ideally, teens should try to go to bed at the same time every night and wake up at the same time every morning. You can help by reminding your teen before bedtime to turn off the phone and limit video games and TV.

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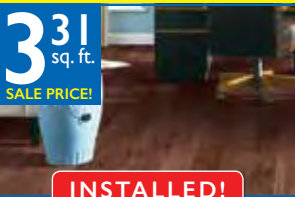

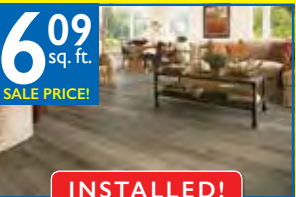
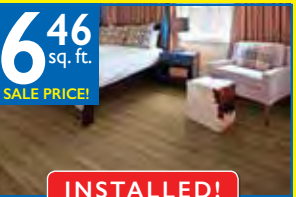
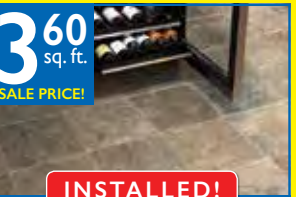
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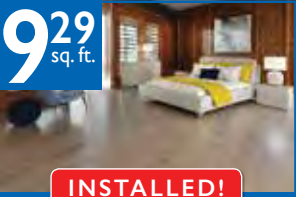
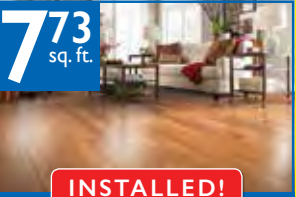

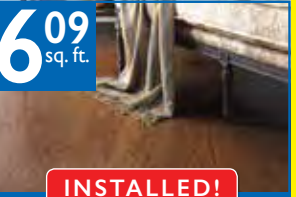
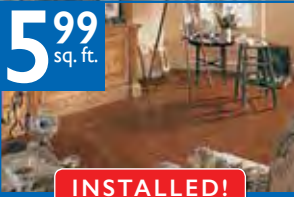
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Dear Dental Insurance, What Have You Done For Me Lately?

So you have dental insurance... why doesn't it cover all your treatments?

When most people think of insurance they think of their medical insurance. The biggest benefit they have with this type of coverage is that medical insurance not only pays for wellness visits but its major purpose is to help defray costs when it comes to catastrophic illness or accident.

Enter dental insurance.. and while medical disease can be both unpredictable and catastrophic, the majority of dental ailments are preventable. Preventative care including routine check-ups and cleanings are paramount to maintaining good oral health. If you regularly visit your dentist, problems can be diagnosed early and treated without need for extensive, elaborate, or expensive procedures. That theoretically keeps the cost of dental care much lower than those of medical care.

So what really are the differences?

- Medical Insurance is designed primarily to cover the costs of diagnosing, treating, and curing serious illness or care in case of an accident. This usually requires a family practice physician, numerous specialists and a variety of tests administered by doctors and labs, multiple procedures may be required and then there is the need for medication.
- Dental Insurance works differently. Most plans are designed to make sure that patients receive regular preventive care. High dental care rarely requires the complex multiple resources often required by medical care. Because most dental disease is preventable by routine care dental benefits are structured to encourage patients to get regular routine care.
- Medical Insurance usually pays for the majority of tests, operations, lab work etc. needed to diagnose and treat disease. The exception is some brand new technologies or experimental treatments.
- Dental Insurances are designed to cover only a portion of the total cost of a patient's necessary dental needs when faced with treatment beyond the normal preventive care. For example your dentist may recommend a crown for a badly decayed tooth while your insurance may only pay for a filling, your dentist may recommend an implant for a diseased tooth but your plan will only pay for a bridge.

The second difference between the two types of insurance are important to expand on. If the patient has not maintained routine dental care and is now faced with extensive dental needs, they are presented with the choice- to accept the treatment planned as outlined by their dentist and pay money out of their pocket to cover the treatment or only go forward with the treatment that is covered by insurance.

This leaves both the patient and the dentist in a bit of a pickle. The dentist wants to treat the disease that the patient is faced with so that it doesn't get worse or cause any more serious problems. The patient on the other hand is asking the dentist to only perform those treatments that are covered by their insurance which may not be the preferred solution to the problem. Or they may have multiple teeth that require care and ask that only certain teeth are treated and then will wait until the next year's dental benefits kick in.

The decision to not move forward with the recommended treatment usually leads to more extensive and expensive procedures. The patient may even be putting their health in jeopardy while delaying treatment.

The question you should ask yourself when making the decision to move forward with dental treatment not reimbursed by your dental plan is this, if you were presented with the fact that you had heart disease and your insurance did not pay for all of your treatment would you risk serious complications by only accepting the treatment covered by insurance or follow your physician's recommendation for treatment?

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New Jersey Attorney General and Division of Consumer Affairs Unveil “Safe Care Cam” Program Loans Micro-Surveillance Cameras to Detect In-Home Healthcare Abuse

TRENTON – Attorney General Christopher S. Porrino and the Division of Consumer Affairs today announced a new program designed to ensure that New Jersey residents who suspect their loved ones are being abused by unscrupulous home health care providers have access to the latest technology in micro-surveillance cameras that can easily be hidden to detect abuse and protect patients.

The “Safe Care Cam” program makes micro-surveillance cameras available for free 30-day loans to anyone who suspects their loved one is being abused or neglected by home health aides or other in-home caregivers who spend long hours alone with a disabled or elderly person. The footage captured by the hidden device will either quell people’s fears or provide them with proof that immediate protective intervention is necessary.

“Anyone who suspects a loved one is being abused by an in-home caregiver should not be left to feel helpless or without recourse,” said Attorney General Porrino. “Cameras don’t lie, and the abuses they’ve revealed are shocking. But a quality micro-surveillance camera is expensive and many people simply can’t afford them. So we’re offering the use of these cameras free of charge to those who wish to confirm that their loved ones are safe and well cared for in their absence. We hope that the Safe Care Cam program will provide peace of mind for family members, while at the same time serving as a strong deterrent and reminder to unscrupulous care providers that we will prosecute their cases aggressively.”

“Our Safe Care Cam program will empower consumers to become their loved-ones’ front-line protectors against abuse and neglect,” said Steve Lee, Director of the Division of Consumer Affairs. “At the first sign of trouble, they can immediately remove their loved one from harm and report the caregiver to the proper authorities.”

Attorney General Porrino unveiled the Safe Care Cam program today at a press conference that included hidden-camera footage of three in-home healthcare providers abusing patients; a 26-year-old bed-bound man on a ventilator who was handled roughly and slapped, a

91-year-old woman suffering from Alzheimer’s Disease who was roughed up while being fed by her caregiver, and an elderly woman who fell to the floor and was ignored by the caregiver sitting beside her.

The shocking footage underscores the mission behind Safe Care Cam - to address the public’s growing concern about caregiver abuse as more and more consumers choose in-home care as a more-affordable alternative to the escalating cost of placing elderly, disabled, or infirm family members in long-term facilities or nursing homes.

For most people, choosing an in-home caregiver is an important decision fraught with concern that the person they’ve hired, no matter how qualified, will mistreat their loved one. And with secretly recorded video of abuse gaining circulation in news accounts and on social media, more and more people are taking a close look at whom they have hired.

In New Jersey, the growing demand for in-home care has been answered primarily by the state’s Certified Homemaker-Home Health Aides (CHHAs), who work under the direction of registered professional nurses to provide health-related or personal care services in the homes of clients who are elderly, sick, or disabled. In the last decade the number of CHHAs certified to work in the state has increased from 26,618 to 43,506. As the number of CHHAs grows, and more homes open their doors to them, the potential for abuse and other patient-related crimes increases.

While the vast majority of CHHAs provide compassionate, appropriate care, data indicates that incidents of disciplinary actions against them have been rising. Since January, the State Board of Nursing, which oversees CHHAs, has revoked, suspended, or otherwise disciplined nearly 300 CHHAs for alleged criminal activities on or off the job. Those alleged crimes include criminal sexual contact, assault, theft, and stolen identity. Those statistics represent a significant increase from 2015, when close to 200 CHHAs were disciplined, and from 2014, when nearly 140 were disciplined. While not all of the alleged crimes were committed against patients,

they indicate a rise in dangerous behaviors that could put patients at risk.

More and more, individuals who lodge complaints against home-care providers are buttressing their allegations with hidden camera footage, evidence that greatly increases the chance of substantiating allegations of wrongdoing.

Recognizing that quality cameras can run as high as \$300, Attorney General Porrino and the Division initiated the Safe Care Cam program to make cameras and memory cards, purchased by the Division, available on loan to consumers free of charge.

Individuals seeking to participate in the Safe Care Cam program must provide contact and residence information, a copy of their driver’s license or other identification, and personally pick up the camera after undergoing a brief training by Division investigators. Cameras will be available for pickup at Division offices in either Newark or Cherry Hill, and will be loaned for up to 30 days, unless a reasonable request for additional time is made to the Division.

Once the cameras are in place, it will be up to participants to review the recorded footage, which can be played on a television or computer with adapters provided by the Division. It is up to the participant to decide to report any issues of concern to the Division or other appropriate authorities.

Individuals who wish to participate in the Safe Care Cam program can call 973-504-6375 and leave a message in a voice mailbox that will be regularly monitored by Division staff responsible for the day-to-day operation of the program. Or they can call the Division on its toll-free line below and follow the voice prompts to leave a message.

Patients who believe that they have been treated by a licensed health care professional in an inappropriate manner can file an online complaint with the State Division of Consumer Affairs by visiting its website or by calling 1-800-242-5846 (toll free within New Jersey) or 973-504- 6200.



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

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

“Bruce” at The Morven Museum & Garden

By Susan Heckler

New Jersey is fortunate to be the host of many wonderful museums. On the top of my list is the Morven Museum & Garden, dedicated to New Jersey's cultural heritage in Princeton on 55 Stockton Street. The building is a National Historic Landmark, built in the 1750s, and situated on 5 acres of what was the former Governor's Mansion. Restored in 1999, the museum showcases the rich culture of The Garden State.



Morven is pleased to present a unique exhibition currently on loan from the Grammy Museum, Los Angeles, CA, entitled, Bruce Springsteen: A Photographic Journey, now through May 21, 2017. Museum exhibition hours are between 10 am through 4 pm, Wednesdays through Sundays. Entrance fees for the exhibit are \$10, and \$8 for Morven members.

New Jersey's own Bruce Springsteen has an international following. Through his lyrics, however, he has always been loyal to the unique demographics of the areas of New Jersey and Philadelphia. His charisma is captured through the photographs that are now on display. From the photographic art of his early album days in the early 1970s, through concert

images since, the exhibition features artistic interpretations both gritty and glamorous.

The exhibition, sponsored in part by the Sally and James Hill Foundation, Pheasant Hill Foundation, PNC Bank, Ann and Austin Starkey Foundation, and visitnj.org, presents a visual experience that transcends Springsteen's music. Recognizable album cover photographs, candid backstage shots, and performance photos that illustrate Springsteen's appeal are all featured in Morven's display. The photographs and accompanying videos have been running since November, 2016. Throughout the rooms of Morven's second floor, there are also streaming videos featuring the photographers, and comments about their personal relationships with Springsteen, on and off camera. An interactive project which asks visitors to thumb-tack their comments (on the Morven bulletin board) their “Bruce” experience has proven to be a big hit. Visitors have the option to post their experiences. Interestingly, the posts have revealed that Springsteen's appeal spans multiple generations.



Several related events that are related to the Morven exhibition of Springsteen are posted on the museum's website, www.morven.org

A unique event directly related to the ongoing Springsteen exhibition is the March 5 event at Princeton University's McCosh Hall, featuring a panel discussion of Morven's current viewing. Photographers whose works are on display at Morven will convene at the university to explain, discuss and welcome audience questions regarding their experiences with Springsteen. Other Springsteen related events are ongoing; check out Morven's web site, morven.org to learn more.

Tickets for the special events are separate from the fees associated with the on-site Springsteen exhibition. However, reservations for tickets for all events are available on Morven Museum & Garden's website: morven.org, or via phone, (609) 924-8144, extension 113.

THE RUTGERS MASTER GARDENERS OF MONMOUTH COUNTY present **GROWING HERBS**

Join us as we welcome Master Gardeners Bob Mellert and Ellen Simonetti as they explain the many aspects of herbal gardening. They will explore the general usage of herbs along with the proper growing conditions necessary to make them thrive. Learn how to cultivate your garden outside or indoors. Whether you have a yard or sunny window, this program is for you.

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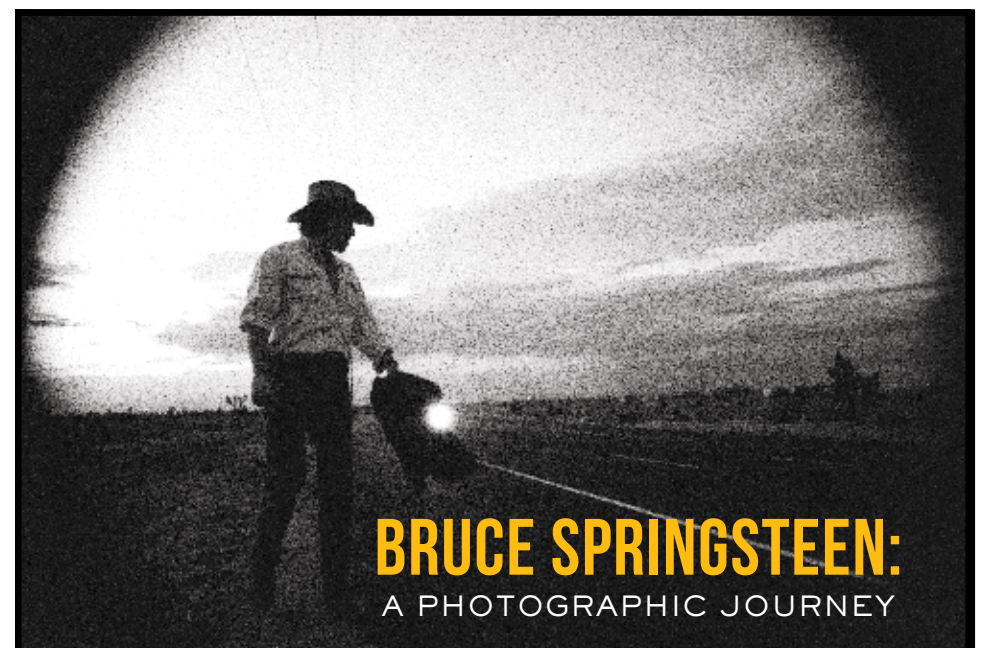
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618 – The Happiest Hour at Any Hour

By Susan Heckler

Being a writer and a foodie is a dangerous combination. My investigative nose has me following it in to all of these interesting dining spots to quiet my taste buds. I have discovered the wonders of Happy Hour, a great way to sample a restaurant's selection before investing in dinner!

One of my new haunts is 618 located at 618 Park Avenue in Freehold. This has been the location of many good restaurants over the years. After a massive renovation, the place has a great new look. Enter Chris Dutka and it now has a great new taste too!

Chris is a New Jersey native. He left us for 11 years to work in South and Northwest Florida where he worked with some great chefs at high end restaurants. Back for 8 years now, he spent some time with Whole Foods and opened his own private catering business, Christopher's Kitchen where he does private catering for all sizes and occasions.

Co-owner Matthew Borowski met Chris Dutka about a year ago. They shared their vision of a perfect restaurant and went from there. The partners opened 618 on November 1, 2016. The menu is inspired by years of experience with a mix of different flavors without compromising them. The menu is ripe with Mediterranean, Asian, Caribbean, and French dishes without fusing them. These delicious dishes stand on their own merit.

There space is very open with a rustic feel. Brick and warm woods give it a homey feel. You can enjoy Happy Hour at the bar sitting up at the bar. They offer \$3 house wines, \$3 Bud Lights, \$4 well drinks and \$5 margaritas...something for everyone! The Happy Hour food offerings are full sized appetizers and not little teaser plates as some do. I recommend going with friends so you can sample them all without having to choose.

Their most popular appetizer and my personal favorite- Cajun BBQ Shrimp & Grits – Aged Cheddar, Green Chili Grits, Beach Haus Winter Lager. 3 large shrimp blackened with Creole spices served atop grits make with



cheddar, Manchego and Parmigiana cheese with roasted green Poblano chilies. Add a warm New Orleans barbeque sauce of Worcestershire, butter, lemon and garlic. My oh my!

Donna tried the Pork Belly Steamed Buns. You get 2 Asian style buns split and stuffed with braised pork belly marinated in 5 spice and slow cooked for hours. They are served with cucumber, pickled carrots and daikon and topped with Hoisin and Creamy Sciracha Spicy Sauce. Equally amazing.

Leona had Granny's Meatballs in San Marzano Sauce with Herbed Ricotta cheese. Need I say more?

The well drinks were strong and wonderful. I can't wait to go back to check out all of the great sounding dishes on the full menu, although my sweet tooth is screaming for attention. Check out the dessert menu! I need 7 volunteers to come have dinner with me so I get to try them all!

- ✧ Pumpkin Cheesecake - Bourbon Caramel, Cinnamon Whipped Cream
- ✧ Vahlrona Flourless Chocolate Cake - Pistachio Gelato
- ✧ Warm Sticky Toffee Cake - Maldon Sea Salt, Orange Whipped Mascarpone
- ✧ Tiramisu - Espresso Soaked Lady fingers, Mascarpone
- ✧ bourbon walnut tart
- ✧ Chocolate Hazelnut Crunch Bar - Praline Wafer Crust, Raspberry Sauce
- ✧ Gelato - Pistachio, Banana dulce de leche, Vanilla Bean
- ✧ Sorbet - Raspberry, Mango, Passion Fruit

Eat, drink, be merry and happy! Check out the menu on <http://618nj.com> or stop in Tuesday – Thursday 11:30 – 10, Friday & Saturday, 11:30 – 11, Sunday 4 – 9 and Closed Monday. 732-577-0001. Tell Matt and Chris I say, "Hi" and save me a seat.

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recipe of the month

THE CHICKPEA CRUST PIZZA

It's hard to keep kids healthy when all they want to eat are chicken nuggets and French fries. So instead of giving them "adult food," why not use a healthier alternative to some key ingredients in their favorite foods.

INGREDIENTS:

- 1 jar of tomato sauce
- 2/3 cup of chickpea flower
- 2 tsp of garlic powder
- 1/2 tsp of salt
- 2 tsp olive oil
- 1 cup grated provolone cheese

DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Whisk together chickpea flower, garlic powder, salt, and 2/3 cup of water in a bowl.
3. In a non-stick pan, heat olive oil on medium heat.
4. Pour the mixture into the pan and cook until edges are brown.
5. Flip the crust over and cook for another 3 minutes.
6. Put tomato sauce, grated cheese and any toppings you please on top of your pizza.
7. Bake until the cheese is melted



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MoltoBeneOnline.com

Manuka Honey & Citrus Drink

This drink is full of ingredients, which have
powerful antioxidant or immune-boosting
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Makes 3-4 drinks

INGREDIENTS:

- Handful of fresh turmeric
- Two-inch piece of ginger
- Three apples
- Four oranges, peel removed
- Manuka honey
- Coconut water (or sparkling water)



REQUIRED: Juicer

METHOD:

1. Juice the turmeric, ginger, apples and oranges in the order listed. It is important to juice the turmeric first because not much juice comes out of it and the subsequent fruits will help to clear the turmeric from the blades of the juicer and move it into the juice.
2. In a tall glass add 1 teaspoon of Manuka honey. Fill halfway with the tumeric + citrus juice and stir until the honey has dissolved. Then fill to the top with either coconut water or sparkling water.
3. Drink immediately, but any of the citrus mixture that you don't use right away can be stored in an airtight container for up to 24 hours.

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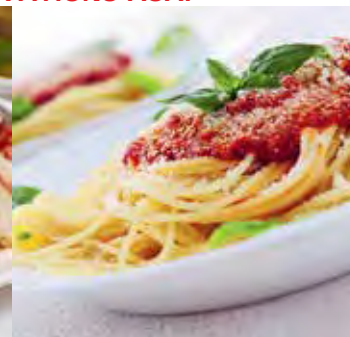
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& a large Coca-Cola
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Chefs Predict “What’s Hot” for Menu Trends in 2017

National Restaurant Association Surveys

American Culinary Federation Chefs

Each year, the National Restaurant Association surveys nearly 1,300 professional chefs – members of the American Culinary Federation (ACF) – to explore food and beverage trends at restaurants in the coming year. The annual “What’s Hot” list gives a peak into which food, beverages and culinary themes will be the new items on restaurant menus that everyone is talking about in 2017.

According to the survey, menu trends that will be heating up in 2017 include poke, house-made charcuterie, street food, food halls and ramen. Trends that are cooling down include quinoa, black rice, and vegetarian and vegan cuisines.

TOP 20 FOOD TRENDS

1. New cuts of meat (e.g. shoulder tender, oyster steak, Vegas Strip Steak, Merlot cut)
2. Street food-inspired dishes (e.g. tempura, kabobs, dumplings, pupusas)
3. Healthful kids' meals
4. House-made charcuterie
5. Sustainable seafood
6. Ethnic-inspired breakfast items (e.g., chorizo scrambled eggs, coconut milk pancakes)
7. House-made condiments
8. Authentic ethnic cuisine
9. Heirloom fruit and vegetables
10. African flavors
11. Ethnic spices (e.g. harissa, curry, peri peri, ras el hanout, shichimi)
12. House-made sausage
13. House-made pickles
14. Ancient grains (e.g. kamut, spelt, amaranth, lupin)
15. House-made/artisan ice cream
16. Whole grain items in kids' meals
17. Protein-rich grains/seeds (e.g., hemp, chia, quinoa, flax)
18. Artisan cheeses
19. Savory desserts
20. Gourmet items in kids' meals

TOP 10 CONCEPT TRENDS

1. Hyper-local sourcing (e.g. restaurant gardens, onsite beer brewing, house-made items)
2. Chef-driven fast-casual concepts
3. Natural ingredients/clean menus
4. Environmental sustainability
5. Locally sourced produce
6. Locally sourced meat and seafood
7. Food waste reduction
8. Meal kits (e.g. pre-measured/prepped raw ingredients for home preparation)
9. Simplicity/back to basics
10. Nutrition

“Menu trends today are beginning to shift from ingredient-based items to concept-based ideas, mirroring how consumers tend to adapt their activities to their overall lifestyle philosophies, such as environmental sustainability and nutrition,” said Hudson Riehle, Senior Vice President of Research for the National Restaurant Association. “Also among the top trends for 2017, we’re seeing several examples of house-made food items and various global flavors, indicating that chefs and restaurateurs are further experimenting with from-scratch preparation and a broad base of flavors.”

“Chefs are on an endless quest to redefine how consumers eat,” commented ACF National President Thomas Macrina, CEC, CCA, AAC. “By masterfully transforming the ordinary into the extraordinary, culinary professionals are at the forefront of changing the culinary landscape.”

The National Restaurant Association surveyed 1,298 American Culinary Federation members in October 2016, asking them to rate 169 items as a “hot trend,” “yesterday’s news,” or “perennial favorite” on menus in 2017.

For complete survey results, additional trends to watch, video and downloadable graphics, visit www.restaurant.org/foodtrends.



Celebrate Love for Wine & Chocolate During February Weekends at Terhune Orchards

During the month of February visit the new state-of-the-art wine production barn at Terhune Orchards for special tastings of two things most people love- wine and chocolate. On the weekend prior to Valentine's Day, Saturday, February 11 and Sunday, February 13 from 12- 5 p.m, Terhune Orchards Vineyard and Winery will join other wineries across the state for the Garden State Wine Growers Association's Wine and Chocolate Wine Trail Weekend. Turnout for last year's Wine and Chocolate Wine Trail Weekend was so great, Terhune Orchards is keeping the love (and wine) flowing on the weekend following Valentine's Day, Saturday, February 18 and Sunday, February 19 from 12- 5 p.m.

Bring your favorite wine and chocolate lovers to sample our award winning wines. For both weekends, we are collaborating with Carol's Creative Chocolatez, a local artisan chocolate maker specializing in high quality single-origin chocolates. We will pair their chocolate and wines from Terhune Orchards Vineyard and Winery. These special tasting weekends will include a tasting of five Terhune Orchards wines paired with a box of Carol's chocolates and a souvenir glass for \$15.

Enjoy our 12 wine varieties including red, white and fruit based wines by the glass or as a tasting flight. Terhune Orchard's bakery will be also creating an assortment of homemade chocolate treats for the weekend. Have fun tasting them along with our wines. Catch up with friends by the fire pit outside the winery or inside the wine tasting room. After a fun afternoon of wine sampling, continue the love and take home a bottle of your favorite wine.



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Man Caves

By Jordan Tinitigan

A man cave is every dad's dream, but Dad usually isn't the one to be decorating his soon-to-be favorite room in the house, is he? Here are some essentials for an awesome man cave!

A Flat Screen TV – Whether he loves sports or ridiculous action movies, he needs a TV! This way, he can burn daylight watching what he loves, and you and the kids can watch whatever you want in the living room/bedroom! (Yay for reality TV!)

A Surround Sound System – A TV and a Surround system are like cookies and milk, they're great on their own, but better with each other. The surround sound system will amplify the sound of the big game and add drama to his favorite movies.

A mini fridge – There is one thing that could make dad even more relaxed than he is, a nice cold drink. Whether it be beer or soda, Dad's everywhere would be grateful to have his drinks at his fingertips.

A comfy couch or chair – This allows him to sit comfortably and relax while doing whatever it is he loves to do.

Cool posters/plaques – To add some beauty to his favorite room, try adding some wall decor! Plaques, signs, and posters of all kinds can be found on the Internet or even in cool stores/marketplaces! These will really make it his man cave!





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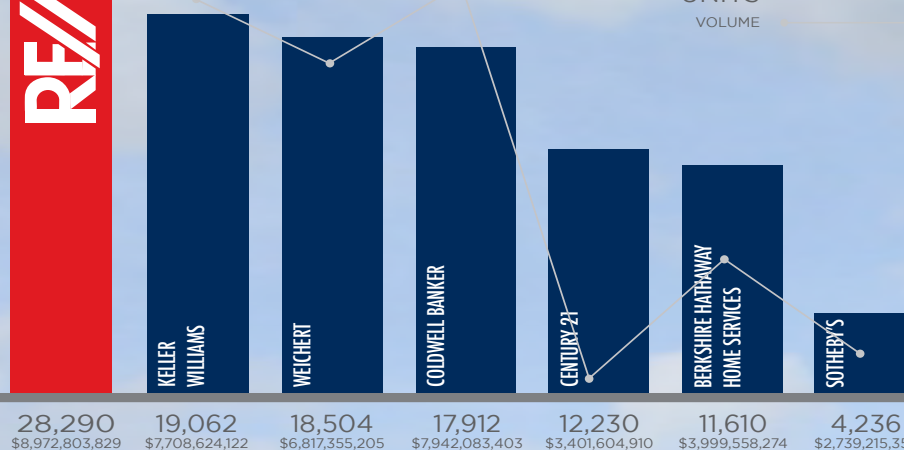
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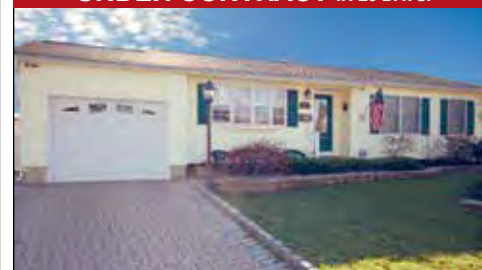
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112 Holmes Mill Rd., Upper Freehold, NJ 08501
\$1,249,000 Agent: JoAnn Stewart

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



MLS#6751197

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

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



MLS#6899584

17 Fanning Way, Pennington, NJ 08534
\$487,900 Agent: Jan Rutkowski

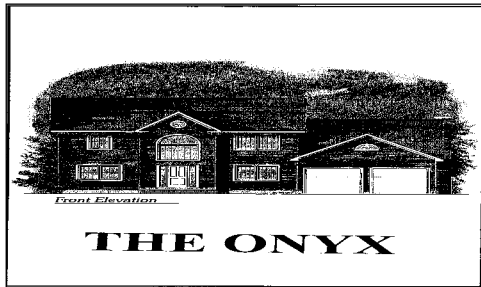
3br, 2.5ba Beautiful colonial in the Smiths Crossing section of Brandon Farms. Bosch SS5 burner range & dishwasher, granite top counters and breakfast bar. 1st laundry room. Fully fenced backyard & front yard nicely landscaped. Don't pass this one by.



MLS#6851349

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

5br, 3.5ba brick-front colonial located on 3 acres. Country living at its finest! Family room has a wood burning frpl & glass doors leading to patio, hit tub and in-ground pool. 24'x36' detached metal barn with one 12'x12' stall and one 4'x12' stall. Too many upgrades to mention.



MLS#6898121

1025 Yardville Allentown Rd., Yardville, NJ 08620
\$499,900 Agent: Jan Rutkowski

The Onyx Model (2505 Sq. Ft.) to be built on this gorgeous almost 2 acre lot in Yardville section of Hamilton Twp. Sit w/the builder and pick your options. Close to Hamilton Market Place & major highways for easy travel. Minutes from Hamilton Train Station. Steinert School District.



MLS#6772003

45 Imlaystown Hightstown Rd., Allentown, NJ 08501
\$614,900 Agent: JoAnn Stewart

3br, 2ba Charming country log cabin on 11+ level open usable acreage including an approved building lot and paddock fencing in Cream Ridge.



MLS# 6896083

354 Shawn Place, North Brunswick, NJ 08903
\$699,900 Agent: Banumathy Rajan

5br, 4ba East/North East facing beautiful colonial home w/brick front in prestigious community of North Brunswick with 3730 sq ft of living enjoyment. Fully finished bsmt w/brand new carpeting and possible 6th br and full bath. So much to offer schedule your tour and come experience this home.



MLS#6794408

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

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



MLS#6846420

7 Heritage Dr., Allentown, NJ 08501
\$565,000 Agent: Matthew Green

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



MLS#6732435

5 Hinkle Ct., Bordentown, NJ 08505
\$324,900 Agent: Gena Garzillo

5br, 3.1ba Wonderful custom built, stone front home on a quiet cul-de-sac. Newer kitchen, granite counter tops & new appliances to name a few. Convenient laundry room on 1st fl. Oversized 1-car garage e/plenty of storage & storage shed.

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By: Linda Weeks Di Filippo

Owner: Ben Rozenblat

Everyone, at sometime or another, experiences frustration with lack of organization and unwanted clutter in their homes. Ben Rozenblat, founder and president of ShelfGenie of New Jersey, is excited to bring innovative storage solutions to clients in the area. ShelfGenie's mission is to positively impact your home and transform client's lives by formulating custom home access storage solutions that simplify everyday activities. ShelfGenie converts existing shelving in your cabinetry, located anywhere in your home into organized, usable space with Glide-Out shelving. These are high quality sliding drawers that bring everything within reach inside cabinets.

ShelfGenie can optimize your existing cabinetry with customizable solutions for your home. The full extension Glide-Out shelving provides access to the back of each cabinet and creates storage solutions specific to each client's needs.

Envision your home completely organized, with plenty of space for your possessions, designed specifically for your lifestyle. Imagine your kitchen cabinets with Glide-Out drawers that fully extend, allowing neatly organizing spaces. All containers, spices, lids, plates and platters have proper storage that includes moveable dividers, pegs and grooves. Additionally, pantry areas can be organized with ShelfGenie making every space easily accessible and all items easily reachable. Shelf Genie can customize any space in your home that has existing cabinetry including bathroom, home office, media/entertainment areas and garage spaces.

ShelfGenie works with clients to design a customized plan to meet their needs and budget. A free in-home consultation will determine how each person uses their cabinetry and how to best improve accessibility, storage space and organization. The best home renovations are often the least visible, but have the most impact on everyday living. Shelf Genie Glide-Out shelving solutions allow easy access with just a touch of a finger. These custom solutions are built exactly to your cabinet's dimensions and are installed seamlessly to fit perfectly.

ShelfGenie's product line is constructed using premium quality materials that include a lifetime warranty. These high quality slides can hold up to 100 pounds per shelf. Each shelving unit is covered in a premium coating that is easily cleaned and washed. In addition, the shelves are odor and scratch resistant.

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Visit the website today, www.shelfgenie.com/newjersey to see first hand how this amazing system can help to reduce clutter and organize your home, so ultimately you can begin living in a stress free, efficient home. Peruse the many storage options and ideas online to envision how fabulous your home can be with these innovative storage solutions from ShelfGenie.



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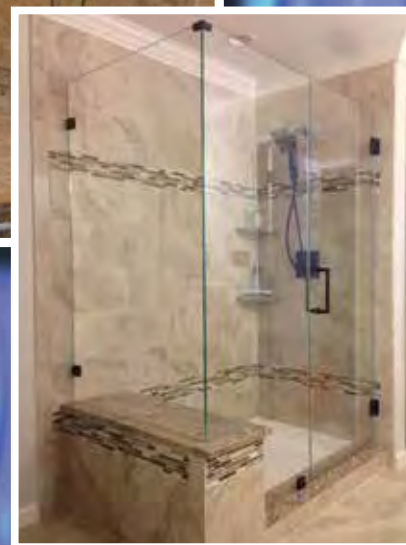
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5 Things You Should Never Put in the Dishwasher

By Jordan Tinitigan

Here is a list of 5 things you should never put in your dishwasher:

Good knives – putting these in the dishwasher can dull them faster than just washing them by hand.

Wood cutting boards – the dishwasher can cause the finish dull, and can even warp the board.

Insulated Mugs – water tend to get stuck between the inner and outer layer of the mug, and not only destroy it, but risk the chance of mold.

Cheese Grater – Dishwashers will not get all of the cheese out of the holes, so the next time its used, old and gross cheese maybe be mixed into the dish.

Anything with labels on it – this could come off during the cycle, and get stuck in the filter; ultimately causing problems later on.



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New Jersey's Clean Energy program helps you responsibly recycle your refrigerator and/or freezer for free and provide a \$50 incentive. You'll be glad to know that approximately 95% of each appliance is recycled!

Flip Your Fridge! If you are buying a new refrigerator, they also have \$50 & \$75 rebates on certain models. So you can receive up to \$125 by recycling your old fridge and purchasing a new, select ENERGY STAR certified model. Replacing your old refrigerator with a new one could save you \$250 in energy costs over the next five years.

Ready to make an appointment for a free pick-up? Schedule an appointment online at <http://www.njcleanenergy.com> or call 877.341.2192! They even have appointments on Saturday!

It Just Makes Sense

On average a newer refrigerator or freezer consumes 1,000 fewer kWh annually than a refrigerator or freezer manufactured before 1990.

Recycling 20,000 older refrigerators or freezers results in energy savings equal to the amount of power used in approximately 1,400 homes or removing 40,000 cars from the road for one year.

To date New Jersey residents have recycled over 65,000 units, which saves approximately 650,000 kilowatt hours of electricity. This is enough to power 4,550 homes for an entire year!

Find out how much your refrigerator or freezer costs to operate. You can save up to \$150 a year on energy costs!

Promotion Dates

This offer is valid through June 30, 2017 and is available to residential customers of Atlantic City Electric, JCP&L, PSE&G and Rockland Electric.

Rebate Levels

This recycling program offers the free pick-up of your appliance and a \$50 incentive. Rebate checks are mailed approximately 120 days after the pick-up.

Eligible Equipment

Eligible appliances include refrigerators and freezers between 10 and 30 cubic feet in size. The unit must be operational at the time of pick up.

Refrigerator or freezer unit must be owned by the customer. You may recycle a maximum of two units per year.

You must provide clear and safe access to your appliance(s) for the removal team. Personnel will not risk injury, or be able to move personal effects, or otherwise modify your home (e.g., remove door or railings) to remove the unit.

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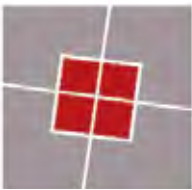
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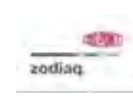
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Carbon Monoxide

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Even at lower levels, carbon monoxide poses a serious threat to your family and is one you need to work hard to eliminate within your home. That's because poisoning can set in when enough inhalation of carbon monoxide occurs.

At lower levels of exposure, carbon monoxide also can cause mild effects that are often mistaken for the flu. Symptoms can include headaches, dizziness, disorientation, nausea and fatigue.

How to Prevent Carbon Monoxide Exposure

For the most part, carbon monoxide exposure can be prevented or lessened through the use of common sense. It also is critical to have a few carbon monoxide detectors in your home to alert you if levels have become dangerous.

Never use a generator inside a home or other closed off spaces such as a garage, crawlspace or shed, as deadly levels of carbon monoxide can quickly build up within these areas.

Carbon monoxide also can leak from unvented kerosene and gas space heaters, which many families use as extra heating sources during the cold winter months. Watch for excessive back-drafting from furnaces, gas water heaters, wood stoves and fireplaces, as well.

EPA Tips

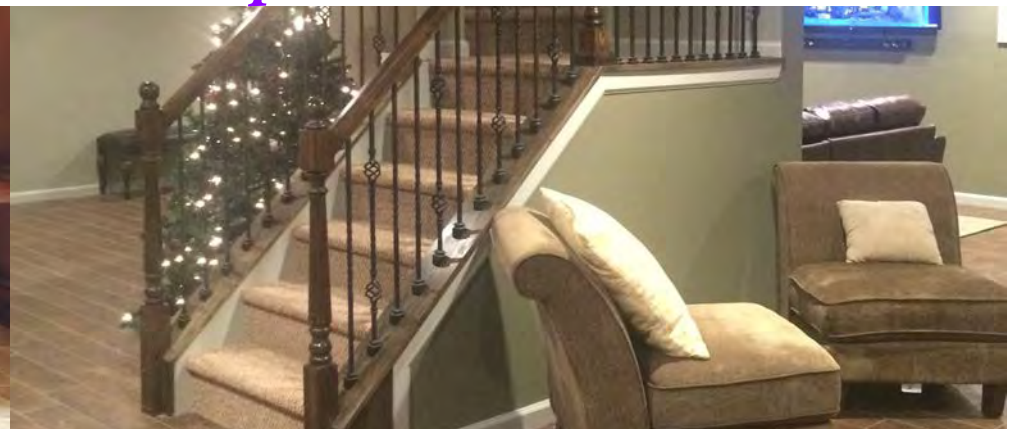
The following tips from the Environmental Protection Agency will help create quality indoor air that is free of carbon monoxide:

- Keep gas appliances properly adjusted
- Consider purchasing a vented space heater when replacing an unvented one
- Use proper fuel in kerosene space heaters
- Install and use an exhaust fan vented to outdoors over gas stoves
- Open flues when fireplaces are in use
- Have a trained professional inspect, clean and tune up central heating systems
- Do not idle your vehicle inside the garage

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1. Lemon

This essential oil is also a powerhouse in homemade cleaning recipes. Naturally antibacterial and antiviral, lemon is commonly used to degrease stubborn stains as well as freshen the air. Use it to deodorize your fridge, clean the floor or combine 10 drops with 1/2 cup olive oil for a natural wood or leather polish.

2. Tea Tree (Melaleuca)

Is there anything tea tree oil can't do? It fights germs, bacteria and viruses in everything from homemade wipes to hand soap to daily shower spray. Tea tree oil is a handy weapon against bugs, too. Add tea tree to a spray bottle with water, shake well, and spray outside and inside the home to deter lice and other pests.

3. Rosemary

Rosemary's natural antibacterial and antiseptic properties make it a great addition to homemade dish soap and laundry detergent. Essential oils are perfect for homemade air freshener sprays, and the combination of peppermint and rosemary is perfect when you need to stay focused and on task.

4. Wild Orange

Not only does orange oil have a happy scent, but, like lemon, it's great against grease. Use 1-2 drops to lift grease or glue from surfaces or combine 12 drops with 1/4 cup castile soap and water to wipe down stovetops and counters. There are tons of ways to use orange oil (we rounded up 21 uses here), including homemade fabric softener crystals, natural floor cleaner, and an energizing kitchen spray.

5. Lavender

One of the best-smelling naturally antibacterial essential oils is lavender. Lavender pairs well with another common natural cleaner, vinegar. Just add 4-5 drops of lavender to your vinegar cleaning mixture for its natural antibacterial properties – and for a more bearable scent. Harness lavender's soothing scent in

homemade dish soap and linen spray to elevate washing dishes and laundry day.

6. Eucalyptus

This natural germicide is a powerful dust mite buster. Use it with baking soda to deep clean your mattress and in a dry wash for stuffed animals or just put a few drop in your next wash cycle. And with its clean smell, eucalyptus is great for stinky jobs in the kitchen and bathroom. Eucalyptus leaves and essential oil are great in cupboards to deter pests.

7. Peppermint

There are countless uses for peppermint oil around the home. Its cool, invigorating scent and antibacterial properties make it a great addition to spray cleaners and natural deodorant spray. For an air freshener that also deters ants and spiders mix 10-15 drops of peppermint essential oil with 1 cup of water in a spray bottle. Shake well and spray along cracks and crevices or wherever ants are seen.

8. Cinnamon Leaf

Cinnamon is naturally antibacterial and antiseptic. Powerful against mold, it's a great addition to homemade mold and mildew spray. Ground cinnamon and its essential oil are both effective against pests. Sprinkle the ground cinnamon anywhere that pests are seen or apply pure undiluted cinnamon essential oil to the areas with a cotton swab.

9. Pine

Already a common ingredient in cleaners (Pine-Sol anyone?) pine oil is effective at killing yeast spores, E.coli and other household germs. Pine is perfect for ridding the bathroom of mold and mildew and cleaning hard floors while leaving a natural fresh scent.

10. Thyme

Thyme is one of the most powerful essential oil weapons against germs. Thyme is effective against salmonella so you can add it to homemade dish soap and use it to clean cutting boards that have come in contact with raw meat.

Kitchen Cabinets

Jordan Tinitigan

After a while, your kitchen cabinets don't look as nice as they used to. Here are a few ways to make them look new and fresh.

Reface them – This will literally make them look almost brand new. It will give them that old shine they used to have and make them cleaner.

Paint them a new color – Depending on your kitchen, adding a pop of color in your cabinets may actually spice up the kitchen entirely.

Install a under-cabinet light – Lighten them up, literally! Add that extra light to your countertop spaces and make them look more high-tech!

Add a plate rack – This gives a fresh new look to the boring cabinets, because it is something entirely different, and you can add some cool plates inside of them!



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A Short History of

Around 1524, Giovanni de Verrazano became the first European to explore New Jersey. He sailed along the coast and anchored off Sandy Hook. The colonial history of New Jersey started after Henry Hudson sailed through Newark Bay in 1609. Although Hudson was British, he worked for the Netherlands, so he claimed the land for the Dutch. It was called New Netherlands. Small trading colonies sprang up where the present towns of Hoboken and Jersey City are located. The Dutch, Swedes, and Finns were the first European settlers in New Jersey. Bergen, founded in 1660, was New Jersey's first permanent European settlement.

In 1664 the Dutch lost New Netherlands when the British took control of the land and added it to their colonies. They divided the land in half and gave control to two proprietors: Sir George Carteret (who was in charge of the east side) and Lord John Berkley (who was in charge of the west side). The land was officially named New Jersey after the Isle of Jersey in the English Channel. Carteret had been governor of the Isle of Jersey.

Berkeley and Carteret sold the land at low prices and allowed the settlers to have political and religious freedom. As a result, New Jersey was more ethnically diverse than many other colonies. Primarily a rural society, the colony grew to have about 100,000 people. Eventually, governing power was transferred back to England. For many years, New Jersey shared a royal governor with New York. The governorship was finally split in 1738 when New Jersey got its own governor, Lewis Morris.

Revolution



In the years before the Revolution, anti-British feelings spread throughout the state. About one-third of the people living here supported the rebels, one-third supported England, and one-third remained neutral. In 1776 New Jersey declared itself an independent state and joined the colonial side in the Revolutionary War.

New Jersey was an important state during the Revolutionary War because of its location near the center of the thirteen colonies and between New York City and Philadelphia. Because of this, more battles were fought in New Jersey than in any other state. The Americans and British fought 100 battles, both large and small, here.

Many people consider the Battle of Trenton (see below) to be the turning point of the Revolution. Immediately after winning Trenton, General George Washington won the battle of Princeton. Having lost two battles in a matter of hours, the British fled New Jersey for New York. Washington and his troops spent the rest of the winter in Morristown, and the United States was well on its way to victory.

Battle of Trenton

In November of 1776 the British gained control of New Jersey and forced Washington to flee into Pennsylvania. They thought no one would fight during winter, so the British and Hessian soldiers in New Jersey divided into camps to stay until spring. Trenton was considered the most desirable post, and it went to the Hessian soldiers as a reward for their good service. The Hessians used the Old Barracks in Trenton as a headquarters.

The British didn't chase Washington across the Delaware River because it was full of blocks of ice that made it dangerous to cross. The Hessians didn't patrol along the river because they thought Washington couldn't cross back. But in December, Washington and his men decided to cross. Washington's men had to push away blocks of ice from the boat's path while paddling hard to fight the strong current.

Once across, Washington decided to separate and surprise the Hessians in Trenton from two sides. The plan worked, and the patriots captured 900 prisoners while only four American soldiers were wounded. For maps and more information about the Battle of Trenton, visit "10 Crucial Days" on the Old Barracks Museum web site.



New Jersey Colonial Times



Early Statehood

In 1787, New Jersey became the third state to ratify the U.S. Constitution and the first state to sign the Bill of Rights. In 1790, Trenton officially became the state capital of New Jersey. William Livingston became New Jersey's first state governor.

New Jersey grew and prospered during the early 1800s. New factories sprung up throughout the state. Paterson became a textile center and later became known for producing trains and silk. Trenton produced clay products, iron, and steel. Camden, Elizabeth, Jersey City, Newark, and Passaic all became major manufacturing centers in the 1800s.

New canals and railroads helped industry grow. Europeans came by the thousands to New Jersey to work in the factories.

South Jersey remained rural for the most part, growing the crops to feed the urban areas nearby. Railroads were important in helping the South Jersey seashore areas expand. In 1850, New Jersey's population of nearly half a million and the industries in which most of those people worked were concentrated in the north.

During the Civil War, New Jersey provided 31 regiments (groups of soldiers), including cavalry (soldiers on horseback) and infantry (soldiers on foot). Over 25,000 New Jersey men fought for the Union, and New Jersey soldiers participated in almost every major Eastern battle.

Industry, Immigrants, and Innovation

After the Civil War, the industrial revolution was under way, and New Jersey continued to grow. More factories opened, and cities like Trenton, Newark, Paterson, and Camden got bigger as immigrants from Europe came to work in them. Railroads were laid to connect the cities and to transport materials. At first, most immigrants came from Ireland and Germany. Later, people came from Italy and from countries throughout Eastern Europe. In 1910 half the state's population was born or had parents who were born outside the United States. As city populations grew, farm populations shrank. With so many people working in factories, issues like child labor and protection for workers became important. The popularity of these reforms brought Woodrow Wilson to power as governor in 1910. He left office in 1913 to become President of the United States and is the only New Jersey governor to become president. As both governor and president Wilson supported welfare reforms to protect workers and to keep companies from becoming too big. You can learn more about Woodrow Wilson on the White House web site. The state's economic expansion had a lot to do with the genius of its inventors. Thomas Edison is probably most famous. Among his thousands of inventions, including the light bulb, Edison helped develop the motion picture while working in New Jersey. Fort Lee became the motion picture capital of the world in the early 1900s. There, Fatty Arbuckle, Mary Pickford, Pearl White, and other stars revolutionized entertainment with their movies.



The 1900s



Between 1900 and 1930, New Jersey's population more than doubled, and manufacturing became a \$4 billion industry. Unfortunately, the Great Depression of the 1930s hit New Jersey hard, bringing massive unemployment. The state rebounded during World War II in the 1940s as New Jersey's electronics and chemical industries began large-scale operations. In the mid-1900s, people began moving back into the rural areas from the overcrowded cities. A number of transportation projects helped better connect New Jersey. The New Jersey Turnpike and the Garden State Parkway opened in the 1950s. The history of air travel has close ties to New Jersey. On May 3, 1919, the first passenger flight in American history was flown from New York to Atlantic City. Today, New Jersey is home to two international airports, Newark and Atlantic City. Newark Airport expanded its passenger and cargo services in 1963. In the 1980s, it became one of the world's busiest airports.

Today New Jersey is recognized for its present as well as its past. While remembering its proud history, New Jersey will continue to be the setting for many of the great events of the future.

Att: Working parents! Save more than \$2,000 on your taxes by sending your kids to a camp!

Working parents can save more than \$2,000 on their taxes just by enrolling their kids in summer day camp, not to mention some other tax benefits of the season.

That can go a long way toward reducing the rising cost of day camp, which is about \$314 a week, on average, according to the American Camp Association. And it's much more at some for-profit camps.

Thanks to the Child and Dependent Care Credit, you may receive a credit when you file your return for up to 35 percent of \$3,000 in child care and camp costs for one child or \$6,000 for two or more children, depending on your income. That translates to as much as \$1,050 for one child and \$2,100 for two or more children if they are under the age of 13.

The same goes for music camps, athletic camps, mini camps or day-care programs over the summer if you are single and working, or if both parents are working. However, if there is a spouse at home to care for the children, the credit won't apply.

*“These credits were developed for people
so they can go to work.”*

*-Lisa Greene-
Lewis, CPA and tax expert at TurboTax*

Overnight camps, despite being a rite of passage for some, also do not qualify for the credit, since they're not considered day care, Greene-Lewis said.

In order to reap the tax benefits come April, payments for camp must be made to an institution or person, and you must include their address and federal tax identification number on your tax return. If the cost of transportation to and from camp is included in the camp's fees, then that counts, too.

If your employer offers a Dependent Care Flexible Spending Account, you can also deposit up to \$5,000 to cover some or all camp expenses tax free. The only catch is that the money has to be used in the year it is deposited and anything left over would be forfeited, similar to a Flexible Spending Account for health.

Those driving to and from their summer volunteer position at a charity or nonprofit or running a car pool for a youth group — as long as it's registered as a 501(c)(3) organization — can deduct the mileage at the federal charitable rate of 14 cents per mile.

And for those who plan to see the sites this season, many not-for-profit city youth centers, zoos, aquariums, children's play places, family activity centers and museums offer seasonal or annual memberships that could be tax deductible, regardless of whether the parents are working.

In that case, it could count as a charitable donation at the end of the year as long as you keep the receipt.

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Special Camps for Special Kids in NJ

By Stefanie Maglio

If your child has special needs, it can be difficult to get through simple daily tasks without complications. Making sure that all of their needs are met is the main priority, and sometimes entertainment and leisure activities become less important. However, it's important to keep their spirits up. Some fun activities in a safe environment for their needs will benefit their mental health, behavior, and outlook on life in general. Consider taking your child to one of these special camps:

- ARC For program and summer camp information, visit the ARC website for New Jersey
- ARC of Essex County Camp Hope 973-535-1181 x1292. 7-week summer day camp in East Hanover
- ARC of Hunterdon County 908-730-7827
- ARC of Middlesex County 732-821-1199
- ARC of Morris County 973-765-9661
- ARC of Somerset County Camp Jotoni 908-725-8544. 9-week day camp in Warren; 6-week overnight camp provides summer recreational services for children and adults with developmental disabilities.
- ARC of Union County Camp Star 908-232-0248. Summer program for ages 3-21 with special needs and their siblings

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A LOVING FAMILY WANTED

By Pam Teel

Animal Assistance could use your help. They have a lot of small young kittens and cats up for adoption. Please take a look at some of the ones below who need loving forever homes. Go onto their website to view all of the animals up for adoption. animalassistance.org. Please open up your heart and your home!!!!

To view the pets for adoption on petfinder - please visit them at [PetFinder.com: http://www.petfinder.com/shelters/NJ538.html](http://www.petfinder.com/shelters/NJ538.html) Please call Linda at 732.251.3210. The phones are answered during open doors hours. Call between 7-10am Monday through Thursday, Friday 7am to 4 pm, or Sunday 8:30-10:30am. You can make arrangements to come in and see the animals you might want to adopt. linda@animalassistance.org.

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

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. You get an animal that is ready to go, crated, trained, and socialized.

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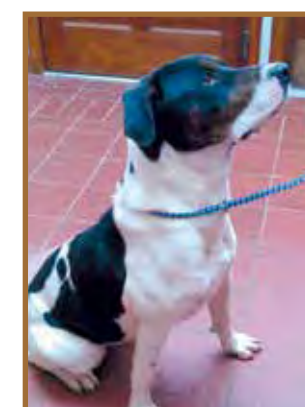
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Tips for Using Flea and Tick Products

Read the label carefully before use. If you don't understand the wording, ask your veterinarian or call the manufacturer.

- Follow the directions exactly. If the product is for dogs, don't use it on cats or other pets. If the label says use weekly, don't use it daily. If the product is for the house or yard, don't put it directly on your pet.
- Keep multiple pets separated after applying a product until it dries to prevent one animal from grooming another and ingesting a drug or pesticide.
- Talk to your veterinarian before using a product on weak, old, medicated, sick, pregnant, or nursing pets, or on pets that have previously shown signs of sensitivity to flea or tick products.
- Monitor your pet for side effects after applying the product, particularly when using the product on your pet for the first time.
- If your pet experiences a bad reaction from a spot-on product, immediately bathe the pet with mild soap, rinse with large amounts of water, and call your veterinarian.
- Call your veterinarian if your pet shows symptoms of illness after using a product. Symptoms of poisoning include poor appetite, depression, vomiting, diarrhea, or excessive salivation

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If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets. Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.



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How do I reduce the risk of Salmonella infection from pets that are reptiles and amphibians?

DO • Wash your hands thoroughly with soap and warm water immediately after touching a reptile or amphibian, or anything in the area where they live and roam. Use hand sanitizer if soap and water are not readily available. • Adults should always supervise hand washing for young children. • Hand washing is also especially important for older adults, or people with weakened immune systems • Keep reptiles and amphibians out of homes with children younger than 5 years old or people with weakened immune systems. • Habitats and their contents should be carefully cleaned outside of the home.

DON'T • Don't let children younger than 5 years of age, older adults, or people with weak immune systems handle or touch amphibians or reptiles, or anything in the area where they live and roam, including water from containers or aquariums. • Don't keep reptiles and amphibians in child care centers, nursery schools, or other facilities with children younger than 5 years old and other high-risk individuals. • Don't let reptiles or amphibians roam freely throughout the house or in areas where food or drink is prepared, served, or stored, such as kitchens, pantries, or outdoor patios. • Don't bathe animals or clean their habitats in your kitchen sink, bathroom sink, or bathtub. To prevent cross-contamination, animals should be bathed in a small plastic tub or bin that is dedicated for animal use only. • Don't buy turtles less than 4 inches in length . The little glassy-eyed creatures may look cute and harmless, but turtles can make people sick. The most common germ spread from turtles is called Salmonella. People can get Salmonella by coming in contact with turtles or their habitats. Small turtles are especially a problem because kids are more likely to put these animals in their mouths, kiss them, and not wash their hands after handling them. Because of this health risk, since 1975, the U.S. Food and Drug Administration (FDA) has banned the sale of small turtles with a shell less than 4 inches long.



UNDERSTANDING MASS POPULATION POPULARITY

By RUSS PERRINE -The writer, of Monroe Twp, was an on-air news editor at New York's former 97.9 FM and graduate of the CW Post Campus at Long Island University. He can be reached at Rperrine@aol.com

President John F. Kennedy's speech to the nation on October 22, 1962, during the Cuban Missile Crisis, included the following passage: "The 1930s taught us a clear lesson: aggressive conduct, if allowed to go unchecked and unchallenged, ultimately leads to war. This nation is opposed to war."

What JFK was referring to in the 1930's was the rise of the "Brown Shirts" and their political power base "Sturmabteilung" that translates literally to storm detachment. According to Wikipedia, the online encyclopedia, this movement "played a significant role in Adolf Hitler's rise to power in the 1920s and 1930s".

Our recent election campaign that began in June, 2015 and ended in November, 2016 with the election of Donald J. Trump...to become President of the United States...has been compared to the segment of documented German history described in paragraph two. The comparison was made by the simple trans positioning of the facial features of Trump over the full body image of the Nazi leader of the Third Reich who committed suicide - again Wikipedia - "after the final capitulation to the Allied powers in 1945".

The comparison of Trump to Hitler is 100% invalid. Here's why.

The speeches of candidate Trump during the 18 months of the campaign included a blizzard of promises -- to return manufacturing jobs to the U.S., a promise to halt the deadly flow of illegal drugs across our southern border, a pledge to unleash the energy industry to drill for crude oil and natural gas making us totally energy independent from Middle Eastern oil producers, a promise to build the XL Pipeline to transport vast amounts of USA drilled crude oil to Texas refineries in order to guarantee our domestic gasoline requirements and export any surplus to nations in this hemisphere willing to pay our price prior to delivery.

The speeches of Hitler, published by every major publication since 1930, centered on a "Nazi boycott of Jewish business, protection for Nazi rallies and assemblies, disrupting the meetings of opposing parties, intimidating Slavic and Romani citizens, unionists and Jews". In 1934, the Hitler movement ordered the "blood purge" which was a cover for the disempowerment of the SA Brown Shirts to become the Schutzstaffel (SS) associated with the Nazi military of the 1940s.

Nowhere is any ideological comparison of these two individuals possible...based on their verbal or written speeches to achieve leadership.

The off-the-wall reactions to former private citizen Donald Trump becoming our president are understandable - especially since he cleaned the clock of every single dyed-in-the-wool politician who ran against him in the same campaign.

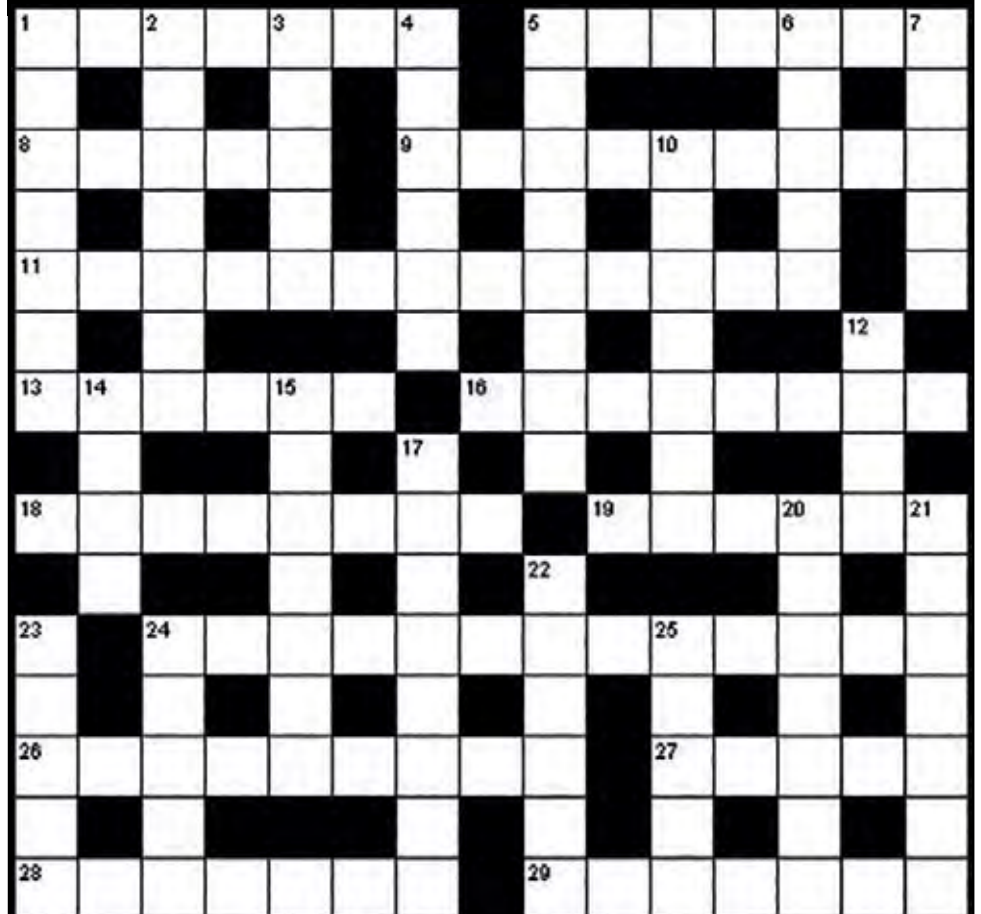
What is puzzling is why our outgoing president (as of this writing) has not been offered a major position in some west coast university...perhaps in the Cali Bay Area...that has become the epicenter of our new liberal left of center culture?

When President Eisenhower left the White House, he was offered and accepted the top job at Columbia University in New York.

Ike was somewhat like DJT in that he came to the presidency as a very successful military general with no prior political experience. Dwight Eisenhower and his two elected terms may be thought to have successfully paved the groundwork for all future non-political candidates for POTUS.

The first term for President Trump and Vice-President Pence should prove to be very interesting for our 241-year-old republic.

EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



ACROSS

- 1 Performed catches in morning on playing-field (7)
- 5 It's sweet or savoury canapé cooked with a bit of kebab (7)
- 8 Quick-fry sauce with time to replace temperature scale (5)
- 9 Turn right and start going behind roundabout where festival is held (9)
- 11 Did a few household chores in Leap Year? (6-7)
- 13 Infrequent fights with Spain (6)
- 16 Ability to beat Liverpool, perhaps (8)
- 18 Money lake used in clothing production (8)
- 19 Spanish agreed to eat a cut lamb sausage (6)
- 24 Supermodel Kate will not be joining this band (7,6)
- 26 Women should vote by the nineteenth (9)
- 27 Consumed with energy at noon round tea-break (5)
- 28 Continues to meditate back in house (7)
- 29 One's not paid for a friend on rugby tour (7)

DOWN

- 1 Stops Steps' side-kick releasing EP (7)
- 2 Colour the atmosphere turns where swimmers are housed (7)
- 3 No place for canoe trips (5)
- 4 Saturate a rising overly-studious person with the Church (6)
- 5 First vampire movie Lugosi opens with (8)
- 6 Anger when outsider's promotion is made public (5)
- 7 International caller firstly after the wrong code (7)
- 10 Date in yellow headwear (7)
- 12 Reviewed in some Times article (4)
- 14 Top talk misses the point (4)
- 15 Tested sound device in vehicle for Snow (7)
- 17 Female supporter turns up and tries bothering umpires (8)
- 20 Woman uses Web to trace article on Lawrence (7)
- 21 At Annie's get-together, run for more crackers (7)
- 22 Maybe Christie started getting training help through Amateur Athletic Association (6)
- 23 Live on rail network with student discount (2,3)
- 24 Reported studies of plants growing in marshland (5)
- 25 Letter of thanks since parent far away (5)

Answers on Page 68

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East Windsor Clean Communities Committee

East Windsor Clean Communities Committee Celebrated 2016 Adopt-A-Spot Wrap-Up Held to Recognize and Thank Participants. Under this program, participating groups "adopt" a public property and keep it clean during the year. A placard is erected on the site indicating that it has been "adopted by" with the name of the group. The groups are expected to perform clean-up 3 times a month from April 1 through November 1. Adopt-A-Spot is a great program in not only ensuring public areas of our community are well-maintained, but also has been a wonderful educational tool for teaching young people social responsibility and community pride. To participate, interested groups should send a letter to East Windsor Clean Communities Committee, ATTN: Mayor Janice S. Mironov, 16 Lanning Boulevard, East Windsor, NJ 08520.

Congratulations to the 2016 Adopt-A-Spot participants: Beth El Synagogue; Boy Scout Troop 59; Boy Scout Troop 5700; Brownie Troop 72702; Cub Scout Pack 53; Daisy Troop 72350; Girl Scout Troop 70105; Girl Scout Troops 70342, 71905 and 70228; East Windsor Police Athletic League, and the Casciano Family!



Girl Scout Troops 70342, 71905 and 70228. Pictured (from left to right) are: (back row) Nastasia Gayle; Liz Wainwright; Mayor Janice S. Mironov; John Donnelly, Clean Community Committee Chairperson; Megan Bertrand; Vera Crabtree; (middle row) Mallory Bertrand; Camilla Saboga; Angelina Benitez; Valentina Silva; Emma Baskin; Kayla Horana; Adriana Cepeda (front row) Alyssa Horana; Eliana Winters; Lily Ipe, and Aania Abdullah.

Valentine Getaways

5 Romantic B&B's in Bucks County

By Pam Teel

Finding the perfect Valentine's Day gift can be super stressful! Rather than getting a gift, surprise someone with a gift getaway. A romantic weekend with your significant other across the river in Bucks County isn't too far, but just far enough for you to relax and reconnect. These five bed-and-breakfasts are super cozy and have everything you'd ever need for a love-filled weekend or just a fun filled quiet weekend away.

1. Bridgeton House on the Delaware

French doors, private balconies, fireplaces, a luxurious penthouse and boathouse all adjacent to the gorgeous Delaware River. No matter what time of year, this cozy cottage inn presents breathtaking views for two. The Bridgeton House offers a variety of romantic packages from the Filet Mignon Picnic Basket to the In-room Bouquet of Flowers you can have delivered to your room. www.bridgetonhouse.com

2. The Golden Pheasant Inn

A distinctive country inn in Erwinna nestled between the Delaware River and the Canal. Enjoy fine dining and a quick walk up the hill to the popular Sand Castle Winery for a wine tasting of local grapes. Tour nearby New Hope and Doylestown for museums, shopping, and more. The Inn is recognized on the National Registry of Historic Places. www.goldenpheasantinn.com

3. The Inn at Bowman's Hill

Noted as one of the most romantic inns in Bucks County, this secluded New Hope bed-and-breakfast was built for relaxation. Schedule an in-suite massage or yoga class, plus, have the opportunity to pick your own eggs in the morning out of the chicken

coop! Using this time to pop the question? Book the 'Engagement Package' where you'll receive a candlelit dinner at a romantic nearby restaurant, followed by a surprise private set-up in the orchid conservatory from the staff, surrounded by plants and flowers! www.theinnatbowmanshill.com

4. The Wedgwood Inn

The oldest continuously running inn in America! An old Victorian with 12 homey rooms located in walking distance of downtown New Hope. See a play, shop for antiques and grab a cocktail with your sweetheart in town during the day before resting in one of these turn-of-the-century inspired rooms. www.wedgwoodinn.com

5. The Inn at Barley Sheaf Farm

Surrounded by a 100-acre pasture and woodland views, schedule a hot air balloon ride with the U.S. Hot Air Balloon Team to take off right from the farm! Pet the farm animals on site before taking a quick drive down the road to Peddler's Village. Spend a romantic evening at one of the restaurants there to celebrate Valentine's Day! www.barleysheaf.com

Info courtesy of Alexa Johnson-
Public Relations Manager, Bucks County, NJ



Enjoy a cozy weekend at the Wedgwood Inn.



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Saturday Evening, March 11, 2017 – 7PM

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Sunday, March 12th -12 Noon – 2PM

Come on – come all. You'll have a ball!

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March 1 – March 9 – 3 Tickets = \$1.00

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East Windsor Township

Council Members Sworn In

Council Member Denise Daniels, Elected in the November 2016 Election, Was Sworn into New Term on Tuesday, January 3, at the Township Annual Reorganization Meeting. Mayor Janice S. Mironov began another term, and Perry Shapiro was selected as Deputy Mayor for 2017.



Mercer County Sheriff Jack Kemler (left) administered the oath of office to newly elected Council Member Denise Daniels (center) joined by her daughters Marissa and Jenna Daniels.



New Jersey Assemblyman Daniel Benson (left) administered the oath of office to Mayor Janice S. Mironov (center) as Township Manager James Brady holds the Bible.



Mayor Janice S. Mironov (left) administered the oath of office to Deputy Mayor Perry M. Shapiro (center) as his friend Linda Moore holds the Bible.

Volunteers

Volunteers on Township Committees Were Honored at the Annual Reorganization Meeting for Their Service to East Windsor Township and provided with Certificates of Appreciation by Mayor Janice S. Mironov. Congratulations and thank you to the Township's outstanding volunteers!



Mayor Janice S. Mironov recognizes volunteers to East Windsor Township Boards and Committees for their service. Pictured (from left to right) are: Ronald Balint (Chairperson, Environmental Commission); Patrick Condon (Clean Communities); Vandana Mathur (Recreation Commission); Mayor Janice S. Mironov; Deborah Thomas (Commission on Aging); Kelly Klein (Vice-Chairperson, Economic Development Committee), and George White (Chairperson, Economic Development Committee). Not pictured are: Hash Shah (Commission on Aging); Magregoir Simeon (Economic Development Committee); Murray Barnett (Clean Communities); Jagruti Patel (Planning Board); Gary Wroblewski (Environmental Commission), and Steven Kurs (East Windsor Municipal Utilities Authority).

East Windsor Residents Are Encouraged to Register and Urge Other Residents to Register to Receive E-News Updates.

E-News is used for alert communications in significant weather and service impacted situations, as well as generally weekly to provide information on new businesses and stores, roadway projects, grants, special events and other subjects of public interest. Visit the East Windsor Township website at www.east-windsor.nj.us/ to register for E-News. East Windsor officials seek to expand resident subscribers. PLEASE SEND THIS E-NEWS INFORMATION TO YOUR EAST WINDSOR FRIENDS AND FAMILY ENCOURAGING THEM TO SIGN-UP.

You can contact the Township at (609) 443-4000, visit the Municipal Building at 16 Lanning Boulevard, just off Princeton-Hightstown Road (Route 571) or log onto www.east-windsor.nj.us. For Senior Citizen Program information call (609) 371-7192.

East Windsor Township Offer Scholarships

East Windsor Township and the NJ League of Municipalities Offer Scholarship Opportunity to Junior and Senior High School Students.

Three \$1,000 scholarships are being offered through the Louis Bay 2nd Future Municipal Leaders Scholarship Competition. This statewide scholarship competition centers on the theme "What My Municipal Government Does Best" and seeks to advance the virtues of elected and volunteer members of the community, while raising awareness of municipal government in general. An appointed committee will select a semi-finalist and forward the semi-finalist's entry to the scholarship committee of the New Jersey League of Municipalities for their consideration. The State League Scholarship Committee will select 15 finalists and 3 winners from the State. A full application package can be obtained from the Municipal Clerk's office at the municipal building (16 Lanning Boulevard) or by calling (609) 443-4000, ext. 238. All entries should be returned to the East Windsor Mayor's Office by Friday, March 10.

Spotlight East Windsor

Every Wednesday evening at 7:00 P.M. on Comcast Cable Channel 27 and Verizon Channel 38, tune in to Spotlight East Windsor. This live show with Mayor Janice S. Mironov enables residents to call in and ask questions and discuss issues of importance to our community. You may call Mayor Mironov during the show at (609) 448-3068. Spotlight East Windsor replays on Mondays at 7, 8 and 9 PM, Wednesday at 7 PM and Thursdays at 5 and 7 PM. The most recent show also can now be accessed through the link below.

To view the most recent broadcast please visit

<http://www.east-windsor.nj.us/>



Did You Know that...

By Pam Teel



Did you know that there are five species of deer native to North America? They are the whitetail deer, the mule deer, the caribou, the elk, and the moose.

Most white-tailed deer are either reddish brown or grayish in color. Some are fairly light and some can be darker. There are rare instances where some have been observed that are completely all white, or blackish in color and even white and brown spotted. Abnormal coloring in a deer is due to the presence of a defective gene.

Piebald deer have various amounts of white and brown patches similar to a pinto pony. Some range from very slight white hair to an almost all white coat with brown

spots. Piebald deer have normal brown eyes and nose with black hooves like a normal whitetail. The coloration is due to a rare inherited genetic variation (defect) that affects less than one per cent of the white tailed deer, and yes, the gene can be passed on to offspring. These deer are not a cross between a normal whitetail deer and an albino. The origin of the word piebald comes from “pie” meaning “mixed up,” and “Bald” meaning “having a white spot”. These deer have a bowing of the nose, shorter legs, an arching spine, a shorter lower mandible, and some internal organ deformities. Though rare, they are more common than the white, albino, and the extremely rare melanistic deer.

The White Deer just has white hair and no spots. These deer generally have a recessive gene and are not as healthy or as strong as a normal colored whitetail. They are naturally mistaken for albino deer but they are not.

A true albino deer is very rare. Besides having white hair, they also have pink eyes and pink hooves. The white deer, true albino, and piebald deer have a disadvantage in the wild because they can be easily spotted.

Melanistic Deer have an excess of pigmentation where a deer can be born very dark brown to black. “Melanic” Deer have more hair on their bodies than the normal deer. Some deer are semi-melanistic, meaning they display coloration and markings somewhere between those of normal and melanistic specimens. Semi-melanistic deer have the dark overall coloration of melanistic deer but retain the white areas of normally colored deer. Melanism is easily seen in fawns, as those with too much pigment are sepia, seal brown or dark gray. Only rarely do they have spots of the sort seen on normally colored fawns; most have only traces of spots or none at all.

It would be very uncommon to see a Melanistic Deer in these parts, but it is possible. Piebald deer have been seen in this area from time to time. This photo of a piebald deer was recently taken, by Millstone Resident Mike Ladjack, the day before Christmas in his backyard on Stillhouse Road.

Ancient Indian legend says it is bad luck to shoot a white deer, albino, or piebald deer. They have long been the subjects of hunting myth and legend. Some believe killing them “brings a curse of bad luck during future hunts ... and in parts of Europe, killing a white deer is said to ensure you will die within one year.”

Native peoples in many American Cultures have consistently regarded the White Deer to be a spirit, typically that of an ancestor or benevolent soul transfigured from human form. The Piebald is respected, by many Indian cultures, as a spirit in the process of transforming to or from the spirit world. It is at this time of transformation that, as local Lenape believed, the spirit was at its most vulnerable, and hence, would die with the mortal form if killed by a hunter. As such, the Lenape, like most Native cultures, revered the White and Piebald Deer, and the killing of either was strongly tabooed, lest the killer suffer an untimely death, himself, and his spirit be usurped by the white deer. This belief was passed on through the beliefs of the European settlers, and amongst older families it still holds true, today.

White and piebald deer are protected from harvest in a surprising number of areas to this day. For instance, In Iowa, it is illegal to hunt deer that are “predominantly white,” or 50 percent white. Albino deer are off-limits in neighboring Tennessee. The law varies in each state.

Many people have mixed feelings about the shooting of these deer. I’d like to believe that there are many people, especially hunters, out there who still uphold these ancient beliefs and will let these rarities live to see another day.





Save the Date
Free Concert- No Tickets Required
Monroe Township Chorus Presents
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As We Honor and Salute
Our Veterans and Armed Forces
Thursday, May 18th, 2017 at 7:30 pm
At the Richard P. Marasco Performing Arts Center
Monroe Township Middle School
1629 Perrineville Road, Monroe Township
For information contact: Sheila Werfel 609 619-3229

Coupon Apps

Jordan Tinitigan

Nowadays, coupon apps are all the rage! They’re a lot easier and require little-to-no work at all to use. With these free apps in your life, say goodbye to tearing your Sunday catalog to shreds!

Retail Me Not – This can be used for virtually any store! It will tell you about sales going on, and give you coupon codes to use for your online shopping needs!

Groupon – Groupon is a worldwide coupon app that gives discounts for anything from restaurants to cruises! This app won’t help you with your clothes shopping, but it will ease the bill on some fun activities!

Cartwheel – Cartwheel only caters to Target shoppers, but who doesn’t love Target! It shows you a variety of deals going on at the store that you could save before, or while, you are shopping. Then, while checking out, scan and save!



CROSSWORD PUZZLE ANSWER

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The Millstone Times

PHOTOS OF THE MONTH

By Pam Teel



Retired Photo buff Alex Ostrow sent this one in of Bearskin Neck, Rockport, Mass.



John and Mary Contu of Millstone Township took this photo during a cruise to the Caribbean Islands. John titled it, "The old meets the new while at anchor in the Grand Cayman Islands."

We would love to hear from all the communities that our paper reaches. Please keep the photos coming!

Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: crescent671@gmail.com Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time. If you prefer to send anonymously, we will leave your name out. Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.

Some of the photos received are breathtaking and a true inspiration to those amateur photographic enthusiasts who like to capture and keep the memory of the things they view in the world with their eye. It got me to thinking, if there would be any interest in forming a photography group where we could learn from each other, perhaps take in some field trips, and maybe even get a professional photographer involved to give us photographic tips, please email me and let me know if you would be interested. This is open to Millstone, Allentown, Jackson, East Windsor, and all the surrounding communities. Enclosed are some favorites that were recently sent in. Please note- if you don't see your photo in the next issue, have patience, I will get it in.

Great Backyard Bird Count

Friday February 17th, 10am-3pm

Who & What

Nurture Environmental Stewardship Today! (NEST!) in partnership with the Moth Coffeehouse in Allentown New Jersey and Animals & Gardens Unlimited (AG~U) of New Egypt installed a Japanese inspired birch torrii birdfeeding station outside the Moth's dining window.

Torrii is literally translated to bird abode. It is a traditional Japanese gate which can be seen across Japan. Our newly built torrii style bird station has varying styles of Made in USA bird feeders from AGU and different feed types for our local avifauna to enjoy during these cold winter days. Come check them out and help us by identifying all the bird species that visit the feeders. When you visit please take a moment to write down bird sightings of your own on the provided notepad.

When

Did you know from Friday February 17th thru Monday February 20th the national Great Backyard Bird Count (GBBC) is being held? As part of this event on Friday 17th 10am-3pm we will be onsite at the Moth Coffeehouse 42 South Main Street, Allentown NJ to count the birds seen from the Moth Coffeehouse window and at the end of the day submit our official counts to the GBBC contributing to citizen science!

What better way to spend President's day! Also staff will be on hand to answer questions and provide a short presentation on "How to attract different birds to your own backyard using various bird feed & bird feeders." We will have a sampling of seeds that children (and adults!!!) can touch and smell to help those who are kinesthetic learners and to add a bit of fun to the education! Email for more information at NESToday.info@gmail.com.

Why

NEST!- Nurture Environmental Stewardship Today! a NJ nonprofit 501(c) (3), EIN 45-4493957

Nurture Environmental Stewardship Today! (NEST!) is dedicated to bringing awareness of the environmental diversity of New Jersey to families to include both adults and children. Our mission is to engage tomorrow's caretakers to become aware of the need to protect the environment and manage it for sustainability for future generations. With awareness, governmental bodies will be led to understand the importance of our open spaces and educational programs for community children to promote continued support of the environment.





AUTO DOCTOR

By John Speranza

Pay Attention to the Sounds of Your Vehicle

Vehicles have ways of communicating that trouble may be on its way. Illuminated dashboard warning lights, such as the check engine light, indicate that key vehicle systems need inspection as soon as possible. Pay attention to any new or unusual vehicle sounds, such as squealing, thumping, hissing or grinding as they can indicate a problem. Unusual smells, such as burnt rubber, hot oil, gasoline, rotten eggs, burning carpet or the sweet smell of syrup can also indicate a serious problem.

The best way to ensure a vehicle's longevity is to observe a regular service schedule. Keep up with fluid and filter changes, tire checks and other routine maintenance. Over time, some car parts and components wear out or become damaged, so the smart investment is to replace these typical wear items before long-term damage ensues. In addition to the maintenance schedule outlined in the owner's manual for your car, it is important to schedule service check ups for your car with a trusted professional and pay attention to the warning signs your automobile is communicating with you.



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TIRE CARE: What you need to know

Nothing affects your car's performance and safety like the quality of your tires. While other parts may make your vehicle more fun or comfortable, your car ultimately depends on four small spots where the rubber touches the pavement.

Your tires may make a bigger difference than you think, too. Good, well-maintained tires will result in a better ride, improved handling, predictable handling in wet or dry conditions, and most importantly, the safety of you and your passengers.

Keeping your tires in good condition isn't difficult, but it does take some regular attention. Here are five things to look for to keep your car's tires in top shape.

INSPECTION: Give your tires a visual inspection at least once a month. You'll want to check the tread depth to be sure it meets your state's requirements and the proper tolerances for your vehicle. A lack of tread can be downright dangerous because it reduces traction. Also check for punctures and cracks in the sidewall.

PRESSURE: Also once a month, you should check your tire pressure to make sure it is set at the correct level for your vehicle. Pressure that is too low or too high can increase wear on your tires, hurt your gas mileage and be unsafe to drive. Make sure you check your spare tire's pressure, too, just in case you'll need it.

ROTATE: Every 6,000 miles you should have your car's tires rotated. This will help ensure they wear more evenly, which extends their life and keeps the traction level more consistent over time. If you have to replace your tires, it is highly recommended to replace them all at the same time for safety reasons. Replacing only two tires can lead to different front-to-rear grip levels, which can make your car spin and be difficult to control in emergencies.

ALIGNMENT: Check your vehicle's service manuals to see how often it will need a suspension alignment. If you find your tires are wearing unevenly or too quickly, that could be a sign that you need an alignment right away. It's a good idea to have your car's alignment checked annually.

BALANCE: Finally, every time you have your tires rotated, you should also have them balanced. Extremely unbalanced tires can sometimes be felt through the steering wheel, and even minor balance problems can cause premature wear to your shocks and struts. Ultimately, keeping your tires balanced will make your car last longer and drive more comfortably.





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Millstone, NJ Expat Represents Australia in Indoor Field Hockey

By Lee Oliver

A New Jersey native will make her international field hockey debut this week – for a country other than the USA.

Lindsey Howard will represent the Australian indoor field hockey team on its two-week tour of Europe.

The Australian team, ranked eighth in the world, will play teams from Belgium and Netherlands.

Howard (nee Leck), who played field hockey for University of Connecticut, has also been named in the Australian squad for the 2018 Indoor Field Hockey World Cup.

After graduating from U. Conn in 2008, the U.S. junior representative moved to Australia to further her field hockey career.

“Growing up, it would have been crazy to think I might represent a country other than USA in sport,” Howard said.

“However, now that I have lived here for a while and plan to stay here I consider Australia my home.”

The 29-year-old was selected in the Australian indoor field hockey side after last year helping her adopted state Queensland win its first national title since 1995.

The Millstone, New Jersey native said playing at an international level is “one of my greatest sporting achievements.”

“The thought (of being selected for Australia) hadn’t even crossed my mind,” Howard said.


“I really enjoy indoor and playing with that group of girls (in the Queensland team), so I was focused on enjoying myself and trying to win the tournament.”

Howard is one of only a handful of women to have won both outdoor and indoor field hockey Australian championships for Queensland.

In 2013, she helped the Queensland Scorchers win the Australian Hockey League for outdoor field hockey for the first time since 2005, before winning the indoor field hockey national title in 2016.




Lindsey Howard gets a pass away for Queensland at the Australian Indoor Field Hockey Championships. Photo by Click in Focus.




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Lindsey Howard of Queensland stretches to tackle Caitlin Burns of New South Wales at the 2017 Australian Indoor Field Hockey Championships. Photo by Click in Focus.

COLLINGSWOOD

A Town Proud of Its Preserved History, Character and Main Street Charm

By Pam Teel

Collingswood is a borough in Camden County, NJ. It was settled in 1682 and incorporated as a town in 1888. It is located in the Delaware Valley, just five miles from Philadelphia and 35 miles from Trenton, with wondrous views of the Philadelphia skyline.

The town evolved from a Quaker history. Quakers settled along the Newton Creek and Cooper River, sublets of the Delaware River, in the late 17th century, establishing what was known as the Newton Colony and eventually called Newton Township. Much of what is now Collingswood was once farmland owned by the Collings family during the 18th and 19th centuries, than later it became a section of Haddon Township.

The town has its share of historic homes and buildings. Some of which include the Collings-Knight Homestead at the corner of Browning Road and Collings Avenue. It was built in 1825 by Edward Zane Collings for himself and his widowed sister, Rebecca knight, on farmland he inherited from his father in 1920. The property had been passed down from his great-grandfather, Robert Zane, an original settler and member of the 1682 Newton Colony.

Edward Collings, a young seed farmer, engaged the services of local carpenter John Ireland who constructed a late Federal style home built to imitate early Colonial houses. The house remained in the Collings and Knight families until nearly the middle of the 20th century. Only then was it sold out of the original bloodline in 1967 to Charles Chase, who recognized the historic importance of the site and bequeathed the property to the Borough of Collingswood.

Between 1825 and 1867 descendants of the Collings family used the farm for agricultural purposes. There was also a Gentlemen's dairy farm at one time on the property, along with horse and cattle breeding, and a real estate firm. Later, the property was subdivided into parcels for development lots. The result was the creation of the Borough of Collingswood in 1888. Its centerpiece, being a 100 acre triangle, (former farmland in front of the homestead), in which he entrusted as park land. Now it's known as Knight Park. Today the Collings-Knight House stands at the corner of Knight Park as a tribute to the descendants of the founders of the Newton Colony, and the years of agrarian interests they upheld before the 19th century development of Collingswood as a planned suburb of Camden and Philadelphia.

Stokes Lee Mansion- the house is typical of an 18th century home with an etched date that reads 1761-1908, the later being the date of the homes expansion. This is oldest house in the Borough of Collingswood. It was built as a plantation house. There are quite a number of homes and businesses in Collingswood that have been placed on the National Register. The gravesite of poet, Walt Whitman, can be found in Harliegh Cemetery.

Today the downtown, which comprises Hadden Avenue, is one of the best shopping areas in southern N.J., with a wide variety of specialty shops from fine art and crafts, to gifts and home fashions, to designer boutiques and antiques. It also has a restaurant row, a variety of cafes, restaurants, and gourmet dining facilities. You can find Italian, French, Ecuadorian, Thai, Brazilian, Mexican cuisine, and more, or sign up for the porch brunch and house tours sometime in May. Come to see the Cooper River Regatta, which encompasses nearby towns as well. Visit the Collingswood Farmers Market every Saturday from spring to Fall with the finest in produce and whole foods.

Every second Saturday of the month, art and music fill historic downtown Haddon Avenue as it comes alive with entertainment, art, and photography, Visit the Collingswood Scottish Rite theatre (the grand ballroom) where Artist Lyle Lovett and John Hiatt recently played. February's lineup includes The Machine, Rick Springfield and Beth Hart. You can also take in a play at the Community theatre or join in on cruise night as Hadden Avenue is transformed back to the good old days of hot classic cars. The annual May Fair event is the town's biggest event featuring food and craft vendors, rides and entertainment a mile long. You can bike or boat at Cooper River Park or take part in one of the many different Holiday festivities. Visit the Perkins Center for the Arts or dance under the starlight at the towns Pop Up Gala event. Stop for a cold brew at Devils Creek Brewery. Visit the De Pace Sports Museum and library or come for the annual Book festival featuring various authors, including local author, Matthew Quick, author of the Silver Linings Playbook. Other famous people who lived in Collingswood included actor Michael Landon, actress Kelly McGillis, and Richard Sterben, bass singer for the Oak Ridge Boys Band and former vocalist who traveled with Elvis Presley.

A half mile west of the Collingwood circle you'll find the Collingwood Auction, Flea Market and Farmers Market, open year round and featuring more than 500 outdoor merchants and a 60,000 square foot building which houses 100 indoor tables and booths.

To find out more about the town and events, go to: www.collingswood.com



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By Jill Garaffa

How to Out-Smart Your Brain to Achieve Health

Dear Jill,

I know what I need to do intellectually, but I can't seem to get myself to do it. For example, I know that ordering pizza is an unhealthy choice; yet, I order it anyway in lieu of cooking a healthy meal. I know it's good to exercise; yet, I lay on the couch and can't seem to move or I over schedule myself so I don't have the time or energy to exercise. Am I crazy?

Signed, Good Intentions

Dear Good Intentions,

You're definitely not crazy. In fact, you are far from it: your brain is in top working order if this is your experience. Let me explain....

First, a quick brain anatomy lesson: Inside your brain, you actually have three separate brains, not just one: your cerebellum & brain stem are in charge of keeping you alive: breathing, heartbeat and anything out of your conscious control. Your neocortex is your logical, or conscious brain---you do all your thinking, reasoning and creative thought here. Your conscious brain is what makes New Year's resolutions and promises to make healthy choices. It has great intentions. The limbic system, which is your emotional, or unconscious brain, is where the good intentions get stuck. The unconscious brain runs purely on survival instincts. Very simply: it moves us toward pleasure and away from pain. It moves us toward safety and away from danger. If your limbic system senses danger or discomfort, it will propel you in the opposite direction.

If you are making sudden, drastic changes to your diet or exercise regime (which is what most people do around January 1st), you might only get a few days into your routine before your limbic system detects a serious threat to your survival. Suddenly, your string of positive, healthy choices comes to a screeching halt and you find yourself back on the couch or sitting with a bag of potato chips asking yourself, "how did I do this again?"

The way to over-ride the emotional brain from taking over is to make very small changes. Like, really, really small changes---so small that your unconscious brain does not detect a threat. How do you know if your changes are small enough? You have consistency. If you become inconsistent, then, chances are you are taking on too big of a change and you need to bring it down a notch or two.

Some questions for exploration & discovery: Ask yourself: What is the smallest change I can make to my eating that I am willing to make right now? What is the smallest action I can take right now to get my body to move more? What is one thing I can do to take care of myself today? What is something I can do today that will be fun & enjoyable to me?

Change is not easy. A life coach can support you with moving from where you are now to where you want to be. As a life coach, I am trained to support you through the internal emotional & psychological change that must come first before you can make lasting physical change.

Wishing you peace, clarity and power, Jill

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

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A: Dry needling is a technique used by Physical Therapists that looks to break the pain cycle at its source. A tiny, solid filament needle is inserted directly into trigger points that your therapist finds and deems problematic. You may not even feel this part! Your body then recognizes the needle as a foreign invader and begins the healing cascade on a biochemical level. Microtrauma from inserting the needle and breaking adhesions will also stimulate healing. The therapist will then look to elicit a Local Twitch Response (LTR) where the muscle will actually twitch for a short second. This is the signal that the therapist has hit the right spot. Following this, the muscle will learn to relax and gain flexibility. Mild soreness following a session is completely normal and should subside within a day or so. It may take a few sessions until you start feeling lasting results. Dry needling will not hurt you and has many natural benefits. It can treat injured tissues from sports injuries, chronic injuries, post-surgical cases, those caused by emotional stress, and disease related injuries such as RA and fibromyalgia. Like every other modality we offer, this is completely optional but may be the piece of care you need to get rid of that stubborn pain! If you'd like more information on how we can tailor your care plan to include this for your injury, contact us today!

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



Dr. Steven Linker, OD

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

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

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

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

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

Symptoms of learning-related vision problems include:

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

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

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



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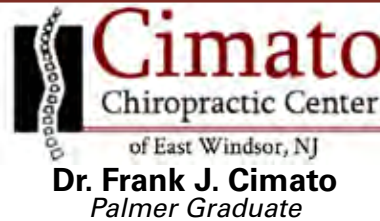
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Pineapple, Molasses and Sour Cherries Help Inflammation and Joint Pain

Pineapple is a great anti-inflammatory because the stem contains bromelain, a digestive enzyme that has been shown to reduce inflammation in people with osteoarthritis and RA. Because the stem isn't edible, however, to get bromelain you have to take supplements in capsule or pill form. A study by researchers at University of Redding in the United Kingdom found that people who had mild knee pain for less than three months improved after a month of taking bromelain. The higher the dose, the greater the improvement.

Blackstrap molasses. Many people with Rheumatoid Arthritis swear by blackstrap molasses. One reason some suspect molasses may help relieve joint pain is that it's rich in vitamins and nutrients, including magnesium. A large study in the American Journal of Clinical Nutrition found that people who had sufficient magnesium and potassium in their diets had stronger bones than those who didn't. Stronger bones mean less joint pain. Other good sources of magnesium are nuts, beans, whole grains, bananas, green vegetables, and dairy products.

Sour cherries. Cherries are rich in antioxidants, which can protect your cells from the damaging effects of free radicals. These molecules, which are formed from natural body processes such as breaking down food as well as in response to environmental toxins such as tobacco smoke and radiation, can damage joints most affected by arthritis. A study by researchers at the University of Michigan found that a diet rich in cherries lowered inflammation in animals by 50 percent. Arthritis is an inflammatory condition, and reducing inflammation can reduce joint pain. Sour cherries also may lower levels of nitric oxide, a compound linked to RA.

Remember, always talk to your doctor before using any supplement because dietary supplements can interact with prescription medications.

February is National Grapefruit Month.

Whether you enjoy it fresh with a spoon or in a glass, there is nothing like the bold taste of grapefruit.

Some Facts About The Grapefruit:

Naturally loaded with the antioxidant Vitamin C, grapefruit juice helps boost the immune system during these winter months when colds and flu are at their peak.

Lycopene, a powerful antioxidant in pink and red grapefruit juice may help prevent certain types of cancer, heart disease and stroke.

Grapefruit juice is one of the lowest calorie and nutrient dense juice choices.

A glass of grapefruit juice is a fat-free and cholesterol-free part of a healthy diet.

Each glass of 100% grapefruit juice gives your body a full serving of fruit with no added sugar.

Broiled Ruby & Brown Sugar Dessert

Grapefruit for dessert? Why not! At only 140 calories per serving, this broiled grapefruit recipe, grapefruit halves are topped with spiced brown sugar, caramelized under the broiler then topped with a dollop of vanilla-infused whipped cream.

Ingredients

2 red or pink grapefruit, 8 teaspoons packed light brown sugar, ¼ teaspoon ground cinnamon or cardamom, 2 teaspoons melted butter

2 tablespoons heavy cream, 2 tablespoons nonfat or low-fat plain Greek yogurt, 1 teaspoon granulated sugar, ¼ teaspoon vanilla extract

Directions:

Position oven rack about 3 inches from the heat source; preheat broiler. Line a rimmed baking sheet with foil. Cut each grapefruit in half, then trim a thin slice off the bottom so it sits level. With a paring knife or grapefruit knife, cut around each segment; remove any seeds. Place the grapefruit halves on the prepared baking sheet. Combine brown sugar and cinnamon (or cardamom) in a small bowl. Brush each grapefruit half with butter, then sprinkle with about 2 teaspoons of the sugar mixture. Broil the grapefruit, watching carefully and rotating the pan front to back once halfway through, until the tops are bubbling and golden brown, 7 to 12 minutes. Meanwhile, beat cream in a small bowl until stiff. Beat in yogurt, granulated sugar and vanilla just until combined. Serve each grapefruit topped with a heaping tablespoon of the vanilla cream.



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QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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

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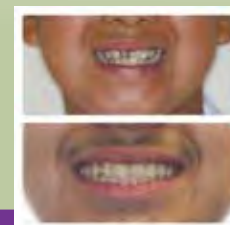


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Enjoy a feel-good experience from start to finish; including a complimentary beverage while anticipating your service, to a selection of light snacks with choice of wine, champagne or a variety of teas in the cozy dining room afterward. In between, get deliciously lost in delight, be it a soothing massage, facial, pedicure, rose petal bath, manicure or pedicure. You will leave refreshed and relaxed, while at the same time re-energized.

Enjoy a true romantic getaway with your significant other in the Suite Retreat, named one of the "Top 30 Most Beautiful Rooms in the World" by Day Spa Magazine. Couples can enjoy a two and half hour packages starting with side by side aromatherapy jacuzzi, followed by aroma therapy massages, and finishing with champagne, chocolates and a cozy fire.

Gentle Healing also offers monthly specials. February is a salute to love, with unique fragrances and discount prices for massages, couples massages, facials, body scrubs, pedicures and quality time in the suite retreat.

"Our mission statement is to give our guests the ultimate experience," assures owner Donda Kraus Sternberg. "If you want to be pampered, be in the robe and slippers sipping champagne and relaxing eating chocolates, this is the place to be."

Gentle Healing Wellness Spa's mission is to create the ultimate experience for the ultimate guest. Visit our website at www.gentlehealingspa.com or give us a call at 609-409-2700. We look forward to being of service to you.



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Tensegrity - A Small Company with Big Dreams

By Pam Teel

Since 2014, Millstone resident Eugene Chertkov and business partner Vlad Fenko started Tensegrity, a company that provides professional grade nutritional supplements directly to consumers and physicians throughout the United States and internationally. These supplements are designed to safely and effectively be integrated into a person's diet in order to improve their health and lifestyle. The company takes a holistic approach to human health; driven by science but rooted in nature. These supplements are all natural, with no artificial flavorings, preservatives, colors, or sweeteners. They are Non-GMO and certified organic. The mission of these two men is simple, to make the world a healthier place.

The passion behind their vision takes on a somewhat personal nature in dealing with their own past experiences and research done in finding alternate ways to help loved ones in both of their families who were suffering from some form of life threatening cancer.

Based on Biotensegrity, a principle in biology that describes the relationship between every part of an organism and the mechanical system that turns it into a cohesive unit, Biotensegrity recognizes that the forces of attraction and repulsion on the molecular scale are comparable to the tension and compression that exists on higher scales. Tensegrity configurations work on the basis of molecular theory: they are strong, lightweight, and resilient to damaging forces, yet they can change their shape with minimal effort and can always return to stable equilibrium. The mechanics of the structure work the same in any direction, regardless of gravity. Each level is related to all the others to function as a single unit.

This theory in biology and physics is representative of

how the two men want to run their business and navigate their commitment to health. Health should be integrative; it should take into account what is happening on a molecular level and the large-scale, connecting the information that's already known and recognizing the importance of every level of our biology in maintaining health. The outcome: wanting to nurture bodies that are strong, resilient, and can return to equilibrium with ease. The Tensegrity Company is dedicated to holistic healthcare, an approach based on treating the whole body and mind, in an effort to achieve optimum wellness.

Helping them to develop their supplements is Doctor Gorinshteyn, the man behind the science, who has a broad experience in research and product development. He is a licensed doctor of naturopathy with an active practice in Atlanta, GA. He received his degree in biology from Georgia State University and later received a degree of Doctor of Naturopathy at the U.S. School of Naturopathy and Allied Science.

Already on the market is a supplement for high blood pressure. Advanced Blood Pressure Support Formula, (ABPS) is a scientifically developed botanical blend designed to support healthy blood pressure levels already within normal range, maintain healthy cardiovascular function, and help to manage stress. It features two well-known plant extracts combined with rice protein concentrate for improved bioavailability. Current research of these plants species suggest cardiovascular supporting effects as well as stress management benefits. ABPS is a well-balanced blend of passionflower and American ginseng. It contains premium high quality standardized extracts produced under stringent GMP & NSF protocol to ensure that each bottle provides

equal health benefits. All raw materials are certified gluten free, Non- GMO, vegetarian, under full compliance with the U.S. Federal Food, drug and Cosmetic Act and does not contain pork or any other animal derived products, BSE/TSE free.

A joint project in the works with Bio Actives Japan Inc., in tandem with Tensegrity Inc., NJ, is a new dietary supplement, the FB3 natural fat blocker. Bio Actives Japan Inc. supports green technology, which is a unique protocol of cultivating, processing, and extracting nutrients and foods from plants. The three main ingredients in the supplement include, Salacia reticulata root extract, which comes from a climbing woody plant native to India, Sesamum indicum seed extract, which comes from sesame seeds, and coleus forskohli, a plant that comes from the mountains of Asia and best known for supporting weight management. This supplement will be out by March of this year. You will be able to find the product in different formats: tablets, drink, or jelly.

To read up more about the FB3 natural fat blocker supplement go to: <https://www.tensegritypro.com/products/bioactives-fb3-fat-burning-supplement-healthy-weight-and-lipid-managment-120-caps>.

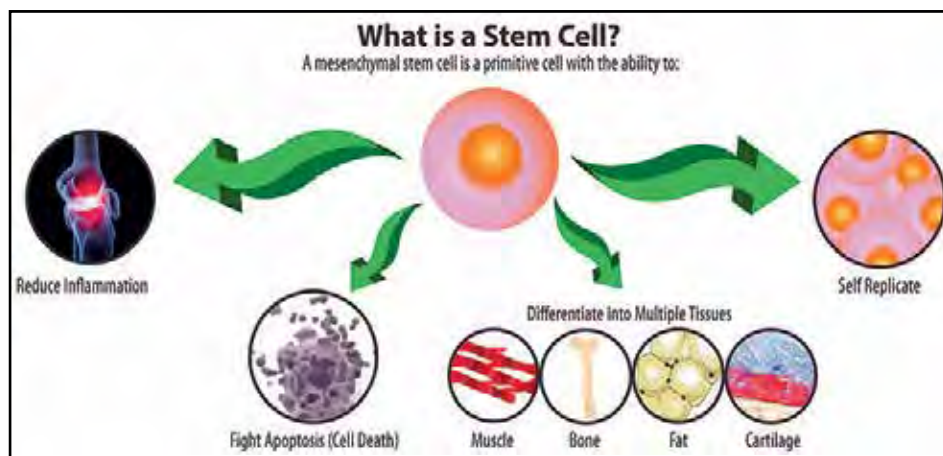
Also available for purchase in March; TensegrityPro-Advanced Digestive Aid supplement, Libido Booster for Men supplement, Libido Enhancement for Women supplement, Advanced Stress and Anxiety Relief supplement and the Advanced Testosterone Booster supplement.

For more information about the Tensegrity Pro, to order supplements, or find out about availability, go to: www.tensegritypro.com. You can also find these supplements on Amazon.

QUESTION:

Can amniotic stem cell therapy help my knee pain?

Millions of patients suffer with knee pain due to arthritis. The options for treatment, until now, have been limited to physical therapy, steroid injections, viscosupplementation injections, or joint replacement surgery. Central Jersey Spine & Wellness now offers a new cutting-edge treatment option called **amniotic membrane stem cell injections**. **Amniotic membrane stem cell injections** may be used to successfully treat patients with knee osteoarthritis when other conventional treatments have failed.



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

Amniotic stem cell injections offer the ability to heal damaged tissue naturally. With amniotic stem cell therapy, stem cells from amniotic tissues are injected directly into your knee. These stem cells have strong anti-inflammatory properties. However, stem cell therapy goes far beyond the benefits of standard “injection therapy.” While cortisone and other drugs only provide temporary pain relief, stem cells actually restore degenerated tissue while providing pain relief. The growth factors in amniotic stem cells may replace damaged cells in your body. Additionally, stem cell injections contain hyaluronic acid, which lubricates joints and tendons, easing the pain and helping restore mobility. We also use precision guided fluoroscopy to ensure the stem cells are injected into exactly the right location. For optimal results.

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

- Amniotic stem cells contain no steroids. Instead, the injections rely on **naturally occurring anti-inflammatory agents**, such as cytokines.
- Amniotic stem cells contain **hyaluronic acid**, which lubricates cartilage and promotes new cartilage growth.
- Amniotic stem cells contain **growth factors**, which stimulate tissue growth.

- With amniotic stem cells, there is **no threat of patient rejection**.
- Lastly, amniotic fluid is a **highly concentrated source** of stem cells, which makes this type of stem cell injection preferable over embryonic stem cells and the patient’s own stem cells (from fat or bone marrow).

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

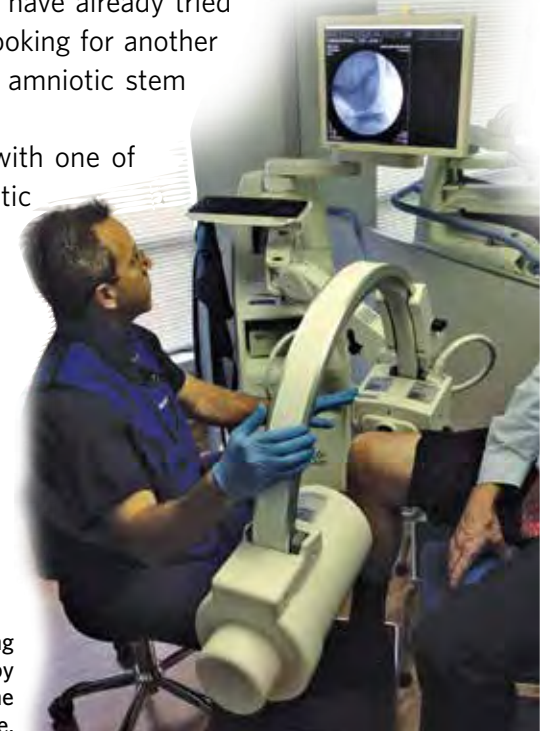
Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

- Amniotic stem cell therapy is a preferred type of stem cell therapy because the cells come from an immunoprivileged site, which means that patient-rejection is extremely rare.
- The use of amniotic stem cells is well researched, safe, and effective. Amniotic stem cells have been used by ophthalmologists and plastic surgeons for about 20 years.
- All amniotic stem cell donors go through a rigorous screening process, as determined by the Food and Drug Administration (FDA) and American Association of Tissue Banks (AATB).

AM I A CANDIDATE FOR STEM CELL THERAPY?

Patients suffering with knee pain due to arthritis may be considered as candidates for amniotic stem cell therapy. Regenerative medicine is growing in popularity and is helping more and more people live with less pain and suffering. If you have already tried conventional treatments, and are looking for another safe and effective option, consider amniotic stem cell therapy.

Call to schedule a consultation with one of our doctors to determine if amniotic stem cell therapy is right for you.



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

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Helping Your Daughter Cope With Cliques

Your 10-year-old daughter comes home crying because the girls she's been friends with are suddenly leaving her out and spreading rumors about her. She's confused because it seemed to happen out of the blue. She doesn't know what she did wrong and is nervous about returning to school, unsure if she has any friends. You're unsure how to help her — you've heard a lot about kids being snubbed or teased at school, but you didn't think it could happen to your outgoing, fun kid.

Given how common cliques are throughout middle and high school, at some point your child is likely to face the prospect of being in one or being excluded from them. There's little you can do to shield kids from cliques, but plenty you can do to help them maintain confidence and self-respect while negotiating cliques and understanding what true friendship is all about.

When Cliques Cause Problems

For most kids, the pre-teen and teen years are a time to figure out how they want to fit in and how they want to stand out. It's natural for kids to occasionally feel insecure; long to be accepted; and hang out with the kids who seem more attractive, cool, or popular.

But cliques can cause long-lasting trouble when:

kids behave in a way they feel conflicted about or know is wrong in order to please a leader and stay in the group

a group becomes an antisocial clique or a gang that has unhealthy rules, such as weight loss or bullying others based on looks, disabilities, race, or ethnicity a child is rejected by a group and feels ostracized and alone

How Parents Can Help

As kids navigate friendships and cliques, there's plenty parents can do to offer support. If your child seems upset, or suddenly spends time alone when usually very social, ask about it.

Here are some tips:

Talk about your own experiences. Share your own experiences of school — cliques

have been around for a long time!

Help put rejection in perspective. Remind your child of times he or she has been angry with parents, friends, or siblings — and how quickly things can change.

Shed some light on social dynamics. Acknowledge that people are often judged by the way a person looks, acts, or dresses, but that often people act mean and put others down because they lack self-confidence and try to cover it up by maintaining control.

Find stories they can relate to. Many books, TV shows, and movies portray outsiders triumphing in the face of rejection and send strong messages about the importance of being true to your own nature and the value of being a good friend, even in the face of difficult social situations. For school-age kids, books like *Blubber* by Judy Blume illustrate how quickly cliques can change. Older kids and teens might relate to movies such as *Mean Girls*, *Angus*, *The Breakfast Club*, and *Clueless*.

Foster out-of-school friendships. Get kids involved in extracurricular activities (if they aren't already) — art class, sports, martial arts, horse riding, language study — any activity that gives them an opportunity to create another social group and learn new skills.

If your child is part of a clique and one of the kids is teasing or rejecting others, it's important to address that right away. With popular TV shows from talent contests to reality series glorifying rude behavior, it's an uphill battle for families to promote kindness, respect, and compassion.

Discuss the role of power and control in friendships and try to get to the heart of why your child feels compelled to be in that position. Discuss who is in and who is out, and what happens when kids are out (are they ignored, shunned, bullied?). Challenge kids to think and talk about whether they're proud of the way they act in school.

Ask teachers, guidance counselors, or other school officials for their perspective on what is going on in and out of class. They might be able to tell you about any programs the school has to address cliques and help kids with differences get along.

February Birthday: Who is Susan B. Anthony?

By Stefanie Maglio

Born February 15th, 1820 in Massachusetts, Susan B. Anthony was brought up in a Quaker family with activist traditions. This helped to give her a strong sense of justice, as well as good morals. Susan B. Anthony can be described as many things. She was an abolitionist, an educational reformer, a labor activist, a temperance worker, a suffragist, and a woman's rights campaigner. Throughout her life, she worked hard and made many efforts to make the country a better place for all people.



Anthony taught for 15 years of her life before continuing on and becoming active in temperance. However, since she was a woman, Anthony was prohibited from speaking at temperance rallies. Through this, as well as her acquaintance, Elizabeth Cady Stanton, Susan B. Anthony was able to join the woman's rights movement in 1852. Ever since that moment, she dedicated the rest of her life to woman's suffrage. She traveled the nation giving lectures in attempt to earn the vote. She campaigned for the abolition of slavery, as well as for the right for women to own property and keep their own money. She also took a stand for women's labor organizations. Finally, in 1900 Susan B. Anthony was able to convince the University of Rochester to accept women, and she finally had begun to see all her hard work pay off. She was a passionate, aggressive inspiration to many. Unfortunately on March 13th, 1906 Susan B. Anthony passed away. However, her impact on the nation and the life she led still leaves a great impression on our world today.

10 Things You Never Knew About the Month of February

By Stefanie Maglio

Most people probably think of Valentine's Day or Groundhog Day when they hear someone say February. They may even think about a beautiful spring around the corner, as they get ready to say goodbye to a long winter. However, here are some facts you most likely didn't know about the month of February:

February was named after a purification ritual called Februa. This was almost like an early form of spring cleaning for the Romans.

February is one of the most common misspelled words in the English language.

One year, a press release from the White House spelt February as "Febuary."

Next year, 2018, there will be no full moon during the month of February.

February is Hot Breakfast month in the USA.

February is also National Pet Dental Health month in the USA.

The birth flower for the month of February is the violet or iris.

The Shakespeare play "Much Ado about Nothing" is the only one to mention February.

No one truly knows why the month of February was specifically chosen to be the shortest month of the year.

On February 1st in 1851, Evaporated milk was invented by Gail Borden.



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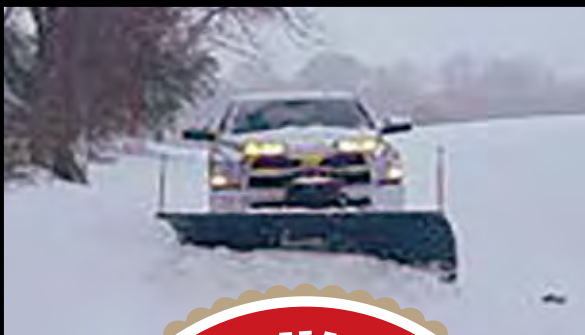


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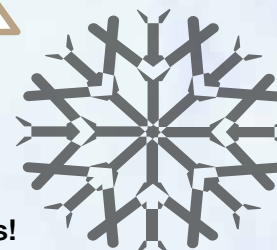
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