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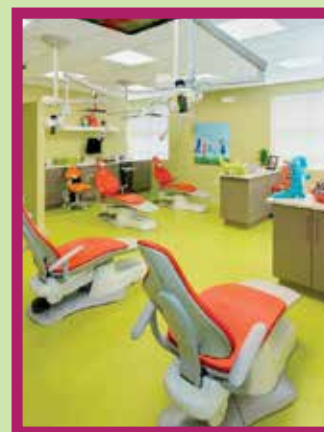
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## Hightstown Cultural Arts Commission to Sponsor Second Empty Bowls Event on March 25

The Hightstown Cultural Arts Commission is collaborating with the Rise Food Pantry to sponsor its second Empty Bowls on Saturday, March 25 from 6-8 pm. The event will take place at the Banquet Hall of Hightstown Engine Company #1 on North Main Street in Hightstown. Empty Bowls is an international program that engages participating artists to create and donate handmade bowls in which a simple meal is served to a gathering of caring community members.

Local ceramic artist Adam Welch created a limited edition of 250 hand thrown stoneware soup bowls for the event, and students at Hightstown High School are creating another 50 handmade bowls for the event. Ticket buyers will select a bowl to fill with hot soup from Hightstown eateries. Food sponsors to date include 12 Farms and Pompier Catering.

Hightstown Cultural Arts Commission Co-Chairs, Ann Marie Miller and Adam Welch, said last year's inaugural Empty Bowls event successfully raised over \$6,000 for Rise's Food Pantry. "We were thrilled with community support for the first Empty Bowls. From the stunning array of handmade soup bowls to the delicious restaurant offerings, it was a sold out gathering. We look forward to another successful evening filled with smiling faces of generous community members who found a delicious and artful way to give back."

Rise, the community services organization based in Hightstown, is part of a countywide Nutritional Alliance that served over 325 families in 2015. Rise Executive Director Leslie Koppel said, "We are planning to use the proceeds from Empty Bowls to purchase fresh produce for distribution at the Rise Food Pantry," she said. "We appreciate the generous support of individuals and groups from our community." This year net proceeds from Empty Bowls will also support future arts programs in Hightstown including arts workshops, public art and Hightstown's annual summer Theatre in the Park.

Tickets for the event are \$35 and may be purchased online through eventbrite.com and at the Greater Goods stores in Hightstown. Ticket buyers do not need to be present at the event to reserve their one-of-a-kind soup bowl.

The Hightstown Cultural Arts Commission's goal is to strengthen the community by increasing awareness, opportunities and involvement in arts and culture. Established in 2014, the commission promotes the borough's creative potential, sets goals for public art and culture and creates educational initiatives, community partnerships and collaborations.

Rise is the primary non-profit social service organization in eastern Mercer County. It provides referral and support services to families and individuals in need and offers a wide range of programs that help struggling members of the local community build independence and achieve their full potential.







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By Jill Garaffa

## How to Get Un-Stuck

Dear Jill,

There are so many changes I want to make in my life, but I find myself in this place of inertia—no movement at all. Intellectually, I can look around at my life and see I need to make some changes and I know I have so much potential, but something is stopping me from taking any action. It's like I can't get out of my own way. Can you help?

Signed,  
Stuck in the Mud

Dear Stuck in the Mud,

First, I'd like to acknowledge that you are aware that there are aspects of your life that aren't working and things you'd like to change—and that you do have potential. This is wonderful insight! And a great first step! It may seem obvious, but the fact that you are actually aware that you are not moving forward is a good thing. Awareness is the first step in the process of change.

You see,, most people aren't aware of their pain and what it is costing them. As human beings our brains are wired to avoid pain, so when we experience it (like the pain of upset, disappointment, anxiety, fear, frustration, stress, etc), we tend to do things to numb it or distract ourselves from it, so we don't feel it. For example: we may use food, alcohol, credit cards, social media, television, social isolation or being over-scheduled & over-committed to the point of exhaustion. We believe things like "I don't have the time" or "I don't have the money" or "I can't do it." And, then we think, "why is my life not changing? Why am I not where I want to be in my life?"

Pain is actually our greatest teacher & most effective motivator. Allowing yourself to feel that pain is the catalyst to getting unstuck. It involves considering first: what is it costing you to not change? Answering this question can be life transforming. This is your moment of truth, the "hitting bottom" question. There is a saying: "When the pain of changing becomes less than the pain & consequences of staying the same; that is when you will make a change."

A word about fear: our brains are wired against anything that will cause us harm (both real and imagined), so naturally, if your view of change is that it is "scary" or "uncomfortable", then you will avoid it and stay stuck forever. If you reframe change into something that can be exhilarating and stimulating and fun or an adventure, then you will be willing to endure the work that it takes to get through the process until your life resembles the life you actually want.

So, a moment of truth: consider: what is it costing you to not change? Dying of a heart attack? Gaining 30 more pounds? Dying of boredom or stress from your current career? Being isolated from your family? There are very real consequences to all of your choices. Your choices don't just affect you---they affect others. Dig deep within yourself to find the courage to be honest. Your future, your happiness and the quality of your life depend on it!

Wishing you peace, clarity and purpose!  
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.seedsofchangecoaching.com](http://www.seedsofchangecoaching.com) or call 732-859-6962.

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## 15 Things Every Parent with Special Needs Kids Should Hear

By Stefanie Maglio

Being a parent comes along with many responsibilities, but when a parent has a special needs child, those responsibilities can double. It can be difficult in many aspects to parent a special needs child, so here are fifteen things to keep in mind:

1. You are not alone. Many parents are in a similar situation to yours, if not the same. It's important to have friends and family that can be there to support you through difficult times.
2. It's okay to make mistakes! Not everything you do will be perfect. No one automatically knows how to be a parent. It is a learning process, and you adjust as you go.
3. Make time for yourself when you can. It helps to have friends and family that you can lean on in times of need.
4. You are stronger than you think you are. On a daily basis, you manage situations that a regular parent wouldn't be able to handle.
5. Make time for your kids doing simple things like watching a movie, snuggling, talking with them, and playing with them.
6. You'll have to make difficult decisions. Do what you believe is best for your child.
7. You won't always get everything right on the first try. Just keep doing the best you can. Your child needs you to be strong for them.
8. Forgive yourself for any mistakes you make. Learn from them.
9. Keep in mind that although parenting a special needs child is hard, it is even more so rewarding when certain milestones are reached.
10. Keep your sense of humor. It will be difficult at times, but that's when it will be most helpful.
11. Don't lose your sense of self. Make time for personal hobbies when you can, to help keep your spirits up.
12. Celebrate little things. Things that may seem small to others are a big deal for your kids!
13. Don't let typical parents get you down. They may not understand what you're going through.
14. Don't compare yourself to others. Your situation is unique. You must handle it as so, and do what is best for you and your family.
15. Trust your instincts. They won't steer you in the wrong direction.



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# Cranky and Hungry? The Hormonal Effects of PMS

By Susan Heckler

I don't know about you, but there are times of the month where handing me a shovel replaces setting the table. Blame it on the PMS.

PMS is a monthly disturbance in mood and appetite brought on by hormonal changes a few days before menstruation. It doesn't affect everyone (3 out of 4) and if it does, not consistently or equally. PMS removes a sense of emotional well-being and, in its place, brings anger, irritability, confusion, exhaustion and depression and in some, an impulsive, uncontrollable need to eat. The female body directs a high amount of its energy to the ovaries and to related activities, like producing extra quantities of female hormones. As more energy and glucose are diverted to the reproductive system, there's less available for the rest of the body, which responds by craving more fuel.

Of course, the foods we crave during the last days of the menstrual cycle fall in the very unhealthy category; greasy, salty, crunchy, starchy category or the fatty, creamy, or sugary.

Massachusetts Institute of Technology (MIT) studied women who lived in the Clinical Research Center during the first few days of their cycle and then returned three weeks later when they had PMS. The normal weight volunteers consumed about 1,100 calories more when they were premenstrual than they did at other times of the month. And surprise-surprise, the extra calories came from chocolate, potato chips, cookies and crackers.

The good news is MIT also discovered that serotonin activity is diminished during PMS so simply increasing serotonin production reduces the unpleasant mood and overeating during this time of the month! Increasing serotonin is easy; the brain chemical is made when a non-fruit carbohydrate is eaten.

Edible Therapy for PMS (effects of eating should be felt within 45 minutes or even sooner)

Twice a day eat a snack containing 30-35 grams of a starchy or sweet carbohydrate. Choose foods that have no more than 2 grams of protein and 2 grams of fat (Protein prevents serotonin from being made). Eat the foods on an empty stomach or three hours after a meal.

BUT:

- \* Alcohol is not a substitute for the carbohydrate.
- \* Eating fruit will not lead to serotonin production.
- \* Soda and other foods made with high fructose corn syrup sweeteners will not lead to serotonin production.

So there you have it. It is scientific fact....you are in good company. That is not to say you can use that excuse to go overboard. The bathroom scale knows all.



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How Can I Treat It?*

**A:** Sciatica happens when the sciatic nerve becomes compressed. This can happen due to inflammation, spinal subluxations, co-existing conditions, injuries, and more. Since this nerve runs from the hips down the legs, patients can feel pain in their, low back, buttocks, hips or leg muscles. Some patients even get tingling sensations in their feet due to sciatica. Many feel restricted from everyday activities.

Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression. Contact us today for more information!



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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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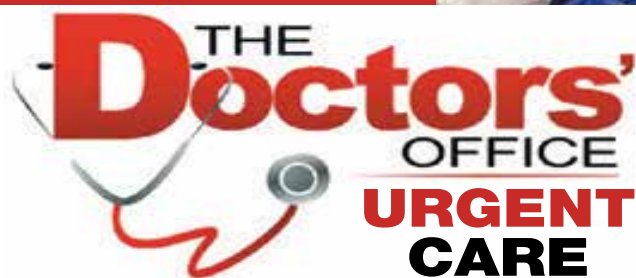
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# QUESTION:

## 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!

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# LEADERS IN LEAST INVASIVE PAIN & SPINE PROCEDURES

**Q:** I often feel that I would rather live with back pain than have “SURGERY”. Why should I consider having an endoscopic “PROCEDURE” instead?

**A:** The decision of whether or not to have spine surgery can be very stressful. Today, due to advances in endoscopic spine, there are excellent alternatives to traditional, open back surgery.

Patients come to the Spine Institute of North America to discuss their options. They are often happy to learn that we can relieve their pain with minimal risk and with excellent outcomes. We use state-of-the-art, endoscopic techniques that are much less invasive than traditional open back surgery. Most of our patients walk out the same day and are back to work the next.

**Q:** What is an Endoscopic Discectomy? (Also known as a “Laser Procedure”)

**A:** The word endoscopy refers to a physician’s use of an endoscope, a small, flexible tube with a light to look inside of your body. It is the least invasive way to treat disc problems and takes about an hour. Ultimately, the patient is left with a ¼ inch scar but a lifetime of pain relief.

Recent studies have proven that endoscopic spine procedures are a safe and effective way to treat various spinal conditions such as disc herniations, spinal stenosis, failed back surgery syndrome, as well as other neck and back conditions.

If your neck or back pain is preventing you from participating in your daily activities, we encourage you to consider an endoscopic procedure as a possible option.



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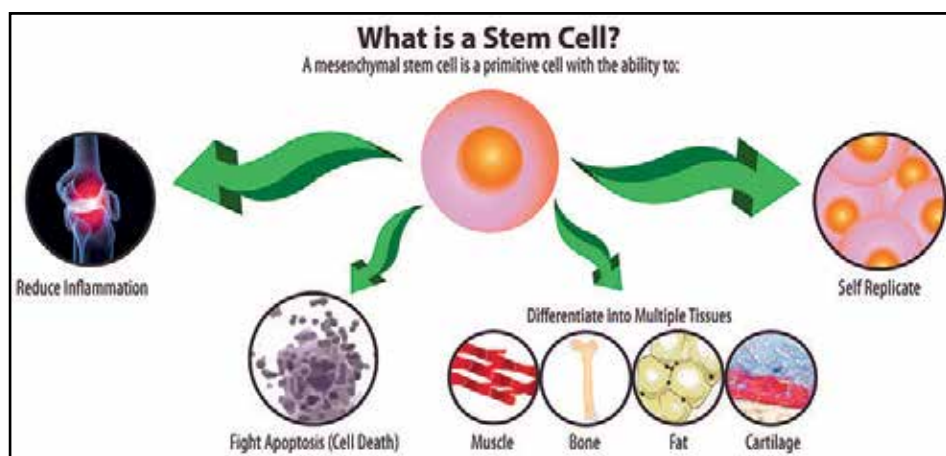
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# QUESTION:

## 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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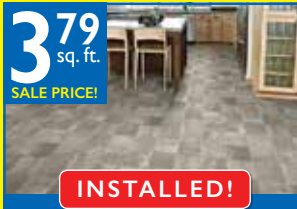
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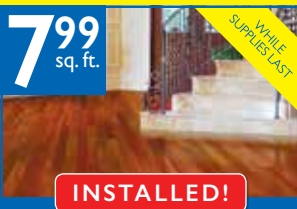
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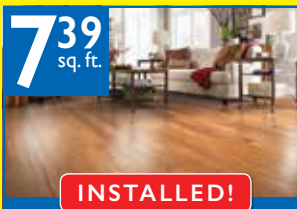
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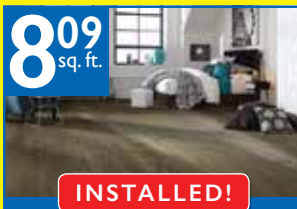
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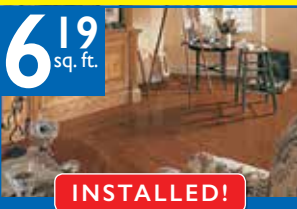
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## Hair Accessories for Spring

By Jordan Tinitigan

New York Fashion Week has just passed, so you know what that means...new trends! With spring on the rise, there are many new accessory trends for hair. Here are some of our favorites...

**The Top Knot Head Band:** This gives a cool twist (literally) to a boring old fabric headband. The extra top knot gives a little more flair to the hair.

**Decorated Bobby Pins:** Again, adding flair to the hair. Designs on these range from stars to glitter to flowers, and boy are they adorable!

**Boho Headwraps:** This one has been making its way to the spotlight for quite sometime, and that is because they are adorable! Fabric-like wraps that have awesome patterns and colors that wrap around your entire head.

**Metal Headbands:** No, not just plain old metal headbands. Stores like Urban Outfitters and Forever 21 are making mock Greek-headpieces and tiaras out of gold and silver metal. *A-dor-a-ble!*



## Envision Permanent Makeup

by Sandy Marinko, *Micro Pigmentation Specialist*

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# perfect waves

By Jordan Tinitigan

Achieving the perfect wave is a tough thing for most women to achieve. Here are two awesome ways to achieve the perfect beach waves...

## \*Heat Required\*

- Step 1: Apply preheat spray to dry/damp hair
- Step 2: Blow dry hair straight
- Step 3: Section off your hair (depending on thickness) into at least two sections
- Step 4: Take a three barrel wave curler and wrap pieces on and hold for a few seconds
- Step 5: Repeat until whole head is done and set with hair spray

## \*No Heat\*

- Step 1: Wash hair, do not condition (Skip if you have dry hair)
- Step 2: Squeeze hair to dry
- Step 3: Comb hair & spray with sea salt spray
- Step 4: Split hair into several sections (at least two) (part normally)
- Step 5: Braid each section
- Step 6: Wait until completely dry & set with hair spray



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# GAS-SAVING TIPS FOR YOUR AUTO

By: John Speranza



Spring is just about here and it is this season that gas prices seem to rise. It is also important to be conscious and conserve our natural resources. Whatever your motivation, here are some gas saving tips from the pros at the National Institute for Automotive Service Excellence (ASE).

- **MONITOR TIRES.** Under inflated tires or poorly aligned wheels waste fuel by forcing the engine to work harder. (Let the tires cool down before checking the air pressure.) Out-of-line wheels, as evidenced by uneven tread wear, should be aligned by a professional.
  - **REMOVE EXCESS WEIGHT.** Remove unnecessary items from the vehicle. Store only essentials in the trunk. Less weight means better mileage. Consolidate trips and errands. Some trips may be unnecessary. Also, try to travel when traffic is light so you can avoid stop-and-go conditions.
  - **AVOID EXCESSIVE IDLING.** Shut off the engine while waiting for friends and family.
- Observe speed limits. Speeding decreases your miles per gallon.  
 Drive gently. Sudden accelerations guzzle gas. Anticipate traffic patterns ahead and adjust your speed gradually.
- **USE WINDOWS AND AIR CONDITIONING WISELY.** Your mileage should improve if you keep the windows closed at highway speeds, since air drag is reduced. This is true even with the air conditioning on-assuming that the system is in good working order. But turn the air conditioning off in stop-and-go traffic to save fuel.
  - **KEEP YOUR ENGINE "TUNED UP."** A well-maintained engine operates at peak efficiency, maximizing gas mileage. Follow the service schedules listed in the owner's manual. Replace filters and fluids as recommended; have engine performance problems (rough idling, poor acceleration, etc.) corrected at a repair facility. Given today's high-tech engines, it's wise to have this type of work done by auto technicians who are ASE certified in engine performance.

These conservation tips will not only save gasoline, they'll help extend the life of your vehicle as well too.



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Regular Price  
Full Synthetic Oil

**Includes a FREE Four-Tire Rotation**

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\*Source: www.batteryuniversity.com

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## Day Camp

By Jordan Tinitigan

Before you know it, summer will be here. Have you made any arrangements for your kids this summer? If not, why don't you try a day camp? Day camps are fantastic! They give kids an opportunity to stay connected with their friends (or even make new friends) over the summer! And on top of that, they are loads of fun!! I know from experience that some summertime day camps have the right amount of fun and education, so your children will enjoy themselves and refresh their skills all at once.

There's a whole lot to do in New Jersey, so it gives day camps awesome opportunities to go on some great field trips! Crystal Springs, Bowlero, and the Liberty Science Center are just a few fun places your kids might be able to visit instead of just staying home on the couch!

Finally, day camps are a lot of fun even when they are at their original location. Competitions, games, and a whole lot of indoor and outdoor activities are pretty much guaranteed with admission! Camp is the way to go!

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# Thinking About Dance Camp This Summer?

If you are a parent of young children, you are likely in awe over the endless amounts of energy they seem to have. Even after a long day at school, children sometimes still need a way to burn off some steam and let loose. Dance is a great way to channel that energy.

Dance allows children of any age to express thoughts and emotions before they have the verbal language to express those things. Dance supports the entire child and helps them develop not only physically but also cognitively, emotionally and socially.

There's no "right age" for children to begin dance classes. If they can move, they can dance. The sooner they start dancing, the sooner they can start reaping the benefits, which includes "strength, more coordination, flexibility and gracefulness. It also helps develop overall body fitness and develops a child's endurance, focus, musicality, and creativity.

Here are some more of the benefits of putting your child in dance class:

## Physical Benefits of Dance for Young Children

- ❖ Increases strength and endurance
- ❖ Increases coordination
- ❖ Improves flexibility
- ❖ Excellent form of total body fitness

## Emotional Benefits of Dance for Young Children

- ❖ Promotes maturity & respect
- ❖ Encourages self awareness & self expression
- ❖ Boosts happiness
- ❖ Improves self confidence
- ❖ Reduces performance anxiety

In dance class, the foundation for a healthy lifestyle is being laid out. Children can learn to be physical and have good body awareness that will most likely last a lifetime. Not to mention, it's just plain fun.

In addition to the physical and emotional benefits, dance also has many developmental benefits that can help children as they grow.

## Social awareness:

- ❖ Promotes social encounters
- ❖ Encourages cooperation
- ❖ Improves social skills
- ❖ Fosters teamwork, communication & trust

## Cognitive development:

- ❖ Improves memory
- ❖ Improves concentration
- ❖ Promotes development of mathematical skills through rhythm & counting
- ❖ Enhances sensory awareness







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## Why Day Camp Matters?

By Stefanie Maglio

While Day camp may be introduced for convenience reasons as parents work and children need supervision, it can provide much more than just that. Summer is usually at least two full months. That is a long time for children to be alone, or less involved because they are not in school. They have more free time so to speak. Instead of spending this time watching



cartoons all day, day camp is a great alternative as they can gain so much from the experience. There are so many day camps to select from. This is a wonderful thing because all children are different and certain camps may be better for your child than others. There are sports camps, special needs camps, camps for just boys, or camps for just girls, and many more. Different camps vary in price range as well. When your child attends camp, they stay active physically and mentally. Doing different activities each day, they get plenty of exercise. They gain opportunities to make new friends and build new relationships with others their age. This can help children to develop better social and communication skills. However, all they will know is that they are having fun and enjoying themselves while making the most of their summer or free time in general. Some children have even said that going to camp has made them feel better about themselves as individuals. In a way, day camp is a wonderful way for children to build and develop skills that will benefit them for the rest of their lives.

## Encourage Your Child to Have a Healthy Balance at Sports Camp This Summer

By Stefanie Maglio

It's a wonderful thing for young children and teens to be active during the summer. When they participate in a sport, it is great physically and mentally for their health and character. Participating in a sports camp can teach responsibility and how to act in an environment where teamwork is necessary. Physically, it is important for your child to be safe. Temperatures can be very high in the summer depending on where you live, making it easier for dehydration to occur. Make sure your child is drinking a minimum of eight cups of water a day, especially while being physically active. It can be easy for kids to become wrapped up in a game or activity that they are participating in. This isn't a bad thing, but remind them that they should take short breaks to rehydrate themselves and catch their breaths. In order to ensure that your child is performing to their full capability, make sure that they are eating healthy foods. Pack them healthy snacks to take to camp such as baby carrots or apple slices. They will feel more energized this way, rather than drinking energy drinks which may contain unnecessary sugars and chemicals. Mentally, it's important to talk to your child about good character and morals. Point out to them that the game should be more about teamwork and effort, rather than simply winning. Remind them that going to sports camp should be a fun experience, with a healthy balance of competition.







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[juniorknicks.leagueapps.com/events/277803-basketball-101-at-sportika-sports---april-1st--ages-7-to-8](http://juniorknicks.leagueapps.com/events/277803-basketball-101-at-sportika-sports---april-1st--ages-7-to-8)

Jr. Knicks Basketball 101 - Ages 7 to 8

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Chief Academic Officer,  
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# 11<sup>th</sup> Annual - Run with Eagles 5K in Upper Freehold to be held on April Fool's Day, *no fooling.*

The Allentown Lions Club, organizers of the 2017 Run with Eagles 5K Run/Walk and Fun Run, encourage runners and walkers to come out with your dogs and baby strollers to join us to enjoy the fresh country air with friends and family. The event is scheduled for April 1st at the Cream Ridge Winery in Upper Freehold Township. 5K runners can run solo or in a team, with each team member running 1.55 miles. There will be team awards for the fastest male team, female team, combined team, adult/child team and child/child team. The relay is a great opportunity for runners who may not want to run a full 5K to participate in a 5K event. Overall and age group prizes will be awarded to solo runners.

This year's event begins at 8:00 a.m. with 101.5's Big Yellow Van kicking off the fun with music, games and prizes during race registration. The Fun Run starts promptly at 9:00 a.m. followed by the 5K at 10:00 a.m. The Run with Eagles 5K is held on a premium course on scenic roads travelling through picturesque horse country and historic Walnford Park. Each year the races are attended by over 200 runners who enjoy an event-filled morning with a generous food table, music, race awards and raffles. Race specific graphic T-shirts and goody bags will be provided to all pre-registered runners and to same day registrants while supplies last. Bruno's One Sweet Ride of Allentown will again generously award a brand-new bicycle to the winner of the Fun Runners Kid's Bike Raffle.

This year's event is hosted by the Allentown Lions Club and benefits local area events and causes funded by the Lions. Runners can register online at <https://runsignup.com/Race/NJ/CreamRidge/RUNWITHEAGLES> Mail-in registration forms are available at [www.eagles5K.com](http://www.eagles5K.com). Contact [runwitheagles@yahoo.com](mailto:runwitheagles@yahoo.com) for more information.



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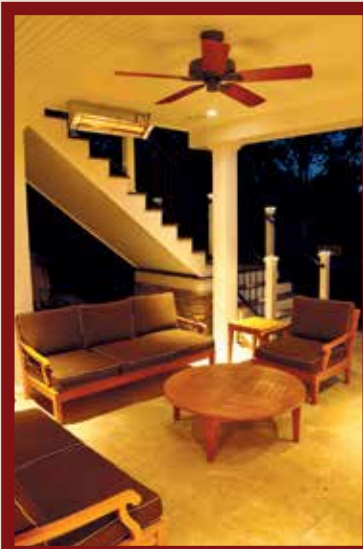
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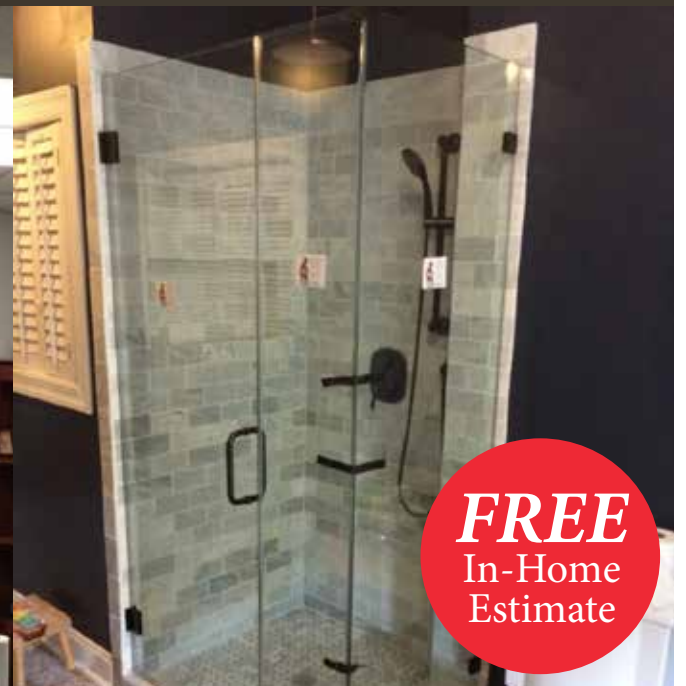
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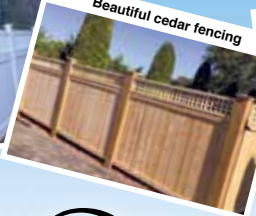
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# TLC for Home Appliances Can Extend Their Life

by Susan Heckler

Appliances are major purchases that you hope to buy as infrequently as possible. Everyone moans about planned obsolescence, which is a concern, but there are steps a homeowner can do to increase their longevity.

Your home appliances need some TLC now and again, just like your car would. A well-maintained appliance will use less energy, require fewer repairs, and possibly last longer.

For me personally, I am mechanically declined and have opted to take extended warranties on all of my appliances which include annual maintenance. My attempts at changing lightbulbs end in disaster.

Here are some tips your average homeowner can master:



## ☑ REFRIGERATOR

If you keep the gaskets (the plastic strip that forms a seal between the fridge and doors) clean, it will have a better seal which will help keep cool air inside the fridge and conserve energy. Wipe them clean, removing all residue, and coat them with a thin film of petroleum jelly.

Remove your fridge's front panel near the floor or reach around the back of the fridge and clean the coils with a handheld vacuum. A dirty or dusty refrigerator coil can hamper airflow, causing it to work harder, overheat and potentially break.

## ☑ DISHWASHER

A faulty gasket can prevent your dishwasher from functioning properly and efficiently. Grime, cracks, or other buildup on the gasket can cause your dishwasher to leak. Regularly cleaning with soap and water will help keep a watertight seal.

The racks are normally coated with a vinyl material that can be damaged from rough use. The vinyl protects your dishes from scratching and prevents rust. Dishwasher racks are very expensive so treat them gently.

## ☑ CLOTHES WASHER

Many people make the mistake of overloading the machine. This means added strain on the washer's motor, transmission, belts, and other parts. Your wash need to be able to move freely during a wash cycle. It is the swishing motion that aids in cleaning. Too crowded... no swishing. If the machine is jammed full of clothes, it will need more energy to move them around. On the contrary, small loads can lead to off-balance cycles, which put a strain on the drive components and may cause some machine walking. Plus, small loads waste water and energy, since there is very little difference in the amount of energy and water used for a full load and small load. To keep your washer smelling sweet, run the machine empty with hot water and about 2 cups of white vinegar. (You can use 1 cup of bleach instead of vinegar, but bleach can damage the rubber gaskets.) There are also products you can buy in the laundry aisle.

## ☑ CLOTHES DRYER

A large load places increased strain on the appliance as it struggles to effectively dry the clothing. It is best to wash and dry something heavy like towels separately as their dry time is longer than clothing. Thirty-five minutes is typically plenty of time to dry your clothes. Reducing dry time saves energy and decreases the strain put on your dryer, as well as your clothes. If your dryer has an auto-dry setting, use it. Auto-dry heats only as much air as necessary and will reduce energy use. Clean the lint filter thoroughly, use the narrow wand attachment on your vacuum cleaner or insert a duster to remove as much lint as possible that has built up underneath the filter itself. Check your ductwork from the dryer to the outside periodically to be sure air escapes freely.

Routine maintenance should make everything run smoother and longer. We all know what a royal pain it is to live without the appliances we have grown to know and love.



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# Prep Your Snow Blower for Vacation

By Susan Heckler

Yes, we have reached the first day of spring! Cross your fingers because you might be able to prep your snow blower for its summer vacation.

It is a fairly minor task but, just a few simple steps. If you ignore them, you can have very expensive issues later.

Drain all the gas from your snow blower engine before you pack it away in the spring. If possible, you can even siphon it into a fresh gas can to be used in your lawn mower. Make sure there's nothing left to go bad by starting the engine and letting the gas run out.

If you don't want to drain the gas out, you have the option of adding fuel stabilizer to your gas tank and running the engine for a few minutes. This will circulate the stabilizer through the carburetor. If you don't do this step, the fuel can go bad. That can mean damage to your snow blower and a rough time getting it started next winter.

Remove your spark plug, and store it in a clean dry place. You can also pour a very small amount of oil onto the pistons, through the hole where your spark plug was removed to prevent rusting or corrosion.

Tuck it in and give it a rest. Cover it to avoid collecting dust and dirt into the engine or other parts. There are covers you can buy or a simple tarp will do.

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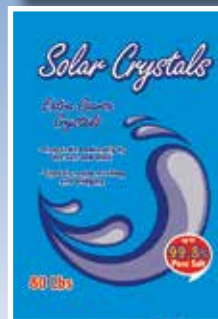
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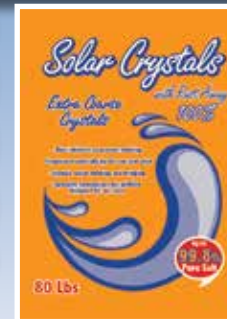
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# The Millstone Times

## PHOTOS OF THE MONTH

By Pam Teel



Amateur photographer, Alex Ostrow, of Monroe took this picture of a Harbor seal off of Sandy Hook, NJ.



Millstone Township resident, Vadim Chertkov, loves to create things with his hands. He thinks up the ideas in his mind and uses his skilled hands to make the ideas come to life. Vadim has been featured in this paper before for the many different artistic creations that he has made over the past few years. These two are new additions proudly displayed on his son's property Vadim



made, in Millstone Township. In one photo, Vadim is standing next to his life size pirate friend and the pirate ship he created. The other is of a functional Bicycle.

**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](mailto:crescent671@gmail.com) Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time. If you prefer to send anonymously, we will leave your name out. Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.**

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

## Millstone Township Elementary School Gets A Visit from Author David Lubar

By Pam Teel

David Lubar is an author of numerous books for teens. Among them are his very popular *Weenies Collections*, his chapter books- *Numbed*, *Punished*, and *Dog Days*, his *Monsterrific Tales*, *Looniverse*- his young chapter books, *Nathan Abercrombie -Accidental Zombie*, and more.

Mr. Lubar is also an electronic game programmer. He programmed *Super Breakout* for the Nintendo Game Boy, and *Frogger* for both the SNES and Game Boy. As a game designer, he designed the game *Frogger 2: Swampy's Revenge* for the Nintendo Game Boy Color. Mr. Lubar was born and raised in Morristown, New Jersey.

The visit to the school was organized by Reading Specialist, Colleen Henkin, and Reading Intervention Teacher, Nicole Filippone. The third, fourth, and fifth graders participated in a One Book One School event during the months of January and February where the whole school read the same book. The book they chose to read was *Punished*. Copies of the sequel, *Numbed*, were also shared. In *Punished*, Mr. Lubar wrote a story full of opportunities to learn about types of languages when the main character, Logan, is put under a spell so that he can only speak in puns until he collects examples of oxymorons, anagrams, and palindromes.

The students were allowed to discuss the book with each other and share their thoughts. The third graders wrote to the author beforehand with a lot of questions that were graciously answered when they got to spend some alone time with him during his visit. The Principal, Ms. Guidry, helped to provide copies of the book, *Punished*, to the teachers.

The visit began when the author signed over 250 books, which were ordered by the staff and students. A few classes got to meet with Mr. Lubar in the library and ask questions during their book signing. There were also assemblies at different grade levels where the author shared some creative ways that he thinks of ideas for his books. He also gave the students insight on different ways to hold a reader's attention.

A lucky group of fifth graders were able to have lunch with Mr. Lubar. The six students enjoyed asking and answering questions about reading interests, writing ideas, and some casual conversation. During lunch, they were able to have their books personally dedicated and autographed.

The excitement of seeing and talking with the author will surely leave a lasting impression on the readers and writers of MTES. The students and the staff would like to thank the PTO for making this amazing experience possible.

To see more pictures of the event, you can check them out on twitter at: [#proud2bmillstone](https://twitter.com/proud2bmillstone). To learn more about author David Lubar, visit his website at: [www.davidlubar.com](http://www.davidlubar.com).



Pix- Photo (l to r) Lily Culber Cox, Hannah Siegel, Anthony Pado, Author David Lubar, Jordan Alster, Rachel Glantzberg, Dylan Quinn, Colleen Henkin



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# Recipe of the Month

## Kid friendly Individual Shepherd's Pies

### INGREDIENTS

- 2 teaspoons extra-virgin olive oil
- ½ cup finely chopped onion
- 12 ounces lean ground beef or turkey
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 cup reduced-sodium beef broth
- 12 jumbo-size (3.5") foil baking cups
- 6 ounces baby spinach, chopped
- ¾ teaspoon salt, divided
- ½ teaspoon garlic powder, divided
- 2 12-ounce packages frozen winter squash puree, thawed
- ½ cup finely shredded Parmesan cheese



### DIRECTIONS

1. Preheat broiler and position rack in upper third of oven.
2. Over medium-high heat, heat oil in a large skillet. Add onion and cook, stirring, until beginning to soften
3. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes.
4. Add the broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes.
5. Stir in spinach, ¼ teaspoon salt and ¼ teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.
6. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl.
7. Stir in the remaining ½ teaspoon salt and ¼ teaspoon garlic powder.
8. Divide the meat mixture among four foil baking cups. Top each with about ½ cup of the squash and place on a baking sheet.
9. Broil until heated through and bubbling around the edges, about 10 minutes.
10. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.



## STEP ONE - Planning Your Meals from the Ground Up

By Susan Heckler

Tired of worrying where your fruits and vegetables were grown and what was sprayed on them? You can always go back to being the Hunter-Gatherer.

Back in 'The Day,' people had to plan their meals from the ground-up. That meant saving seeds from last year's crop, storing them, knowing when to plant and how much of each crop you would need to sustain your family during the growing season and preserve some for the winter months. This was a real science, not a hobby, because this is what your family needed to live on. That didn't mean a small patch of garden surrounded by lush, rolling lawn. This meant using every foot of your property to feed your family. There was no supermarket...it was you or you. Think Little House on the Prairie folks.

Assuming this is your first vegetable garden and there were no seeds to save, this is the time to scour catalogs and due diligence. There are several things to keep in mind when ordering seeds for the growing season. Vegetables only? Herbs? Some Perennials for beauty? Don't get tantalized by the photos, THINK.

Unless you have a large garden you might not have enough space to grow everything you want to grow. Start with a wish list of what your family loves and needs, placing your favorites on top. Then set your list aside for several days and revisit it again.

Choose plants that work for you and your environment, making sure they are Zone hardy. Is your garden sunny, shady or a mix? Full sun means six to eight hours of full sun each day. Partial sun is four to six hours per day. When you read about the seeds or seedlings, keep this in mind to determine if they will do well in your yard.

When you go to your Garden Center, remember that those cute little plants will not remain anywhere near the size you purchase them at. The marker in the plant should tell you the space requirements. There are varieties that take up less room than others that you may want to consider.

All soil is not created equal; some need a little help, maybe 2- to 3-inch layer of compost, decayed leaves, dry grass clippings, or old manure or other organic matter. This needs to be done prior to planting so check it out. To learn more about your soil, have a soil test done through your county cooperative extension office.

Water...if it isn't coming down from the heavens, how are you getting it on your lettuce. Do you have irrigation nearby? Choose a spot that has a hose or sprinklers for your thirsty plants.

Now comes the hard part. Before you start ordering seed or seedlings and planting, you need to plan. You can purchase software for this or borrow some graph paper from your kids. Plot the size and shape and any features like trees, shrubs, paths etc. Not all plants are symbiotic, some grown better next to others. Plot the adult size of the plant, not the seedling size.

You can always expand your garden later in the season or next year. It can be a lot of work, so don't be over zealous. When you take your children in to pick their home grown vegetables for the salad and taste the difference right-off-the-vine makes you will realize the rewards are bountiful. Stay tuned for next issue when we convert lawn to garden.





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## Brianna Kobrin Named To Dean's List At Loyola University Maryland

Brianna Kobrin, a member of the class of 2020 from Clarksburg, has been named to the fall 2016 Dean's List at Loyola University Maryland.

In order to qualify for the Dean's List at Loyola, a student must achieve a minimum QPA (Quality Point Average) of at least 3.500 for the term, provided that, in the term they have successfully completed courses totaling a minimum of 15 credits.

Brianna's exceptional academic performance also earned her a place on the School of Education's Dean's List. Brianna is majoring in Education with a minor in Special Education.

Brianna, a graduate of Allentown High School, is a freshman at Loyola. She is a member of the intramural volleyball team, flag football team, Rendezvous Haiti Club and is also planning to become a Student Ambassador for the School of Education in her sophomore year.



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## Police Encounters

By: Leon Matchin

Police-citizen encounters generally occur at three distinct levels: a field inquiry, an investigatory stop, and an arrest. The Supreme Court has defined a field inquiry as "the least intrusive" form of police encounter, occurring when a police officer approaches an individual and asks if the person is willing to answer some questions. A field inquiry is permissible so long as the questions are not harassing, overbearing, or accusatory in nature. During such an inquiry, the individual approached need not answer any question put to him; indeed, he may decline to listen to the questions at all and may go on his way. Pretty much the only time a field inquiry may be deemed unconstitutional is if it is based on race.

In contrast to a field inquiry, an investigatory stop is characterized by a detention in which the person approached by a police officer would not reasonably feel free to leave, even though the encounter falls short of a formal arrest. An investigatory stop permits a police officer to detain an individual for a brief period, if that stop is based on specific and articulable facts which, taken together with rational inferences from those facts, give rise to a reasonable suspicion of criminal activity. Under this well-established standard, an investigatory stop is valid only if the officer has a 'particularized suspicion' based upon an objective observation that the person stopped has been engaged or is about to engage in criminal wrongdoing.

The most common investigatory stop type of encounter that an average citizen has with the police is a traffic stop. Here, the police only need show that they had reasonable and articulable suspicion that a traffic infraction was committed in order for the stop to be justified. However, the police are not allowed to unreasonably delay the driver. Rather, they must issue the summons and allow the driver to continue on their way unless of course they see, hear or smell anything illegal.

The constitutional standard for an arrest is the most demanding, and requires a showing of probable cause based upon the totality of the circumstances. The Supreme Court described the probable cause standard as "a well-grounded suspicion that a crime has been or is being committed."

If you are faced with a police encounter, call my office, 732-662-7658.

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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](http://www.legalshield.com/hub/jacklynberman)



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# A LOVING FAMILY WANTED

By Pam Teel

Just wanted to give a very special thank you to Millstone resident, Jessica Mashkevich, inventor of the Throwbee and Kona Pet Blankets, who graciously donated blankets for the animals at AnimalAssistance in East Brunswick.

Also, a very special thank you to the man from Millstone who dropped off supplies and food to the shelter and something extra for Napoleon, the Chihuahua, who has been with the shelter for over a year. You will be happy to know that Napoleon was just adopted and his new family couldn't be more thrilled to have welcomed him into their family.

There are still a lot of animals at the shelter that need homes. There are still many cats up for adoption. All animals have been spayed/neutered and updated on all their shots. Please take a look at some of the ones below who need loving forever homes. You can find more on their website or call to ask about the cats that are there. Please open up your heart and your home and adopt a homeless pet before you turn to a puppy mill.

To view all the pets up for adoption at the shelter, please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html> or look under animalassistance.com

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](mailto:linda@animalassistance.org) 645 Old Stagecoach Road East Brunswick (not far from the Jamesburg area).

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. The facility welcomes and accepts donations. (A tax receipt can be provided.) All donations go towards the animal's medical treatments and care. The staff does not take salaries. Toys, blankets, pet food, etc, are also welcome.

You can also help out some more local pets. There is a small colony of Millstone cats that could use a home. They would make great barn cats. They are friendly and will let you pet them. There is a beautiful orange male cat about 3 years old and a handsome and very friendly black cat about 3 years old. Again, they have been outside all of their lives and living in a small colony together. They are well taken care of and feed everyday and have small thermal homes to go into in the cold but it would be nice to find them a forever home. If you are interested in either one of them, please email me at: [crescent671@gmail.com](mailto:crescent671@gmail.com). You can come and see them for yourself.

ANDY- Chihuahua- abandoned in a trailer along with his sister. Will be groomed and neutered and spayed soon.

FRED AND GEORGE- two orange cats. Brothers that like to cuddle together. Would like to go together to a forever home.

MANGO- young orange female kitten. So sweet and friendly.

LUKE- Labrador retriever - adult male. He's a little shy but warms up quickly. He's always happy and playful. He's very affectionate and loves to go on walks

ELEANOR- German shorthaired pointer mix. Young female, very sweet, loves everyone. Comes from hunting dog stock. Clean and quiet. Not a barker.

JETER- adult Yorkshire terrier. Very friendly. Was abandoned by owners.

SENATOR BOB- arrange cat a bit of a talker. Friendly 1 year old with long legs

BUTCH- a little kitten who is sweet and friendly

KUKI- orange tabby- sweet and friendly 1 year old. Lots of personality.

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## Doggie Dining Do's & Dont's

By Susan Heckler

We all love our fur babies! We want to keep them safe and healthy and make them happy giving them those special treats. Some of us are rewarding Rover with human treats that we treasure but that can make our friend sick. It's time to decipher the yum from the dumb. **The basic rule of dew claws:**

- Human food like **table scraps** should never replace your dog's regular food, which should be nutritionally complete. Table scraps should be regarded as treats instead of a substitute for a natural balanced diet for your dog.
- To keep Tippy trim, **avoid overfeeding**. If you give him human food, you should reduce the amount of his regular food accordingly.
- Puppies and pregnant dogs especially need a well-balanced nutritious diet for obvious reasons. Therefore, they should stick to their regular meals and not be fed human foods.

### DOGGIE DON'TS:

- **Chocolate** contains caffeine and theobromine, both of which can over-stimulate the central nervous system and cause serious, even life-threatening, health problems to dogs.
- A mere handful of raisins or grapes can cause a lot of damage to some dogs. In large quantities, raisins or grapes can cause acute kidney failure and even death to dogs.
- A compound found in **onions** (and in lesser amount in garlic) called n-propyl disulfide can, in large doses, cause oxidative damage to red blood cells, creating Heinz bodies and triggering the body to reject these cells from the bloodstream. To be safe, never feed onions to your dogs.
- **Processed foods**, such as sausages, deli meat, and canned soup, contain a lot of salt. Too much salt can cause electrolyte imbalance, kidney disease, and seizures in dogs.
- Although many dogs have a sweet tooth and enjoy desserts like pie, cake, and ice cream, **sugary foods** should not be given to your dog. These foods have no nutritional benefits to dogs; they can cause diabetes in dogs as well.
- Rich **sauces** and **gravy** usually contain a lot of salt and sugar, as well as cream or fat. All these can cause digestive problems in dogs.
- Dogs do not have the digestive enzymes to break down the sugars in **cow's milk**, so drinking milk can cause gas, bloating, diarrhea, and vomiting in dogs.
- **Tea** and **coffee** contain caffeine to which dogs are extremely sensitive. You may not be feeding your dog tea or coffee, but if you keep coffee beans or tea bags within easy reach of your dog, he may end up eating enough coffee beans or tea bags to get seriously ill. Therefore, keep them out of your dog's reach.
- All kinds of **alcoholic drinks** (e.g. beer, wine, cocktail) are extremely hazardous to dogs because dogs are highly susceptible to alcohol's toxic effects. Alcoholic drinks can cause vomiting, diarrhea, lethargy and liver failure in dogs.
- **Xylitol** is a sweetener that is contained in many sugar-free gums, breath mints, candies and some baked goods. Xylitol is dangerous to dogs because it triggers a sudden release of insulin, causing hypoglycemia. This can result in shock and liver failure. It is therefore extremely important that you keep your sugar-free gums or any other foods containing xylitol out of your dog's reach.
- You should never feed your dogs with foods containing **macadamia** because they can be fatal. As few as 6 roasted or raw macadamia nuts can make dogs sick. Symptoms of poisoning contain rapid heart rate, elevated body temperature, vomiting, weakness or paralysis of the hindquarters, and muscle tremors.
- There are two problems if you feed your dog with **raw egg**. The first is that your dog might get food allergy or poisoning due to bacteria, such as E. coli or Salmonella. The second matter is that raw eggs contain a type of enzyme that interferes with the absorption of a particular B vitamin. This will lead to some skin issues and problems with your dog's coat if you feed him or her with this food for long.
- The problem of **plums, peaches and persimmons** lies in their pits or seeds. The difference is you – as a human being – know that you should not eat them, but your dog does not.
- **Raw salmon** is never a good food for dogs. While cooked salmon is good, the raw salmon can lead to Salmon Poisoning Disease (SPD). This disease is caused by parasites, and it can resemble the parvovirus. If your dog has this disease, you will see these symptoms on him/her: a high fever about a week after eating raw salmon, followed by bloody yellow diarrhea and vomiting.
- Nearly every part of the **avocado** tree are toxic to your dogs, including the fruit. If you dog eat even just a bit of the avocado fruit, he might get food poisoning. Nevertheless, the toxins in the skin and flesh of the avocado are not the single risk. The avocado pit can also pose a serious threat. If it is swallowed, it can lead to an intestinal blockage.

Maybe a hug would be best?☺



# A Celebration of Women's History Month

## Remembering Pearl S. Buck

By Pam Teel

**W**omen's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States. While there are many local women to highlight from the area, there's one special woman from a nearby town just across the Delaware in Pennsylvania that comes to mind.

Pearl S. Buck was a novelist and also a winner of the Pulitzer Prize in 1932 for her novel, *The Good Earth*, which eloquently described rough peasantry life in China before World War 1. She also won a Nobel Prize in 1938 for literature and became the first woman in history to win both awards.

Pearl's parents were Presbyterian missionaries in China. Pearl Comfort Sydenstricker was born while her parents were back in the States on furlough. She was born in West Virginia in 1892. Her parents stayed on in the U.S. for five more months before returning to China. Pearl lived among the Chinese people. She spoke Chinese, played with Chinese children, and absorbed their culture. She was home schooled by her mother and at the young age of six, her first published works appeared in the English language newspaper that had a weekly children's edition. Pearl grew up reading her family's collection of Charles Dickens and celebrating all the traditions of an American family. She also took lessons from a Confucian scholar, thus growing up in a dual environment; she developed her own style of writing.

In 1910, she returned to the US and went to College in Virginia, receiving a Bachelor's Degree in Philosophy. She taught Psychology at the College for one year before returning to China to care for her ill mother.

In 1917, she married John Lossing Buck, an American Agricultural missionary. They lived for 5 years in a small peasant town in North China. It was here she gathered her memories to write the book, *The Good Earth*.

In 1920, she gave birth to her daughter Carol. Pearl was concerned that her daughter was not developing normally. In 1925 the Buck Family came back to the US. And Pearl went on and received an M.A. in English Literature from Cornell University. In 1929, she enrolled her daughter Carol in a school in Vineland, N.J., where she was eventually diagnosed with PKU syndrome (phenylketonuria), which results in progressive mental deterioration if not treated immediately at birth. At that time, they also adopted an American baby girl named Janice before heading back to China.

Pearl wrote *The Child Who Never Grew* about her personal feelings and experiences with Carol in 1950. The book helped many other parents of children with similar disabilities. Concerned about paying for Carol's schooling, Pearl wrote her first novel, *East Wind, West Wind*, followed by *The Good Earth*, which won her a Pulitzer Prize and was developed into an Oscar Award winning film in 1957.

Pearl and her family moved back to the States in 1934 to escape the threatening atmosphere for foreigners in China. She developed a relationship with book publisher Richard Walsh, who published her first novel. She divorced Buck to marry Walsh in 1935. She then went on to purchase Green Hills Farm in Bucks County Pa., where she and her new husband raised a large international family, including seven adopted children and several foster children.

Pearl was a driving force in humanitarian causes and a longtime advocate of cross cultural understanding and racial harmony as a means of achieving world peace. Pearl fought prejudice wherever she found it. She was a big supporter of the Civil Rights Movement and she addressed the problems mixed children faced. She became enraged after hearing that biracial children in Asia were deemed unadoptable, so she and a friend founded, The Welcome House Adoption Agency, which is still functioning today. In 1964, the Pearl S. Buck Foundation was created as a child sponsorship organization to help children in their own countries with health, education, and job training.

Pearl died of lung cancer in 1973 just before her 81st birthday. She is buried on the grounds of Green Hills Farm in Bucks County. She penned 46 novels, 33 books of nonfiction, 31 plays, 265 short stories, 20 film /TV scripts, 530 articles, and thousands of other works like children's books, reviews, speeches, biographies, poetry, and more. She lived out the second half of her life with her family in Perkasi, Pa on her Green Hills Farm Estate.

Today thousands of people tour her home, turned museum, every year. Take a tour through the award winning gardens and walk the path down to Pearl's grave site. There is also an international gift shop on the premises. Visit [www.peralsbuck.org](http://www.peralsbuck.org) to read more about her and for a tour of the Pearl S. Buck National Historic Landmark home and Museum. (Idea and tour Information courtesy of Alexa Johnson- Bucks County Public Relations Manager)



*Pearl Sydenstricker Buck*



# Should You Clear Snow & Ice from Your Sidewalk?

By John Bazzurro

After a recent snowstorm, a family member of mine asked me whether he had an obligation to remove ice and snow from the sidewalk in front of his house. It was his belief that he had no such obligation and that by attempting to remove the ice and snow, he would somehow be “opening himself” up to liability in the event he did it improperly. Accordingly, I decided to write this article with respect to snow removal obligations concerning sidewalks in the State of New Jersey.

Since 1981, the obligation of a landowner to remove ice or snow from a public sidewalk differs between commercial landowners and residential landowners. Commercial landowners, which are typically businesses and for profit organizations, have a duty to properly remove ice and snow from public walkways and sidewalks around their buildings in a reasonably timely manner after a snowfall. Further, they have an ongoing and continuing obligation to make sure that those sidewalks and walkways are kept clear from hazards such as ice by continuing to salt and/or sand the area as needed. A commercial landowner which fails to fulfill this duty will be responsible for injuries sustained by any individuals who slips and falls on their property.

The duty of a residential landowner is completely different. From a “liability” perspective, a residential landowner has no duty to remove ice or snow from the public sidewalk next to its property. That is, if an individual slips and falls as a result of an accumulation of ice or snow on a public sidewalk next to a residential property, that injured individual cannot obtain monetary damages from the homeowner for negligence. However, does this analysis change if the property owner attempts to remove the ice or snow but does so in an improper or negligent manner? The answer to this question is: “it depends.” A recent New Jersey Supreme Court case held that the landowner in this instance would not be responsible to an injured person unless the landowner’s attempt to remove the ice and snow formed a “new element of danger... other than one caused by natural forces.” Under this language, a subsequent melting and refreezing of that snow on the sidewalk would not constitute such a new hazard. The reasoning of the court in reaching these conclusions is to encourage homeowners to engage in the snow removal process for the safety of the public. Importantly, however, despite the fact that a homeowner may not be liable for damages suffered by someone who slips and falls on the public sidewalk in front of their house, they may be fined by their local municipality for failing to clear ice and snow in conformance with local ordinances. Accordingly, in order to avoid a potential fine from your local town, it is suggested that all attempts be made to remove the ice and snow from the public sidewalk in front of your house. As indicated above, doing so does not necessarily increase any liability you may have to a passerby who falls.

Despite my analysis above, there are numerous questions and issues that are still not answered. If a homeowner is not responsible for injuries to one who slips and falls on the public sidewalk, who is? Is a multi-unit apartment building “residential” or “commercial?” Is a public sidewalk next to a residential condominium complex “residential” or “commercial?” Is a common sidewalk with in a residential condominium complex “residential” or “commercial?” The answers to these questions require significantly more legal analysis than can be provided in this article. As such, in the event you or a family member are injured as a result of a slip and fall on ice or snow, you should immediately seek the advice of an attorney to determine who may have responsibility for your injuries. If you or a family member have any questions concerning any issues raised in this article, please do not hesitate to contact my office.

**JOHN T. BAZZURRO, Esq.**

Board Certified Civil Trial Attorney

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*\*Zillow review by mkubik1710*

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158 Pennington Hopewell Rd., Hopewell, NJ 08525  
\$725,000 Agent: Marjorie Owens

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



MLS#6923548

118 Everett St., Robbinsville, NJ 08691  
\$537,500 Agent: Anna Coriasco

4br, 3ba Colonial in one of the best locations in the much sought after Robbinsville Town Center neighborhood...private street, cul-de-sac, beautiful trees, and the Lake just beyond your backyard fence. The sprawling front porch will be a pleasure to enjoy any time of the year.



MLS#6910424

71 Laura Ave., Hamilton, NJ 08619  
\$409,900 Agent: Dennis Breza

Fantastic 4br, 2.5ba Colonial in Christopher Estates. 8 yrs young. Literally 1 min from Hamilton Train Station (walkable). Extras incl new crown molding, lrg eat-in-kit w/granite counters, new SS appliances (2016) & many more. Come see this one you won't be disappointed!



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#6751197

1 Sienna Ct., Robbinsville, NJ 08691  
\$749,900- \$1,099,900 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.

## FEATURED HOME OF THE MONTH



MLS#6918658 • 118 Meirs Rd., Cream Ridge, NJ 08514  
\$1,499,000 Agent: JoAnn Stewart

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



MLS#6878231

20 Hummingbird Drive, Hamilton, NJ 08690  
\$309,900 Agent: Nina Cestarezillo

2br, 2ba Ranch in one of the largest single fam homes in desirable "Evergreen" 55+ Community. Everything is NEW 42 "white cabinets, granite counters, brand new SS appliances & new tile flooring. Sliders to a private patio. Premium lot and clubhouse! Take a look today!



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#6923283

4 Kyle Lane, Robbinsville, NJ 08691  
\$899,000 Agent: Jessica Leale

4br, 3.5ba Colonial. Custom built to the highest standards, with use of some of the finest materials used in building today. Oversized 2 car garage. Full 2400 sf bsmt. Grand front porch of over 300 sf and spectacular 450 sf back covered porch-great outdoor entertaining! Beautiful!!



MLS#6910231

63 Honeyflower Lane, West Windsor, NJ 08550  
\$449,900 Agent: Donna Moskowitz

3br, 2.5ba Eden model in 55 and over Community. Open floor plan includes Master bedroom, sunroom, & added den/office/bedroom on main level. Home has solar heating, newer air conditioning & heating system & hot water heater all approx. 2 yrs ago. Come take a look!!

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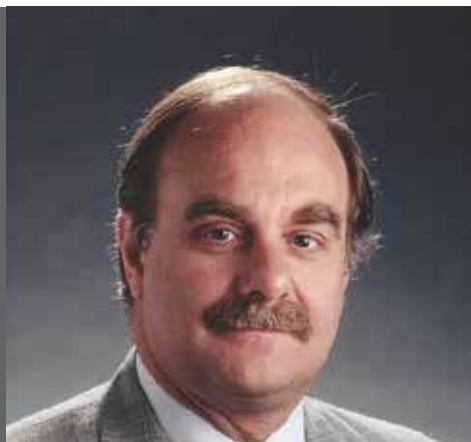
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breakfast room with soaring vaulted ceilings makes this majestic home the ultimate space for entertaining.

What's more, the expansive first floor includes a terrace shared by an oversized executive office and enormous en suite bedroom. Upstairs a magnificent master suite with his and hers closets, an elaborate sitting room with marble fireplace, and terrace sits alone on one wing while the other wing boasts a Jack and Jill, and princess suite served by its own staircase and Juliet balcony conveniently overlooking the family room. An immaculately finished ~2,500 sq. ft. walk-out basement with marble tiles throughout the eat-in gourmet kitchen, separate dining and living area, bedroom, full bathroom, theatre room, and even exercise and storage areas completes the home. Another of many areas offering further customization.

Marlboro, NJ, is a picturesque suburb of beautiful homes and intimate communities within reach of all your heart's desires. Along Routes 9 and 79, you'll find treats, restaurants and delights for every age and culture. Whether it's the grand Asian Food Market on Main Street directly behind Osteria, known for its sumptuous authentic Italian dining, or horseback riding on the vast grounds and state of the art facilities at Baymar Farms, or Rock Climbing at the self-proclaimed "Country's most contemporary indoor climbing facilities" at Garden State Rocks, Marlboro offers premium choices for everyone. The Garden State Parkway for convenient access to NYC is only minutes away. Alternatively, in just 5 minutes, a NJ Transit bus, can run you from Marlboro to Port Authority or an Academy bus will get you to Wall Street during rush hour. Additionally Route 9, Route 18, and County Road (CR) 520 provide direct access to a host of activities, restaurants, shopping, salon/spas, schools, gas stations and hospitals. Six Flags, iPlay America, Freehold Raceway Mall, The Grove, and my fave, Menlo Park Mall in Edison are less than 30 mins away.

Of all the hospitals in Central Jersey, Marlboro NJ offers close proximity to four of the Best including Bayshore Community Hospital in bordering Holmdel, NJ; CentraState Medical Center only minutes away in neighboring Freehold, NJ, Monmouth Medical Center down the by the shore in Long Branch, NJ and Robert Wood Johnson University Hospital and St. Peter's University Hospital in nearby New Brunswick, NJ. Marlboro has top performing schools on expansive campuses offering an abundance of extracurricular activities. Elementary Schools Frank Defino Central (Marlboro), Asher Holmes (Morganville), and Robertsville (Morganville), consistently receive GreatSchool ratings of 10, 9, and 9 respectively. Marlboro Memorial Middle School (Morganville) merited a rating of 9.



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# Hip, Hop, Hooray! Sonny the Bunny Returns to iPlay America!

Sonny the Bunny hops into the spotlight at iPlay America, Saturday, April 8, for his **Fourth Annual Colossal Carrot Adventure!** This family-friendly event is more than EGG-citing, it is EGG-cellent! Sonny the Bunny makes a triumphant return to iPlay America on Saturday, from 10:00 a.m. – 12:00 p.m. This year's adventure is bigger and better than ever with two fantastic and fun events, the **Bunny Trail** and the **VIB (Very Important Bunny) Breakfast with Sonny the Bunny**.

For three-years, families, and especially children have fallen in love with iPlay America's Bunny Trail. It's **FREE** to come hop along the trail and collect Easter eggs filled with special treats and prizes at several stops. Each registered child will receive a **FREE** Easter egg bucket, **FREE** digital photo download with Sonny the Bunny, and raffle ticket to win super prizes. This is a **FREE** event, but registration is required.

Looking for more HARE-raising, family fun this Easter holiday? Then get your taste buds ready for iPlay America's **VIB (Very Important Bunny) Breakfast with Sonny the Bunny!** Priced at just \$19.95 for children 2 – 12 and \$29.95 for adults, children under 2 are **FREE**. The event features a delectable multi-item buffet breakfast, a special table visit from Sonny the Bunny, a collectible Easter egg bucket, extra prize-filled egg, a **FREE** \$5 Game Card for each paid ticket holder, and extra special games and prizes exclusively for VIBs. The VIB gives families a special **FREE** opportunity with Sonny the Bunny that includes a free frame and **FREE** digital photo download. This year's VIB will include radio personalities from 94.3 The Point to host the breakfast. Plus, there will be balloon artists from Neverland Balloons on hand and Miss Sherri from the Honey Child Music Academy will be performing LIVE. Breakfast begins at 9:00 a.m. and guests can join in the **FREE** fun in the park after the VIB Breakfast. Last year's VIB Breakfast **SOLD OUT** so make your reservations **NOW**.

This year's raffle prizes include two Ultimate Easter Baskets from Broadway Sweets, and two iPlay America Prize Packs, plus the Grand Prize – a spectacular Diamond Prize donated by Giorgio's Fine Jewelry and an iPlay America iParty Plus Birthday Party. There will be "HOPPY-ness" in abundance as each and every winner is chosen!

**Get Inside the FUN** and make plans now to attend the **Fourth Annual Colossal Carrot Adventure** at iPlay America! It's a fun and fabulous way to celebrate for the whole family, so don't miss out on all of the good times and EGG-citement! Availability is limited. Registration for both the **FREE** event and the VIB Breakfast is required. Registration closes on Thursday, April 6. To register for the **FREE** event and buy tickets for the VIB Breakfast go to [iPlayAmerica.com/CarrotAdventure](http://iPlayAmerica.com/CarrotAdventure).

**FREE EVENT! REGISTRATION REQUIRED!**

## Lion or Lamb for 2017?

By Susan Heckler

Drop that flip flop, turn your pajamas right side in, and keep the toothpaste off your nose. Winter may not be over yet.

Did you know that one of the worst storms in New Jersey history happened March 13, 1888? Although the storm also struck New England, New York and New Jersey were the hardest hit, with a blizzard lasting 36-hours while dumping some 47 inches of snow. Back in those days, they didn't have the equipment we do now so New York City was practically inaccessible from the rest of the country because of the massive snowdrifts.



The total deaths from the blizzard, according to the National Weather Service, were more than 400, including 200 in New York City alone.

Isolated incident? Well who remembers a blizzard from March 12-14 in 1993? That year would be called "The Storm of the Century." The storm affected the east coast from Florida to Canada, 26 states and about 50 percent of the nation's population. It forced evacuations in Monmouth and Ocean counties. Wind-driven sleet occurred in some areas, with central New Jersey reporting 2.5 inches of sleet on top of 12 inches of snow.

While New Jersians were better prepared due to radar and advanced warning, approximately 270 died directly and indirectly (e.g., shoveling snow) resulting from the storm., and 48 people were reported as missing at sea in the Gulf of Mexico, Atlantic Ocean and Canadian waters.



## Captain Mark Phillips Appointed Cross-Country Course Designer

for 2017 Jersey Fresh International Three-Day Event World-renowned Equestrian at Work with JFI Management to Bring New Look and Flow to all Competition Levels



With plans fully underway in preparation for the upcoming 15th anniversary presentation of the Jersey Fresh International Three-Day Event – to be held at the Horse Park of New Jersey May 10-14 – Event management has announced that Captain Mark Phillips will assume responsibility for cross-country course design at this year's competition.

Captain Phillips takes over as JFI Course Designer from John Williams, who has designed the Event's courses for the prior 14 years, since the competition's inception in 2002. The JFI Organizing Committee – headed by Jane Cory, Event Organizer, and Dan Wunderlich, Committee Chair – emphasizes the enormous contribution that Williams has made to JFI as a member of the original team that brought the competition to life, and then over the years as a hard-working, highly influential driver of JFI's development into a world-class, international Three-Star Eventing venue.

The decision to bring Captain Phillips on board marks further advancement on the trajectory of additions and improvements that have been implemented at JFI, particularly over the past three years. "Both behind the scenes and in more obvious ways, the Event has sought to enhance the JFI experience for competitors, spectators and all fans of equestrian sport," says Dan Wunderlich. "Having Captain Phillips join our team affords us another tremendous opportunity to bring the highest level talent, officiating and accommodations to those who attend or follow JFI during its four-day presence at the Horse Park each May."

Captain Phillips' is already hard at work on the four tracks needed to run the cross-country phase for CCI3\*, CIC3\*, CCI2\* and CIC2\* divisions of the competition, all of which will take place on Saturday, May 13. As has been previously announced, the 2017 courses will utilize – for the first time – additional property that has become accessible to JFI since the 2016 Event. It is anticipated that Captain Phillips' courses will capitalize on the additional acreage and his unique experience and insight to improve flow, as well as give competitors an entirely new look and feel to their cross-country ride at JFI. "We are very excited and fortunate that Mark was willing and able to step in at JFI this year," said Jane Cory. "We are especially thrilled that – assuming he gets the nod from the FEI to be Course Designer at the 2018 World Equestrian Games – riders at all levels will be able to experience a taste of what Mark might be thinking for that by coming to New Jersey in just a few months.

The Jewish Heritage Museum of Monmouth County  
presents

Albert Long is...  
"The Living Sequel"

## as The Legendary George Burns

Albert Long is .....The Legendary George Burns. At first, you are utterly amazed. As he slowly ambles to the microphone, wearing his trademark black glasses and El Producto cigar in hand, you rub your eyes in disbelief. It is.....no, it can't be.....but, it is. It's all there: the one liners, the reminiscences about Gracie, and the catchy songs Be prepared to stroll down memory lane with this tribute to one of the most beloved greats of show business.



**Sunday, April 2, 2017 2 PM**

**\$10 members, \$12 non-members**

**The Jewish Heritage Museum  
of Monmouth County**

**310 Mounts Corner Drive, Freehold, NJ**  
(Located on the second floor of the historic Levi Solomon Barn in the  
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and Wemrock Road, Freehold Township NJ)

**For more information or to make a paid reservation  
please call the Museum at**

**732-252-6990, or visit [www.jhmomc.org](http://www.jhmomc.org)**

Paid reservations are non-refundable.

**Maximum capacity is 100,  
so paid reservations are recommended.**

The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of  
the Internal Revenue Code and is handicapped accessible.

The Jewish Heritage Museum of Monmouth County welcomes Albert Long Is... "The Living Sequel" as The Legendary George Burns on Sunday, April 2, 2017, at 2:00 p.m. Admission is \$10 members and \$12 non-members.

Albert Long is .....The Legendary George Burns. At first, you are utterly amazed. As he slowly ambles to the microphone, wearing his trademark black glasses and El Producto cigar in hand, you rub your eyes in disbelief. It is.....no, it can't be.....but, it is. You begin to wax nostalgic. It's all there: the one-liners, the reminiscences about Gracie, the catchy songs. Be prepared to stroll down memory lane as you watch one of the most beloved greats of show business. You will be amazed at the resemblance that Al has to one of our all-time favorites. Classic Burns quips like, "I remember when sex was dirty and the air was clean" and "You can't help getting older, but you don't have to get old," fill Albert Long's act.

Albert Long is a Philadelphia native and retired train operator. From a youthful love of the movies, George Burns became his idol. In an interview with reporter Helen A. Oxman, Long shared, "I enjoy the old slapstick type of comedy – that of Burns, Durante and Henny Youngman," as a celebrity impersonator. When he's not performing, he is a devoted family man, including spending time with his three grandchildren: David Jr., Danny, and Haley.

Albert Long's live appearances include the Beverly Hills Hotel, in Hollywood, CA; The Friars Club, New York, NY; Casino Comedy Club, Merv Griffin's Resorts Casino, Atlantic City, NJ; Golden Steer Dinner Theater, Avalon, NJ; and the Liberty Belle Cruise Ship, Philadelphia, PA. His television & radio credits include "Steppin' Out," WWOR-TV, Channel 9, New York, NY.

He also appeared as an opening act for The Platters, Bobby Rydell, Cozy Morley, Julius La Rosa, Al Martino, Carol Channing, Dean Martin, and Mickey Rooney.

For more information or to make a reservation (non-refundable), call the Museum at 732-252-6990, or visit [www.jhmomc.org](http://www.jhmomc.org). The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive Freehold, NJ, at the corner of Route 537 and Wemrock Road (between the CentraState Medical Center and Freehold Raceway Mall). It is on the second floor of the historic Levi Solomon Barn.

The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code and is handicapped accessible.



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**Barnes and Noble Story Time @ Freehold (11AM-12PM)**

**Pay What You Wish Evenings at the Morris Museum**

**Family Movie Night @ Burlington County Library (6-7:30)**



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**Lego Club @ Deptford Library**



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**Ellis Island: Gateway to America @ Stony Brook Elementary**

**A Day at the Theater: A Salute to Our Veterans - Red Bank, Two River Theater**

**Victorian Magic @ Wyckoff Library**

**Barnes and Noble Story Time - Bridgewater**



**Baby & Me Story Time- Emerson Library**



**Whimsical Wednesdays @ South County Library**

**National Take a Walk in the Park Day!**

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- March 16<sup>th</sup> at 7:00 PM – Access To Healthcare And The Quality Of Life Connection At The Brookside with Dr. Chalnack
- March 17<sup>th</sup> at 11:00 AM – St. Patrick's Day Celebration with Julian
- March 23<sup>rd</sup> at 7:00 PM – Veteran Benefits: Aid and Attendance Seminar with Eagle Care Consultants
- March 25<sup>th</sup> at 9:30 AM – Services and Kiddush
- March 28<sup>th</sup> at 3:00 PM – Ladies Club with Ester

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## The Geriatric Advisory Council- Giving Information Benefiting Generations

By Susan Heckler

So many businesses center their marketing around Generation Z/ The Boomlets (born after 2001), Generation Y/The Millennials (born between 1981 and 2000), Generation X (born between 1965 and 1980), and The Baby Boomers (born between 1946 and 1964). There is a whole other market out there that deserves the same time and attention; The Mature or The Silents (born 1927- 1945) and the GI Generation (born 1901-1926) with The Baby Boomers following close behind.

With the help of better health care, our population is aging more gracefully. We are living longer and better, but sometimes not well enough. With age comes the sacrifice of some of our faculties and the ability to live independently or without assistance. Loved ones and care givers are at a loss of what to do and many live out of the area, are busy in their own lives and just can't manage on their own.

The Geriatric Advisory Council ([www.geriatricadvisorycouncil.com](http://www.geriatricadvisorycouncil.com)) was founded 7 years ago by Freehold resident Seymour Semaya. The GAC currently has chapters meeting monthly in New Jersey counties; Burlington, Essex, Mercer, Middlesex, Monmouth and Ocean, and in greater Philadelphia, PA. The purpose of the GAC is to encourage networking among people and organizations that provide services to elderly people and their caregivers.

In the monthly meetings, GAC members educate each other and combine their expertise to provide a better quality of life for seniors and caregivers. They are an umbrella of professionals who do outreach into the community to provide information and services to the aging population and their family members. There is a wealth of resources out there for the senior population and only a handful of people who understand it and know where to find it. Awareness is priceless.

Their mission statement explains it best; "The Geriatric Advisory Council is a professional organization comprised of dedicated local businesses and non-profit organizations that are focused on eldercare and senior related issues. The council was formed with the mindful mission of assisting seniors and their caregivers by providing FREE educational resources along with targeted referrals to help caregivers provide the quality of life that their loved ones need and deserve."

Among its members you will find Eldercare attorneys, Reverse Mortgage specialists, Financial Planners, Medical doctors, Realtors, Medical Transport, Technology Product & Service Providers, Medicaid Planning, Ramp and Home Safety companies, Home Health Care Agencies, Long Term Care facilities and many others that are relevant for each County.

If you think you can benefit from one of the chapters of GAC, need information or a referral, or if you can benefit them, reach out to them by email at [seymour@elderconnectionsny.com](mailto:seymour@elderconnectionsny.com) or call (732)239-2110.







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# Quality Time with Grandparents

By: Susan Heckler

Grandmas and Grandpas are the roots of your family tree from which your parents, siblings, aunts, uncles and cousins have grown. They embody your family history in mind and in body. Spending quality time with them is amazing; you are having a great time and making memories for a lifetime.

Here are some great suggestions on how to make the most of the time together:

- Cooking with grandparents is a great way for your kids to learn about their heritage and learn the secret family recipes to hand down to future generations.



- Creating a Family Scrapbook is a fun and easy way to chronicle fun times together. Silly selfies and snapchats will give everyone smiles for years to come, especially if Grandma and Grandpa don't live nearby.

- Plan fun activities for your kids to do with their grandparents outside of the house. It's much more enjoyable for everyone and gives all a chance to make some great memories.



- Face time or video chat with Grandparents that live out of the area. A phone call is wonderful but seeing their smiles is even better. A random text to let someone know you are thinking about them can make their day at any age.

- Learn their favorite hobby! Fishing, sewing, chess, woodworking, bird watching or baking...no matter what it is, it is time shared.



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- **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.
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- **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.
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# The Logic of Logos and Catch-Phrases *You Dodo Bird!*

By Pam Teel

Have you ever been called a Dodo bird, or sometime in your life called someone else one? The slang interpretation meaning is a stupid person or idiot. Have you heard the catch phrase, Dumb as a Dodo or Dead as a Dodo? The name coming from a now extinct large flightless bird with a hooked beak that inhabited the island of Mauritius in the Indian Ocean until it became extinct sometime in the early 1600's.

The reason they went extinct was because of the appetites of Dutch sailors who eventually ate them into extinction after finding out that they were easy prey to catch and that they were not afraid of people. After sailors landed and settled on the island in 1598, they managed to wipe them out rather quickly. Also the animals that the sailors brought with them such as pigs, dogs, and rats, did a number eating up all the Dodo eggs on the island.

Despite being one of the most famous extinct birds, scientists are still not one hundred percent sure what it actually looked like. Complete skeletons of the animal are extremely rare. The model in The Natural History Museum is a composite of various specimens. The commonly accepted image of a Dodo bird as an overweight dumpling of a bird is probably false. In reconstructions of bones found, it would appear that the Dodo was a lot sleeker and agile than the past artists gave it credit for, more to the likeness of early sailors' descriptions. There was a full skeleton that was found in a cave in the 1900's, which now stands at an exhibition in the Mauritius Institute Museum in Port Louis and new evidence suggests that the Dodo bird wasn't as dumb as it looked based on a well-preserved skull from the museum collection. Scientists found that the bird's brain was well in proportion to its animal size and that Dodo's might have had a better sense of smell than most birds with a larger olfactory region of the brain. DNA extracted from a skull of a Dodo turned out evidence that the Dodo bird was in fact a large pigeon. Its closest living relative is the Nicobar pigeon of Southeast Asia. Dodo birds had a pointed beak and rounded head and were anywhere from 23 to 50 lbs., two to three feet tall, dwarfing its more distant relative, the common 13-inch pigeon. This suggests that rather than being thought of as stupid birds, the Dodo boasted at least the same intelligence as its fellow members of the pigeon and dove family today.

From an evolutionary stand point, the Dodo's large size and flightiness can be seen as a typical adaptation to a life without predators. Being big, allowed a more efficient use of energy, and meant that the birds could withstand food shortages caused by hurricanes and drought. With no enemies to flee from, there was no need for flight, thus making way for a giant bird with tiny wings. They probably were thought of as stupid because they were easy to catch. They had never had to face a predator before; man did them in!

So the next time you think about comparing someone to a Dodo bird, you might just be paying him a compliment.





# Freehold Twp HS wins County Consumer Bowl

*High School students will move onto regional competition*



Caption: Freeholder Serena DiMaso, Esq. (far left) congratulates the winning team of the 2017 Monmouth County Consumer Bowl from Freehold Township High School Raiyan Hussain, Michael Galanaugh, Matthew Bernstein, aDaniel Cooper (advisor), Anna Landre (captain), Catriona Leary, and Jake La Fronz.

Freehold Township High School came up winners in the 2017 Monmouth County Consumer Bowl, a game-show-style competition for teams of high school students held Feb. 14 at the Monmouth County Fire Academy.

Students from seven high schools answered consumer-related questions in a multiple choice and open-ended format to test their knowledge of consumer issues, such as Internet fraud and buying and leasing automobiles.

The six-member team from Freehold Township High School successfully earned its 2017 Monmouth County Consumer Bowl title against students from Colts Neck, Freehold Borough, Howell, Manalapan and Raritan and Saint John Vianney High School.

“The best part about this program is that all of our participating young adults gained some knowledge about what it takes to help them be smarter consumers and possibly future consumer advocates,” said Freeholder Serena DiMaso, who was on hand to congratulate the winners. “It is also a great way to promote the County’s Consumer Affairs office, which enforces consumer laws and helps people who suspect they might be victims of unscrupulous business practices.”

In the final round, Freehold Twp. faced-off with Howell High School. Though the scores were close, the Freehold Township team was victorious and won the 2017 County Consumer Bowl for the seventh time in eight years.

“It’s important that teens understand consumer and business concepts, like credit and identity theft, banking and fraud, marketing and advertising,” said Freeholder Lillian G. Burry, liaison to the County’s Division of Consumer Affairs. “Consumer Bowl participants are a step ahead of their peers with their knowledge of consumer issues and are well-prepared to tackle issues in the marketplace.”

Team members are Anna Landre (team captain), Matthew Bernstein, Jake LaFronz, Michael Galanaugh and Raiyan Hussain. Their advisor is Dan Cooper; school principal is Elizabeth Higley.

The Freehold Township team now moves on to the regional competition on April 6 with home field advantage because the competition will be held at the Monmouth County Fire Academy. The winner of the regional competition will go on to compete in the 2017 New Jersey State Consumer Bowl scheduled for May in Trenton.

The New Jersey High School Consumer Bowl is a program of the state Department of Law and Public Safety, Division of Consumer Affairs. It was established in 1997 to help students learn about consumer issues that will benefit them throughout their lives.

Since the County’s Division of Consumer Affairs was established in 1977, the department has handled more than 50,000 complaints and resolved disputes, resulting in savings to consumers of more than \$22 million; \$9 million has been resolved in the past five years.

Consumer Affairs is a law enforcement agency, created and funded by the Monmouth County Board of Chosen Freeholders. It protects against consumer fraud and dishonest and dishonest business practices by enforcing the state Consumer Fraud Act and many other regulations.

Additional information about fraud and other consumer affairs programs can be found on the County website at [www.VisitMonmouth.com](http://www.VisitMonmouth.com), by calling 732-431-7900 or email [ConsumerAffairs@co.monmouth.nj.us](mailto:ConsumerAffairs@co.monmouth.nj.us). The office is open weekdays from 8:30 a.m. to 4:30 p.m.



# The Millstone Times

## STUDENT OF THE MONTH

### Dominic Scotto

By Pam Teel



Ten-year-old Dominic Scotto is in the 4th grade at the Millstone Township Elementary School.

Dominic lives in Clarksburg. He loves school and has a special interest in writing, especially realistic fiction. He also loves playing football on the playground at school with all his buddies. This is his first year picking an instrument out to play and he chose to play the trumpet. He loves it.

Dominic's favorite subjects are Art, Computers, and he also loves gym. He is super athletic.

He is also is an A student and always tries his best. His favorite book he likes to read is, Middle School worst years of my Life. His favorite television show is "Teen Titans Go."

His favorite sports team is the Philadelphia Eagles. He also has a favorite song title, "Never Give Up," which is the Eagle's Pump Up song. This song was created for the fans when the Eagles started their 2015 season off with a bad start. It was a song created to encourage fans. Dominic relates to this song because he is someone who never gives up and gives his all in everything he does.

His hobbies include playing soccer, football, riding his quad, riding bikes, snowboarding, drawing, playing board games, and any kind of activity that has to do with the outdoors.

Dominic's favorite place to visit is the Beach and he looks forward to his Wildwood, NJ vacations with family and friends as soon as school gets out. He just loves the summer months and playing in the pool with his friends. He also loves listening to music, dancing, going to Hurricane Harbor, building tree forts, and spending quality time with his family.

Dominic has three sisters and one brother, Angelina 13, Gabriella 12, Katarina 4, and Mason 1. His mother and father were both born and raised in Millstone as well as his grandfathers.

Dominic has a pet cat named Creamsicles. His favorite holiday is Christmas.

His favorite activity is playing soccer on his travel team in Jackson. The name of his team is the Falcons. He is the striker and is known to give his team 100 per cent all the time. Over the past few months, Dominic entered and won several soccer competitions of soccer shootouts for the State of New Jersey sponsored by the Elks League. Dominic represented the Millstone Elks and beat out other 10 to 14 year olds in NJ. He's now off to Maryland to compete for the Nationals.

His favorite food to eat is Steak, noodles, and ice pops.

He would love one day to go to Rutgers and own a business. His dream career would be to be a football player.

If he had but one wish, he hopes that the world of medicine would find a cure for cancer. He knows people who it has affected and wished that they didn't have to go through the pain and suffering of the disease.

Dominic is a well-rounded young man. He makes everyone around him feel welcomed. He never wants anyone to feel excluded and takes a stand when someone is being bullied.

Keep up the good work in School Dominic and keep on dreaming Big!!!! You've got the whole package for success!

Attention Allentown, East Windsor, Creamridge, etc. - Do you know someone who does well in school and who you would like to recommend as the Student of the Month? Please email me at crescent671@gmail.com



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On-Site Parking

## 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.

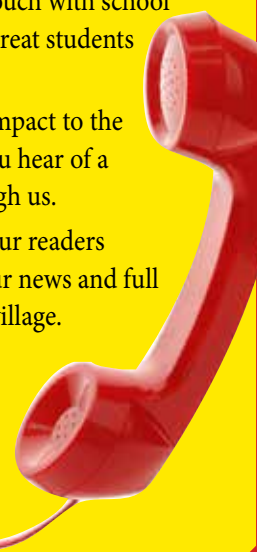
The dilemma is finding out about all of the great news and programs available throughout all of the schools in all of the districts. We are in touch with school administration but would like to hear from the parents of the great students the schools are privileged to be educating and molding.

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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**Grow With the Millstone  
Community Garden!**

Would you like to grow your own fresh vegetables? Do you have land but too many deer and too much shade? Are you new to gardening and want to learn more? Want to get your hands dirty for a good cause? Join the friendly gardeners of the Millstone Community Garden!

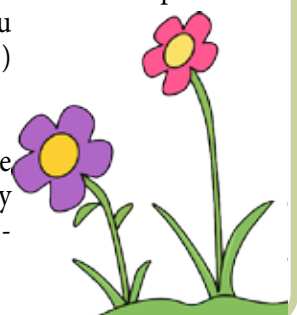
Individual Plots are available now. The cost is \$25.00 for a 10.5' x 10.5'.

There are some community plots of vegetables and fruits tended by the Master Gardeners of Monmouth County and Community Gardeners that are donated to the local food banks. Last year over 650 pounds of fresh vegetables were donated to the Millstone Food Pantry and Open Door Food Pantry in Freehold.

Volunteers are welcome. You might be inspired to grow your own! It's a great way for your children and grandchildren to learn where food really comes from.

The garden is located at 211 Millstone Rd. in Perrineville and is sponsored by the United Presbyterian Church of Millstone. (You don't have to be a member of the church to have a plot.) Stop by to visit the garden and see what's growing on!

For more information, visit the garden website at [www.millstonegarden.org](http://www.millstonegarden.org), the Millstone Community Garden Facebook page, call Jeanette Kozak at 609 223-0010, or email Anne Haines at [syringa12@aol.com](mailto:syringa12@aol.com).





# Glitter Makeup

By Jordan Tinitigan

2017 is for all that glitters! So many makeup trends revolve around our reborn love for everyone's favorite craft supply. But don't worry! This glitter is perfectly safe for your face, and you will not be using Elmer's Glue to get it on! Actually, there's a certain type of eye primer used specifically for loose glitter. (NYX makes one for only \$5.99!) It has a creamy consistency and blends right into your skin like any other eyeshadow primer would. Loose glitter is then applied on top of that and your glittery look is assured for the rest of the night! I have personally tried this out for New Year's Eve, and it's easy to use and almost flawless.

Surprisingly loose cosmetic glitter isn't very expensive. There's a website called [bulkgitters.com](http://bulkgitters.com) that sells mini pots of several different colors for only a dollar! They're not very big, but tons of glitter isn't usually your go-to look for an everyday basis, so it should last. Also, there's a huge difference between the glitter size too. It ranges from fine to chunky, and it's pretty self-explanatory.

Another cool trend is glitter eyeliner. Brands like NYX and Urban Decay sell glitter in the form of liquid eyeliner. This means that you could just dab it onto your eyelid like any other liquid liner you have! Many beauty gurus have been using glitter to make a fully wing, or drawing a thin line on top of their already-there wing.

The last and coolest new glitter trend is... Glitter Lips! Pat McGrath made a lip kit that gives you glitter, clear lip-gloss, pigment, and lipsticks to create the perfect glitter lip. (I'm sure you've seen Bella Hadid rocking them on the runway) The only problem is...you can only find them on resale... for \$100!!! However, word on the street is using a combo of your favorite lipstick, matching (or similar-colored) loose glitter, primer, and a clear gloss to go over the top will do just the trick on its own. Another way to go about this is to just mix the glitter and the gloss together in a small bowl and applying it like a regular lip-gloss.

Hope your 2017 sparkles as much as your makeup does!





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## East Windsor Scoring Anniversary

East Windsor Mayor Mironov Proclaimed Boy Scouting Anniversary Week February 5 to 11 and recognized local Boy Scout Troops 5700, 6284 and 59, and Cub Scout Pack 53. The Mayoral Proclamation, noting that the Boy Scouts of America were officially founded in 1910 and celebrating its 107th anniversary, stated they "have continued to set an excellent example for all through their volunteerism, commitment to others, and dedication to bettering themselves and their communities." The Proclamation "expressed appreciation to and commended the outstanding work of the Boy Scout organization, their scout members, leaders and volunteers in our community."

Mayor Janice S. Mironov presented a Proclamation for Boy Scouting Anniversary Week along with private checks of support to local Boy Scout troops. Pictured (from left to right) are: (back row) Alice Hillary; Brian Reiss, Boy Scout Troop 59 Scoutmaster; Brendan Reiss; Greg Charache, Boy Scout Troop 5700 Scoutmaster; Pete Kecskes, Cub Pack 53 Scoutmaster; Sandy Tootleman, Former Boy Scout Troop 59 Scoutmaster; Amie Kirschner; (middle row) Stephanie Muller; Ryan Ketterer; Mayor Janice S. Mironov; Prathush Neelagiri; Andrew Kirschner; Charlie Hillary; (front row) Noah Schwartz, and Jonathan Kecskes



## Adopt A Spot

East Windsor Encourages Community Groups to Participate in 2017 Township Adopt-A-Spot Program. 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 three times per month from April 1 through November 30. 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.



Beth El Synagogue. Pictured (from left to right) are: Danny Genek; Ben Genek; Mayor Janice S. Mironov; Andrea Genek, and John Donnelly, Clean Communities Committee Chairperson.



Casciano Family. Pictured (from left to right) are: Sophie Casciano; Kevin Casciano; Mayor Janice S. Mironov; Angie Casciano, and John Donnelly, Clean Communities Committee Chairperson.



# MARCH BARGAINS

By Susan Heckler

We all know that certain times of the year are best to buy a certain product...what we don't always know is what is best when. Coupon Shmoupon, some discounts are best by the calendar.

So it's March. One obvious luxury item which has steep discounts would be boxed chocolates. Christmas and New Years are behind us, as is Valentine's Day. Prices often drop between Valentine's Day and Easter. The shelf life of most candy is 10 days to two weeks, so maybe avoid any in holiday boxes.



Now that Valentine's Day is over, it's easier to find your favorite scent for a steal. Perfumes are a good value right now.

Many people no longer own cameras and opt for snapshots on their smartphone instead. Prices for digital cameras range from \$75 to several thousand dollars and the variety is vast. You need to do a little research to decide if basic models like Point-and-shoot, Superzoom, Waterproof/rugged, or Advanced Cameras like Advanced point-and-shoot, Mirrorless or a SLR camera is the right choice for you. Definitely do your pricing online and in stores to compare.

Ellipticals allow you to turn a cardiovascular exercise into a full-body workout. Ellipticals mimic the motion of running on a treadmill, but without the impact. Don't get over-zealous; consider your budget and your workout regime. Another pitfall, which I fell for, is not all elliptical machines are good for all body types. If you are long legged with a long stride, beware. Definitely go and try them out in person to determine the best fit for your family, room space, budget etc. Buying online, sight unseen is a problem, even with money-back guarantees. They are big, bulky and heavy and a pain to return.

With winter winding down, humidifiers will be back in the garage for months. Now is the time to invest in one to avoid itchy eyes, sore throat, and cracked skin by adding moisture to dry, heated air next year. You may buy individual ones for each room or whole house ones, but excessive moisture isn't good either. Get one that is the appropriate size for your space because over-humidification can promote growth of mold, bacteria, and dust mites. Make sure the model you choose is easy to clean because humidifiers can harbor bacteria if not cleaned regularly. Warm Mist humidifiers heat water to a boil, and then emit the resulting steam. There are three kinds of Cool Mist humidifiers: Evaporative, Ultrasonic, and Impeller.

Didn't know March was National Frozen Foods Month? Make room in your freezer for your favorites.

Treadmills are a great piece of home exercise equipment, but they can be a pricey purchase. Some go as high as \$4,000, but that isn't what you need to spend for a good one. You'll also need suitable room as most treadmills are about 6.5 feet x 3 feet and you need about two feet on each side and the back—to get on and off safely. They are very heavy so think about what floor you want it on! Free delivery and assembly are wonderful perks. You need to sort out your reasons for purchase, is it for general health, are you a true athlete, or are you going to use it for rehab? If your goals don't require state-of-the-art equipment, than your wallet shouldn't suffer to buy it. This is another try before you buy purchase. As you use it, some will be more comfortable, feel sturdier, be easier to operate, and have a better warranty. Do your homework!

New models of televisions are introduced at the International Consumer Electronics Show each January. Retailers clear out old inventory to make way for the latest items in March.

Updated luggage styles will be arriving in anticipation of summer travel, so March is the time to buy last year's suitcases.

It is a little early to think about it, but the first round of markdowns on spring shoes, especially sandals, which begin appearing in stores in January, happens in March. Leftover sandals hit the clearance aisles by June, so visit brick-and-mortar stores and online retailers for the best selection.

Expect to find discounts on golf clubs in preparation for summer. Whenever consumer demand is down, prices usually are, too. You can expect the best deals on last season's models, as opposed to this year's options.

Buy your summer backyard grill in March to avoid the spike in prices that will come when summer arrives.

Before you know it, it will be Spring and you will be ready for anything!







*Dear The Millstone Times,*

The Pinelands Commission is in terrible trouble and needs to be fixed. This independent state agency has lost its way and is endangering the future of the Pinelands. Its staff recommended approval of the South Jersey Gas pipeline project is in violation of Pinelands protection rule. New Jersey's Pinelands won't survive if we don't enforce the rules that protect it.

Last Friday's meeting started with a glimmer of hope as six commissioners spoke at length about fulfilling their stewardship duties in preserving the Pine Barrens. However, it became a sad day when the other nine commissioners, also appointed to safeguard the pinelands, voted to approve the 24" high pressure gas pipeline that will forever scar this designated International Biosphere that is home to wildlife and fauna and a reservoir of 17 trillion gallons of the purest water in the U.S.

This vote was a total disregard of the wishes of the American people who live in surrounding counties. Why must we fight for every inch of the democracy in which we live? Large corporations, banks, and special interest groups have taken over our country while our elected officials turn a deaf ear to our pleas. We must help to protect this pristine forest by permanently declaring it off limits to these gas companies. We need to retrain people who may be losing their jobs, install a clean energy program in the form of solar and wind power, and have New Jersey lead the way in fighting climate change.

Since January, there have already been 8 pipeline explosions in the U.S. and a total of 430 gas pipeline explosions since the year 2000. Needless deaths and injuries have mounted into the hundreds, with property damages and gallons spilled soaring into the millions. The causes are numerous: internal and external corrosion, faulty weld seams, heavy equipment accidents, natural fires, manufacturing defects. No, we don't have a crystal ball, but the odds are that something will happen, if not today or tomorrow, in the future. This is a case of diminishing returns--we wouldn't be able to repair a disaster in the Pinelands - it is a sanctuary for us, our children and grandchildren. We need everyone's help!

*Roy Ressler*  
Millstone Township



## Both Equine and Canine Prepare to "Hoof It" Around Cross-Country at 2017 Jersey Fresh International Three-Day Event

*FlyPups, Inc. Will Join In JFI 2017 Action as a Charitable Partner*



It is with great excitement that the Jersey Fresh International Three-Day Event Organizing Committee welcomes FlyPups, Inc., to participate in the competition's 15th anniversary festivities taking place at the Horse Park of New Jersey, May 10-14.

FlyPups, based in Pottersville, NJ, transports dogs from desperate situations to no-kill shelters and foster situations where they can be nurtured and prepared for placement in forever homes. FlyPups' focus on using aircraft to deliver dogs distinguishes the organization's operations. Often the animals being transported, while safe to travel, have been through circumstances rendering them fragile – and the stresses of a lengthy road trip could further compromise their physical and emotional health. Bringing these dogs safely and efficiently to those prepared to welcome and give them new lives is at the heart of FlyPups' mission.

FlyPups is also honored to collaborate in the transportation of dogs trained to aid U.S. Veterans, partnering with local nonprofits that provide companion and service dogs to soldiers who have bravely served. In addition, FlyPups stands ready to deliver aid and relocate dogs after natural disasters.

As part of JFI's schedule of events this year, FlyPups will hold a 5K run, as well as a 1K fun walk to benefit the organization's operations on Sunday, May 14, at the Horse Park of New Jersey. Athletes, spectators and families are welcome to experience a unique perspective of spring in the New Jersey countryside as they run or walk around JFI's Cross-Country Course, which will feature many awe-inspiring jumping challenges negotiated by horses and riders during the previous day's competition. The morning run will take place prior to the start of the final, Show Jumping phase of competition – at the center of the Horse Park grounds. The fun walk is currently anticipated to start and finish amidst the day's excitement and awards ceremonies.

Participants in either the run or walk, at any level of experience, are encouraged to bring along their canine partners. "This unique and beautiful venue allows us to combine both equine and canine activities in a fun and family-friendly setting – all to enjoy and benefit our four-legged best friends," notes Matthew Kiener, Founder and Chairman of FlyPups. "We are honored by the recognition and support being given to us by JFI and the surrounding community."

It is worth noting that Matt is joined in his amazing efforts with FlyPups by a dedicated team including his wife, Jessica Kiener, an upper-level Eventing competitor and trainer – most notably of rescued off-the-track thoroughbreds; as well as Buck Davidson, accomplished international Eventer and U.S. Equestrian Team member. Both Jessica and Buck have competed at JFI, Buck having won at several division levels over the years. Further information about FlyPups, Inc. – a 501(c)(3) non-profit that relies on donations to complete its missions – can be found at [www.flypups.org](http://www.flypups.org).

"As this venerable Eventing competition has grown and become increasingly important over its first 15 years, we continue to seek ways to give back to those that have tirelessly supported us," says Dan Wunderlich, Chair of the JFI Organizing Committee. "Working with a partner such as FlyPups, whose mission of rescuing among the neediest of our four-legged companions, holds special meaning for many in the equine community – and beyond – opening up new ways for everyone to enjoy the competition and venue."



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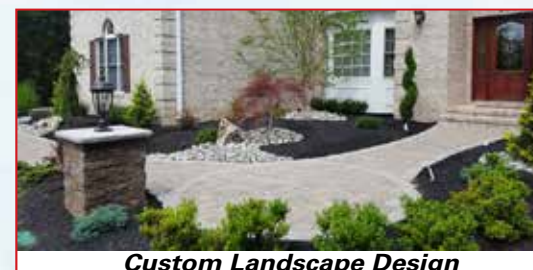


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