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More Than Just Millstone Township News!

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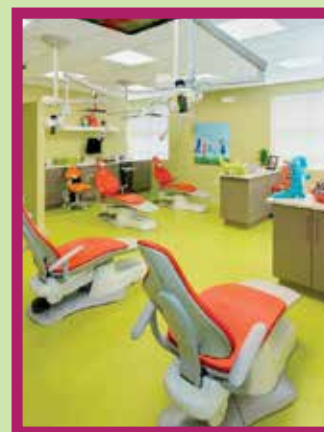
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The Millstone Times PHOTOS OF THE MONTH

By Pam Teel



Amateur photographer, Alex Ostrow, of Monroe took this picture of horses taking a trot in the snow in Monroe, NJ.

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

Amateur photographer, Alex Ostrow, of Monroe took this picture of a Bull fight in Spain. Bullfighting is the most traditional of Spanish Fiestas. The Spanish people consider them art forms, which are intimately linked with their country's history, art and culture. Despite pressure groups attempting to lobby against bullfighting, the King of Spain has allegedly stated that the day the EU bans bullfighting is the day Spain leaves the EU. Bullfighting can be traced back to the ancient days. They were popular spectacles in Ancient Rome but it was in the Iberian Peninsula that these contests were fully developed by the Moors from North Africa in AD 711.



Bull fighting developed into a ritualistic occasion observed in connection with feast days on which the conquering Moors mounted on highly trained horses confronted and killed the bull. A Spanish bullfighting arena is called the Plaza de Toros. Originally a hat was used to attract the bulls' attention but was quickly replaced by a cape.

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

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



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The Millstone Times

STUDENT OF THE MONTH

Heather Paglia

By Pam Teel



Ten year old Heather Paglia attends the Millstone Elementary School. She loves to go to school and see her friends but she also wishes that she could be home schooled so that she could spend more time on certain subjects like Math. Heather catches on very fast and it is easy for her to learn new things. Her favorite subject is Spanish because she feels it is important to learn a second language, Heather has been a Star student a few times in school. She went to an all Spanish preschool for three years so that she could learn the language at an early age.

Heather is a straight A student and works hard to get good grades. She wants to one day become a scholar athlete and go to the Peddie School and Princeton University. One day she would like to follow in her moms footsteps and become an entrepreneur. When she gets older, she wants to be a part of the family rental property business and make it even bigger alongside her brother. Heather would also like to one day become a lawyer.

Her favorite book series is Diary of a Wimpy Kid. She has read all the books in the series and wishes that there were more. Heather writes her own short stories in her own time and one day would like to write her own book series.

Her favorite song is Roar by Katy Perry because it motivates her in sports and makes her feel strong. Heather is one to always try her best and never give up.

Heather likes to play basketball and is on various basketball teams. Her favorite place to visit is Disney because she feels like it is such a magical place to be, and also Minnesota, because her aunt and uncle live there.

Heather lives with her mom and dad, older brother Drew, and their dog Chester. Even though her grandmother has her own house, she now lives with the family full time and Heather loves her being there with her every day. In the summer she and her brother like to go back to grandma's house and swim in the pool and play on the trampoline in the backyard. Her dog Chester is a rescue dog. He is a Yorkshire terrier mix and likes to play with everyone.

Heathers favorite holiday is Christmas. She gets to see her extended family and her Uncle Frankie flies into town.

Heather loves all sports and likes to play basketball, soccer, softball, field hockey and lacrosse. She even wrestled in kindergarten and still wishes that she can wrestle now. Heather likes competing against the boys. She plays on several traveling teams that include soccer, basketball, and softball. Her favorite team is the traveling team called the Warriors. Her mom coaches that team. She also has a lot of close friends on the same team. She plays point guard and plays defense against taller girls. Heather likes to play aggressively but is a bit more careful after breaking her nose and getting a concussion last October.

Heather also likes to act in plays and has been in several plays including Hairy Tales, Annie Jr., and Food Follies. She is also rehearsing for another play, Pinocchio Jr. She loves when she gets the freedom to help to develop her character and add her own special touches. She has also been in Girl Scouts for three years, plays the clarinet in school, and takes piano lessons from Pam Teel, here in Millstone.

Heathers favorite food to eat is macaroni and cheese.

If she could only have one wish she would wish that her mom's rheumatoid arthritis would go away. Heather sees the pain her mother is constantly in.

Quiet on the inside, Heather is tough and competitive on the outside. She loves challenges and never backs down. She always does extra- curricular activities and loves to stay busy.

I am sure one day you will succeed in becoming a great scholar athlete in high school and beyond, Heather. As for me, I always see the sweet respectful young lady that you are. I do believe that your strong drive will take you far in life. I hope you have a lot of fun along the way!

Update On The Unstoppable Phearless Phragmites Phighters

By Pam Teel

The Millstone Township Elementary School's Phearless Phragmites Phighters have some great news. If you recall, under the guidance of (Steam) teacher, Beth Topinka and co-advisor teacher, Jennifer Modula, 19 children in the Problem Solvers Club, which includes grades 2-5th, took on a challenge. After brainstorming on a variety of problems facing Millstone Township, they settled on an invasive species of plants that the 5th grade was already doing research on.

Due to their relentless efforts to make an impact by eradicating a target patch of invasive Phragmites Australis in Millstone, they placed first in the Junior Division at the State Bowl Competition held on March 11th at Kean University.

The children have been very busy given presentations about their findings to the Millstone Township Environmental Committee, local scout troops, and to the rest of the classes in school. They even got a visitor from the Monmouth County Park System to come and speak with them about the invasive species.

The students worked especially hard to be invited to the NJ State Bowl and to come out in first place in the Junior Division just shows how much devotion and time they put into this project. It doesn't stop there. Next up is the International Competition in La Crosse, Wisconsin, in June. This competition includes teams from all around the world like, Australia, India, Japan, Singapore, New Zealand, Malaysia, Turkey, the United Kingdom, the U.S., and more.

The Millstone Problem Solvers Club can use your help. They need to send 19 students to Wisconsin in June and it is not a cheap process. They have been fundraising by selling #Proud2BMillstone magnets, Old Monmouth chocolates, and selling concessions at school events. They greatly appreciate any donations that you can make to support the team's journey to Wisconsin.

Donation checks can be mailed out to: Millstone Township Elementary School, with "FPS Donation" in the subject line. Please mail to Jennifer Modula, FPS Advisor, Millstone Township Elementary School, 308 Millstone Road, Millstone Township, NJ 08510.

Keep a look out for their "gofundme" website, which they will be up on the Internet soon.

The whole Phearless Phighters team would like to thank the community for their encouragement and support throughout their problem-solving journey. A special thank you goes out to fifth grader Rachel Glantzberg for taking the time to provide me with this wonderful update.

Please donate today and help send these kids to Wisconsin in June!!!!!!



Above- Problem Solvers Club at Kean University

Right- Members of the Problem Solvers Club Shadowed by Phragmites in the background Anna DePinho, Tia Bajaj, Prisha Kupsad, Rachel Glantzberg, Gianna Iannaccone, Gavin Normand, Brendan DeRose, Dylan Quinn, Ryan Bailey, Ethan Bailey.



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The MOMS Club of Millstone

By Susan Heckler

When you had your first child, did your Mom-friends congratulate you and "welcome you to the club?" Well...there really is one!

For you Millstone and Roosevelt readers, The MOMS Club of Millstone is a non-profit organization that provides support to moms in Millstone Township & Roosevelt Borough, NJ. MOMS Club is short for Moms Offering Moms Support, which is exactly what the organization is about.

They invite you to come for the fun, the socialization, and networking this great group of women provides! They meet monthly for members and their children to socialize and plan upcoming events. So whether you are working or not, in or out of the home, they want you to join the club.

The Millstone group is part of The International MOMS Club, a non-profit, non-denominational organization supporting mothers around the world. You can find other chapters on their website <http://www.momsclub.org/about.html>.

Some of the special events throughout the year; every December they take part in a Giving Tree program in which they collect and donate gifts for less fortunate local families. Last month they had their Valentine's Day Party and just had a St. Patrick's event. Everyone is looking forward to their annual Community Egg Hunt and participating in Millstone's Memorial Day Parade, both of which the kids love!

Joining a local MOMS Club is a great way to get to know other moms and their children in your town. According to Chapter President Kerri Stewart, "I joined MOMS Club of Millstone almost four years ago. It is a wonderful group of friendly, loving moms

who all share the same joys and struggles of parenting. My children and I have gained lasting friendships through MOMS and I couldn't be more thankful to be a part of it all."

Moms Club of Millstone currently is a group of 35 women, and is trying to increase awareness to the community about MOMS Club. There are a lot of moms in town with very young children that are unaware this amazing support system exists - we hope to reach out to them!

For more information and membership requests, visit the site momsclubofmillstone.com or to e-mail them at momsclubofmillstonetownship@gmail.com.



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Millstone Township Foundation For Educational Excellence Raised More Than \$5,000 at its "Family Movie Day & Gift Basket Raffle"

Millstone Township Foundation for Educational Excellence (MTFEE) raised more than \$5,000 from its Sixth Annual "Family Movie Day & Gift Basket Raffle" held on February 12 at the Millstone Township Performing Arts Center (MPAC). Proceeds will help provide grant funding for innovative classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials that are beyond the scope of the general school budget to enrich education for the district's public school students.

The event opened with pre-movie activities and a "Gift Basket Raffle," new this year, which featured more than 25 fun and family-themed baskets. There was also a photo booth, minute-to-win-it games with prizes, crafts, face painting and temporary tattoos. The activities were followed by a screening of "The Secret Life of Pets."

The following served as sponsors:

- **Event Sponsors** – Allstate/Sharer & Associates and Saker ShopRites, Inc.
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- **Movie Sponsors** – Castle Consulting, Neil & Kristin Schloss; Cobra Power Systems; White Butterfly; Mass Mutual - Betsy Kuhns and Tadpole Village Pre-School at Frogbridge
- **Gift Basket Raffle Sponsors** - Penny's Petals; Solitario & Tierney CPA; The Cotler Family and The DeRose Family
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The following provided donations for the event:

- **Penny's Petals** - carnations
- **Pure Events** - photo booth
- **South Brunswick Animal Hospital, Dr. Doug Cotler, DVM** - gift basket supplies
- **Vesuvio's Pizzeria & Family Restaurant** - a portion of the proceeds from their food truck that was on site

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

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What's in a Name?

By Pam Teel

A few years back I did an article on the origin of some of the street names in Millstone Township. One name that I tried to get information on eluded me. I asked around to see if anyone knew of its origin and someone finally sent me this information. I'm not sure how true the tale is, but I did find it an interesting read.

As some of you already know, Witches Hollow is located between Roosevelt and Millstone Township. Witches Hollow Road once went all the way through from Millstone to Roosevelt but at some point over time was blocked off and abandoned and was renamed Oscar Drive on the Roosevelt side. The road is no longer abandoned but there is still a gap that remains open, overgrown, and houseless. You can only get through it if you walk it. The gap part of the road is dark and dreary with overhung branches, plenty of shadows and the occasional flock of vultures to help welcome you. Let's just say it gives off a creepy vibe.

Of course the road didn't get its name from the vultures, but rather a place known as Witches Hollow, a cemetery located near the end of the road on the Millstone side. The cemetery used to be only reachable by following a beaten path near the end of Witches Hollow, but is now easily accessible by car using Eleanor Lane in Roosevelt. The cemetery also has a new name and is currently known as Roosevelt Cemetery. It is still in use.

It's the unspoken history behind the cemetery and woods which frightens people. Weird New Jersey even did a write up on Witches Hollow Road. Many curious paranormals seekers have also photographed orbs on their walks through the gap.

Before Millstone became an official town in 1844, the area once called "Witches Hollow" was barren woods. Within these woods was said to exist a coven of witches who at night would perform their daily rituals. Now these witches were good, many of them practicing the art of Wicca (a very peaceful, harmonious and balanced way of life which promotes oneness with the divine). Their rituals laid focus on an abundance of good weather, fertile land to grow crops, and overall good health. Yet, among their group was a lady by the name of Charlotte Jacobs, a widow who lived alone in the town. After the loss of her husband John in 1803, she became a bitter woman whose soul grew dark with time. The aggrieved woman grew jealous of the other women, their families, and good fortune.

She made a change to that in May of 1807. During their evening observance, Charlotte told the other women of a new spell she had learned, one that would help increase their power. She handed each of the woman a hex bag filled with various items and told them to keep it in a safe place of their home. Many of the women followed her instructions, but a few skeptics threw the bags into the forest on the way home.

During the evening, Charlotte finished the incantation, issuing a curse on each of the woman, causing them to fall severely ill, or worse, die. Seeing as some of the woman threw the hex bags away, they did not fall under the spell. Knowing the cause of the harm was Charlotte, they ran to her house, grabbed her, hanged her in the woods, and buried her in an unmarked grave.

The coven faded with time, avoiding the chance that another in the group may practice the dark arts.

Rumors say that Charlotte still travels the woods, still seeking revenge on those who cursed her to damnation. She isn't afraid to curse those who travel through her lands. Due to the number of strange occurrences on the overgrown path, the two towns actually segregated the streets rather than connect what are now Oscar Drive and Witches Hollow Road. Much of the gap in the road remains undisturbed and most likely will.

It's said that the old woman has been spotted walking the woods and has been seen many times at the cemetery, perhaps in the vicinity of her unmarked grave. If you dare to take a hike down the end of Witches Hollow Road, do so at your own risk!!!





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adorable pet?

If so, send in your pet's photo by
the 10th for the chance to win \$100

Gift Certificate to a
locally owned pet store!

Send in your photo to:
tmft@optonline.net

In the email subject line write:
Pet Contest

Include a high resolution photo,
your pet's name and town.



Nutrena

MISS HEN of Monmouth County

POULTRY PAGEANT

April 15, 2017

MONMOUTH FEED SUPPLY

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SHOW OFF YOUR FEATHERED BEAUTY...

Customers are invited to bring one caged,
healthy hen to be judged in the following
categories:

- Miss Congeniality
- Best Feathers
- Talent

The bird with the most points will be crowned
MISS HEN OF MONMOUTH COUNTY!

Registration begins at 10am with the pageant
starting promptly at 11 a.m.

Please RSVP to Monmouth Feed Supply by
April 8, 2017.

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3 POTS for \$30.⁰⁰ Large 3 gal Pots
Alberta Spruce • Boxwoods • Assorted Holly
Gold Thread Cypress • Azaleas • Rhodis
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HERBS!**

Great Selection of Ground Covers \$8.⁹⁹ FLAT
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Large Selection Of Pottery
*Priced Lower Than Ever!!
You Have To Check Out The Prices!*

HYDRANGEAS \$9.⁹⁹ 8" pot!
EASTER FLOWER Hyacinths-Tulips-Daffs
ONLY \$2.⁹⁹ 6" pot w/cover

SUPER DEAL!

**8" Potted
Pansies**

FULL OF COLOR!

**5 POTS
FOR \$10**
\$2.⁹⁹ each

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Pansy Flats

2 FOR \$10
32 Plants \$5.⁹⁹ each

SUPER SPECIAL

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Buy 5 Bags, Get Mail-in
rebate \$2.⁰⁰ per bag.
Final Cost: .99¢ per bag
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POTS
FOR \$10**
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Hardwood Mulch

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**4 BAGS
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Super Special!

**Huge
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Maples**

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Potting Soil**

Moisture Control
2 FOR \$12
Mail-in rebate: \$2 per bag
Up to 5-Bags
Final Cost: \$4 per bag

4'-5'

**Leyland
Cypress**
5 FOR \$100 \$24.⁹⁹ each

**Potting Soil or
Compost Manure**

4 FOR \$10
40lb Bags Mix-N-Match

**COLD
VEGGIES
READY NOW!**

**Lettuce,
Cabbage, etc**
\$8.⁹⁹ flat
48 plants
Mix-n-Match

FULL OF COLOR!

**10" Pansy
Baskets**

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\$3.⁹⁹ each

**Quality
Top Soil**

**7 40LB
BAGS
FOR \$10**

**Great Selection of
Herbs to Choose From!**

\$14.⁹⁹ Flat of
12 Mix-n-Match

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Boxwood**
24"-30" \$24.⁹⁹ each

4'-5'

**Emerald
Green Arbs**
5 FOR \$100 \$24.⁹⁹ each

Black Mulch
**5 2cu ft
bags \$10**

Peat Moss
2 FOR \$12
\$6.⁹⁹ each 2.2 cu. ft. Bags

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The Jewish Heritage Museum Offers “Abraham Lincoln & The Jews”

A Lecture by Rabbi Dr. Robert E. Fierstien

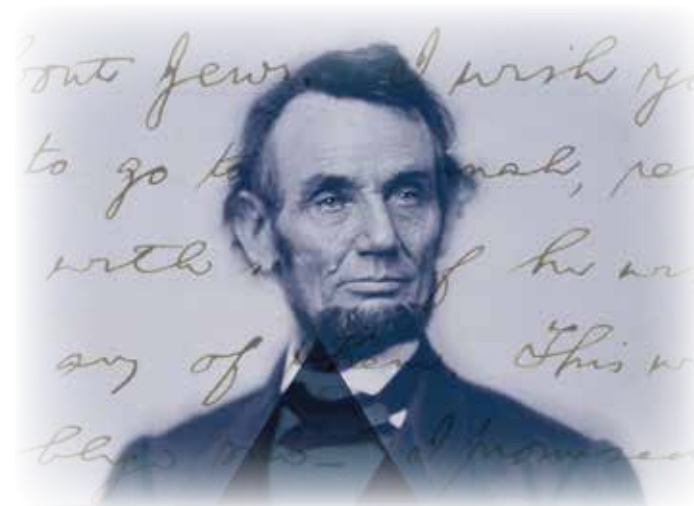
By Pam Teel

On **Wednesday, April 26, 2017, at 1:00 p.m.**, The Jewish Heritage Museum of Monmouth County will present a special lecture, “Abraham Lincoln and the Jews,” by Rabbi Dr. Robert Fierstien of Stockton University, which will highlight not only the Great Emancipator’s personal relationship with the Jewish people, some of whom he considered close friends, but will also demonstrate the significant role that Lincoln played in defending Jewish rights and civil rights during the tumultuous Civil War years. Admission is \$3 for members, \$5 for non-members and students are free.

Most people would agree that two of the greatest American Presidents were George Washington and Abraham Lincoln. While Washington had very limited - though highly significant - contacts with the small Revolutionary-era Jewish community, Lincoln throughout his adult life had extensive contacts with Jewish people, for the American Jewish community numbered some 150,000 people at the time of the Civil War.

With the recent commemoration of the 150th anniversary of the Civil War, there has been much attention paid to the subject of Lincoln and the Jews, especially in the works of historians such as Jonathan Sarna and Gary Zola, and this topic was the subject of a recent exhibit at the New York Historical Society. Professor Fierstein’s unique area of expertise as an historian of 19th century American Jewish History, and his talk, promises to be fascinating and informative for all.

For more information or to make a reservation (non-refundable), call the Museum at 732-252-6990, or visit 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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Family Trees and Earth Day

By Stefanie Maglio

A family tree is a record of a family's lineage. They help us to know where we came from and what a future for the family could look like. Learning about your family's lineage should be a group effort. Get the kids involved, as it is good for them to know about their ancestors too. Family trees can also help medical professionals answer questions and make more accurate predictions about one's health. Knowing about family trees may help medical professionals find cures to different diseases sooner. This may be more helpful if there is a specific, genetic disease within the family.

There are multiple ways to put together a family tree. For example, you can trace a male line or a surname. You can start from the present and trace back to as far as you can possibly go. Doing this may take quite a lot of research and some extra help. There are genealogy software programs, which can help you make any kind of family tree electronically. These programs can help make the process easier, although you're only likely to trace back a few generations before it becomes too difficult. Note-taking and consulting professionals may help, however you may not always find exactly what you're looking for. The key is having a willingness to fail. Learning more about your ancestry and attempting to put together a family tree will be a great bonding experience for the whole family and you're bound to learn something no matter what.

This Earth Day, spend time with your family and go out and plant a real "family tree"! It is a great way to give back to the environment while having fun with the ones you love. The tree will last years to come and will be something deep and meaningful for the entire family.

Spring Break SPRINGS into ACTION with Extended Hours at iPlay America

iPlay America knows how important Spring Break is to kids! That's why this Spring Break, iPlay America is inviting kids to PLAY MORE with EXTENDED HOURS April, 10 – 17! Starting Monday, April 10 and happening every day through Monday, April 17, iPlay America will be opening its doors at 10 AM, to give their guests MORE time to enjoy everything iPlay America has to offer!

That's MORE time to ride the rides! That's MORE time to spin like crazy on the Freedom Rider Spinning Coaster and MORE time to climb to new heights on the Sky Trail® High Ropes Course (the largest indoor ropes course in New Jersey). Think of all the amazing FUN kids can have testing their skills on rope bridges, zig-zag beams, cargo nets, walk across beams, and vertical ladders!

MORE time to enjoy the awesome selection of video, skill, and crane games in iPlay America's Arcade! More time means more FUN playing over 250 of the hottest cutting edge games and traditional video favorites! Plus, iPlay America's Arcade features more crane games than anywhere else in New Jersey!

For those who LOVE action, iPlay America has go karts, bumper cars, Laser Frenzy, and the Cosmic Battle Laser Tag Arena! That's two levels and 6,500 square feet of pure Laser Tag excitement! Imagine the FUN kids can have with MORE time to careen around the track in one of iPlay America's super-exciting electric go karts, ALL that extra-time to blast and battle in the arena and to BUMP on the bumper cars!

Younger kids will thrill to the fantastic selection of rides especially for them at iPlay America! There is FUN in abundance for our younger Spring Breakers and they will have the time of their lives twirling on the Dizzy Dragons, flying high on the Happy Swing, taking a majestic turn on the beautiful Carousel, or setting sail on the Jump Around!

There is so much FUN to be had over this Spring Break and iPlay America's extended hours gives everyone a chance to enjoy it ALL! So make plans NOW to get here early and catch Glacier Race and Time Chasers in the 4-D Theater! Go wild playing Whac-A-Mole, cast their sights on a good time down at Bob's Fishin' Hole, or shoot like the stars with Hot Shot Basketball!

So much to do and great food too! Because guests who are hungry for MORE than just a good time during Spring Break can enjoy lots of delicious and delightful taste treats at Game Time Bar & Grill, Rob's Pizza, Sonny's, Mixx, The Grind Coffee Co., Boardwalk Bites, and Broadway Sweets, one of largest candy stores in Monmouth county!

Spring Break is the BEST time to spend MORE time at iPlay America! Make plans NOW to come and enjoy all the fabulous family fun to be had in iPlay America's nearly four acres of rides, games, and attractions! This Spring Break Get Inside MORE Fun at iPlay America!



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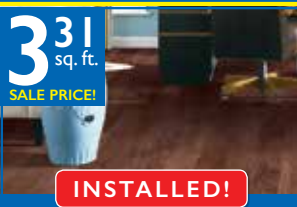
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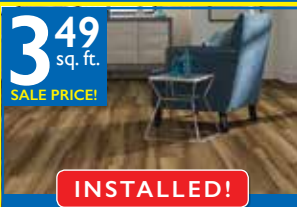
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6"W x 36"L Planks, 11 colors
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Underlayment, 3 widths
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669
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3 season product, Waterproof!
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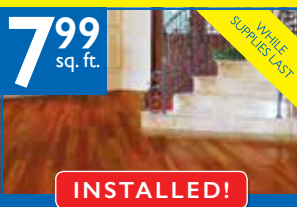
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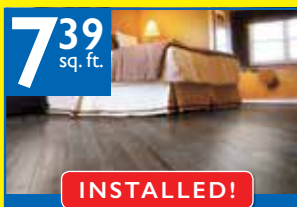
**Indusparquet® Santos
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2 1/4" Wide Solid Wood Flooring
*Nail down installation. Floor prep may be additional.
Cannot be combined with other offers.



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7 Maple colors, 7 Oak colors!
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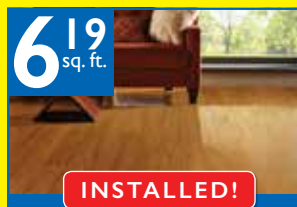
**Mohawk® American
Designer Engineered**
Handscrapped, 5 colors, 5" width
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SALE PRICE!

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17 colors, Lifetime Warranty
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sq. ft.
SALE PRICE!

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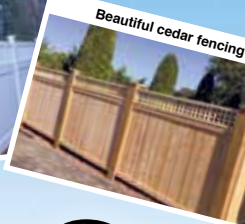
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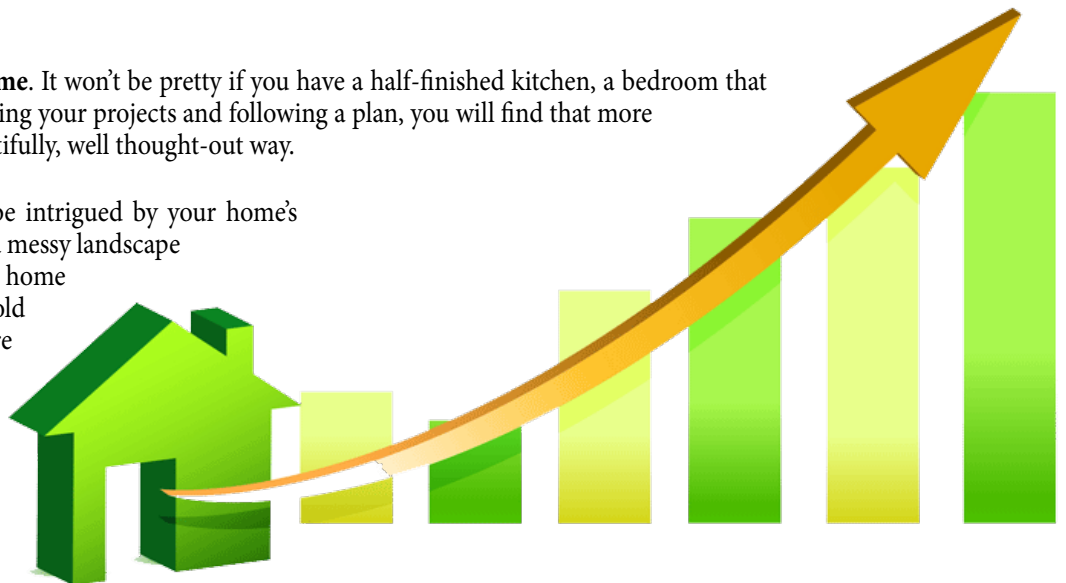
By Brianna Siciliano

Whether you plan to sell your home now, in a few months, or in years to come, it is never a bad idea to make home improvements. When you are eventually ready to sell your home, you will not want it to be on the market for a long time. Instead you will want buyers to fall in love with your home, so in love that buyers feel like they just have to have your home!

A great way to begin the process of increasing your home's value is to **make a plan**. For some homeowners, checklists are the go-to home improvement planning guide. Start this plan slowly. Instead of rushing into mini-projects like repainting, replacing, and hiring a handyman, take the time to think of everything you wish to change and/or update. Don't worry about how long it will take, and don't think about how you will get it done. Just write everything down. While doing this, write down a guesstimate of how long you think you may want to live in the home you are currently living in. Be realistic throughout this process. Once you have finished listing items and projects, list the time and money each item will need. Then prioritize the items and projects under two categories: "needs" versus "dreams." Try your best to come to a reasonable outcome. By the time your planning process is complete, you will know what projects you can accomplish with your budget and time-frame.

The next step to increasing your home value is to **tackle one room at a time**. It won't be pretty if you have a half-finished kitchen, a bedroom that needs fixing, and a basement that is a quarter of the way finished. By strategizing your projects and following a plan, you will find that more care is put into each project and each item on your checklist is done in a beautifully, well thought-out way.

Don't forget that **curb appeal** is important. You want future buyers to be intrigued by your home's exterior. Would you be excited to tour a home that has cracked windows and a messy landscape job? Probably not. Adding plants to accentuate the beautiful details that your home has, like a beautiful front yard or a nice walkway, is a great way to catch and hold people's eyes. A helpful way to see what needs improvement is to take a picture of your home's exterior in black and white. The photo effect will point out flaws in your home's structure that you can fix. You love your home, and you want the future owners of your home to love it too. Take care of it.





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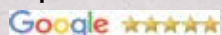
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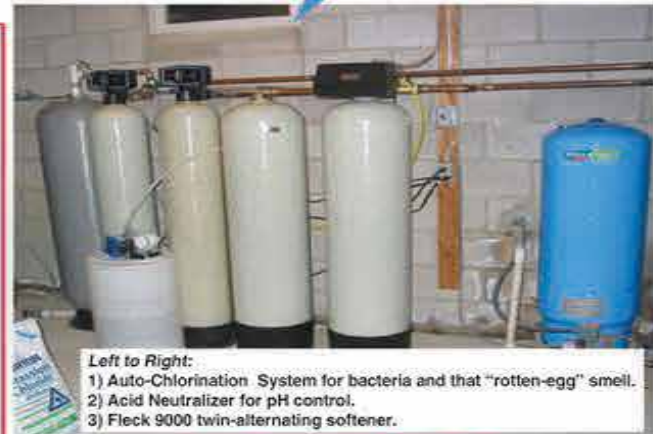


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Simple Home Improvements That Add Appeal & Value To Your Home

By Jordan Tinitigan

Whether you are selling now or simply maintaining your home to put on the market in the future, there are many small improvements you can put in place to keep your property in the best possible shape for when the time comes to sell. These tips are affordable and do not require hiring contractors.

1. Mirrors

Hanging mirrors opposite windows tricks the eye into thinking there is another window there and maximizes the impact of natural lighting. Another illusion when capturing light is to reflect it into any darker corners, to make your property look bigger and brighter.

2. Remove wallpaper

With each potential house buyer having varied tastes in patterns and texture, certain wallpaper designs can be seen as overwhelming. Wallpaper can also be difficult to remove which could lead to people being put off by if they are looking for a home to move straight into. Using paint and keeping colors neutral, making it a simpler job for the next homeowner and the property overall becomes more appealing.

3. Replace doors

First impressions count. The front door of your home can say a lot about the rest of the house to viewers seeing it for the first time. If you cannot afford to replace the door, make sure it looks attractive by giving it a power wash or a fresh coat of paint.

4. Be energy efficient

Fitting your home with energy efficient appliances can add value to your home by promising to knock the costs of bills. With a huge variety of new products on the market for this, it's increasingly becoming a key feature for new homes.

5. Clean it out

Emptying out your closets, draws, garage and basement storage is very appealing to new home buyers. It's also practical for you to start sorting and organizing for your move.



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Eight Bucks County State Parks For Your Summer Road Trip

By Pam Teel

National Parks may have been receiving a lot of attention lately, but state parks can be just as nice to visit! Bucks County, PA is home to a plethora of natural wonders, including these seven Pennsylvania State Parks that you're sure to pass through on your summer road trip. Whether you and your friends are trekking cross-country, or you and your family are heading down the East Coast, be sure to include a stop at one of these gorgeous, green getaways.

1. Nockamixon State Park (photo: Justin DeRosa)

Most popular in the park is Lake Nockamixon, a hot summer destination for boaters, anglers and wind-surfers. The lake has four launch ramps, a marina and boat rentals. The lake is seven and a half miles long and takes up to 20 horsepower boats.

2. Delaware Canal State Park

This is only remaining continuously intact canal of the great towpath canal building era of the early and mid-19th century. This diverse park contains a historic canal and towpath, many miles of river shoreline and eleven river islands.

3. Ringing Rocks Park

The mystery of the Ringing Rocks is one that even baffles scientists. This giant field of 10ft tall boulders containing a high content of iron and aluminum "ring" when struck with a hammer, bringing new meaning to the term "rock out."

4. Ralph Stover State Park

The easy walking trails, giant climbing rocks and beautiful scenery make this park perfect for outdoor activity. It's the perfect place for climbing enthusiasts, and when high water conditions exist, Tohickon Creek offers a challenging course for canoe, kayaks and whitewater rafts!

5. Washington Crossing Historic Park

George Washington and his men crossed the Delaware River from here back in 1776 to surprise the opposing troops during the Revolutionary War. History buffs will love the tiny village and open spaces inside this park.

6. Neshaminy State Park

The Park takes its name from Neshaminy Creek, which joins the Delaware at this point. Picnic benches, grills, playground, four miles of trails, boat mooring and launch ramps are all here. So, grab your line and pole!

7. Tyler State Park

Hiking, biking and equestrian trails galore! Tyler State Park also offers environmental education and interpretive programs which explore a wide variety of ecological, historical and environmental topics.

8. Core Creek State Park

An active park, Core Creek has tennis courts, horseback riding trails, hiking, boating, fishing and more on its 1,185 acres. And if you wish to come back in the winter, stop by their homemade ice skating rink.

Information courtesy of: Alexa Johnson -Public Relations Manager/ Bucks County
Plan Your Bucks County getaway at VisitBucksCounty.com.



The Jersey Shore Medium!

By Susan Heckler

Move over Long Island, you are not the only one to have a local Medium. I recently met a lovely lady in a retail store and found out what a special woman I 'happened upon.' Coincidence? Maybe not.

Linda Shields graces the town of Howell for 23 years after growing up in Neptune. This Jersey Girl has 2 children, a son and a daughter. She and her husband Rob, an Ocean Township man, have married twice!

Linda is a wife and has done a variety of different jobs in her working life but always knew she had a gift that she could be using to help others. Linda has been blessed with the psychic senses of hearing (Clairaudience), tasting or smelling (Clairsensient), and physical feeling, or being an Empath. These are some of the ways Linda can give you messages from loved ones who have left the physical world but have not really left in all senses of the word. For the fans of the Long Island version on television, you will understand what I mean.

For those of you who are new to this concept, a medium has the role of an intermediary between the world of the living and the spirit world. Communicating with the deceased and other living human beings, known as spirits, have been documented back to early human history and is a huge fascination to many. She is able to do this using Private Medium or Tarot Card Readings, Medium Group Parties, Medium Gallery Shows. She is also doing AC shows.

Linda has been using these abilities since the age of 8. She feels she has been given a gift, but that we all have this gift. We need to work with it to understand it. Linda is a medium and a psychic. Not only do the deceased speak to Linda to let them know they are there, but they will also give you messages about now and the future.

Linda can be seen locally at upcoming shows (check her website for information <http://www.thejerseyshoremedium.com/upcoming-shows>) or on radio shows. She is booked pretty solid for private readings so this is the best way to catch her.



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Gardening Gear Must-Haves

By Stefanie Maglio

If you plan on growing your own garden this spring, it's important to know which gardening tools to have and know how to select them. The tools will certainly not do the work for you, but having the right supplies will make the task much easier and more enjoyable.

While shopping at your local hardware store, there are a few things to keep in mind. Spend time handling all of the tools you are considering to buy. Mimic the actions you would perform with it in your garden. Make sure the tool feels comfortable. If it is too heavy or long, look for shorter and lighter tools that will be easier on the wrist. Using a tool that you are comfortable with will end up being much more efficient when it comes to planting. Opting for tools with wood or metal-coated handles are a good choice. They are built the strongest usually. The stronger and sturdier the tool is, the less likely it is to break and cause an injury. Remember, it won't matter which tools you buy, if you don't know how to store them properly. Long tools should be placed in a peg rack, while short tools should be kept in a gardening bag that can be transported with the gardener as they work. Caring for your tools is the key to making them last for years. Keeping your tools clean and sharpening them regularly is a must.

Some of the best hand tools a gardener should have include: a hand rake, a water breaker (for gentle irrigation of new plantings), shears, scissors, and a hand pruner. Recommended long handled tools include: round-headed shovels, a bow rake, a digging fork, and a leaf rake. Gloves should also be worn while gardening to protect your hands. Some types of gloves include: washable synthetic, latex, and heavy-duty leather.

Specifically, spades and forks are crucial when it comes to gardening. These tools are used for digging, planting, and harvesting. Because of their many capabilities, these tools specifically are a great investment. Of course, make sure that the handle and shaft lengths are comfortable to avoid any pain or injury while gardening.

Also, when it comes to conserving space, a wheelbarrow is a great way to save space and storage. A traditional wheelbarrow is replaced with a collapsible model. When this tool is not in use it can be washed out, folded flat, and stored or hung against a wall. Easy, extra, and convenient storage is a great accessory to any gardener's collection.

It is so important to have all the equipment necessary when gardening in order for the process to go smoothly. Depending on what you are planting, more effort and work may be required. Having the right tools to make the job easier will make the whole process a lot more fun and enjoyable, as it should be.

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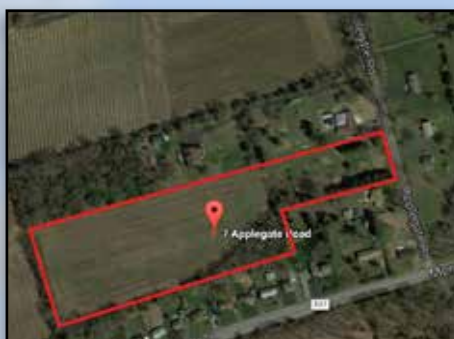
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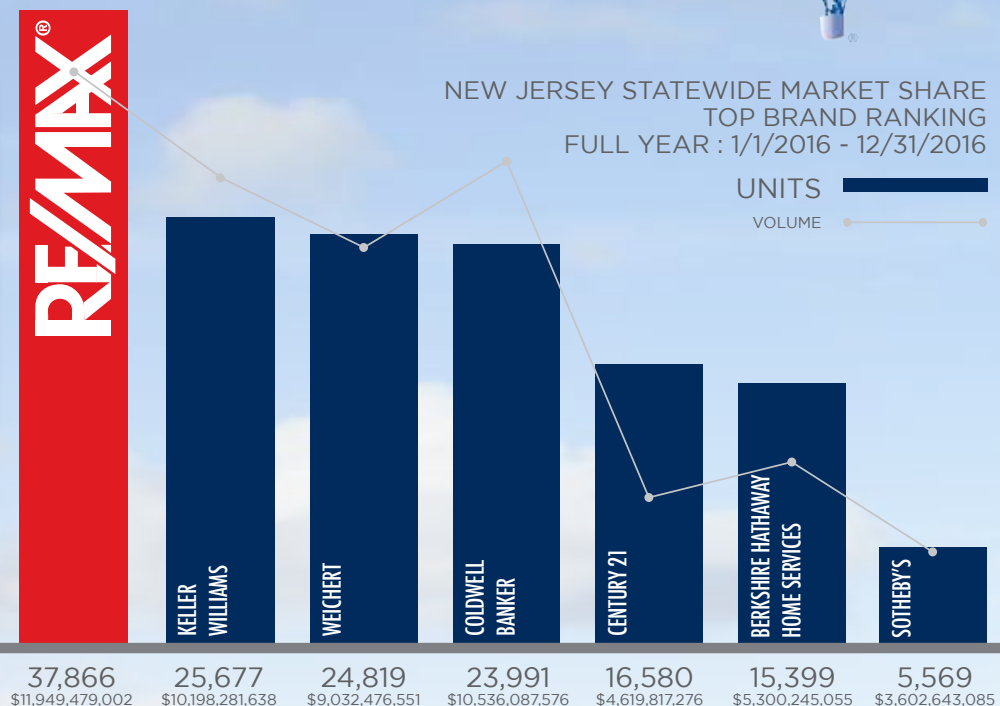
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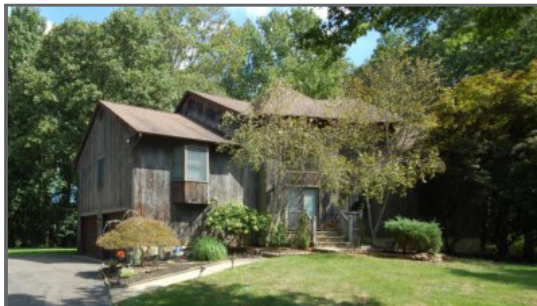
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MLS#6813522

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
\$529,900 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
\$399,900 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#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.



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 3th br and full bath. So much to offer schedule your tour and come experience this home.



MLS#6931273

21 Pine Brae Drive, Montgomery, NJ 08558
\$560,000 Agent: Kim Olzewski

4br, 2.5ba Colonial home with charm and ambiance tucked away on a quiet road is sure to impress. On the end of a quiet cul de sac with access to wonderful walking, trails this home is a must see for anyone who loves the outdoors and nature!



MLS#6929224

72 Tuscany Drive, Jackson, NJ 08527
\$509,900 Agent: Suzanne Garfield

Spacious and pristine move-in ready 4br, 2.5ba center hall colonial with 2 car garage on 1 acre. Finished basement, plenty of closets and storage space. Beautifully landscaped and wooded park-like backyard with large Techo-Bloc paver patio. So much more, this home has it all!!



MLS#6927433

5 Anderson Lane, Robbinsville, NJ 08691
\$599,900 Agent: Jessica Leale

Recently updated 4br, 2.5ba home boats brand new natural carpet, fresh paint, and new upgrades. First floor laundry room adds to the convenience of the home and leads to the 2 car garage. Walking distance of town center.



MLS#6899584

17 Fanning Way, Pennington, NJ 08534
\$480,500 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

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Chickpea Crust Pizza

Jordan Tinitigan

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

Ingredients:

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



Directions:

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

In the Kitchen with Mom



Baked Peanut Butter Jelly Sandwich for Picky Eaters

This recipe is also the perfect go-to healthy snack for play dates in your home!

Serves 4

Ingredients:

2 tablespoons sugar
1 ½ tablespoons ground cinnamon
1/2 stick unsalted butter

8 slices whole wheat bread
6 tablespoons favorite jam or jelly
6 tablespoons creamy peanut butter

Directions:

Preheat broiler to low.

Combine the sugar and cinnamon in a small bowl.

Spread the butter on one side of each bread slice. Flip the remaining slices over and spread them with the jam. Flip the remaining slices over and spread them with the peanut butter. Sandwich together the jam slices and the peanut butter slices, keeping the buttered sides of the bread facing out.

Place sandwiches on a warm cookie sheet and place in oven until top side is golden brown. Flip sandwich over and remove from oven when second side is golden brown.

Remove from oven and sprinkle the cinnamon sugar over the tops. Cut in triangles and serve warm.

Remove the sandwiches from the skillet and cut into quarters. Serve, with the crusts on or off, depending on your child's preference.

Pesto Chicken Roll and Gluten Free Pasta

Dinner as a family made easy!

Ingredients:

1 lb. chicken breasts sliced Thin
3 cups prepared pesto sauce
1 cup shredded mozzarella
1 box gluten free pasta

Directions:

Preheat the oven to 350 degrees F. Spray a baking dish with cooking spray.

Spread 2 to 3 tablespoons of the pesto sauce onto each flattened chicken breast. Sprinkle cheese over the pesto. Roll up tightly, and secure with toothpicks. Place in a lightly greased baking dish.

Bake uncovered for 45 to 50 minutes in the preheated oven, until chicken is nicely browned and juices run clear.

Cook Gluten free pasta according to directions. Drain water and toss with 2 cups pesto sauce.



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

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MONROE TOWNSHIP SENIOR CENTER List of On-Going Activities

- Back by Popular Demand! Starting on Monday, May 1, at 10 a.m., enjoy FUN WITH YIDDISH at the Senior Center. Since space is limited to ensure an optimal learning experience, please be sure to register in advance (in-person) for this 4-session course, with Naomi Miller. Course fee: \$6 p.p.
- Pelvic Floor Health for Men and Women: On Wednesday, May 24, at 2 p.m., improve your awareness of the pelvic floor as Meghan Faley, PT, Pelvic Health Specialist, from RWJUH, demonstrates gentle exercises to improve bladder control, reduce back/pelvic pain, and recover from trauma or surgery. Please register in advance.
- Elefant Presents: On Monday, May 1, at 1:30 p.m., Thomas Elefant explores THE MUSIC OF RIMSKY-KORSAKOV. Then, on Friday, May 5, at 1:30 p.m., Mr. Elefant returns to discuss THE LYRICAL & MAGICAL MUSIC OF MENDELSSOHN. When registering in advance, please be sure to mention the program title and date you wish to attend.
- The American Songbook: On Wednesday, May 3, at 2 p.m., Maggie Worsdale, Jazz Singer, performs "The Great American Songbook" featuring the songs from the 1950's and 1960's. Please register in advance.
- Move & Pizza Plus: On Thursday, May 4, at noon, join us for our pizza luncheon PLUS our featured movie: ARRIVAL, starring Amy Adams and Jeremy Renner. Tickets: \$6 p.p., due upon registering in-person, in-advance. A movie synopsis is available.
- Count Basie: On Wednesday, May 10, at 1 p.m., enjoy a blast from the past as Mike Ferreira hosts this 1981 DVD celebration of Count Basie's 50th Anniversary in the Big Band biz. This all-star tribute includes Sarah Vaughn, Tony Bennett, George Benson, and Joe Williams. Please register in advance.
- Love, Marriage, Children & Liposuction: On Friday, May 12, at 2 p.m., enjoy Naomi Miller's hysterical and heartwarming one-woman show that weaves stories and songs that invite you to reminisce about life's joys, challenges, adventures and goals. SPACE LIMITED! Please be sure you are a member of the Office before registering in advance.
- Spring Fling with Island Zing: On Friday, May 19, with doors opening at 11:30 a.m., come to the island (man) and enjoy a tropical buffet and "fun-in-the-sun" dance music. This limited ticket engagement for our members is co-hosted with our friends from Brandywine Living and The Gardens at Monroe. Tickets: \$10 p.p., due upon registering in-person, in advance. No refunds after May 10th. All seats reserved. For details, please pick up a flyer!
- Movie of the Month: On Tuesday, May 30, at 1 p.m., enjoy our feature flick starring Brad Pitt and Marion Cotillard. A movie synopsis is available. Please register in advance.
- Bodies in Motion Mondays: Starting on Monday, May 22, at 9 a.m., join Georgeann for 10 sessions of weight resistance training, with a focus on both standing and seated movements. (Same Equipment Needed as in Wednesday's class.) Class fee: \$40 p.p. In-person registration begins on May 4. Previous participation does NOT guarantee enrollment. Space limited to ensure safety. Last class: 7/31; No class: 5/29.
- Qigong: Starting on Monday, May 22, at 11:15 a.m., join Siobhan to discover new vitality and serenity with gentle, easy movements done standing or seated during this 6-session class. With mindful focus, Qigong will help reduce stress and provide balanced energies in the body. Course Fee: \$35; due upon registering in-person, in advance. No class: 5/29 & 7/3; Last class: 7/10.
- Something New! Starting on Wednesday, May 24, from 2 to 3 p.m., we welcome Tony and his wife, Lorraine, for a fun afternoon of ballroom dance during this free, 4-session introductory class with basic steps taught. Pre-registration is required. Feel free to bring a partner or attend solo. No ballroom dance experience needed.
- O'Keefe: On Monday, May 8, at 10 a.m., Maurice Mahler, Art Historian, uncovers the life and work of Georgia O'Keefe during this audio-visual presentation/discussion. Please register early.
- Chinese Art: On Friday, May 12, at 10 a.m., discover the beauty of Chinese Art, with Roberta, as she demonstrates basic techniques of Watercolor painting using a bamboo brush and rice paper. (A class will be scheduled in June....) Please register in advance.
- Museum Art: On Wednesday, May 31, at 1:30 p.m., enjoy your next trip to a museum with a greater understanding of the artist's creative process. Roberta Hodes provides this one-day, interactive workshop where you will learn basic elements of composition to appreciate famous artwork. Please bring a pen/cil. Space limited; please register early.
- MONROE TOWNSHIP CHORUS PRESENTS: "TOGETHER AS ONE" The Monroe Township Chorus honors and salutes our Veterans and the Armed Forces on Thursday, May 18, 2017 at 7:30 pm, during a free concert at the Richard P. Marasco Performing Arts Center, located adjacent to the Monroe Township Middle School on Perrineville Road. For information, please contact Sheila Werfel at 609-619-3229.

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



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Best Things to Do with Grandma & Grandpa this Spring

By Stefanie Maglio

Grandparents love nothing more than getting opportunities to do things and spend quality time with their grandchildren. Depending on the age of the grandchild, it can be difficult to plan certain activities to do outside of the house. Luckily, spring is here which means warmer weather! Here are some great activities for grandparents and their grandchildren to get out and go do this season:

- Have a lemonade stand! Kick it up a notch by creating different flavors of lemonade such as berry or apple in addition to the traditional.
- Go out for ice cream. But don't just have a regular cone, go all out and get a sundae with whipped cream and cherries! Don't feel like going out? Buy some toppings and your favorite ice cream flavors for a do-it-yourself sundae at home.
- This one is more so for grandpa and grandchild: build a birdhouse together! Hang it up outside your house and watch how many birds stop by for a visit.
- Have a relaxing afternoon lying on a hammock in the backyard.
- Take turns reading chapters to each other from your favorite book, while sitting outside and getting some fresh air.
- Have a karaoke night! Grandparents can sing songs from their generation, while the grandkids sing some newer hits!
- Go swimming. Whether this may be in the pool in your backyard or at the beach, you're bound to have a great time together!
- Collect seashells together at the beach.
- Wash your car! Wear your bathing suits and this is guaranteed to not feel like a chore at all.
- Have a garage sale. Springtime is the perfect time to de-clutter!
- Most importantly, remember to take lots of pictures when you spend time together. It's important to cherish the time grandparents and grandchildren get to spend together. They build unbreakable bonds and learn things from each other that last a lifetime.

Horizons at Allaire: New Vistas In Neurological Care in Monmouth County

Leading neurological specialists often state that where an individual goes for rehabilitation after a brain injury or when diagnosed with a neurological condition can make all the difference in maximizing their patients' potential for recovery and their quality of life.

Furthermore, people faced with the many challenges associated with Traumatic Brain Injury (TBI) know that If you're looking for a center specialized in neurological rehabilitation in New Jersey, Allaire Rehab & Nursing is the right address.

Awarded a 5 Star rating by the Centers for Medicare & Medicaid (CMS), and ranked among the Best Nursing Homes In The Nation by the US News & World Report, Allaire has gained renown in the community for offering a resort-like luxurious environment that features the latest in rehab technology – and comfort!

Centrally located in Freehold, Allaire is celebrated for its Horizons Program dedicated to the specific needs of individuals, ages 18 to 50, who have experienced Traumatic Brain Injury or have been diagnosed with other neurological impairments such as Multiple Sclerosis (MS), Cerebral Palsy (CP) or suffer from conditions such as Spina Bifida.

Directed by a leading neurologist and staffed by specialty trained nursing and rehab professionals, Horizons at Allaire provides goal-oriented neuro rehabilitation and management focused on helping patients maximize responsiveness and develop new strategies to adapt to their challenges.

"After a neurological diagnosis or injury, people often feel overwhelmed, and the recovery ahead can look daunting to them" says Benjamin Kurland LNHA, RAC-CT Administrator at Allaire. "We are dedicated to the clinical, social-emotional and spiritual needs of our patients, and are proud to be the only Special Care Nursing Facility (SCNF) in the state of New Jersey to offer long term care for individuals who suffer from neurological impairment."

Offering an elegant, state-of-the-art environment, meaningful activities tailored to each patient's level of ability, an on-site technology center outfitted with 25 adaptable computers available for recreational and social use, and amenities that include large flat screen smart TV's and bistro dining with Kosher, Indian and Russian options, it is easy to see why Horizons at Allaire is Ben Kurland's pride and joy, and why the Brain Injury Alliance of New Jersey is recognizing him in their upcoming Annual 2017 Gala as a person who has made a significant contribution to advancing the quality of life of people with brain injury.

Licensed for 174 beds and dedicated to patients with long-term neurological impairment, Horizons at Allaire is at the forefront of neuro rehab in the State of New Jersey. For more information please contact Lisa Torre, Program Manager at 732 431-7420 or visit horizonsatallaire.com.

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Little Known Facts About Some of the World's Most Famous Foods

By Pam Teel

Most famous foods usually have some kind of a story behind them as to how they were made. Some foods were even made mistakenly, like chocolate chip cookies and potato chips. Some of these stories have been handed down through the generations, and some, well let's just say, some might be that of urban legends like the Snapple brand soft drink. The original Snapple drink was said to explode when opened; the apple juice inside fermented. The name is a combination of the word snap and apple.

Potato chips were said to be made by an irate chef in 1853 at the diner, the Moon Lodge, in Saratoga Springs, NY. The chef's name was George Crum. When a customer complained that his fried potatoes were cut too thick, Crum cut the potatoes paper thin out of spite, fried them, and served them to the customer. Guess what, the customer loved them and so did everyone else.

During a day at the fair, a vender ran out of ice cream cups to serve the ice cream in and a quick thinking attendant used large rolled up waffles to hold the ice cream. The waffle ice cream became a big hit. This led to the making of the waffle cone.

Did you know that Doritos were first sold in the 1950's at a little place called Casa De Fritos in the Frontierland section of the park in Disneyland?

Flaming hot Cheetos were developed by a janitor, Richard Montanez, at a California Frito Lay Plant. He took some Fritos home and add-

ed his own seasonings to them, took them back to work to see what his co workers thought of them, and when the response was a positive one, he pitched the idea of hot cheetos to his boss. Before long, they were up on the shelves. Wonder if Richard remained a janitor after that!

Think about the irony of this. The Cotton Candy machine was developed by a former Tennessee State Dental Association President named William J. Morrison and was first called Fairy Floss.

Who didn't have a Pez candy dispenser as a kid? Do you remember what character you had? The candy was first developed as a smoking alternative by a German company. The dispensers were made to look like a lighter.

The White Castle burger Franchise was founded by a couple of guys in response to author Upton Sinclair's book, *The Jungle*, which exposed Americans to the horrific conditions of urban slaughterhouses. The white in White Castle was supposed to convey purity.

Chocolate chip cookies were improved by Ruth Graves Wakefield and her husband. They owned the Toll House Inn in Massachusetts. One day when making cookies for her guests, Ruth ran out of baking chocolate and substituted the chocolate with semi sweet chocolate instead. She noticed that the chocolate didn't break down and fully melt like the other chocolate they used and when she served them to her guests, they loved them. Did you ever hear of Toll House cookies?

Popsicles were actually a mistake. Eleven-year-old Frank Epperson was mixing powdered sugar and water to make a soda pop. He left the mixing bucket outside with the wooden stick in it on a very chilly night. The next morning he noticed the whole thing was frozen. When he licked it, it tasted great. He started selling the Epperson icles for five cents and later changed the name to popsicles, a new cool treat.

German chocolate cake isn't really German. It is named after Samuel German, developer of the baking chocolate that goes in the cake.

The Snickers Bar was named after the Mars Family's favorite horse called Snickers in the 1930s.

Some creations were made that were originally intended to be medicine like Pepsi Cola. John Pember-

ton made up a batch of what he thought would be a cure for dyspepsia. When his assistant tasted it, he raved at the taste so they decided to mix it up with carbonated water and sell it as a soft drink. The name Pepsi came from the word dyspepsia.

7-up originally contained a mood altering inhibiting drug called lithium citrate. It was a popular mood stabilizer in the nineteen and twentieth century.

The soda, Fanta, was a product of Germany, during the Nazi period. Due to a loss of supplies during World War II, Coca Cola's German CEO Max Keith, had to come up with a replacement soda. Fanta was made out of mixing up leftover ingredients.

Coca Cola originally contained coke in its syrup. The coke was removed in 1903.

Corn Flakes were developed by brothers John Harvey and William Kelly in the 1800's. It was purposely made to be plain and starch free and a healthy source of nutrition to feed John Harvey's patients. He was Chief of Medicine at the Battle Creek Health Clinic. The brothers attempted to put together healthy starch free bread that had some taste to it. The first batches didn't work out. They were too mushy. The Kelly brothers were called away for a few days and when they came back the wheat hardened and William for some reason put it through the rollers and noticed that the wheat didn't stick and even better than that, the individual morsels tasted good. They made up another batch of wheat grains and perfected the cereal. The plainness of the cereal was also meant to calm down ones libido.

Graham Crackers were invented by Sylvester Graham, a Presbyterian Minister. It was aimed at getting people to control their libido. When they had amoral thoughts, they would reach for a graham cracker instead. Wonder how well that really worked? ■



The Snickers Bar was named after the Mars Family's favorite horse called Snickers in the 1930s.



Meet your neighbor - Vincent Conoscenti

It's all about the Rhythm

by Susan Heckler

Music is an international language. It touches the heart and the soul using rhythm and poetic words. Most of us love to listen to it, some of us love to create and share it.

Vincent Conoscenti is a music lover who has developed skills for music production in the last year. At 17, his passion leans toward creating and selling instrumentals. Vincent built his own music studio in his Millstone home beginning with a gift from Mom & Dad and building on it piece by piece.

He works hard at Baker's American Bar and Grille to increase his investment continuously. He is always searching for equipment to help advance his studio.

Vincent creates instrumentals that are unique to him. He sells them to friends and is looking to expand his customer base. He has talented friends who sing the vocals and record video. Together, they help promote their amazing brand.

Welcome to Cono Creations! This young Millstone entrepreneur and his friends from Allentown High School, Matt Singer and Nick Benton are collaborating on promoting their brand. You can find them on Spotify, Sound Cloud and Instagram.

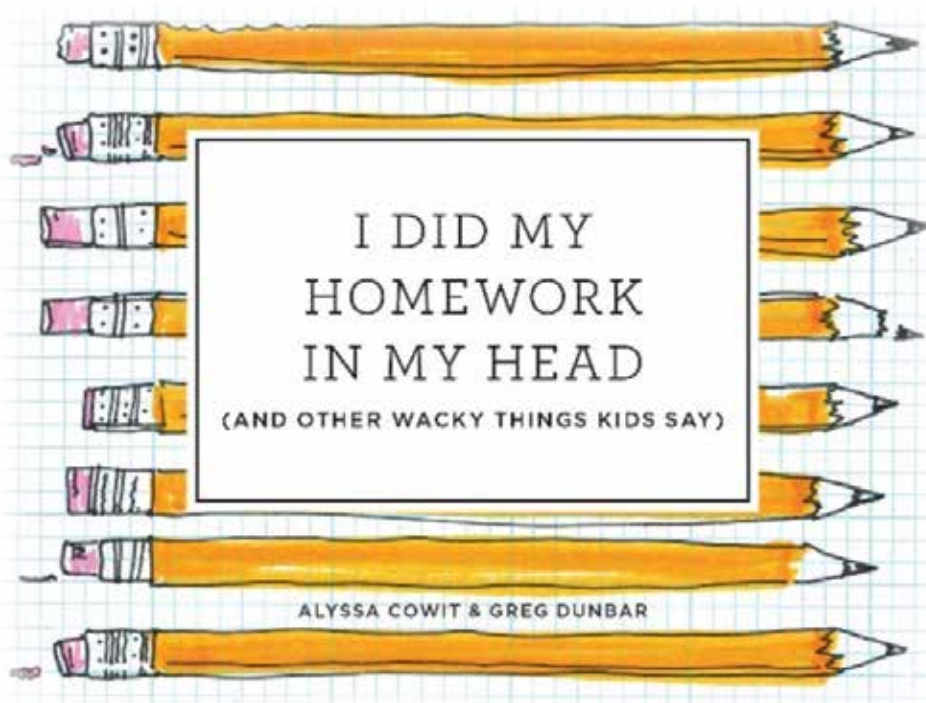
This creative young man loves art, design, and to share his dreams with close friends. He enjoys creating emotion through his music. He is looking forward to a career in music, possibly Audio Engineering at Rutgers.

Got questions or need an Instrumental track? Contact him at Conocreations@gmail.com



I DID MY HOMEWORK IN MY HEAD (And Other Wacky Things Kids Say)

By Alyssa Cowit & Greg Dunbar



NYC school teacher Alyssa Cowit was so fascinated by the questions and comments from her Kindergarteners that she started an Instagram account, @livefromsnacktime, to chronicle them. Alyssa believes children are honest and curious, and while often perplexed, they're brilliant – and that it's a teacher's job to take what children say seriously. Alyssa wants to help adults understand that children are not always acting outrageous to seek attention, but instead thinking out loud, soaking up new information, and solving problems 24/7!

I Did My Homework in My Head (Clarkson Potter; on sale April 4, 2017; \$9.99) is a collection of Cowit's favorite lines—with 175 brand-new quotes exclusive to the book—that celebrates the innocent (and sometimes not-so-innocent) revelations of children.

From friends, siblings, and pets to lying, love, and homework, the wisdom and witticisms on *Live from Snack Time* have been picked up by *Today*, *Huffington Post*, *Good Housekeeping*, *Buzzfeed*, and more.

ABOUT THE AUTHOR

A graduate of Ithaca College, ALYSSA COWIT teaches at an elementary school in New York City. In May 2015, she started the Instagram account *Live from Snack Time* with GREG DUNBAR, now a digital marketing manager with Walt Disney Studios. Together they have grown *Live from Snack Time* to more than 56K followers with accolades from *Hello Giggles*, *Cosmopolitan*, *Babble*, *ABC News*, and *Ashton Kutcher*. Cowit lives in New York City and Dunbar lives in Los Angeles.

Is Gluten and Wheat That Bad?

Wheat Belly Review

By: Elisabeth Donati

It's only been a few years since I've been eating gluten-free, experimenting with how to make muffins and cookies and other foods that involve flour that taste good and were good forming.

And it seems like everyone I talk to is either gluten-free, trying to be gluten-free or knows someone who is gluten-free. At first I wasn't sure if it was a new fad or there was something to it.

After reading, *Wheat Belly*, by Dr. William Davis, I now firmly realize the depth and seriousness of the issue...at least here in the United States.

Like so many of our foods these day, wheat, and the gazillions of products that are produced each day and consumed regularly, isn't the wheat that our mothers and fathers grew up on...at least if you're my age (shhhh...I'm 55 but I really don't realize it).

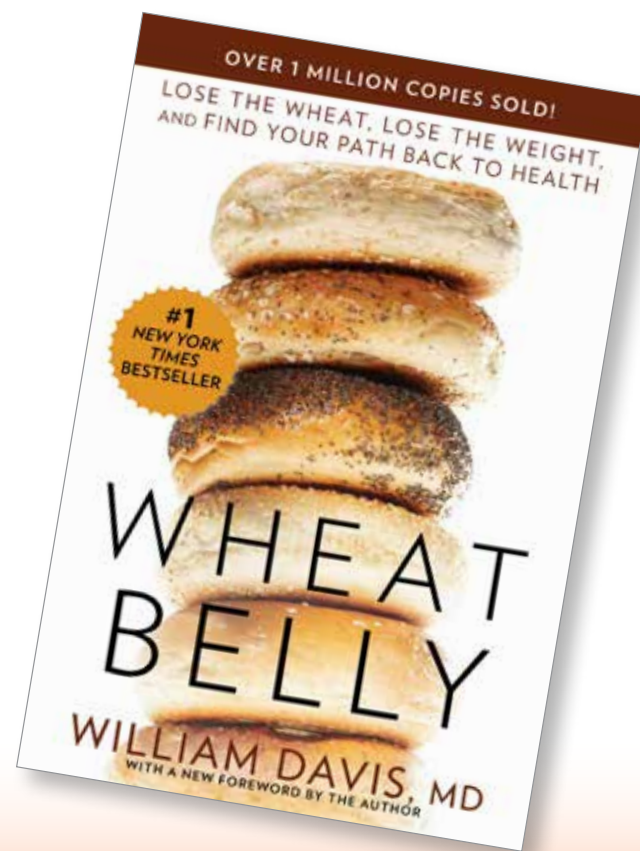
What I learned from this book by Dr. Davis is that through hybridization and genetic modification, all in the guise of making more money and feeding more people (i.e.,

making more money), they...the infamous ones we refer to as they) have created an almost life-threatening situation for the human beings who eat so much wheat.

Dr. Davis explains the history of wheat in the world...something I always enjoy in a great book...and proceeds to give very valuable, and usable information and advice on how to regain our health 'after wheat.'

I have been wheat free for going on three years now and I can't say that I miss it most of the time. I've never been much of a pasta girl and though I sometimes ache for my mother's home made bread, I'm content now with brown rice, quinoa, yams and other carbs to go with the vegetables, lean meats and fruits that I have lived on for decades (thanks for my mom who raised us on these foods to begin with).

If you're interested in why wheat is so bad for you, how wheat went from being a staple in our diets to a potential killer of all things healthy, I highly recommend *Wheat Belly*. Also check out www.SantaBarbaraGlutenFree.com for great recipes and articles.



QUESTION:

How does The MonaLisa Touch counteract vaginal dryness?



**Dr. Helen Simigiannis,
MD, FACOG**

Vaginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticing products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The MonaLisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Regular sexual activity can help preserve vaginal function by

increasing blood flow to the genital region and helping maintain the size of the vagina. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
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- The duration of each session is a full 60 minutes, or 25% more time than is currently covered by many insurance policies.

- The fee is reasonable and competitive, with NO ADDITIONAL TRAVEL FEES, and the first session is always FREE, with ongoing discounts available.

- Expertise: unlike other counseling professionals, we are highly specialized, having dealt exclusively with issues related to grieving 100% of the time for the past 14 years.

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Diet Linked to Cancer

Eat well and exercise. How often are we advised by medical professionals that these two simple lifestyle choices can help us live longer, healthier lives?

Well, recent international research on the link between high-fat diets and breast cancer only strengthens the validity of the guidance.

The Epic Breast Cancer Study researched more than 300,000 women in 10 European countries, and its results were published in the Journal of the National Cancer Institute.

The study found that a high-fat diet increases the risk of the most common form of breast cancer by one-fifth. A 28-percent rise in risk is attached to heavy consumption of saturated fat, which is what comes from butter, lard, cuts of meat and some dairy products.

The study amplified the call for women to eat healthier to improve their odds of avoiding breast cancer.

More research is being done in the area through another study called Women's Healthy Eating and Living (WHEL), which is looking into how diets rich in fruits and vegetables and low in fat can help reduce breast cancer recurrence.

What You Can Do

If you or someone you know struggles to maintain a healthy diet, you can take these steps:

- Lower Your Fat Intake: Sounds simple, but what does it mean? Fruits and vegetables have less fat and more fiber than animal products. Most are packed with helpful nutrients, so be sure to mix them in throughout the day. If you're not likely to sit down and eat an entire carrot for a snack, chop one up and add it to your salad or spaghetti sauce.

- Variety is Key: Research has shown that the healthiest way to make sure your body is nutrient-rich is to consume a wide variety of foods. Fruits, vegetables, legumes and whole grains are all great diet options on their own, but even more effective when working together to fuel your body.

QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

Dr. Scot Paris using
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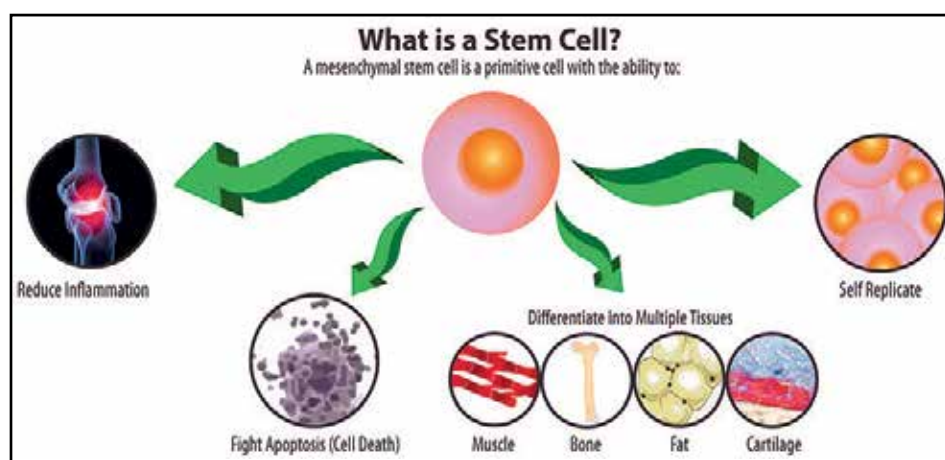
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QUESTION:

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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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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The Do's and Dont's of BAGGED LETTUCE

By Stefanie Maglio

Day to day life as an adult, and especially a parent, is typically hectic. Worrying about your family and your job leaves little time for chores like grocery shopping. That's why bagged products such as lettuce and prepared salads may seem convenient. Lettuce may seem like a healthy and easy option, but before buying bagged lettuce it's important to remember some things. There is always the chance for bacteria to be growing where it shouldn't. Yes, this means unhealthy bacteria could be growing inside the bag if lettuce you picked up from the grocery store. That's why you should always look before you grab. Go for the latest "used by" date and make sure the bag is not expired. Look for any discolor or damage. These are usually a red flag, as well as any moisture that has collected which is breeding ground for bacteria.

Once you purchase the lettuce, **make sure you keep it cold.** Don't let it sit out while you out other groceries away. Try to make the lettuce a priority and store it in the fridge first thing when you get home. The same should be done with yogurts and milk. Warm temperatures can cause bacteria growth just like moisture.

Don't re-wash. Most bagged lettuce says "pre-washed" or "triple-washed". This means there is no point in rehashing the lettuce again. It can be exposed to bacteria in your sink or surrounding areas. Also, and increase in moisture, yet again, can cause harmful bacteria to grow.

Do eat the bagged lettuce or salad product quickly. It is always best to eat vegetables while they're fresh. However, this means don't buy family sized or bulk bags if you are single or only eating for two. Only purchase exactly what you need for a couple of days. The longer you keep the food, the more likely it is for bacteria to multiply and spread.





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The use of tablets, phones and hand held devices are increasing every year. With the use of these devices, there is an increased risk for health problems.

The major problem with using tablets and smart phones is that most people look down for prolonged periods and slouch while searching these devices. This posture stresses the neck and upper back.

This excess stress on the spine can cause: headaches, neck and upper back pain, premature degenerative disc disease, numbness and tingling in the arms, hands or fingers.

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

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Fossil Hunting in New Jersey

By Pam Teel

Not that many people know that America's East Coast has its share of dinosaur bones in New Jersey, Delaware, Eastern Pa., and Northern Maryland. In fact, in 1838, North America's very first nearly complete dinosaur was discovered right here in NJ. The first Mosasaur fossil was also discovered here. Mosasaurs are an extinct group of large marine reptiles.

One of the better-known areas right here in Monmouth County exposes Cretaceous age fossils. The Cretaceous is a geologic period and system that spans 79 million years from the end of the Jurassic Period 145 million years ago to the beginning of the Paleogene Period. You have to think back to when this area of Central Jersey was once all under water. Remains of prehistoric animals accumulated on the shallow sea floor. The remains were buried by nutrient rich sediment coming from the shore and are now part of the fossil bearing layers of the Monmouth group. These Cretaceous marine fossil layers are exposed by brooks that cut down through sediments in certain areas like the Big Brook area.

At Big Brook, Cretaceous fossils are exposed and erode out of the stream banks. They accumulate in the streambeds. Many sought after fossils found there are Fossil shark teeth, such as the odd-looking crow shark and Goblin sharks. There are also great marine reptile remains found there. Many of these are Mosasaur fossils. The stream sometimes provides rare dinosaur fossils, such as Edmontosaurus teeth. Besides the vertebrates, invertebrates are common, including shells and the Belemnite fossils. You can walk in the creek at Hillsdale Road. Wear boots; bring bug spray, water, sifting pan and a small shovel, regulation trowel size 4 x 5 inches. Make sure you read all rules before hunting for fossils.

Each spring, increased water flow from melting snow cuts new veins through the bottom of the stream, revealing a fresh harvest of fossils, from sharks' teeth to the occasional dinosaur-bone fragment. It was here that dentist and forensics specialist, Dr. Paul Kovalski, a well-known Monmouth County fossil collector, discovered a Hadrosaur bone in December 2008. Despite its name, Big Brook has a modest flow, never wider than 25 feet, never deeper than 5 feet. It runs for about 15 miles from the springs and wetlands of northern Marlboro Township into Swimming River Reservoir. In Colts Neck, it flows through Big Brook Preserve, a 143-acre recreational area with hiking trails and easy access to the best sites for fossil hunting. Big Brook is not the only Monmouth County waterway rife with fossils. Other opportunities to find them exist at Poricy Brook, Ramanessian Brook, Shark River, Willow Brook, Hops Brook and Paul Kovalski Tributary (named for the Monmouth collector). Yet nowhere is the concentration of fossils as impressive as Big Brook.

Shark River Park is another place for fossil hunting. It doesn't have Cretaceous fossils but a mix of Eocene and Miocene fossils. Within 933 acres, you will find fishing, hiking, ice-skating, a fit trail, playground, and more. Fossil hunting in the Shark River is a must. The river runs along its northern boundary. Less than a few feet deep, you can wade in the water and sift through to find shark teeth. Two main entrances to the park are through Schoolhouse Road and Gully Road.

Poricy Park Fossil beds are located on Middletown-Lincroft Road in Middletown across from Crawford Road. This park is well known to fossil collectors in the northeast. You can find fossils from the Cretaceous period of the Mesozoic era. (145 to 65 million years ago.) At that time, this part of NJ was a shallow ocean. Over the million years the ocean level rose and fell to form different layers of deposits within the remains of different animals. The layer exposed by the cutting action of Poricy Brook is called the Navesink Formation and is approximately 72 million years old. There is no access to the fossil beds from the main entrance to the park on Oak Hill Road. Families are welcome to come seven days a week to experience the fossil beds from April to October. There are equipment rentals available at the Poricy Park Nature Center on Oak Hill Road -Monday through Friday 9-3. Groups, students, schools are welcome. You can call the Nature Center for more information. There are also community fossil hunts held one Sunday of the month. The stream continuously exposes new fossils. Five fossils are allowed per person. There is a picnic area at the Nature Center. The best way to find fossils is by sifting through the sand and gravel of the streambed.

Children and adults of all ages love the adventure of sifting through the sand and gravel to find these rare treasures.

For more information go to: <http://njfossils.net/>

<http://www.fossilguy.com/sites/bbrook/>

<http://www.poricypark.org/fossilbedsfossilhunt.html>



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How to Cook the Perfect Egg

By Jordan Tinitigan

Eggs are a staple piece in our every day morning meals. But how do we make sure that they're cooked to perfection? As you probably already know, eggs can be cooked in many different ways (fried, scrambled, poached, hard-boiled, and many more!). However, today I will be giving some tips on how to cook the perfect fried egg. Fried eggs can be one of two things—sunny side up and over easy. Sunny side up is the perfect Instagram-worthy egg with the yolk facing up, while over easy have to yolk inside.

TIP ONE- Chef Alton Brown states, “Never crack eggs directly into a pan—always crack them into a cup or ramekin. It's the only way to make sure they cook evenly, and you can pour them into the pan right where you want them.” In other words, if you crack your egg directly into a pan, the egg will not cook all the way through in some parts, and burn in others.

TIP TWO- Add some canola oil into your pan before putting the egg in. This will assure that your egg will be perfectly fried. Also, after you pour your egg in, make sure you season it with some salt and pepper. Make sure you do this before the egg whites are set.

TIP THREE- LEAVE. IT. ALONE. No, seriously, don't touch it. Let it sizzle in the pan for about two minutes.

TIP FOUR- Once the edges are brown and the whites are 90% set, take it out of the pan, and voila! There you have it; the perfect fried egg!

(If you prefer over easy, flip the egg sometime between tips three and four)



The NJ Chapter of Room to Read is excited to welcome Cory Heyman, Chief Innovation Officer and Executive Director of Room to Read to Princeton April 20th. The afternoon begins with an open house at the Princeton Public Library from 3-5 pm in the Community Room. Cory will share details from his recent trip to South Africa and Rwanda. Cory is the featured speaker at Startup Grind beginning at 6pm on 4/20. Tickets can be purchased here. Room to Read began in 2000 when John Wood was inspired to tackle the issue of global literacy following a trekking trip to Nepal. He left his prominent position with Microsoft to become one of the first social entrepreneurs. His journey is chronicled in the book *Leaving Microsoft to Change the World* by John Wood. There are 50 volunteer chapters around the globe hosting fundraising and awareness events to support Room to Read programs. Room to Read focuses on literacy and gender equality in education in 10 countries in Africa and Asia. www.roomtoread.org The NJ chapter originated in 2010 near Basking Ridge following a speech John Wood gave in NYC. The group has grown steadily through speaker events, scout troop visits, and local partner projects. The NJ chapter released a community cookbook in 2016: *Recipes Worth Reading*. The book contains 150 recipes from NJ chefs, shops and home cooks. Every one dozen cookbooks sold covers funding for a girls' education scholarship for one year. Room to Read has put nearly 40,000 girls through scholarship. The NJ chapter of Room to Read facilitates fundraising projects that create awareness for literacy and gender equality in education worldwide, while promoting local businesses, connecting our local and global economies for good. Room to Read NJ partnered with Ed Ventura of The Grape Escape to publish the cookbook and ensure all proceeds benefit Room to Read programs. www.gograpes.com The cookbooks are available for a \$25 donation at Savory Spice Shop in Princeton. Our volunteer model encourages people to turn their passion into purpose by creating an event to benefit Room to Read. Whether it be a book swap, a bake sale or a bike ride, there are so many ways to contribute. Our volunteer engagement allows students to conceptualize, organize, publicize and supervise an event to benefit their less fortunate peers on the other side of the planet. Kids today are academically advanced, but lack the soft skills necessary for our future work force in an ever expanding global economy; public speaking, leadership and teamwork to name a few. Please contact Volunteer Chapter Leader Nicole Smith to learn how you can help. rtrnicolesmith@gmail.com



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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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Away at Camp

Taking part in an annual camp can be one of the most exciting parts of a child's summer.

There are nature walks, cookouts and up-all-night summer fun. Camp has long provided many staples of American childhood and should be experienced by any child seeking some adventure and camaraderie.

But before you pack a bag and send your child off to summer camp, you should take some precautions to ensure that the trip is both fun and safe.

Research the Camp

As a responsible parent, you should get to know what medical and safety services are available at the camp. According to recommendations from the American Academy of Pediatrics, a safe camp will make public its written health policies and protocols.

All children attending a quality camp should be required to have had a complete exam by a doctor in the past year and be up to date on all childhood shots. Before camp starts, parents should make sure camp officials understand any health issues the child has, as well as past significant illnesses, operations, injuries and allergies.

It also is important to find out if the camp has nurses or other medical personnel on site. Is there a place your child will be able to go if she doesn't feel well? What are the caregiver's credentials and background in treating children? These are critical questions to ask camp officials before sending your child there.

Homesickness

The stress of being away from home should be a serious consideration before enrolling your child in summer camp. Eight out of 10 campers report being homesick at least one day at camp, according to American Camping Association statistics. Less than 10 percent of those cases result in the child becoming so anxious or depressed that he stops eating or sleeping, the ACA says.

You know your child best, so if she has struggled with leaving your company in the past, maybe a short day camp is good way of testing readiness for the overnight variety.



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We are very excited to provide our Sportika families with a free membership in CollegeSave, a unique tuition credit/scholarship product from a trusted Sportika partner! CollegeSave provides guaranteed college scholarships for the children in Sportika families, valid at over 370 colleges and universities in 45 states across the US. When you join Sportika, you're entitled to a CollegeSave membership featuring thousands of dollars in tuition discounts at all the participating schools in the CollegeSave network. **You can earn up to \$4000 in scholarship rewards the 1st year!** Colleges participate in this program to attract more good students like those in our Sportika families. And these are very good schools - 80% of them are listed on the US News & World Report ranking of America's Best Colleges!



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3pm-5:30pm



Tuesday, April 11



Wednesday, April 12



Thursday, April 13
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Friday, April 14
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I AM ANNE FRANK, Starring ANDREA MARCOVICCI at the Axelrod Performing Arts Center

Please join The Jewish Heritage Museum of Monmouth County and Jewish Family Services of Monmouth County on a trip to see I AM ANNE FRANK, Starring ANDREA MARCOVICCI, at the Axelrod Performing Arts Center on Sunday, April 23, 2017, at 3 P.M. The cost is \$34.00 per person and includes one ticket and round-trip bus transportation (non-refundable).

New York cabaret artist Andrea Marcovicci recreates her moving and charming show I Am Anne Frank, based on the famed diary, with music by Michael Cohen and lyrics by Enid Futterman, accompanied by a live chamber orchestra. Originally presented at Alice Tully Hall, Lincoln Center, in 1996, I Am Anne Frank is a lasting tribute to the diary's namesake as well as the many victims and survivors of the Holocaust. The Axelrod performance will include a children's ensemble as well as an original prologue written by Ms. Futterman.

This program is co-sponsored by the Jewish Federation in the Heart of New Jersey and the B'nai Sholom-Beth El Foundation.

The bus will depart from (the former) Top Tomato at 300 Mounts Corner Drive, Freehold at 2P.M. It will return to Freehold at approximately 6 P.M. Please mail a check to the attention of Marion Riback at Jewish Family Services of Monmouth County, 25 Kilmer Drive, Building 3, Suite 212, Morganville, NJ 07751. For questions, please call #732-774-6886, ext. 43. Please register as soon as possible, as there is limited seating. The last day of registration is Monday, April 17, 2017!!

The Jewish Heritage Museum of Monmouth County 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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Coming Attractions: New Movies this Month

By: Stefanie Maglio

Get ready because this April a lot of new movies are coming out. You'll definitely want to get your hands on movie tickets and some popcorn for these:

The Fate of the Furious (April 14th) - (The eighth movie in the Fast and Furious series) "Now that Dom (Vin Diesel) and Letty (Michelle Rodriguez) are on their honeymoon, Brian and Mia have retired from the game, and the rest of the crew has been exonerated, the globetrotting team has found a semblance of a normal life. But when a mysterious woman seduces Dom back into a world of crime that he can't seem to escape, the crew will face trials that will test them as never before." www.moviefone.com

Smurfs: The Lost Village (April 7th) - "Smurfette (Demi Lovato), Brainy (Danny Pudi), Clumsy (Jack McBrayer) and Hefty (Joe Manganiello) use a special map that guides them through the Forbidden Forest, an enchanted wonderland that's filled with magical creatures. The best friends must race against time and the evil wizard Gargamel (Rainn Wilson) to find a mysterious village. Their adventure leads them on a course to discover the biggest secret in Smurf history." www.moviefone.com

The Void (April 7th) - "Cloaked, cult-like figures trap a police officer (Aaron Poole), patients and staffers inside a hospital that is a gateway to evil." www.moviefone.com

Ozzy (April 21st) - "A lovable dog must rely on some new friends to help it break out of canine prison and get back home to his owners." www.moviefone.com





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Looking for a Pre-Owned Car?

*Make sure you take a visible inspection before even getting into a vehicle for a test drive.
 Here are key elements to inspect.*

TIRE CONDITION-

Walk around the vehicle and assess each tire individually. Bring along a tread-depth gauge to measure the amount of life left in a tire. If the tires have less than a quarter-inch of tread, you should negotiate a new set of tires or a price reduction. Also, make sure the tires are the same brand and model. You can get this information on the sidewall of the tire. Different sizes will affect ride comfort and cause premature wear to tires.

LEAKS-

Let the engine run while you inspect the tires. Then look under the vehicle to find any puddles or notice any leaks. Point out any leak to your salesperson.

LIGHTS-

Stand in front of and behind the vehicle as the salesman performs a light test. You should check both bright and dim functions of the head- lights, turn signals, stop lights and hazards. If any light is not working, request repair as part of the deal.

CHECK THE BODY-

Body repair is difficult and costly. Look from the front corners of a vehicle, you can typically find any ripples or paint runoff that indicates a body repair was performed. Inquire about the vehicle's accident history. Your salesperson will have access to the incident report.

UNDER THE HOOD-

Raise the vehicle's hood and watch the engine run. Does it engage securely? If it seems to be moving too much, there could be a mounting issue. Listen for noises such as knocks or hissing, which can indicate mechanical problems.

IN THE CAB-

While inside, test every feature on the dashboard. Make sure the heat and air conditioning both function properly and efficiently. Check that each power lock works, power windows operate correctly and media centers work. Also check the condition of the interior for clean carpet or well-maintained leather seats.

Any of these issues should be addressed when noticed. Some repairs can be performed, but if the damage is too extensive, it might be best to look at another option.



By: John Speranza



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International Dance Day, April 29th

By Stefanie Maglio



International Dance Day was founded in 1982. Its main purpose is to promote the art of dance around the world. Every year, the International Dance Committee of the International Theatre Institute selects an individual to create an International Dance Day message. This message is then shared around the world.

Professionals as well as amateurs celebrate International Dance Day. It is enjoyed and celebrated in many theaters throughout the world. It is a great opportunity to not only promote dance, but physical activity and a healthy lifestyle as well. Dance is a fun way to stay active and in shape. The holiday gives you the perfect opportunity to learn a new dance, or sign up for that dance class you have always wanted to try. Make it a fun experience with friends and family.

Dance is a form of art, but it is also a means of communication in specific cultures throughout the world. It is practiced by millions of people. International Dance Day is a great way to celebrate many different cultures in a unified way and learn about the history of it. Dance is a universal language, which makes it capable of being part of many cultures. This April 29th celebrate International Dance Day by getting out and having fun, while being active with your friends and family!

Visit www.international-dance-day.org for more information!

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Ringwood, NJ

If you love hiking and being around woods and water....

By Pam Teel

Then this is the place to be! Artie S. from Creamridge emailed us here at the paper. He enjoys reading the articles about the different towns we sometimes showcase and asked if we could let people know something about his former hometown of Ringwood, New Jersey. This is for you Artie!

The borough of Ringwood is in densely populated northern New Jersey, just short of the New York State border. If you like water, rocky outcrops, hardwood forested ridges, hiking, swimming, skiing, then this is the place to visit. The area is laced with hiking and biking trails and long winding roads.

Ringwood is not far from the Ramapo Mountains. The borough is very rural and is 70 percent open space. It is also the core of the Highlands, which stretches across 500,000 acres of seven northern NJ counties and provides half of the states drinking water. Most of its residents live in two fingers of land running parallel to the Wanaque Reservoir. The reservoir provides water for close to two million Newark and Jersey City residents.

Ringwood has a population of about 12,600 people and is one of New Jersey's premiere recreational regions. The highlands are dotted with countless lakes, several rivers, many terrific regional and state parks and has a fantastic view of the New York City Skyline. Transportation into the city is excellent with all day service with just an hour's drive to Port Authority. Residents don't mind being referred to as the Highlanders!

Ringwood has its share of pretty historic buildings and is a charming mix of old and new. Many painters and illustrators call Ringwood home because of its natural beauty. There is always some form of art show going on. Ringwood also has its own community theater, the Iron Mountain Stage Company.

Ringwood is situated on the Wanaque River and covers about 28 square miles. The densely forested Ringwood Manor State Park is full of trails and lakes and the nearby Harriman State Park and the Wyanokie Mountains are full of recreational things to do. Additional lakes and ponds include Hidden Valley Lake, Lake Rickonda, Adler Pool, Stephens's pond, Sheppard Pond, Scarletelli Pond, Swan Pond, and Gatum Pond. There is also Ringwood Creek, High Mountain Brook, West Brook, Cupsaw Brook, and Burnt Meadows.

Ringwood State Park is a beautiful natural area that was once home to an iron empire. The park has a local history museum in the beautiful Skylands Manor Mansion, sometimes called the Castle. The Skylands Manor is surrounded by stunning Botanical Gardens. The 54 room Tudor revival mansion is now a museum and open to the public. You can book a room at the Castle or have your wedding within the Victorian Mansion. The architecture and beauty of this stunning Victorian era Mansion is cause enough for a trip north. The museum offers different kinds of tours like the Victorian era tour, or the summer living tour. It also has an old cemetery on the premises. Twenty miles of the boroughs hiking trails are in Ringwood State Park. Sheppard Lake is used for swimming, boating, and fishing, and there are two historic mansions that are on the National and New Jersey Register of Historic Places.

Ringwood was first settled in 1730, when iron was found in the mountains. Peter Hasenclever developed mines in 1764, and lived at Ringwood Manor. He made Ringwood the center of a 150,000-acre empire, which included New Jersey, New York, and Nova Scotia. He claimed to produce the best iron in the American Colonies. You can read up on the iron ore mines and Mr. Hasenclever's predecessors at the Skyland Manor museum, which is now a Historic landmark.

There is also the highland natural pool where you can swim in a spring fed natural cold-water pool in the heart of a forested area. There are also accommodations for picnics and barbeques.

Norvin Greens State Forest offers some of the finest hiking in the area with rugged trails and mountainous terrain. Most of the summits offer exceptional views with Wyanokie High Point being the most breath taking of them all with a treeless summit and a 360-degree view. The park is divided into three sections, the southernmost section, the central section, and the West Brook Road section. Each area has its own unique sites to see and explore. Expect to see wildlife on these hikes: Black bear, snakes, beaver, fox, deer, bobcat, coyote and plenty of bald eagles. If you want more info on these hiking trails, the New York, New Jersey Trail Conference Map #115 provides details of terrain and trails in this park.

Another attraction in Ringwood is the 160-acre Weis Ecology Center on Snake Den Road. Owned by the NJ Audubon Society, it includes an educational center, nature trails, an aviary, and a garden that was specially planted to attract birds, butterflies, and more.

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A LOVING FAMILY

By Pam Teel

Spring is here; a new beginning, trees blooming, flowers growing, and the earth turning green with life once again here in New Jersey. It could also be a new beginning for some of these homeless and abandoned pets looking for someone to include them into their everyday activities. If you're looking for a new addition into your family, please check out the wonderful animals waiting to be adopted at the Animal Assistance facility.

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, feline leukemia negative, 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 and dogs 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. 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.

Sweet Pea was left behind by a tenant along with her four siblings. She is tiny, friendly and looking for love.

Kuki is full of personality. One-year-old orange tabby

Eleanor is a young female German shorthaired pointer

Champ is a Great Dane male

Alex is a grey male tabby.

Andy is a small Chihuahua found abandoned in a trailer.

Petunia is a female pig that was abandoned. She is very easy to get along with.

Jasper is a male pot bellied pig, neutered.

Fred and George are two orange brothers that love to cuddle. Would prefer to go together.

Senator Bob needs a loving family, an orange tabby that loves to chatter.

Blackie is a sweet kitten looking for a home.

Also check out local Creamridge rescue: Allpawsonboard Inc@gmail.com



Sweet Pea



Kuki



Eleanor



Champ



Alex



Andy



Petunia



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Fred & George



Senator Bob



Blackie

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CAN YOUR NEIGHBOR TAKE YOUR LAND?

By John Bazzurro

Pursuant to New Jersey law, the short answer to this question is yes. Depending on the circumstances, your neighbor may be able to claim title to a portion of your property. This doctrine is called Adverse Possession.

Under the doctrine of adverse possession, a person who openly, notoriously, continuously and exclusively utilizes another person's property for a certain period of time may be a cause of action with the Superior Court in the county in which the property is located seeking a declaration from the court that they are the properly titled owner to such property. The basis of such a claim under New Jersey law is the failure of the true property owner to file an action for ejectment of the "adverse possessor" within the period of time designated by statute.

Typically, these cases arise when a landowner's fence encroaches onto their neighbor's property or when one landowner builds and continuously uses a structure (such as a driveway, walkway, etc.) which is situated either totally or partially on the neighbor's property. The requirement that the use of the land be open and notorious is to give the rightful landowner the opportunity become aware of the improper use and take action to correct it. Thus, where a fence or driveway only encroach upon the neighbor's property by an inch or two, such an encroachment may not be considered "open and notorious" because such a minor encroachment would not put a reasonable landowner on notice that its property is being encumbered. Other factors which relate to the "open and notorious" requirement include whether or not the adverse possessor consistently acted as if it were the owner of the land in question.

The present statutory timeframe for which the adverse possessor must "occupy" the subject property in order to achieve adverse possession is generally 30 years for developed land and 60 years for undeveloped land. As indicated above, such possession of another's property must be "continuous and exclusive" for these statutory periods. Thus, any attempt by the rightful landowner to exert control over the subject property or any abandonment by the adverse possessor during the applicable time frame will generally defeat a claim for adverse possession. It should be noted, however, that the applicable time frame may be satisfied by the "adverse possession" of more than one titled owner. Thus, if four successive owners openly, notoriously, continuously, and exclusively use their neighbor's land for the applicable time frame, the last titled owner may seek adverse possession based on the time accrued by three prior owners' adverse use. This is called "tacking."

What does all of this mean in practical terms? Basically, if you own real property, you should regularly check your property boundaries to ensure that none of your neighbors are improperly asserting any type of control over it.. If you believe one of your neighbors is doing so, we would suggest seeking legal advice as soon as possible and potentially obtaining a survey to determine the nature and extent of the encroachment or use. Similarly, when you purchase a home, you should go over the survey with the surveyor in order to determine whether or not any of your neighbors' fences or improvements (driveways, etc.) do not exist within your property lines. If such condition exists, you should immediately discuss this issue with the attorney who is representing you in that real estate transaction so that your rights may be fully protected.

The bottom line is that, in the event you believe any of these issues potentially affect you, you should seek legal advice as soon as possible given the legal nuances involved.

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Board Certified Civil Trial Attorney

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East Windsor Township 2017 Business Awards Presented to Galleria at Twin Rivers, Triangle Copy East Windsor, and Centrastate Health Pavilion Associates & Immediate Care Medical Walk-in of East Windsor.

The purpose of the annual awards program is to recognize local businesses that have made special efforts to improve or contribute to the community. The Galleria at Twin Rivers is located on Route 33 East at Twin Rivers Drive, was recognized for “Special Contributions to Beautification of East Windsor Township,” and the award was accepted by developer/owner Tobia Daniello, South Brunswick Enterprises. The Galleria, a newly constructed 25,000 square foot retail center is home to nine new businesses, including several restaurants and other sale and service options. The Galleria is a well-designed, modern and attractive new retail center in a highly prominent location in the Township, visible from all directions, which has enhanced the appearance of the area.



Mayor Janice S. Mironov presents 2017 Business Awards. Pictured (from left to right) are: Council Member John Zoller, Township Economic Development Committee liaison; Salvatore Cannizzaro, CEO of Immediate Care; Mayor Janice S. Mironov; John Gribbin, President and CEO of CentraState Healthcare Systems; Tobia Daniello, developer/owner of Galleria at Twin Rivers, and Michael Cocciolillo, owner of Triangle Copy East Windsor.

Mayor Janice S. Mironov presents 2017 Business Award to Galleria at Twin Rivers. Pictured (from left to right) are: Mayor Janice S. Mironov; Tobia Daniello, developer/owner of Galleria at Twin Rivers, and Elena Vignolo, South Brunswick Enterprises.





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Happy Mother's Day
to all those amazing
mothers out there!





By Jill Garaffa

How to Have Freedom around Finances

Dear Jill,

I have read your column for a while and know you coach a lot around health & wellness, but what about finances? Can you help me get organized around money? I don't know what it is, but I find myself so scattered and disorganized in this area of my life and it causes me a lot of stress. I have this whole "avoidance" thing when it comes to money, investing and even paying my bills on time. How do I move through this?

Signed,

Frozen around Finances

Dear Frozen around Finances,

Wellness, or feeling vibrant in all life areas, encompasses physical, emotional, spiritual, mental and financial well being. Not surprisingly financial health is often linked with other life areas. Financial strain can lead to emotional and physical illness, so it's a great idea to work on having freedom in this area as it has the potential to impact your quality of life in other areas.

Norman Vincent Peale once said, "People become really remarkable when they start thinking they can do things. When they believe in themselves they have the first secret of success." Believing in your self, whether it is your physical health or finances doesn't happen from trying to talk yourself into it (or beat yourself up about it). It starts from having an emotional experience that ignites a little, tiny spark of genuine self confidence. Once you have the first small victory, it lays the ground work for more victories.

The first question for you to consider is: what previous victories have you had in your life? Look back. What are some of your greatest accomplishments? Everyone has at least a few things that they feel quite proud. Did you graduate school? Raise a great child? Are you really good at a few things? Consider the internal strengths & qualities that made you succeed with those other accomplishments and reflect on your own awesomeness! Then, ask yourself, how you can apply those same qualities to your financial life.

The next question for you to consider is: what is the smallest action you can take today to begin to have order around your financial life? For many people, it comes down to organizing their piles of bills and paperwork. If you have months of unopened mail or overstuffed bins filled with papers, consider taking a small block of time (like 15 minutes) and just start working. Do something. Clear one pile. Clear one folder. It's not about finishing the whole job. It's about starting and feeling a sense of accomplishment, however small.

There is a saying "How you do anything, is how you do everything." A life coach can support you with identifying your natural internal strengths & qualities and help you apply them to overcome current challenges to create the life you want.

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.seedsofchangeoaching.com or call 732-859-6962.

If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchangeoaching.com or visit www.seedsofchangeoaching.com and click "contact us" to be featured in a future column.

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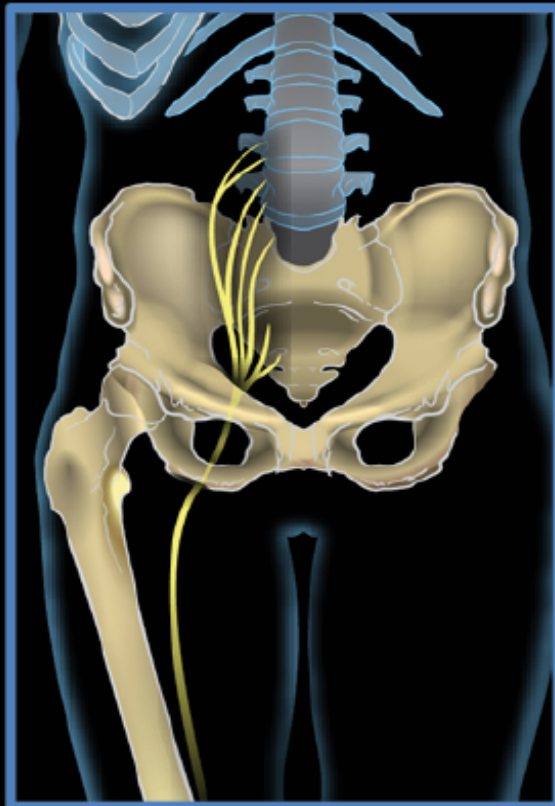
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Q: *What is Sciatica? How Can I Treat It?*

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can become inflamed due to: spinal subluxations, co-existing conditions, injuries, improper body mechanics, and more. Since the sciatic nerve runs from the hips down the legs, patients can feel radiating pain in their lower back, buttocks, hips or leg muscles. Some patients even report neurological symptoms like tingling sensations in their feet. Many feel restricted from everyday activities, unable to bend or in some cases sit and stand.

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 (by a licensed professional) 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 including non-surgical spinal decompression. Contact us today for more information on how you can *GET BETTER FASTER*.



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PRESIDENT TRUMP WILL REDUCE OUR 20 TRILLION DOLLAR DEBT

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

After President Donald Trump was inaugurated, a swift succession of executive orders was signed and placed on the books with great fanfare. A few weeks later the Commander in Chief made a formal request to the congress to increase the budget to repair the machinery that makes up our military.

Immediately warning bells and opposition red flags were heard and seen claiming our new president has become just like all former presidents...and will ADD to the crippling debt that appears in our title.

Here below is a brief summary of how the President (alias: "the Donald") will achieve a reduction of our monster national debt.

The evening President Trump requested to address the full congress – as he will be required to do in 2018 as The State of the Union – the promo boards (little windows that appear in the lower right corner of a television screen including a few words the White House supplies) provided two key points of what the president's speech would include before it began.

The words that appeared in the tease (another media term) were "a cut in diplomacy spending and foreign aid." Now, we all understand what foreign aid is...but what does "diplomacy spending" mean? My speculation is, because the term is not clearly defined online, there is potentially far more taxpayer debt involved in diplomacy spending than foreign aid.

Now, it is worth noting here how any big government debt may be repaid. (1) Raise taxes dramatically over four or eight years (2) Generate revenue from some natural resource we own outright (3) Stop spending on budget items we do not need!

Item (1) is out of the question. The POTUS ran on a campaign to reduce personal taxes and rewrite corporate tax laws. He would be tarred and feathered if he went back on either pledge.

Item (2) is interesting. During July 2016 candidate Trump spoke in North Dakota to a standing room only crowd of 20,000+ citizens who represent U.S. crude oil drillers in that region. Donald Trump promised the XL Pipeline would be built to deliver U.S. domestic crude oil to our own refineries in the Gulf states -- to free us once and for all -- from purchasing \$100.00 per barrel light sweet crude from Middle Eastern oil producers. Also, and perhaps much more significant, the over-supply surplus of U.S. crude that Obama spent a fortune placing in expensive storage, would be EXPORTED to nations in our hemisphere willing to pay our price prior to delivery. The crude now in storage would be sold to export; the 800,000,000 barrels of crude oil below ground in the Strategic Petroleum Reserve (SPR) would be immediately sold to export before it turns into unusable sludge after 30+ years in those old salt mines.

It is worth noting every penny of light sweet crude in the SPR is owned by the United States Treasury. The supply was filled to capacity by former President George W. Bush, who agreed with former President Reagan, it was a required safeguard during the period Middle Eastern suppliers frequently threatened to cut off our imported oil supply 100%.

Now in 2017...we no longer need OPEC oil. We have more underground ground crude in North Dakota and Texas than Saudi Arabia and Russia combined. These are facts that may be quietly verified -- but rarely if ever spoken about, to protect the super sensitive WTI market price.

Item (3) is the sleeper revenue source. Every year for the past eight years Mexico has received \$560,000,000 in foreign aid supposedly to stop the flow of heroine across our southern border. Needless to say, this is one case of foreign aid that will stop forthwith.

Rebuilding our national security, rebuilding our domestic infra-structure are both a possibility without increasing our record debt. And, reducing the debt itself is now within view.

It's about time.

The Logic of Logos & Catch Phrases

By Pam Teel



A catch phrase is a phrase that comes to be widely and repeatedly used, often with little of the original meaning remaining. A slogan is a distinctive cry, phrase, or motto of any party, group, manufacturer, or person; catchword or catch phrase.

A catch phrase is normally used by people in general, while a slogan is mostly used by companies to promote a product or service. In general, however, you can use both terms interchangeably. Catch phrases can come from past history events or present day happenings. Here are some catch phrases that have some history attached to them.

Have you ever heard the term *It's raining cats and dogs?* Houses back then had thatched roofs with thick straw piled on top and no wood underneath. It was the only place for animals to get warm, so cats, dogs, and other small animals like mice, bugs, etc, lived in the roof. When it rained thatched roofs became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, "It's raining cats and dogs!" There was nothing to stop these animals from falling into the house and onto someone's bed so people started hanging sheets above their beds. This is how canopy beds came into existence.

Floors were only made of dirt. The wealthy had floors made of slate but the slate would get slippery and they would spread straw (thresh) down so they wouldn't slip. As the winter wore on, they added more straw over the slate. To keep the straw from slipping outside when they opened the door, they added a board made of wood in the entranceway and the term "thresh hold" was born.

Back in the days the women cooked with a big kettle in the kitchen that always hung over the fire. Every day they would add more things to the pot. They ate mostly vegetables. Meat was a big treat if they could get it. They would eat from the pot and just leave what was left and throughout the week they just kept adding to it. Some of the vegetables were already more than a week old. Hence the rhyme, "Peas, porridge hot, peas porridge cold, peas porridge hot and cold nine days old."

Sometimes if they did get some pork, they would show it off to their visitors by hanging the pork up for all to see. This was a sign of their wealth. It showed them that a man could bring home the bacon. They would cut off a little pork for their guests, then sit around and chew the fat.

Today, we still use these catch phrases in our society, mostly not knowing of their origins.



Take to The Skies at Terhune Orchards Kite Day on May 5th & 6th

Come experience the old fashioned delight of flying a kite with your family during Kite Day on May 6 and 7 from 10 a.m. – 5 p.m. at Terhune Orchards. This is the farm's is unique way to welcome spring by taking over the skies with high-flying fun.

Children can make and decorate their own kites. We use a kite design that is guaranteed to fly. The farm store will be stocked with a fantastic assortment of pre-made kites in the fanciful form of dragons, birds and many more colorful designs. Feel free to bring your own kites from home, too.

Little ones can join lots more old fashioned, farm fun beyond kite flying. All ages enjoy playing pin the tail on the piggy, sack races and blowing bubbles. Climb aboard one of our tractor drawn wagons for a ride around the orchard and farm fields. If we are in luck the apple trees will be flowering. Keep your eyes on the sky to see the kites swoop and glide above you. Make the day extra special with a pony ride and a visit with the face painter.

On both days, local musicians will provide old-fashioned fiddling and fun. Ocean Country will play on Saturday and Tookany Creek will perform on Sunday.

On Sun., May 7 at 2 p.m., sheep shearer, Joel Markensey, will demonstrate how to shear sheep in the barnyard. Children get to take home a card shaped like a sheep with a piece of fluffy wool attached. Be sure to get to know some of the other animals in the barnyard while you visit.

Terhune's famous barbequed asparagus will be available at Pam's Food Tent. Harvested fresh from the field, we lightly grill the tender stalks for a special snack. Sample Terhune Orchards' other spring goodies including out famous apple cider donuts, pies, fresh pressed apple cider, country style chili, hot dogs, barbeque chicken, and salads.

The winery tasting room will be open from 12- 5 p.m. We suggest sipping our Front Porch Breeze or Blossom White wines or choose your favorite from our red, white and fruit based wines produced here on the farm.

Free parking at the farm. Admission to the festival area is \$8, age 3 and up. No admission to the farm store and winery tasting room.

Call 609-924-2310 or visit www.terhuneorchards.com for more information. Terhune Orchards is located at 330 Cold Soil Rd., Princeton. The farm store is open daily 9 a.m. – 6 p.m. The winery tasting room is open Fri. – Sun., 12-6 p.m. Trenton Farmers Market- Fri. & Sat. 9am -4:30pm

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KITE FLYING
↑

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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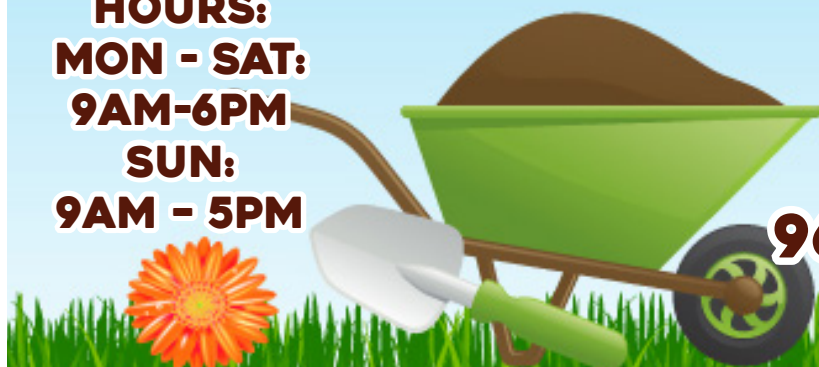
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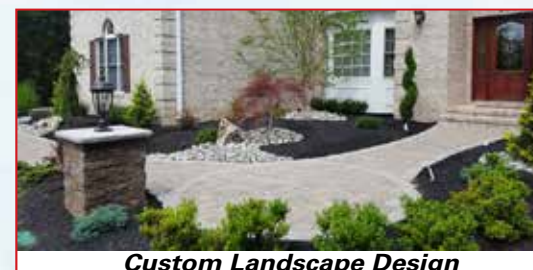


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