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**More Than Just Millstone Township News!**

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## "Emergency Medical Technician of the Year"

### Arlen Forst Honored During Recognition of Emergency Medical Services Week.

Mayor Janice S. Mironov issued a Proclamation declaring Emergency Medical Services Week, May 21 to 27 and praising all Township emergency medical services volunteers of East Windsor Township rescue squads for their exemplary service, and recognized East Windsor Rescue Squad, District I "EMT of the Year" Arlen Forst. Arlen Forst, who joined Rescue Squad, District II in 2000, quickly earned his Emergency Medical Technician certification and thereafter his Cardiopulmonary Resuscitation and Incident Command System certification, and rose to key leadership positions as president, treasurer and deputy chief. He continued his volunteer services with Rescue Squad, District I, demonstrating his unwavering commitment to the on-going operations of the rescue squad by riding overnight shifts, training new members and working countless hours to help anyone in need. Arlen Forst also was recognized as the EMT of the Year in 2003 and 2014. The Proclamation stated that "the provision of emergency medical services is a vital public service resulting in lifesaving care to those in need 24 hours a day, seven days a week," and further noting "the volunteer members engage in thousands of hours of specialized training and continuing education to enhance their lifesaving skills and give selflessly of themselves by providing emergency medical services in an exemplary manner."



Mayor Janice Mironov presents Proclamation for Emergency Medical Services Week and recognizing EMT of the Year to Arlen Forst. Pictured (from left to right) are: Chief Robert Manlio, East Windsor Rescue Squad, Rescue I; Arlen Forst, EMT of the Year, and Mayor Janice S. Mironov.



Mayor Janice S. Mironov recognizes local Rescue Squad volunteers. Pictured (From left to right) are: Arlen Forst, EMT of the Year; Scott Prykanowski, Captain; Mayor Janice S. Mironov; Zachary Beyer, Deputy Chief; Robert Manlio, Chief; Robert Held, volunteer, and Brian Davis, Vehicle Engineer.





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# Did you know?

## Our United States Flag was created by a Sixteen Year Old

By Pam Teel

*That's right! A high school student was the creator of the fifty star flag we proudly fly in the U.S. today.*



In 1958, a history teacher assigned Robert G. Heft and his classmates at Lancaster High School in Ohio to each redesign the national banner to recognize Alaska and Hawaii, both nearing statehood. Robert G. Heft was a junior and sixteen years old at the time. He crafted a new flag from an old 48 star flag and three dollars worth of blue and white iron on material. His creation earned him a b minus grade but his teacher later changed it to an A plus after his flag was sent to Washington D.C. and selected by President Dwight D. Eisenhower.

Heft was one of thousands to submit a flag design with alternating rows of five and six stars. His design became the official National Flag in 1960. He also held a copyright for a flag with 51 to 60 stars. He was invited to the National Mall on July 4th, 1960 to see his flag fly over the United States Capital with one congressman by his side and President Eisenhower on the other. After that, Heft visited the White House 14 times under nine presidents and even toured with Bob Hope.

Heft worked as a draftsman after high school and later taught history at Lancaster High and at Northwest State Community College in Archbold. He also served seven terms as Mayor of Napoleon, Ohio. After retiring from teaching, he toured Europe, his hobby looking at flag designs.

Born in Saginaw, Michigan, Heft joined his grandparents in Lancaster at about one year of age after his parents divorced. He worked as a motivational speaker throughout his lifetime and even into retirement. He loved to talk and meet people, especially school aged children and veterans, and share his story about designing the flag out of an old flag that was once his grandparents. A close friend of his said that Heft would beam with pride because of his work and that he was a constant inspiration for children. Hefts message to the children were for them to follow their dreams. Heft never married and spent his last days in Saginaw, Michigan. He died in 2009 at the age of 68.

His legacy, our Flag, forever may it wave!

## The Millstone Times PHOTOS OF THE MONTH

By Pam Teel

Amateur photographer Alex Ostrow, from Monroe, took these photos when he was in Japan. He lived in Japan for 2 ½ years and graduated from the American School in Japan in Tokyo. He traveled all over Asia on business for over 30 years. Now he travels mostly around the United States.



Rokuon ji temple (pictured above) is one of Kyoto's most famous attractions; this temple was originally built in 1397 as a residence for shogun Ashikaga Yoshimitsu. The structure was completely covered in gold leaf, earning it the name Golden Pavilion.

Mount Fuji (pictured left) is located on Honshu Island and it is the highest mountain in Japan and one of the most photographed. It is also one of Japan's three sacred mountains.

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

*Some of the photos received are breathtaking and a true inspiration to those amateur photographic 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.*



# Millstone Mourns the Loss of a Friend and Neighbor

## *Nicola Costagliola - The Man behind the White Apron*

By Pam Teel

**O**n May 6th, Millstone lost one of the heartbeats of this town when at just seventy four years old, Nick Costagliola passed away, unexpectedly. For the past thirty years, Nick, the proprietor of Vesuvio's Restaurant, greeted his customers as they walked through the door with his favorite two words. If you were a male you were referred to as "Boss" and if you were a female, "Bella."

Nick loved his customers and they loved him back. You didn't just go into the restaurant to pick up your order; you lingered on and talked for awhile about family, about happenings in the world and about things going on around town.

Nick enjoyed helping out local organizations and charities. He didn't just donate his money, he donated the use of his restaurant and his time to help out in any way that he could with fundraising events. For Nick, the joy in life was seeing the smiles on children's faces when they would come in after baseball games and being able to interact with customers all day long, both friends and strangers. Nick was a friend to all and you were always made to feel like a part of his extended family. This small town ambiance was the best that life could offer and Nick was a big part of it. He made sure his restaurant was always open during bad storms, especially crippling ones like hurricane Irene and hurricane Sandy. With generators running, he invited people in to get warm, to get food, to charge up their cell phones, and anything else that his family could do to help out. He would greet them with hot coffee and tea and food and not charge them for anything. He even had food delivered to a family who couldn't get out of their home during one of the storms and he refused to take any money for it. He was a kind, generous man who was totally devoted to his family and to his customers.

For those who have never been to Millstone, there isn't any small town, like Allentown, where people could meet up and congregate, not until Nick built the strip mall that houses the restaurant and the post office and other various stores. For a long time, this is where you saw your neighbor. This was and probably still is the focal point of this town.

Nick not only loved his customers, but he loved what he did for a living. He took pride in putting the best ingredients into the food that he served. With Nick, the ingredients had to be the best quality and the freshest. Cooking is a passion to most Italians. Things aren't just made to be passable to eat. Nick strived to give his patrons the best meal that they ever had and his success is evident with the true customer base that frequents Vesuvio's. Nick loved growing plants and vegetables in his garden. His father was a farmer in Italy; no doubt where Nick learned to garden so well. He would grow fresh herbs and vegetables that he could use at the restaurant. He would grow herbs like parsley and oregano, and tomatoes during the summer. When in season, he liked to make his own sauce with the tomatoes that he grew. He also bought fresh produce from local farmers and he loved growing his fruit trees. He enjoyed taking cuttings from his fig trees and giving them out to various people all over town. Nick also loved animals. He raised goats on his property. He loved horses and was a member of the U.S. Trotting Association and a communicant of St. Josephs R.C. Church in Millstone. Even after retiring, Nick was still at the helm, grooming his children and instilling in them the true value of hard work.

Nick was born during War World II in Naples, Italy. During that time, life was rough for his family. At 2 ½, he was singled out by German soldiers to be shot and made an example of what would happen if the townspeople didn't follow orders, but one of the German soldiers let him go because he had light blond hair and bluish eyes. His family hid in caves in the mountains to escape the Germans during the duration of the war.

Nick met his wife Mary when her parents sent her on a trip to Italy after she graduated college. Her family knew Nick's family. Some of his relatives already lived in the U.S. When Mary went to visit his family in Italy, it was love at first sight for the two of them. Of course, Mary's dad had to approve of Nick first, but Mary told her dad, "I am going to be with him even if you don't approve." Nick came back to America with Mary with literally the clothes on his back. The two married in 1973 and built a house on some of Mary's family's property in 1974. Nick went to work in his brother's pizzeria in Point Pleasant, NJ.

Nick was proud to become an American. He always said that he couldn't do in Italy what he could do here and he was willing to put in the hard work to accomplish his dreams. Hard work and being nice to people was Nick's motto. Besides Boss and Bella, Nick had a lot of different nicknames for certain customers that came into the restaurant. "Just remember, I was the original Bella," Mary boasts. Mary taught in town for 34 years and after school she would join her husband at the restaurant working side by side with him. During that time they had four children. They were each other's rock during good times and bad times and through family illnesses and family crises.

We watched as Nick's family grew and the children became more involved in his business. The town was right there with him as his business expanded. Nick was proud of his family and proud of their accomplishments. There never was a more loving, devoted and giving person. He was a friend to his customers and a friend to the people who worked for him. He loved Holidays and always included his workers in his private life. He always treated them as equals. They joined his family for Holiday dinners and family weddings. Nick was devoted to his family and the love he had for his grandchildren was clearly evident with all the pictures he had posted up of them at the restaurant.

When Nick passed away, his loss was deeply felt, not only by his immediate family, but by the whole town. Those who got to know him thought of him as one of their own. That was clearly evident at his viewing where people waited in line for over two hours to say good bye to the man they had come to know as their friend. It can be said that a person can be judged by these two qualities in life: How well they touch other people and the difference they make in the lives of others. The truth is Nick touched everybody that walked through Vesuvio's doors with his big heart and his generosity.

What Nick left behind, besides wonderful memories, was his legacy; a legacy that now is in the more than capable hands of his wife and children. There's no doubt that Nick is smiling down proudly on them because he knows that they will carry on his legacy in the same manner that he did, and Vesuvio's will still be the place to meet up with family and friends, shoot the breeze, get a good meal, or just come in from the cold!

Somehow when I walk through those doors, I will always vision Nick standing by the pizza ovens with his white hat on and his white apron, with a big smile on his face, and a boisterous "Bella" greeting me!

To the Costagliola Family from all of us at the Millstone Times and Gunther Publications: "We are deeply saddened by Nick's passing. We would like to offer you our heartfelt condolences on your loss. Nick was a good man and a good friend to us all."

*Ci mancherai Veramente! (We will truly miss you)*





# Millstone Township Foundation for Educational Excellence Awarded \$6,587.91 in Grants This School Year to Millstone Township Schools

Millstone Township Foundation for Educational Excellence (MTFEE) awarded 2 grants today for "Flexible Seating Classrooms," totaling \$6,587.91, to Millstone Township Schools. Since 2002, MTFEE has awarded more than \$530,300 to its schools. There are currently more than 60 MTFEE-funded grant programs running in the Millstone Township School district. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant.

Following is a listing of the grants and recipients:

**Flexible Seating Classroom (\$3,732.58)** (Jennifer Sincox, fifth grade teacher; Jennifer Modula, special education teacher; Nancy Osterberg, learning disabilities teacher consultant) - The grant consists of standing desks, bean bag chairs, back patter chairs, as well as lap trays. This flexible seating classroom environment is designed to empower students to make their own seating choices, based on seating options that increase productivity and engagement, instead of traditional classroom furniture. The classroom will be set up with a variety of work areas, which will enable students to increase movement, work collaboratively and engage in critical thinking.

**Flexible Seating for Focused Learners (\$2,855.33)** (Meghan Olah and Nicole Meyrick, third grade teachers) - The grant consists of flexible and alternative seating options during whole group and small group instruction, as well as independent work time. The grant includes a large rectangular table and alternative seating options such as stools, which will rock and tilt in all directions and ball chairs, which will allow movement and encourage better posture. Both options will give students an opportunity for sensory output, while helping them to remain focused. Options for low level seating include floor pillows, bean bag chairs and back patter chairs. They will be offered to students during independent time—where students are expected to demonstrate stamina for reading and writing for 20 minutes or more. These options will enable students to feel more comfortable and therefore more engaged and focused.

For more information about donating to MTFEE, becoming a trustee or its fundraising programs and events, please e-mail [info@mtfee.org](mailto:info@mtfee.org), visit [www.mtfee.org](http://www.mtfee.org) and like us on Facebook.

*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 \$530,300 in grants to Millstone Townshipschools 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).*



From left to right:  
Kristin Schloss, MTFEE trustee; Melissa DeRose, MTFEE trustee; Aimee Duffy, MTFEE trustee; Nancy Osterberg, learning disabilities teacher consultant; Jennifer Modula, special education teacher; Jennifer Sincox, fifth grade teacher; Nicole Pyhel, MTFEE trustee; Amee Bhatia, MTFEE trustee; Beth Cotler, MTFEE Trustee



From left to right:  
Suzanne Guidry, elementary school principal; Meghan Olah, third grade teacher; Nicole Meyrick, third grade teacher; Karen Barry, director of curriculum & instruction

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## East Windsor Township FREE Summer Events at Etra Lake Park!

**Saturday, July 1 (rain date July 8)** East Windsor Independence Day Celebration: 6 pm, Jerry Rife's Rhythm Kings Dixieland Jazz Band, 6 piece band from the Delaware Valley area best known for its traditional jazz sound. 7:30 pm, Trenton Brass Quintet Plus One, 6 piece ensemble from Central Jersey performing "Americana" and a variety of popular melodies. Approximately 9:30 pm, Fireworks.

**Sunday, July 23 at 6 pm** Tusk: Ultimate tribute to the rock band "Fleetwood Mac" featuring all the hits of this legendary band.

**Saturday, August 5 at 7 pm** Family-Night-In-The-Park: Large screen showing of the movie "Sing" preceded by inflatable rides and games.

**Sunday, August 13 at 6 pm** Beginnings: Ultimate tribute to the group "Chicago" with electrifying horn section and vocals.

**Sunday, August 27 at 6 pm** Jersey Sound: Eclectic blend of Oldies, 60's Pop, Motown, and R&B performed by dynamic vocalists and a killer rhythm section.

*These free events are made possible through the generous contributions of many area businesses.*



# Bailey Bean Adventures Book Two

By Pam Teel

Local Millstone Township Author, M. Lyman, has released her second book in her Bailey Bean Adventure Series alongside her already released book, Baileys Good Deeds. Her first book encouraged children to get an early start in life doing good deeds for other people whether at home, in school, or wherever they might be.

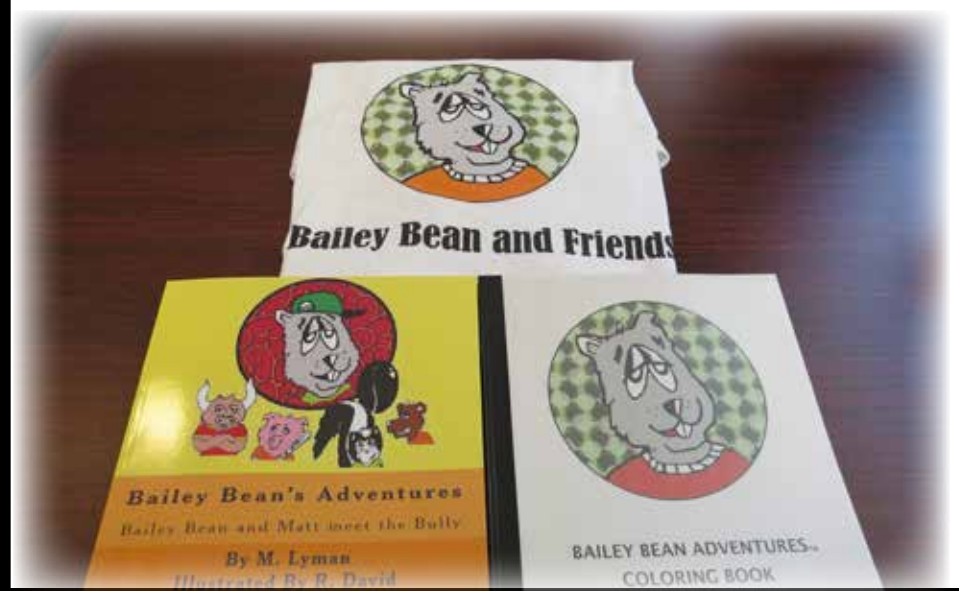
Ms. Lyman focuses on the topic of bullying in her second book, which is a serious problem for many young children in dealing with everyday life. Ms. Lyman believes anti-bullying training should be started early in a child's life. If not started early, it can be tougher to stop this anti-social behavior at an older age.

The urgency for people to stop bullying was the author's inspiration in writing her second children's book. The book aids children, parents, and teachers with lessons about how to stop bullying from an animal's perspective: using a variety of animals to communicate the anti-bullying message. The book, Illustrated by Ms. Lyman's brother, R. David, tells the story about Bailey Bean and his classmates looking forward to their upcoming baseball game against Corey's team. Bailey's team is the winning team and his friend Matt is the star of the team, knocking in run after run. After the game Matt is confronted by poor sport Corey, the captain on the other team, and told that if he doesn't do bad in the next game, Corey will do bad things to him. Matt is at odds as Corey keeps on bullying him about throwing the next game. Matt decides to stand up to Corey with the help of Bailey and together they work to find ways around this dilemma. Will they handle it on their own? Will they ask their parents for help?

You can read about how the friends go about solving the bullying problem by purchasing the book on Amazon or CreateSpace with order number 5070278 and 4174437. Also contact the bookzoneprim@gmail.com. There is also an interactive coloring book and tee shirts available to engage the children further into the story. You can order the coloring book and tee shirt at thebookzone@gmail.com

According to Ms. Lyman, "This book can be essential for all children and for the school's libraries. It is fitting for them to read and discuss since children develop social, cognitive, and emotional skills at an early age. By age seven, it becomes apparent that some children may have the potential to become bullies. If we don't give children positive messages now, then when?"

The books will be featured at the Collingswood Book Festival on Saturday October 7, 2017; 10-4 pm. Ms. Lyman will be available for book presentation and signing. You can reach her at thebookzone@gmail.com.



# The Logic of Logos & Catch Phrases

By Pam Teel

Here's one for your memories. This is a list of TV and commercial catch phrases from the eighties.

See if you can remember who said them. I did give you some hints. The answers are below. Don't cheat.



.....  
Eat my Sorts- Which fictional cartoon character said this?

Taste Great- less filling- Which beer commercial used this as their slogan?

Time to make the donuts- Which popular donut chain said this?

Up your nose with a rubber hose- Which character from this TV sitcom penned this? Hint: he starred in Grease.

Where's the beef?- What was the name of the restaurant where the little old lady said this?

Yo Adrian- What was the name of the movie?

You big dummy- What was the name of the TV show sitcom. Hint: Guy was a junk collector

You wouldn't like me when I'm angry- What character said this? Hint: Tough to be green

Good Grief- What cartoon character said this? Hint: The most unpopular kid in town

Say What? - Who said this? Hint: Small male child on TV sitcom

How rude- Who said this? Hint: Small female child on TV sitcom

How U doing? - Who said this? Hint: Popular TV show at night

I pity the fool- Who said this? Hint: Drove around in a van

Nanoo Nanoo- Who said this? Not from this planet

.....

Answers: Bart Simpson, Miller Lite commercial, Dunkin' Donuts, Vinny Barbarino - Welcome Back Kotter, Wendy's restaurant, Rocky, Sanford and Son, The Incredible Hulk, Charlie Brown, Willis on Different Strokes, Stefanie on Full House, Joey on Friends, Mr. T, Mork.



# Dutton and Dorr crowned CCI Champions at the 2017 Jersey Fresh International Three-Day Event

It was all sunshine and blue skies on the final day of competition at the Jersey Fresh International Three-Day Event (JFI), presented by B.W. Furlong & Associates. Sally Ike's show jumping course tested the fitness and athleticism of both horse and rider after three days of high-caliber competition. In the CCI3\*, Phillip Dutton aboard Mr. Candyman won the weekend with a final score of 58.9. Cornelia Dorr and Louis M topped the CCI2\* with a score of 49.8. In the CIC3\*, Marilyn Little and RF Scandalous won the division on a final score of 57.7. Winner of the CIC2\*, Lauren Kieffer with D.A. Duras, produced a beautiful round ending on a final score of 50.9.

Dutton and Mr. Candyman, the 16.3-hand Hanoverian gelding owned by Ann Jones, Tom Tierney, Caroline Moran and Bridget Cole, put in a professional round as the last pair to go in the CCI3\*. With no time or jump faults, the pair finished their weekend as the division winner with a score of 58.9. Dutton and Mr. Candyman were also awarded a brand-new County Saddle, provided by JFI Award Sponsor County Saddlery, and the CCI3\* "Best Conditioned Horse," sponsored by Horeware Ireland. Lizzy Jahnke and Princeton, an 11-year-old New Zealand thoroughbred gelding owned by Lightspeed Equestrian, jumped a clear round in their first CCI3\*, incurring only one time penalty to finish in second place on a score of 75.8. Also competing in his first CCI3\*, Dom Schramm and Bolytair B, the 11-year-old Dutch Warmblood gelding owned by Connor Giesselman, had two unfortunate rails down to add to their score. The pair however, held onto their position to finish in third place with a score of 87.4.

"To win at this level is a great achievement," said Dutton. "Cements my idea that he's (Mr. Candyman) ready for a four-star now. With the difficult conditions yesterday, I liked the way he handled things and was very mature about things and then to come out and jump well today. I couldn't be more pleased with this horse."

Completing her first CCI2\*, Dorr and Louis M, her 12-year-old Rhinelander gelding, were victorious in the CCI2\* division ending her weekend on a score of 49.8. Dorr was also the recipient of the CCI2\* "Best Conditioned Horse," sponsored by Horeware Ireland. Boyd Martin and Kyra, the 10-year-old Canadian Warmblood mare owned by Christine Turner, secured a second-place finish with a final score of 52.2 after a double-clear show jumping round. Rounding out the top three, Jennie Brannigan piloted the seven-year-old Twilightstgleam, owned by Nina Gardner, around the ring to produce a fault-free performance and take third in the CCI2\* on a score of 56.6.

"I knew he (Louis M) would be a little bit tired but he's done this before," said Dorr. "I had trust in him to take care of me if he needed to. I supported him to the verticals. I was hoping everything would go well. I didn't need to win; my goal was just to complete."

In the CIC3\*, Little and RF Scandalous, the 12-year-old Oldenburg mare owned by Jacqueline Mars, Robin Parsky, and Phoebe Manders, pulled one unlucky rail in the show jumping phase to add four penalties to their score, ending the competition with a 57.7. With a healthy lead after their cross-country round, Little and RF Scandalous maintained their position and took home top honors. Boyd Martin and Testserleg, the 16.3-hand Trakehner gelding owned by Christine Turner, continued to climb the leaderboard, jumping clear to move into second place with a final score of 69.6. In third place in the CIC3\*, William Coleman aboard Boris O'Hara, the 11-year-old KWPN gelding owned by Kathleen McDermott, were foot-perfect in show jumping, soaring up the ranks to end their competition weekend on a 70.2.

"I was really pleased with her (RF Scandalous) effort this weekend and thought she handled the weather well," said Little. "She is quite courageous and showed that this weekend, and I have a lot more confidence going into next month to Germany where it can pour. I think she took away a great experience and that she felt good this morning. It's been a great experience this weekend."

The CIC2\* concluded in style as Kieffer and D.A. Duras, a nine-year-old KWPN gelding owned by Jacqueline Mars and Debbie Adams and the D.A. Duras Partnership, put in a stellar show jumping round to secure their position as the JFI 2017 CIC2\* Champion with a final score of 50.9. It is with no surprise that, after a successful weekend in all three phases, in all kinds of weather, D.A. Duras was awarded the CIC2\* "Best Conditioned Horse," sponsored by Horeware Ireland. Kieffer's groom, Jenn Cain, was also recognized by winning the Best Groom Award in the division.

"He's great. He's a careful horse and super fresh, yesterday didn't take much out of him," said Kieffer about D.A. Duras. "He's pretty fit, so that's a good sign heading into Bramham." Kieffer was quick to applaud her team, both local and abroad, for their support and help in keeping things going during her show schedule. "I definitely have the best team, I'm so fortunate that I'm allowed to have such great people in my group."

Kieffer also reflected on her time competing at JFI and her appreciation for the effort the JFI team put into the event. "The event has improved. They (JFI) are making the effort and the riders appreciate it. It's very important we have FEI events this time of the year. I've come to Jersey every year and its always been on my calendar."

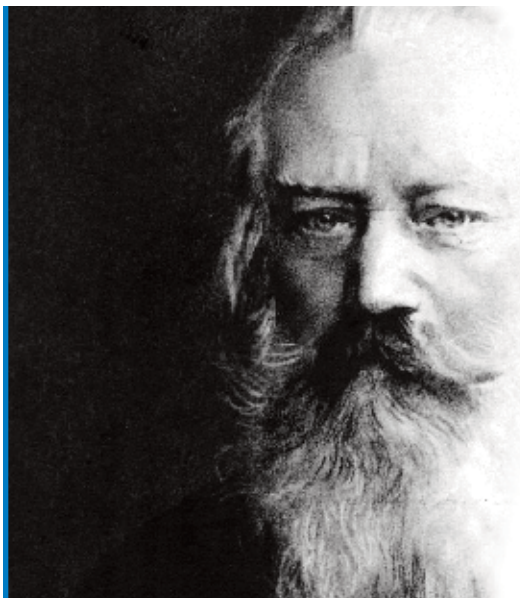
Sharon White's own Cooley On Show, the 16.3-hand Irish Sport Horse gelding, came in second place in the CIC2\* with a final score of 51.8. In an emotional awards ceremony, White was also awarded the inaugural Philippa Humphreys Memorial Sportsmanship Award, where a contribution from JFI will be made in White's name to go towards Humphreys daughter, Millie's, scholarship fund.

"I think the Philippa award kept everything in perspective," said White. "She loved her relationship with her horses and this is what it is all about. That's the important thing about this weekend, you're out here getting to know your horses and getting the job done."

Rounding out the top three in the CIC2\* division was Sara Kozumplik Murphy and Ruben D'Ysieux, a 12-year-old Selle Francais gelding, who had a double-clear round in show jumping to end with a final score of 59.9.







**VOICES**  
Lyn Ransom music director

## Brahms Requiem

**Randall Thompson Frostiana**

Rochelle Ellis, soprano  
Mischa Bouvier, baritone

VOICES Chorale with  
the Riverside Symphonia

Lyn Ransom, conductor

**Friday June 16, 2017, 8 pm**

Richardson Auditorium, Princeton University  
68 Nassau Street, Princeton, NJ 08544

Tickets \$45, \$35, and \$25

Purchase online:

<https://tickets.princeton.edu/> Event: To Comfort the Human Spirit  
By Telephone: Princeton University Ticketing 609-258-9220



These programs are made possible in part by the Mercer County Cultural and Heritage Commission through funding from the Mercer County Board of Chosen Freeholders, and the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment of the Arts.

## GALA Concert:

*Brahms' Ein Deutsches Requiem and Randall Thompson's Frostiana  
with Rochelle Ellis, soprano, Mischa Bouvier, baritone,  
VOICES Chorale, and the Riverside Symphonia*

**June 16, 2017, 8 PM**

**Richardson Auditorium, Princeton University**

Brahms' monumental Requiem addresses some of the same themes through music to comfort and inspire the living. Written in 1867, when Brahms was 34 and unknown, the success of his Requiem established Brahms as a major composer. Shocking to 1867 audiences, his Requiem was not in Latin, did not contain standard Catholic texts, and did not include the concept of salvation through Christ. Instead, Brahms created a human Requiem, accessible to all, written in the language of the German people. "Now I am consoled," Brahms said, "I have surmounted obstacles that I thought I could never overcome, and I feel like an eagle, soaring ever higher and higher." Robert Frost's poems, set by Randall Thompson, illuminate major themes of life through observations of nature.

This concert celebrates Dr. Lyn Ransom's 30 years as the Artistic Director of VOICES. Dr. Ransom explained: "Brahms Requiem remains my favorite work. Each movement is so well constructed and the long phrases so satisfying at their conclusion. When I study the Brahms Requiem or conduct it, I simply go into another world of sound, beauty, and ethereal space. I hope you'll find your way there, too." This will be the third performance of Brahms Requiem, each at 10-year anniversaries over VOICES' 30-year history: 1997, 2007, and 2017.

## Maximize Your FUN & Make Summer Sizzle at iPlay America

This summer take advantage of all the HOT deals that allow iPlay America's guests to get the most from their entertainment dollars all summer long. It's easy to Get Inside the Fun and maximize the iPlay America experience, just remember to take advantage of these awesome money-saving offers!

### SUMMER SEASON PASS

A Summer Season Pass gives guests UNLIMITED RIDES on Freedom Rider, Kite Flyer, Sky Scraper, Pine Belt Speedway Go Karts, Spin Zone, Happy Swing, Jump Around, Dizzy Dragons, and Mini Carousel. Tickets for the Summer Season Pass go on sale Sunday, May 7. The Summer Season Pass is good every day from Memorial Day (Monday, May 29, 2017) through Labor Day (Monday, September 4, 2017), Monday through Thursday from 3 PM to close, Friday 3 PM to 9 PM for those under 21, and all day Saturday and Sunday. iPlay America's Summer Season Pass is just \$49.99 each and with every pass purchased, guests receive coupons valued at over \$100 – including vouchers to BYOF (Bring Your Own Friend!) for FREE! WOW! Want MORE? This year iPlay America offers Summer Season Pass Incentive Days on Sunday, May 7 and Sunday, May 21! When guests purchase their Summer Season Pass on an incentive day... They will receive FREE rides on that Sunday!

### BOGO Fridays

BOGO Fridays are the latest and greatest in FANTASTIC DEALS from iPlay America! Every Friday from 4 PM – 9 PM, starting April 21, purchase a Regular Price UNLIMITED Ride Band and Get One Free\*! That's unlimited rides on the Pine Belt Speedway Go Karts, Freedom Rider Spinning Coaster, Spin Zone Bumper Cars, and so much more! BOGO Fridays are for guests of all ages and will take place every Friday until 9 PM only. \*Free Ride Band must be of equal or lesser value. Promotion is valid on Friday nights from 4pm-9pm only.

### Ten Dollar Tuesdays

Every Tuesday, iPlay America invites families to enjoy a delightful dining treat where families and kids enjoy delicious UNLIMITED Pizza, Pasta, and Salad at iPlay America's Game Time Bar & Grill. It's a tasty and fun evening out and guests get it all for the exceptional price of just \$10 for adults and \$5 for kids 12 & under. Bring the whole family and dine like royalty during Ten Dollar Tuesdays from 5 to 8 PM.

Tuesdays are even more amazing with Double Arcade Ticket Tuesdays! Every Tuesday get DOUBLE Arcade ticket redemptions at iPlay America! Twice the prizes and twice the fun for serious Arcade enthusiasts!

Plus, iPlay America now features UNLIMITED \$10 Video Game Tuesdays for ALL non-redemption video games! That's ALL the non-redemption video games you can play for just TEN BUCKS!

Deals this HOT are hard to pass up! iPlay America's Summer Season Pass, BOGO Fridays, and Ten Dollar Tuesdays make it easy to MAXIMIZE the FUN all summer long!

# 2017 SUMMER SEASON PASS

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\*Visit website for details.

# Months Of: JUNE & JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>10</b>  <b>National Marina Day at Leonardo State Marina</b> 102 Concord Avenue, Leonardo, NJ 07737
<b>11</b>  <b>Medford Art Wine &amp; Music Festival/Car Show</b> Main Street, Medford, NJ 08056, Burlington County	<b>12</b>  <b>Elegant Bridal Show</b> 709 Arnold Avenue, Point Pleasant, NJ 08742	<b>13</b> <b>Rutherford, NJ Elegant Bridal Show. Renaissance Hotel</b> 801 Rutherford Avenue, Rutherford, NJ 07070	<b>14</b> <b>Seasonal Artist and Maker Markets</b> Grove PATH Plaza, Grove Street, Jersey City, NJ 07302 (Hudson County New Jersey Artists Markets)	<b>15</b> <b>Tri-County Fair *15<sup>th</sup>-18<sup>th</sup></b> Christ Church, 140 Green Pond Road, Rockaway, NJ 07866 	<b>16</b> <b>Lincroft Eats Food Truck Fest</b> Brookdale Community College, Parking Lot 1, 765 Newman Springs Road, Lincroft, NJ 07738	<b>17</b>  <b>Ocean Grove Giant Craft Show</b> Ocean Pathway at Ocean Ave, Ocean, Grove NJ 07756
<b>18</b>  <b>Father's Day Street Fair</b> 300 Franklin Avenue, from Centre Street to Chestnut Street, Nutley, NJ 07110	<b>19</b>  <b>Take your parents to see Cars!</b>	<b>20</b> <b>WeddingSetGo Bridal Show at The Berkeley</b> The Berkeley Oceanfront Hotel, 1401 Ocean Avenue North, Asbury Park, NJ 07712	<b>21</b> <b>Catch Freehold Idol in Downtown Freehold 7:30</b> 	<b>22</b> <b>NJ State Fair Meadowlands</b> State Fair Meadowlands, One MetLife Stadium Drive. 	<b>23</b> <b>Asbury Park Night Bazaars Pop Up Markets</b> The Grand Arcade of Convention Hall, 1300 Ocean Avenue, Asbury Park, NJ 07712	<b>24</b> <b>Bradley Beach Lobsterfest</b> The Bradley Beach "Boardwalk" 500 Ocean Avenue, Bradley Beach, NJ 07720 
<b>25</b> <b>Shady Grove Arts and Crafts Show</b> Adorno Fathers, 575 Darlington Avenue, Ramsey, NJ 07446	<b>26</b>  <b>Wiegand Farm Golf Classic</b> Crystal Springs Resort, 1 Wild Turkey Way, Hamburg, NJ 07419	<b>27</b> <b>American Bridal Show at Menlo Park Mall</b> Menlo Park Mall, 55 Parsonage Road, Edison, NJ 08837	<b>28</b>  <b>American Bridal Show NJ</b> Old York Country Club, 228 Old York Road, Chesterfield, NJ 08515	<b>29</b>  <b>Hear The Weaklings play Beatles Music at Pier Village</b> Long Branch at the Boardwalk Gazebo 7pm	<b>30</b>  <b>Pet Fair and Doggie Dash. Milton &amp; Betty Katz JCC</b> 501 N. Jerome Avenue, Margate NJ 08402	<b>1</b>  <b>PermaJam: Music, Arts and Cultural event</b> Rickey Farm, 442-NJ 94, Vernon, NJ 07462
<b>2</b> <b>6th Borough Market. Near the Jersey City Waterfront,</b> Christopher Columbus Drive & Hudson St. Jersey City NJ	<b>3</b>  <b>FIREWORKS on the beach in Bradley 9pm to celebrate the FOURTH OF JULY</b>	<b>4</b>  <b>Little Falls Fourth of July Street Fair</b> Downtown Little Falls, Main Street at Stevens Avenue, Little Falls, NJ 07424	<b>5</b> <b>Family Fun Craft Shows at the Lighthouse</b> Cape May Lighthouse, 215 Light House Avenue, Cape May Point, NJ 08212	<b>6</b> <b>Seasonal Downtown Art Stroll</b> Downtown, Main Street & Washington Street, Toms River, NJ 08753	<b>7</b>  <b>Anglesea Blues Festival</b> Anglesea Entertainment District, 201 New Jersey Avenue, North Wildwood, NJ 08260	<b>8</b>  <b>New Jersey Family Con Presented by iPlay America</b> iPlay America, 110 Schanck Road, Freehold, NJ 07728
<b>9</b> <b>Frank Vincent Marina Flea Market &amp; Collectible Shows</b> Frank Vincent Marina, 205 Passaic Ave, Kearny, NJ 07032	<b>10</b> <b>Family Fun Craft Shows at the Lighthouse</b> Cape May Lighthouse, 215 Light House Avenue, Cape May Point, NJ 08212	<b>11</b> <b>Dr. Cheeko Band 6:30 PM</b> Freehold Raceway Mall near Cheesecake Factory 	 <b>Keep Your Parents Busy!</b>			



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For more information, call 732.792.9900 or email [events@sportikasports.com](mailto:events@sportikasports.com)



# Local Reenactments

By Stefanie Maglio

*The summer season has finally arrived, and it is time to get outside and enjoy the weather. If you're feeling particularly patriotic, get the family together for a day out and watch these local war reenactments! Have some fun while getting to learn about our country's history!*

## CALL TO DUTY: CIVIL WAR ENCAMPMENT • June 18th, 10am to 3pm

*The Historic Village at Allaire is located at 4263 Atlantic Avenue Farmingdale, NJ 07727.*

Join the Historic Village at Allaire as they welcome the Civil Skirmish and Encampment to their grounds as they reenact life during the Civil War. Visitors get an opportunity, unlike any other, to travel back in time and witness what life was like during the Civil War. Families will get to watch and participate in military drills, meet President Lincoln and influential military figures, as well as learn about the lives of soldiers and civilians. A skirmish between Confederate and Union Troops will take place in the Show Field after the baseball game. The encampment lasts two days; on Saturday June 17th it is from 10am to 4pm and Sunday June 18th from 10am to 3pm. Other activities include a special lecture series, musical programs, camp tours and much more. Admission is \$5 per car. Lantern tours for \$20 from 7pm to 9:30pm are also available.

## REVOLUTIONARY WAR DAYS IN MONMOUTH COUNTY:

**FOMB Programs June 4 to July 4, 2017.** The Park's GPS address is: 16 Highway 33-BR, Manalapan, NJ 07726. N-40-15-363 W 074-19-243

### OVERALL SCHEDULE:

- June 4, 2017 (Sun) Walking tour of the battlefield (Hedge Row and Parsonage).
- June 8, 2017 (Thu) General Meeting. "General Henry Clinton and British Leadership at Monmouth." Meeting held at 7 PM at the main branch of the Monmouth County Library, Symmes Drive, Manalapan.
- June 11, 2017 (Sun) Driving tour to visit the site of the American encampment encampments at Ponolopon Bridge the day before the battle of Monmouth.
- June 17, 2017 (Sat) Annual reenactment of the Battle of Monmouth
- Encampment and programs 10 AM-4 PM.
- June 18, 2017 (Sun) Annual reenactment of the Battle of Monmouth Encampment and programs 10 AM-3 PM.
- June 24, 2017 (Sat) 239th Anniversary of the Battle of Monmouth. Special programs and tours 10 AM-4 PM.
- June 25, 2017 (Sun) 239th Anniversary of the Battle of Monmouth. Special programs and tours 11 AM-4PM.
- July 2, 2017 (Sun) Walking tour of the battlefield.
- July 4, 2017 (Tue) Joint Program. "The Monmouth Campaign" by David Martin. "The Army Celebrates the 4th of July," by George Dawson. Held in Boyd Park in New Brunswick, 2 PM.



### The Annual Battle of Monmouth reenactment: Held on June 17-18, 2017

Two armies will be preparing to do battle. Continental Army soldiers retrained at Valley Forge are itching to show off their new skills, while a British-German-Loyalist Army hopes to crush the rebels and restore good government. Come early for a full day of living history. Watch soldiers clean their muskets while their women prepare what may be their men's last meal. Some officers may be drilling their men while others plan for the battle and yet others play cards.

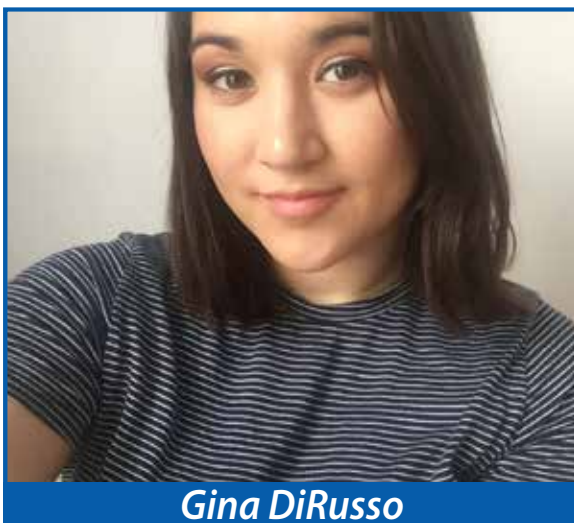
# Thank You Interns!



On behalf of the entire Gunther Publishing Staff, we would like to thank our Interns: Jordan Tinitigan, Gina DiRusso, and Stefanie Maglio from Monroe High School for a job well done! We wish them the best of luck as they all enter college this fall. We would also like to thank Susan Stasi, Structure Learning Experience Coordinator from Monroe H.S. for all her support with this internship program.

Best of Luck to all of you,

*Gunther Family*



Gina DiRusso



Stefanie Maglio



Jordan Tinitigan



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## Best Cruises

**Ruth and Jeff Sturman, owners of Best Cruises & Tours in East Brunswick, NJ, have been helping people in the northeast plan the perfect getaway for the past 23 years.**

They said they began their full-service travel agency (circa 1994) with a passion for travel.

"We specialize in custom packages that require extra care, with a focus on outstanding customer service," the Sturmans explained.

To make planning a vacation easier for their clients, they first offer a range of vacation choices, from cruises, cruise tours and river cruises to all-inclusive vacations, land packages and family vacations. "Then, we help navigate the choices and select the vacation that's right for you."

Best Cruises & Tours has received numerous awards for sales and customer service. It also has an "A+" rating with the Better Business Bureau and has attained Top Producer status with major cruise lines, which "allows us to offer our clients the lowest prices," they added. Jeff is a certified "Alaska Expert" with the Alaska Tourism Industry Association (ATIA), and has been hosting tours to Alaska for over 10 years.

"We treat every vacation as though it were our own," the Sturmans said, adding that they often receive kudos from satisfied clients.

"Thank you for the effort you put into making our trip to Alaska a wonderful and memorable time," said one such pair of gratified travelers that enjoyed the customer service they received here," the Sturmans, stated.

"While Best Cruises & Tours is in Middlesex County, we have a very strong client base in Monmouth County – specifically in Freehold and Manalapan," the owners explained. And in Freehold on June 20th, they are hosting an Alaska CruiseFest event for travelers who are interested in trips to Alaska.

"If you are planning an Alaska cruise or cruise tour vacation, this is one event you do not want to miss," Jeff Sturman explained. "These presentations will feature all the information necessary to help choose the Alaska vacation that is right for you."

The Alaska CruiseFest seminar is co-hosted by Princess Cruises and is available exclusively to attendees, who can learn about Alaska, win door prizes and enjoy complimentary light refreshments. Although admission is free, attendees must RSVP by calling Best Cruises & Tours at 800-576-2378 or registering on the agency's website at [www.bestcruises.com](http://www.bestcruises.com).

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## FLAG FOOTBALL REGISTRATION IS OPEN FOR FALL

*Registration is now open for the 2017 HEWYBL fall flag football season.*

The league is open to players 4-18 years old. Flag football is a great non-contact sport for both boys and girls.

The registration deadline is August 18, and the season will run from early September until late October. We had an outstanding turnout for our spring season and are looking forward to a fantastic fall campaign. Games are played at Hancock Field in East Windsor.

Please register on line at [www.HEWYBL.com](http://www.HEWYBL.com). Select REGISTER at the upper right-hand corner of the screen and follow the instructions. HEWYBL flag football typically draws players from Allentown, Cranbury, East Windsor, Hamilton, Hightstown, Millstone, Robbinsville, West Windsor and other surrounding towns.

If you have any questions about HEWYBL Flag Football or the upcoming season, please contact Eric Updegraff at [hewyblflag@optimum.net](mailto:hewyblflag@optimum.net).

### ADDITIONAL INFORMATION

Registration Details: Registration deadline is July 23. After July 23, a late fee will apply. • Late Fee of \$20 starts on 24 • Registration closes August 18

Divisions and Costs:

Freshman (4-5 years old as of August 1, 2017) -- \$85  
Sophomore (6-8 years old as of August 1, 2017) -- \$145  
JV (9-11 years old as of August 1, 2017) -- \$160  
Varsity (12-14 years old as of August 1, 2017) -- \$170  
Sr. Varsity (15-18 years old as of August 1, 2017) -- \$170

Evaluations, Player Draft and Season:

Evaluations are tentatively scheduled for Wednesday, July 19; Wednesday, August 9; Saturday August 12; and Sunday, August 13. All players must attend ONE evaluation session. Games will start September 5, and the season will run through the end of October.

Coaches Clinic:

We will hold a coaches clinic in early August. If you are interested in coaching, but feel you would like to have a better understanding of the game, how to run a practice, etc., please reach out to Eric at [hewyblflag@optimum.net](mailto:hewyblflag@optimum.net) so we can get you more details as they become available. We are a league run by volunteers and we do need parental involvement, particularly as coaches.





# Family Time At Philadelphia's Magic Gardens



Philadelphia's Magic Gardens (PMG) is a nonprofit art museum and gallery space located in Isaiah Zagar's visionary art environment at 1020 South Street.

Spanning half a block, the museum includes an immersive outdoor art installation and indoor galleries. Zagar created the space using nontraditional materials such as folk art statues, found objects, bicycle wheels, colorful glass bottles, hand-made tiles, and thousands of glittering mirrors. The site is enveloped in visual anecdotes and personal narratives that refer to Zagar's life, family, and community, as well as references from the wider world such as influential art history figures and other visionary artists and environments.

PMG has become a unique Philadelphia destination and hosts educational opportunities and diverse public programming to thousands of visitors each year.

Zagar has devoted himself to beautifying the South Street neighborhood since the late 1960s, when he moved to the area with his wife, Julia. The couple helped spur the revitalization of the area by renovating derelict buildings and adding colorful mosaics on both private and public walls. The Zagars, teamed with other artists and activists, transformed the neighborhood into a prosperous artistic haven and successfully led protests against the addition of a new highway that would have eliminated South Street. This period of artistic rebirth was coined the "South Street Renaissance." After the street was saved, Zagar continued creating mosaic murals, resulting in hundreds of public artworks over the next two decades.

In 1994, Zagar started working on the vacant lots located near his studio at 1020 South Street. He first constructed a massive fence to protect the area then spent years sculpting multi-layer walls out of found objects. In 2002, the Boston-based owner of the lots discovered Zagar's installation and decided to sell the land, calling for the work to be dismantled. Unwilling to witness the destruction of the now-beloved neighborhood art environment, the community rushed to support the artist. After a two year legal battle, his creation, newly titled Philadelphia's Magic Gardens, became incorporated as a nonprofit organization with the intention of preserving the artwork at the PMG site and throughout the South Street region. Zagar was then able to develop the site even further; excavating tunnels and grottos while adding his signature mosaics to every surface.

In 2008, Philadelphia's Magic Gardens opened to the public and visitors now have the opportunity to participate in tours, art activities, hands-on interpretive experiences, workshops, concerts, exhibitions, and much more!



## Local Woman Featured in National Publication

Pink Tractor magazine spotlights women in the Ag Industry.

Cathy Cary, a Nigerian Dwarf Goat farmer from Cary on Acres in Millstone Township, NJ, was recently featured on the cover of Pink Tractor magazine, a publication for women in the agriculture industry. Cary shared the story of how she became a goat farmer.

**"Farming has a reputation for being a man's businesses, but times are changing," said Nancy Stephen, Pink Tractor Manager. "According to the USDA, 31% of American Farmers are Women. At Pink Tractor we are honored to be a both a social network for the female farmer and rancher, as well as an educational and empowerment tool for young women seeking to learn more about what it takes to be successful in the industry."**

In 2014, PinkTractor.com was launched as an online community to support and encourage American women in agriculture. The following year, Pink Tractor magazine began. With its editorial focus, the publication spotlights real women in the Ag industry, provides tips, resources and more with a distribution of over 30,000 nationwide.

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## What Dads Really Do

*Think of everything Dad does around the house. What value would you put on his efforts? It can be downright impossible to calculate.*

The consumer insurance website Insure.com does this for us every year. It affixes a value to the typical fatherly chore by calculated wages using Labor Department pay-scale statistics.

Last year, the Father's Day Index put Dad's chore value at \$24,103, which is an increase from 2013's \$23,344 value.

How are these numbers calculated? Home repairs, for example, are figured using wage information for maintenance and repair professionals. Removing spiders from the house correlates wage-wise to an exterminator's salary, and so on.

### More Childcare & Housework

One reason for the recent increase in Dad's worth around the home is the increasing need for him to pick up the slack on housework and childcare.

A Pew Research Center study released in 2013 found that fathers are devoting more hours than ever to child care and housework — nearly 20, in fact, compared to 6.5 hours in 1965.

Conversely, mothers are spending more weekly hours working than they were in 1965 and have become the primary breadwinners in four of 10 American families, according to Pew.

### Dad's Favorite Chores

Insure.com asked a group of dedicated dads to rank their favorite chores around the house. Here's what they came up with:

- Barbecuing/cooking: 22.5%
- Helping with homework: 17%
- Driving: 14%
- Coaching a team: 9%
- Assembly of toys, bookshelves, etc.: 9%
- Fixing broken things around the house: 6%
- Doing family finances: 5%
- Car maintenance: 4%
- Being a scout leader: 3%
- Pest removal (spiders, gross bugs): 3%
- Fixing plumbing: 2%
- Moving furniture: 2%
- Mowing the lawn, landscaping, snow removal: 5%



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## A Different Kind of Gift for Dad

by Erin Mumby

***Are you about to pick out another tie for dad this year?***

Father's Day is right around the corner, and giving him an experience gift will make his day, or even his year! An experience gift is a great way to give dad a gift that is as special as he is. This unique gift will also serve as a memory that will last a lifetime.

Giving dad a present every year can be challenging. Sons and daughters can feel pressure to top last year's gift. At times, we fall on overdone and worn out presents like gift cards or clothes. We don't want to see our fathers disappointed so we often end up giving them the same kind of present over and over. Gifting your dad an experience gift is an exciting fun way to make this upcoming Father's Day different!

**Is your dad a daredevil?** This year give him the opportunity to go rock climbing, racecar driving or even skydiving! If he has an interest in flying, helicopter or airplane lessons are a super-fun, unique gift. These are once in a lifetime gifts that will really make dad happy. Thrill seekers will remember this gift for years to come!

**Is your dad a big music fan?** Summer concert tickets are a great Father's Day gift for him! Lots of different artists will be going on tour this summer and making a stop in the Garden State. Artists like Rod Stewart, Foreigner, and Chicago are all performing at the nearby PNC Bank Arts Center this summer. If Dad enjoys a particular band or performer, gift him with tickets to their summer tour!

**If your father is a foodie,** treat him to a cooking class where he can hone his skills! Maybe take him out to his favorite restaurant for some bonding time. Gift him with the chance to go to a food tasting. Get him tickets to a food tour! If dad is a wine connoisseur maybe a trip to Laurita Winery in New Egypt is right for him. If beer is his go-to drink maybe take him to Screamin' Hill Brewery in Cream Ridge.

**Plenty of dads are super fans of sports.** Baseball is big in the summertime! The Yankees, the Mets, and the Phillies are just a short trip away. If you want to stay local, maybe catch a Lakewood Blueclaws or Trenton Thunder game with dad. There's nothing like watching a baseball game to further the bond between a father and child.

No matter what you give dad, spending time together doing something he loves is the best way to his heart. All fathers are different so figure out what's best for him! An experience gift will allow you to personalize the gift to his individual taste. Make this Father's Day one to remember!





## ESSENTIALS FOR YOUR MAN CAVE

by Erin Mumby

**N**eed a space in your home to call your own? A man cave is the solution for you. It is a place where there are no responsibilities. It's a place where you can feel calm and collected away from the hustle and bustle of everyday life. Many men choose to turn their garage or basement into their de facto man cave. Figuring out what you want to do with the space you have is up to you and your budget.

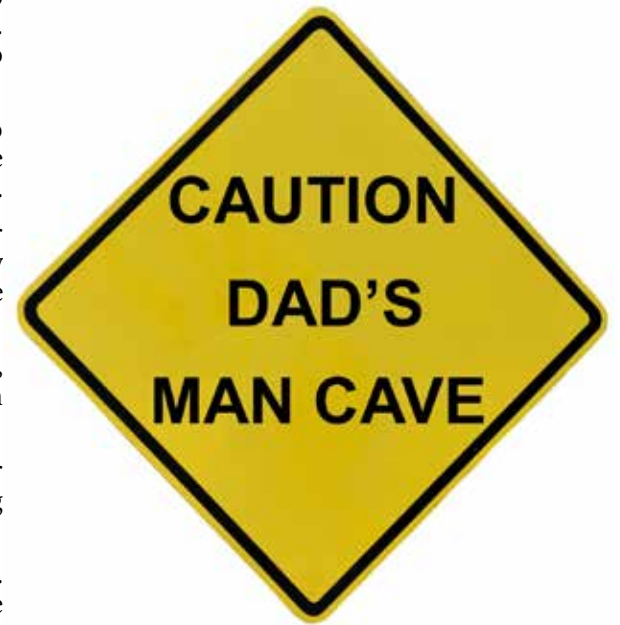
Man caves come in all different shapes and sizes. The man cave is your own personal space. If you have the means to do so, take the opportunity to make your man cave unique and one of a kind. The man cave is a place that reflects the individual man. Design a space that allows you to do the things you love. However, there are certain staples of any man cave.

The focal point of any man cave is the TV. Many men have a man cave so they can have their own area to host parties for Sunday football, the Super Bowl or any of the other important sporting events throughout the year. A huge TV definitely completes a man cave. Even if you aren't a huge sports fan, a television is perfect for watching movies and streaming the latest Netflix hit.

A bar is a great way to make a man cave the perfect for entertaining. Whether it's for the guys or for friends of the family, it's a great addition to any cave. If there isn't enough room for a bar, a fridge is fine too! To add a few extra seats to your man cave, set up some bar stools. A few bar stools make your man cave a great place to entertain friends and family.

Another form of entertainment is a pool table. This is a fun way to get people together and have fun competing. Another man cave essential is a dartboard. Everyone has fun trying to hit the bulls-eye! Poker is another way to get people talking over a game. Having a poker table is one way to make your house the place to be for the guys.

Whatever you do with your man cave, make sure it is a reflection of you. Add personal touches that show your personality. Are you a huge fan of a particular sports team? Showcase sports memorabilia on the walls. Do you have a favorite movie or band? Hang up some posters that make you think of your favorite things. You can also use your man cave to showcase your own personal accomplishments. Put up any awards from the office or sporting events. Let your guests know the man behind the man cave! A man cave is your space! However you design it, is up to you!



## Dads and Daughters, Fathers and Sons

by Erin Mumby

**F**athers play a very important role in a child's development from birth through adulthood. Many studies say the same thing. Children with involved fathers have an advantage over children with distant or no relationships with their dads. Research shows that children with an involved father have better language skills and fewer behavioral problems. This result is true even if the father doesn't live in the same home as the child. The crucial factor isn't where the father lives, but how involved he is. Children whose fathers who take the time to ask about their day-to-day activities and relationships do better in school than kids whose fathers don't have that interest in their lives. A child's father figure doesn't have to be a biological father in order for the child to benefit. The child can have any other male adult in the household take care of them and see the same results.

When it comes to sons, involved dads provide them with good examples. Boys who have involved fathers are less likely to get in trouble with the law when they get older. A good dad is a positive role model for boys and helps them to be better aware of their feelings and emotions.

Sons look at their dads as heroes. Sons look at their fathers as heroes before they look at famous athletes and movie stars. Sons want to be just like their father. Young boys will look for their father's approval in everything they do. They will repeat behaviors that their father approves. Boys look at a father's behavior and copy it.

Girls also benefit from having a close bond with their father. Girls with more involved fathers were less likely to face mental health problems as adults. Studies show that when a young girl gets genuine praise and admiration from her father, she will be more likely to be confident as an adult woman.

It is very important for a daughter to feel loved by her father. How a father treats his daughter sets the tone for relationships in her life. His behavior will be what a daughter finds appropriate in a man. Women will be attracted to men who have similar characteristics as their father. If their dad was kind and loving, they will look for those character traits in men. So if a father and daughter have a good relationship, the daughter will be confident and will expect a similar good relationship from the men in her life.

On this Father's day, it is important to recognize the increasing role that fathers have in their children's lives. Their role is so important in raising a healthy and happy child. Dads are role models and a child's greatest heroes. Their love and approval is so crucial to a child's well-being. Make sure to say thank you to the fathers in your life!





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## Anti-Aging Essentials

By Mia Ingui

The secret to looking youthful is not hidden within fancy, expensive creams and pomegranate eye masks sold in department stores. There are many simple ways to look and feel young again, from your diet to your vitamins. Use these tips to stay bright and healthy as you age! Fish oil supplements: Anti-inflammatories are key for fighting aging, and so fish oil can work wonders on you skin and heart's health. Other supplements like vitamin C and D also are important to incorporate into a supplement routine. Keep it simple: The more complicated the beauty routine is, typically the more damaging it is to the skin. Limiting the number of products you use also therefore eliminates many products that clog pores and sit on the skin. Limit intakes of white sugar: Little is it known that white sugar binds to the collagen in your skin, which weakens the skin and causes premature wrinkles and sagging. Colorful fruits and veggies: The antioxidants in fruits such as pomegranates and blueberries, and the nutrients in vegetables like kale and carrots help to fight of molecules that damage healthy cells in your body. Maximize your intake of antioxidants. Exercise your mind and body: Stimulating your mind and body helps fight against them becoming stagnant and unhealthy. Ways to do accomplish this are exercising, reading, aerobics, yoga, etc.



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## Destination Weddings

by Susan Heckler

*When my daughter recently got engaged, my mind went into planning mode. Who, where, what, when and how were thought out and set in cement (in my mind only) within hours of that happy teared phone call saying that the inevitable question was popped. NOT.*

Destination Wedding? Really kids? My generation never did them and I don't think they had been invented yet anyway. This generation isn't happy with a traditional 5 hour celebration surrounded by family and friends. They need a weekend celebration with a not in my home state backdrop.

### Holy Mother-of-the-Bride...it turns out:

- 1 out of every 4 wedding is a destination wedding.
- 350,000 destination weddings take place annually.
- The average cost of a destination wedding in the continental US is \$225 per person.
- The average cost of a destination wedding outside the continental US is \$404 per person.
- The average number of guests at a destination wedding is 86. The average number of guests at a traditional wedding is 141.
- Guests spend three or more days at the destination wedding location, on average.
- 40% of the couples getting married pay for a portion of travel expenses for some of their guests. It is customary to pay for your parents, and immediate family members. In many cases, the couple also pays for the bridal party's travel expenses.
- 30% of all couples that have a destination wedding will have a party back home after the wedding.

### Things to Consider:

**Go Easy on Your Family:** Keep in mind this may not be exactly the wedding your family had in mind for you. It may mean lots of friends and family can't come. Your wedding should take place where it makes you happy but....

**Talk Budget Early:** Prices can vary greatly, sticking to that budget will help you narrow down your options. She should sit down with her parents and he should sit down with his and get that family discussion over with and then compare notes. Sitting down both families together can be awkward and end poorly.

**Work with a Travel Agent/Wedding Planner:** Being that you are not at the destination for planning purposes, consider working with a travel agent and a wedding planner. They may be able to save you time and possibly money. They have insight into the best hotels, deals and options and travel agents can help with the best deals on travel.

**Be Mindful of Your Bridal Party:** While you may be able to foot the bill for this beautiful occasion, your bridal party and guests may have a slimmer wallet.

**Keep Seasons in Mind:** High travel seasons will be pricier. Getting married during off-peak travel seasons will mean better deals on travel for your guests. Be on the lookout for hurricane season, it will be a bargain but a risk.

**Dress for the Destination :** Keep the destination and atmosphere in mind before you chose your dress. Make sure it travels well and is appropriate (i.e. long trains don't do well in the sand)

**Do Your Paperwork:** Check out the local laws, many countries may require you to stay there for a certain amount of time before you can be legally wed there.

**Be a Good Host:** Send out your save-the-dates as early as possible so people have ample time plan.

**Book blocks of hotel rooms to fit every budget:** Consider hosting a few group activities in addition to the dinner/party the night before your wedding and the brunch the day after. You got everybody there, show them around and make them feel welcome. Little gift baskets in their rooms that include helpful things for the trip, like a map, bug spray, sun tan lotion, snacks or bottles of water are a great idea.



## The Family Dining Room Is Back

By Stefanie Maglio



For most busy families, "dining" together has been reduced in recent years to grabbing a plate of food at a kitchen island or on an ottoman in front of the television. But there are signs that we are heading back to the dinner table. Families across the U.S. are becoming more aware that grabbing meals without sit-down dining is affecting family's time together as well as their health. Many young families are looking for a more structured family dinner hour around a real table where conscious conversations and conscious eating can occur.

"I see more and more families looking to create a dining space that is comfortable and open. My clients, no matter what their age, are looking for larger dining tables and a larger space. It's a space focused on conversation and eating," says interior designer, Jodi Gold of J Gold Interiors of CNJ.

A separate dining room is on many homeowners' wish lists. In the January 2017 Home Buyer Reference survey, 73 percent of those who responded said the dining room was "essential or desirable," according to a spokeswoman for the National Association of Home Builders.

But how do families turn the dining room from a stiff backdrop for elaborate holiday celebrations into a warmer more casual and more approachable space? This is easy. Opening up living space and saying good bye to the formal dining room as a separate area in homes is the newest trend. Larger dining tables that are less formal are also a growing trend. People today are thinking and planning for every day life style needs and less of formal dining.



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## Do's and Dont's for Sharing Family Photos on Social Media

By Stefanie Maglio

In today's world, photos are no longer just photos, but they are memories. Almost everyone has an iPhone or some kind of smart phone, which means that all of those people have access to a camera at all times. Digital pictures are so easy to take and share because the device is right at people's fingertips. With so many personal and family pictures being taken, people are bound to want to share them. However it's important to think before posting and take a few things into consideration.

Depending on where you wish to post a family photo, that can also directly affect the type of photo being posted. For example, posting a personal family picture to Dropbox or the family iCloud or even Google drive is typically okay. The photo is not out on the Internet for just anyone to access. It is safe and only accessible by you and your family. However if you choose to post a photo to a social media outlet, then it is public. Social media platforms such as Facebook, Instagram, Snapchat, and twitter are all examples of where these photos may be posted. If you choose to post on one of these public platforms, make sure that the photo isn't something that a family member is not comfortable with being public. Despite setting your profile to private, some people will still see it and possibly screenshot it. This means if you choose to share any photo on social media it really can be online forever. So, while you may think that adorable bath time photo of your child is adorable, it could cause some extreme embarrassment to the child down the line. Technology and photo sharing is a great way to stay connected with friends and family. Use social media to share amazing moments and memories with your friends and family. However, just be mindful of what you are putting out there and always check with others before sharing!





## A SAFE TRAFFIC STOP

By John Bazzurro

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

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

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

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

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

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

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

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## Do You Need To Upgrade Your Thermostat?

If your home is equipped with an old-fashioned mechanical thermostat, it may be time to jump to the electronic, programmable style. A programmable thermostat can save you big bucks and keep your home more comfortable this winter. A programmable thermostat allows you to program different temperatures at different times of the day. You can tell your thermostat to keep the heat down while you're gone and kick on an hour before you expect to arrive home. By allowing your furnace to work less for a portion of the day, you will save a good deal on your electricity or gas bill.

**WHY UPGRADE?** The most obvious difference between an electronic and a mechanical thermostat is its interface. An electronic thermostat will feature buttons to change the temperature or set different timers. On the other hand, a mechanical thermostat will most likely only display a dial. An electronic thermostat can be an inexpensive upgrade to make your home feel more modern. The insides of the different thermostats are what really matters. A mechanical thermostat uses two pieces of metal that are joined together. Temperature is measured by these two pieces expanding and contracting. They are usually accurate within two and five degrees. An electronic thermostat relies on digital sensors to measure temperature and alert your furnace when the temperature needs to increase or decrease. These state-of-the-art sensors are usually accurate within one degree.

**ENERGY STAR TIPS:** Using a programmable thermostat can keep your home warm without hurting your wallet. Take a look at some tips laid out by Energy Star to get the most out of your thermostat.

- Follow your device's "savings set-points" for at least 8 hours a day. A good time for this is while you are at work or sleeping.
- Find your home's comfort spot and avoid overriding the programmed settings. Using the "hold" feature to turn the heat up uses more energy.
- Keep an eye on your batteries. Most units feature a low battery indicator. Change the batteries each year for peace of mind.

**WHILE YOU'RE AWAY:** It may come as no surprise that you can control certain thermostats from a smartphone application. These advanced thermostats work well for vacation homes. This will allow you to control the temperature from anywhere. You only need to download an app and be sure that your thermostat is connected to a Wi-Fi network.



## Moving with your special needs child

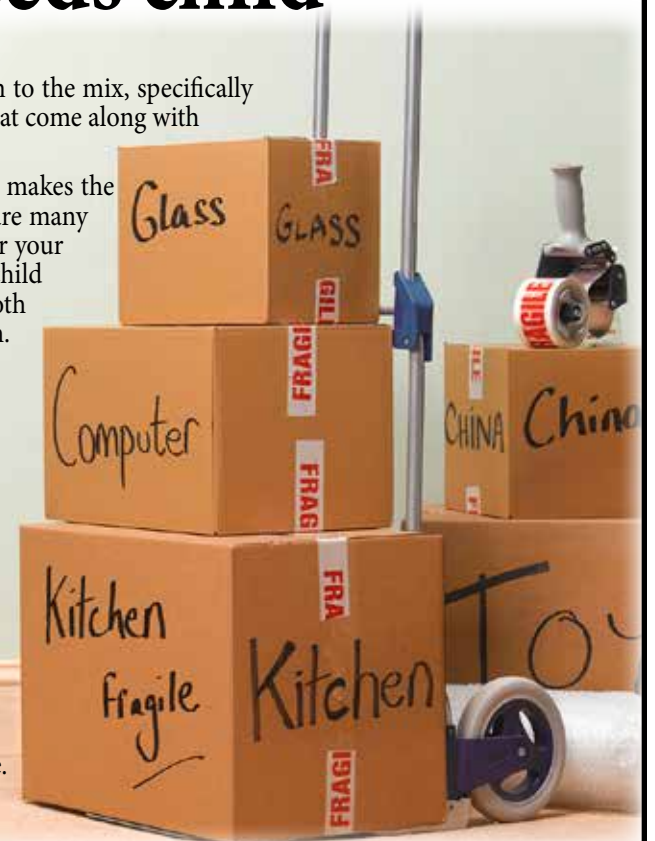
By Stefanie Maglio

While moving to a new home can be exciting, there are many factors that can make the process stressful. Adding children to the mix, specifically special needs children can make moving even more challenging. Not only do you have to worry about all the ordinary tasks that come along with moving such as purchasing a new home, but also extra precautions must be taken when a special needs child is involved.

Making the transition into your new home can be difficult, but getting a jump-start on everything before the actual move makes the process go more smoothly. Finding your child's new school is definitely something that should be done ahead of time. There are many things to considering when choosing a school for your special needs child. Find out if the school has the basic accessibility for your child. Depending on the disabilities your child may have, mobility can be a concern. Visiting the school in person with your child to see if they can get around comfortably may be a good idea. Also, it's important to make sure that you and your child are both comfortable with the personnel. Talk to the special education teachers, and choose a school that you feel comfortable with. Sometimes private schools are a better option depending on the situation your family is in.

Not only is finding a new school important, but if the move requires you to switch doctors, it's crucial that you make the best choice for you and most definitely your child. If the current doctor your child goes to is able to give you a referral that would most definitely be helpful. However, this sometimes isn't possible due to the new location in which the patient is moving to. Contacting a local disability support group is also a great way to get some advice as well as make it easier for your child to settle into their new environment. Also, when selecting your new doctor, remember to send your child's records ahead of time. This will be more efficient as the new doctor will already have your child's information. Sometimes scheduling a consultation is the best way to make a decision when it comes to selecting a doctor.

Overall, there are many things to consider when selecting the home itself. Mobility issues, sensory issues, non-neurotypical concerns, and storage for medical equipment are all things to considering depending on your child's needs. However, it's most important that your child is comfortable while making this transition. This may mean decorating their room. With their favorite TV show characters, or painting it their favorite color. Finding the right bed is also important if you are purchasing a new one for the home. Not only is comfort for the child important, but safety is as well. If your child moves around a lot during their sleep, a railing may be necessary to prevent them from falling out of bed. These can be found at any home goods store. Moving with your special needs child can be difficult, but keep in mind that there are many ways to make the process easier!







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\$675,000 Agent: Cynthia Rosen

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25 Cardinalflower Lane, Princeton Junction, NJ 08550  
\$339,500 Agent: Jessica Leale

Pride of ownership shines from every room in this wonderful 2br, 2ba Village Grande 55+ Community home! Staring in the oversized and bright kit, enjoy the large living room with a gas fireplace, dining room & upgraded sunroom. 2 car garage. This is a must see!!



MLS#6957181

102 Compton Cir., Robbinsville, NJ 08691  
\$615,000 Agent: Suzanne Garfield

4br, 3ba colonial in Robbinsville's desirable Dalton Meadows. Beautiful cul-de-sac location, expansive rms, kit w/granite, ss appliances, hrdwd flrs, fin bsmt w/ba, lrg master suite w/updated bathroom. Don't miss it!



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  
\$659,900 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#6963580

67 White Pine Rd., Chesterfield, NJ 08515  
\$599,900 Agent: Kim Olzewski

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MLS#6957474

8 Evesboro Rd., Chesterfield, NJ 08515  
\$479,999 Agent: Meghan Parker

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MLS#6965345

60 Woodside Ave, East Windsor, NJ 08520  
\$425,000 Agent: Jonathan Brunone

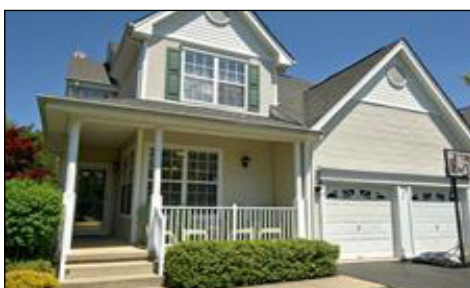
Situated on a corner lot in desirable East Windsor, this beautiful 4br, 3ba colonial has been completely & fully renovated! This home has 2 zone heating & high efficiency hot water & furnace, oversized 2 car heated garage and a freshly paved driveway. Schedule a showing!



MLS#6976404

351 Sawmill Rd., Hamilton, NJ 08620  
\$569,000 Agent: Nina Cestare

4br, 3.5ba plus a Guest Suite above the garage w/full ba perfect for guests, in-laws, or a nanny. Beautiful 2-story center hall colonial on 2.13 acres backing to preserved land. Features 22x42 heated & fenced pool. 3 car garage and Steinert School district. Don't pass this one by.



MLS#6972691

27 Eastbridge Dr., Robbinsville, NJ 08691  
\$479,900 Agents: Verna & Patrick McShane

Welcome to Carriage Walk, a smaller section in Foxmoor, this 3br, 3.5ba special home backs to common space w/many amenities. Fin bsmt has rec rm, playrm w/closet & full ba. Heater, a/c, appliances & hot water heater are only 2 years young. Come enjoy all this has to offer.



MLS#6910231

63 Honeyflower Lane, West Windsor, NJ 08550  
\$425,900 Agent: Donna Moskowitz

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

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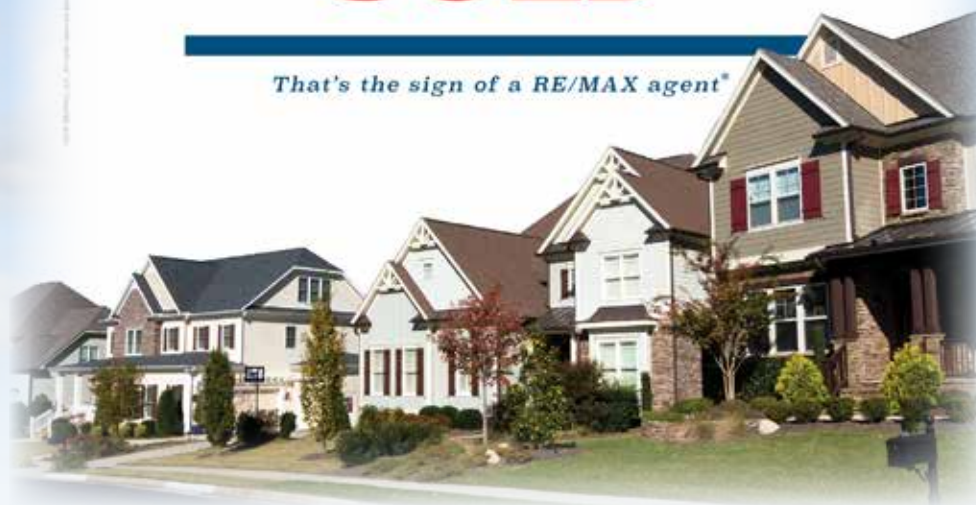
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Offer expires 7/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Up to 5 quarts of conventional oil for standard oil change. Premium oil change savings off regular price and includes up to 5 quarts of synthetic blend or full synthetic oil plus a four-tire rotation. Canister/cartridge filter and diesel oil extra. Fluid/filter disposal charges may apply. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: IL - Waste oil/filter fee may apply; CA - \$2.50 fluid/filter disposal fee applies but no additional charge for shop supplies applies; PA - no fluid disposal charges apply; NY - no fluid disposal or additional charge for shop supplies applies. Cash value 1/50¢. G0217

**TIRE & SERVICE NETWORK** **Computerized Alignment**

**\$10 OFF**  
Regular Price

- Helps tires wear more evenly
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**TIRE & SERVICE NETWORK** **Brake Special**

**\$25 OFF**  
Regular Price

**Any Brake Service of \$100 or More**

Offer expires 7/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: CA and NY - no additional charge for shop supplies applies. Cash value 1/50¢. G0317





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## TIRE BUYING

### TIRE BUYERS' FAQ—WHAT YOU SHOULD KNOW AND ASK

The next time you're in the market to buy tires, be sure to print out these Tire Buyers' FAQ to equip yourself with key purchasing information about tires. Once you've selected the right tires for you and your vehicle, our Congratulations on Your New Tire Purchase Handout can help you locate and record important information that you'll need throughout the service life of your new tires.

#### WHAT TYPE OF TIRE SHOULD I BUY?

This will vary by where you live and the typical weather you drive in. All-season tires can handle a variety of road conditions. They have some mud and snow capabilities. Winter tires are more effective than all-season tires in deep snow. Summer tires are warm-weather tires that are not designed to operate in temperatures below freezing, or on snow and ice. All-terrain tires are mainly used on four-wheel drive vehicles. They provide a good compromise between on-road driving and off-road capability.

#### HOW ARE TIRES RATED? WHAT DOES THE TIRE RATING MEAN?

Many tires are rated by the U.S. Government on tread wear, traction performance and temperature resistance. It's called the Uniform Tire Quality Grading Standards (UTQGS) (PDF 5 MB), and the tire ratings are on the sidewall of every passenger vehicle tire sold in the United States. Tread wear grades tell you how long the tread should last. For example, tires with a grade of 200 should wear twice as long as a tire with a grade of 100. The tread on tires with highest numeric ratings, 600 or more, should take longer

to wear down. Traction grades tell you the tire's ability to allow a car to stop on wet pavement in a shorter distance. It's graded AA, A, B or C, with AA being the highest rating. Temperature grades tell you how well the tire resists heat. It's graded A, B or C, with A being the highest rating.

#### WHAT SIZE TIRES SHOULD I BUY?

Check your owner's manual or the Tire and Loading Information Label located on the driver's side door edge or post to find the correct size for your car or truck.







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**\$279** **\$2,924**  
Lease /mo. 36 mos. due at signing



## New 2017 Lincoln **MKC** SELECT AWD

**Well Equipped Including:** 2.0L GTDI I-4 Engine, 6-Speed with SelectShift Automatic Transmission, Power Steering, ABS Brakes, All Wheel Drive, Active Noise Control, Intelligent Access w/Push Button Start, Reverse Sensing System, Securicode Keyless Keypad, Power 10-Way Driver Seat w/Lumbar, Dual-Zone Electronic Auto Climate Control Power Liftgate, and MUCH MORE! VIN#5LHUL44435, STK#H510, MSRP:\$39,565.

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L I N C O L N

Lincoln MKZ Lease: \$2924 Due at Delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$10,044/\$12,689/\$20,574. Lease includes \$2000 RCL Cash Rebate (everyone qualifies) and \$500 Competitive Conquest Bonus Cash (Must Currently own a 1995 or newer non-Ford Motor/Lincoln/Mercury Company Car, SUV, or Light Duty Truck or have terminated a lease 30 days prior to new retail delivery. Residency restrictions apply. See dealer for complete details). Lincoln MKC Lease: \$2944 Due at delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$10,764/\$13,409/\$24,186. Lease includes \$1,000 RCL Cash Rebate (everyone qualifies) and \$500 Competitive Conquest Bonus Cash (Must Currently own a 1995 or newer non-Ford Motor/Lincoln/Mercury Company Car, SUV, or Light Duty Truck or have terminated a lease 30 days prior to new retail delivery. Residency restrictions apply. See dealer for complete details). Prices include all cost to be paid by consumer except for licensing cost, tax, registration, title, documentation & tire fees. Leases are closed end & are subject to credit approval. Leases include 7,500 miles p/yr, 20¢ p/mi. thereafter & require \$0 Security Deposit & \$645 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicles only. See dealer for details. Picture may not represent actual vehicles. Offer expires 6/30/17.



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36 mos  
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## New 2017 Mazda CX-5 Sport

**Well Equipped With:** S.U.V., Automatic Transmission, Front Wheel Drive, Traction Control, 4-Cylinder Engine, Power ABS Brakes, Power Assist Steering, A/C, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost/Wiper, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Rearview Camera and Much More! Stk#H1283, VIN#H0138158. MSRP: \$25,240.

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## New 2017 Mazda CX-9 Sport AWD

**Well Equipped With:** S.U.V., 4-Dr, Automatic Transmission, Traction Control, 4-Cylinder, ABS Brakes, Power Assist Steering, A/C, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors/Wiper, Rear Defrost, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera, and Much More! Stk#H1096, VIN#H0127603, MSRP: \$35,265.

**\$319**  
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## DISTRACTED DRIVING

**If you're driving down the highway, do you think there is ever a circumstance when it's safe or smart to close your eyes for five seconds?**



**Of course you don't.** Keeping your eyes on the road is one of the first things we all learn about safe driving. So why would anyone ever think it is okay to text when behind the wheel, or do anything else that takes your attention from driving?

It takes about five seconds, on average, to read or send a text. Not a lot of time. But, in that span of time, with your eyes on your phone and not on the road, a vehicle traveling 55 miles per hour can travel the length of a football field. In that instant, over that distance, a life can be taken—maybe even yours. Distracted driving killed 3,477 people on America's roads in 2015.

We all know that the screens on our phones, phablets and tablets can sometimes seem irresistible. Most of us have been scolded for bringing a device to the dinner table, taking out a phone in the middle of a party, or checking Twitter or Snapchat during an office meeting. (If you haven't, you're more disciplined than most.) But when you're behind the wheel being distracted by your phone is more than a social faux pas; it's an invitation to a deadly disaster.

Distracted driving is also about more than just electronic diversions. It's anything you're doing behind the wheel that undermines safe driving, including eating and drinking, fiddling with the music or the A/C, or checking yourself out in the mirror. Recently, a driver even became distracted by her dog who was riding with her. She took her eyes off the road, crossed the center line, and crashed head-on into a sheriff's deputy's vehicle in Davis County, Utah.

So make a positive, lifesaving change that will make you safer year-round. Before you start the car, shut down your phone. Put it out of reach so you won't be tempted by it. Recommit yourself to safe driving by not giving in to distraction and by focusing solely on the road. You'll save yourself the cost of a ticket and maybe even save a life.





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## How to Find the Right Car Seat

*Finding the right car seat is only the first step. Be sure to install it correctly. Register your car seat with the manufacturer to be sure you are notified of any recalls or safety issues.*

- Make sure Grandma, Grandpa and anyone else who travels with your child follows the same steps. Do not use a hand-me-down car seat. Technology changes, laws change but the love and safety of your child comes first.
- As children grow, how they sit in your car will change. Make sure you use a car seat that fits your child's current size and age.
- Not all car seats fit in all vehicles. Make sure the car seat is the right fit for your vehicle. Test the car seat you plan to buy to make sure it fits well with your vehicle.
- Buy a car seat that can be installed and used correctly every time.

### Car Seat Types:

**Rear-Facing Car Seat:** This is the best seat for your young child to use. It has a harness and, in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

**Infant Car Seat (Rear-Facing only):** Designed for newborns and small babies, the infant-only car seat is a small, portable seat that can only be used rear-facing. Babies usually outgrow their infant car seats by eight or nine months. When that happens, we recommend that parents purchase a convertible or all-in-one car seat and use it rear-facing.

**Convertible Seat:** As a child grows, this seat can change from a rear-facing seat to a forward-facing seat with a harness and tether. Because it can be used with children of various sizes, it allows for children to stay in the rear-facing position longer.

**All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows. Because it can be used with children of various sizes, it allows for children to stay in the rear-facing position longer.

**Forward-Facing Car Seat:** Has a harness and tether that limits your child's forward movement during a crash.

**Convertible Seat:** As a child grows, this seat can change from a rear-facing seat to a forward-facing seat with a harness and tether.

**Combination Seat:** As a child grows, this seat transitions from a forward-facing seat with a harness and tether into a booster.

**All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows.

**Booster Seat:** Positions the seat belt so that it fits properly over the stronger parts of your child's body.

**Booster Seat with High Back:** This type of booster seat is designed to boost the child's height so the seat belt fits properly. It also provides neck and head support and is ideal for vehicles that don't have head rests or high seat backs.

**Backless Booster Seat:** A backless booster seat is designed to boost the child's height so the seat belt fits properly. It does not provide head and neck support. It is ideal for vehicles that have head rests.

**Combination Seat:** As a child grows, this seat transitions from a forward-facing seat with a harness into a booster.

**All-in-One Seat:** This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows.





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## New Jersey Wine Competition Awards

The Garden State Wine Growers Association hosted a New Jersey Wine Competition organized by Dr. Gary Pavlis of the Rutgers Cooperative Extension. The competition, which was held earlier this month, featuring wines from 21 New Jersey wineries.

The Governor's Cup for Best Grape wine went to Fox Hollow Vineyards of Holmdel for their 2014 Cabernet Franc, which also won Best Vinifera wine.

Terhune Orchards of Princeton won the Governor's Cup for fruit wine for their non-vintage Blueberry wine and led all entrants with three gold medals winning for the non-vintage Harvest Blue, non-vintage Blossum White and non-vintage Just Peachy wines. Terhune Orchards totaled nine medals with their three gold medal tallies and two silver and four bronze medals.

Sharrott Winery of Blue Anchor took home the Governor's Cup for Best Dessert wine for their 2013 Wicked Port, which also won for Best Hybrid wine.

Plagido's Winery of Hammonton scored eight overall medals including a gold medal for the non-vintage Blackberry Vigoroso; four silver medals their 2015 Cab Franc, 2015 Cabernet Sauvignon, non-vintage Concetta's Casalinga and 2015 Cour d'Est and three bronze medals for their non-vintage Chambourcin, 2015 Cab Franc/Merlot and non-vintage Niagara winning them Winery of the Year.

Other notable awards went to DiMatteo Vineyards of Hammonton winning Best American wine honors for their non-vintage Pasquale Red wine and Heritage Vineyards of Mullica Hill for Best Sparkling wine honors for the 2014 Brut. Sharrott Winery earned the most medals in the competition with 12, including two gold, four silver and six bronze medals. Heritage Vineyards, the 2011, 2014 and 2015 Winery of the Year had 10 medals, scoring eight silver and two bronze medals and Monroeville Vineyard and Winery in Monroeville also took home 10 medals with three silver and seven bronze medals.

The GSWGA is a coalition of nearly 50 wineries and vineyards across New Jersey, dedicated to raising the quality and awareness of New Jersey wine. For the complete list of medal winners in the New Jersey Wine Competition, visit <https://www.newjerseywines.com/2017-new-jersey-wine-competition/>.

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- Oily fish such as salmon are high in omega-3 fatty acids called DHA. DHA is found in high levels in the grey matter of our brain - proof that we need lots of it for healthy brain function!
- Swiss researchers have suggested that having plentiful supplies of DHA supports learning and memory, as well as IQ.





## Dining Out? Practice Self Control

The day you start your new diet, your co-workers decide to celebrate a birthday by going out to eat. It happens. It's as if your new commitment to eat healthier has put out an announcement that you need to be challenged and tempted into fatty foods with no nutritional value.

The good news is you can take some simple steps before, during and after your meal that will help keep you on track.

### BEFORE YOUR MEAL

Eat a small apple or drink a large cup of water before your meal to help suppress your appetite. The more full you feel before your meal, the less likely you are to order larger portions.

Another way to ensure a smarter lunch is to make a pact with a co-worker to eat a salad. Having someone in your corner will help you stay true to your decisions and feel united in your front against unhealthy eating.

### DURING YOUR MEAL

The best action you can take during lunch is to stick to your plan. It may be difficult, but don't even look at the main lunch entrees or oversized sandwiches. Stick to the appetizers or salads page and choose something that fits with your goals.

Most restaurants now include calorie counts for each meal in their menus. This helps you map out an entire meal and know exactly what it means for your nutritional plan.

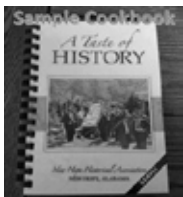
During your meal, take small bites and take part in the conversation around you. There is nothing wrong with leaving food on your plate, and letting your stomach tell your brain it's full can take a few minutes. Relaxing between bites can help the two connect.

### AFTER YOUR MEAL

If your office is a close enough distance from the restaurant, tell your co-workers you're going to walk back and will meet them in a few minutes. A post-meal walk can eliminate some of those calories you just picked up at lunch. Once you get back to your workplace, take an extra lap around the building or use the stairs to make it up to your office. Every extra step counts — and research proves it.

According to the American Council on Exercise, an average woman walking three miles per hour for 15 minutes can burn 67 calories. That is equal to one of the rolls you had at lunch or a medium portion salad.

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The Friends of MTHRP is preparing a custom cookbook featuring favorite recipes from our community as a fundraiser.

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Your name will be printed with each of your recipes. Thank you for contributing recipes as this will help to ensure that our fundraiser will be a huge success.

*Once published, the cookbook will be available for purchase for \$12.95.*



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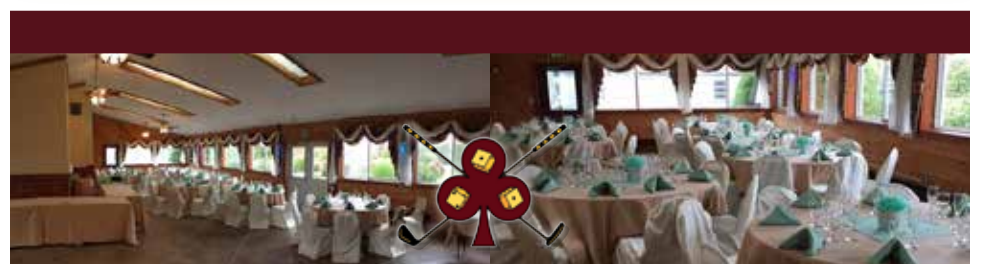
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## BBQ Must Haves

By Stefanie Maglio

**W**hen it comes to barbecue, there are so many options. There are so many places to eat excellent barbecue food, but there's nothing quite like cooking up a storm on the grill in your back yard. That being said, here are some top barbecue recipes to try:

**Roasted strawberry BBQ sauce:** Consists of sweet roasted strawberries mixed with tangy BBQ sauce. Great for the summertime!

**BLT potato salad:** Exactly what it sounds like. If you love BLT's and potato salad, why not combine them and create the perfect dish?

**Grilled Pork Chops with Peach, Bourbon, Mustard Sauce:** A white version of your traditional barbecue sauce.

**Grilled Baby Romaine Lettuce with Parmesan Vinaigrette:** Try grilling your lettuce for a fresh, new smoky flavor!

**Grilled Corn on the cob:** The fresh, sweet taste of corn on the cob mixed with a new smoky flavor. The perfect side dish!

**Reuben Dogs:** The classic hot dog with a delicious, tangy Reuben sauce as a topping!

**Chicken Satay with spicy Peanut sauce:** Bite-sized chicken marinated in creamy Greek yogurt and dipped in a spicy, delicious peanut sauce. This recipe may be ideal for those who don't eat red meat.

**Spiced Coffee rubbed steak:** Chile spice and earthy coffee make the perfect twist on a traditional steak!

**Spicy BBQ baked beans:** Perfectly spiced baked beans could be the perfect side dish at your next barbecue. Beans are often underrated in the world of BBQ.

**Classic Macaroni Salad:** This is always the perfect side with any type of barbecue. It may not be the first dish you think of, but it is definitely a barbecue must have.

**Hamburgers/Cheeseburgers:** You can't go wrong with these classics, loved by most. Try spicing things up with some hot sauce or other condiments.

Of course there is nothing wrong with putting a traditional steak on the grill, but it can be fun to switch things up especially at barbecues with friends and family!





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## ARE YOU EATING CLEAN?

It's a health industry buzz phrase that has helped promote the effort of consuming healthier, more natural foods. But "eating clean" is anything but a passing trend. It is a lifestyle for many people as they try to cut out the added sugars and preservatives that make their way into American shopping carts, homes and bodies. The nutritional impact that eating clean has on waistlines – and the environment – is the primary catalyst behind the movement. Here's how you can alter your eating and cooking habits to join the movement:

### FRUITS AND VEGETABLES

The United States Department of Agriculture urges adults to consume about three cups of fruits and vegetables per day. The specific amount of fruits and vegetables your body requires to remain at optimal health depends on your age, sex and level of physical activity.

By making half of your plate fruits and vegetables at each meal, you can easily meet your body's needs. And your body will thank you for the extra vitamins, antioxidants and heart-healthy fiber found in most all fruits and vegetables.

### CUT ADDED SUGARS AND SODA

The American Heart Association recommends women consume no more than about six teaspoons of added sugar per day and men consume no more than about nine. Drinking one soda per day can wipe out that allowance quickly, since the typical can contains about nine teaspoons.

Other foods to avoid or limit include sugary cereals, candy, yogurt and baked goods. Always read the nutritional information of the products you are considering buying. If the sugar content of a potential purchase makes up a large percentage of your daily intake, consider swapping it out for a fruit or vegetable.

### COOK SMARTER

Cooking clean doesn't have to translate to you spending hours upon hours in the kitchen. In fact, by simply doubling your favorite clean recipe, you can have plenty to portion and store in the freezer for future meals. This strategy can help arm you in your fight against the urge to splurge on takeout. Instead, you can choose the easy and affordable option of reheating and enjoying your clean meal.





# MEN & WOMEN PREVENTIVE CARE

*Preventive care is a major buzzword in the healthcare world these days, as more and more research is finding that most chronic diseases are highly preventable.*

Men and women alike share personal responsibilities when it comes to staying on top of their health. That means scheduling regular checkups with your physician to check for conditions such as high blood pressure, obesity, diabetes, vision issues and various types of cancer.

Unless otherwise noted, John Hopkins Medicine recommends discussing the following conditions with your doctor for clarification and accuracy purposes, as everyone's health care situation may vary.

## MEN

**Diabetes:** At least every three years for adults who have had no symptoms and have sustained high blood pressure greater than 135/80.

**Lipid disorders:** All men ages 35 and older, as well as younger men with a higher risk for coronary artery disease, should be checked every five years.

**Blood pressure:** Screenings every two years if blood pressure reading is higher than 120/80, according to the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure.

**Colorectal cancer:** Discuss this with your health care provider to make an informed decision based on your family history and current medical condition.

## WOMEN

**Cervical cancer:** Women between the ages of 30 and 65 should have a Pap test and HPV test every five years.

**Depression:** Feelings of depression should be addressed at all routine exams, as long as the clinical practice has staff and systems in place to ensure accurate, effective diagnosis and treatment

**Vision:** Women (and men) should have a baseline comprehensive exam at age 40; if you have a chronic disease, you should check with your healthcare provider for exam frequency.

**Breast cancer:** Women should have yearly mammograms and clinical breast exams.



By Jill Garaffa

## Making Effective Life Changes

Dear Jill,

I understand that life coaching can sometimes help with transitions. I'm dealing with a big one right now and hoping you can provide some clarity: I'm in the middle of a divorce and can't seem to regain my balance. While I can admit I wasn't even happy for most of the time I was married, I am struggling to understand why this is happening to me.

Signed,  
Dealing with Divorce

Dear Dealing with Divorce,

First, I am really sorry to hear you are going through this painful situation. Divorce is never an easy process as it can be filled with so much emotional turbulence. Divorce is listed in the #2 spot on the list of "most stressful life events" (right under #1, which is the death of a spouse).

In the early stages of a divorce (or any big life transition involving a loss), the main emotional issue is grief. There are several stages to grief, including denial, anger and depression. When you are still actively experiencing very powerful emotions and need to process them & heal, I strongly suggest seeking the support of a good therapist. Once you are past the initial emotional roller coaster and move into the acceptance stage, this is when a life coach can be very helpful. A life coach can help build your confidence, identify your strengths, and create a powerful mind-set in order to create a new life for yourself moving forward.

The first shift in perspective I'd like to offer is to consider that nothing happens "to you." This is victim thinking and will only end up making you feel worse. Consider instead, that things are happening "for you." Instead of asking, "Why is this happening to me?" ask yourself the question, "What will this situation provide for me?" Having an attitude that all things in the Universe happen FOR you is very empowering. All the things that feel good are there for your happiness. All the things that feel bad are there to help you learn and grow. With this thinking, you always win. You are never a victim of circumstances. You are the creator of your life, always learning.

The next step is to ask yourself different questions. Instead of asking "Why" questions, ask "What" questions. Trying to answer "Why is this happening?" or "Why did this happen" can send you down a rabbit hole of depression and analysis paralysis that can keep you stuck in the past. Instead, ask yourself future oriented questions, such as, "What future would I like to create for myself now that I have so much extra time and space in my life?" or "What can I do to bring more balance into my life right now?" Ask, "What can I do to help myself move forward?" or "What do I want?" Engaging the creative (right) side of your brain rather than the logical (left) side of your brain will provide answers that can get you unstuck.

Learning to identify your strengths and help you shift your thinking to a more powerful mindset is something a life coach can support you through.

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.seedsofchange coaching.com](http://www.seedsofchange coaching.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@seedsofchange coaching.com](mailto:jill@seedsofchange coaching.com) or visit [www.seedsofchange coaching.com](http://www.seedsofchange coaching.com) and click "contact us" to be featured in a future column.



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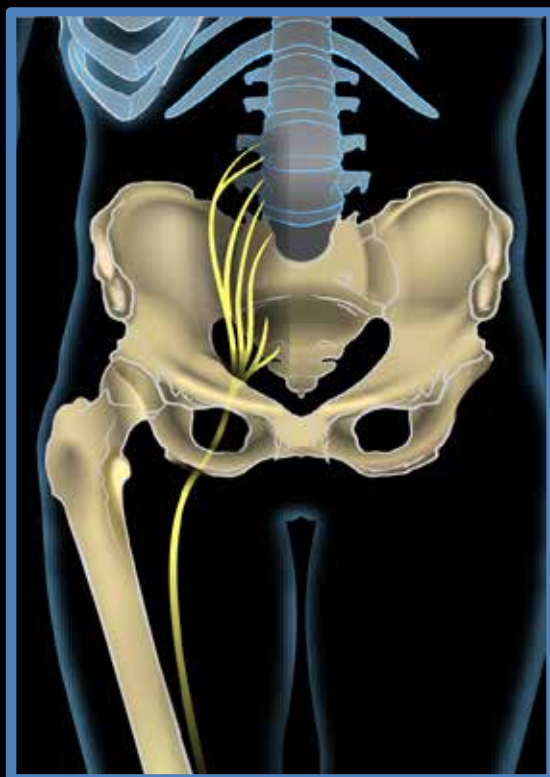
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**Q:** *What is Sciatica? How Can I Treat It?*

**A:** Sciatica is a condition that occurs when the sciatic nerve becomes compressed. The sciatic nerve is a large nerve that begins in the lower back and travels through the buttocks and lower limb. The sciatic nerve



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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*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.*

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# ANSWER:

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Dr. Steven Linker, OD



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### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

### DOES IT HURT?

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

### WILL MY INSURANCE COVER HYALGAN?

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

### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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best results possible.



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

## QUESTION:

### How does The MonaLisa Touch counteract vaginal dryness?

**V**aginal 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:

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# Can the Tooth Fairy Save Lives?

By Susan Heckler

Children start losing their teeth between the ages of 5 and 7. There is a time-honored tradition of placing your child's lost teeth under their pillow to wait for the tooth fairy. Mom and/or Dad sneaks in and slips some money under their kids' pillow to celebrate this new stage of life. Many parents save the teeth as a keepsake. Some even keep the teeth of their dogs (guilty)!

As it turns out, a study in 2003 by the National Institute of Dental and Craniofacial Research showed that baby teeth are a rich source of stem cells, somewhere between one and two dozen. These can be grown into multiple kinds of cells if needed. Later in life, these cells can be what a child needs as replacement tissue for whatever reason. This can potentially save lives and provide needed treatment.

Baby teeth banking has become another option for families. For the past 20 years, thousands of dollars have gone toward banking newborn cord blood stems cells. They've done in the hopes of treating serious illnesses for close family members, or those emerging as the baby grows.

There is one big difference if the tooth is to be used medically, the baby teeth must be kept fresh. Stem cells degrade and lose their potency over time, therefore reducing their effectiveness for treatment. It may be wise to allow a dentist to handle the tooth to ensure proper treatment. Storage facilities have opened for housing samples while scientists conduct additional research for the potential use of baby teeth's stem cells. As soon as baby teeth fall out, laboratories have created kits to aid in their preservation for future use.

There are services out there to properly preserve the teeth for future use. The teeth are placed in a liquid nitrogen cryopreservation vault, where the stem cells will continue to be undamaged and usable for years.

Don't let this take the fun out of playing Tooth Fairy. Your child never needs to know! Be the loving parent, do your winged fairy deed and put the tooth away for less happy days.



## 10 Fascinating Facts About the Human Body

1. One human brain generates more electrical impulses daily than all the telephones of the world combined.
2. Everyone has dimples on their lower back where the pelvis joins with the sacrum, but on some people they are more pronounced than on others.
3. On average, during their lifetime, a person will accidentally swallow eight small spiders.
4. Nerve impulses sent from the brain move at a speed of 274 km/h.
5. In the morning, you are about 8 millimeters taller than in the evening.
6. Fingernails grow about four times quicker than your toenails.
7. A kiss increases your pulse to 100 beats per minute or more.
8. The human brain has a memory capability equivalent to or greater than four terabytes on a hard drive.
9. The typical four-year-old child asks 450 questions a day.
10. The strongest muscle in the human body is the tongue, be careful how you use it because it can hurt people.

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## Migraines? *Try ACUPRESSURE!*

Did you know that June is National Migraine & Headache Awareness Month? Migraines are extremely painful and affect millions of Americans a year. It is estimated that 13% of adults suffer from migraines! They aren't just bad headaches. Migraines are a collection of neurological symptoms that usually include a throbbing pain on the side of one's head. Here are some ways you can tell you have a migraine. Migraines are intense and severe headaches with other debilitating symptoms. These include nausea, pain behind the eyes or ears, temple pain, and vomiting. People with migraines can see spots or flashing lights and even experience temporary vision loss. If you regularly experience symptoms of migraines, record them. After keeping track of your migraines, report the attacks to your doctor.

**ACCUPRESSURE POINTS:** One interesting way to treat migraines is through acupressure. Acupressure was developed 5,000 years ago as a part of Asian medicine. It has been proven to be very effective by many scientific studies. Practicing acupressure does not require special knowledge. According to Asian medical practices, putting pressure on these 6 points can rid your migraines. Focusing on these points can improve blood circulation, release tension, and unblock life-energy, also known as "chi". This simple practice doesn't take much time. Accupressure can last from about 30 seconds to 1 minute. Massage the point using light pressing or circular movements. The headache will disappear during the massage or a few short minutes after it.

### FOCUS ON THESE 6 POINTS TO RELIEVE HEADACHES:

#### YINTANG POINT

The Yintang, is situated at the top of the bridge of the nose and in between the eyebrows. In many cultures, the Yintang is also known as the third eye. Activating this point can remove eye fatigue.

#### ZAN ZHU POINTS

These symmetrical points are located on the medial end of the eyebrow. Applying acupressure to this point can relieve a runny nose and improve eye sight. It is also said to help with glaucoma patients.

#### YINGXIANG POINTS

These points are located on either side of the nostrils. These points should line up with your eyes. Massaging the Yingxiang points is said to help with the loss of smell and taste. It can also open up your sinuses.

#### TIAN ZHU POINTS

These two points are located on the back of the head, between the ear and at the top of the spine. Applying pressure to these points relieve nasal congestion and migraines. It also relieves pain and neck issues.

#### SHAUI GU PONTs

The Shuai gu points are located 2-3 cm from the beginning of your hairline in your temple area.. Pressure applied to this area relieves pain in the temporal region. It is also said to help with nausea.

#### HE GU PINTS

These points are located on the back of your hand between the thumb and pointer finger. Activating this point is said to relieve back pain, toothaches, and tension in the neck. Applying pressure to the He Gu points also helps with diseases of the head and face.

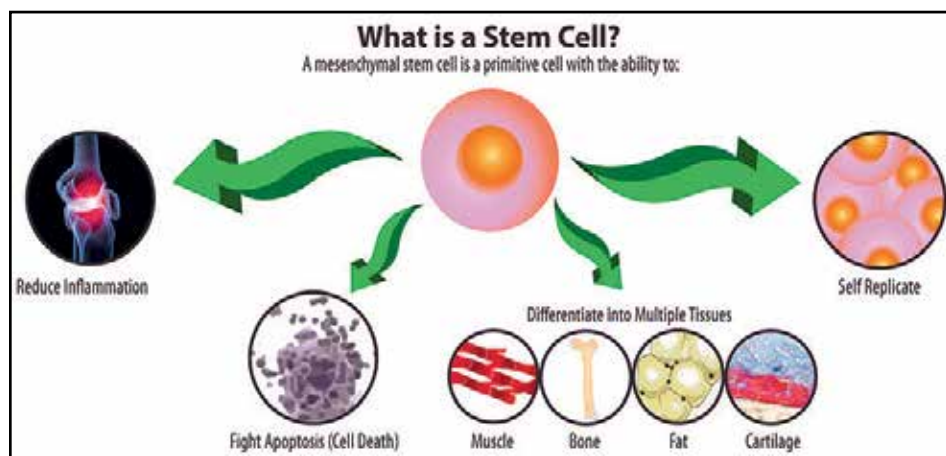




# QUESTION:

## 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.



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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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# Dimensions Reiki

## Reiki Master and Teacher Jeffrey Carpenter Credits Reiki as the means that opened up his Psychic Intuitiveness

By Pam Teel

Jeffrey P. Carpenter, Owner & Reiki Master of Dimensions Reiki located in Aberdeen, NJ, has been officially attuned and fully certified as a Reiki practitioner since 2013. In addition to his Reiki Master attunements, Jeff also holds a Bachelor's Degree in Aerospace Engineering and a Master's Degree in Industrial Engineering. He was encouraged to share his knowledge and healing abilities when he finally embraced his connections with Spirit.

Jeff's incredible story is one that changed the course of his life and started when a friend of his wanted him to go to a Reiki class. He really had no interest in going but was open enough to sit through a 5-6 hour class. In 2013, he and his friend made a bet and if Jeff lost the bet, he would go. To his benefit, he lost the bet and went to the class. Surrounded by all women, he was the only man in the class. This is when things started happening spiritually for him. Jeff credits his entire spiritual awakening to taking this first Reiki class. The first psychic experience he had or possibly recognized was during this class was when he had a psychic vision about the woman sitting next to him; someone he had never met before.

A few months later, in 2014, he went to Phoenix, Arizona to visit his family. On this trip, he had it in mind to see if there was anything different with his experiences now that he was attuned with Reiki. When he went to Sedona, he began having so many experiences that he was completely overwhelmed by them. Being from a scientific background, it was hard for him to take in some of the things that he saw. He was seeing geomagnetic vortexes in Sedona, watching orbs manifest with his own eyes, seeing shadows and silhouettes of ghosts, and other sensations, all of which he detailed in his book, "Discovering Intention: A Sensitive's Guide to the Engineering Mind."

He went with his family on a ghost tour to Tombstone, not the first time he had been there, but the first time that he had ever had any of these spiritual encounters. He felt that Tombstone had become a significant place for him in his spiritual journey, like a training ground for new energetic pursuits. This is where he was told he had many purposes, one of which was to become a rescue medium in which he would help to cross over or relocate earthbound spirits who are still attached to living people or causing problems in homes or places. Jeff was being put in a situation where the living were being attacked by a negative entity and he was given the knowledge that he could do something about it. When he chose to accept the task, new messages and tasks were shown to him.

Jeff sees spirit in many different ways. As a sensitive, he has seen oblong orbs with his own eyes, almost like after images burned into your eyes from a Fourth of July Sparkler. He has seen shadows and distinctive shapes sometimes as silhouettes of energy, like watching the heat rise off an asphalt road in the summer. On several occasions, he has seen full-bodied apparitions walking around and interacting with him.

He is also a clairvoyant (clear seeing) with some claircognizance (clear knowing). When he connects to their higher frequency energies, he sees movies and visions in his mind as they show him evidence of their existence, describe shared experiences, and even provide messages.

He works with his Spirit guides every single day, either while doing Reiki and psychic work, or just meditating and communing with them. His first contact with them came in his first hour of Reiki class. "We don't work alone when we connect to Spirits," Jeff stated. "Spirit guides wait for an invitation to work with us and I am lucky that my amazing teacher/mentor inserted the exercise for inviting spirit guides into her courses." Jeff teaches this as well to help students realize they have teachers and mentors in spirit ready to help them in their development. It has become a pretty amazing relationship for him when he became brave enough to surrender to Spirit and trust in their help. Cleansing, communication, messages, protection, and more, his guides are always there to help him.

It is those amazing experiences that led him to found Dimensions Reiki, providing Reiki energy therapy services and Reiki student training in both New Jersey and Arizona. Jeff is also a medical intuitive, receiving psychic messages and information associated with various issues being experienced by his clients and helping him to better address the underlying causes of ailments.

As part of his spiritual evolution, Jeff is a developing psychic and medium, offering readings in the Dimensions Center of Wellness. He is committed to providing his services in house cleansing, negative attachment removal, spirit rescue and releasement, and paranormal research. He continues to consult with clients who are experiencing challenges with entities or the paranormal in their homes. To further his connection with Spirit, he has become an ordained multi-faith minister. Jeff travels to many different locations providing workshops and lectures. For more information about Mr. Carpenter and his services go to: <http://www.dimensionsreiki.com/http://> and <http://www.dimensionsreiki.com/practitioners>





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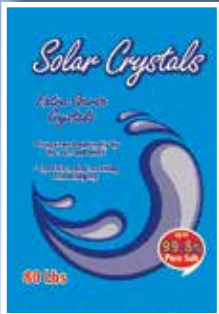
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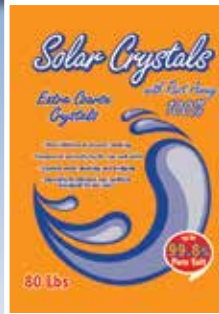
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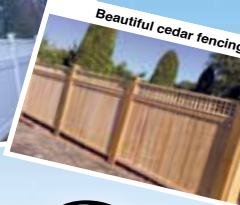
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## Mold and Your Home

Mold is found both indoors and outdoors. Mold can enter your home through open doorways, windows, vents, and heating and air conditioning systems. Mold in the air outside can also attach itself to clothing, shoes, bags, and pets can and be carried indoors.

Mold will grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles, and wood products. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

### YOU CAN CONTROL MOLD!

Inside your home you can control mold growth by:

- Controlling humidity levels
- Promptly fixing leaky roofs, windows, and pipes
- Thoroughly cleaning and drying after flooding
- Ventilating shower, laundry, and cooking areas

If mold is growing in your home, you need to clean up the mold and fix the moisture problem. Mold growth can be removed from hard surfaces with commercial products, soap and water, or a bleach solution of no more than 1 cup of household laundry bleach in 1 gallon of water.

Mold growth, which often looks like spots, can be many different colors, and can smell musty. If you can see or smell mold, a health risk may be present. You do not need to know the type of mold growing in your home, and CDC does not recommend or perform routine sampling for molds. No matter what type of mold is present, you should remove it. Since the effect of mold on people can vary greatly, either because of the amount or type of mold, you can not rely on sampling and culturing to know your health risk. Also, good sampling for mold can be expensive, and standards for judging what is and what is not an acceptable quantity of mold have not been set. The best practice is to remove the mold and work to prevent future growth.

### MOLD PREVENTION TIPS

Keep humidity levels as low as you can—no higher than 50%--all day long. An air conditioner or dehumidifier will help you keep the level low. Bear in mind that humidity levels change over the course of a day with changes in the moisture in the air and the air temperature, so you will need to check the humidity levels more than once a day.

Be sure your home has enough ventilation. Use exhaust fans which vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.

Fix any leaks in your home's roof, walls, or plumbing so mold does not have moisture to grow.

Clean up and dry out your home thoroughly and quickly (within 24–48 hours) after flooding.

Add mold inhibitors to paints before painting.

Clean bathrooms with mold-killing products.

Remove or replace carpets and upholstery that have been soaked and cannot be dried promptly. Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.



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# Test Your Home for Radon: Quick Tips

**R**adon is a natural radioactive gas that you can't see, smell, or taste. There is usually very little radon in the air outside, but sometimes an unsafe level of radon can build up indoors.

Breathing in too much radon over time can cause lung cancer, especially if you smoke. If you are breathing in too much radon, you won't feel sick or have any symptoms right away. Testing your home is the only way to know if there's a radon problem.

Testing your home for radon is easy and doesn't cost very much. You can test for radon yourself or hire a professional to do it for you. If you rent your home, ask your landlord to get it tested. There are 2 main types of radon test kits. Short-term tests take between 2 and 90 days. Long-term tests take more than 90 days.

Start with a short-term test. Test for radon in the lowest level of your home that people spend time in. If you use part of your basement for living space, like a playroom, test there. If you only use your basement for storage, test the ground floor.

You can buy test kits at home improvement or hardware stores. To order a test kit over the phone, call the National Radon Hotline at 1-800-SOS-RADON (1-800-767-7236).

If your home has a radon level of 4 or higher, it's time to take action. There is no safe level of radon, so you may still want to fix your home if the radon level is between 2 and 4. Test your home again if the radon level is 4 or higher. If your home has a radon level of 4 or higher, fix your home. If 2 radon test kits show that the radon level in your home is 4 or higher, make a plan to fix your home. You may also want to take action if the radon level is between 2 and 4.

Be sure to hire a contractor who is qualified to fix radon. It's a good idea to get at least 2 price estimates. For help finding a contractor or your state radon office, visit <http://www.epa.gov/radon/whereyoulive.html>.

For help finding a radon test kit, visit <http://www.epa.gov/radon/radontest.html>.



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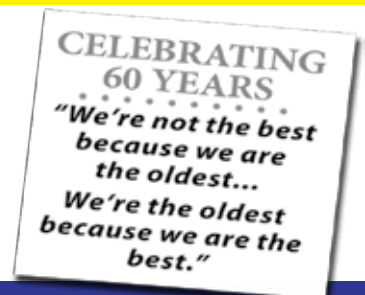
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By Mia Ingui

Your home is your pride and joy, and keeping it looking as beautiful as it did when you first bought it makes you feel like a great homeowner. A clean home, inside and out, is a happy home, and so the best way to keep your house's exterior looking fresh and clean is to power (also known as pressure) wash it! When you power wash the exterior of your home, it removes grime, dirt, and other stains that could have been making your driveways, porches, and decks look subpar and filthy. Power washing has the ability to benefit the look, appeal, and resale value of your home in multiple ways.

1. **Increases the value of your home-** Power washing your home could add anywhere from \$10,000-15,000 on to the value of your home. It keeps the house in mint condition! Also, power washing takes preventative measure against damage from rotting or decaying of the exterior, and therefore avoiding costly repairs.

2. **Increases curb appeal-** Especially if you are looking to put your house up for sale, the curb appeal of your home is very important to keep in mind. The view of the outside of your house can make or break the sale, so keeping it clean is the way to go.

3. **Protecting your family-** Without washing the outside of your house, it will be exposed to all kinds of contaminants from the outside, such as dirt, mold, mildew, and pests. Power washing the exterior of your home prevents bacteria from growing, therefore protecting those who live in your house.



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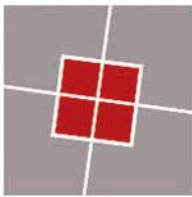
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For central air conditioners, filters are generally located somewhere along the return duct's length. Common filter locations are in walls, ceilings, furnaces, or in the air conditioner itself. Room air conditioners have a filter mounted in the grill that faces into the room.

Some types of filters are reusable; others must be replaced. They are available in a variety of types and efficiencies. Clean or replace your air conditioning system's filter or filters every month or two during the cooling season. Filters may need more frequent attention if the air conditioner is in constant use, is subjected to dusty conditions, or you have fur-bearing pets in the house.





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# Recycle Your Toys in NJ: A list of places accepting donations

By Stefanie Maglio

Over many years, toys in your household may accumulate if you have children. From Christmas, to birthdays, to other holidays and random occasions, parents buy many toys for their kids. For a certain period of time children will play with them, but overtime children will outgrow many of their toys. Getting rid of toys that are no longer wanted can be a hassle. Some toys you may give away to family or friends, some toys you may choose to sell at a garage sale or on websites such as eBay, classifieds or Craigslist. However selling old toys online can be tedious as it may be a much longer process. Luckily in New Jersey there are several organizations that will accept toy donations, especially around the holidays. These donations may be used for resale in their stores, or they may be given away to families with children who are less fortunate. Try looking into donating toys to these organizations:

**Goodwill** accepts toy donations at all times of the year. Not only is there a Goodwill store location in East Brunswick, but also there are several bins throughout New Jersey where donations can be dropped off for collections at later dates. Donations to Goodwill keep unwanted good out of landfills, so donating to this organization helps the environment as well!

**Rescue Mission of Trenton** is a non-profit organization that accepts monetary donations as well as unwanted goods. Furniture, clothing, and other household items are also accepted. Rescue mission often allows people to volunteer which is a great way to give back to the community as well. Similarly to Goodwill, there is a store location along with drop-off boxes too.

**The Salvation Army** is a national organization with many locations throughout the country. This means that there are many locations within New Jersey and the tri-state area especially. The Salvation Army accepts all sorts of donations such as money, clothing, furniture, toys, cars, household items, and more. This organization also tries to provide job and volunteer opportunities for those who struggle to find employment.

**Second Chance Toys** is an organization that collects clean and working plastic toys during the holiday season or Earth Week and distributes the toys to local community organizations serving needy children. These toys can bring so much happiness to children who may not otherwise have toys if it weren't for charities. Drop-off locations pop up in central jersey right around the holidays, so keep an eye out!



# The Millstone Times STUDENT OF THE MONTH

## Charlie Duffy

By Pam Teel

Ten year old, Charlie Duffy is in the 4th grade at the Millstone Elementary School. Charlie's favorite subjects in school are math, social studies, art, gym and being in the future problems solvers club.

Charlie gets good grades and is involved in lots of school activities. His favorite class is social studies because he loves learning about history.

Charlie likes to get together with his friends and play football. He also likes snowboarding and skiing with them. He loves to watch movies, swim, and play outside on his trampoline.

His favorite books to read are History books, Graphic Novels, The Middle School-Worst Years of My Life series, Chapter Books, and the Who Was/ What Was series.

His favorite television show is the Goldberg's and Modern Family. His favorite movies are Sing Street, Good Morning Vietnam, Waterboy, (all Adam Sandler movies). He is becoming quite a movie buff.

Charlie's favorite song is, "When it rains, it pours," by Twiddle.

His favorite foods are pretzel chicken, sesame chicken, grilled chicken breast, steak and edamame.

Charlie plays the piano and trombone. He also belongs to the art club and the Future Problem Solvers Club in school. He loves all sports, especially snowboarding, lacrosse, baseball and soccer.

Charlie lives with his mom and dad and two brothers, Jordan 12, and Trevor 8. He also has a Rhodesian Ridgeback female dog named Remy Rose. Charlie is very close to his grandpa Frank, who he calls Pop, and his other grandpa Ira and Grandma Wendy. He also loves spending time with his Aunts Eileen and Marysol, his Uncles Chris and Pat, and his two cousins, Jack and Conor.

Charlie's favorite holiday is Christmas.

His favorite place to visit is Vermont. When Charlie gets older he would love to be a professional snowboarder. He was part of the Unleashed Snowboard program in Killington, Vermont and competed in competition s like the Slash n Berm and he came in 4th place in the Mini Shred Madness. Charlie can't wait until next snowboard season.

Keep up the good work in school Charlie. You are a very nice, respectful young man with a lot of love in your heart.





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	<b>EXTEND YOUR DAY</b> AGES 3-15



# MILLSTONE MIDDLE SCHOOL

## 8<sup>th</sup> grade Girls Lacrosse Team Goes Undefeated 10-0

By Pam Teel

The team is made up of 14 eighth graders who have been playing together in the Millstone Recreation and travel programs since they were little. Last season the team lost out to the John Witherspoon Middle School. Their last game this season was against the very same school, but this time Millstone came out the victors, leading them to an undefeated season. What made it even better was that they got to celebrate the victory at home in front of a huge crowd of parents, friends, and classmates.

The girls started the season in a hailstorm and finished on a 94+ degree day. Gabrielle Skowronski broke the school scoring record, which was 49 goals, when she totaled 84 goals for her middle school career. Alyssa Castellano also made the over 40 goals club with 42 goals in her middle school career. Abby Dawson was the anchor of the team in goal having 3 shutouts on the season and a goal against average of 2.1, which for lacrosse is really really low.

This is a very special group of girls whose ability on the field is only surpassed by their sportsmanship and character on and off the field. The upper classmen on the team helped the younger players throughout the season and always treated everyone as equals. These girls have big dreams, but very realistic dreams of playing at the top Division One Universities in the Country. Most girls will be going on to Allentown High School where they will join up with a great team at Stonebridge Middle School. They should have great success together during the next four years. Stonebridge and Millstone battled twice this year in the two closest games of the season. The girls just get better every year. They are continuing to dominate and impress teams, coaches, and parents wherever they play and will continue to do so for the next four years.



The team players are: Captains- Gabrielle Skowronski. Angelina Skowronski, Christina Orthodoxou.

The remaining 8th graders include: Emili Boccanfuso, Danielle Disilvestro, Allison Casale, Morgan Bell, Gianna Curry, Bella Aprile, Alyssa Castellano, Sophia Schindel, Maeve Muha, Isabella Albarella, and Abby Dawson.

The rest of the team includes: Maddy Branin, Devin DeMarco, Ellie Mashkevich, Kate Martinek, Jackie Marucci, Megan Tanner, Stella Scudillo, and Priscilla Stelmach

The coaches for the girls' recreation and travel programs are Richie Skowronski, Marc Scudillo and Walter Tanner.



Abby Dawson in goal making a save, Angelina Skowronski, Christina Orthodoxou, Sophia Schindel and Alyssa Castellano





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# Empathize It! A Middle School Production

By Pam Teel

On May 24th, the Middle Schoolers put on their own performance, entitled "Empathize It." This was a one act non-musical performance that centered on the importance of walking in another's shoes and standing together against bullying.

The story was about two very different people, Sidney Taylor and Alden Hanson. They do have one thing in common though, and that is that they are both outsiders at school. They have to work together and with the help of a super hero of the new millennium, they learn to stand up to the bullies and take back control of their lives.

Jillian Scott played Sidney and Giuseppe Scibilia played Alden. With only one month to learn their lines, the children worked very hard to bring their characters to life. There was a lot of dedication on all parts to make the show as realistic looking as a real school.

Of course there was also Empathy Girl, who according to Kyla Amison and Gabriella Biello, "Eats danger for breakfast!" With her bright colors and abundant enthusiasm, Melissa Bernieri flipped her way into the heart of the audience as Empathy Girl.

To add to the realism, all students worked on every aspect of the production including usual adult- occupied jobs. Guided by Drama Club Advisor Lisamarie Cappuzzo and assistant adviser Vincent D' Aniella, students worked on everything from set design, to the playbill, to costumes, and even press releases. They even stood in as directors and stage managers.

While watching the performance, one could only have felt what the characters felt, and revel in the fact that in the end, Alden and Sydney learn how to Empathize It!



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# A LOVING FAMILY

By Pam Teel

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## June 24<sup>th</sup> Flea Market, Craft and Yard Sale to Benefit Marty's Place Senior Dog Sanctuary

**Marty's Place Senior Dog Sanctuary will host a Flea Market, Craft and Garage Sale on Saturday, June 24th from 8 AM to 2 PM.**

The sale will be outdoors on the sanctuary grounds at 118 Route 526 in Upper Freehold, NJ 08501. There's no admission charge; just lots of new merchandise, quality used items, and unique crafts to browse and buy.

"Bargain hunters and craft lovers, mark your calendars!" says the sale's organizer, Juliana Petitt, a Marty's Place volunteer. "Dozens of sellers will be here, and we'll have a great variety of merchandise for shoppers to choose from."

There are a few restrictions on what can be sold -- no large furniture, firearms, flammable items or pets, for example. Multiple sellers of the same product or brand have been kept to a minimum. A listing of some of the specific items being sold can be found on the Marty's Place website (<http://www.martysplace.org>) beginning in early June.

There will be great buys for the entire family, and, for hungry shoppers, food trucks. Dogs, on leashes, are welcome to attend!

"Best of all," Petitt comments, "our Flea Market, Craft and Yard Sale will benefit the residents of Marty's Place."

The 501(c)(3) nonprofit opened in October of 2015, and provides a safe, loving, protected environment for dogs, age 7 and older, that do not have homes. Any funds raised through sales and contributions go directly for the care of senior dogs living at the sanctuary.

For additional information about the sale, visit our website: <http://www.martysplace.org> or contact the sanctuary - [info@martysplace.org](mailto:info@martysplace.org) or (609) 259-1278. We are also on Facebook: <https://www.facebook.com/martysplaceseniordogsanctuary/>

Individuals, families, organizations, crafters or businesses interested in selling at Marty's Place on June 24th must submit an application form (available on the Marty's Place website) with payment by June 17, 2017. Contact for sellers: [julpetitt@aol.com](mailto:julpetitt@aol.com)





# IS YOUR PET A CHUBBY BUBBY?

By Susan Heckler

*Is Sweetie too meaty? Is Rufus rotund? Is your Pug a pudge? Is your Himalayan just laying around?  
An Estimated 59% of Cats and 54% of Dogs in the United States are Overweight or Obese.*

Not sure? 22% of dog owners and 15% of cat owners said their pet's weight was normal when it was actually overweight or obese. Your pet is considered overweight if any of these physical indicators are present: Excess fat covering the ribs • Lack of waistline • Pendulous abdominal fat

As in humans, dogs and cats carrying extra weight places extra demands on virtually all the organs of their bodies. Disease, a shortened life, and sometimes death are the consequences. Obesity problems include heat intolerance, decreased stamina, reproductive problems, osteoarthritis, diabetes, high blood pressure, heart disease, breathing problems, ligament injuries, kidney disease, many types of cancer and decreased life expectancy (up to 2.5 years).

**Understand that this may mean you may have 2 ½ years less time to love your best friend for something easily preventable!!**

## EASY REMEDIES WE CAN ALL FOLLOW:

**PUPPY PORTION CONTROL:** Keep track of how much you are feeding by using a measuring cup.

**Establish a Schedule:** If possible, offer meals on a set schedule. If you must free-feed, put a rationed portion down and don't refill until the next day.

**LIMIT BETWEEN-MEAL SNACKS:** Manage how many extra goodies the dog is getting. If they chew it and swallow it, they may wear it.

**CHOOSE LOW-CALORIE TREATS:** Store-bought treats and chews can be fattening. Some dogs will be just as happy with fruits, like bananas, carrots, or apple slices. Check to be sure the fruits and vegetables you share with them are safe for animals. Just because you have a large sized pet doesn't mean they HAVE to have the larger biscuits.

**GET MOVING!** Swimming is low-impact and can build muscles and burn calories without hurting joints. Walking, also low-impact and has the added benefit of getting both of you out of the house and into the fresh air. Fetch is fun!

*If your baby is a house pet, check out the nutritional needs for what is considered a lightly active adult:*

Cats	
10 lbs.	180 to 200 calories*
Dogs	
10 lbs.	200 to 275 calories*
20 lbs.	325 to 400 calories*
50 lbs.	700 to 900 calories*

Compare this to the caloric intake of humans:

Male	2500 Calories
Female	2000 Calories



## The Green Leaf Pet Resort Hosted The Big Dog Show to Grant A Big Wish



By Susan Heckler

The Green Leaf Pet Resort, in partnership with Make-A-Wish New Jersey recently hosted a traveling art installation, created by artist Dale Rogers, which features twenty-one 8 foot by 10 foot steel canine sculptures. The event is a celebration of Green Leaf's 5th grand opening anniversary

Green Leaf's sprawling acreage in scenic Millstone Township was the perfect setting for the family fun day on June 3rd, the closing event, where humans and canines enjoyed activities, food, music, prize drawings, and the title of, "Best in Show," where visitors can vote for their favorite sculpture.

Artist Dale Rogers said, "The profile of the dog is very much of a 'muttgree', but many people tell me it looks exactly like their particular breed of dog. It strikes a strong emotional pull with many. Historically, dogs have made positive and lasting impressions with people and I hope that my sculptures and the exhibit will do the same."

Original versions of the sculptures have been made available for sale and a portion of all proceeds will go towards Make-A-Wish New Jersey to benefit a local child whose wish is to have a therapy Labradoodle. The goal is to raise \$12,000, which will gift not only the Labradoodle but will also provide specialist training.

According to make-A-Wish, the wish child's name is Joey and he is 8 years old. He lives in Atlantic County and Joey's wish is for a therapy dog. Joey's Mom shared that having a therapy dog will provide Joey with companionship and friendship, and beyond that the therapy dog will have a calming impact on Joey.

The New Jersey Chapter of Make-A-Wish® is in its 4th decade of making dreams a reality for seriously-ill children. Make-A-Wish grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. Since 1983, this chapter has granted over 9,000 wishes to children throughout the Garden State. For more information about Make-A-Wish New Jersey, call 800-252-WISH or visit [www.nj.wish.org](http://www.nj.wish.org) and discover how you can share the power of a wish.

The Green Leaf Pet Resort is located at 23 Burnt Tavern Road. For information about their beautiful facility and upcoming events, contact them at (609)259-1500.





# Vet on the Run

## Dr. Emily Jarvis

By Pam Teel

Cats are extremely sensitive animals that are creatures of habit and not great fans of change; that includes their annual trip to the Veterinary office. Most cats do better in their own homes; this includes being boarded or going to a strangers house when you go away on vacation. It makes more sense to call someone into your home to take care of your pet then subject them to so much stress. Cats like a familiar environment and taking them out of that environment can cause them a lot of anxiety. As highly territorial animals, they tend to rub their scent all over various household objects in an attempt to define and set their boundaries. For pets that are attached to their familiar surroundings and their owners, one must understand that taking them away from this environment, even for a visit to the vet can be a pretty traumatic event.

This is where Dr. Jarvis comes in. She's known in this neck of the woods as the Vet on the Run; the all feline Veterinarian who makes house calls. Dr. Jarvis has had an all feline practice for the past twenty four years. Why because simply, she loves cats! Her first employment as a veterinarian was at an all feline practice. While she periodically made house calls at that time, she has been happily self employed for the past eight years strictly as a mobile cat veterinarian. Her coming to the house is less stress for the cat and for you having to take your pet away from their comfort zone.

At present, she only makes house calls. If your cat needs a hospital for surgical procedures or for severe illness, she can refer local veterinarians, or specialists. The Doctor lives in the Monroe area and will travel up to twenty miles to make a house call. Her normal range includes Freehold, Manalapan, Plainsboro, Monroe Township, Cranbury, Princeton, Lawrenceville, Hamilton, Hightstown, South Brunswick, East Windsor, Highland Park, Allentown, Millstone, and other towns as well. At the house she can examine and weigh the cat, administer vaccines, obtain blood samples, check blood pressures, and more. She can tell you first hand that cats are usually more relaxed at home. Even those stressed out by her presence or by the examination are typically back to normal as soon as she is out the door. Some cats can be upset for two days after a visit to the vet's office, but then again, some that are so scared stiff might do well while being examined in the vet's office.

Dr. Jarvis has also handled her share of feral cats and semi feral cats. Her advice for those who help strays; exposure and handling are helpful. It is easiest to socialize a cat in a cage where he or she cannot escape being touched. It can take patience and sometimes years to socialize feral cats, particularly if they are loose in the house and can avoid you. Feral cats are easier to handle when their eyes are covered. If they don't see you, they are less nervous, even when your hands are on them.

For other, non feral, but difficult cats, it can help to cover them in a towel when you are trying to trim their nails. Cover the body with a folded bath towel, and allow only one front leg out at a time while you trim the nails. A lot of people find it easier to do a few nails at a time, while the cat is sleeping.

The Doctor's hours are flexible and her fees are affordable. She sees patients when it is convenient for the owners and herself. Charges for an exam decrease up to the third cat if she is seeing more than one cat per visit.

Dr. Jarvis is full of knowledge and will answer any questions that you may have. I personally asked her about the danger of house plants to cats. There are too many ordinary toxic houseplants to list, so I've included an A to Z guide of toxic houseplants to cats and dogs that you can download and keep as a reference. <https://www.houseplantsexpert.com/poisonous-house-plants-for-cats-and-dogs.html>

The Doctor did mention that she treated a cat that ingested an Easter lily leaf. Easter lilies are very damaging to a cat's kidney. Also keep palms that people get on Palm Sunday away from cats. If ingested, they could require surgery, as they are tough leaves and cannot be digested.

If you let your cat outdoors, you also need to be aware of the plants and bushes in your yard that your cat might want to chew on. Daylilies are highly toxic to a cat. They can lead to kidney failure and death. One last tidbit from the Doctor, the black bits on a cats chin fur is probably acne and it can sometimes be avoided by not using plastic bowls.

You can reach Dr. Jarvis at: 609-915-8671

<http://emilyjarvisdvm.com/veterinary-services.html>



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# *Travels* with My Aunt

Presented by: Susan I. Wranik, MS, MA, CCC-SLP

*Designed to help people focus on the journey of dementia rather than the destination, improve communication, and minimize stress to enjoy time together.*



*Join us* **WEDNESDAY, JUNE 14<sup>TH</sup>**

Registration and Dinner: 5:30 pm – 6 pm

Presentation: 6 pm – 7 pm

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Please RSVP by June 8<sup>th</sup> to  
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to view our video tour.*

## Acupuncture for Seniors

By Brianna Sicilian

**A**cupuncture is an organic process where insertion of needles in the specific points of the body help the body's energy flow and correct imbalances. As a senior, one of the best investments you can ever make is improving your health and well-being. Investing in acupuncture can be the best investment yet.

The benefits of acupuncture are outstanding. Treatments can help numerous injuries and illnesses, including: pain management, back pain, shoulder pain, anxiety, addictions, depression, migraines, neck pain, arthritis, respiratory illness, chronic fatigue, tendonitis, dental pain, etcetera. As a senior, you want nothing more but good health and painless days, and with acupuncture treatments, your dreams of better health can come true.

Acupuncture is great for people of all ages, especially seniors. The acupuncture points are placed at certain points to stimulate muscles, simulate nerves, muscles, and connective tissues, which work together to increase the body's natural painkillers and improve blood flow, thus lowering (and possibly eliminating) medications needed to get through daily tasks painlessly. For seniors, the best outcomes of acupuncture treatments are the boosting of energy and the relief of specific pain symptoms. Once a senior's treatments are completed and the benefits of the treatment hit him or her, the senior will forget all about the pain that he or she used to suffer from when doing tasks such as climbing the stairs, getting out of bed, walking for a long period of time, etcetera.

Life is so much more enjoyable without pain, so why let yourself suffer? If you are willing to give acupuncture treatments a try, do not hesitate to look into the best licensed acupuncturists near you.



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## Aging Gracefully

*Getting older doesn't mean you have to lose your style, grace or good looks. Aging gracefully is an art, and one that you can master with practice and healthy habits.*



### Stay Positive:

You know the saying. You are as young as you feel.

Well, attitude plays a big role in determining exactly how we feel as we age. Smiling, laughing and maintaining a positive demeanor – even when times are tough – can help keep us young at heart.

Projecting happiness and excitement about life will help others around you, too. And speaking of others, surrounding yourself with an equally positive social circle can help keep your focus on the good things in your life.

Growing older is often accompanied by health issues, grief and challenges. It's how you decide to deal with these issues that will help or hurt your chances of aging gracefully.

### Find a Hobby:

Getting involved in something you are passionate about can help you maintain your vigorous spirit and positive glow.

Join a garden club to show off your flowers, plants and shrubs. Make bingo night a weekly endeavor to get out of the house and make new friends through healthy competition. Spend more time taking your grandchildren to the park.

Anything you enjoy doing can be transformed into a hobby that you can relish for years to come. Without meaningful activities to partake in, you might be left feeling bored or alone. Options are endless for getting involved in something that will ultimately help you age gracefully.

### Stay Informed:

For many women, the beauty shop holds the key for vibrant, smooth skin and youthful hair-dos. A trip to the local hot spot allows women to discuss emerging beauty trends and skin-care products.

Women and men, alike, can also join their city gyms to find tips for maintaining their bodies. If you are constantly seeking out information on how to age gracefully, then you have won half the battle.

Utilize the guidance you receive to choose the best ways for you to ensure a graceful aging process.

## How to Recognize Weight Loss in Seniors

*It's important to be aware of weight loss in people with dementia and act immediately to help regain a healthy appetite and reduce the risk of malnutrition. The most common signs are:*

- Bones visible under the skin
- Loose clothing
- Loose rings
- Loose fitting dentures
- Leaving food on the plate

A poor diet will increase the chances of illness and many other health conditions as well as lowering someone's quality of life. Eating a wide variety of foods regularly will ensure someone's dietary needs are met.

When challenged:

- Try whetting their appetite; any increase in activity can help instigate hunger as well as digestion, so a short walk or chair-based activity may help. Don't fill stomachs with excess fluids before mealtimes as this will blunt the appetite.
- Try and use simple food cues with mealtimes such as aroma of toast or coffee in the morning or familiar cooking noises, which may all help someone with dementia to understand that it's time to eat.
- Offer small portions of food if someone has a small appetite as too much can be off-putting.
- Understanding their likes and dislikes can make a difference at mealtimes. Try some new flavors, but not to the point that someone refuses food. Think about food occasions, which may trigger a memory and connection with that particular food.
- Taste and smell diminishes with age and more so with dementia so food preferences may change day-by-day.
- Be aware that someone may not remember when they last ate and this may cause reluctance to meals.
- It's important that someone with dementia is given the opportunity to feed themselves as this helps retain a sense of independence and dignity. As dementia progresses they may become less dexterous and lose the ability to use cutlery. They make adapted cutlery, cups with handles and non-slip placemats to make things easier. If cutlery becomes difficult to use then provide finger foods. A finger food diet can be just as nutritious and served hot or cold. Pizza slices, chopped vegetables, fruit and sandwiches are all good examples.
- Be patient; mealtimes could be lengthy and involve gentle encouragement as well as appropriate supervision to reduce any risks of choking.
- If someone is losing weight then you may need to consider fortifying foods to get as much nutrition as possible into a small serving of food, especially calories and protein. Full fat milk, cheese, oils, butter, mayonnaise, avocado and peanut butter are a few ideas of foods you can use.
- Dehydration is also common among older people with dementia. Dehydration can cause headaches, confusion, irritability and constipation, which can contribute to urinary tract infections. Older people who are incontinent need to drink more, not less, to encourage the bladder to empty regularly to prevent infection and to exercise the bladder muscles. We get some of our fluids from food, particularly foods such as soup, stews, fruits and vegetables, jelly, sauces, ice-lollies and yogurt. All drinks help us to remain hydrated, including tea, coffee, water, milk, fruit-teas and fruit juices. The color and smell of urine are good indications of whether people are getting enough to drink and are keeping hydrated, so keeping an eye on this will help.

It is always recommended to speak directly with a dietitian or medical doctor to help with suggestions and advice.



## Elder Abuse

*Abuse can happen in many places, including the older person's home, a family member's house, an assisted living facility, or a nursing home.*

There are many types of abuse:

- Physical abuse happens when someone causes bodily harm by hitting, pushing, or slapping.
- Emotional abuse, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older person. Keeping that person from seeing close friends and relatives is another form of emotional abuse.
- Neglect occurs when the caregiver does not try to respond to the older person's needs.
- Abandonment is leaving a senior alone without planning for his or her care.
- Sexual abuse involves a caregiver forcing an older adult to watch or be part of sexual acts.
- Financial abuse happens when money or belongings are stolen. It can include forging checks, taking someone else's retirement and Social Security benefits, or using another person's credit cards and bank accounts. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission from the older person. Financial abuse is becoming a widespread and hard-to-detect issue. Even someone you've never met can steal your financial information using the telephone or email. Be careful about sharing any financial information over the phone or online— you don't know who will use it.
- Healthcare fraud can be committed by doctors, hospital staff, and other healthcare workers. It includes overcharging, billing twice for the same service, falsifying Medicaid or Medicare claims, or charging for care that wasn't provided. Older adults and caregivers should keep an eye out for this type of fraud.

Most victims of abuse are women, but some are men. Likely targets are older people who have no family or friends nearby and people with disabilities, memory problems, or dementia.

Abuse can happen to any older person, but often affects those who depend on others for help with activities of everyday life—including bathing, dressing, and taking medicine. People who are frail may appear to be easy victims.

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person:

- Has trouble sleeping
- Seems depressed or confused
- Loses weight for no reason
- Displays signs of trauma, like rocking back and forth
- Acts agitated or violent
- Becomes withdrawn
- Stops taking part in activities he or she enjoys
- Has unexplained bruises, burns, or scars
- Looks messy, with unwashed hair or dirty clothes
- Develops bed sores or other preventable conditions

If you see signs of abuse, try talking with the older person to find out what's going on. For instance, the abuse may be from another resident and not from someone who works at the nursing home or assisted living facility. Most importantly, get help.



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# Monroe Township Office of Senior Services & Senior Center Coming Events

- Cell Phone Savvy: On Monday, June 19, at 10:30 a.m., learn what your cell phone can do for you during this special session with Right at Home Specialists, who were born with this electronic device in their hand. Receive hands-on assistance on a first-come, first-served basis. Please register early.
- Aromatherapy & Essential Oils: On Tuesday, June 20, at 1:30 p.m. have fun while learning about the “scent-sational” holistic art of aromatherapy. Learn how aromatic essences of plants can balance one’s body, mind, and spirit while you create your own homemade aromatherapy products. Class Fee: \$5 p.p., due upon registering in-person, in advance. Space limited.
- Drumming: On Wednesday, June 21, at 1:30 p.m. discover how a percussion circle reduces stress and boosts the immune system. Join Michele Granberg to create simple rhythms using hand-held drums and various percussion instruments to connect with others through sound, song, and chants in a relaxed setting. Please register early. Space limited.
- Your Aching Joints: On Thursday, June 22, at 11 a.m., join Dr. W. Thomas Gutowski, Medical Director of the Jim Craigie Center for Joint Replacement and member of the PHCS Medical Staff, as he discusses when is the right time for a hip replacement and what’s involved. In addition, learn about the services available at UMCP. Please register in advance.
- Multiple Health Issues: On Thursday, June 22, 2:30 p.m. join Dr. Bennet S. Shenker, Asst. Professor, Rutgers-RWJ Medical School, as he discusses common chronic health conditions and strategies for self-management to improve one’s quality of life. Please register in advance.
- Crisis Management: On Monday, June 26, at 2 p.m., join Carl Archer and Tom Callahan, from Archer Law Office, for an informative discussion on how to avoid those “oh, no!” moments by making subtle changes to keep you home and safe for as long as possible. Please register in advance.
- Back Pain & Neuropathy: On Tuesday, June 27, at 1:30 p.m. Anthony Alfieri, of Northeast Spine and Sports Medicine, debunks the myths of lower back pain and neuropathy. His talk focuses on the possible causes of this condition and how it can be confused with other health issues. Please register in advance.
- Dementia Basics: On Wednesday, June 28, at 1:30 p.m. join Charles Larobis, RN, Clinical Liaison from Chelsea Senior Living, for an overview of dementia: what it is and its stages, what are the causes and risk factors, and what medication, therapeutic interventions and activities are available. Please register in advance.
- Guided Imagery: On Friday, June 30, at 1:30 p.m., learn how guided imagery and creative visualization techniques with Nadine Roberts, Certified Stress Management and Integrative Guide Imagery Practitioner, helps you to better cope with life’s stressors. Please register in advance.

## LAUGHS, LYRICS, & LECTURES

- Budding Opportunity: On Wednesday, June 14, at 10 a.m., enjoy this seasonal program, hosted by Brightstar Home Care and Parker at Monroe, as you plant a flower/herb and empower yourself with summer smarts. Space limited. Please register early.
- Mike & Ted Present: On Wednesday, June 14, at 2 p.m., Michael and Ted, from WWFM’s “The Classical Network” explore the often forgotten composing team of Livingston and Evans. With seven Oscar nominations and three Oscar wins, enjoy their Broadway musical contributions like, LET IT RIDE and OH, CAPTAIN as well as hits like Mona Lisa, Tammy, and Que, Serra, Serra. Please register in advance.
- The Magical Mary Martin: On Friday, June 16, at 1:30 p.m., we welcome back Patty Carver as she brings the songs of Mary Martin to life. From My Heart Belongs to Daddy to You Can’t Always Get a Man with a Gun, rediscover the life and career of Broadway’s First Leading Lady. Please register in advance.
- Ted’s Classics: On Monday, June 19, at 1 p.m., we welcome back Ted as he brings us MAME, starring Lucille Ball. Please register in advance.
- Jerry’s Travels: On Friday, June 23, at 1:30 p.m., join Jerry for a four island tour of the Hawaiian Islands while visiting the USS Arizona Memorial, climbing Diamond Head, and taking a helicopter ride over lava fields and down waterfalls. Please register early.
- Name That Tune: On Monday, June 26, at 10:30 a.m., we welcome back Right at Home Specialists as they ignite fond memories with the classic game, NAME THAT TUNE. While there are no cash prizes, there will be great giveaways for everyone. Please register early.
- Kickin’ It with Francine & Joel: On Thursday, June 29, at 2 p.m., we welcome back Francine and Joel as they bring us a contemporary and nostalgic show featuring songs from Elvis, The Beatles, Motown, Madonna, and more! Please register early.
- Cooking Up Crepes: On Friday, June 30, at 1:30 p.m., join Chef Gustavo, from Brandywine Living at Governor’s Crossing, as he cooks up a variety of sweet and savory homemade crepes to taste. Please register in advance. SPACE LIMITED!

## LET’S GET PHYSICAL

- Line Dancing: Starting on Wednesday, June 14, at 9:15 a.m., join Leslie for some line dancing fun during this 10 session class (Last Class: 8/16). From country to contemporary, there are many dance steps to help improve your balance and memory. No sandals or high heels. Closed shoes that glide are recommended. Course fee: \$40 p.p., due upon registering in-person, before June 9. Space limited.
- Chair Yoga: Starting on Thursday, June 22, at 9 a.m., join Eileen for a modified, 8-session, yoga class with all yogic exercises performed on the chair. (Last Class: 8/10). Relax your mind and improve your flexibility. Class fee: \$40 p.p., due upon registering in-person, in advance. Space limited.

## ARTISTICALLY SPEAKING

- Art of the Masters: On Friday, June 16, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Vance Kirland. Then, 16 members, with a PROJECT COUPON (available upon request when registering in-person) will create a personal masterpiece in the artist’s style using metallic paints. Lecture only? Please call to register. Space limited.
- Watercolor Experience: Starting on Friday, June 23, at 12:30 p.m., join Jeremy for this 5-session class (No Class: 7/21; Last Class: 7/28) for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. Course Fee: \$50 p.p., due in-person, in advance. Space limited. Supply list available upon request.

***Transportation to and from the Senior Center is a FREE service available to ALL Senior members/residents during regular business hours. Please be sure to advise us of your transportation need when registering for Center activities***

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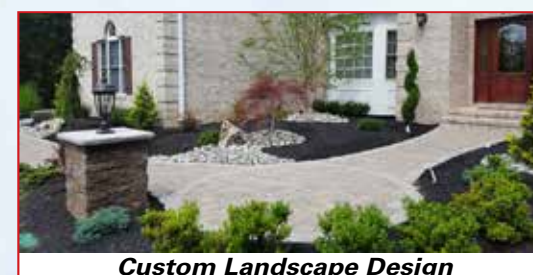
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