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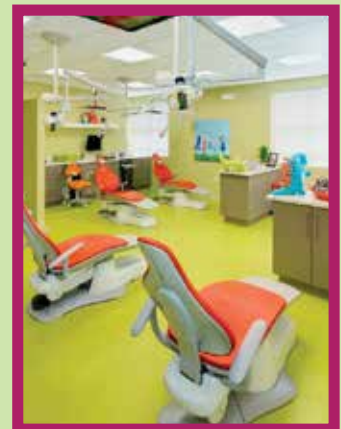
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Dear Millstone Times Readers,

As a Monmouth resident for 30 years, a news hound and an avid Facebook follower, I am continually impressed by the great comradery and neighborliness Millstone Township and the surrounding towns possess. I am on all of the local Facebook sites and see how you all pull together, especially when it comes to kids, dogs, and people in need.

I write a column "Let Me Shake Your Hand," honoring residents and local employees who go above and beyond to make a difference. I am reaching out to the readers to nominate candidates for this honor. Please send me an email with whom you are nominating and why you feel they deserve to be acknowledged.

Thank you and keep on reading and enjoying our paper!

Susan Heckler

Managing Editor

Susan@guntherpublications.com

Keeping Safe on the Fourth of July

By: Susan Heckler

In addition to being a celebration of America's independence as a nation, there's no school, lots of families have barbecues or cookouts, and you can go see a fireworks display at night.

The safest way to enjoy fireworks is at a professional display. Some people light sparklers at home or even set off their own fireworks, but this is dangerous. Some of the people hurt each year aren't the ones setting off the fireworks, but people who are nearby.

It's best to stay away from areas where nonprofessionals are setting off fireworks. Fireworks can cause serious eye injuries, including blindness, if the eye tissue gets damaged or torn. Other common injuries from fireworks include burns to the hands and face, which can leave scars. Someone could even lose one or more fingers if fireworks go off the wrong way. Fireworks can also start fires, which can hurt even more people.

If you know someone who plans to set off fireworks, here are some safety tips to share:

- Only adults should light fireworks.
- Never use fireworks indoors.
- Be prepared to put out a fire by having a hose or water nearby.
- Light fireworks one at a time.
- Stay away from a firework that has not gone off and never try to relight it.
- Sparklers may seem less dangerous than fireworks, but they get extremely hot — as hot as 1,800°F (982°C). Sparklers can light clothes on fire and can cause kids to get badly burned. That would take the fun out of a great holiday!

Stay Safe & Have Fun



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Divorce is one of the most stressful events a person may ever experience. If a divorce could be accomplished with less stress, or perhaps managed stress, shouldn't that be an alternative to consider?
















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Months Of: JULY & AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10 KEANSBURG- Mermaids at Runaway Rapids 	11 FREEHOLD- Grandparent Tuesday at iPlay America	12 TOMS RIVER- Cruisin' Downtown Toms River	13 CREAM RIDGE- Freedom Fest State Fair (Horse Park of NJ)	14 BERKLEY- Ocean County Fair 	15 BELMAR- 29th Annual Sandcastle Contest
16 NEW EGYPT- Laurita Winery Summer Food Truck Festival	17 FREEHOLD- Soccer Camp Athletes in Action 	18 KEYPORT- NJSP Boat Safety Certification Class 	19 LAMBERTVILLE- Mill Ballet Summer Dance Camp 2017 	20 SEASIDE HEIGHTS- Casino Pier's 5th Annual Hot Dog Eating Contest	21 FREEHOLD- Exclusive Friday Night Fun for 21+ at iPlay America	22 MIDDLETOWN- Farmers & Makers Market 
23 ASBURY PARK- Jersey Shore Jazz & Blues Fest 	24 SHREWSBURY- Neighbors Helping Neighbors at Monmouth County Library	25 BRADLEY BEACH- Lobsterfest 	26 BELMAR- Craft Camp @ Serenity by the Sea Too 	27 RED BANK- Girls Night the Musical at Count Basie Theatre	28 SPRING LAKE- Annual Seaside Garden Tour 	29 MARLBORO- Music and Food Festival (Recreation Center) 
30 OCEANPORT- Haskell Invitational	31 WARREN COUNTY- Farmers Fair and Hot Air Balloon Festival	1  EAST RUTHERFOR- Coldplay @ MetLife Stadium	2 CAPE MAY POINT- Family Fun Craft Show at Lighthouse	3 HOWELL- Howell Library Movie Matinee at 1PM	4 HIGHLANDS- Clam Festival 	5 OCEANPORT- Italian Festival and Wine Tasting at Monmouth Park
6 CAPE MAY- Craft Beer and Crab Festival 	7 EAST BRUNSWICK- Middlesex County Fair 	8  NEW BRUNSWICK- State Theatre presents Secret Life of Pets	9 FREEHOLD- Summer Storytime at Barnes and Nobles	10 OCEAN TOWNSHIP- Italian Festival at Joe Palaia Park		
			Keep Your Parents Busy! 			

The Millstone Times PHOTOS OF THE MONTH

By Pam Teel

This photo was taken by amateur photographer, Alex Ostrow, this past May at the Horsepark of NJ in Allentown during the Jersey Fresh Event. The event is a three-day affair that took place May 12th through 14th. The Horse Park is a premier venue that draws equestrian sports' top competitors. It marks its 15th anniversary in 2017.



These two photos were taken by Anne Benedict of East Windsor. The Great Blue Heron can often be found in the wetlands. Great Blue Herons are waders, typically seen along coastlines, in marshes, or near the shores of ponds or streams. They are expert fishers. Herons snare their aquatic prey by walking slowly, or standing still for long periods of time and waiting for fish to come within range of their long necks and blade-like bills. The deathblow is delivered with a quick thrust of the sharp bill, and the prey is swallowed whole. They will swallow their prey headfirst so as not to be stabbed in the throat by fins of the fish.



Great Blue Herons have been known to choke to death by attempting to swallow fish too large for their long, S-shaped necks. Though they are best known as fishers, mice constitute a large part of their diet, and they also eat insects and other small creatures.

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

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

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Meet Your Neighbor

By Pam Teel



Patricia (Pat) Butch has done a lot for the Millstone Community in her quest to save historic homes, and preserve Green Acres farmland, in both this town and throughout the County of Monmouth. With her skill in grant writing, she has procured the necessary money needed to help restore historic properties throughout the area.

Pat lived in North Brunswick before moving to Millstone Township in 1990. She taught Special Education for 25 years in South Brunswick. As North Brunswick began to lose its rural appeal, she and her husband decided it was time for a change. Pat wanted to live on a farm where she could raise and show horses. She now lives in a beautiful old farmhouse, circa 1700's, complete with horse barns and lots of land to ride on. She also breeds Romney sheep for their wool. Pat has a son and a daughter and four grandchildren that she affectionately dotes on. She loves being a big part of her grandchildren's lives.

In 2000, Pat helped form the Millstone Township Trailblazers, a non-profit 501 C3 charitable NJ organization, whose projects are primarily funded through donations, fundraisers and grant awards.

The Trailblazers fostered a trail system within Millstone Township, by working with local, county and state governments to establish and identify individual trails for an interconnecting trail system, to be used for walking, jogging, bicycling, horseback riding and non-motorized recreational purposes. Pat spent three years helping to clear the properties for horse trails.

In 2003, she joined the Open Space Committee and a year later was the chairperson for the committee. She has recently gone back to the Committee and serves as its vice chairman.

In 2011, Pat, town historian Joann Kelty, and Frank Curcio, were curious and wanted to do some further exploration of a few of the town properties. The first being the old Allen house and the two barns that were on the property. The buildings were slated to be torn down to make way for the new Senior Housing Units that are there now. Everything was going to be sent to the landfill, but the trio saw that the two barns were in good sound structure and intact and asked if they could somehow work on preserving them. Pat called the New Jersey Barn Company to have them accessed. The beams, timber, joints were sound enough to be saved.

It was during this time that the three decided to form the Friends of Millstone Historic Registered Properties. The Friends, (MTHRP) are a non-profit group organization dedicated to furthering public interest in conservation, preservation, knowledge, understanding and appreciation of the history of Millstone Township. Before long, people with similar interest joined up and the group began to take form. The wood from the two Allen barns were used in the building of the barns that are presently on the Baird Homestead.

Also during this time period, the township bought the Wagner Farm Homestead, on Baird Road, which is now the Thomas Baird Homestead Educational Center. The Friends group asked to work with the township toward a preservation project to restore the home. A non-profit organization was formed and Pat delved into writing grant upon grant to help procure money to make the Baird Homestead Educational Center a reality. Her passion for these projects is clearly evident on her grant applications and the Friends managed to get the grants they needed. They got money from the Open Space Commission, State Green Acres, the Monmouth Conservation Foundation, and Millstone Township. The Baird House serves as a true testament to the workings and visions that Pat and the other members on the Friends of Millstone Committee had when they took on this project. The home is now open to the public and used as an Educational Center.

The Friends of Millstone got involved with the NJ Museum of Agricultural on the Rutgers compass, which recently closed due to lack of funding, and received over 400 items on a permanent loan that are displayed at the Baird House. The 6,7, and 8th grade students from the Millstone Middle School frequent the grounds yearly with special planned class trips filled with hands on activities related to what they have been learning all year in school. Pat oversees this event. One can see her genuine love for children and for teaching with all the programs that she puts together and host. The girl scouts and boy scouts do silver and gold awards and Eagle Scout have made projects on the grounds.

The Friends were also interested in restoring the Clarksburg Methodist Church, which was wasting away in disrepair. The church dates back to 1844 and is listed on the State and National Registry of Historic places. The doors closed on the church in 1989. The Township bought the property for a dollar. This was another old structure slated for demolition. Again, Pat spun her magic with her passionate grant writing. The recent restoration project began in the spring of 2016 to address structural issues at the foundation and attic rafters. The project was made possible with the support of the Monmouth County Freeholders through the Monmouth County Municipal Open Space Grant, and the Monmouth County Historical Commission Grant. There is still a little more work left to be done but, once again, thanks to Pat's grant writing, her time and devotion, along with the township appointed church steward and Millstone residents, Doreen Polhemus and her husband, the church will once again be used for community events and educational programs. This past June an ice cream social was held and the community was invited in to see the progress on the church.

Pat will be the first one to downplay her role in the success of the restoration of the historic buildings. She credits those on the Friends of Millstone Committee, the township, and the friends of the friends who have been by her side throughout the whole experience. The happy ending for Pat is seeing the townspeople enjoy the end result. Restoring the Church and the Baird Home is something that the whole community will benefit from. What was most exciting to Pat was how many more people have stepped up to volunteer to help. "Seeing people coming aboard volunteering more and wanting to be more involved, means the world to me." She stated. "They have added to getting the Ball rolling."

The icing on the cake is the warm and receptive acknowledgment from the very people who were part of the grant decision-making process coming out to see the fruitions of the Friends hard work and of the proud woman who stands with them representing our townships heritage. Knowing Pat for a few years now, I come to realize that she is probably the most selfless person I have ever met. She is not afraid to get the necessary paperwork done, no matter how stressful or time consuming it is. A perfectionist at best, she has done a great job overseeing the steps that have to be taken to get the job done. She is a woman who wears many hats and wears them well.

Pat is President of the Friends of Millstone Historic Registered Properties. She also is the Vice Chair for the Monmouth County Agricultural Development Committee, preserving farmland all over the county.

She is the President of the Board of Managers of the NJ Agricultural Experimental station at Rutgers in New Brunswick. She is also the President of the historic Green Acres farmland.

***We thank you Pat for your time and knowledge in working towards preserving the township's history for all to enjoy!
Thanks for being a neighbor and a friend to all!***

Aspiring Performer Making Her Way Through College

By Pam Teel



Lexi Baldachino, from Millstone Township, is an aspiring performer. She's been dancing since she was 2 years old, starting with performing every style of competition dancing. When she was 8 years old, she began training to become a professional ballerina at Princeton Dance and Theatre.

She then started voice lessons in town. When she was in middle school, she enjoyed being in the school musicals. By the time she left Allentown High School, she was a featured dancer/ensemble in *Curtains*, *Elf*/featured dancer in *Shrek the Musical*, *Serena*/Dance Captain in *Legally Blonde*, and *Morticia*/Dance Captain in *The Addams Family*. She was also accepted to the Rutgers High School Musical Theatre Academy her junior and senior year of high school. This program and the director, Alistair Williams, really introduced her to and made her fall in love with musical theatre. She took voice classes, acting classes, dance classes, and stage performance classes.

When she began the college search, she was looking for a school with a great ballet program, but switched gears and decided to do musical theatre instead. She really found her true calling at Penn State University where she is majoring in Dance and Theatre and finishing up her freshman year at the university. She absolutely loves the School of Theatre at Penn State. She feels that she has already learned so much more about her talent, artistry, and capabilities. The faculty really opened up her mind and pushes her to artistic limits that she didn't even know existed. It is an amazing experience for her being a part of the theatre group.

She was also on the Lionettes Dance Team this past year where she found that dancing for a stadium of 107,000 people was breathtaking and unforgettable. She will always cherish her time with that team. They really pushed her to a new level with learning and accomplishing different skills. Not being able to do it all, she had to resign her position on the Lionettes and focus the rest of her three years at Penn State on Theatre because that's where her heart is and that's what she wants to do in the future, perform.

She recently did a performance in New York City for an organization called Broadway Artists Connection. Lexi had sent them a video of herself singing a Broadway song to be selected to sing at one of their events. She was one of 10 chosen to perform on May 22.

The mission of the organization is to help young aspiring artists like herself, share their talents and make connections with professionals already in the business. So the performance included 10 aspiring artists and 10 Broadway performers who were given time to mix and mingle. Lexi gained valuable knowledge about the industry that she hopes one day to be a part of. She sang a song from "Heathers: The Musical" called *Fight for Me*. If you would like to view her audition video you can find it on her facebook page under her name. Lexi A. Baldachino or you tube: https://youtu.be/-6M_j4Uq8Q

We wish you many more artistic adventures during the next three years of college Lexi. Maybe we'll see you on Broadway in the near future!

Terhune Orchards Annual Blueberry Bash



Blueberries are New Jersey's official state fruit. Every year Terhune Orchards kicks off summer with the Blueberry Bash. On **Saturday and Sunday, July 8-9 from 10 a.m. -5 p.m.**, the farm will hold a weekend long party to celebrate these plump and juicy berries. Enjoy a day of family fun including live music, farm fresh food, and a visit to the pick-your-own blueberry patch. Live country music bands will play on both days from 12- 4 p.m. On Saturday, Stonybrook Bluegrass and on Sunday, Barncats.

Children will delight in a puppet show presented by Tuckers' Tales Puppet Theatre on Sat. and Sun. at 12 and 1:30p.m. There also games in the barnyard, tractor drawn wagon rides through the orchards and fields, pony rides, face painting, pedal tractors and lots more to explore. Stop by the barnyard to see the bunnies that are the farm's newest residents and all of the other animals who live on the farm.

Enter the annual Blueberry Bash Bake-off competition on Sun. July 9 at 1 p.m. The not-so-secret ingredient in all the entries is blueberries, of course! Winners receive a gift certificate for the Terhune Orchards farm store. Find the contest rules and registration form in the farm store or on the Blueberry Bash event page online terhuneorchards.com/event/blueberry-bash

Having so much fun can make you hungry. Stop by Pam's Blueberry Bash Buffet for lunch. Farm fresh food such as barbecued chicken, grilled corn on the cob and blueberry muffins are on the menu.

The winery barn will be open and pouring our award winning red, white and fruit based wines by the glass or sampling flights. Celebrate the day with a glass of Harvest Blues, a fruity blend of blueberries and Apple wine which is made from Terhune Orchard's own apple cider. Harvest Blues is the winner of the Governor's Cup in the 2017 New Jersey Wine Competition, which is organized for the Garden State Wine Growers Association.

Before you head home, stop into the farm store for a cool drink. Bring home pints of fresh berries, blueberry salsa, jam and freshly baked delights from Terhune Orchards bakery such as blueberry cobbler and blueberry apple crisp.

Admission to Blueberry Bash is \$8, age 3 and up. Free parking and access to farm store and winery. Admission fee includes wagon rides, pedal tractors, barnyard of animals, music, play tractors, puppet shows and children games. (Additional activities available for a fee). Blueberry picking available as supplies last.

Terhune Orchards is located at 330 Cold Soil Rd., Princeton

July Hours: The winery is open Friday- 12:00 p.m. - 8 p.m. Sips & Sounds, 5-8 p.m. Saturday and Sunday, 12 p.m. - 7 p.m.

The farm store is open daily, 9 a.m. -7 p.m. Wine bottles are available in the store daily.

Find Terhune Orchards online at terhuneorchards.com, on Facebook, Twitter and Instagram.

Asbury Park Back to its Glory Days

By Pam Teel



Asbury Park has certainly gone through its ups and downs over the decades. Once a popular tourist resort, it seemed to have fallen into hard times. By the 1980's its status as a popular resort faded.

Who can remember getting a ride on the large vintage carousel on the boardwalk? The jazz and rock clubs were deteriorating and the city pretty much fell to ruins. By 1991, the place resembled a ghost town. The town had vacant storefront windows, one after the other. People stopped at the end of the Ocean Grove boardwalk for fear of vagrants and less desirables hanging out beyond that.

For those that remember it at its worse, you'll be pleasantly surprised to see the town has been resurrected. It might be a different era but it's the same feeling that attracted people to the area in the 40's and 50's. Good bands, good food, and plenty of beach! The town has once again become a popular spot for vacationers, weekenders, and beach goers with its overabundance of restaurants, shops, and

extensive beachfront. The downtown landscape is artistic and trendy. The boardwalk is revitalized and better than ever. The Paramount Theatre and Convention Hall have a new facelift and many other entertainment facilities have been added to the mix.

There are beautiful oceanfront hotels in the area such as the breathtaking Berkeley Oceanfront Hotel, a grand hotel of bygone era. The Hotel Tides and Spa has also been restored to its original glory. The town is a buzz on the weekends. Some of the can't miss trendy places to hang out at and get a beer and a bite to eat are: The Wonder Bar, The Annex, The Berkeley Bar, The lazy Dog Saloon, and The Asbury Ale House, to name a few.

If you're looking for nightlife, Asbury Park is the place. There are many bars and night clubs that offer live music entertainment such as the famous Stone Pony, the Convention Hall, The Saint Club, many dance halls and more, all adding to the ambiance of the town throughout the night. Stroll down Main Street amongst the fine eateries. Some notable restaurants to frequent include Porta Italian Restaurant and Dance Bar, Moonstruck, Daniels Bistro, Asbury Festhall German Bar Pub, and many more to choose from. You will find art galleries, unique shops, and antique emporiums on the main drag. The boardwalk also has vendors up and down it. Take in a movie at the art and music culture Showroom Cinema where they show independent, foreign films, documentaries and more.

Located right on the boardwalk is the silverball pinball museum, which is a must see. There are plenty of old pinball machines and arcade machines that will bring you back to the seventies: Pac man, Asteroids, Donkey Kong, Kiss, skeeball, and others. Asbury Park also has a splash park for the kids to cool off in. In the fall there is a large oyster fest that takes place. Asbury Park also has two theatre companies: the premiere theatre company where they produce classic Broadway theatre in the area and the Revision Theatre.

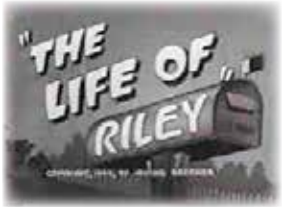
Throughout the year the historic downtown comes alive for numerous events from block parties to parades, to monthly first Saturday celebrations where shops and restaurants stay open late. You can't miss the Asbury Park Restaurant tour; the Fourth of July fireworks, oysterfest, and the world record-breaking zombie walk. For more events go to www.asburyparkchamber.com

If you haven't been to Asbury Park lately, go and check it out. The town is hopping. The food is great, and the atmosphere is lively. Make sure you visit neighboring Ocean Grove, Bradley Beach and Avon by the Sea and make a day of it!



The Logic of Logos & Catch Phrases

By Pam Teel



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

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

***Have you ever heard the catch phrase,
"He has the life of Riley or living the life of Riley?"***

The phrase originated in the Irish American Community of the U.S. in the early part of the twentieth century. The first of it was found in a Connecticut newspaper article in 1911, in a piece titled, "Bullet ends life of famous wild cow". "The famous wild cow of Cromwell is no more, after living the life of Riley, for over a year and successfully evading the pitchforks and the bullets from farmers whose fields she has ravaged in all four seasons."

The phrase was used also in the military, especially amongst the Irish soldiers during War World I. From a letter written by a soldier at Fort Dix, NJ to his parents, the article was titled, "Great life, Writes a Soldier at Camp." The soldier wrote, "This is surely one great life. We call it the life of Riley. We are having fine eats, are in a great detachment and the experience one gets is fine." Another letter found that was written by a private stationed in France also used the phrase referring to German officers. He wrote, "They (the officers) must have led the life of Riley as we caught them all asleep in bed."

It was also a line in a song in 1919 that made it even more popular. The song was titled, "My name is Kelly." The lyrics - "Michael Kelly but I'm living the life of Reilly just the same."

The phrase is meant to mean an ideal life of prosperity and contentment, a carefree and pleasant life existence.

The Life of Reilly and Edgar Cayce

Edgar Cayce (1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic and medical intuitive of the 20th century. Cayce was born on a farm in Hopkinsville, Kentucky, in 1877, and his psychic abilities began to appear as early as his childhood. As an adult, Cayce would put himself into a state of meditation, connecting with the universal consciousness and from this state, came his "readings". From holistic health and the treatment of illness to dream interpretation and reincarnation, Cayce's readings and insights offer practical help and advice to individuals from all walks of life, even today. In the early 1900's Edgar Cayce began emphasizing the importance of diet and exercise, attitudes and emotions, and holistic treatments for various illnesses in personal readings that he gave to individuals. When many of his readings of people dealt with stress, he would refer his patients to the Health Institute of Dr. Harold J. Reilly in NYC. Dr. Reilly was as student of Dr. Kellogg and the holder of 8 college degrees. His clinic focused on psychotherapy, hydrotherapy, massage, exercise and diet. In 1930 a client came to him with a prescription for therapy contained in a reading from Edgar Cayce. The reading specified the Doctor by name indicating the therapies that the Doctor offered and how they would help Cayce's patient. For years Dr. Reilly took patients sent to him by Cayce. The two eventually met some two years later. Dr. Reilly continued for years his professional relationship with Cayce. During that time he took on a lot of famous people. The therapy treatments were relaxing, quiet, and peaceful for both the mind and the body. Comedian Bob Hope, who was a frequent patient at the clinic quipped, "Everyone should live the life of Reilly." What he meant by that was to maintain a good diet, exercise, and have a frequent massage. The phrase was taken somewhat out of context to mean wealth and prosperity and living it up in life. Living the life of Reilly with not a care in the world, sounds good to me!

Millstone Girls Lacrosse All Stars



By Susan Heckler

Congratulations to Sophia Schindel, Alyssa Castellano and Morgan Bell of the Millstone Township Middle School for being named as a 2017 National Lacrosse All Stars.

Sophia Schindel is the daughter of Mary and Mark Schindel and currently an 8th grader at Millstone Twp. Middle School.

Alyssa Castellano is the daughter of Nicole and Craig Castellano and currently an 8th grader at Millstone Twp. Middle School.

Morgan Bell is the daughter of Jim and Christine Bell and a current 8th grader at Millstone Township Middle School.

The three young ladies have been selected to represent the State of New Jersey at the National Lacrosse Academy and National Lacrosse Classic to be held July 18-21, 2017 in Richmond, Virginia at the River City Sportsplex.

The National Lacrosse Academy brings the top youth lacrosse players in the United States and Canada to one venue, where regional teams, coached by NCAA lacrosse coaches, compete to become the 2017 National Champion.

The National Lacrosse Academy is the first-of-its-kind lacrosse experience created to provide a curriculum focused on how a young lacrosse athlete should develop in order to compete at a top high school and collegiate lacrosse program.



From left to right, Sophia Schindel, center, Alyssa Castellano, and right, Morgan Bell.

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The Jewish Heritage Museum Celebrates Grand Opening of Permanent Exhibit: *Three Centuries of Growth & Change: A History of the Jews of Monmouth County*

The Jewish Heritage Museum of Monmouth County celebrated the opening of its Permanent Exhibit, *Three Centuries of Growth & Change: A History of the Jews of Monmouth County*, at a by-invitation event for donors and dignitaries on Sunday, May 21st. “We were so lucky to have had so much community support on this monumental occasion, and our guests were so impressed with the Permanent Exhibit,” says Bella Scharf Zelingher, Chair of the Museum’s Exhibits Committee. The attendees included many dignitaries, such as: Assemblyman Eric Houghtaling (11th District) and Mayor Lester A. Preston, Jr. (Freehold Township). The opening sponsors were CentraState Healthcare System and Saker ShopRites; the benefactors were Millhurst Mills, Applied Image, Inc., Jewish Federation in the Heart of New Jersey, The Saka Family of Oakhurst on behalf of Congregation Magen David of West Deal, and The Jay & Linda Grunin Foundation.

Eleven years in the making, the exhibit tells the compelling story of 300 years of Monmouth County’s Jewish community and its growth to its rich diversity today. Simon Zelingher, Permanent Exhibit Committee Co-Chair, hopes that the Exhibit will attract more people to the Museum, to “enrich the lives of the community using this Permanent Exhibit as the focus. The Museum will now be looking to expand its student and special needs programming.” Michael Berman, Co-Chair of the Permanent Exhibit Committee, states that he “hopes that the exhibit will be a living thing, not just pictures and words on a wall.”

Jean Klerman, History Committee Co-Chair, says that “in the unfolding of the stories and the images, the exhibit proudly ties Jews to their heritage; for non-Jews, it confirms the common humanity and strivings of all immigrant groups.” Adds Ms. Zelingher, “The best part of the Exhibit is that everyone can find something to relate to, and some even find people they know. We had a guest at the celebration who found a photo of her father, an unidentified Holocaust survivor who was a chicken farmer in Monmouth County. That is why the Museum’s new catchphrase is, ‘Your story is here! Come visit.’”

The volunteer team was comprised of Michael Berman and Simon Zelingher, Permanent Exhibit Committee Co-Chairs, as well as Rabbi Robert Fierstien and Jean Klerman, co-chairs of the History Committee, with Bella Scharf Zelingher as Exhibits Committee Chair, and Carol Fox as content editor. Other professionals on the team were curator Howard Green of Public History Partners (Highland Park, NJ) and exhibit designer Keith Ragone (Newfield, NJ). Allen Shanosky of Applied Image Inc., Freehold, donated the Exhibit fabrication and Bernard “Nardie” Hochberg of Millhurst Mills (Freehold) provided the Exhibit display cases. The Museum is also grateful to Rabbi Sally J. Priesand who shared an exhibit of her memorabilia in 2010 which provided seed funding for the Exhibit. All of this was accomplished with the guidance of our current Co-Presidents: Alice Berman and Jeffrey Wolf.



A Bone Chilling Walk Through Millstone With PSYCHIC JEFF CARPENTER

By Pam Teel

Reiki Master and Psychic Medium Jeffrey Carpenter came to Millstone this past April to do a psychic walk through town with two Millstone Times staffers and a township resident by his side. Working off of old stories and hearsay, they ventured into some places they were told had some kind of history. The first walk they took was down a footpath at the end of Witches Hollow Road. This is where there was said to be past activity involving witches and cults and misfortune. If you missed the article about Witches Hollow in our last edition, you can read up about the legend here: <https://www.trytoscare.me/legend/witches-hollow-road-millstone-nj/>. It makes for an interesting read.

Well, we didn't come across any witches that day except for an area that seemed to be surrounded by a protected wall of some sort. Psychic medium Jeff had his first encounter here with an African slave. This man was very angry with how he was treated by people in this area. He was dressed in a three-quartered sleeved dirty shirt with a ragged v-neck opening. He was walking with a dog that was owned by his master but the dog hung out with him because he fed it and took care of him. The man shared a J name, like Joe, Jimmy. Awhile back, I did an article on an old house in town where there was an ex- slave living on the premises. He was given a small room to stay in and in return he tended to the people's property, caring for their fruit trees and animals. He also took care of the stray dog. The owners didn't feed the dog and he took it upon himself to care for the dog. He also had to find his own food to eat. The owners left him and the dog standing there in the driveway when they moved and told the new owners that they came with the house. The new homeowners helped to find him employment and a place to stay at Jimmy Hall's. Some of you might remember the bar and Inn which stood across from the Perrineville lake back in the 70's and 80's, right around the corner from Witches Hollow. From the information I obtained, the man worked for Jimmy Hall and also as a handyman around town for years, then left to go back down south. Jeff got goose bumps after I told him the story about the ex- slave and his dog. He felt that this was definitely the man in question. It would be very interesting to know if anyone in town remembers his name.

Jeff also encountered a Caucasian woman with matted down reddish hair in a soiled off white night dress. She was telling him she was very sick with fever and she had blotches on her cheeks. She shared the name Anna Sav... or Anna Sam... couldn't get a last name. She was telling him that she heard her family talking and saying that they were tired of taking care of her and they were thinking of ending her suffering.

We then went to the Roosevelt cemetery. If you keep walking through the Witches Hollow trail it will lead you to Oscar Rd. in Roosevelt. The cemetery is on the end of that road. Jeff encountered a young woman named Jamie who was involved in a car accident. He said she was driving too fast around a curb. She seemed to indicate the 1980's time period. He also sensed another woman named Anna. He told her he was about to leave and now was her chance to provide him with a message. Her response was, "that's not my carriage." He asked her where her carriage was and she replied, "I'll get it." He also got the name Georgina.

We then went to rising Sun Tavern Lake. There have been many deaths in the area by the lake. Some drownings, a hanging, car deaths, and a few years back a woman visiting her daughter in Roosevelt was jogging alongside the road and was hit by a car. Jeff encountered a middle-aged woman walking at the edge of the lake. At first he thought she had drowned but he said that she was she trying to find her pet, who could have drowned there.

Jeff went on to Carriage Way and also to the Colonial Bridge in the woods. You can get to the bridge through Charleston Springs Park trails. While driving down the road leading to where they were parked, Jeff heard a Native American chanting. He saw a vision of a Native American in deerskin clothing that told him to go back.

Jeff is open to coming back for another walk through Millstone or nearby towns.

If you know of any haunted places in your area, please email me a crescent671@gmail.com and we will set up a day when Mr. Carpenter can come back and visit them all!

Sound advice for all those amateur ghost hunters out there from Jeff: For him paranormal investigations are kind of like hunting dangerous animals. You have to be prepared. The television shows can be fun to watch but the preparations made off camera are just as critical. Don't invite things to use your personal energy. Make sure you are protecting yourself. There are a number of techniques and objects that help with protection. Most of all, if you are looking to open portals, don't just walk away. You need to close the door when you are done. This goes for those using Ouija boards and doing table tipping. Inviting spirits to summon enormous amounts of energy to move a table is very effective, but portals, connections, and latent energy need to be closed when the work is done.

Looking forward to your ghostly emails!!!!!!



Did you know..... OVER 20 FACTS ABOUT THE DEAD SEA

By Pam Teel

- Did you know that the Dead Sea isn't really a sea at all? It is a saltwater lake. There is no marine life in the Dead Sea. The high mineral and salt content of the waters make it impossible for fish or plants to live. The Dead Sea is the second saltiest body of water in the world, with a salt content of 33 percent.
- Cleopatra loved the Dead Sea so much she ordered that cosmetic factories and resorts be built along its shores. You can lie on the surface of water without even trying to float. The high salt content makes you buoyant. Water flows into the Dead Sea from streams and rivers, but does not flow out. Dead Sea salt is super bitter and not at all like table salt. The Dead Sea is filled with minerals including calcium, iodine, saline, potassium, and bromide. The minerals in the Dead Sea all naturally occur within our bodies.
- Egyptians used mud from the Dead Sea in their mummification of the deceased. Centuries ago, one of the popular names of the Dead Sea was the Stinky Sea. Asphalt often rises to the surface of the water of the Dead Sea. The Greeks called it "Lake Asphaltites" after the strange phenomenon and used it in the mummification process.
- The climate of the Dead Sea region is sunny, warm, and dry all year. Both Jesus and John the Baptist are closely tied to the Dead Sea in biblical writings. In the bible, it is said that the Dead Sea will one day come alive and fill with marine life. The shores mark the lowest elevation on Earth. Aristotle wrote about the Dead Sea in his writings. During the 30th century, the "Dead Sea Scrolls" were discovered. These scrolls are the ancient writings of the Essenes.
- The Dead Sea is three million years old. The unique salt in the Dead Sea is used to treat acne, psoriasis, hives, cellulite, dry skin, dandruff, stress, muscle aches, and more. The pollen content of this lake is extremely low. It is also free of allergens. You can actually buy it by the bag on Amazon.
- It is the world's deepest salt-water lake to exist on this planet. It is 1,004 feet or 306 meters deep. Because the Dead Sea is actually a lake, it measures 9 miles at its widest point and the total length is 50 kilometers.



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It's easy to create the party your child has been dreaming about because there are so many packages and exciting options to choose from. iPlay America's most popular package is the iParty Plus! The iParty Plus package includes Cosmic Battle Laser tag, UNLIMITED rides, choice of 4D Theater or Spin Zone and so much MORE. Does your child love laser tag? Then consider the Cosmic Battle Party. The VIP Ultra party package is the ultimate luxury party for all ages and occasions! This party package comes with a Celebration Room where you and your guests will enjoy everything iPlay America has to offer at your own pace! Call us and speak with one of our certified party planners to learn more about iPlay America's entire selection of party packages and the amazing options available to help personalize your party! Call 732-577-8200 or go to iPlayAmerica.com.

Phearless Phragmites Phighters Bring Home the Gold

By Pam Teel

You heard it right; the Millstone Elementary School brought home the gold. That is the gold trophies for taking first place in the International Competition of the Future Problem Solvers Club in La Crosse, Wisconsin. Teacher Beth Topinka and co advisor Jennifer Modula should be very proud of their children in the Problem Solvers Club. The students and their parents left for Wisconsin the second week of June to compete in the International Competition in La Crosse, Wisconsin. The competition included teams from all around the world.

What a feeling it must have been to be the last ones standing on stage! The children were each given a small trophy and a large team trophy for all of their hard work and dedication to their project.

If you recall, the children took it upon themselves to study an invasive species of plants and strove to make an impact by finding ways to eradicate a target patch of invasive Phragmites Australis in Millstone Township. After a lot of research on the plants, presentations to their own classmates, presentations on their findings to The Millstone Township Environmental Committee, and the Monmouth County Park System, their hard work paid off coming in first in the International competition after just recently winning first place in the Junior Division.

Congratulations to The Phearless Phragmites Phighters for all the hard work that you put into this project. Your community is very proud of you!



CARS & COFFEE SUNDAY MORNING CAR SHOW

Cars and Coffee New Jersey is a Sunday morning car show designed with the busy family life in mind. The thought behind the car show is to find a time to enjoy the car hobby without taking the whole day of Sunday. Event is held the last Sunday of every month - April 30, May 21, June 25, July 30, August 27, September 24 - from 8 am - 10:30 am, rain or shine. In October we hold our Year End Event.

At all of our meets we have limited coffee and breakfast items provided on a concession truck. We encourage you to enjoy the time hanging out looking at some very interesting cars. For those of you who smoke cigars and pipes enjoy yourself outside! As for the cars we have very few limitations. If you have an antique, special interest, exotic, hot rod, custom, retro rod, or any other nice car of any year you are invited to show it here. Spectators are also welcomed.



Allentown High School Student's Long Road to Recovery

By Pam Teel

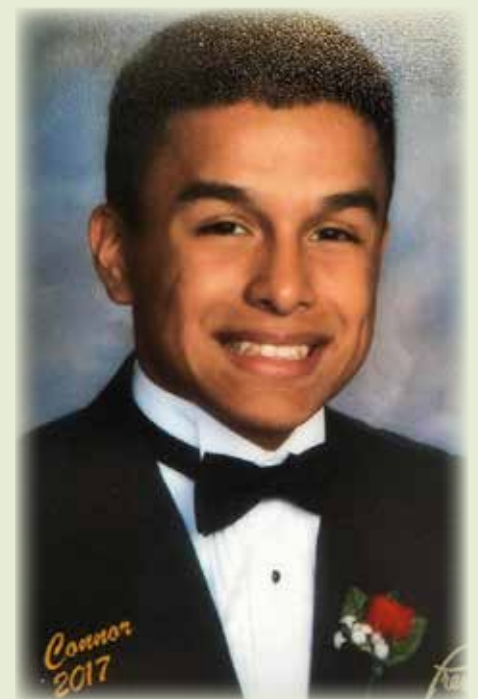
On May 19th, Allentown High School Senior, Connor Meyer, was involved in a very serious accident. Although he is making improvements, he still has a long way to go. Family and friends have rallied around him lending their support in every way.

Connor is described by friends as someone who always has a smile on his face and the first one to say, 'Yes' to someone in need. He's the kind of kid every parent wished they had. Connor's father wanted everyone to know what a good person his son turned out to be. According to his dad, Connor loves collecting flags and is an avid fisherman. He loves his music, especially his old school Italian and the golden oldies. Connor also likes to sing. Right now, he's upset that he missed his senior prom, but he has something positive to look forward to, his future move to Florida with his parents.

After the accident, Connor was helivacked to a trauma center with multiple critical internal and external injuries. His parents were in another state preparing for their move. Anyone with children could only imagine the pure horror of receiving that dreaded phone call from the Police.

Friends have set up a paypal account for Connor to help his parents with the numerous hospital bills and required care that he will need during his recuperation. The Allentown High School Wrestling coaches have also set up a gofundme site to help aid his family with the onslaught of medical bills. In the two years that the coaches have known Connor, they can't emphasize enough what a great kid he is. He is well liked by the coaches, the teachers, and his peers. Connor always had a smile on his face and was there for anyone who needed help. Now it's time to pay it forward. Please help the wrestling team reach their goal by donating to the gofundme site. Any donation that you can give will be greatly appreciated. As a community we can all help out. Please keep the prayers going for Connor!

You can reach the gofundme site for Connor at: <https://www.gofundme.com/connor-meyers-medical-expenses>



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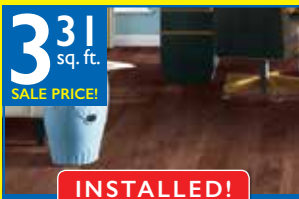
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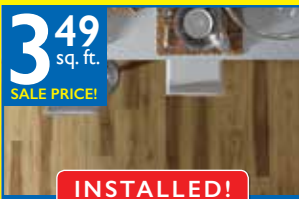
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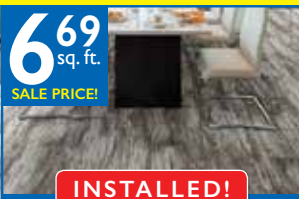
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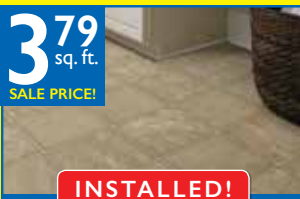
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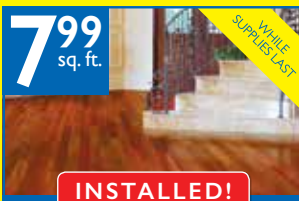
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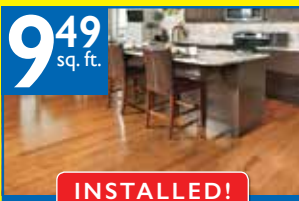
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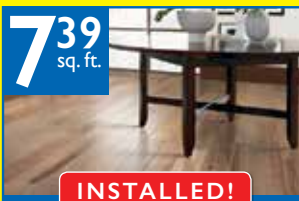
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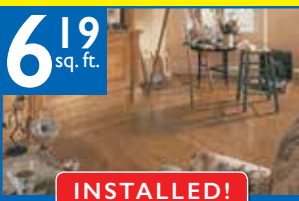
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Lost Amusement Parks of the North Jersey Shore

Join us as we welcome author/historian Rick Geffken to discuss his current book, *Lost Amusement Parks of the North Jersey Shore*.

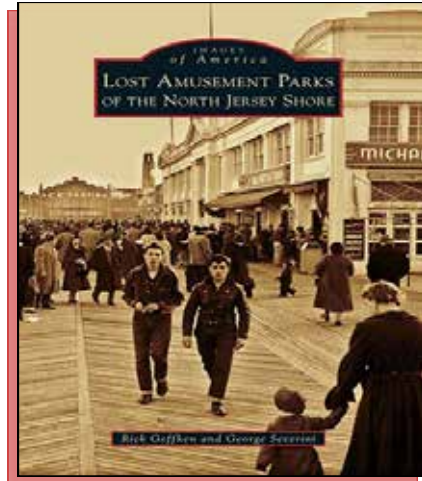
The Jersey shore was once a famous vacation destination featuring grand hotels and amusement parks. Many of these treasures are gone today but the memories linger on. Mr. Geffken will share stories and rarely seen photos from these days gone by.

**Tuesday
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The Millstone Township Clean Communities Program Sponsored an Earth Day Art

The Millstone Township Clean Communities Program sponsored an Earth Day Art Contest at both the Primary and Elementary Schools this year. The contest was coordinated by art teacher, Daniel Locandro. In previous years, the Earth Day contest had been limited to posters but this year Mr. Locandro suggested that the students create sculptures that reflect environmental themes, using recycled items and discarded objects. The annual Earth Day contest is designed to raise awareness and educate students about the environment and the importance of recycling and reducing waste. The students' works of art were on display in the library at each school. Each student who submitted a work of art received a certificate of participation. Prizes were given for first, second and third place at each school and one prize was awarded for each grade level. Contest winners received gift cards for Barnes & Noble. The contest was judged by Millstone Township's Environmental Commission Secretary, Marianne Heyesey, and Clean Communities Coordinator, Lori Maher.



Primary School winners were:

First place: Samarth Desai; Second place: Vincenzo Baldino;
Third place: Daniel Rodriguez.
Pre-K: Anna Robertson; kindergarten: Britton Weltner; first
grade: Ava Patel; second grade: Emlyn Shields.

Elementary School winners were:

First place: Tanner Wilson; second place: Anna Depinho; third
place: Rachel Minch.
Third grade: Briana Servetah; fourth grade: Lyla Harper; fifth
grade: Izzy Tonielli.

The students did an amazing job on their art projects and demonstrated creative ways to repurpose a variety of objects that all too often end up in a landfill or littering our environment.



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Millstone's Young Talent Shines Through *Isabella Mays* By Pam Teel



Second grader, Isabella Mays is a very busy girl. The acting bug has hit her early on in her life, when at the age of five she wanted to be a model and act on television. Her goal is to someday be on the Disney Channel. She went for an open audition with Wilhelmina Philadelphia and got a call the very next day. She is currently represented by W Talent Management Philadelphia and Ramona's Talent, and is currently looking for a NY Manager. She loves to visit the big cities of Philadelphia and New York. She loves to look at all the pretty buildings but enjoys coming home to peaceful Millstone Township.

Her busy life includes modeling, acting, and keeping up her great grades at the primary school. She recently received an award recognition at the Board of Education meeting for her high grades.

Isabella loves to watch movies of all kinds. She especially loves emotional movies. She loves animals and is very close to her dog, Lola, a Rottweiler. She has been on Sprout, the CBS show Bull, the NBC Mysteries of Laura, and on Fox, The Harry show. She has done numerous commercials for Sprout, Sesame Place, Microsoft Windows, Universal Relocations, Atlanticare Urgent Care, NFL, Johns Hopkins Medicare, Yorktown funeral home, and Kars4kids.

She has been in videos for Cobalt Music, Johnson Controls, Crest/OralB, and Educational toys, Inc. She has done print work for Just Play products, Widgeon Coats, Villa (Rookie Apparel). She has also been in Internet ads for Walmart, Kohl's, Just Play, Target Photo, Educational Toys, and Crayola. She has worked with David's Bridal and has done numerous fashion shows. One of her favorite things was that she is on multiple toy boxes of Frozen.

Most recently, she has her attention focused on movies. She appeared first as a body double in the movie "Where Demons Dwell: Girl in the Cornfield 2." The director loved her so much that he created a part for her in that same movie. She now has a large part in his new movie "Messenger of Wrath" where she plays a girl with CP. Isabella has done research for this part and works very hard to make her dreams come true. She is currently studying Karate, singing, ballet, piano, tap, jazz and hip-hop. Keep up all the hard work Isabella!

We wish you the best of things to come!

Millstone Township 6th Graders Spend a day at the Baird Homestead

By Pam Teel

The Millstone Middle School sixth graders marched a short way down the street and into the driveway of the Baird Homestead Educational Center for a class trip they won't soon forget. The event was hosted by the Friends of Millstone Township Historic Registered Properties and the Millstone Township Historic Committee.

The six classes spent the day learning about all kinds of things, both inside and outside of the homestead. They did hands on projects, learned the story of milk, visited with the blacksmith, learned how to use old fashioned tools, made paper, potted strawberry and tomato plants, visited a barnyard, checked out pond water from a nearby pond under microscopes, and toured the inside of the Baird Homestead. Every station that the children participated in was related to what they have been studying in school all year. The children, divided into groups of twelve, had a lot of fun moving from one station to the other.

At the Story of Milk station they learned what was in milk, what a milkmaid's job was in the Colonial times, and what other animals besides the cow gave milk. They learned about how a lot of people died in the olden days drinking bad milk, including two of French Biologist, Louis Pasteur's own children. They learned how Louis Pasteur invented a technique of treating milk and wine to stop bacterial contamination, a process now called pasteurization. They learned how they got milk to the men in the fields during World War II by condensing it in cans so it wouldn't spoil. The children loved the hands on experience of making butter by shaking the milk fat until it solidified. They got to eat the butter with crackers.

On the house tour, the children got to see what it was like living in the 1800's. They got to see old furniture, old toys, and other relics related to the 1800's throughout the house. They also got to know a little about the history of Millstone Township. The students enjoyed taking a step back in time after entering the homestead.

At the Blacksmith station, the children got a chance to work with old tools and make finger rings out of old cut nails. Two blacksmiths were on hand to talk with them.

At the paper station, the children learned how paper came about starting with a crude form of paper first made in Egypt and then a more refined form of paper made in China. The children got to form a sheet of paper on a grid using recycled pulverized paper. They rolled out the pulp with a rolling pin to form a piece of crude paper and left it in the sun to dry.

Down in the greenhouse, the students got to plant strawberry plants and Rutgers tomatoes and take them home to put in their own gardens.

At the pond study station the children made their own seining nets where they captured microorganisms from a nearby pond. They got to study the pond water under microscopes to search for a list of microorganisms.

At The Barnyard station the children learned about the digestive systems of animals and compared their digestive systems to what they learned in class about the digestive systems of people. There were three sheep, a goat and two chickens on hand for the children to pet. They also learned about the sustainable things we get from animals such as eggs and feathers, which were used for bedding and pillows in the old days.

It was a perfect breezy sunny day as the classes ate their lunches under the trees on tables set up for them. They seemed to be thoroughly engaged with all of the hands on projects that they did that day. When their day was done, The State Police escorted them safely back across the road to the Middle School.

The Thomas Baird Homestead/Cultural Resource Center is located at 24 Baird Road. Its mission is to further public interest in conservation, preservation, knowledge, and understanding and appreciation of the history of Millstone Township and the surrounding historic farming communities.

The living Cultural Resource Center provides educational programs, community classes, Scout award and Eagle project opportunities to the students of Millstone Twp and Western Monmouth County. It enables children to "see and touch the past." In the historic circa 1830 19th century house, there are displays depicting 19th century farming in Millstone Township and Western Monmouth County.

The center holds community events throughout the year. If you would like more information on coming events, visit: <http://www.mtfriendsofhistory.org/>



Dear Millstone Community,

In light of Dr. Huss's appointment as your next Superintendent, this of course leaves a large opening for a principal in our Middle School. In considering the best options for filling this vacancy, I am pleased to announce that the newly appointed Millstone Middle School Principal is someone that most of you are already familiar with. Last night, the Board of Education agreed with Dr. Huss's recommendation to appoint the current Primary School Principal, Trish Bogusz, to the position of Middle School Principal, beginning July 1st. We are confident in Trish's leadership abilities and are all looking forward to many future successes under her direction.

As she assumes this new role, Trish will be entering into her 22nd year in education. Over the past two decades, she has a vast range of experiences including work as a primary grade teacher for 5 years, a reading coach and literacy specialist for 9 years, our assistant middle school principal for 1.5 years and our Primary School principal for the past 5.5 years. Trish is well versed in curriculum and instructional practices and she currently serves on the district's high school articulation committee.

In addition to her work experience, Trish's education has prepared her well for this new position. She double majored in K - 8 Education and English at Trenton State College (now recognized as The College of New Jersey). She then went on to earn a Master's Degree in Reading from Montclair State University. After completing her master's program, Trish earned her Supervisory and Principal certification from the Massachusetts College of Liberal Arts.

Trish is excited about rejoining the Middle School staff as they begin to incorporate personalized learning and its tenets into their current teaching. She believes that it is important to know students both as learners and as people in order to support them in their educational journey. Trish looks forward to standing side by side with our teachers and families as they continue to work in partnership to prepare our middle school students.

As an 8 year resident whose children have been attending our schools since the primary grades, Trish is definitely Proud2BMillstone and we are without a doubt proud to have her in this new role!

As you may have immediately realized, this of course leaves a vacancy in the Primary School, who will now need a new principal. Dr. Huss will be conducting this search with a team of stakeholders to assist in selecting the next Primary School Principal. The goal will be to name and have Board of Education approval on the new Primary School Principal as soon as able. Dr. Huss will be reaching out to the Primary School Community shortly to work through this process. Congratulations to both Dr. Huss for his appointment as your new Superintendent and now Trish for this move to the Middle School. Exciting times ahead for Millstone!

Sincerely,
Scott Feder



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Bridge Defense: Starting on Tuesday, July 11, at 1 p.m., join Janet Wood for this 10-session course designed for Advanced Bridge Players. Discover how to become a good defender. Last class: 9/12. Space limited. Only two registrants accepted per registration transaction. Course fee: \$30 p.p., due upon registering in-person.

LivWell Series: Starting on Monday, July 24, at 10:30 a.m. (and scheduled once a month thereafter through December) LivWell presents, in conjunction with Saswati Chakraborty, Case Mgr., Monroe Village at Village Point, this special Mind, Body & Spirit lecture series. This month, the focus is on stress busting and the latest research on healthy aging. Please register.

Vertigo & You: On Wednesday, July 26, at 1 p.m., join Dr. James Campbell, of Campbell Chiropractic Center, as he discusses the causes of vertigo, common treatments, and how to determine that it is not indicative of a more serious health issue. Discover how chiropractic care can help treat vertigo and other health conditions. Please register in advance.

Simply Streisand: On Wednesday, July 12, at 2 p.m., enjoy the resemblance of Streisand's sound and look as Carla presents her likeness during this special show. Please register in advance.

Cholly Chan & the Kishka Caper: On Thursday, July 13, at 2 p.m., enjoy Harvey and Naomi Miller's original, comedic murder mystery with a taste of Yiddish Ham. Ideal for people who love to hear Yiddish but do not necessarily understand it — complete with a translated, staged reading with English captions. Space limited. Please register in advance.

Wherefore Willie?: On Monday, July 17, at 1:30 p.m., join Shirley Reich as she takes you on an exciting exploration concerning all the fuss about William Shakespeare. Find out how this "country bumpkin" made it. Please register.

The Struma: On Tuesday, July 18 and 25, at 1:30 p.m., Julian Davis returns to discuss one of the largest, exclusively civilian navel disasters of WWII, "The Struma & The Holocaust of the Sea". It is an epic story of mankind's efforts to survive and the cost of hatred that continues to claim innocent lives. When you register in advance, you will be automatically enrolled in the two lecture dates.

Mike & Ted Present: On Wednesday, July 19, at 2 p.m., Michael and Ted, from WWFM's "The Classical Network" trace the life-work of George and Ira Gershwin, from their early beginnings to their most memorable and popular songs. Please register in advance.

Summer Series Continues: On Wednesday, July 19, at 7 p.m., enjoy A TRIBUTE TO NEIL DIAMOND, starring Frank DeRosa. Frank does not try to impersonate Neil; rather, his show highlights Neil Diamond's greatest hits. PLEASE BE SURE TO ARRIVE AT 6:30 p.m. to enjoy a special, refreshing treat courtesy of The Gardens at Monroe before the show. TICKETS: \$5 p.p.; due upon registering in-person.

Pizza Plus: On Friday, July 21, at Noon, enjoy a slice or two of pizza along with a drink and dessert. Plus, our very own Susan Schwartz hosts an enlightening, interactive session focusing on the program, "What Would You Do?" Discover how you and others would react to different situations. Tickets: \$6 p.p., due upon registering in-person, in advance.

Boot Camp: Starting on Friday, July 14, at 10 a.m., join Julie for this 45-minute, 8-session circuit training program that improves endurance and total body strength with spikey balls and resistance bands. (Last Class: September 1). Class fee: \$40 p.p., due upon registering in-person, in advance. Space limited to ensure safety.

Move & Groove: Starting on Monday, July 17, at 10 a.m., join Sarah for this 10-session, dancercise-style workout to improve endurance and mobility. (No Class: September 4; Last Class: September 25). Class fee: \$40, due upon registering in-person, in advance. Space limited.

Bodies in Motion (Wed): Starting on Wednesday, July 19, at 10:15 a.m., join Georgeann for 10 sessions of weight resistance training, with a focus on both standing and seated movements. Equipment: Resistance bands, spikey balls, and light weights needed. (Last Class: September 20). Class fee: \$40, due upon registering in-person, in advance. Space limited.

Art of the Masters: On Friday, July 21, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Norman Rockwell. 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 watercolor paints. Lecture only? Please call to register. Space limited.



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Presented by:

Susan Scanland, MSN, CRNP, GNP-BC, CDP, CSP

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- May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services
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Renewing Friendships For Seniors

But with the evolution of technology, it's easier than ever to reconnect with your friends and loved ones. With a little computer savvy and a commitment to "getting the crew back together," you can reclaim these relationships in no time.

BENEFITS OF FRIENDSHIPS

Research shows that close and healthy relationships with others can contribute to your overall health, especially for senior citizens. These benefits can be physical, mental and emotional — all of which can contribute to healthier, more fulfilling lives. Whether you're trying to find new friends or convince previous ones to start spending time together again, the effort required to do so may put you out of your comfort zone. It's important to remember the advantages to a more friend-filled life. Doing so will help keep you focused on putting in the energy and dedication required to build and enhance relationships with those around you.

SOCIAL MEDIA

Many seniors go to their favorite social media platforms to find and reconnect with people who were once prominent in their lives. Social media makes it easy to search for people by name or location, helping you locate past connections. By simply sending an re-introductory message, you can easily find out what your friends have been up to and if they'd be interested in reconnecting. If they



live close enough, you may be able to set up a time to meet for coffee or a meal.

FINDING FRIENDS

If you have recently moved to a new area, it may be challenging to put yourself back out there to find new friends. The AARP has put together some tips to help seniors meet friends, especially those seniors who may have a hard time thinking of ways to do so. Consider incorporating some of the following practices in your daily life to improve your chances of meeting new people:

- Churches and other faith groups put on social events that can be great sources for new connections. Consider attending, and don't be afraid to chat with people you don't know.
- Join a senior citizens' center. These organizations are active in the community and put on a broad range of events, such as dances and parties, volunteering opportunities and recreation events.
- Finding employment can open up a world of networking opportunities. Even if you're looking for part-time work or a volunteering opportunity, the key is being around new people to increase your chances of finding people looking for the same thing as you: friendship.

Telemedicine Services Are a New Way to Provide Specialty Care

By Stefanie Maglio

The purpose of telemedicine has essentially been to bring the doctor to the patient regardless of their location. Specialists tend to offer more advanced care than primary care doctors. This usually tends to mean that there are a lot less specialists. The specialists that are around are usually clustered in urban areas where the patient population is largest. Since these areas are more populated, it also means that there are large health systems in place, which can allow for teaching, research and collaboration activities. However, this is not to say that those with chronic conditions such as diabetes or heart failure don't live in rural areas where less specialists tend to be. This is where telemedicine can help solve the problem.

The patient demand has increased quite a bit over the last few years. This may be because of its convenience for the patient. Using telemedicine services reduces travel time and stress for the patient. Medical services without the need for long distance traveling may be why people have been more than satisfied with using telemedicine. It allows patients with chronic illnesses to get the special help they need without all the hassle.

The quality of telemedicine has proven to be just as efficient and beneficial as traditional in-person consultations. However, it has also

shown to be superior when it comes to specialty care. For example, those with mental health issues or ICU receive greater care and more attention through telemedicine. Greater outcomes and patient satisfaction is a direct result.

Keeping your healthcare costs to a minimum is important and typically something everyone aims to do. Telemedicine services can help do that. These services have been shown to reduce the cost of healthcare and increase efficiency through better management of chronic diseases, shared healthcare staffing, less long distance traveling time, and fewer or shorter hospital stays. All together, these will help to drastically cut down the cost of healthcare.

Overall, telemedicine has the ability to increase service to millions of people who may have otherwise not received quality healthcare. Through telemedicine, healthcare is available to patients in distant locations. Physicians, specialists, and health facilities are able to expand their reach beyond their own offices. Services, particularly to those who require specialty care, can be provided in a much easier and more efficient way through telemedicine.



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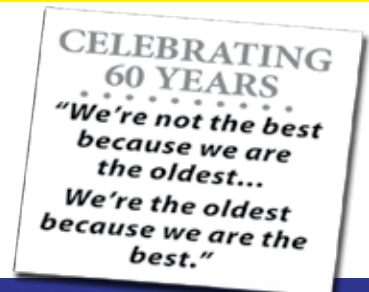
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Bathroom Therapy

Turn your ordinary bathroom into a spa-like oasis

Bathrooms used to be small, cramped rooms, but not anymore. Today's bathrooms are becoming integral parts of the living space of a home, with plenty of room and amenities for relaxation.

One major trend in home improvement is making bathrooms into spa-like spaces, turning them into an oasis where you can unwind and relieve pressure.

From the decor to the functionality of the space, here are three popular ideas for making your bathroom a more relaxing place to spend time.

Steam Showers

Imagine coming home from work after a stressful day. You step into the shower and are instantly immersed in a cloud of hot, peppermint-scented steam that melts your troubles away.

This used to require a trip to the spa, but with steam showers growing in popularity, more homeowners are opting to recreate the full spa experience in their own bathroom.

A steam shower uses a device called a steam generator to boil water and gently emit it in a cloud of steam, all at safe temperatures. They typically include a way for you to add natural oils

— such as eucalyptus or mint — to make it an aromatherapy experience, too.

A steam shower requires professional installation, including custom electrical and plumbing work, but the end result can be worth the expense. It's also more cost effective than building a traditional sauna in your home, so you're adding a relaxing, luxurious experience right in your existing shower.

Soaker Tubs

Traditional bathtubs are around 14 inches deep, which is perfect for bathing children or for adults laying flat in the tub, but they're not ideal for sitting up with a book and unwinding.

That's where soaker tubs come in.

Unlike the shallow traditional tubs, which are usually rectangular, soaker tubs are shorter, taller, oval-shaped tubs designed to better immerse the body while leaning back. They let you cover your entire body more like a swimming pool than a normal shallow bathtub.

Soaker tubs are usually installed on their own, without a shower head, often in the center of a bathroom wall. And because of their oval shape and shorter overall dimensions designed for sitting, rather than laying, they usually use less water to fill up.

Pricing starts around \$1,000 for an inexpensive soaker

tub and can range up to \$5,000 or more for tubs with natural finishes and high-end features.

It's a great way to make your bathing experience more relaxing.

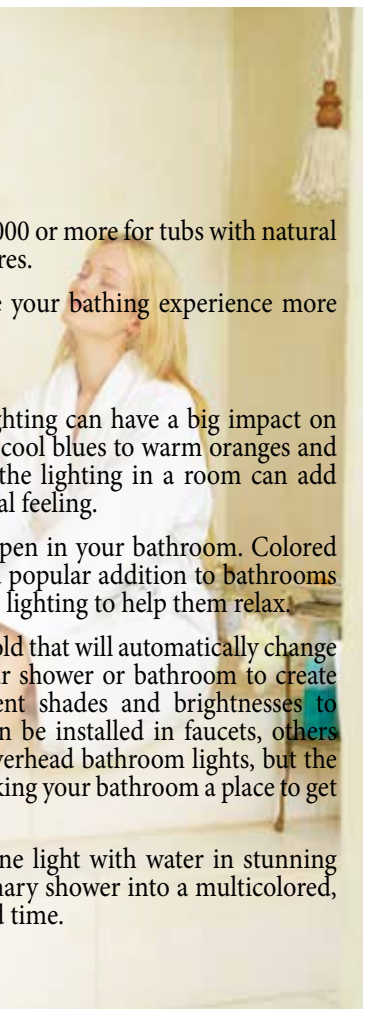
Colored LED lighting

Everyone knows that lighting can have a big impact on the mood of a room. From cool blues to warm oranges and reds, the "temperature" of the lighting in a room can add drama and create a theatrical feeling.

The same thing can happen in your bathroom. Colored LED lighting is becoming a popular addition to bathrooms for owners who want to use lighting to help them relax.

New systems are being sold that will automatically change the color of lighting in your shower or bathroom to create light therapy, using different shades and brightnesses to help you unwind. Some can be installed in faucets, others in showerheads or in the overhead bathroom lights, but the overall goal is the same: making your bathroom a place to get away from it all.

The best systems combine light with water in stunning ways. They change an ordinary shower into a multicolored, otherworldly place to spend time.



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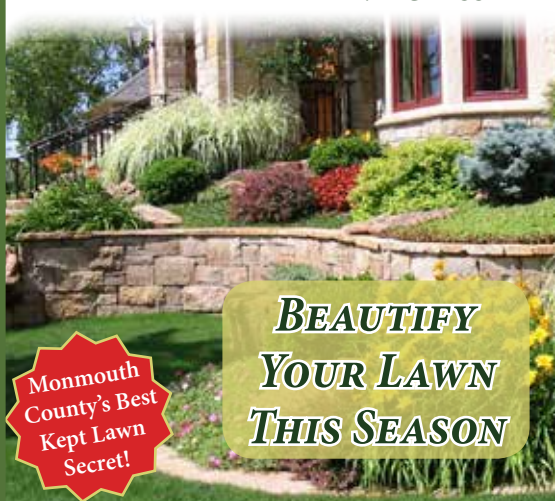
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Then it's time to spend some time rejuvenating it this summer. With less than \$100 and a creative eye, you can overhaul your favorite outdoor space into one you can be proud of. Grab some paint and get ready to put in some elbow grease. You'll be showing off your shed makeover to anyone who comes for a visit.

Add Paint

Sometimes an outdated shed that has seen better days simply needs paint. Special metal paints can even cover up rusty areas that immediately draw your attention. Choose the color you'd like your shed to be and head down to the local hardware store.

Opt for tough exterior paint that can stand up to the elements, and don't forget a separate color for the trim work. Royal blue or dark gray is complemented wonderfully by pops of white door and window trim.

Consider matching your home's colors, too. If you recently re-sided your home with a new color, it may be time to make your outdoor structures such as garden sheds and barns match.

Focus on the Inside

Once the outside is swell, it's time to make sure you actually want to go into the shed.

Incorporate shelving and smaller storage units to allow for more space. Hang your weed trimmer from the studs of the wall and organize your gas, oil and weed killer containers to free up floor space.

While painting the inside of your shed probably doesn't make much sense, reinforcing it against the extreme hot and cold temperatures does. Add some standard insulation between the studs. Staple a plastic liner to the studs and enjoy a shed that's cooler in the summer and warmer in the winter months.

Landscape Integration

Pre-fabricated sheds are more popular than ever. You can buy them with wraparound porches, large interior space and even lofts. With some insulation and a power source, they can even serve as guest houses.

You can make them look even better by adding landscaping around them to make them look like part of your yard. If your storage unit doesn't come with a deck, build a 6-inch platform. Add mulched flower beds around the edges of the shed to serve as bright, beautiful borders.

The more you treat your shed like an extension of your home, the better it will look in your yard.

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ABOUT POISON

Read warning labels and follow storage directions on household products. Keep poisonous products out of children's sight and reach on high shelves. Install child-proof latches on cabinets that do not have locks. Store food and non-food products separately to prevent confusion and protect your family from container contamination and toxic spills. Always choose non-toxic alternatives when possible and use products with child-resistant caps. Never mix cleaning products together; they may produce dangerous fumes (ammonia and bleach should never be mixed). Install Carbon Monoxide (CO) detectors in your home.

ABOUT FIRES AND BURNS

Install smoke detectors on every floor of your home near every bedroom. Test detectors every month and change their batteries every year. Never disable smoke detectors. Develop a family escape plan. Keep matches, lighters, and candles out of children's reach. Never smoke in bed- it is the leading cause of fire-related deaths. Keep anything that can catch fire away from fireplaces, heaters, and radiators. Replace frayed electrical wires. Set water-heater thermostats below 120 degrees F (50 degrees C). Always test the water before bathing yourself or your child. About Drowning, Choking, Suffocation, and Strangulation Never leave children alone near water, including bathtubs, buckets and swimming pools. Learn and practice First Aid and CPR. Use child-proof fencing around all swimming pools and hot-tubs. Avoid toys for children under 3 years of age that are smaller than 2 inches long and 1 inches wide. Toys for young children should never have small or removable parts that could be choked on. Avoid window blinds with looped cords, which may cause strangulation if not stored out of children's reach. Keep plastic bags and drawstring cords away from children.



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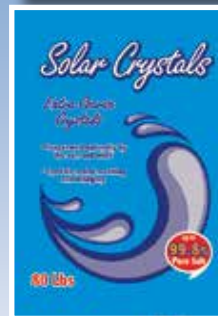
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Angie's list

Adjusting Your Bedroom for More Sleep

By: Erin Mumby

Not getting enough sleep? You're not alone! According to the CDC, 50 to 70 million Americans don't sleep through the night. It might be your bedroom! Here are some simple ways to make your bedroom more sleep friendly.

1. Ditch your Mattress

If you wake up morning after morning feeling stiff and in pain, it may time to replace your mattress. Most mattresses should last up to 10 years; however, if your mattress is worn and torn, you should consider replacing it. Sleep is so important to a healthy and happy life. Although the cost of a new mattress can seem intimidating, the investment is worth it. Choosing a new mattress really comes down to personal preference. Comfort is the most important factor in choosing your new bed.

2. Better Bedding

Pillows are only one important part of a comfortable bed! Invest in a thick comforter or a duvet to make you feel extra cozy. Soft blankets will help you to relax at night.

3. Use the Right Scents

Aromatherapy is a great way to create a relaxing bedroom. This can help you decompress before bed. Lavender and vanilla are the best scents to calm you down. If you get into a pattern of spritzing scents, your brain will pick up on this signal that it's bed time

4. Cool down

Before you say goodnight, lower the temperature of your bedroom. Low temperatures let your body know that it's nighttime. A chill temperature will cool down your body and send you to sleep. Wearing light pajamas can decrease your body temperature. You can sleep more soundly when you're not tossing and turning in heavy sweatshirts.

5. Color Change

Relaxing colors like blue, yellow and green are great for a bedroom. These colors are calm; relaxing colors that can help put your brain at ease before you get your rest. Colors to avoid include purple, brown and gray. Purple is a color that stimulates creativity and keeps your mind going. Brown and gray can be considered dreary and not calming enough for a bedroom.

6. The Darker the Better

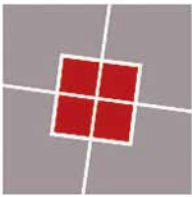
Sleeping is easier in a dark room. Close those blinds! Both streetlights and moonlight can wake you up as your eyelids blink in your sleep. Turn off electronics with lighted displays. Your brain can process these lights the wrong way and it might wake you up. Darkness tells your brain its time to sleep. Turn off any lamps and get rid of those night lights!

8. Don't Track Time

Electronic clocks can also give off unwanted light. That's not their only problem! If you wake up in the middle of the night and see the time, you may realize you have to get up in a few hours and your body will refuse to let you sleep! Face your alarm clock the other way so you can't see it.



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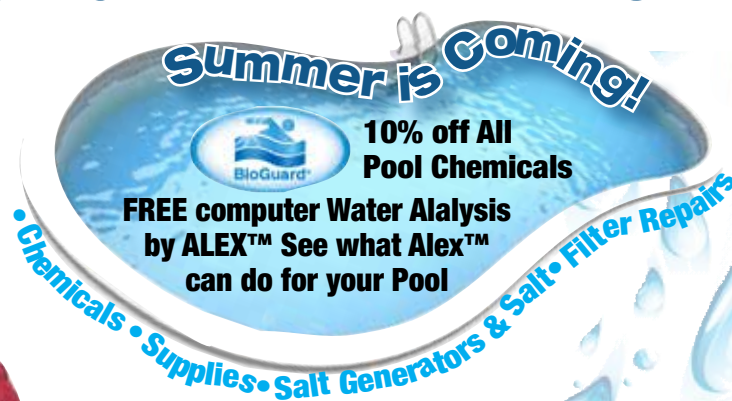
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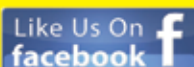
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BRINGING YOUR CAR INTO THE 21ST CENTURY

By: Ryan Lennox

Is your car seemingly lagging behind the others when it comes to technology? If so, then maybe it is time to pick up some new gadgets and tools for it. Adding a couple of these options could not only make your drive more entertaining, but can make your ride safer too.

Using your phone while driving is not only illegal, but severely endangers those in your car and others driving around you. Smartphone mounts are available at many stores around the area, and can be a great pickup for any driver who needs to use navigation on-the-go. Most stock stereo systems can also accept a Bluetooth-adaptor kit, allowing your phone to play music, make calls, and access notifications through your car's speakers.

However, the new technology only starts at your phone. Recent advancements have made many new cars much safer to drive, but not all older cars have these features. GPS trackers can be placed inside the car so that worrisome parents can always know where their kids are driving. Spy Tec makes a small, portable GPS chip that connects to your smartphone and gives life feeds of where the paired vehicle is located. Tire pressure management systems have been around for a few years, but can now be equipped on older models. TPMS systems not only constantly make sure your tires are inflated, but also notify you when any of your tires lose air. Aftermarket backup cameras are also available and can be mounted on older cars. These cameras get mounted above or below your rear license plate and can give a view range up to 180 degrees behind the car, depending on how much you are willing to spend.

In conclusion, there is no limit to how much new technology you can cram into your older car. As long as the gadgets you add into your vehicle do not hinder your ability to safely operate it, then by all means, make it suitable for the 22nd century.



Protecting Your Health Information

Before computers, medical data was stored in paper files. These days, almost everything is gathered, analyzed and transmitted electronically. This means your personal information be may be prone to cyber-attacks.

The Health Insurance Portability and Accountability Act (HIPAA) provides data privacy and security provisions or safeguarding medical information. This includes the HIPAA Privacy Act that gives you several different ways to ensure your medical data is being used and secured safely.

While you may not be able to set the level of security devoted to your medical data, there are still proactive ways you can approach your safety. Regularly checking your credit can give you indications that your personal information has been compromised. The sooner you see your information being misused, sooner you can take corrective steps to regain control of your credit. Your Social Security number is one of the most important pieces of information that needs to remain private. If compromised, someone else can open credit card accounts, apply for loans and even gain access to your bank account.

The best ways to prevent someone else from gaining access to your SSN include: keeping your card in a safe place (at home, not a wallet), frequently checking your accounts for fraudulent activity and using an identity protection service.

While you may think leaving your data in the hands of your medical professionals means it's protected, it may not be in your best interest. Doctors are in charge of many different records, which can mean unintentional mistakes. Do yourself a favor and check up on your medical records to avoid errors.



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COULD FAST FOOD EXPOSE PEOPLE TO HARMFUL CHEMICALS?

Eating fast food may expose a person to potentially harmful chemicals known as phthalates, a new study suggests.

According to health.gov, people who consumed lots of fast food tended to have levels of phthalates in their urine that were 24 percent to 40 percent higher than people who rarely ate take-out fare, the researchers found.

"We found statistically significant associations between the amount of fast food consumed in the prior 24 hours and the levels of two particular phthalates found in the body," said study author Ami Zota. She is an assistant professor of environmental and occupational health at George Washington University's Milken Institute School of Public Health, in Washington, D.C.

However, the study did not prove a cause-and-effect relationship between fast food and phthalate exposure.

The two phthalates in question are di(2-ethylhexyl) phthalate (DEHP) and diisononyl phthalate (DiNP), Zota said. Industries use these chemicals to make plastics flexible, and they can be found in a wide array of food packaging and food-processing machinery.

The U.S. Congress has permanently banned the use of DEHP in children's toys, baby bottles and soothers, and it has temporarily banned DiNP for the same uses, according to the Environmental Working Group. The group is a nonprofit that focuses on environmental health issues.

The bans are based on concerns that phthalates can affect the development of the male reproductive system, Zota said. The chemicals also have been implicated in birth defects, childhood behavioral problems and childhood chronic illnesses, such as asthma.

The two phthalates can get into fast food during the processing of the food, explained Shanna Swan. She is a professor of obstetrics, gynecology and reproductive science with the department of preventive medicine at Mount Sinai's Icahn School of Medicine, in New York City.

The chemicals also can leach into the food from the packaging in which it is stored, both prior to cooking and when it is served, Zota said.

Fast food even can pick up phthalates from the vinyl gloves that restaurant workers wear to prevent food poisoning, Zota added.

"To reduce exposure to phthalates, my recommendation always is to minimize exposure to processed foods, and the ultimate processed food platform is the fast-food restaurant," Swan said. "They don't use anything fresh."

The U.S. National Restaurant Association did not respond to a request for comment on the new findings.

To see whether people who eat fast food have more phthalates in their systems, Zota and her colleagues reviewed data on nearly 8,900 people participating in a regular survey on health and nutrition conducted by the U.S. Centers for Disease Control and Prevention.

The participants all had answered detailed questions about their diet in the past 24 hours, including consumption of fast food, and provided a urine sample that could be tested for signs of DEHP and DiNP.

Researchers defined fast food as anything obtained from a restaurant without waiter or waitress service, or any type of pizza place. All carryout and delivery foods were also considered fast food.

People were considered heavy fast-food connoisseurs if they obtained more than 35 percent of their daily calories from such sources, Zota said.

Zota and her team found that the more fast food participants in the study ate, the higher their exposure to phthalates.

People with the highest consumption of fast food had 24 percent higher levels of the breakdown product for DEHP in their urine sample. Those same fast-food lovers had nearly 40 percent higher levels of DiNP byproducts in their urine compared to people who reported no fast food in the 24

hours prior to the testing.

Grains and meats most significantly contributed to phthalate exposure, the study reported. Grains include a wide variety of items, such as bread, cake, pizza, burritos, rice dishes and noodles, Zota explained.

But a group that represents the chemical industry took issue with the findings.

"The authors acknowledge that a limitation of the study is that they cannot establish a link between any phthalate exposure and fast-food consumption," Lisa Dry, senior director of product communications at the American Chemistry Council, said in a statement.

"No phthalates were actually measured or confirmed to be present in any foods," Dry added. "Data from the Centers for Disease Control and Prevention over the last 10 years, the same data on which this study is based, demonstrate that exposure to phthalates from any source is extremely low, including any contribution from fast foods, and significantly lower than acceptable levels as set by regulatory agencies."

Besides phthalates, the researchers also looked for exposure to another chemical found in plastic food packaging -- bisphenol A (BPA). The investigators found no association between fast-food intake and BPA, but people who ate fast-food meat products had higher levels of BPA than people who reported no fast-food consumption.

The findings were published online April 13, 2016 in the journal *Environmental Health Perspectives*.

Expectant mothers should limit or eliminate fast food in their diet to prevent phthalates from affecting fetal development, Swan and Zota suggested.

"This is of particular concern for pregnant women, or women who might get pregnant," Swan said. "The risky period seems to be early in pregnancy."

More information

For more on phthalates, visit the U.S. Centers for Disease Control and Prevention.

Talking to Children about Tragedy

By Susan Heckler

We all watch the nightly news with a feeling of dread, especially if our children are within ear shot. There is a fine line of what we can do to protect them from the evils of the world and how we can prepare them to deal with it in a healthy way. As a parent, it is natural for you to try and insulate your child from the negatives in life. Unfortunately, with social media and the digital age we live in, it is nearly impossible unless you moved off the grid. It is a balance to prepare your child for real life without instilling fear of it. Explaining any tragedy in terms that a young child will comprehend is difficult.

Can you really explain the irrational rationally? Any discussion you have needs to be age appropriate. You can't get into the history of terrorism, gun control, sexual preferences and politics with a preschooler. Actually, The American Psychiatric Association and the American Academy of Pediatrics recommend avoiding the topic with children until they reach a certain age - around 8, but again, it depends on the child. Prior to this age, children struggle to process it. When to speak to them is almost as important as what you say. Find times when conversation is conducive, such as when riding in the car or before dinner. It is best if you start the conversation so you are prepared for it and don't interrupt them - allow them to express their ideas and understanding before you respond. Of course, always reinforce that you are there for them to provide safety, comfort and support. A hug can't hurt. With young children; preschool to kindergarten, its recommended parents keep their stories simple, and reinforcing of the parents' beliefs. Some recommend that an analogy to a movie or cartoon that the child can relate to may help. Try to focus on the positives, such as the heroes of the story. Conceivably, parents want their children to know that a bad man hurt people or to know that someone with a serious illness felt angry and hurt people.

Elementary school kids are very inquisitive and will ask many more interrogative questions. As a parent, you need to decide how much you want to share. It is suggested to avoid children from seeing pictures or the news. These images will stick with children longer than words.

Once your child is a "tween", chances are they heard about it before you did. With their smart phones in hand, the world is at their fingertips. With them, it may be better to listen to them, let them vent their fears and anxieties and then respond. It is normal to experience a wide range of emotions, including fearfulness, shock, anger, grief and anxiety. You may notice your child's behaviors responding to the event...trouble sleeping, difficulty with concentrating on school work or changes in appetite. This is normal for everyone and should begin to disappear in a few months.

Unfortunately, we all need to stress the ability to communicate at all times. Be approachable to all subjects, it is okay to show your own vulnerability and sadness when tragedy occurs, but you need to show your child that you are in control of yourself and manage such events emotionally. It is okay to be upset and it is okay to reach out for help. Your child should have their phone with them when they are not with you. You need to remain reachable at all times. Your child needs to know that if something doesn't feel right, they should bring it to the attention of an adult. This is a good time to reassure them that all safety measures are taken by you and their school to ensure their well-being. When your child walks away from the conversation, they should have the feeling that life is good, people are good and that events like these are terrible but rare. The conversation can even expand into how we can all make the world a better place.



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What is an environmental steward, you ask?

The U.S. Forest Service helped deliver an outdoor code of ethics — a list that includes promises to not damage natural features, to respect other people's property and rights, to obey all regulations and to lend a helping hand when you see someone in distress. Learn more and check out the full code of ethics at www.fs.fed.us.

DON'T LITTER Nothing can ruin the natural beauty of a park or public beach like an empty soda can or sandwich wrapper. Litter is a completely unavoidable stain on our public lands and one that we can work together to remove. It also can be damaging to wildlife and compromise their habitats. Bring along a trash bag or other receptacle for collecting your trash so you aren't tempted to ditch your trash inappropriately. Take pride in your environment by reporting any littering activities you see during your outdoor activities.

FOLLOW RULES Some areas do not allow certain activities, such as fishing, swimming or surfing. It is always a good idea to check with your local land authority ahead of time before risking a wasted trip or costly noncompliance ticket. Remember that agencies implement these regulations for your health, safety and well-being. Certain beach areas may have numerous reports of shark sightings. Maybe there is a storm forecasted for a certain region that could cause injury to people swimming or boating. Depending on where you plan to relax, there may be protected land around you on which activities or sports are not permitted. These areas are designated off limits in many cases to protect wildlife and vegetation. Along these lines, be sure to be mindful of any local hazards that may pose a danger to your summertime fun. Any deep water or snake-infested areas can be extremely dangerous, so it is best to avoid them altogether.

About Young Parents

The act of raising a child is an emotion-filled journey for new parents, and it is one that comes with great changes to all aspects of their lives. From financial to physical, adding a child to the family is a major adjustment.

THE COST

Parents who welcomed a baby in 2015 will spend an average of \$233,610 to raise him or her. These latest statistics reported by the United States Department of Agriculture don't even include the cost of college, which can quickly rack up tens of thousands per year in tuition costs. The price tag on raising a child has been on a steady incline — a 24 percent increase since 1960, according to the USDA. Lofty numbers, indeed. But through proper planning and reachable goals, taking on the increasing costs can be an achievable challenge for many new parents.

THE LACK OF SLEEP

A study by the National Sleep Research Project found that a new baby typically results in 400 to 750 hours of lost sleep for parents in the first year. Many newborns come home from the hospital waking only once or twice during the night to eat. Some wake up more frequently while others refuse to sleep at all while the sun is down. New parents may find themselves sleeping in shifts during this difficult time of child rearing, or reaching out to loved ones to help with their restless baby.

THE EMOTIONS

New parents will find that with the birth of their child comes the urge to protect him or her. This encompasses everything from financial security to physical safety.

The emotional connection with a new baby is a special experience for new parents, and with it can come feelings of overwhelming happiness, fright and even depression.

Many new moms can suffer from post-partum depression while others will have no major emotional issues. Whatever camp you fall into, it is important to speak with your doctor, therapist or loved ones to help you through the emotional world of new parenting.



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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Can You Trust Food Labels?

By Susan Heckler

Some food and vitamin labels are not just ambiguous, but pointblank wrong. Did you know The Food and Drug Administration allows an inconsistency of 20 percent nonconformity of the true ingredient amount? What's worse is no one is even checking whether or not it's even true. The FDA uses an honor system as there is no agency that audits food items on a regular basis.

There are laws that control labeling of:

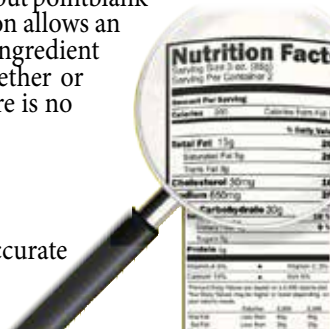
- Ingredients
- Nutrition information (although this can be inaccurate and fuzzy)
- Country of origin and/or manufacturer
- Other relevant health, safety, and/or agricultural information, such as the grade of beef or eggs; whether the food has GM ingredients

Back in 2008, the Government Accountability Office tested to see the accuracy of manufacturers' vitamin and mineral claims. Out of the 300 products tested, 47 percent were outside of the accepted range for vitamin A, 31 percent were outside of the accepted range for iron, and 12 percent were outside of the accepted range for vitamin C.

Sadly, the responsibility for safeguarding the exactitude of food labels rests with the food manufacturer, not with the government. The FDA does conduct unsystematic sampling and analysis to ensure accuracy. If a company is found to be in violation, the FDA will take regulatory action.

A study published in the Journal of the American Dietetic Association found that the calorie content on frozen food labels was on average 8% higher than the label claimed — and on restaurant menus an average of 18% higher.

No answers, just more questions...sorry.



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The family of Nicola Costagliola, owner of Vesuvio's Pizza, want to express our sincere appreciation to family, friends, and our amazing community. You came together, cried with us and laughed with us in remembrance of the husband, father and business owner we all loved so much. A simple thank you cannot describe the gratitude we feel for all the love and support shown to us during the difficult time of our loss. Nick loved Millstone and his customers. He always treated them like family. We now know Millstone and his customers felt the same way about the "Boss." We are so proud to be a part of the amazing town of Millstone. We hope to continue to carry on Nick's legacy here in Millstone. He left big shoes to fill and it is going to take all of us to fill them. With much love and appreciation for everything that was done for Nick.

The Costagliola Family, Mary, Louie, Frank, Denise, Anna, Cliff, Theresa, Jon, Mia, and Nico

Generous donations were given to the following organizations in memory of Nick:

St. Joseph Church
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The Arc of Monmouth

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Relay for Life (Cancer)
Michael J. Fox Foundation (Parkinson's)

The Give Back Foundation
Friends of Ryan Hospital Fund
Rutgers Equine Science Center
Ronald McDonald House in Long Branch and Philadelphia

It's Blueberry Season in New Jersey!

By Susan Heckler



Pick them yourself locally, buy fresh from the farm stand or favorite grocery. So why would you freeze fresh blueberries?

Berries are very good for our overall health. The vitamins contained spread a number of benefits throughout our body, but is it possible to make them even healthier?

Research is shows that freezing fruits can actually make them even healthier. With organic blueberries, anthocyanin concentration is actually more potent after a short stay in the freezer. Anthocyanins contain a number of anti-inflammatory qualities and are beneficial to your overall brain health. They may also possess anti-carcinogenic properties. The berries actually have their deep blue color because of the anthocyanin in the tissue.

Apparently, when blueberries are frozen for any period of time, the low temperatures penetrate deep within the fruit and disrupt the tissue structure – this makes the anthocyanins more available and absorbable.

1. Lower your risk of heart disease

The nutrients regulate and relax the elasticity of your arteries in the vascular wall, keeping them from getting damaged. This means improves your blood flow thus a healthy blood pressure in the process.

2. Reduced Risk of Forms of Dementia

The anthocyanin in the berries can actually increase your memory functions and shield your brain against cell damage and loss. The berries can also improve your nerve cell growth, and make communication easier between nerve cell processes, slowing the aging of cells.

3. Better Nervous System Health

The antioxidants in blueberries offer nerve cells protection from various forms of toxin pollution.

4. Enhanced Motor Function

Above the age of 70+ years, people perform and behave more functionally after consuming frozen blueberries with heightened cognitive ability and improved motor ability.

5. Better Digestion

The antioxidants in blueberries protect your digestive tract from any damage from outside sources.

Blueberry Smoothie Recipe

Quick and easy to prepare, this smoothie recipe is packed with refreshing summer fruits and MUFAs (monounsaturated fatty acids) which is the Flat Belly Diet powerhouse ingredient that specifically targets belly fat. This creamy smoothie is perfect for breakfast, lunch, or a snack.

INGREDIENTS

- 1 c skim milk
- 1 c fresh or frozen blueberries
- 2 tsp cold-pressed organic flaxseed oil (MUFA)

DIRECTIONS

1. Place milk and frozen blueberries in blender and blend for 1 minute. Transfer to glass, and stir in flaxseed oil.
2. This 1 serving meal has only 213 calories and 9 grams of protein.
3. It is low in sodium and sure to target unwanted belly fat and bloat



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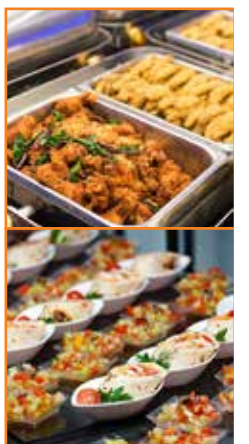
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Summer Salsa Fish Tacos

Fish tacos are a favorite meal to eat in the summer. They are easy to prepare, light, flavorful and low in calories.

INGREDIENTS

- 1 pound halibut or other meaty white fish fillets
- Juice of 2 limes
- 1 11 ounce can whole tomatillos, drained
- 4 small zucchini peeled, seeded and cut into small cubes
- 1/4 cup chopped cilantro leaves and stems
- 2 1/2 teaspoons coarse salt, plus more to taste
- 8 - 6 inches corn tortillas or gluten free tortillas
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne pepper, or to taste
- 1 tablespoon extra-virgin olive oil
- 1 Hass avocado, peeled and thinly sliced

DIRECTIONS

1. Preheat the oven to 225 degrees.
2. Place the fish in a medium bowl and drizzle with half of the lime juice. Cover and refrigerate for 15 minutes.
3. Using your hands, squeeze the juice and flesh from the tomatillos, 1 at a time, into a bowl and discard the skins. Mash the tomatillos with a fork. Add the zucchini, the remaining lime juice, the cilantro and 2 teaspoons of the salt and toss.
4. Spread the tortillas on 2 baking sheets and warm in the oven for about 10 minutes.
5. In a small bowl, combine the chili powder, cayenne pepper and 1/2 teaspoon of the salt. Remove the fish from the lime juice, pat dry and cover with the spice rub. Heat the olive oil in a large nonstick skillet over medium heat and cook the fish, about 4 minutes on each side. Break the fish into bite-size pieces and season to taste with salt. Arrange the fish in the tortillas with some of the salsa and avocado slices.



Grilled Summer Squash with Shallots

INGREDIENTS

- 4 large green & yellow squash
- 2 large shallots
- 3 tbsp. hot chili pepper olive oil
- 1 tsp. red pepper flakes
- Small handful of basil, roughly chopped
- 4 tbsp. Meyer Lemon Honey
- 1 1/2 tbsp sherry vinegar
- Juice from half of a lemon
- Generous amounts of salt & black pepper

DIRECTIONS

1. Combine oil and pepper flakes in a small sauté pan over medium heat until fragrant. Let cool.
2. Slice squash into thick wedges, preferably 2 by 1 inch squares. Place in a large bowl with whole shallots.
3. Pour the pepper and olive oil mixture into a small bowl with vinegar, honey, basil, and some salt and pepper, and mix well.
4. Pour oil mixture over the vegetables and let marinate for at least 30 minutes, but up to an hour.
5. Light a grill, and place each squash wedge and both shallots on the grill, rotating every so often. Reserve the marinade in the same bowl.
6. Remove the shallots after 5 minutes, and chop into thick slices. Place in marinade.
7. After a total of 10 minutes, remove the squash pieces and return to the marinade bowl. Add another pinch of salt and pepper, and mix well.
8. Plate and serve, either hot, room temperature, or cold.



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Prioritizing Your Health Concerns

By Brianna Siciliano

As we get older, we have one ultimate goal in mind: to stay healthy. Sometimes, we don't always know what we need to do to stay healthy. Sure, we watch what we eat and exercise as often as we can, but is that enough? Not at all! Once the age of 60 is reached, or surpassed, there are multiple tests that are recommended to keep seniors happy, healthy, and safe. These tests can be done, or ordered, whenever you visit your regular doctor. Your doctor may even recommend additional tests for you based on your personal health profile. So what tests should you look into taking, if you have not already done so? See if any of the tests below catch your eye!

A major health issue with seniors has to do with blood pressure. You might one of the millions of Americans who have high blood pressure and do not even know it! It is very important to get your blood pressure regularly checked by health care providers to make sure that your blood pressure is normal so that your heart, arteries, brain, eyes, and kidneys stay healthy and safe.

If you want to avoid having heart attacks or strokes, it would be a good idea to get a cholesterol screening. High cholesterol levels are a major indicator of a possible heart attack or stroke for seniors. The good news, though, is that high cholesterol can be treated by medications and a set diet. Measuring your levels of total cholesterol, HDL "good" cholesterol, and LDL "bad" cholesterol, is very important to do regularly.

Are you a woman who is afraid of having osteoporosis? Make sure to protect your bones! Osteoporosis is not a force to be reckoned with. People with osteoporosis who suffer from fracture, especially if the fracture is in the hip, significantly increase their risks of permanent disability, or even death. All women should have a bone density test at the age of 65, unless a woman is at a higher risk. In that case, the screening test should be completed at the age of 60.

Have you been visiting the eye doctor at least once a year since you turned 60? Well, you should be! Eye diseases like macular degeneration, cataracts, and glaucoma are common diseases to be diagnosed with as we get older. Our eyes should be checked every two years until the age of 60, and then once a year after that milestone. Having your eyes screened can maximize and preserve your vision.

It is always a great idea to ask your doctor about different screenings and exams, like prostate cancer screenings, pelvic exams, or breast exams and mammograms. It's better to be safe than sorry, right? If you have any health concerns or questions, do not hesitate to ask your doctor. You deserve to feel great as the independent, important, and healthy person that you are!



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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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Can your Cell Phone Cause Cancer?

By: Ryan Lennox

There are many myths and theories surrounding cell phones and whether they can cause cancer. Recent research suggests that these myths might have quite a bit of substance to them, which is very frightening.

Dr. Devra Davis has done a substantial amount of research attempting to link cell phone radiation to cancer cells. Davis has a PH.D. and M.P.H. in scientific studies from Pittsburgh University and John Hopkins University, respectively, and has been researching electromagnetic radiation for over ten years. The link that Davis claims exists is getting clearer by the day. From a speech at a medical convention, Davis is claiming that the microwaves that cell phones use to communicate with cell towers is in fact what causes cancer. Early research pointed to the batteries used by cell phones as a cause of cancer, but as cell phones progressed to Lithium-ion batteries, the risk of developing cancer decreased exponentially.

More stories surface every day surrounding cancerous masses and cell phone placement, and the stories all seem to line up. Men are developing cancerous masses in the shape of cell phones on their thighs, stomachs (from suit jacket pockets), and bottoms. Because these are usual places that men keep their phones, the cancerous masses form here more than anywhere. Doctors are seeing similar masses on women, but not always in the same places. Because women are less likely to carry their phones in front pants pockets, masses are not forming there. Instead, cell phone-shaped masses are appearing more on women's breasts, as some women carry their phones in bras as opposed to their purses or bottom pockets. While doctors cannot prove a concrete connection between cell phones and cancer, there is definitely evidence building in the case.

Cancer is the main side effect to carrying cell phones, but scientists have also discovered other issues. Since cell phones constantly communicate with cell towers,

your body is exposed to constant radiation that the communication produces as a byproduct. In many autopsies, researchers find that the subjects' pelvises are much weaker where the person carried their cell phone, with significantly less bone marrow present. This is also present when men get x-rays of their pelvis; doctors see a much more fragile bone structure than what should be present, mostly due to carrying a cell phone. It has even been reported by the medical company PLoS One that cell phone radiation has been tied to a lower sperm count in men who regularly keep their phone in their crotch area.

Unfortunately, children and teens are more at risk to be harmed by this radiation. Because bones are not as firm until fully developed in adulthood, the radiation put off by cell phones can easily penetrate to the brain, muscle tissue, and other vital parts of the body.

To conclude, while no definite connection can be made between cell phone radiation and cancer, there is definitely evidence building against the case. In a world of ever-evolving technology, we all should be wary of the possible consequences that our new inventions might have, even if they cannot be seen by the naked eye.



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

QUESTION:

What can I do to control my heavy periods this summer?

Many women begin to experience heavy and/or irregular bleeding in their 30's and 40's, as they begin to get closer to menopause. Heavy periods are more than just a hassle – they take a physical, social, and emotional toll as well. NovaSure® Endometrial Ablation is a 5 minute procedure used to treat heavy bleeding. It can be done in a doctor's office and it is performed without any incisions. There is no need for general anesthesia and

most women report no pain and can return to most activities within a day.

This is how it works: Each month during a period, the uterine lining is shed and a new lining starts to grow. By preventing the re-growth of this uterine lining, we can stop periods sometimes permanently. Prior to the introduction of endometrial ablation as a treatment option, hysteroscopy with D&C was performed to thin the lining of the uterus. Alternatively, hormones and hysterectomy were offered. With advancements in medicine, Novasure endometrial ablation has become a well recognized treatment. Dr. Simigiannis will use the Novasure to permanently remove the cells that grow a lining in the uterus. Dr. Simigiannis is committed to providing you the best experience possible by having a Board Certified Anesthesiologist available making the experience pain free.

You may return to work the day following your procedure.

Please call Dr. Simigiannis at 609-448-7800 for more information and a consultation. A full exam and evaluation is always necessary prior to any procedure. If you are still considering child bearing, this is not the procedure for you. Medical insurance eligibility is evaluated and we encourage patients to check this as well.

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
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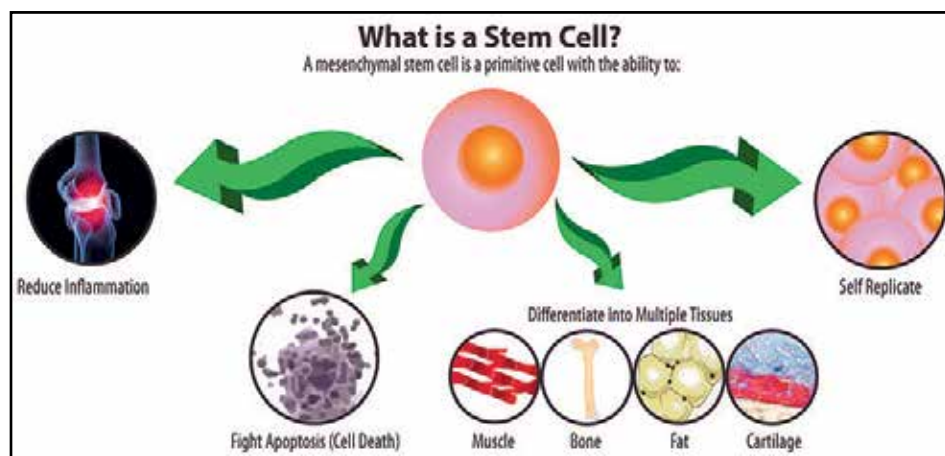
Birth Control



QUESTION:

Can amniotic stem cell therapy help my knee pain?

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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

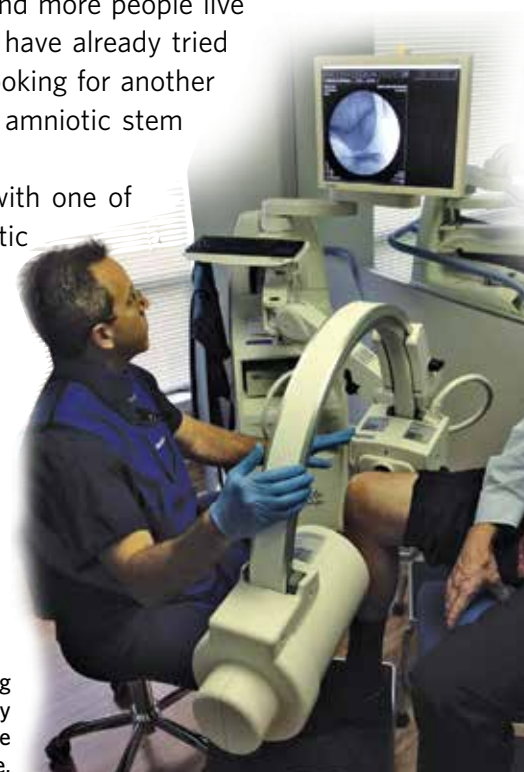
- Amniotic stem cell therapy is a preferred type of stem cell therapy because the cells come from an immunoprivileged site, which means that patient-rejection is extremely rare.
- The use of amniotic stem cells is well researched, safe, and effective. Amniotic stem cells have been used by ophthalmologists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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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

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



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Fascinating Facts about the Human Body

1. The total weight of the bacteria in the human body is 2 kg.
2. Your right lung can take in more air than your left.
3. Not only human beings, but also koalas have unique finger prints.
4. At birth, a child's body is made up of around 300 bones. But an adult has just 206.
5. Every year more than 2 million left-handed people die because of mistakes they make when using machines designed for right-handed people.
6. If someone kisses another person for a certain amount of time, this is much more effective in terms of hygiene than using chewing gum, as it normalizes the level of acidity in your oral cavities.
7. An adult person performs around 23,000 inhalations and exhalations a day.
8. The total strength of masticatory muscles on one side of your jaw is equal to 195 kilograms.
9. Men are officially classified as dwarves if their height is below 1.3 m, whereas for women the measure is 1.2 m.
10. A person uses 17 muscles when they smile, and 43 when they frown.

Get Fabulous Feet

To make sure your feet are ready for their (literal) time in the sun, The American Pediatric Medical Association has some tips to get ready. Here are their top recommendations:

THE DO'S OF FOOT CARE

- Salon foot baths are typically cleanest earlier in the day, so schedule your appointment in the A.M. If you're not a morning person, make sure that the salon filters and cleans the foot bath between clients.
- When eliminating calluses, on the heel, ball and sides of the feet, use a pumice stone, foot file or exfoliating scrub. Soak feet in warm water for at least five minutes, then use the stone, scrub, or foot file to gently smooth calluses and other rough patches.
- Bring your own pedicure utensils to the salon, because bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques.
- When trimming your nails, use a toenail clipper with a straight edge to ensure your toenail is cut straight across. Other tools, such as manicure scissors or fingernail clippers, increase the risk of ingrown toenails because of their small, curved shape. Also: See a podiatrist if you have a tendency to develop ingrown toe nails.

THE DONT'S OF FOOT CARE

- Resist the urge to shave your legs before receiving a pedicure. Freshly shaved legs or small cuts on your legs may allow bacteria to enter. If you are receiving a pedicure and manicure, don't use the same tools for both services as bacteria and fungus can transfer between fingers and toes.
- Don't allow technicians to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.
- Don't round the edges of your toenails. This type of shape increases the chances that painful ingrown toenails will develop.
- Don't use sharp tools to clean under nails. Using anything sharp makes it easy to puncture the skin, leaving it vulnerable to infection.
- Be sure that you don't leave any moisture between toes. Anything left behind can promote the development of athlete's foot or a fungal infection.



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BLOOD LEAD TEST SAFETY ALERT

Today the U.S. Food and Drug Administration and Centers for Disease Control and Prevention are warning Americans that certain lead tests manufactured by Magellan Diagnostics may provide inaccurate results for some children and adults in the United States. The CDC recommends that parents of children younger than six years (72 months) of age and currently pregnant women and nursing mothers at the time of this alert who have been tested for lead exposure consult a health care provider about whether they should be retested.

"The FDA is deeply concerned by this situation and is warning laboratories and health care professionals that they should not use any Magellan Diagnostics' lead tests with blood drawn from a vein," said Jeffrey Shuren, M.D., J.D., director of the FDA's Center for Devices and Radiological Health. "The agency is aggressively investigating this complicated issue to determine the cause of the inaccurate results and working with the CDC and other public health partners to address the problem as quickly as possible."

The FDA's warning is based on currently available data that indicate Magellan lead tests, when performed on blood drawn from a vein, may provide results that are lower than the actual level of lead in the blood. This includes all four of Magellan Diagnostics' lead testing systems: LeadCare, Lead Care II, LeadCare Plus, and LeadCare Ultra. At this time, all LeadCare systems can be used with blood from a finger or heel stick, including the LeadCare II system - a system found in many doctors' offices and clinics. In addition, some laboratories offer other methods of lead testing, which are not believed to be affected at this time.

The CDC is recommending that health care providers retest children younger than six years (72 months) of age at the time of this alert (May 17, 2017) if their test was conducted using blood drawn from a vein using any Magellan Diagnostics' LeadCare System tests and received a result of less than 10 micrograms per deciliter ($\mu\text{g/dL}$). The CDC also recommends that women who are currently pregnant or nursing and were tested in this manner while pregnant or nursing get retested. Other adults who are concerned about their risk or the risk to an older child should speak to their health care provider about whether they should be retested.

"We understand that parents of children and others affected by this problem will be concerned about what this means for their health," said Dr. Patrick Breyse, PhD, CIH, director of CDC's National Center for Environmental Health. "While most children likely received an accurate test result, it is important to identify those whose exposure was missed, or underestimated, so that they can receive proper care. For this reason, because every child's health is important, the CDC recommends that those at greatest risk be retested."

The FDA currently believes this issue with inaccurate results first appeared in 2014 and is issuing this warning now based on a lack of reliable data identifying the cause of the problem, the frequency and extent of inaccuracies, and concerns surrounding the effectiveness of mitigations taken by the company to date.

Lead exposure can affect nearly every system in the body, produces no obvious symptoms, and frequently goes unrecognized, potentially leading to serious health issues. Lead poisoning is particularly dangerous to infants and young children. While recommendations for lead screening differ from state to state, all states require children to be screened for lead exposure. Some adults are also at risk for lead exposure, including those who work around products or materials that contain lead.





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By Jill Garaffa

How to Make a Big Life Decision

Dear Jill,

I've heard that life coaching can help when you are having difficulty making a big decision. I feel very torn with my career and am hoping you can help. I have an opportunity to take a new job. The offer seems exciting and I think I'd really enjoy working for this other company, however: the timing, location and the salary are not ideal. I'm afraid if I don't take it, I will lose the opportunity, but if I do take it, I might regret it. How do I narrow down my choices and feel good about my decision?

Signed,

Career Conundrum

Dear Career Conundrum:

Thanks for writing with your question! I can offer you a few suggestions to guide your thinking from a life coaching standpoint. These tips will be helpful whether you are making a decision about your career, relationship, your health or any life area.

First, before you decide about the next job, it's wise to explore why you want to leave your current job. While the names, faces and locations will change, you will likely recreate the same conditions if the core energy is not addressed first. As the saying goes, "You take yourself with you." So, consider: What needs are/are not being met at your current position? What do you love/loathe about your current position? What would need to change in order for you to be willing to stay? Remember: It takes two sets of people to make something work. If you are unhappy, then take an honest look at your role in creating the unhappiness. This could open a door to repair your current situation and help you prevent the same circumstance from repeating itself with different people in the next job.

Next: establish "conditions for happiness criteria" for your career. Distinguish what you need from what you want in your job. This will help you decide if the next position aligns with what you wish for in a career. While no job is perfect, consider your core values and what is deeply important to you so they can be honored with your new position.

Last: don't think, just decide. Try making your decision in 5 seconds. This is a very quick & simple mind trick that will help you make the right decision every time. Literally count: 5, 4, 3, 2, 1: Decide. And commit to it 100%. In your deepest instincts, in your heart & soul, you know what to do. The problem is you have spent so much time in your mind thinking about it, analyzing it, agonizing over it, playing all kinds of different scenarios out, talking yourself out of it or into it, that your mind is so cluttered up with options that you have become paralyzed with indecision. And, the longer you wait, the harder it is. You know what to do. If you weren't thinking about it so much, what is your gut telling you? Do that.

Life coaching can support you with sorting through all the details of your life and gain clarity on your best choices. Life coaching will never give you advice or tell you what to do, but instead, bring your own answers into view to build your confidence to live the life you desire.

Wishing you peace, clarity and purpose!

Jill

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

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

QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

Dr. Scot Paris using
precision fluoroscopy
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CRICKET POWDER: The Newest Protein Craze

People who love to work out a lot are always looking for a good source of protein to help them get the most out of their workout. Diets and supplements go and come, but the newest and most interesting protein supplement is Cricket Powder. Crickets and other bugs are actually very healthy and contain a lot more protein than people realize.

Cricket flour is made directly from crickets and is a type of protein powder that can not only be used for baking but is implemented into various supplement bars and products. The crickets are cleaned dried, and then ground into a fine powder to create a nutty type of cricket protein powder that can be used in various forms and methods. This powder is optimal for baking or for use in specialized bars and other products. Protein bars are likely the main product, but this flour can be purchased as a stand-alone.

Crickets have almost triple the protein of sirloin and about double the protein of chicken, putting it to the top of the protein list. One hundred grams of crickets also have around double what one egg has. Not only is it high in protein but it offers a lot of vitamins and minerals as well. The top 5 benefits are:

- Helps with Bodybuilding. High protein foods, like cricket flour, are essential for building muscle, burning fat and supporting metabolism.
- Boosts Weight Loss. ...
- It's Gluten-Free. ...
- Good Source of Vitamin B12. ...
- Provides Essential Amino Acids.
- Although cricket protein is a great thing to consume, there are always a few precautions to consider before you jump straight onto the cricket-consumption bandwagon. Here are some things to be aware of. Don't try it at home. It is important to realize that not every bug is safe and some may be infected with pesticides or poisonous to humans. You want to be sure if you decide to pursue this adventure that you are purchasing your cricket flour from a reputable source. Just like with any sort of dietary change in your body, you want to be sure you're consuming in moderation. As with anything else, there could be side effects. You never know how your body is going to respond to eating insects, even something as simple as insect flour, so it is important to take things easy and make sure you do not have any allergic reactions. If you try the insect flour and have any health concerns, contact your local doctor.

Luckily, dried crickets are not the only way to obtain the glorious cricket protein. There are lots of options available for purchase such as cricket protein bars. These bars are specially designed (without the antenna or legs) to offer large amounts of protein for the littlest effort possible as well as a product that will taste good going down. There are several different choices available to you.



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

The major problem with using tablets and smart phones is that most people look down for prolonged periods and slouch while searching these devices. This posture stresses the neck and upper back.
This excess stress on the spine can cause: headaches, neck and upper back pain, premature degenerative disc disease, numbness and tingling in the arms, hands or fingers.

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

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QUESTION:

What is the latest in technology in the optometry field?

ANSWER:

In order to best serve our patients, Monmouth Vision is constantly updating our equipment and continuing our education into the best practices available in our field.

The latest technology in our office is **The Opto Daytona Plus**. This sleek, clean piece of equipment allows us to use ultra-widefield scanning laser technology which supports the detection, diagnosis, analysis, documentation and management, management and clinical analysis from central pole to periphery. It offers multiple wavelength imaging, including options for color, red-free, and autofluorescence with green laser light.

Your retina is the only place in the body where blood vessels can be seen directly. This means that in addition to eye conditions, signs of other diseases such as stroke, heart disease, hypertension and diabetes can also be seen in the retina.

Early signs of these conditions can show on your retina long before you notice any changes to your vision or feel pain. While eye exams generally include a look at the front of the eye to evaluate health and prescription changes, a thorough screening of the retina is critical to verify that your eye is healthy.



Dr. Steven Linker, OD



Getting an optomap image is fast, painless and comfortable. Nothing touches your eye at any time. It is suitable for any age. To have the exam, you simply look into the device one eye at a time and you will see a comfortable flash of light to let you know the image of your retina has been taken.

Dilation drops might not be necessary, your eye care practitioner will decide if your pupils need to be dilated depending on your conditions. The capture takes less than a second. Images are available immediately for review. You can see your own retina. You see exactly what your eye care practitioner sees - even in a 3D animation.

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

Check out our website for more information
<http://monmouthvision.com/>
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Don't Let Asthma Keep You Out of the Game

Today, more than ever, asthma is not a barrier to physical activity. In fact, if you keep your asthma under control, you can do it all!
Need proof? Well, did you know that.....

- At the 1984 summer Olympics, 67 of the 597 American athletes had asthma. Among them, they won 41 medals.
- Twenty percent of the athletes at the 1996 summer Olympics had asthma brought on by physical activity.
- Almost 30% of the American swimmers on the 2000 summer Olympic team had asthma and used inhalers.
- Asthma didn't hold them back, and it shouldn't hold you back, either!

Who has Asthma?

Asthma — which makes it hard to breathe, and causes coughing and wheezing — affects about five million American kids and teens? **That's almost 1 in 10!**

Famous people like rapper Coolio have asthma, although he's better known for his hit songs like "Gangsta's Paradise" than for his fight against the illness. Olympians like Misty Hyman and Amy VanDyken, Tom Dolan and Karen Furneaux, and Kurt Grote also have asthma.

Physical Activity → Asthma?

Things like cold or dry air, dust, pollen, pollution, cigarette smoke, or stress can "trigger" asthma. This can make your body pump out chemicals that close off your airways, making it hard for air to get into to your lungs, and causing an asthma attack.

Physical activity can trigger asthma attacks too. Experts don't know for sure why physical activity sometimes brings one on, but they suspect that fast breathing through the mouth (like happens when you get winded) can irritate the airways. In addition, when air pollution levels are high, physical activity in the afternoon is harder on the lungs than morning activity — pollution levels rise later in the day.

GET FIT. So, should you get a doctor's note and skip gym class? Sorry, no. Doctors want their asthma patients to get active, especially in asthma-friendly activities like these: swimming, bicycling, golf, inline skating, and weightlifting.

Why are these good choices if you want to be physically active?

- They let you control how hard and fast you breathe
- They let you breathe through your nose at all times
- They don't dry out your airways
- They mix short, intense activities with long endurance workouts
- You can do them in a controlled environment (for example, a gym with air that's not too cold or dry)
- Usually you do them with other people, who can help you if an attack comes on

Getting regular physical activity can improve your breathing, and lead to fewer asthma attacks. Just remember to follow these tips. (In fact, this is good advice for everyone, not just those with asthma.)

EASE INTO IT. Start your workout with a warm-up, and don't overdo it by running five miles on your first day if you get winded walking around the block! Finish up with a cool-down.

TAKE A BUDDY. It's more fun and a friend can help if you get into trouble.

RESPECT YOUR BOD. Stay away from the things that trigger your asthma. Help out your airways by breathing through your nose instead of your mouth. Take it easy on days when your asthma symptoms are really bugging you. And stick to the medicine routine that your doctor has set up.

TAKE BREAKS. Treat yourself to rest and drink plenty of water.

MIX IT UP. For example, try going inline skating one day and taking a long walk the next.

Feel Good To feel your best, do the right stuff to control your asthma. And listen to your doctors — they're on your team!

According to Dr. Stephen Redd, an asthma expert at the Centers for Disease Control and Prevention (CDC), people with asthma "should expect to live a life that really isn't affected by asthma, except for having to follow the directions." He also says to speak up if you are having symptoms, and remember to "keep a good attitude and keep working to control the disease."

So, get out there and get moving! With good habits and today's medicines, you can go for the gold — or just join your friends on the basketball court, in the pool, on the dance floor...



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East Windsor residents welcomed Future Pharmacy to The Galleria at Twin Rivers with a Grand Opening Celebration on June 25th. While the location is new at 680 Route 33 East Windsor, NJ, Future Pharmacy has been open in two other locations, serving their customers in Howell and Old Bridge. The Pharmacy is family owned and operated since 1999. Having a neighborhood Pharmacy, which also supplies quality home healthcare products is such a great convenience. You get the personal attention that you don't find in the big chain stores as well as a wide array of items for recuperation, illness, and difficulties managing personal tasks at home:

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JUVENILE ARTHRITIS

A painful disorder with no cure, juvenile arthritis is made even more painful by the fact that it puts children in great discomfort.

The goal of treatment is to relieve inflammation, control pain and improve your child's quality of life, according to the Arthritis Foundation. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.

WHAT IS IT?

The most common type of the disorder is juvenile idiopathic arthritis. To receive a diagnosis, a child should be younger than 16 and have initial swelling in one or more joints for at least six weeks, according to the foundation. No known cause has been identified for most forms of juvenile arthritis; some research points toward a genetic predisposition.

ACCURATE DIAGNOSIS

The first and most critical step in treating your child's arthritis is obtaining an accurate, comprehensive diagnosis. Your child's pediatrician will likely recommend that you visit a pediatric rheumatologist, who will complete a careful exam and collect a full health history.

Along with the physical exam, your child's doctors will likely perform laboratory work, X-rays, blood work and other diagnostic tests. Depending on the age and maturity level of your child, this can be an emotionally challenging process.

EMOTIONAL IMPACT

Parents and children alike will experience many emotions when dealing with juvenile arthritis. Sadness, guilt or anger are a few of the feelings that can accompany a diagnosis. The foundation prompts parents to keep relationships and schedules as consistent as possible, even if they feel the urge to shut down and keep to themselves.

Also, keep everyone equally involved in and informed about your child's diagnosis. Siblings especially may feel less attention from you, so it is important to maximize their involvement in communicating with and treating your child with juvenile arthritis.



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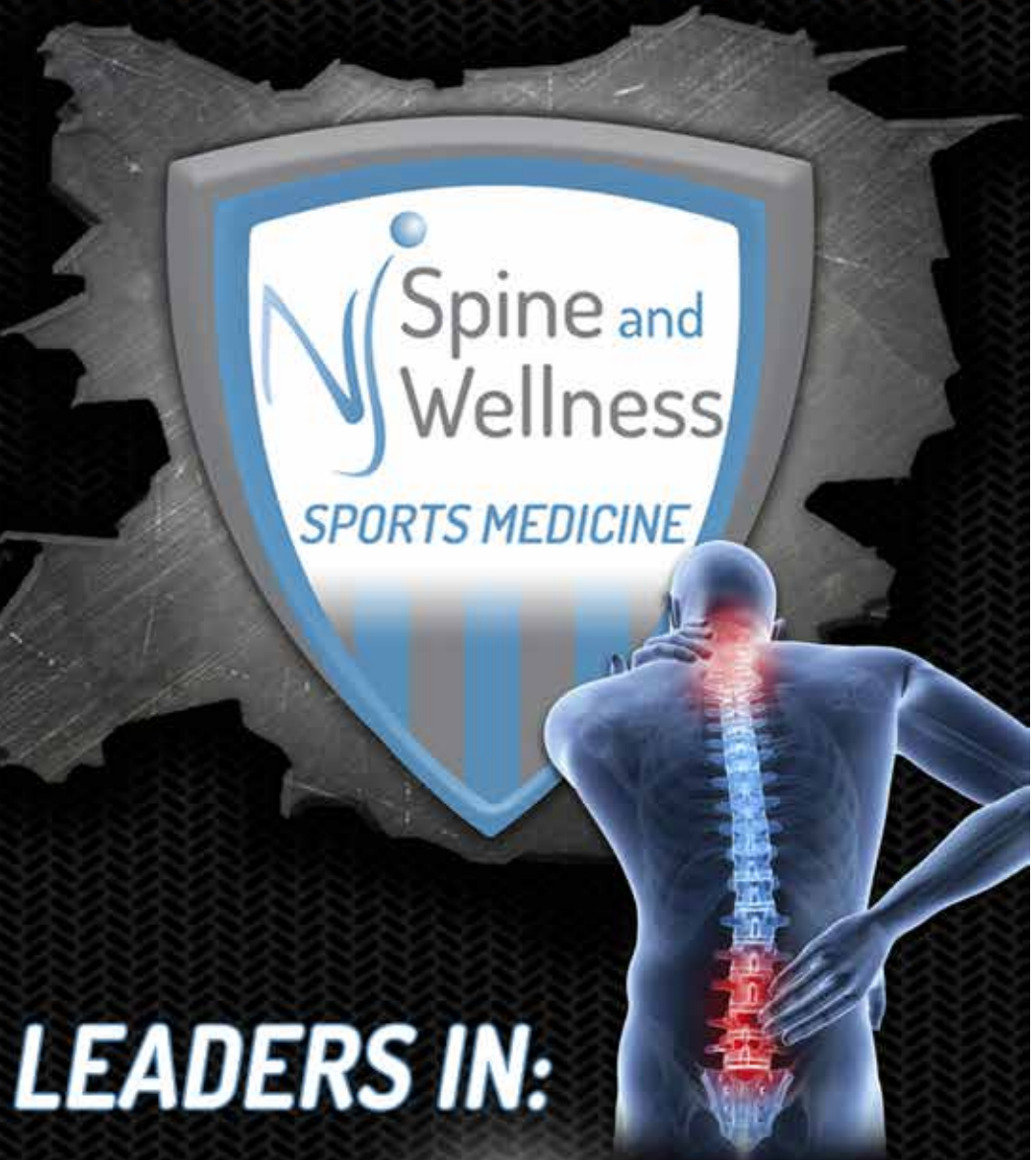
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How Can I Treat It?*

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

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



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The Forgotten Muscle: Diaphragm

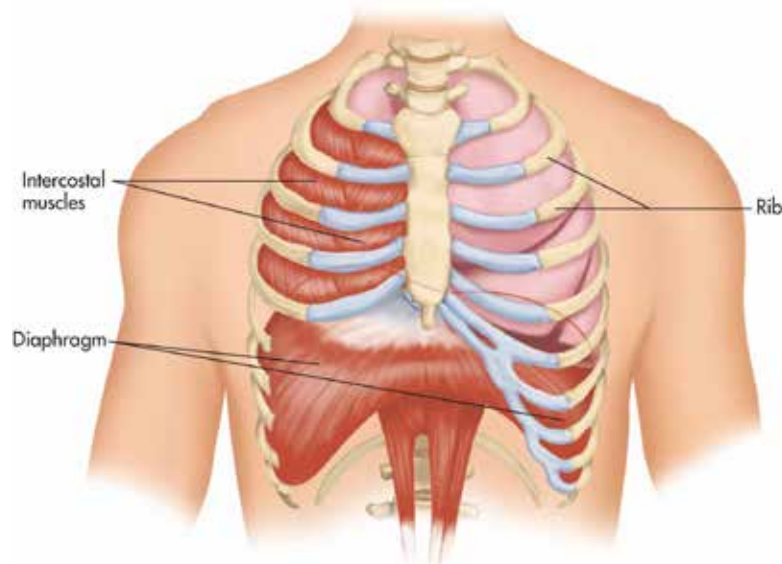
By: Aylin Mahmut, PT, DPT, MCMT

In school we all learned that the diaphragm is the primary muscle for inspiration. Due to its large dome shape, it kind of looks like a parachute that separates your chest cavity from your abdomen.

Proper breathing is very important due to its effects on blood flow to the tissue and the oxygenation. An efficient breathing pattern also creates stability for our body through the recoil of the ribcage and the change in intra-abdominal pressure.

Here is how breathing works: During inhalation, the diaphragm descends, increasing the volume of your chest to fill your lungs with oxygen. This is an active process meaning your body automatically activates your diaphragm. Exhalation is a passive process because when diaphragm just relaxes, it moves upwards, pushing all the carbon dioxide out of your lungs into the air. Sounds pretty simple right?!

Since diaphragm is a muscle, did you know it can also have trigger points that will prevent you from breathing in/out correctly? If your diaphragm has trigger points and cannot expand all the way to draw air into your lungs, that means you will have inadequate blood flow and oxygenation at the tissues, which can eventually cause tissue death. Since not breathing is not an option, your body will find ways to compensate. Your neck muscles will kick in to draw your rib cage upward so more oxygen can fill up your lungs, your low back muscles will pull your ribcage down to open it up so you can get adequate oxygen.



Breathing incorrectly will also affect your gut. Diaphragm sits on top of the kidneys, spleen, pancreas and large intestine and in front of low back muscles. A dysfunctional diaphragm and tight back muscles will also affect these organs and vice versa.

You become a chest breather when you are working so hard to take a breath in. In some cases, you may hear some wheezing or crackles.

How do you think you will perform at the gym or at your favorite sport? When your muscles demand more oxygen from your lungs, your chest even need to work harder to get oxygen. You will get tired easier, your form will be compensated, your skeletal muscles would be compensating for your respiratory muscles therefore your strength, endurance, speed and performance will be greatly affected.

Many athletes have an INHIBITED diaphragm that cannot function properly. Wondering what the solution is? First step is to assess your breathing pattern; are you chest or diaphragmatic breathing while at rest? Second step is to see what kind of a breather you are during activity. If you are a chest breather in one or both, then your third step is to release those trigger points that are preventing your diaphragm from functioning properly. Last and fourth step is the re-assessment to see if the problem is resolved or not.

WANTED

A LOVING FAMILY

By Pam Teel

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 years experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org.

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If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phones are answered during open doors hours or email: linda@animalassistance.org. Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am

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Senator Bob- large friendly male cat domestic shorthair- looking for a lap to lie on

Sweetie- female was found in an abandoned home- She was malnourished but is coming along fine. About 7 months old.

Chili- This little guy was rescued on the streets. Not even a year old. Super friendly

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Mr. Joe- adult beagle small male

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Tippy- super friendly and loves other dogs. Jack Russell mix adult male.

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YoYo



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Tippy



Stewart



Fun Facts for Dog Lovers

*Here are some fun and interesting facts about dogs.
See how much you know about man's best friend.
Did you know...?*

A dog's heart beats between 70 and 120 times a minute, compared with a human heart which beats 70 to 80 times a minute.

- According to the Guinness Book of World Records, the smallest dog on record was a Yorkshire Terrier in Great Britain who, at the age of 2, weighed just 4 ounces.
- An adult dog has 42 teeth.
- The only sweat glands a dog has are between the paw pads.
- A dog's sense of smell is more than 10,000 times stronger than that of a human's.
- Dogs were the first animals domesticated by people.
- Eighty percent of dog owners buy their dog a present for holidays and birthdays. More than half of them sign letters and cards from themselves and their pets.
- All dogs can be traced back 40 million years ago to a weasel-like animal called the Miacis, which dwelled in trees and dens. The Miacis later evolved into the Tomarctus, a direct forbearer of the genus Canis, which includes the wolf and jackal, as well as the dog.
- Dogs are mentioned 14 times in the Bible.
- Chocolate contains a substance known as theobromine (similar to caffeine) which can kill dogs, or at the very least, make them violently ill.



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Do Cats Get Lonely?

By: Ryan Lennox

Cats are animals mostly known for their independence, but just like humans, could even the most introverted cats get lonely? Scientists think that they can.

Pam Johnson-Bennett is a cat behavior consultant who has done a lot of research on whether cats get lonely, and apparently cats can get very lonely. Most loneliness stems from the owners taking frequent vacations, having long days at work, or even breaking their normal daily routine. Johnson-Bennett says that cats can show loneliness in a few ways, and none of them are particularly good for their health. "Changes in behavior, appetite, litterbox habits, or grooming could be signs that a cat is having trouble with too much time spent alone."

Dr. Carlo Siracusa, director of Animal Behavior Services at Penn Vet's Ryan Hospital, agrees with Johnson-Bennett's opinion. "If cats don't have the possibility to share spaces, proximity and time with their preferred buddies, they will get lonely." What this means is that if your cat is not exactly a social butterfly, then you are probably its friend. Therefore, spending too much time out of the house and away from the cat could make it quite upset.

When cats are left alone too long, they might start to act out of character. Their actions could range from tearing up furniture, to even using your bed and shoes as a litterbox out of spite. Cats can even become quite antisocial if left alone for too long.

Combating boredom is a task that can be easily accomplished if you are with your cat often, but becomes more of a challenge if you are frequently out of the house. For cats that are alone frequently, they often have to entertain themselves when they are not sleeping the day away. Simply leaving the television or radio on for them could give some ambient noise during the day, and can also help to control the anxiety animals have while left alone. Fun toys like cat towers, trees, and plush toys can not only entertain while you are home, but if left in an accessible location, can entertain your feline companion while you are out at work as well.

However, nothing really beats sitting down and spending time with your cat if it seems to be lonely.

If you have exhausted all options when it comes to toys, then the best option to combat your cat's boredom could be introducing another cat to the family. While cats and other felines are often alone in nature, they do enjoy having a companion, just like many other animals. If this option just does not fit your lifestyle, then spending some more time around the house and home with the cat could be the best option.



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Preventing Kennel Cough

According to the American Society for the Prevention of Cruelty to Animals, kennel cough is a term loosely used to describe a group of respiratory infections. These can be both viral and bacterial, and they generally cause inflammation of a dog's voice box and windpipe. Much like a chest cold in humans, it is a highly contagious infection that can spread quickly. Dogs that are in the company of other dogs frequently are at greatest risk, hence the term kennel cough. This is particularly true for dogs in enclosed or poorly ventilated areas.

PREVENTION & CAUSES Fortunately, preventing kennel cough is a relatively straightforward process. Making sure that your dog isn't exposed to the aforementioned conditions during any kennel stays is always best for both owner and dog. Vaccinations also are important for several of the agents known to be associated with kennel cough. Your veterinarian may suggest having your dog vaccinated to prevent them, especially if it will be around dogs in kennel environments.

SYMPTOMS What exactly are you looking for when it comes to identifying kennel cough? In most cases, dogs will appear healthy except for a persistent dry cough with that honking sound, according to the ASPCA, which also lists gagging, coughing up white phlegm, fever or nasal discharge as other symptoms. Your dog can catch kennel cough through direct or indirect contact. This can include germs on a food or water bowl.

TREATMENT There are many treatment options when it comes to taking care of kennel cough. In many cases, your veterinarian many advise you to let the infection run its course as long as your dog is eating and drinking enough, while also remaining in a well-ventilated, safe environment. An antibiotic that targets the Bordetella bacteria can be given to support the recovery process and kill the infection. Talk with your veterinarian about your options to make sure you're treating the issue in the most effective way possible.





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HOW TO FIX A SCREEN DOOR



These doors are generally made of aluminum and have one or two automatic closers attached to them. Over time, the automatic closer can get out of adjustment causing either the door to slam shut or worse, never close completely.

Fortunately, adjusting these doors is fairly simple. All that is required is a screwdriver.

First, open the door all the way. On the rod that connects the closer to the door, there is a small washer. If you move the washer against the closer, it will stay open in that position. If your door doesn't have this feature, just take a pair of locking pliers and clamp them to the rod next to the closer mechanism. This will serve the same purpose.

PIN POSITION

On the other side of the closer, where it attaches to the door, there is a small pin which holds the closer in one of three positions. Try moving that pin to the other positions and see if that helps. If it is still not perfect, just leave it in the position that works the best.

ADJUSTMENT

On the end of the closer barrel, there is a small adjustment screw. Turn the screw a quarter of a turn in either direction, and test the closer. If this makes the problem better, continue making small adjustments and testing after each adjustment. If the first test is worse, then turn it back a quarter turn in the opposite direction.

Continue making small adjustments and testing until the door closes completely without slamming shut. If your door has two closers, make the same adjustments on both.

Quick Home Upgrades Even You Can Do

REPLACE SHOWERHEAD

No one likes a trickily shower. If you have tried the vinegar trick to un-gunk yours, a new fixture with the pressure and flow you love is the solution you deserve. Grab an adjustable wrench, a roll of Teflon tape, plus your new showerhead and you'll be asking why you didn't do this sooner. You may want to visit your plumbing supply store as the quality is a bit better than the big box stores.

CUSTOMIZE CLOSET STORAGE

Sketch out a plan based on what you need for that particular closet. Long hanging? Shelving? Kid's room? Measure twice and write it down! Surf the web for improvement stores for wire or laminate closet components that you can easily install with a level and a drill. Make sure it can hold the weight you need.

REFRESH FRONT ENTRY

A new door hue is a fabulous way to give your home's exterior a punch of personality without much of an investment. Modern trends include soft pastels such as lavender or sky blue and energetic hues such as deep purple, turquoise, or lime green. Classic looks include bold black, rich red, or forest green.

Multigenerational Living

By the time people reach senior citizen status, they have likely cared for children, making sure they were safe, sound and healthy.

So when the time comes to consider late-in-life living situations, it's no wonder that their adult children are opening their homes to return the favor.



In 2011, national builder Lennar introduced its first Next Gen house geared for more than one generation. The company and many others now offer floor plans in hundreds of communities across the United States to meet an uptick in demand.

Space is the main feature of a home built specifically for multigenerational living. Generally, the main home has three or four bedrooms with an attached unit that has its own front entrance, kitchen, bedroom and bathroom.

An adjoining door is usually added so the house does not have to appear as two separate homes. Because, though fostering an accommodating environment is important in a multigenerational home, privacy can be just as paramount.

Multigenerational Living: By the Numbers

According to a Pew Research Center analysis, approximately 51 million Americans (16.7 percent of the population) live in a house with at least two adult generations – such as a grandparent and at least one other generation – under one roof.

The Pew analysis also reported a 10.5 percent increase in multigenerational households from 2007 to 2009.

A survey by national home builder PulteGroup found that 32 percent of adult children expect to eventually share their home with a parent.

Why the Growth?

A 2012 MetLife Mature Market Institute Survey put the average annual cost of a private nursing-home room at \$90,520, a semiprivate at \$81,030 and assisted living at \$42,600. Retirement shortcomings, high medical bills and other financial challenges can put these prices out of reach for many seniors.

Eliminate those costs and add the value associated with knowing that an elderly loved one is cared for by family members. That is the primary reason that so many people choose multigenerational living.

Multigenerational Home Plans



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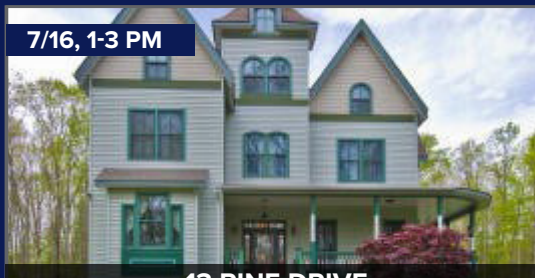
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MLS#7000318

182 Recklesstown Way, Chesterfield, NJ 08515
\$525,000 Agent: Rhonda Golub

4br, 3.5ba Colonial nestled in rural countryside, this home offers the conveniences of modern day living combined w/charm of yesteryear. Move in ready & stunningly upgraded estate home backing to persevered farmland & featuring a front porch w/ sunset views of walking path.



MLS#6994532

113 Arneytown-Hornerstown Rd., Allentown, NJ 08501
\$869,000 Agent: JoAnn Stewart

If you are looking for "that special place" and love the serenity of living on acreage in Cream Ridge, this is it! This 4 bedroom, 3 full bath and 2 half baths custom home on a private 8.35 Ac setting. Style & Tranquility awaits you here! Come take a look!



MLS#6957181

102 Compton Cir., Robbinsville, NJ 08691
\$609,500 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
\$609,999 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

A little slice of heaven right here in Chesterfield! 4br, 2.5ba custom built home w/beautiful decorative details. Bring the horses! 5 stall barn w/individual paddock access. Full bsmt, 3 car gar, fenced in backyard, beautiful frnt yard w/long winding driveway. A must see!!



MLS#6988808

11 Harness Way, Chesterfield, NJ 08515
\$489,000 AGENT: JoAnn Stewart

A perfect setting! 4 bedroom, 2.5 bath Orwell Model w/grand 2 story foyer, grmt kit, 2-story Fam Rm w/fireplace. Hardwood floors throughout is on a premium lot at the end of the Cul de sac backing to the woods. Come take a look at this up & coming area, and you will be SOLD!



MLS#6965345

60 Woodside Ave, East Windsor, NJ 08520
\$399,999 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
\$549,900 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#700351

17 Hamton Ct E, Robbinsville, NJ 08691
\$589,900 Agents: Cynthia Duvin

Welcome home to this beautifully renovated and updated 4 bedroom, 2.5 bath home in the desirable Sandlewood Development in Robbinsville Township. Kitchen with Stainless Steel appliances, tile and granite. All baths renovated. IG pool & hot tub. Newer roof, windows, heater & hot water heater. Finished basement.



MLS#6997273

24 Rock Run Rd., East Windsor, NJ 08520
\$383,000 Agent: JoAnn Stewart

This renovated 4 bedroom 2.5 bath Greenwich Model offers new wide plank hardwood floors, a 2-stry Fr w/Fireplace, 42" Kitchen cabinets w/granite, tile floors, SS appliances, 1st floor laundry room & 2-car garage. The convenient location makes this a desirable community to come home to.

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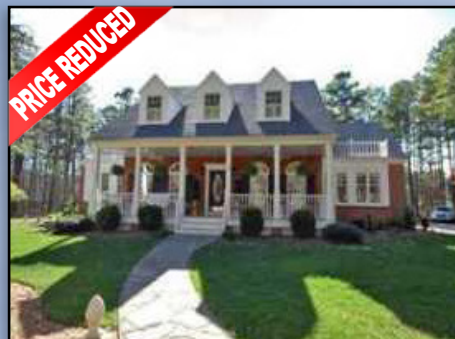


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5 Must-Have Make-up Tools

By Mia Ingui

With all of the latest beauty trends and huge, overwhelming makeup stores, how in the world can someone figure out what tools they should be using? With makeup and makeup application, it all comes down to personal preference. But, having insight on what tools are most effective can help you make your decision on what to use! These are five makeup tools that you should NOT be living without:

The Beauty Blender: The hot new tool makeup artists swear by. This sponge is the best way to apply concealer and liquid foundations flawlessly.



The Angled Blush Brush: The slant of those soft bristles? Wow! It fits perfectly under your cheekbones to contour without streaking.



The Allover Eye Shadow Brush: The flat brush head is great for sweeping shadow from lashes to brows.



The Eyeliner Brush: Although it's common to just use a pencil, using a brush to apply your eyeliner makes the application clean and foolproof! (Well, almost.)



The Kabuki Brush: Soft, plushy, and perfect for applying bronzer.



10 Ways to Shop Your Own Closet

By Stefanie Maglio

Many people enjoy shopping, but everyone loves getting a great deal when they go shopping. Specifically for clothing, everyone is always trying to stay up on the latest trends while still feeling comfortable. That's why it's so important to understand what you already have, determine what you may want or need, and then proceed from there. Here are some tips for shopping your own closet:

1. Shopping your own closet is a great way to stay within whatever budget you may have.
2. Shopping in a store is difficult when the clothes are unorganized. This same issue occurs in your own closet. Make sure to clean up your closet. This will make it easier to see what you do and do not have.
3. Try getting inspired! Window shopping is one way to do this, however make it even simpler by going on Pinterest and creating a board of clothing pieces and outfits that you like. You may even find similar items in your closet.
4. Take inventory and find out what you do or do not have. You may discover a dress or top you never even wore!
5. Get a second opinion and see what a friend thinks. They may give you that extra confidence boost that you may need.
6. If you happen to have some clothing items that you love but need adjustments, consider hiring a tailor or making a trip to the dry cleaners. This will definitely be cheaper than trying to purchase a whole new wardrobe.
7. Mix and match different pieces to create new outfits! Try something that maybe you normally wouldn't wear.
8. Layering different items may be a great option as well. This can help you to create new looks in addition to mixing and matching.
9. Spicing up your wardrobe may be as simple as accessorizing. Adding a scarf or a belt here or there could really help to make the perfect outfit look complete.
10. Make a list of anything that you don't have, and that you may want or need. This way next time you're at the mall you'll know exactly what to get and not waste any time or money.



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