

The Millstone Times™

Allentown Clarksburg East Windsor Hightstown Millstone Monroe Perrineville Upper Freehold Twin Rivers



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Lake Topanemus in Freehold
Photograph by: Neal Herstik

More Than Just
Millstone Township
News!

★ ★ VOTE ★ ★

PETE BONAFIDE

NOVEMBER 7TH
Millstone Township
Board of Education
CONCERN FOR
OUR COMMUNITY

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See page 19!

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Join J&L Amish Depot For A Grand Opening Celebration
10 a.m. - 4 p.m. Saturday, September 23, 2017
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www.TenderSmiles4Kids.com



**THE MILLSTONE TIMES
FAMILY TIMES
Monmouth County's ASK THE DOCTOR
The Greater Princeton Area ASK THE DOCTOR**

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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

INSIDE GUNTHER PUBLICATIONS:

Meet Stephanie Frederick, Graphic Designer

We're back with another edition of Inside Gunther Publications!

You may have read a great issue of the Family Times while looking for exciting new events to take the kids, or read an interesting health article written by a medical professional in The Greater Princeton Area Ask the Doctor. If these sound familiar to you, then you already know a bit about Gunther Publications!

With four print publications including The Millstone Times, Family Times, The Greater Princeton Area Ask the Doctor and Monmouth County's Ask the Doctor, our company targets community resources in the local market to help capture and develop new print advertising strategies.

As one of the leading independent publishers in New Jersey, our mission is to use the pages of each of our publications and free magazines as a "voice" to connect local businesses and charities with the families in their neighborhoods. We love to make a difference in our communities.

Every month, we'll be highlighting employees and clients of our company. You can get the latest scoop Inside Gunther Publications and learn more about what we do, why we do it and how much we love it!

In this "issue" of Inside Gunther Publications, we meet Stephanie Frederick, art director and graphic artist. We spoke to her about her design expertise, new projects and chasing your dreams. Read on!

Q: Tell us a little bit about yourself -where you're from, education, whatever you'd like to share!

Hi! My name is Stephanie, and I am "the girl behind the Mac." I have three kids, ages 7, 3, 10 months, and two big dogs. You can say that we have a full house! I love to craft and spend many sleepless nights browsing Pinterest for my next DIY idea.

Q: What is your current position at Gunther Publications? Give us a "day in the life" of your responsibilities!

I am the graphic artist at Gunther Publications and I am responsible for our four publications, Millstone Times, Family Times, Monmouth County's Ask the Doctor and The Greater Princeton Area Ask the Doctor.

One thing I love about my job is that no two days are ever the same. Most days I am busy designing our clients' next ad for an upcoming issue, but when deadline weeks approach you will find me laying out hundreds of pages of awesome advertisements and editorials.

Q: How do you connect with clients and customers utilizing your design skills?

I'd like to think that I bring the vision of our clients/sales reps to life. We have an

excellent foundation of teamwork here at Gunther ensuring that everyone is happy and everything is exactly to our clients wishes.

Q: Why do you enjoy working at Gunther Publications?

My favorite aspect of working for Gunther Publications is the work we do. I love designing ads, setting editorial and holding the magazines in my hands each month after print. I also am so lucky to have an in-home office and work while surround by the comfort of my family.

Q: What has been your favorite project so far?

My favorite project thus far has been an upcoming redesign of our categories in a few of our magazines. I am looking forward to seeing our little "face-lift" come alive.

Q: What advice do you have for young professionals trying to break into a similar role or industry?

To anyone entering the field of graphic design I would advise that you spend time teaching yourself all that you can before going to school. I attended a 4-year college and have my BA degree, but I truly feel that so much can be self-taught, with an endless amount of information at our fingertips. If you have a passion, chase it!





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**The attorneys of
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Family Law Group
can help you
navigate through
your divorce in the
most positive way
possible – through
collaboration.**

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?

A Collaborative Divorce is a strategic method wherein two married people, along with their lawyers, agree to deal with their divorce issues constructively, civilly, and with an open mind toward alternatives in settling those issues. The promise that each party makes to the other party is to stay out of court and to find resolutions that work for both parties, as well as the children. This is done as a team, with the help of a divorce coach and/or other professionals necessary to work towards a final settlement.

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

www.Stark-Stark.com

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Months Of: SEPTEMBER & OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 ASBURY PARK - Ovsterfest 	11 ATLANTIC CITY- Seafood Festival 	12 HOLMDEL- Sublime with Rome & The Offspring @ PNC Bank Arts Center 	13 TOMS RIVER- Cruisin' Downtown 	14 CAMDEN- Lauryn Hill & Nas at BB&T Pavilion 	15 FLEMINGTON- Central NJ Jazz Festival 	16 FREEHOLD - Latino Fest at Hall of Records 
17 PRINCETON JUNCTION- West Windsor Food Truck Festival 	18 LAKEWOOD- Lakewood Lions 36th Annual Renaissance Faire 	19 KENILWORTH- Bridal Show 	20 LAKEHURST- Elegant Bridal Show 	21 Ho-Ho-Kus- Oktoberfest at Ho-Ho-Kus Inn and Tavern 	22 TOMS RIVER- St Barbara Greek Festival 	23 JAMESBURG- Fall Fest 
24 ASBURY PARK- Asbury Park Fall Bazaar 	25 HOBOKEN- Hoboken Comedy Festival 	26 POINT PLEASANT BEACH- American Bride Bridal Show 	27 HARRISON- New York Red Bulls vs. D.C. United @ Red Bull Arena 	28 LIVINGSTON- Uncorked and Uncapped Wine, Beer, and Food Fest 	29 LIVINGSTON- Livingston Home and Lifestyle Show 	30 LAKE COMO DAY 
1 SEASIDE HEIGHTS- Oktoberfest 	2 KEARNY- Kearny Point Farmers Market 	3 NEW YORK Film Festival 	4 NEW YORK CITY- Pumpkin Patch Festival 	5 Scared in Jersey: The Legend of the Jersey Devil @ PNC Bank Arts Center 	6 SEASIDE HEIGHTS- Italian Street Festival 	7 MAPLE LEAF Farms Fall Fun Fest & Rodeo 
8 BRICK- JSAC Beach to Bay 5K Run/Walk 	9 HAMILTON- Hadelman Car and Truck Show 	10 RINGOES- Sheep & Fiber Festival 	<p>Keep Your Parents Busy!</p> 			

SPIRITUALLY SPEAKING SEPTEMBER GHOST WALK- A HAUNTINGLY GOOD TIME

On Saturday, September 30th, renowned Reiki Master and Psychic Medium Jeffrey Carpenter will be doing a ghost walk in Millstone Township and the nearby area. (Allentown, East Windsor, Cream Ridge, etc.)

Do you know of any homes in the area that are supposedly haunted or any other places frequented by the spirit world?

Are there strange unexplainable phenomenon happening right there in your own household or business like objects moving, things falling, shadows, unexplained voices?

Perhaps Jeff can find some answers for you!!!!

We would love to hear from you and hear your stories. Email us at: crescent671@gmail.com.

Mention ghost walk in the subject!



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MILLSTONE DAY

September 17, 2017

12:00 - 5:00 PM

7 Yellow Meeting House Road



Come celebrate with friends and neighbors at
this FREE Family Fun Event at Frogbridge!

Rodeo Show

By the Horsemen's Association of
Millstone. Enjoy a Meet & Greet with
Riders & Horses after the Show!



Home Run Derby

Basketball & Volleyball Tournament

Prizes for each division

Music & Food

PUMPKIN PATCH

Decorate your own at the Recreation Tent

Arts & Crafts



Bounce House, Obstacle Course & Bungee Trampoline
(\$5 for Inflatable area/bungee or \$8 for combo (All Day))

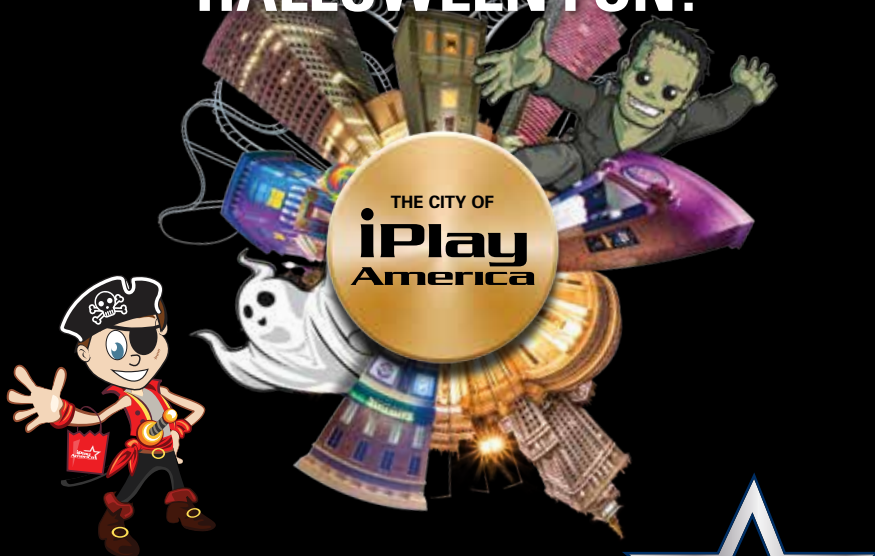
Free Activities—Mini-Golf, Paddle Boats, Swimming

Vendors and Groups with displays throughout camp.
(free giveaways, crafts, demonstrations and games.)

Contact Millstone Recreation if interested in becoming a vendor
or for more information. 732-917-2954

ULTIMATE

— HALLOWEEN FUN! —



SEPT 30 – OCT 31

Freehold, NJ

iPlayAmerica.com/Parties

**iPlay
America**
GET INSIDE THE FUN!

iPlay America is the ULTIMATE in Halloween Fun

This October, the City of iPlay America transforms for Halloween! All month long, starting September 30 through October 31, guests will experience a Halloween celebration unparalleled in Central New Jersey, featuring the Trick-or-Treat Trail, FREE live Magic Shows, kid's entertainment every weekend, spooktacular décor, photo opportunities with Danny iPlay in his "Super Danny" costume, FREE Halloween themed activities, great Halloween themed food and drink specials in Game Time Bar & Grill and so much MORE!

iPlay America is the ULTIMATE in Halloween FUN for everyone! On Friday, October 27 from 5 – 8 PM, everyone is invited to Trick-or-Treat Around the Park! It's the perfect night for guests to experience ALL the iPlay America Halloween FUN and festivities! Guests will be treated to a costume contest, photos with Super Danny, a dance party, prize raffles, BOGO pricing on ride passes and a Halloween Trick-or-Treat Around the Park that everyone will enjoy! Pre-registration required.

iPlay America's outdoor Pumpkin Patch is great fun for everyone and when families purchase admission for just \$5 per person, they get to choose their own pumpkin to decorate from our Decorating Station! Open every Saturday and Sunday from NOON to 4:45 PM, so remember to carve out some extra time to decorate pumpkins with your favorite punkins! Your favorite "haunt" in New Jersey is ready to give you all the thrills, chills, rides, games and attractions you love with a big helping of pure Halloween happiness! Have a HOWLING good time this October at iPlay America! It's the ULTIMATE in Halloween FUN for EVERYONE! For more information visit iPlayAmerica.com/Halloween.

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Celebrating A Milestone And A New Beginning

Help J&L Amish Depot celebrate its new store and anniversary with a Grand Opening and Harvest Festival 10 a.m. - 4 p.m. Saturday, Sept. 23 at J&L Amish Depot, 2611 Route 206 in Eastampton Township. The King family is hosting a festival for the community to celebrate 25 years in business and opening a new J&L Amish Depot to showcase their quality products. "This move represents another important milestone for my family and me, and we would like to invite all of our old friends and new neighbors to help us celebrate it," said owner Jake King.

During the free festival, there will be tours of the new store, which opened in early August, games, food and Amish crafts. Guests will have a chance to see live demonstrations from Amish builders, speak with them and see samples of their work. At the event, attendees will have a chance to win a handmade shed that will be built onsite during the festival. J&L Amish Depot's new custom-built store and 21-acre property on Route 206 in Eastampton will provide ample room to display the authentic, Amish-made indoor and outdoor furniture and structures that they offer. For information call 609-265-0298 or visit AmishDepot.com



J&L Amish Depot

Furniture • Structures • Woodwork

New Location Now Open
2611 Rt. 206
Eastampton, NJ



Join Us For A Grand Opening Celebration
10 a.m. - 4 p.m. Saturday, September 23, 2017
Enjoy Food, Live Demos, Amish Crafts and
A Chance To Win A Free Shed

(609) 265-8644 - AmishDepot.com

Did you know...

By Pam Teel

Did you know that there is a smaller sized replica of the Statue of Liberty in the middle of the Susquehanna River in Pennsylvania? Make sure you look towards the river while driving on Route 322 through the city of Dauphin to see the majestic replica of the Lady Liberty standing high up an abandoned railroad piling in the middle of the river. If you take route 322 towards State College, you'll pass close by the Susquehanna River at a stretch called Dauphin Narrows. She can easily be seen from both sides of the highway there. The lady Liberty stands a good 25 feet tall on top of the old piling. The water below is fast moving and treacherous but kayakers do come out to get a first hand view of the replica.



It's quite a spectacle to see, especially for those who are passing through and had no clue that it was even there. The town does not like to flaunt its treasure because it has caused many traffic back-ups on both sides of the highway with curious people pulling over to take pictures of it. It has even caused many minor accidents with people running into each other trying to get a glimpse.

In 1986, the Lady Liberty replica suddenly appeared out on the piling in the middle of the river. Though no one knew who erected it until a few years later, the first replica was built out of venetian blinds and plywood. A local lawyer and activist artist named Gene Stilp put together the first statue in his friend's garage and together, with 10 others, they snuck the lady over the river and managed to get her up on the old railroad bridge piling. Stilp built her as a tribute to the real Statue of Liberty's Centennial in the 1980's. Everything he did to get the lady across the river and up on the piling was considered illegal. This is why he kept quiet for so long about being the one behind the lady's miraculous appearance. After initially nothing but good reaction from the town, he finally confessed that it was he who was the creator.

There it stood for years, to the delight of motorists, until wind and weather finally toppled it over in the 1990s. The people in the area missed it so much that they raised over 25,000 dollars to have another one made. With the blessing of the town, Stilp and his team built a more durable replacement of wood, metal, and fiberglass. This time around, he had to do it legally, where he faced permit after permit before he could set it out there. A helicopter was used to put it into place because it was much heavier than the original. It was then latched onto the piling with strong cables to further secure it from wind and weather.

This patriotic example of folk art is always a passing pleasure even though at best you can manage a few seconds glimpse as you drive through Dauphin on Route 322, unless you're good enough to kayak through the treacherous waters in that stretch of the river.

The newer statue -- sturdier, taller, and eight times heavier -- has been able to hold her ground for since 1992. Watched over and protected by its creator and the townspeople, she'll hopefully continue to reign over the Susquehanna River and remind people that there's no greater place to live then the United States of America.

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CentraState helps teens to explore careers in health care through its Medical Explorers Program

CentraState Medical Center recently completed its second year of the Medical Explorers Program for 79 area high school students, in partnership with the Boy Scouts of America.

The community outreach program provides an opportunity to encourage young men and women to pursue a career in the health care field. Students explored up to 15 health care topics through interactive workshops provided by 34 experienced health care professionals at CentraState Medical Center.

In addition, CentraState was honored by the Boy Scouts of America Monmouth Council with the William H. Spurgeon III Award, which is the highest recognition for individuals and organizations contributing significant leadership to the Exploring program.

To learn more about the Medical Explorers Program at CentraState Medical Center, visit www.centrastate.com/volunteer/medical-explorers-program or call 866-CENTRA7.

CentraState Healthcare System is a nonprofit community health organization consisting of an acute-care hospital, a health and wellness campus, three senior living communities, a Family Medicine Residency Program, and a charitable foundation. CentraState's teaching program is sponsored by Rutgers Robert Wood Johnson Medical School.



Gathered for a group photo are some of the students from area high schools who completed the Medical Explorers Program at CentraState Medical Center.

CentraState Healthcare System

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4 For \$12

★ ★ **VOTE** ★ ★

PETE BONAFIDE

NOVEMBER 7TH

**Millstone Township
Board of Education**

***CONCERN FOR
OUR COMMUNITY***



HARVEST FEST

OCTOBER 14, 2017

12:30 – 3:30 PM

FALL
FUN

Face Art



PUMPKIN PATCH

Arts & Crafts

Displays

PETTING ZOO

Games

Hay Rides

FOOD

HISTORIC HOUSE TOUR

Musical entertainment provided by the students of Cornerstone Music

Free pumpkin and house tour with \$5 admission.

The Baird Homestead 24 Baird Road, Millstone, NJ

Friends of Millstone Historic Registered Properties

Millstone Twp Historic Commission & Millstone Twp Agricultural Council

www.mtfriendsofhistory.org

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FREE Parking - Festival held on South Main Street,
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Park in Allentown, NJ

For more information email us as:

ABCAofNJ@gmail.com

OCTOBER
14th & 15th
10am-5pm

Howell Farm - Mercer County's Best Day Trip for Family Fun This Fall

The history of Howell Farm is long and varied. Since farming began on this site in the 1730s, just about every type of farming situation has occurred here. The farm has evolved from a grain producing farm to a dairy farm and over the years various crops have been grown, animals raised, products produced, etc. The farm has gone through periods of family ownership and occupation and absentee owner/tenant farmer occupation.

Today the Farm exists in its rural setting as both an example of farming as it was practiced in New Jersey in the period 1890-1910 and as a landscape where one can find the remnants of over 250 years of farming practice and life. Today, you can find many, many animals on the farm. Sheep, pigs, roosters, horses and more. There is much to do and a lot of sites on the farm. There is a Blacksmith area, Corn crib, hen house and much more. The kids will love a day here! best of all the cost is FREE. For all info visit <http://www.howellfarm.org>

Howell Farm is a Time Machine

Howell Living History Farm is a time machine that takes you back to the year 1900 - a time when horses and buggies traveled the lanes of Pleasant Valley, and when farms were bordered by snake fences and Osage orange trees.

You were a farmer, then...the kind that could drive a team of horses and plow a furrow with a walking plow. You could build a barn, or deliver a lamb, or bake a loaf of bread from wheat that you grew yourself. And you may have been remembered for the time you canned 200 quarts of tomatoes in a day, or the May Day you went to town in a one-horse sleigh.

The years 1890-1910 were a pivotal decade that saw the beginnings of an exciting, sophisticated agricultural technology. Gasoline engines challenged the human arm - and the horse. Multi-row implements revolutionized cropping methods, doubling and tripling the average farmer's productivity.

The importance of this moment to the nation, and to the world, cannot be overestimated. Through the genius of forebears who mastered the art of farming, we are free today to pursue careers that add to a high level of living. We are challenged, at the same time, by the task of feeding less fortunate world neighbors.

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Today, if it is time to harvest corn, you can ride up into a field in a horse drawn wagon, help us shock and pick corn, and return to the barnyard to help shell it, grind it, and bake it into cornbread. We invite you to help us plant, cultivate and harvest our crops, to care for our animals, to sweep our barn, to make soap, butter and ice cream, and of course to sit under the maple tree and talk about the future. (The future looks good, by the way. There are rumors of "combines", horseless buggies and automatic ice cream makers.)

Stop by on Saturday. That's when most of the neighbors do.

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Let Me Shake Your Hand Kelly Tyers

By Susan Heckler

I recently put a note in The Millstone Times asking for candidates for our Let Me Shake Your Hand column. This column honors those who live or work in our sending area that really goes above and beyond to help and be a good person. Interestingly enough, I got an overwhelming response...for one person. Apparently Kelly Tyers is someone I need to meet.

In a recent conversation, after the initial shock of being our LMSYH candidate, Kelly very humbly said she felt very uncomfortable being in the spotlight as it isn't in her personality and she feels she is just part of a team. Her friends and neighbors tend to disagree!

Kelly said she is originally from Pemberton and has lived here for 22 years. She raised her four kids in Roosevelt and started working as a crossing guard. From there she went into the Department of Public Works, plowing and doing what needed to be done in that role. She became the Deputy Borough Clerk and OEM.

That sounds like enough for a busy person to take care of. But according to Shan Ellentuck, "Kelly really keeps an eye out for Roosevelt residents. Here's a perfect example:

She was plowing the streets after a big snowstorm this past winter, when she spied my 88-year-old husband shoveling the heavy snow from our driveway. Knowing better than to suggest that he put down that shovel (he wouldn't, of course), she rode a couple of blocks down to our son's house and warned HIM that his dad ought to be stopped before he had a heart attack. Believe me; I thanked her warmly for that!"

According to Jill Lipoti, a member of the borough council, "Kelly is on call 24/7. She is the one to respond when residents have brown water coming out of their tap. She is on the scene to let contractors into the sewage treatment plant if they have a delivery and our only licensed water/sewer operator is not yet on site. Kelly is on site for all of our elections, and we have a lot of them. Kelly coordinates all of the school crossing guards. Kelly is the first one to receive a call about vandalism in town. She is the first to get a call if there is a dog loose. Kelly handles all the calls from residents who want to put a shed in the back yard or some other home improvement, patiently telling them the hours when the building inspector is in town, and taking their number so he can give them a call to discuss the building codes. Kelly handles moving all the microphones, recording equipment, projection equipment, podium, etc. to move the Borough Council meetings from Borough Hall to the school if a larger space is needed, or if the Borough Hall has been closed for pest extermination. Kelly schedules all of the Borough Hall requests, from Tai Chi classes, Senior Citizen meetings, Environmental Commission meetings, Planning Board meetings, birthday parties, weddings, funerals, etc. Kelly drives the snow plow in winter." I actually shortened the list!

Nancy Warnick relayed, "Kelly is a borough employee, but only employed officially part time or as needed. Much of her time spent without recording it, therefore, much without payment - voluntarily on her own. She hasn't the time to bother keeping track; just time to make sure what has to be done gets done. She receives no benefits for herself, no pension, no health benefits. She is not a part of the big system, but a huge part of our small town making sure we are safe." In her email, Nancy elaborated on the good deeds and good cheer Kelly brings with her.

In this day and age when too much is about the ME in all of us, it is refreshing to hear someone who thinks as a WE and does what she can to improve everyone's quality of life. It is for this reason we extend a hand of Thank You!

Pick Your Own Apple Season Begins at Terhune Orchards

By: Susan Heckler

Our Van Kirk Road Orchard opens on Labor Day Weekend for pick-your-own apple season at Terhune Orchards, arriving just in time for the beginning of the school year. The Van Kirk orchard will be open every day for apple picking from 9 a.m. to 5 p.m., weather permitting, through October.

All of the trees in the 27- acre orchard are dwarf varieties which make them the perfect height to pick from for children and adults. The first apple varieties available for picking will be Jonamac and McIntosh. The beloved red, McIntosh is aromatic, cooks quickly and is easy to peel. Jonamac is perfect for packing lunches. With a thin skin it is a great way to get all the nutrition from an apple. They take just a few moments to cut into wedges for snack time at school or the office. They are also one of our favorites for making applesauce.

Throughout the season a dozen varieties will be available for pick-your-own at the Van Kirk orchard. Depending when you visit, you may find trees loaded with Empire, Fuji, Macoun, Granny Smith and Red and Golden Delicious. Be on the lookout for our customers' favorite apple, the Stayman Winesap. It is usually ready for picking in early October. Call the farm store at 609-924-2310 to find out which varieties are available on the day you plan to visit. Pick your own apples are sold by the pound.

On weekend days throughout the fall, enjoy a free wagon ride through the orchards, too. Once you've picked the perfect apples, stop in our farm store on Cold Soil Rd. for other freshly harvest vegetables from the farm, baked goods and freshly pressed apple cider. No visit to Terhune Orchards is complete without apple cider donuts!

At the home farm on Cold Soil Rd. we will celebrate our abundant apple harvest with Apple Days Fall Festival Weekends from September 16 through October 29. During these seven fall weekends, a full day of fun on the farm awaits the entire family.

Throughout the Pick Your Own Season you can pick:

- Early Fuji- eat this sweet, crisp apple right out of hand
- Empire- juicy, perfect for applesauce, pies, desserts
- Fuji- very sweet, crisp, fresh eating, long storage life
- Golden Delicious- sweet, pies, baking, freezing Granny Smith – tart,all-purpose
- Jonamac – peels easily, use in crisps and sauce
- Jonathan- crisp, mildly tart, great for pie
- Liberty- red skin, juicy flesh
- McIntosh- aromatic, cooks quickly, easy to peel
- Macoun- very crunchy, fresh eating, salads and sauces
- Red Delicious-sweet, juicy, low acidity
- Stayman Winesap- Our most popular apple,flavorful, tart, keeps well



Farm Hours – September Hours

Farm Store- Mon-Wed 9am-6pm daily

Pick your Own at Van Kirk Rd. Orchard, 9 am – 5 p.m.

Trenton Farmers Market- Thursday thru Saturday 9am -4:30pm

Winery –Fri., Sat & Sun, 12-6 p.m.

Terhune Orchards Homemade Applesauce

- 12 large apples Terhune Orchards
- Apple Cider

Instructions:

Core and quarter 12 large apples. Any kind of Terhune Orchards' apples make wonderful applesauce. You need not peel the apples. Cooking them with the skins on adds more trace vitamins to your applesauce. Place apples in a deep saucepan. Add enough Terhune Orchards Apple Cider to cover the bottom of the pan 1" or so. Cover the pan with a lid. Cook over medium heat until the apples are soft. Put the softened apples through the food mill or sieve. If you don't have either, peel the apples before cooking them and stir them vigorously once they are soft. If your sauce seems too watery, cook it down a bit; if it is too thick, add more cider. If you like, add a bit of ground cinnamon. This should make 2 quarts of delicious applesauce.

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Meet Your Neighbor: Mike Diehl

By Pam Teel

Mike Diehl is a young 90-year-old Millstone Township resident who now spends his days taking care of his eight acre Earth Friendly Organic Farm and Bed and Breakfast on Olde Noah Hunt Road. Born on a farm in Farmingdale, NJ, Mike is no stranger to hard work. Living in Monmouth County most of his life, Mike also spent some time in Ocean County where he attended Asbury Park High School.

Mike obtained a Masters in Education but didn't really find the calling to teach for the rest of his life, so he embarked down another road. He became a successful businessman. Mike was intrigued by the success of the three music stores that he knew of in Asbury Park and asked the advice of each of the storeowners. He told them that he wanted to open a music shop in Freehold. To his dismay, he got scoffed at and told that there was nothing in Freehold but potato farms, that he would be wasting his money. Mike didn't let that stop him. He decided to go through with opening his music store in Freehold in 1953.

He started out selling accordions and guitars. At that time there was no music program in any of the local schools, so he offered music lessons. His store was where people came to buy an instrument and to learn how to play that instrument. In 1960, a customer wanted to trade in a piano for an accordion and Mike let him. He had no idea what to do with the piano so he put it up for sale and was surprised how many people wanted to buy that one piano. This led to his purchasing many more pianos as the need for pianos just kept growing. Shortly after that, he realized that there was a serious shortage of piano tuners in the area so he hired a piano tuner from Toms River and had him teach others in his company the art of tuning a piano. Not only did he send out piano tuners to people's houses, he also added a piano moving service to his business.

Over the years, Freehold's population grew and potato farms were less and less. Mike kept on expanding his business. The Freehold Music Center on Route 9 in Freehold has thrived for over sixty years making it one of the most recognized Music stores in the area. Mike can also boast that he sold Bruce Springsteen his first guitar. Mike's son now runs the music store allowing Mike to spend more quality time on his property.

In the late 1970's, two teachers came in from West Minster Choir College and told Mike how badly they needed at least 35 pianos but that they had little money to purchase them. Mike, being the businessman that he was, worked out a deal with the Yamaha Piano Company. Mike was allowed to let the College use the piano's for a solid year. He wouldn't have to pay for them until the end of the year. At the end of the year, he sold the piano's to pay off his debt. Then he would get more pianos from Yamaha that he would again loan to the colleges for a small fee, and at the end of that year he would sell them to pay off his debt to Yamaha. Soon Mike found himself dealing with other colleges who too had little money for their music programs. Mike spent over 18 years working with Yamaha in supplying pianos to local colleges and institutions using this method. Only someone with an entrepreneur mind could have pulled that off and made some profit from it.

Mike moved to Millstone in 1988. The home he lives in now was built as a solar passive home, which utilizes warm temperatures from the greenhouses to heat the premises. There were over 1000 blueberry bushes already established and also many blackberry bushes. Mike reworked the land, had the blueberry bushes trimmed down to a proper yielding size and planted raspberries and strawberries in his fields. He grows his own organic garden in the summer months and is able to offer his B & B guests fresh organic meals.

Mike's farm is open for blueberry, blackberry, and raspberry picking and on days when no one is around, he has an honor system in place where people can pick their own and leave the money. His prices are very reasonable. You can fill up a white bucket, which is provided, for 10 dollars and half of one for 5 dollars. The blueberries are chemical free and organic and can be easily freezeed. Blueberry season is June through August, blackberries- August, and raspberries- August /September.

Mike and his partner in love and life, Roz Ressler, also run the home as a Bed and Breakfast. They have received guests from all over the world as well as many from the States. Roz helps him with the B & B and offers yoga and T'ai chi, to the guests. She also has a certification in reflexology and therapeutic foot massage. For more information, visit their website at www.earthfriendlyorganicfarm.com or call 609 259 9744.

Mike is also a certified Master Gardener. Even at his age, he oversees all of the gardening and plantings on the property. He has a fondness for daylilies and has a massive display of colored daylilies by his pond, as well as grapevines and wildflowers throughout the yard. Mike is a member of the United Presbyterian Church in Millstone.

Mike and Roz fell in love with Earth friendly farm because it was quiet and peaceful. Mike feels blessed to have spent the last fourteen years of his life doing what he loves best, communing with nature, watching the birds, planting his gardens, admiring his daylilies, and just enjoying life!

Berry picking- Mark your calendar for next year- 17 Olde Noah Hunt Road in Millstone.



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Women with Heart who Heal Hearts - After the Storm 316

By Susan Heckler

Throughout life, we all go through the good, the bad, the happy and the sad. Our personal rollercoaster ride takes us to the most wonderful highs...where you experience unbelievable euphoria, and without warning, the depths you never dreamed you can experience. Divorce, loss of a parent, loss of your sense of self, career change, loss of a child...any type of emotional upheaval that can leave you feeling alone, lost and without hope. No one can go through life without some bruising and scars.

How we handle these situations and what we do with that experience can make you or break you. Some choose to have their own personal pity party and claim the title of victim. Some wear their blemishes a little wiser, a little stronger and are a better person for it.

I recently met three wonderful women who have suffered their share of trauma and drama. Their personal stories do not need to be told here. Two sought help from strangers at Soulful Awakenings in Lake Como and left restored and bonded through friendship. Ellen, Jill and Shelley took the lessons they learned through their personal healing process and started their own support group After the Storm. These three ladies have been an inspiration to many women in the short 18 months since they began the journey.

After the Storm 316 is a judgment free support network for women in transition from what life throws at you that you feel you can't handle alone. They meet the 2nd Wednesday of the month at various locations in the Manalapan/Marlboro area. It is free and open to women only as they feel women can be more candid in a ladies only setting. Male Bashing is not allowed, it is all about moving forward in life.

At a meeting, you are given a monthly towel for your towel box. No, not a typo, this is their feminine version of a man's tool box. These towels are used to rebuild, reframe and reinforce your personal foundation...helping you self-love and restore confidence. These are rebuilding analogies to use as touch points and thinking points. When you start feeling yourself slip down, visualize one, touch one and think of the lesson it teaches you.



- Eraser - erase negative thoughts; cancel - stop and rewrite with a positive spin.
- Q-tip quit taking it personally - not necessarily about you.
- Happy face stickers - to remind you to smile.
- Bubbles- float away.
- Sandpaper- when someone wears you down think of it this way- they'll end up worn out and used up and you'll be polished like a diamond.
- Feather to put in your cap when you've done something you didn't think you could or were afraid to do.
- Penny- change has two sides- a good side heads up and a down side - tails.
- Look for the good in every changing situation.
- Mirror to remind yourself you are beautiful exactly as you are.
- Butterfly to remind yourself you will emerge more beautiful than before.
- Chocolate kisses- love yourself first.
- A circle - when you think you've come to the end it is really a new beginning again.
- A string with a knot in the end - when you think you've come to the end of your rope, tie a knot and swing.
- A crown to remember to keep you chins up, Princess, or your crown will slip!
- A key to remind you not to put the key to your happiness in someone else's pocket-remember to open as many new doors as possible!
- An obituary to remind you no one is guaranteed a tomorrow
- Scissors cut ties to past
- Coffee filter-shut mouth
- Envelope to keep reminders self-esteem file
- I am- board -strengths today
- Vision board of positive words
- Comb to untangle knots in your life
- Small box to pack your troubles away -
- Wildflowers to remind you to stop and smell the flowers
- Drinking straws - suck it up and move forward
- A packet of lemonade - to remind you when life hands you lemons to make lemonade
- Zippers
- Safety pins

I wish I had met these women years ago, thinking about my personal hurdles and how much easier it would have been to clear them. Friends and family may love you, but cannot relate to what you are going through. Strength comes with a helping hand, a willing shoulder and a towel box filled with affirmations of who you are and who you want to be.

If you need a little help or can even offer some, contact AfterTheStormHasPassed@gmail.com. Be one of the women with heart who can heal hearts.



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Meet The Family: The Mauros

By Pam Teel

Ashley Mauro came to Manalapan in 7th grade prior to living in Bergen County. She liked living in Manalapan, noting that it definitely was a change of pace from living in Bergen County. After attending Brookdale College and Kean University, she decided to take a job in Hackensack. Her first job entailed conference planning and she also got to travel for business at a young age, something she enjoyed doing. From there, she moved to Hoboken and was working in Manhattan at an advertising company, which is where she met the current VP of Marketing and Sales at iPlay America, in Freehold, NJ. (Her current employer) She first served the VP as a coordinator and sales rep across the country but after a few years, the sales bug got to her and she took on a role selling ad leads at a data base company. When she was in her twenties, she and her girlfriends lived it up by renting the same beach house for three straight years in Belmar; her way to escape the hot Manhattan summers.

She also met her husband Justin while living in Hoboken. They both had joined a coed softball league and literally met playing on the ball field. They married at the riverfront in Brielle in 2011.

When she and her husband Justin found out that they were going to have a baby, they decided to move back to this area. After outgrowing the home they were presently in, they just recently purchased a home in Jackson, NJ. This time around they weren't the only ones moving. They had two children and a few cats to go along with them. The transition of moving to their new home didn't come easy. Their whole basement had to be dug up because of a water problem and they needed to repaint and redo the floors, and not soon after they moved in, Ashley took the job at iPlay America. She had interviewed two years early but her children were still very young and she decided that the time just wasn't right.

Ashley now works as a Corporate & Sponsorship Sales Representative at iPlay America. She loves her work. She gets to sell- fun. She sells corporate parties, events, galas, fundraisers, team building outings, and more. She also gets to sell advertising, which she has extensive experience doing in past jobs. At iPlay America there are so many sponsorships available and her job is to get local businesses to advertise there. She also gets to work on vending events. She loves to work with all local vendors and she loves to get to know the community and local business owners. Ashley is a firm believer of supporting local business owners and in giving back to the community. She also supports, vets, those deployed, and animals in need. Each year instead of birthday gifts, the couple donates their money to different causes on behalf of their two children. Ashley believes that it is never too early to teach their children that giving is better than receiving.

Juggling two small children is chaos when you have a job. Ashley knows that first hand. Ashley's husband is a Director of Operations in a company called Data-Tele Contractors in Ridgely Park, NJ. Most times sleeping in is not an option between her husband leaving daily at 4:30 am and not coming home until 4:30 pm six days a week, and her working 9-6, with a few weekends thrown in here and there. Most often her schedule is hectic and crazy.

Her daughter, Giuliana Grace, will be five in November. She's a curly haired, blue eyed, wild child; a total free spirit according to her mom. She is attending kindergarten this year at Tadpole Village Preschool. Her favorite things to play with are trolls and princesses. Her new thing is yelling at Alexa to play the Trolls soundtrack as loud as it can. She also loves to dance but is still typically a shy person.

Ashley's son Cannon is 2 years old. Ashley adopted a soldier a few years ago when she was working in the city. He and his family were living in Portland, Oregon after his return from Kuwait. There is a place called Cannon there. The soldier named his son Cannon and Ashley and her husband just loved the name and decided to name their son in honor of their soldier friend. Cannon will start Tadpole in September.

Ashley also takes care of her four cats Winston, Millie, BooBoo, and Betty White. She loves the Golden Girls, can you tell, and Roseanne, and doesn't mind watching these shows over and over again!!!!

When Ashley tells people life is crazy- she means it, but she feels like this is where they are meant to be right now. Life is about finding the right balance and despite it all, Ashley seems to have found it no matter how hectic her life might seem at the moment!



Weekend Getaways As Picturesque As It Gets! Chester, NJ

Chester Township is located in Morris County with a total population of approximately 10,000 people. This includes the borough of Chester, which is the heart of the township. Located about forty miles from New York City, Chester is a quaint town with Victorian homes and palliated estates in the heart of the countryside. Focused on Community events, Chester holds multiple craft fairs, Victorian house tours, free gazebo concerts, and a weekly farmers market, among other events throughout the year.

The township got its name from "Chestershire" in England. The earliest settlers came to America and followed trails made by the Minisink Indians throughout the dense forests. These trails crossed an area called "alanatunk" which meant black earth. The area was first known to the settlers as Black River.

During the 1700's, Chester emerged as a hub of business activity due to two major roads that brought in many tired and hungry travelers. Soon taverns, Inns, and businesses began to spring up. Many apple orchards were planted that gave rise to a lot of distilleries in the area. Some of the old orchards still remain today. The fast moving stream that ran through Chester gave rise to watered powered grist and sawmills. The streams also served as power sources for early charcoal burning forges and furnaces used to process their mined iron ore deposits. The town also welcomed two large companies; the Sturzenegger Swiss Embroidery factory and the Davidson Handkerchief factory. During the 19th century, it became a popular haven for New Yorkers to escape the city with a bussling Main Street, places of worship, local taverns, and stores to frequent.

In the 1970's, Chester added a major retail shopping area featuring unique antique collectable shops. Throughout the 1990's the retail antique shops expanded. Now there are over 3 different shopping malls with over 80 shops to browse in, aside from the downtown Main Street shops. From the Black River Candy Shoppe to ImagiNations Boutique, more than 80 unique shops and restaurants reside in its historic quarters.

Strolling along on the brick sidewalks of downtown and admiring the preserved building facades along Main Street is a great weekend pastime. People find themselves drawn to the serenity of this picturesque countryside. The shops they frequent range from antiques to jewelry, crafts, gifts, Pet products, Candy and Ice cream shops, eateries, and more.

Favorite places to spend a lazy weekend in Chester include-

Alstede Farm- a large working farm with over 400 acres. Locally grown fruit and vegetables Homemade ice cream is available there and feed to purchase for the animals there. (84 County Route 513) is open daily from 9:00am to 8:00pm. Admission is \$5.00 per person, which includes a scenic hayride to the picking area. Children two and under are free. A great location for children, this stop includes a giant corn maze, pony rides and bounce house.

Hackleberry Farm Cider Mill- Enjoy delicious cider and apple cider doughnuts, cider hot dogs, pumpkins, tomato picking and more. (104 State Park Rd) they offer pick your own pumpkins, cider pressing demonstrations, homemade baked goods and a corn maze. Open Thursday through Sunday from 10:00am to 5:00pm.

Riamede Farm- apple picking in one of their four orchards, apple cider, and more. (122 Oakdale Road) was the first pick-your-own apple orchard in New Jersey when it opened its doors in 1974. "A peaceful, quiet old-time apple orchard with a pumpkin field out back," is the ideal setting for a quiet family day. Open daily 9:00am to 4:30pm. Hayrides are available on weekends only (\$1).

Streets of Chester Shopping Center- Fine shops like Plow and Hearth, Talbots, Gap, Ann Taylor, Justice, and the White house Black Market Store which carries a little bit of something for everyone.

Stony Hill Gardens and Farm Market- Fall pumpkin picking, wagon rides, corn mazes, vegetables, local honey, jams and more. (15 North Road)

The Nathan Cooper Gristmill- Enjoy a 45 minute tour of the gristmill where the master miller, dressed in period clothes, explains the history and operation of the mill. (66 State Rt. 24) watch the massive water wheel power shafts and gears that turn 2,000-pound millstones.

Places to eat in Chester are abundant. Some better known ones are the Old Mill Tavern, where you can get burgers and traditional American food, and the Publick House, which was built in 1810. This brick structure, in the heart of the town, first served as a hotel. It was once a stagecoach stop that offered food and lodging for people traveling between New York City and western Pa. 200 years later, it was fully restored and is still operating today as a hotel and restaurant.

Explore Chester's Landscape- Chester is home to several historic parks and fantastic hiking trails. This year, the township will once again host its Chester Hiking Series. With more than eight guided events, this program introduces different and underutilized trails throughout town. Participants must pre-register, but all events are free to the public.

A hidden treasure, **Willowood Arboretum** (Long View Road) showcases its beautiful floral gardens spring through fall. During the winter months, visitors can enjoy the evergreen and deciduous plants. This free park is open daily from 8:00am to dusk with special events planned throughout the year, including Mother's Day events and the annual Lilac Party.

Kay Environmental Center (200 Pottersville Rd) is home to a beautiful butterfly garden and hiking trails through meadows and woodland areas. Among the many habitats at the Kay Center is a hardwood forest with trails that follow along Black River.

Bamboo Brook Outdoor Education Center (Long View Road) offers walking trails, fields and various historic structures, most notably the Hutcheson House and its formal garden pool.

Additional parks include Chubb Park (Route 24), Tiger Brook Park (Cooper Lane), Evans Family Forest Preserve (Willow Drive), Highlands Ridge Park (County Highway 510), Mount Paul Memorial Park (Route 24) and Hacklebarney State Park (State Park Road).

Make sure you bring your camera!!



The Jewish Heritage Museum of Monmouth County presents a Film Shorts Festival

Sunday, September 17, 2017, at 2 p.m.

With shorts ranging from vintage to contemporary, serious as well as comedic, the screening will be followed by a discussion led by Seymour Levin, a board member of the Philadelphia Jewish Film Festival. Levin also founded The Kehillah of Chester County Summer Shorts film festival of Chester County, Pennsylvania (now in its fourth year). Admission is \$10 non-members, \$8 members, and students free.

The shorts to be presented include:

- Dear G-d Israel | 2014 | 13 min. (Directors: Guy Nattiv and Erez Tadmor) In this beautiful and poetic film, we witness life at the Western Wall through the eyes of Aaron, one of the site's security guards.
- Ave Maria USA, Israel | 2015 | 15 min. (Director: Basil Khalil) The silent routine of 5 Palestinian nuns in the West Bank wilderness is disrupted when a family of Israeli settlers knock on their door after crashing into the convent's wall. Together they come up with an unorthodox plan to get them home.
- Salomea's Nose USA | 2014 | 22 min. (Director: Susan Korda) Salomea remembers the day her brothers disfigured her and themselves for life. Their mother called it The Day of Tragedy, and blamed it on fate, though fate and tragedy have a different meaning by the end of her tale.
- The Funeral UK | 2013 | 10 min. (Directors: Phil Montgomery and Alex Quinn) Arnold Cowan is not a religious man. He does not believe in any of "that nonsense," which is a bit of a problem, because his son wants a proper bar mitzvah.
- West Bank Story USA | 2005 | 21 min. (Director: Ari Sandel) This Oscar-winning musical comedy is set in the fast-paced, fast-food world of competing falafel stands in the West Bank.
- Broken Branches Israel | 2014 | 25 min. (Director: Ayala Sharot) Michal Rechter was only 14 when she left her home in Poland and traveled to Palestine by herself on the eve of the Second World War. Her family was supposed to join her the following year, but when the war broke, everything changed. Michal's memories come to life in this colorful animation.
- The Tailor USA | 2011 | 6 min. (Director: Gordon Greenberg) Culture and confusion meet on a Brooklyn street.

For more information or to make a paid reservation (non-refundable), call the Museum at 732-252-6990, or visit www.jhmomc.org. The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive Freehold, NJ, at the corner of Route 537 and Wemrock Road (between the CentraState Medical Center and Freehold Raceway Mall). It is on the second floor of the historic Levi Solomon Barn. The JHMOMC is a tax-exempt organization under Section 501 (c) (3) of the Internal Revenue Code. The Museum is handicapped and assisted-listening accessible.

The Logic of Catchphrases & Slogans

By: Pam Teel

Listed below are some slogans that became household catch phrases. How many of us can remember these catchy slogans that in some way became a part of our everyday vocabulary some 40 plus years later. Here are ten slogans that are still used today thanks to the clever minds of the advertising agencies.

1. Try It! You'll like It!

This 1971 Alka-Seltzer was one of the first created by the then-new Wells, Rich, Greene advertising agency. The tag phrase soon took on a life of its own (how many mothers used it to convince their picky eaters to eat their broccoli?) and helped to get the commercial elected to the Clio Awards.

2. I Can't Believe I Ate the Whole Thing

A year after their "Try it, you'll like it" triumph, Wells, Rich, Greene came up with another memorable phrase to promote Alka-Seltzer: "I can't believe I ate the whole thing." The line, moaned in the TV spot by poor, miserable Ralph to his sleepy wife, came to copywriter Howie Cohen after overindulging at a dinner party. How many times have you been guilty of saying this?

3. Calgon, Take Me Away!

Softer bath water apparently was the key to washing away the daily stress of traffic, screaming kids, barking dogs, and cranky husbands. The original Calgon bath powder was just a slightly different version of the softening agent sold for laundry use (the product name is a portmanteau of Calcium Gone), but later the line was expanded to include foaming milk baths and scented salts. How many times before you stepped foot in your bath did you murmur these words? I know I did.

4. You're Soaking In It

"Dishpan hands" were the bane of every homemaker's life before automatic dishwashers became standard kitchen equipment. Many brands, such as Vel and Ivory Liquid, boasted that their lack of "harsh chemicals" was gentler on hands than other soaps, but Palmolive took it a step further and positioned their dish soap on the same level as pricey moisturizers. Take it from Madge, the all-knowing manicurist: That pretty green stuff softens your hands while you scrub pots and pans.

5. It's Not Nice to Fool Mother Nature

One of the longest-running and still enduring feuds has to be butter versus margarine. Today, the argument mainly breaks down into a nutritional trans-fat, polyunsaturated technical-type debate. But back in the early 1970s, consumers cared more that their margarine-of-choice tasted like the butter and it was 33 percent less expensive.

6. How Do You Spell Relief?

The "relief" sought here was for acid indigestion, and Roloids was the remedy. The minty antacids lost a lot of market share after H2 blockers (such as Pepcid AC) began selling over the counter, so the company recently resurrected their catchiest slogan in a series of commercials featuring Food Network chef Guy Fieri.

7. Where's The Beef?

Retired manicurist-turned-character actress Clara Peller was hard of hearing, which is why she happened to bellow her famous line like a foghorn. A year after filming her first Wendy's commercial, Peller filmed an ad for Prego pasta sauce, wherein she announced she'd "finally found it" (i.e. the beef). The hamburger chain terminated her contract, leaving Peller (who apparently didn't thoroughly understand the "non-compete" clause she'd signed) to gripe, "I've made them millions, and they don't appreciate me."

ROCK FOR RICH

3rd Annual Musical Tribute

By Pam Teel

Four years ago, at just fifty-six years old, Richard Baylor lost his life to Sarcoidosis, a multi system disease that causes inflammation of the body's tissues. Rich suffered with sarcoidosis of the lungs and sadly lost his fight with the disease after developing pneumonia. His early passing was devastating for his wife, twins, Trevor and Kerianne, and son Andrew.

With each passing year, family and friends have been hosting "Rock for Rich," a musical tribute to a special man who loved music and loved jamming with his friends. Rich played his guitar in several local bands and also wrote music. The night is always full of love and laughter and memories and music carried on by Rich's old band members and his children. Friends and relatives join in the tribute remembering the life of a man that they knew and loved, a man who passed away too soon. In June, The Baylor's also celebrate "Ride for Rich." Rich loved surfing and water sports, and in 2013, family and friends started gathering together at the beach to remember Rich and share stories, remembering his love for his family, and his love for the ocean.

Rich was first diagnosed in 2006 with interstitial lung disease; a group of lung diseases affecting the tissue and space around the air sacs of the lungs. In sarcoidosis, the immune system doesn't function properly and lymphocytes become overactive. These overactive lymphocytes release chemicals, which cause masses of inflamed tissue to form in various organs in the body. Inflammation of the organs can occur in almost any part of the body although lungs are affected in over 90 percent of people with the disease.

The cause for sarcoidosis is unknown. One third of the patients will experience non-specific symptoms such as fever, fatigue, weight loss night sweats, and an overall feeling of sickness. Symptoms generally depend on which organs the disease affects. In some cases sarcoidosis will go away on its own, but in other cases, the disease is chronic and life threatening, as was in the case with Rich, who went through many surgeries and therapies throughout the years, but his body kept beating him down.

As a tribute to her husband, Marian Baylor and her children will host the third Rock for Rich Musical Event in his honor at the Millstone Elks Club, 22 Burnt Tavern Road, on Friday, September 22nd, at 7:00 pm. All are welcome to join in the festivities. Come and hear the amazing music and talent! Money raised will be used for educational scholarships, sarcoidosis awareness, and youth and mission church projects. Significant donations were made to Mt. Sinai Sarcoidosis Research Foundation in NY, College Scholarships and their APC Mission projects. (All donated in Rich's name.)

Rich's wife, with the support of many dedicated and supportive friends, coordinate the event so all can enjoy a night of singing, dancing, memories and friendships. Together they have raised over \$4000. The Baylor Family is grateful to the many who have contributed over the years, not only the musicians and singers, but the many local business and vendors who supply donations of food and gifts for the event. She would all like to thank all those who attend the Rock for Rich event each and every year. Come on out, bring a friend and join the Baylor Family this year!!!!

To learn more about sarcoidosis, go to FSR Foundation for Sarcoidosis Research www.stopsarcoidosis.org Donations can be mailed to: Richard R. Baylor Foundation P.O. Box 67 Millstone Twp, NJ 08535-0067



The Millstone Times PHOTOS OF THE MONTH

By Pam Teel

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.

Thank you to those people who love to share your photos with others. Please keep them coming!



The Mighty Lion, was sent in by Alex Ostrow of Monroe on a recent visit to Turtle Back Zoo in West Orange, NJ. Turtle Back Zoo is part of the South Mountain Recreation Complex. It is situated on 20 acres and part of the Essex County Park System, the oldest county park system in the United States. Founded in 1963, the zoo was originally a showcase for animals indigenous to New Jersey, but currently features species from every continent except Antarctica. As of 2012, it houses approximately 700 animals, including several hundred birds in a free-flight aviary. The zoo is open year-round.

This month we would like to share some photos from around the area:



"Women with pink swimming caps" was taken by Caryn Alter when she and her husband went to see her sister-in-law participating in a triathlon at Mercer County Park. Caryn was struck by the sea of pink caps in the lake.

Richard J. Coffee Mercer County Park is a recreational park located mostly within West Windsor in Mercer County, New Jersey. More commonly known as simply Mercer County Park, it encompasses over 2,500 acres covering much of southern West Windsor, with portions extending into adjacent Hamilton and Lawrence. Mercer Lake, located within the park, is the home for the US Olympic Rowing Team's training center. The National Softball Association honored the Mercer County Park Commission with its "Outstanding Parks Award" for the softball fields and facilities in Mercer County Park. It has served as the home field for the New Jersey Pride of the Major League Lacrosse for one game in 2004, 2005 and 2006. It's picturesque with many activities and festivities going on year round. On a given day you can see bikers and runners on paved trails, hikers on dirt trails, people canoeing, kayaking, and peddle boating on the lake, kids playing on playground equipment, dogs getting exercise in the dog park, sport teams playing softball and baseball, tennis, dragon boat team competitions, family barbeques, ice skaters and more. If you haven't visited the park, it's a short drive away.



"Sun setting through trees"- after a long day watching neighbors baling hay, Dianna Jankos from Millstone Township sent this photo in.

Young Entrepreneur Sets Out On His Own To Create 3rd and Nevins Watches

By Pam Teel

Robert Banjany, from Jackson, NJ, started working on Wall Street at sixteen years old. He would work the entire summer and once he graduated College, he began his full time career. He learned a lot about money, big business, and the how-to's of running a business while working as an equity trader at a Broker Dealer.

Still, in the back of his mind, he wanted more. So he decided to put his knowledge to the test and start his own company. He spent a lot of time thinking about product idea and thought why not start a line of watches. He always had a passion for watches and accessories. First, he researched and learned the industry, then learned exactly what it would take to get the business going. His goal was to build something from the ground up so one day he could pass his business on to his family.

Robert designed the entire watch from scratch and then had an overseas manufacturer deliver prototypes to him of his design. He went back and forth with them until he felt the prototype was just right. He wanted to create an affordable watch with a chic design that one could wear while dressed up or casual. By removing the middleman and selling direct to the customer, he was able to sell a high quality watch (unisex watches-316L stainless steel, Swiss movement with date function, Sapphire Crystal, easy to change interchangeable Italian leather straps and stainless steel mesh straps).

The watches start at \$135.00 as compared to similar watches by well-known watch companies that sell for \$800.00 to \$1,000. Robert wanted to come up with a name for his company that would reference his family and their old world values. The name 3rd and Nevins comes from the street where his family was from in Brooklyn, NY. Their Brooklyn heritage goes way back. The name represents hard work, ambition, family, and high quality craftsmanship. Robert wants his watches to signify old world charm with a modern flare. His company offers a high quality watch at a fraction of a price while cutting out the middleman.

Right now there is one model in a number of color combos. Robert's goal is to expand into multiple designs over the next year and then add other accessories and product lines in the future.

You can find out more about 3rd and Nevins Watches by going to: <https://www.facebook.com/3rdandnevins>

<https://www.3rdandnevins.com/>



The Millstone Township PTO & PTSA are gearing up for the 3rd annual **MILLSTONE COLOR RUN** on Saturday, October 7, 2017!

Get ready to run through clouds of color! The Millstone Township PTO & PTSA are gearing up for the third annual Millstone Township Color A Thon on Saturday, October 7, 2017! The event will once again take place at the Millstone Township Middle School located at 5 Dawson Court. Participants can walk, run or jog at their own pace through the race route. But be prepared to get Color-blasted with lots of safe, eco-friendly, powdered dye at every zone along the way. "I loved watching my children, their classmates, teachers, administrators and members of the community run through clouds of Color," said event Co-Chair Christina Baldino. "Everyone had so much fun together and that's what it's all about."

"It was the best fundraiser we ever attended," said Millstone resident Tara Trimarche. "It was so much fun and it's something the whole family can do together!"

Participants lined up behind a giant inflatable archway at the starting point and then raced through a course mapped out by Mr. Joseph Muni, the Middle School Athletic Director. "Part of the terrain is the middle school cross country course and part of it is a very scenic route through the woods," said Muni. "The course proves to be a lot of fun during the cross-country season and has proven to be just as exciting for the Color A Thon." "Last year more than 300 participants took part in this great family event that promotes exercise and this year we hope to have even more families join in the fun," said event Co-Chair Kristin Schloss. "My two boys think it's awesome to be covered in color - they don't even realize they are doing something healthy too!"



After the race, participants will jam out to fun music at the After Blast Party! There will be a count down to when everyone rips open their color packets to share a blast of color with family, friends and everyone around! And back by popular demand is DJ "DP" from the Harlem Wizards. "The after blast part was my favorite part," said event Co-Chair Juli Hilbert. "The DJ really added an extra layer of excitement to our event and we are so happy to have DP back."

Students will receive a pledge packet when school starts where they will get a chance to earn tons of free prizes to use on race day! Non-Millstone students and members of the community will have the opportunity to register online at <http://shop.schoolathon.org/EventIndex.asp?EID=186831> then enter group ID: 120627. Participants may also sign up on the morning of the race. The early entry fee is \$30.00. "This is not only a great opportunity to support the children of Millstone Township but it's also a great opportunity to advertise your business," said event Co-Chair Natalie Biello. Super Star event sponsors include Cobra Power Systems in Millstone Township, Knob Hill Golf Club in Manalapan and Sportika Sports in Manalapan. There are many other sponsorship opportunities available which include DJ shout outs and prominent signage along the course, as well as family sponsorships. For more

information regarding sponsorship please contact Biello at natalie.biello@gmail.com

All of the proceeds from the event will go directly to the students in grades PreK-8 of the Millstone Township School District. The Millstone Township PTO and PTSA are 501(c) (3) organizations that operate independently from the school district. All donations are tax-deductible to the extent allowed by law.

For more information about the Millstone Township Color A Thon please contact Christina Baldino at christinabaldino@gmail.com or Kristin Schloss at kristin@castlecpa.com



Young Entrepreneur Sharing His Passions

By Pam Teel

Matthew Singer, a Millstone resident, graduated from Allentown High School recently and is heading off to Lynn University in Florida for the start of the fall semester. Matthew is an aspiring videographer, editor, and photographer who is branching out with his own business venture making videos for small businesses and promo videos. He also makes videos on you tube, Instagram and for people's websites. To date, Matthew has done videos for car meets in Englishtown, sweet 16 parties, and videos for small businesses, social events, and sporting events. Matthews business is called M\$-Media. He is trying to create his own lifestyle as an artist and at the same time be different from everyone else. His motto is Live your Life, Create your Dream, Lite through the Lens.

Matthew is a fun loving, positive thinker with an outgoing personality. He developed an interest with the video camera at an early age. He enjoys going out and shooting different subject matters. He took some classes in high school doing film and photography and was inspired by his dad, who is in Audio Visual Production. Matt's goal is to try to share his passion as an artist around the world on instagram and at the same time marketing himself by selling as much merchandise of his brand as he can. Matt has Tee shirts for sale and other items.

Matt likes connecting to people and is willing to share his knowledge and experience with them. He is excited about starting a new adventure going away to college and he is excited about expanding his business as a videographer and photographer.

If you are interested in Matt's filming and editing, something for you, an event, a business promo, whatever it may be, you can reach Matt at: Instagram: ms_media_ or phone him at: 609 495- 5844.



The Greater Princeton Area

Ask The DOCTOR

Celebrates its First Year

By Susan Heckler

Birthdays are always a special occasion at any age. First birthdays are particularly memorable.

One year ago, Cami Gunther, owner and publisher, had an inspiration based on the wonderful outcome of her first Health & Wellness venture, the Monmouth County's Ask the Doctor magazine. That inspiration gave birth to her second fledgling ATD publication; The Greater Princeton Area Ask The Doctor.

Our little family of publications has grown to 4 now. Affectionately known as PATD, the youngest prodigy has had an easy time growing, and flourishing under the tutelage of its more experienced, almost 3-year-old Monmouth version. No sibling rivalry in this family!

We hope you keep reading and enjoying, we love to hear from you!



The Perfect Day Planner Storm King Art Center

Storm King Art Center, commonly referred to as Storm King and named after its proximity to Storm King Mountain, is an open-air museum located in Mountainville, New York.



Widely celebrated as one of the world's leading sculpture parks, Storm King Art Center has welcomed visitors from across the globe for over fifty years. Located only one hour north of New York City, in the lower Hudson Valley, its 500 acres of rolling hills, woodlands, and fields of native grasses and wildflowers provide the setting for a collection of more than 100 carefully sited sculptures created by some of the most acclaimed artists of our time.

Storm King's founders, H. Peter Stern and Ralph E. Ogden, commissioned the late landscape architect William A. Rutherford to develop Storm King's 500 acres. Underscoring the inherent natural beauty of the region, the design is a subtle pastoral landscape, including vistas, hills, meadows, ponds, stands of trees, allées, and walking paths, scaled to embrace both small- and large-scale works of art in a variety of mediums.

Storm King Art Center's dramatic landscape includes farmed fields, allées, natural woodlands, lawns, native grasses, wetlands, and water. As Storm King has grown, its landscape has been gradually altered to accommodate and enhance the collection, frame vistas, and encourage movement through the site.

Dominated by native plant species, Storm King's hallmark open fields boast 100 acres of native grass meadows and hay fields whose sweeping forms contrast with areas of mown turf. These zones of tall vegetation encourage an abundance of wildlife and provide a rich mosaic of colors and textures in a broadly sculptural landscape.

Picnics are only permitted in the designated areas located adjacent to the North and South parking areas. Tables, trash and recycling cans are located in both the North and South picnic areas. The Storm King Café is located in the North picnic area. Blankets may be spread on the lawn in both picnic areas as long as they are set

up away from the sculptures. The picnic areas are a leisurely 10-15 minute walk from the Visitor Center or East parking with much to see and enjoy along the way.

Trams run continuously throughout the day starting at 11am and ending about 90 minutes before the grounds close. On weekdays trams leave every hour on the hour. On weekends, trams run every 20 or 30 minutes.

David Smith: The White Sculptures

May 13 through November 12, 2017

Outlooks: Heather Hart

May 13 through November 26, 2017

Storm King complements its permanent installation of sculpture with a variety of special exhibitions. These may comprise large-scale sculptures sited in outdoor galleries defined by sky and landscape, or smaller works and supporting materials shown in the Museum Building. Exhibitions include both works from Storm King's permanent collection and loans from artists, private collectors, galleries, and museums.



**STORM KING
ART CENTER**



Extended Summer Hours:
May 26–September 2
Open until 8pm Friday & Saturday
September 4–October 31
Wednesday–Monday (closed Tuesday)
10am–5:30pm
Early Weekends
September 2–October 29
Open at 9am Sat & Sun
November
Wednesday–Sunday
10am–4:30pm
Storm King is closed on Thanksgiving Day.

ADMISSION

\$18 – Adults
\$15 – Seniors (65+ with valid ID)
\$ 8 – Ages 5–18 and Students (with valid ID)
Free – Children under 4 and Members

DIRECTIONS

Storm King Art Center is located in the town of Cornwall, NY. For GPS purposes use:
1 Museum Road
New Windsor, NY 12553



Upper Freehold/Allentown Alliance To Prevent Substance Abuse “Spreading Awareness to Families”

By Pam Teel

There are some good people out there who totally devote their time and knowledge helping to spread awareness and educate people about substance abuse. Their mission is to serve as the official coordinating body for the planning, awareness, and education, of substance abuse prevention efforts on Alcohol, Tobacco, and all other drugs.

Formed in 1990, the Upper Freehold /Allentown Alliance were tasked with addressing the problems of substance abuse in their communities by providing a variety of educational and prevention services. They do this by developing alcohol and other drug abuse programs, promoting community awareness, and by providing information and referral services to residents and their families. The Alliance members are dedicated to promoting safe, healthy, and responsible lifestyles through community partnerships, campaigns, and educational programs for all the residents of Upper Freehold Township and the Allentown Borough.

The Upper Freehold/ Allentown Alliance sponsors the following programs to address the federal strategies for substance abuse prevention:

- Alliance Coordinator
- Count on Me program- developed for #3rd grade children
- Forest Friends Program- developed for 1st graders
- Community Awareness- Resources and Educational services.
- Alcohol awareness/ fatal vision program- developed for 7th graders.
- Peer Proof Program- developed for 6th and 8th graders.
- Safe homes/host liability campaign

Alliance Coordinator, Debbie Minnick, a Certified Alcohol and Drug Counselor (CADC), and a Certified Criminal Justice Professional (CCJP), sat down with me to discuss some of the programs the Alliance offers to their community.

One such program is called Parents Who Host, Lose the Most. This is a national campaign taking place right now in most communities. The message to parents is not to serve or allow alcohol use to anyone under the age of 21. The campaign is being spearheaded by the Alliance whose members include parents, police, student assistance coordinators, community organizers, and residents. Alcohol is the leading drug problem among young people. Youth who begin drinking before the age of 15 are five times more likely to develop alcohol dependence or abuse alcohol later in life. It has been reported that 31 percent of youth obtain alcohol from their parents while another 21 percent say they get it from another adult. The Alliance has partnered with Villa Roma in Allentown and the Upper Freehold Regional School District to encourage parents not to serve alcohol to anyone under 21. Students from Allentown's Life Science Program are working on their job skills by making pizza boxes at the restaurant and placing over 500 host liability stickers on pizza boxes to help remind parents of the host liability laws. The Alliance matches grant money they receive to run all of their programs. The money not covered is raised through their successful fundraising events.

Another event is the Daddy/ Daughter Dance held every year in Allentown. This past dance, there were over 250 participants. Sadly, some people had to be turned away. Local businesses helped out with gifts and door prizes. Pledge cards were handed out to the parents that included the New Jersey Law of serving underage children. Parents were encouraged to sign the pledge card, which stated that they encourage youth to be substance free by hosting drug and alcohol free parties for them, by not allowing their children or their friends to possess or consume alcohol, tobacco, or other drugs on their property, and to discourage their children from attending unsupervised parties.

The Alliance Car and Bike Show- (Two separate events) Bike Night usually takes place at the Roost Restaurant in Creamridge in June. All makes and models are welcome. There is music, food, beverages, door prizes, judging awards, and more. There is no entry fee but donations are accepted. These donations are used to help host the many events the Alliance Program offers. The Car show is also sometime in June. This past year there were over 100 cool cars in attendance!

The Mother and Son Bonding through Bowling event at Knob Hill Bowling Alley in

Manalapan occurs sometime toward the end of February. There were over 100 bowlers who participated and filled out a Parents Who Host, Lose the Most pledge card.

The Alliance also hosts the Parent Education Night where prosecutors, Substance Abuse Counselors, and other speakers come out to talk to the parents about drug related issues.

The Alliance also participates in Red Ribbon Day. This is a tribute to Enrique Camarena, who became a part of the Drug Enforcement agency in 1974. Enrique was tortured and killed by violent drug members at the young age of 37 after coming close to exposing a major drug trafficking operation in Mexico. Kiki gave his life in the fight against drugs, and the public wanted to do something to remember the ultimate sacrifice that he paid. Red Ribbon Week started in 1985 in Kiki's hometown of Calexico, California, and soon gained momentum across California and then the rest of the country. The event was formalized in 1988 when President and Mrs. Reagan served as the Red Ribbon Week honorary chairperson. People wear red ribbons pledging to stay away from drugs.

Members, such as Debbie, go to schools and give presentations to the classes throughout the year. Every year, Debbie addresses all of the seventh grade classes in the Alliance community to discuss the effects of certain drugs such as prescription drugs, and others addicting drugs.

The Alliance has a table at the Allentown street fair every year, so stop by and pick up some brochures. For information about meeting times, dates, and location of meetings, go to: www.ufaalliance.org.

Debbie Minnick is available 24/7 to help those in need. She can be reached at 609 758-7738 ext. 230. Sherry Wright is the Alliance's fundraising chairperson. One of her jobs is to go to the businesses in the area to collect donations and door prizes for their events. Sherry won the Volunteer of the Year Award for the Governor's Council on Alcoholism and Drug Abuse last year. Bob O'Hare is the Chairperson and Craig Moon is other Vice-chair. The Alliance secretary is Maryann Frisbee.

Other helpful phone numbers: Narcotics anonymous- 1800 992-0401, Alcohol Anonymous- 1800 992- 0401, NJ Substance abuse hotline- 1-800 238- 2333

THE NJ LAW:

IF SERVING AN UNDERAGE PERSON ALCOHOL RESULTS IN INJURY, THE ADULT FOUND RESPONSIBLE MAY BE CHARGED WITH ENDANGERING THE WELFARE OF A CHILD, SUBJECT TO A FINE OF UP TO \$15,000 AND FIVE YEARS IN STATE PRISON.

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FASCINATING FACTS ABOUT THE HUMAN BODY

1. Boys have fewer taste buds on the surface of their tongues than girls do.
2. Over the course of just one day, our blood 'runs' the distance of 19,312 kilometers.
3. The rate at which a person's hair grows doubles during an airplane flight.
4. The average person consumes about 35 tons of food during his or her life.
5. Teeth are the only part of the human body which cannot heal themselves.
6. Ingrown toenails are hereditary.
7. If one identical twin lacks a certain tooth, the other twin will not have that tooth either.
8. There are more than 100 different viruses which cause a cold.
9. You can lose 150 calories per hour if you hit your head against the wall.
10. Every day, the human body loses about one million skin cells — that amounts to 2 kilos every year.

6 "PILLARS" OF A SIMPLE ESTATE PLAN

1. Healthcare Directive
2. Power of Attorney
3. Beneficiary Designation
4. Will
5. Personal Letter
6. A List of Digital Passwords

1. A **HEALTH CARE DIRECTIVE** ("Living Will") names an agent to make decisions regarding medical procedures (i.e. authorizing an operation) or termination of life ("pulling the plug") where the agent has decided continuation of life has no value.
2. A **POWER OF ATTORNEY** authorizes an agent to perform all financial matters. A "durable Power of Attorney" is effective upon signing so when a person becomes physically or mentally incapacitated, then the agent can act immediately on their behalf without Court approval or supervision.
3. A **BENEFICIARY DESIGNATION** is used for life insurance, pensions, 401Ks, and some bank accounts. It accelerates the transfer to the beneficiary without Court approval or supervision.
4. A **WILL** ("Last Will and Testament") provides for the transfer of a decedent's assets that are titled in the decedent's name alone. A Will does not refer to assets held jointly or an asset that has a beneficiary designation.
5. A **PERSONAL LETTER** to loved ones can provide some warmth and comfort to the survivors. Rather than using lawyer language, it usually involves conversational language where a parent, grandparent, or other person to discuss their life, their goals, their accomplishments, and their hopes for their beneficiaries, or other loves ones. In some cases, it may explain why some parents divide their assets among their children equally. Others may provide more for those children who are in greater financial need, or less for children who have "disappointed" their parents with their path in life, their career, or their spouse.
6. A **LIST** of Digital Passwords is vital if you use a computer for email, banking, shopping, etc. If your family or Executor cannot access these accounts, it will cause much difficulty for your Executor to perform the tasks that need to be done!

If you own a business, you may need additional documents. Each month my column will include valuable information that suits your individual needs and concerns. Estate Planning once focused upon the "death tax". With higher exemptions or a possible elimination of Inheritance or Estate tax Life and Estate planning now focuses upon income tax savings opportunities. More next Month!

**CALL NOW to schedule an appointment with
IRA S. KARLSTEIN at (732) 414-2898.**

SEPTEMBER IS HEALTHY AGING MONTH

Tips for Reinventing Yourself And Aging Healthy & Happy

Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older. Think it's too late to "reinvent" yourself?

Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive Director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, or hobby. Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older.

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe they will help you think outside the box:

1. Be **positive** in your conversations and your actions every day. When you catch yourself complaining, change your inner voice and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
2. Have negative friends who complain all of the time? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
3. How's your **smile**? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
4. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
5. Find your inner passion and do it! Take a music class or art class!



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To discuss fostering the dignity and fulfillment that we provide for our residents, contact Artis Senior Living of Princeton Junction at

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Memory Screening: On Friday, September 15, by appointment (between 10 and 12) take this opportunity to get a 15-minute memory screening, consisting of a series of questions and/or tasks to test memory, language skills, thinking ability and other intellectual functions. The results review is confidential. Provided by Princeton Healthcare System. Please register in advance to make an appointment. Limited appointments available. (Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.)

Stay Heart Healthy: On Wednesday, September 20, at 1:30 p.m., join us for an informative session with helpful tips and reminders on how to get heart healthy and stay that way. Recognize warning signs and learn what to do if you need help. Provided by Robert Wood Johnson University Hospital. Please register.

LivWell Series: On Monday, September 25, at 10:30 a.m., the LivWell Mind, Body & Spirit Series continues, in conjunction with Saswati Chakraborty, Case Mgr., from Monroe Village at Village Point. This month, the focus is: STANDING TALL; DON'T FALL. In honor of National Fall Prevention Awareness Day (which is the first day of Fall) discover why core strength and posture can affect your balance. A mini balance test and fall risk assessment will be available as you learn effective exercises to improve your posture as well as "fall proofing" your living space. Please register in advance.

LAUGHS, LYRICS, & LECTURES

Mike & Ted Present: On Wednesday, September 13, at 2 p.m., Michael and Ted, from WWFM's "The Classical Network" examine the life and career of Alan Jay Lerner and Frederick Loewe, who wrote several stage musicals together: Brigadoon, Paint Your Wagon, Camelot, and My Fair Lady. Please register in advance.

Jerome Kern: On Thursday, September 14, at 1:30 p.m., Dr. Karen Zumbrunn returns to present the music of Jerome Kern, from "The Way You Look Tonight" to "Pick Yourself Up. Please register in advance.

On-the-Range Luncheon: On Friday, September 15, at Noon, join us back "home-on-the-range" as we serve up some good old classics: hot dogs, coleslaw, baked beans, and a campfire treat. Space limited for this special venue. Tickets: \$5 p.p., due upon registering in-person, in advance.

Legends of Country Music: On Friday, September 15, at 1:30 p.m., David DeLuca brings his barn-storming square dance of classic country/western songs, of the 1950's and 1960's, to life during this special, musical performance. DeLuca features songs made famous by: Johnny Cash, Loretta Lynn, Patsy Cline, Willie Nelson, and more. Please register in advance.

The Professor and the Madman: On Monday, September 18, and Tuesday September 19, both at 1:30 p.m., Julian Davis returns to provide this two-part lecture where he tells the riveting and suspenseful tale of murder, insanity, and the making of The Oxford English Dictionary. When registering in advance, you will be automatically enrolled in both lecture dates.

Movie Oldies: On Thursday, September 21, at 1:30 p.m., enjoy Anne Hathaway in THE DEVIL WEARS PRADA. Then, on Friday, September 22, at 1 p.m., Collin Firth stars in THE KING'S SPEECH. Please be sure to register in advance.

Karaoke with Rick: On Monday, September 25, at 2 p.m., bring out your "inner ham" and enjoy singing along, Karaoke-style, during this fun and entertaining afternoon. Please register in advance.

This is My Country: On Tuesday, September 26, at 2 p.m., join Joel and Francine as they celebrate America with this uplifting show with music by Irving Berlin, Lee Greenwood, Woody Guthrie, Elton John, the Armed Forces, and more. Please register.

Classic Songs, Part II: On Wednesday, September 27, at 1:30 p.m., Gordon James highlights more songs from classic movies of the 1930's through the 1970's. From A Star is Born to The Graduate (and everything in-between) enjoy interesting movie tidbits along with their familiar songs. Please register in advance.

World War II: On Thursday, September 28, at 2 p.m., we welcome Paul E. Zigo, Director of the NJ-based World War II Era Studies Institute, as he discusses the 20th Century's Most Significant Event and its impact on history. Please register in advance.

LET'S GET PHYSICAL

Beginners Tai Chi: Starting on Monday, September 25, at 11:15 a.m., join Siobhan for this 6-session workshop as you learn the various movements of T'ai Chi Chih, either standing or sitting. No kicking; no punching. Just gentle moves that help improve balance and decrease blood pressure. Beginners, and past students, are welcome to attend! (No Class: 10/9; Last Class: 11/6). Course fee: \$35 p.p.—due upon registering in-person, in advance.

ARTISTICALLY SPEAKING

Introduction to Digital Photography: On Thursday, September 14, at 10:30 a.m., Vince Minkler, from the Monroe Photography Club, provides an informative slide-illustrated talk on digital photography: exposure and shutter speed, depth of field, lenses, and post-processing, such as Photoshop. Please register in advance.

Art of the Masters: On Friday, September 15, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Rembrandt van Rijn. Then, 16 participants, with a PROJECT COUPON (available upon request when registering in-person) will create a personal masterpiece in the artist's style using Gouache paints. Lecture only? Please call to register. Space limited.

Leonardo DaVinci: On Monday, September 18, at 10:30 a.m., join Maurice Mahler, Art Historian, as he explores the only portrait by Leonardo DaVinci that is hanging in the National Gallery in Washington. Learn who the model was and why it's considered a National treasure. Please register in advance.

Soft Pastels Workshop Demo: On Tuesday, September 19, at 10 a.m., join Shelly Wish, local artist, as he shares his passion for sketching and soft pastels during this introductory session. After the demo, please feel free to register for the upcoming Pastels Art Class that begins on October 3. (More info about the class in the October issue). Please register in advance for this demo.

Paper Crafts Demo: On Tuesday, September 26, at 10 a.m., discover the art of paper crafts with Barbara Schwartz and Samantha Budney, owners of PaperTrailsNJ. Ideal for both beginners and pros, watch as they demonstrate some of their most popular crafting techniques during this special demo. Space limited. Please register in advance.

CENTER TRANSPORTATION

Transportation to and from the Senior Center is a FREE service available to ALL Senior members/residents during regular business hours. Please be sure to advise us of your transportation need when registering for Center activities, as soon as possible, and include your name, address, community, and phone number. If you need to cancel your reservation for any reason, please let us know immediately, noting the original purpose of your transportation need (i.e. program, appointment, etc.) Also, please feel free to call the Office in the morning for all other transportation requests.



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Monmouth County Senior Art Show Winners Recognized

The Monmouth County Board of Chosen Freeholders, the Monmouth County Office on Aging and Monmouth Arts produced the 2017 Senior Art Contest and Exhibition and invited all Monmouth County senior citizens to participate in the juried competition. The Art Show Awards Ceremony & Reception held recently at the Monmouth County Library Headquarters on Symmes Drive.

Director Lillian G. Burry, liaison to the Monmouth County Library System, Freeholder Serena DiMaso, and Freeholder Deputy Director John P. Curley, liaison to the Monmouth County Division on Aging, Disabilities and Veterans Services, were on hand to present the awards along with

One hundred participants submitted artwork to ten categories that included acrylic, craft, digital, drawing, mixed media, oil, pastel, photography, sculpture and watercolor.

Winners in each of the categories received first-, second-, third-place and honorable-mention ribbons. Winning Best in Show were Lois Wilkes of Middletown in the professional category for her photograph “Sisters,” and Jasmine Smith of Allentown in the nonprofessional category for her craft entitled “Winter Robin in Blizzard of 2016.” All other winners and categories are listed below.

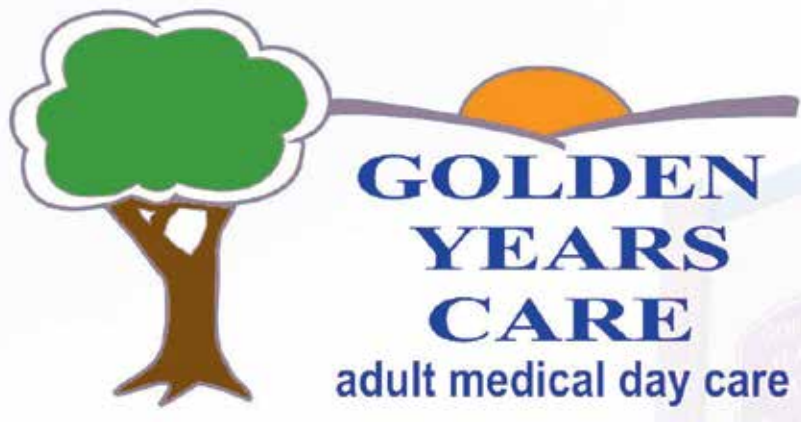
“With one hundred participants, it is incredible to see the creativity and variety among our artists,” said Curley. “These senior citizens are remarkable and I can’t wait to see what next year brings.”

First-place winners from each of the seven categories were on display through August 30 in Manalapan and will be on display at the 51st annual New Jersey Senior Citizen Art Show, to be held at the Meadow Lakes community in East Windsor, NJ from Sept. 18 through Oct. 20.

For information about the Division on Aging, Disabilities and its other event and activities, stop by the County’s office at 3000 Kozloski in Freehold or call 732-431-7450.



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Ways to Help Your Loved One Transition to Assisted Living

Is your loved one getting ready to move into an assisted living community? That can be a difficult time emotionally, both, for the senior and the family members. How can you help make it easier for your parent or relative so that they actually look forward to the transition into their new home?

Here are some useful tips:

Make the new room a familiar setting: We all have our favorite items that remind us of home. Walking into a bare room could make your loved one take an instant dislike to their new home in the assisted living community. Make sure you prepare the room ahead of time to make it seem as much like home as possible.

Help staff deliver more personalized care: Take the time to share your loved one's likes and dislikes as well as routine with the staff at the assisted living community. Having this knowledge ahead of time will allow staff to deliver better, more personalized care and help your senior settle in comfortably.

Work ahead of time with staff on an emotional care plan: Your loved one is likely to experience anxiety and a waning sense of self-esteem when moving into an assisted living community. Trained staff is good at managing those emotional needs but they need to be made aware of your senior's specific needs, so do this before you move your loved one into their new home. A well-thought out plan will work nicely towards helping seniors adapt to the new environment and establish their sense of identity.

Create a communications calendar: Your loved one may or may not ask the question, but you can be sure they are wondering how often they will see you and other family members, how often you will call them, if and when can they visit you, and so on. Come up with a calendar and display it where they can see it easily.

Don't show your own anxiety: It's easy for your loved one's anxiety to become more intense when they sense that you are anxious too. Even though it is not rational, it is normal to feel somewhat guilty when leaving your loved one for the first time.

Remember, you felt like that on your child's first day at kindergarten too! Know that you are doing the right thing and exit with an energetic, enthusiastic smile that will make your loved one feel more relaxed.



Treat Yourself... to a Little Luxury Lace Silhouettes Lingerie



KAREN THOMPSON
Founder
Lace Silhouettes Lingerie

When temperatures begin to change, that means it's time to refresh your wardrobe! Set time aside during the busy back to school season to stop in to Lace Silhouettes Lingerie in Peddler's Village where your own personal shopper will help you select your new favorite undergarments and pajamas for the new season ahead.

No wardrobe is complete without a properly-fitted bra. A fitter favorite, the Chantelle Révèle Moi Perfect Fit Underwire Bra is the pillar of everyday comfort and support. Sheer mesh panels at the top of the cups helps contain the breast, while creating the look of less bra on the body. This bra is so lightweight you'll feel like you're not even wearing it. An ultimate luxury to have in your top drawer.

While summer comes to an end, the season of the bralette is here to stay. Cosabella's soft lace and comfortable fit will exceed your expectations. Allover scallop edge lace trim lies gently on skin and proudly made in Italy. Bralettes are easy to pack and effortless to wear on your weekend getaways or just to hang around the house in! Make it matching set with our favorite thong from Cosabella. Shop our rainbow of colors to suit your every mood.

Looking for the perfect pajamas during this transitional weather? P.J. Salvage has the perfect pajama wardrobe for every warm day and every chilly evening. Shop our large assortment of long-sleeve tops, tank tops, nightshirts, boxer shorts, and long pants. You are to find your new favorite pajamas here.

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Exfoliate and Hydrate

Heat and humidity can obviously cause a lot of sweat to build up on your face and body, which makes your skin look dry and dull. Using an exfoliating face mask once a week will clear your skin of dead skin cells and bring some natural brightness back to your face. After exfoliating, you should always moisturize with something very hydrating. While a nice tan is something everyone wants during the summer, sitting in the sun for so many hours will quickly dry out your skin. Start getting in the habit of moisturizing your face and body now before the dry skin appears again in winter.

Your skin isn't the only thing that will need the extra moisture after sitting in the sun; your hair will need a little help too! By this time, after swimming in the ocean and chlorine pools, your hair will start to feel very dry and brittle. Getting a good trim will automatically make your hair feel lighter and much softer, but you can also go the more DIY way with a hair mask. Just like any face mask, a hair mask, like one with avocado and honey, will hydrate your locks, making it softer and healthier.

Start swapping out bright/pastel colors, for darker, cooler colors

Going from summer to fall requires a lot of swapping out of routines and products, which also applies to makeup. During the summer, when everyone is getting bronzy, we tend to use a much more vibrant color palette when doing our makeup. The brighter colors pop on the now darker tone of our skin, but moving into fall, as the skin lightens again, it is time to switch back to darker colors. Darker lip and eye colors, such as deeper golds and maroons, coordinate with the season (and the leaves) changing as well as complement the skin better. The Pantone Fall 2017 colors for this upcoming fall learn more towards "warm" and less towards the typical neutrals that you normally associate with the season. Two of the Fall 2017 colors are a very deep purple and a navy blue that reads almost black.

From dewy to matte

Not only will you most likely need to switch out the shade of your foundation for the fall, but also the finish of it. In the summer, most people use a much more sheer, dewy finish foundation or BB Cream, however, in the fall and winter months, a more matte finish is better.



Pamper Yourself with Epsom Salt

by Erin Mumby

Pedicure — Combine 1/2 cup Epsom salt and warm soapy water, then soak your feet for 5 minutes to soften skin. Remove nail polish, push back cuticles, then cut and file your nails. Soak an additional 5 minutes in a warm Epsom salt bath for super soft feet.

Hair volumizer — Combine equal parts conditioner and Epsom salt. Work the mixture through your hair and leave for 20 minutes. The result? Hair full of va-va-voom and volume!

Facial scrub — This is one of my favorite Epsom salt uses. Mix 1/2 tsp of Epsom salt with your favorite cleanser; massage into skin using small circles to give your pores a deep-cleaning. Rinse your face with cool water, pat dry. This is one of the most refreshing Epsom salt uses!

Relax — Create the perfect detox bath salts! Add two cups of Epsom salt to your very-warm bath water and soak for 15 minutes. You can purchase Epsom salt with lavender or eucalyptus for an extra-soothing bath experience. Be careful when standing up, you'll find that you are VERY relaxed after your Epsom salt bath.

Detox Bath Salts - This simple bath salts recipe will relax and soothe your body.

Sea salt texturizing hair spray — Combine 1 cup of hot water, 2 tablespoons Epsom salt, 1 teaspoon aloe vera gel and 1/2 tsp conditioner in a spray bottle. Spray salt mixture into hair and scrunch hair with your hand for pretty beachy-waves.

Body scrub — After showering, massage handfuls of Epsom salt over wet skin to exfoliate the body. Get a spa treatment at home! Get more facial scrub recipes here.

Exfoliation — For exfoliation, mix 2 cups of Epsom salt with 1/4 cup of petroleum jelly and a few drops of lavender essential oil. Gently massage into dry patches for smoother skin.

Sore muscles and arthritis — If your muscles or joints ache, an Epsom salt bath is a great way to find relief. Add 2 cups of Epsom salt to your very-warm bath water, agitate the water with your hands to dissolve it then soak for 15 minutes.

Bedtime bath for kids — Add one cup of Epsom salt to your kids' evening bath to help them sleep more peacefully.

Acne — Epsom salt has antibacterial, antifungal and antiviral properties making it a fantastic natural treatment for acne.

Blackhead removal — Mix a teaspoon of Epsom salt, 3 drops iodine and half a cup of boiling water. Dab this solution to your blackheads with a cotton ball to help naturally extract them.

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GREAT TIPS FOR *Outstanding* MAKEUP

By Aleena McIlvaine

*T*here is no right or wrong way to express yourself with makeup. When you spend the time to actually do it, you want to look as beautiful as possible for as long as possible. Whether you're a professional makeup artist or just someone that likes to experiment, these are a few tips and tricks will help create a flawless look that will last all day.

Eyes

- Sweep a shadow that's about the same shade as your skin, all over the lid and up to the brow bone. Putting this shadow first will set the cream base and give a smooth transition from skin to color.
- For the sharpest eyeliner wings possible, use a small piece of tape that goes from the corner of your eye, out to the tail of your brow. Not only will this insure they are sharp and smooth, it also guarantees that they are even.
- If you are using very pigmented eye shadows, do your eye look before any other part of your face, this way, if there is fall out, it is easy to fix without ruining the hard work you put into your face makeup.

Foundation

- Prime your face with a spray, gel, or cream. Each brand will promise different results for their primers, but generally they fill pores and smooth out your skin. It also gives the foundation a solid, even base to blend into.
- After your foundation, highlight, and contour are all completed, set your face with a setting spray. This will lock everything in and keep it from sliding off throughout the day. If you don't have an actual setting spray, a quick spritz of hairspray will also do the trick.

Contour/Highlight

- Try doing your cream highlighting and contouring before you do the rest of your foundation. Blending out the highlight/contour before foundation makes it look even more natural on the face.
- When setting the cream highlight or under eye concealer, put an excess of powder and let it sit for a few minutes while you're doing something else. This is called "baking" and it uses the little bit of heat from your skin to warm the powder and keep those areas bright and crease free.

Lips

- If you don't have a lip liner to match every shade in your collection, use lip liner close to your skin tone to keep even the boldest shades from feathering.
- An easy way to make any lipstick have a matte finish is to put tissue over your mouth and dust translucent powder over it. The powder will set the color and leave your lips looking and feeling beautifully matte.



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This event is benefiting a local foundation called Lorraine's I Believe Foundation, which is raising funds to contribute to Make-A-Wish New Jersey and help grant a wish for a local New Jersey child. A representative from Lorraine's I Believe will be on hand for more information.



Lorraine's I Believe Foundation is fundraising to support Make-A-Wish@New Jersey. Let's Help Fund A Wish Together! Please visit www.lorrainesibelievefoundation.com Brain Radiation Awareness

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Fat Burning Drink

Considering their amazing benefits and advantages, the combination of these two is something you don't want to miss. Even doctors recommend this recipe, which confirms its effectiveness. It will lower your bad cholesterol and will help with the process of losing weight.

Ingredients:

- 2 liters of filtered water
- 3 lemons
- Baking soda
- 3 stalks of parsley

Directions:

You should use the baking soda in order to clean the lemons. Boil the water and let it to cool.

Then, chop the parsley and the lemon into slices, and add them to the water. Cover the liquid and place it in the fridge. After a day, stir well the liquid and put it in a glass bottle.

You should consume this drink in the morning, before your breakfast for 5 days. Then, take a 10-day break.

This drink provides your body with minerals and vitamins while simultaneously burning calories. Parsley is responsible for eliminating the excess fluids and improving the digestion.

Instead of using water while preparing this drink, you can use yogurt. But, make sure it is 0% fat! This will significantly improve your digestion.





What's Your Paint Color Choice Worth?

By: Erin Mumby

It's no secret that no two people are alike. This means that our homes are different too. Everybody has different preferences when it comes to home décor. According to new research, the colors we paint our walls directly affect how much our homes will sell for. Paint colors can change the sale price of your house by over \$1,000. We may not all agree on color choices, but there are several paint colors that should be totally avoided when it comes to getting the highest price for your home.

Dark gray is a color that can decrease the final sale of your home. Gray is a popular color, but the darker the shade, the drabber your home will look. An off white or eggshell color can also make your home look un-appealing. This may be surprising to some people. An off-white can make your walls look dirty and old. A bold color choice like terracotta can also decrease the overall value of your home. Dark brown in a bedroom lowers the final sale price. Participants in a study referred to dark brown paint as both dirty and deathly!

Colors don't just detract from a home. They can add value too! A surprising choice is purple. Buyers enjoy certain shades of violet. Mauve and eggplant colored rooms increased the sale price of homes up to \$1200! Tan is an ever-popular choice. An oatmeal or beige bathroom can increase the price tag of your house by a few hundred dollars. A creamy yellow kitchen increases the price of your home by over \$1300! It's recommended to steer clear of a white kitchen.

Light shades of green in your bedroom add value to your home. Khaki is also a popular and appealing choice for the bedroom. Extremely dark colors aren't preferred in bedrooms. Light gray is a popular choice for living rooms. Buyers will find the neutral color appealing. It makes it easier for them to envision what the living room will look like underneath their ownership!

As for the exterior, gray and beige are popular choices. A welcoming front door in either blue or dark gray can have a huge affect on your home! The exterior is important when selling a home because first impressions are everything to buyers! Colors act as a powerful tool. Overall, darker colors can put off buyers. If you're thinking about switching up the shades in your home, test out some colors online! Some paint companies have digital tools on their website that will show how your home will look with their shades of paint. A fresh coat of paint is a must if you want top dollar for your house!



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MLS#7030938

15 Saratoga Dr., Princeton Junction, NJ 08550
\$739,900 Agent: Jan Rutkowski

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MLS#6994532

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

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MLS#6982932

15 Randolph Dr., Robbinsville, NJ 08691
\$874,900 Agent: Kathleen Goodwine

Elegantly appointed and masterfully crafted with exceptional quality and details, this 4br, 2.5ba custom crafted colonial is situated on 2.67 park-like acres on end of cul-de-sac.



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#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#7009002

72 Harness Way, Crosswicks, NJ 08515
\$477,890 AGENT: Elaine Gutowski

This 4br, 2.5ba turnkey home has it all! Location, amenities luxury. Situated on a corner lot the views from the front porch are tranquil. Modern kitchen complete with granite countertops, backsplash, pantry brand new countertop stove, unique double wall oven, and SS appliances. Don't let the opportunity to own this elegant home on your dreams slip by!



MLS#7029532

12 Coventry Ln., Hopewell, NJ 08525
\$765,000 Agent: Patricia & Verna McShane

In a small community located just minutes from Hopewell Boro, sits this 5br, 3ba beautifully appointed colonial that is nestled at the end of the cul-de-sac situated on almost 2 acres and surrounded by farmland. If you like to entertain, this house is for you. Make your appointment today!!!!



MLS#6976404

351 Sawmill Rd., Hamilton, NJ 08620
\$529,900 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#7000351

17 Hampton Ct E, Robbinsville, NJ 08691
\$579,900 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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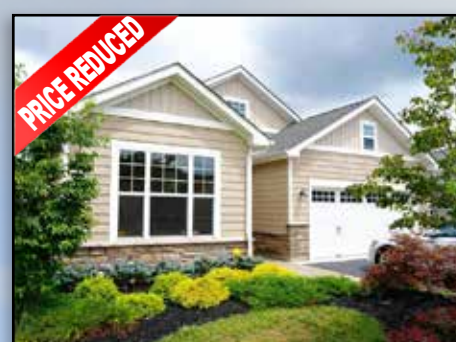
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Caring for a New Puppy

By: Lauren Egierd, General Manager of Golden Paws Pet Resort & Spa

Congratulations – you've decided to adopt a puppy! You've researched the breeds and found the one that is just right for your family and lifestyle. These tips will help you provide the love and care that your puppy needs.



#1 Find a good veterinarian and schedule your first visit

Prior to picking up your new family member, you will want to find a reputable veterinarian in your area. Ask friends and family for a referral. Schedule your appointment within the first week and ask your vet about:

- Selecting the best food for your pup and feeding the right amount.
- Receiving the required vaccinations on a regular basis.
- Controlling and preventing internal and external parasites.
- Identifying telltale signs of illness during your pup's first few months.
- Deciding on the best time to spay or neuter your dog.

#2 Housebreaking

Housetraining your pup is a priority. With patience, consistency and positive reinforcement, you'll have a housebroken pup in no time. Here are a few pointers to get you started:

- Puppies can typically hold their bladder for about one hour for each month of age. For example, an eight week old pup should be taken out every two hours. Give your pup lots of love and praise when he potties outside.
- Most puppies will move their bowels within 20 minutes of eating. Feeding and walking your dog at the same time every day will make housebreaking a breeze.
- Be aware of the things that will cause urination, like chewing, playing, eating and drinking. Make a habit of taking your pup outside immediately after these activities.
- If you catch your puppy having an accident indoors, immediately pick him up and take him outside to finish. Then praise and reward him.
- Avoid punishing your dog after an accident. If you scold after the fact, your pup will not make the connection that you are upset about the mess on the carpet an hour ago.

#3 Training & Socialization

It is never too early to start training and socializing your puppy. Teaching good manners early on will aid in socialization and strengthen your bond. Basic commands like sit, stay, down and come will not only keep your pup well-behaved but also safe from dangerous situations. Training and socialization classes are a great way to get you both off to a great start. A professional trainer can identify when and how your pup should be introduced to various situations, help you find what motivates him, as well as ensure that socialization with other people and dogs is done properly so your pup will be calm and confident as he grows.

#4 Grooming & Bathing

Regular bathing and grooming are essential to keeping your pup healthy. Seeking out the services of a professional groomer early in life will ensure that your pup's experience is positive and enjoyable. A professional groomer can:

- Advise you on the appropriate brushes and grooming tools to use, as well as frequency of grooming for your particular pup.
- Give you tips on preparing your pup for grooming. For example, handle your dog's paws and toes frequently so he will welcome future nail trimming.
- Educate you on the various health concerns that are often discovered during grooming. As with most health issues, early detection and prevention are always best.

Finding a facility that offers services like boarding, doggy daycare, training and grooming is essential to your pup's care. Professionals will be able to advise you on how and when to introduce these services and make sure the exposures are positive. You've made a lifelong commitment to your pup and are embarking on a rewarding relationship that only a loving pet can give. Enjoy!

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Boarding Your Dog

Have a big family vacation coming up? If you can't bring Fido, you may consider boarding your dog while you're away. Your veterinarian's office or a quality kennel can provide your dog with the necessary grooming, exercise and overall care for an extended period of time.

Leaving your dog at a kennel can be challenging, especially if this is your first time doing so. You may have concerns about your dog's emotional well-being within a new environment. Maybe you're worried about his ability to get along with other dogs or kennel staff.

Bring up these and other concerns when inquiring about local kennel pricing and policies to ensure your dog is left in the best care possible during your trip.

Don't Just Call...Visit

There is only so much you can find out about a local kennel through a phone call. Visiting the kennel can be a much more effective way of helping guide your decision. Here are some things to look for during your visit:

Cleanliness: Check both the indoor and outdoor areas for a sneak peek into how well the kennel staff keeps up on messes.

Odors: Are there any overwhelming odors? Is there proper ventilation?

Security: This especially pertains to the outdoor areas. Are all fences secure and tall enough to keep your dog safely within the designated area?

Temperature: Is the inside climate-controlled? Conditions that are too hot or too cold can make for an uncomfortable experience for your dog.

Make Things Comfortable

You can help make give your dog a little touch of home while you're away by leaving behind a few of his favorite toys or snacks. Also try to make the drop-off a positive experience for both you and your dog.

If you're having emotional issues leaving your dog in someone else's care, try not to pass off any of your upset feelings to your pooch. Try not to linger around and make sure to use a positive, upbeat tone to say your goodbyes.



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Body Armor Donated to K9 Officer purchased through proceeds of children's book written by local author.

Big Dog Books and author James Wiater of Millstone, NJ recently ordered and received their second piece of K9 Body armor which was donated to K9 Bryn and Officer Kevin Mastroserio of the Middlesex County Sheriff's Office on July 6th. Bryn is a 2-1/2 year old German Shepherd who is certified by the Montclair State University K9 Scent School in conjunction with the Montclair State University Police and the Middlesex and Essex County Sheriff's Office. The dedication took place at the Middlesex County Sheriff's Office in New Brunswick, NJ. Sheriff Mildred Scott accepted the vest from James Wiater.

The vest donation was made possible from proceeds of a children's book written by Wiater, titled "The Adventures of Solo, The Big Dog". The book started as a simple story about a K9 officer that Wiater had made up for his daughters, Nikki and Kaci. The book was titled after real life "K9 Solo" who was killed in the line of duty in Bradley Beach NJ in 1998. The publishing of this dog-loving children's book is a dream come true for James Wiater. "Back in 1998, after reading the article about the police standoff and how Solo lost his life in the line of duty, I made a promise to myself that one day I would purchase a bullet proof vest for a K9 officer" Wiater exclaimed.

Since the book's publishing last August, Wiater has donated several pieces of K9 safety equipment. His first piece of body armor was donated to K9 Edge of the Monmouth County Sheriff's Office in January. He has also donated two pet oxygen kits, one to the Millstone Fire Department and the second to K9 Finn of the Hunterdon County Prosecutors Office along with a field trauma kit to K9 Ricky of the Willingboro Police Department. "I have several more pieces of equipment that have been requested and I am hoping to have them delivered soon," Wiater said. He also stated, "I am not only excited about the K9 Officers that we will be helping to protect, but also about the future of the book and the potential we have to help others!"

The Middlesex County Sheriff's Office was the second law enforcement agency to receive a vest, from the proceeds of the book, which is about a police dog's adventures. Wiater plans to donate additional vests to other law enforcement agencies in the future. The cost for Bryn's vest was \$900.

The MCSO K-9 Unit presently consists of 3 handlers and 4 K-9s. The unit includes 3 explosive teams and 1 narcotics team.

So far in 2017, the K-9 Units have been called out well over 100 times, for both explosive and narcotics detection. The K9 teams also conduct numerous K-9 demonstrations throughout the county.

"Unfortunately, there are many more local K9 Officers that go to work each day without body armor and protection. The more books we can sell, the more K9 Officers we can sponsor and help protect," says James Wiater.

To purchase a copy of "The Adventures of Solo, The Big Dog", please visit Bigdogbooks.net or email Jim@bigdogbooks.net. Or visit our GoFundMe page for anyone who may be interested in making a donation. Friends of Solo/K9 equipment.



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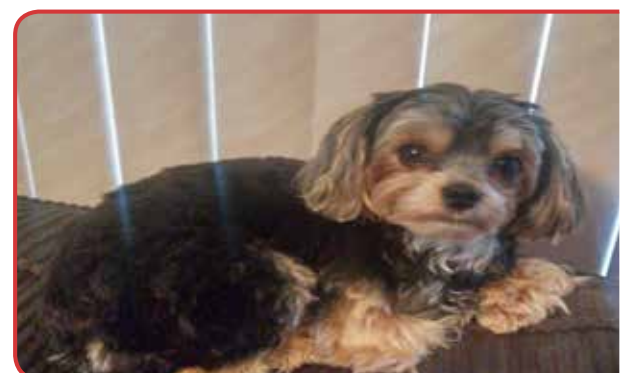
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TEDDY

September is AKC Responsible Dog Ownership Month

By Susan Heckler

Anyone can get a dog, that is the easy part. Before you do, think it through. The American Kennel Club has some excellent thinking points before you make a commitment to a wonderful fuzzy face.

1. Recognize the Commitment- Owning a dog is a long-term emotional and financial commitment. Before deciding that a certain dog is right for you, you must make an honest assessment as to whether your home is right for any dog.
2. Evaluate Your Lifestyle- All aspects of your family's life - hobbies, activities, personalities, schedules - should be evaluated before you get a dog as you need to make sure that he's suited for your lifestyle.
3. Make a List- based on your evaluation, determine what qualities you want in a dog. Consider size, energy level, grooming needs, trainability, and temperament.
4. Choose a Breed - Once you have made your list of ideal characteristics, do some research to find which breeds fit that profile and narrow your choices to the breed that seems right for you.
5. Get a Referral for a purebred dog- get your dog from a responsible, ethical breeder whose primary concern is to produce dogs of high quality, good health and stable temperament.
6. Rescue from a knowledgeable source - many rescue organizations temperament test their pups to determine personality, suitability for homes with other pets and children and where the pup is best placed. This is an excellent idea if you have other pets and small children as it could be a disaster.
7. Consider an Older Dog
8. Puppies are adorable but aren't for everyone. If an older dog better fits your lifestyle, check rescue organizations. If you are looking for a particular breed, check the breed rescue groups who rescue purebred dogs that have been lost, abandoned or surrendered due to the death or illness of their owners.
9. Expect Questions- A responsible breeder or rescue contact will ask you extensive questions about the type of home you can offer a dog because they are committed to making the right match between you and a dog. Be honest!



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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 year's 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.

To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html>

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

All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel does not take salaries. All animals have their recent vaccinations and are neutered and spayed.

If you're looking for kittens, look no further. Animal Assistance has babies for you. Please think about looking here first. Help give one of these pets a life on the others side of the cage and remember there are more pets to pick from. Please visit their site!

Nala- an adult female Labrador retriever. She is loving and gentle.

Sherlock- a cute as a button sweet 7 weeks old gray and white kitten found by animal control.

Mr. Whiskey- is a little guy found by animal control. He is small and friendly.

Cleopatra- was cast out in the open by someone who was at least thoughtful enough to have her spayed. She ended up with an infection from her open wound but is now healthy and ready for some real love.

Love- small orange kitty with a big personality

Hooper- found abandoned. He is a young bunny.

Kiki- a baby pitbull whose cruel owner left her in a garage for months as a deterrent for burglars. She was neglected and is learning nicely what it feels like to be loved.

Lady Linda- needs a good home. Any pig lovers out there? She was abandoned by her last owners and rescued by animal control. If you know anyone on a farm looking for a pet pig, please have them call, she is domesticated and friendly.

Mr. Moe- a tiny friendly small orange kitty.

Angel-Angel would be a great barn cat. She's a good mouser and likes to mind her own business. She's young and was found abandoned. Looks like she is part Maine-coon.



Nala



Sherlock



Mr. Whiskey



Cleopatra



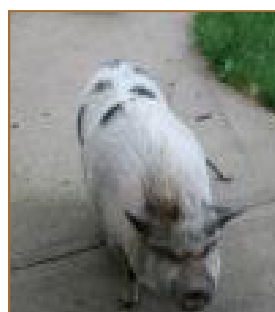
Love



Hooper



Kiki



Lady Linda



Mr. Moe



Angel



Student Volunteers Make Summer Sweeter for Senior Dogs at Marty's Place

This summer, the residents of Marty's Place Senior Dog Sanctuary received special attention from four Allentown High School students. The sanctuary, located on Route 526 in Upper Freehold Township, provides a safe, loving, family-like environment for dogs age 7 and older that do not have homes.

The students -- Dustin Test and Tim Rohrer, both from Millstone; Erin Kelly, Allentown; and Ireland Kosco, Cream Ridge -- got involved as part of a school-sponsored summer program and took on a whole range of tasks - from prepping dinner bowls and bathing and walking dogs to making dog treats, doing laundry, organizing storage areas and helping with daily cleaning.

The dogs thoroughly appreciated their presence, as did the sanctuary's staff, adult volunteers, and executive director, Doreen Jakubcak.

"The students did an amazing job supporting our daily operations," Jakubcak says. "They jumped right in to assist us in making sure Marty's Place is a safe, comfortable, healthy place for our residents to live."

It didn't take long for the teens to recognize just how much goes into running a sanctuary like Marty's Place, where ensuring a great quality of life for each and every resident is the #1 concern. They even pitched in with outreach efforts including volunteer management tasks and computer work, which was Tim's favorite activity - next to "just hanging out with the dogs."

Dustin was a fan of walking dogs, and Erin valued her time helping Cali, a resident recovering from joint surgery, swim in the sanctuary's indoor, in ground, salt water pool. The canine swim center at Marty's Place is open to non-resident dogs of all ages for recreational and therapeutic swimming, by appointment.

Ireland enjoyed helping to prepare the dogs' meals - a job that is more complicated than one might think. Of the 16 senior dogs currently residing at Marty's place, no two have the same diet. They have different tastes and a variety of special nutritional needs. "Meal prep is similar to being a short order cook," Jakubcak offers, "especially when the dogs are barking in unison to let you know they aren't getting fed fast enough! So, we are grateful for the assistance."

Meals that address each animal's unique needs are part of the commitment Marty's Place makes to its residents. "And we couldn't honor that commitment without our volunteers," Jakubcak concludes.

Anyone interested in getting involved as a volunteer, donor or fundraiser is invited to learn more from the Marty's Place website <http://www.martysplace.org> or contact the sanctuary at info@martysplace.org or 609-259-1278.



Dinner prep is serious business at Marty's Place Senior Dog Sanctuary, and Bella is making sure Student Volunteer, Erin Kelly of Allentown, gets every morsel in to her bowl. Erin is one of four Allentown High School students doing community service at Marty's Place this summer.



Allentown High School student, Tom Rohrer of Millstone, says "hanging out with the dogs" is the best part of volunteering at Marty's Place Senior Dog Sanctuary, a 501 c3 nonprofit providing a safe, caring, family-like environment for dogs, age 7 and older, that do not have homes. Here he walks Kosmo, 15 years young.



Ireland Kosco of Cream Ridge, takes Cali, who is recovering from joint surgery, on a slow, easy walk around the sanctuary building at Marty's Place. Diet, exercise, medical care and more are tailored to each residents' unique needs or abilities.



118 Route 526 - Upper Freehold Township - NJ, 08501 - 609-259-1278 - www.martysplace.org

Are You Setting Up Your Kids to Be Emotional Eaters?

By: Erin Mumby

Do you ever bribe your kids with candy, cookies or other treats? It's a simple way to get your children to do their chores or be on the best behavior. When you use food to comfort or reward children you're emotionally feeding them. A new study says there may be a link between this parenting practice, and the development later in life of emotional eating. Emotional eating is the habit of eating to comfort or reward oneself.

Studies also suggest that there is correlation between parental emotional feeding and child emotional eating. The best way to make sure your children pick up healthy habits is to lead by example. One healthy example is to make sure that you eat dinner together as a family. This is one habit that has proven to reduce the risk of obesity in your child. A parent should also never use food as a punishment or a reward. It's also important to talk about emotions with your children.

Emotional feeding and emotional eating are two behaviors that don't always stem from hunger. The association between emotional feeding in young children and emotional eating in older children was slightly positive but still statistically significant. This association could lead to complications later in life. There was also a connection between emotional eating and a child's BMI, Body Mass Index.

It's important to be a good nutritional role model to your child. Simple things like preparing healthy breakfasts and making sure you stay active, as a family will put your children on the fast track to a healthy life. These kinds of habits will follow your children into adulthood.



By Jill Garaffa

Health & Fitness Reaching Your Goals

Dear Jill,

There's a pattern that repeats every year when I write my list of "New Year's Resolutions" or any other time of year when a milestone has been reached (like my birthday or anniversary) and I'm hoping you can help me break it. Each year, I look at all the areas of my life that need fixing. I look at my bad habits that I want to change. The first week or so things are fine. Then, I start to slip and eventually completely give up. The following year, the list of things I want to change is discouragingly similar to the year before, so it always looks like I'm trying to fix the same thing.

How can I break out of this pattern and get some momentum going in the right direction?

Frustrated,
T.J. in Holmdel, NJ

Dear T.J.,

Thank you for your courage to ask about a topic to which so many people can relate! There are a few things I can offer from a coaching standpoint to help you move forward.

First, take a look at your language. Anytime your focus is on "fixing" or "changing" something about yourself you will actually end up repelling the very thing that you say you want. The secret is to be grateful and celebrate where you are in this very moment. What accomplishments have you already achieved? Why is this area of your life not worse? (It could always be worse, right?). You are doing something right. What is it?

Coming from a place of gratitude & celebration in an area of life you'd like to transform provides more power than when you come from a place of judgment. You are either blessing or cursing the very thing you want by your intention around it.

Next, true and lasting change comes from the inside out. In order for a goal to come alive, it must be connected to something you deeply value and believe is possible. Why is this goal important to you? What is worth the sacrifice you will be making to achieve this goal?

Last, in order to create momentum, connect your goal to a clear vision & action plan. See yourself a year from now, succeeding. If this goal is a reality in one year, what actions would you need to take right now? This allows your future to pull you forward and your goals to come alive!

Wishing you clarity, focus & power!
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.seedsofchange coaching.com or call 732-859-6962.

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

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Facets of Reiki Energy Healing

Reiki (pronounced "RAY-key") is a Japanese energy healing therapy to balance the body, mind and spirit. Reiki works on adults, children and even pets to promote health and well-being. It complements most treatment plans prescribed by doctors for physical and emotional pain, and more and more hospitals and healthcare facilities are offering Reiki to patients suffering from diseases like cancer and dementia.

HOW DOES REIKI WORK ON THE BODY?

Reiki focuses energy into the body to remove pain and swelling. Reiki energy can be channeled to emulate the effects of thermal treatments, medication, laser surgery, and ultrasound to treat any number of issues, promoting recovery from illnesses and injuries.

DOES REIKI ALSO HELP A PERSON'S EMOTIONAL STATE?

Yes! Reiki helps people dealing with anger, grief, anxiety, and other ailments by providing calm, soothing energy. Reiki can also help balance the residual energy from past emotional traumas.

SO HOW IS REIKI SPIRITUAL?

Reiki practitioners often learn to "read" the spiritual energy of a client in front of them, expanding their energy work into the psychic level. When I work with grieving clients, I often combine Reiki with spirit mediumship to connect to Loved Ones who have passed on and promote emotional healing and closure. Reiki was the first step in my psychic development.

Reiki promotes health and complementary wellness on all levels. It is one of the most versatile energy healing therapies available, and it is believed to improve just about any aspect of life, from physical health and stress relief to mental clarity and emotional balance. Are YOU ready for Reiki?

Find YOUR Intention and Love Your Well-Being!
-Jeff

Jeffrey Carpenter is a certified Reiki Master Teacher, psychic, and spirit medium providing services, awareness, and training for individuals and organizations. For more information, please visit <http://dimensionsreiki.com> or call 732-832-1036.

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Prostate Cancer Awareness Month

By Mia Ingui

September is the official Prostate Cancer Awareness month, bringing men who have or in the future may have prostate cancer a step closer to treatment and cure.



What is prostate cancer?

Prostate cancer is the second most common cancer in men, trailing only behind skin cancer. This form of cancer develops in a man's prostate, the walnut-sized gland that lies below the bladder and produces some of the fluid in semen.

Who is affected by it?

This cancer most commonly affects men who are of ages 50 or older, and actually, most men who are over age 70 already have some form of prostate cancer, though they may not experience any symptoms.

What are its symptoms?

In its earliest stages, prostate cancer can easily go unnoticed. Men can go without feeling any symptoms. But, the later symptoms include frequent urination, difficulty urinating, or a painful or burning sensation while urinating.

What causes prostate cancer?

There are some risk factors that can be controlled. Studies have shown that a diet too low in fruits and vegetables greatly aids the development of cancerous cells in the prostate. But, to debunk some common myths, prostate cancer is NOT caused by having sex.

How can I treat prostate cancer?

Screening tests are available to detect early stages of prostate cancer, but government guidelines don't require routine testing for men. Men that are between the ages of 40 and 50 should go and be tested. If tests show signs of the cancer, where the cancer has spread in the body determines the type of treatment.

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

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Q: What is an endoscopic spine 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 endoscopic procedure as a possible option.



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Furthermore, OPN has the ability to help those patients that have tinnitus (ringing in the ears) with its tinnitus sound support features. OPN hearing devices are direct to iPhone, which means that the devices themselves serve as headphones while speaking on the phone or listening to music. This allows you to have a hands-free conversation in stereo while using your phone.

New OPN technology differs from the old in that the OPN processing chip is faster than ever and accurate enough to analyze the complicated dynamics of various soundscapes. This in turn helps patients to participate in group conversations and handle multiple speakers at the same time.

*Schedule an appointment today to experience OPN for yourself.
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Loud Noise Can Cause Hearing Loss Quickly or Over Time

Hearing loss can result from a single loud sound (like firecrackers) near your ear. Or, more often, hearing loss can result over time from damage caused by repeated exposures to loud sounds. The louder the sound, the shorter the amount of time it takes for hearing loss to occur. The longer the exposure, the greater the risk for hearing loss (especially when hearing protection is not used or there is not enough time for the ears to rest between exposures).

Here are some sources of loud noise that you may be exposed to. If you are repeatedly exposed to them over time, they can cause hearing loss.

Everyday Activities

- Music from smartphones and personal listening devices, particularly when the volume is set close to the maximum
- Fitness classes
- Children's toys

Events

- Concerts, restaurants, and bars
- Sporting events, such as football, hockey, and soccer games
- Motorized sporting events, such as monster truck shows, stock car or road races, and snowmobiling
- Movie theaters

Tools and More

- Power tools
- Gas-powered lawnmowers and leaf blowers
- Sirens
- Firecrackers





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★★★★★ Jonathan V

I have seen more improvement with my muscular backache since I started with Innovative Wellness Center than I have with any other doctors I have seen over the last 30 years! I'm very satisfied with my progress and with the overall friendliness and professionalism of all staff members.

★★★★★ Angela V

This was the first time that I was ever in a wellness center to be worked on, it was a great experience it really helped me on the first time, I would recommend it to all my friends and family, I am going to go more often now. The staff there really know what they are doing!!!

★★★★★ Jackie K

I was very pleased with my experience at Innovative Wellness Center. I suffer with migraines and am now trying acupuncture as an alternative to daily medication.

★★★★★ Luann N

Knowledgeable staff combined with family like atmosphere. Highly recommend to anyone.

★★★★★ Lauren C

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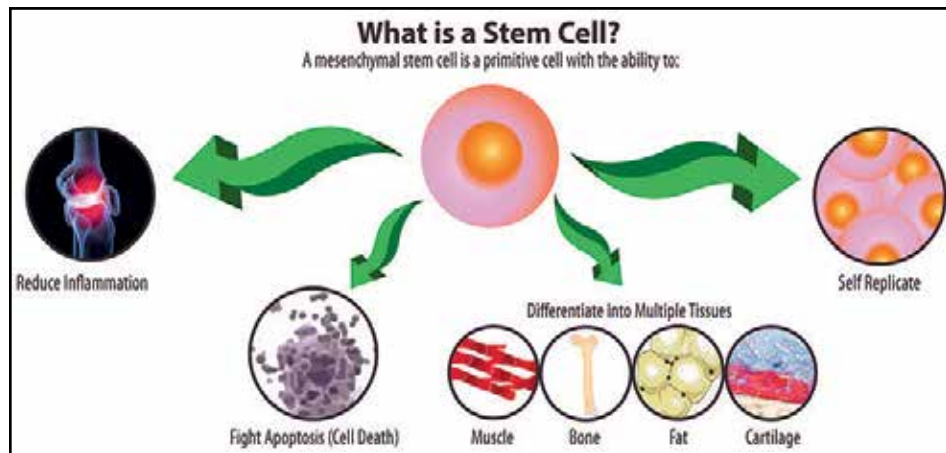
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QUESTION:

Can amniotic stem cell therapy help my knee pain?

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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

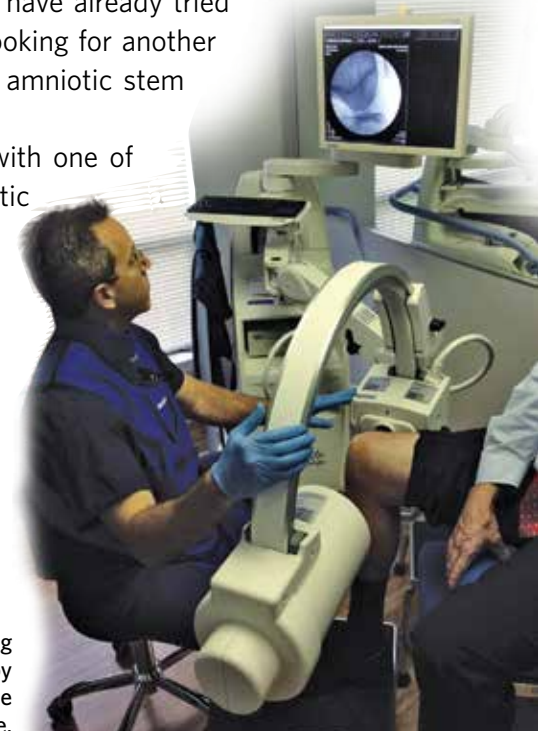
Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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Should You Take a Powder? Questioning the Use of Talcum Powder

By Susan Heckler

Moms, nurses, and nannies have used talcum powder to treat diaper rash, to absorb moisture and as a deodorant. Talcum powder is a powder made from a mineral called talc and is found in popular cosmetic and personal care products used by many daily. Talc is naturally occurring and consists of magnesium, silicon, hydrogen, and oxygen. It is mined from the soil and, before 1973, was often contaminated with asbestos (a naturally occurring close neighbor in the ground). Talcum powder poisoning may occur when someone accidentally or intentionally inhales in or ingests talcum powder.

The U.S. Food and Drug Administration (FDA) monitors cosmetic products for potential safety problems and acts when products on the market are found to be unsafe. Unfortunately, there is no law that requires cosmetic companies to share their safety information with the FDA and cosmetic products do not undergo FDA review or approval before they go on the market.

The International Agency for Research on Cancer (IARC), which is part of the World Health Organization (WHO), classifies talc that contains asbestos as “carcinogenic to humans.” Since the 1970s, the FDA has periodically received questions about talc’s safety and whether products made with talc contain harmful contaminants, such as asbestos. Asbestos is a cancer-causing substance. In its natural form, some talc contains asbestos. Both talc and asbestos are naturally occurring minerals and may be found near one another in the earth.

Talcum products sold in the U.S. have supposedly been asbestos-free since the 1970s. The FDA contracted with AMA Analytical Services, Inc. (AMA) of Lanham, Maryland to conduct a laboratory survey of presently marketed cosmetic-grade raw material talc, as well as some cosmetic products containing talc. The study, which ran from September 28, 2009 to September 27, 2010, found no signs of asbestos in the samples tested. Keep in mind, the results were limited because only four talc suppliers submitted samples and the study only tested 34 products. While informative, the test results do not prove that most or all talc or talc-containing cosmetic products currently marketed in the United States are likely to be free of asbestos contamination.

Studies show women who use talc products for intimate personal hygiene have a 20- to 30-percent greater risk of developing ovarian cancer.

Up to 40% of women may use talc at least occasionally. But last year a Missouri jury awarded \$72m in damages to the family of Jackie Fox, who died of ovarian cancer, having used the well-known brand of powder for years. More than 1,000 other cases are still waiting to be heard.

Talc can cause respiratory complications, especially in infants. The American Academy of Pediatrics and most private pediatricians discourage use of baby powders containing talc since, in powder form, particles of talc become airborne. When inhaled, these particles can cause wheezing, fast and shallow breathing, coughing and in some cases acute or chronic lung irritation, known as talcosis as well as pneumonia and trigger asthma symptoms in certain people.

In 2015, a court awarded a woman in California \$13m for developing mesothelioma (a tumor of the lining of the lungs) from using talc with asbestos in it.

My motto when it comes to the health of my family...when in doubt, do without.



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

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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:

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September is Gynecologic Cancer Awareness Month

By Susan Heckler

Cancers of the ovaries, fallopian tubes, and primary peritoneum are the fifth leading cause of cancer death in women in the U.S. These cancers are often found at advanced stages. This is partly because they may not cause early signs or symptoms and there are no good screening tests for them.

The ovaries and fallopian tubes are part of the female reproductive system. There is one ovary and one fallopian tube on each side of the uterus. The ovaries store eggs and make female hormones. Eggs pass from the ovaries, through the fallopian tubes, to the uterus. The peritoneum is the tissue that lines the abdomen wall and covers organs in the abdomen. Part of the peritoneum is close to the ovaries and fallopian tubes.

The most common type of ovarian cancer is called ovarian epithelial cancer. It begins in the tissue that covers the ovaries. Cancer sometimes begins at the end of the fallopian tube near the ovary and spreads to the ovary. Cancer can also begin in the peritoneum and spread to the ovary. The stages and treatment are the same for ovarian epithelial, fallopian tube, and primary peritoneal cancers.

Another type of ovarian cancer is ovarian germ cell tumor, which is much less common. It begins in the germ (egg) cells in the ovary. Ovarian low malignant potential tumor (OLMPT) is a type of ovarian disease in which abnormal cells form in the tissue that covers the ovaries. OLMPT rarely becomes cancer.

- Ovarian Cancer Risk Factors
- Genetic predisposition
- Personal or family history of breast, ovarian, or colon cancer
- Increasing age
- Infertility

1. **ALL WOMEN are at risk**
2. **Symptoms exist - they can be vague, but usually get more intense over time**
3. **Early detection increases survival rate**
4. **A Pap test DOES NOT detect ovarian cancer**

Some things that can reduce a woman's risk of developing the disease:

- Oral Contraception: Birth control pills reduce the risk of ovarian cancer, especially among women v several years. In studies, those who used oral contraceptives for three years or more had a 30 to 50 per developing ovarian cancer.
- Breastfeeding and Pregnancy: Giving birth to one or more children, particularly delivering the first before age 25, and breastfeeding, may decrease a woman's risk of developing ovarian cancer.
- Tubal Ligation: This is a surgical procedure in which the fallopian tubes are tied to prevent pregnancy reduces the risk of developing ovarian cancer.
- Hysterectomy: A hysterectomy has been demonstrated to reduce the risk of ovarian cancer but should not be done exclusively to avoid the risk of ovarian cancer
- Prophylactic Oophorectomy: Oophorectomy is the surgical removal of one or both ovaries. A woman should discuss this procedure with her doctor to determine her individual risk for the disease and the benefits of prophylactic surgery.
- Healthy diet and exercise: According to the American Cancer Society, eating right, being active, and maintaining a healthy weight are important ways to reduce the risk of cancer, and other diseases.



QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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Pedestrian Safety Is a Two-Way Street

Pedestrians are the second largest category of motor vehicle deaths and injuries in New Jersey. Children and older people are often victims of traffic accidents.

In 2015, 5,376 pedestrians and 818 bicyclists were killed in crashes with motor vehicles (National Highway Traffic Safety Administration, Traffic Safety Facts). These two modes accounted for 17.7 percent of the 35,092 total U.S. fatalities that year. Unfortunately, many of the measures that make roads safer for motorists, such as large medians and wide shoulders, make those roads more treacherous for pedestrians. Vehicle-pedestrian collisions have a five percent fatality rate if the car is going 20 mph, but the rate jumps to 85 percent at 40 mph.

Pedestrian activity is at its greatest in densely developed areas, such as cities and town centers, but it also is significant in neighborhoods and along and across suburban roadways. Motorists should take special precautions to watch for pedestrians.

In most cases, pedestrians have the right-of-way at all intersections. There is a crosswalk at every intersection, even if it is not painted as such. This is known as an "unmarked crosswalk."

Motorists are prohibited from blocking the crosswalk when stopped at a red light or stop sign. A motorist must not stop with a portion of his/her vehicle in the crosswalk area. When a motorist blocks a crosswalk, it forces pedestrians to go around a vehicle, putting them in danger.

A motorist must stop and remain stopped for a pedestrian who is crossing at a crosswalk (marked or unmarked) until the pedestrian completes his/her crossing, unless traveling along the half of the roadway on the other side of a safety island from the pedestrian. Motorists who fail to yield to pedestrians or who overtake and pass vehicles that are stopped for pedestrians are subject to a \$100 fine and up to 15 days in jail (N.J.S.A. 39:4-36).

Never pass a vehicle stopped at a crosswalk (N.J.S.A. 39:4-36). This frequently causes severe injury or death to pedestrians, especially if the passing vehicle is traveling at a high speed. When stopping for a crosswalk on a multi-lane road, a motorist should stop about 30 feet before a crosswalk to avoid blocking visibility of a motorist in the second lane.

Motorists should watch for signs that mark special hazard areas, such as school zones, bus stops, playgrounds, parks and schools, where children are most likely to play or cross the streets. Children chasing a ball, for instance, give no thought to traffic. Small children are hard to see. Always watch for movement around parked vehicles.

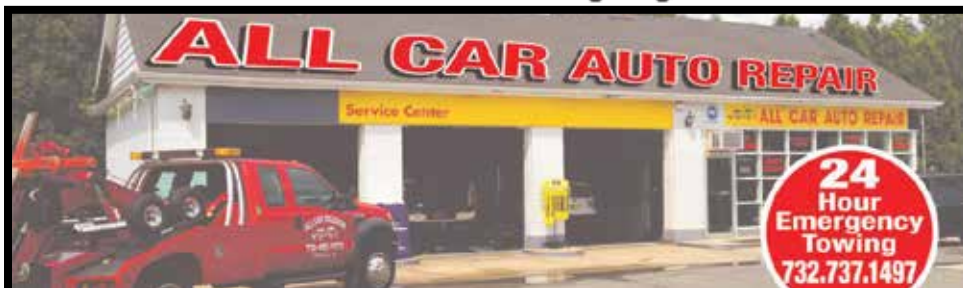
Motorists should drive cautiously along roadways with on-street parking, as pedestrians may appear from between parked vehicles. Motorists traveling at lower speeds will have a greater ability to stop the vehicle and avoid potential conflicts with pedestrians.

Pedestrians and joggers should walk or jog off the roadway when sidewalks are available and face traffic. They should cross at crosswalks only on the proper signal, look all ways before crossing, avoid crossing between parked vehicles, and at night, wear light-colored or reflective clothes and carry a white handkerchief or a light. It is not a good practice to wear headphones while walking or jogging near the roadway.

At night, motorists should watch for anyone walking along a highway and exercise due caution. None of the above absolves motorists from their duty to be extra vigilant in watching for pedestrians on the roadway.

Always yield to pedestrians. Be extra careful at intersections, particularly when making an allowed right turn on red. Motorists are required to yield to pedestrians who have the right-of-way within a crosswalk and to those who are crossing at an intersection. Be alert for pedestrians when making turns and entering and exiting driveways, parking lots and alleys.



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Self-Driving Cars are Coming to New Jersey

By: Ryan Lennox

As the technology making cars safer to drive constantly increases, it seems that we are coming closer to cars actually driving themselves. NVIDIA is constantly breaking ground towards making that goal a reality.

The software development company NVIDIA has been researching self-driving cars for a while now, and now they are moving some of their operations to the Garden State. In New Jersey, they will be researching further on the DRIVE-PX platform. The DRIVE-PX platform is already present in the Tesla Model S, which has been widely recognized as the first self-driving car available to consumers with its auto-pilot feature. The system has a very impressive track record to back it up, with only three accidents to the date of this writing.

NVIDIA DRIVE-PX is an artificial-intelligence program that is currently being developed to make driving more autonomous. The system is self-teaching, so any mistakes it sees or makes get corrected in the computer programming. The DRIVE-PX program is being used by over 70 automakers at this time and is helping to make driving much safer. The program uses cameras, sensors, and radar to help predict what is happening around the car. The system then interprets the data it collects and makes a correction to the vehicle's course. Think that is impressive in itself? In its fastest and most powerful configuration, DRIVE-PX can deliver 24 trillion operations per second, reacting to nearly anything that comes its way.

But why create a laboratory in New Jersey? The answer is quite simple; New Jersey is one of the most populated states by square mile, so therefore it has heavier traffic; not to mention the... lackluster... reputation New Jersey drivers carry around. Basically, if self-driving cars can get around in New Jersey nearly flawlessly, then it theoretically should not be too hard to navigate around the less-populated areas of our country.

The future of automobiles is seemingly in good hands with NVIDIA leading the charge towards self-driving cars. And with direct partnerships with over 20 automakers, autonomous driving could be coming towards our garages much sooner than expected.





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Anthony's Chicken and Grill A Hightstown Hidden Gem Is Hidden No More!!!

By Pam Teel

What a delight finding a restaurant that not only has great food but has an extensive menu to choose from. Proud owners, Jen and Chris Mays of Millstone Township bought the restaurant in 1998 when it was originally Anthony's Chicken and Ribs. Prior to that, Chris was the original Manager for three years at the restaurant, before moving on to open up another business. When the restaurant was officially theirs, the Mays decided on changing the name to Anthony's Chicken and Grill because they added so much more to the original menu.

I don't know of any other restaurant in the area that offers an extensive menu of choices. All of their food is freshly made on premises. They are well known for their small crispy Buffalo wings, fried chicken, ribs, and different varieties of cheese steaks. Their menu also includes big salads, homemade salads, French fries served in all different ways, hot dogs, fresh burgers, fried munchies, tubs of fried chicken, homemade soup, fresh turkey, rotisserie chicken, tubs of ribs, fried seafood, additional sides, famous buffalo wings, snacks, dinners, combo dinners, hoagies, sandwiches, club sandwiches, hot subs, chicken steak sandwiches, Philly steak sandwiches, homemade pot pie, and more. You have to see the menu to believe it! They also offer an extensive catering menu.

The store is managed by Chris's best friend, Frank. The two have known each other for over 30 years. Juan and Aurelio help to run the restaurant. "It's not a large restaurant, but it has charm," Frank boasts. "We are all family here doing what we love to do best. We love our customers and love when new people find us and come back. Our food is just that good! People love the fact that there is so much to choose from and we love the satisfaction of hearing just how much they enjoyed what they ate. We are all football fanatics here," Frank stated. "During football season, people come from all over to purchase our Buffalo wings and ribs. They just go great with watching football!" Make a note, football season will soon be upon us!!!!!!

What makes it even greater is that they deliver to a large outside area and delivery is free. Their delivery time is quick and they just don't cover Hightstown, they go to Millstone, East and West Windsor, Allentown, Monroe, Forsgate, Cranbury, New Egypt, Robbinsville, and even Hamilton. You can find coupons in The Millstone Times and the Family Times and on facebook at facebook.com/anthonyschicken. To take a look at their menu, go to: www.anthonyschickenandgrill.com or anthonyschickenandribs.com (the main menu is to the left, scroll down).

Anthony's Chicken and Grill is located in a strip mall at 109 Franklin Street, diagonally across from the Hightstown Fire Station at the light in Hightstown. Directions can also be found on their website. You can call the restaurant at 609-443-3777.

Check them out or order online! Their food is great. I can attest.

Business hours are Monday through Saturday 11 am to 10 pm, Sunday 11am to 9pm.

Help spread the word- family atmosphere- great food- great service- free delivery!



Above- Manager Frank and Aurelio invite you to come on in and sink your teeth into a savory cheese steak!!!!!!

Right- Owner Chris Mays and longtime friend and manager Frank in front of the restaurant at 109 Franklin Street.



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East Windsor New Police Lieutenant Scott Bodnar



East Windsor New Police Lieutenant Scott Bodnar and New Sergeant Thomas Meyer Are Promoted to Fill Vacated Positions Created by Promotions and Retirements. Lieutenant Scott Bodnar, hired by East Windsor in July 1994, has served in Uniform Services as a Field Training Officer, Secondary Officer in Charge, and Primary Officer in Charge. In January 2011, he was promoted to the rank of Sergeant, and for the past three years has served as the Traffic Safety Supervisor. Lieutenant Bodnar attended Gloucester County Community College, and graduated from the Gloucester County Police Academy. Lieutenant Bodnar will be assigned as the Operations Commander of Uniform Services. Sergeant Thomas Meyer, who joined East Windsor in August 2006, graduated from the Cape May County Police Academy in 2006. He has served in Uniform Services as a Field Training Officer and Secondary Officer in Charge. In May 2013, he was assigned as a Detective to Investigative Services. He received a Bachelor's Degree and a Master's Degree of Administrative Science from Fairleigh Dickinson University. Sergeant Meyer will be assigned as a Platoon Supervisor in Uniform Services.

Mayor Janice S. Mironov administered the Oath of Office to newly promoted members of the police department. Pictured (from left to right) are: Mayor Janice S. Mironov; newly promoted Police Sergeant Thomas Meyer; newly promoted Police Lieutenant Scott Bodnar, and Chief of Police James Geary.



Floored by Flooring at East Windsor Flooring

By Susan Heckler

I don't know about you but when I go in to those big box home improvement stores, I am like a rat in a maze. I can't find anything, including someone to help me, and there are projects that I need more advice than help.

My latest issue is flooring. My 1971 home has 20-year-old carpet and I am at a loss of where to go and what to do. I visited the orange aprons and walked out dazed and more confused than when I entered. I am also a big advocate of shopping local and supporting small businesses so the big box is never a draw for me. A friend suggested I visit East Windsor Flooring as she had a great experience.

This place is huge! The selection was astounding. This family owned business is older than I am, begun in 1957. They opened in East Windsor in 1971 and the current owner is the 3rd generation in the business. I find when someone owns and operates a family legacy, they take extreme pride in what they do (kind of like Grandpa looking over your shoulder). In speaking to Jonathan and Samantha, the family owner and cousin I had the pleasure to work with, they are proud of their customer service.

What I loved was in the short time I waited for help, I observed a young couple with kids in baby seats and strollers selecting flooring for their first home. I overheard them telling Jonathan that they are the 3rd generation of customers in their family and they were laughing how Jonathan's grandfather helped Steven's grandmother many years ago. Call me sentimental!

They guarantee their installations and their installers are their own employees, not a subcontractor. The plus of that is one party takes responsibility for your job. Great plus.

So even though they are not a huge publicly traded corporation, their 20,000-sq. foot showroom and impeccable reputation has allowed them to buy in bulk and get great competitive pricing which gets handed down to you. They keep a very large inventory which allows for quicker installation (and immediate satisfaction!) Jonathan asked a bunch of lifestyle questions which led him to my taste and what type of flooring best suits my home and family. They carry a wide array of carpet, ceramic, hardwood including the exotic woods, laminates, vinyl, cork & bamboo.

And once your new flooring is down, check out their Hunter Douglas window treatments to add the finishing touch to your new look.

So, meet my new best friend Jonathan Block, my go-to for flooring and design advice. Not to worry, I will share. He can be found at 405 Route 130 in East Windsor (609)443-6999 <http://eastwindsoflooring.com/>



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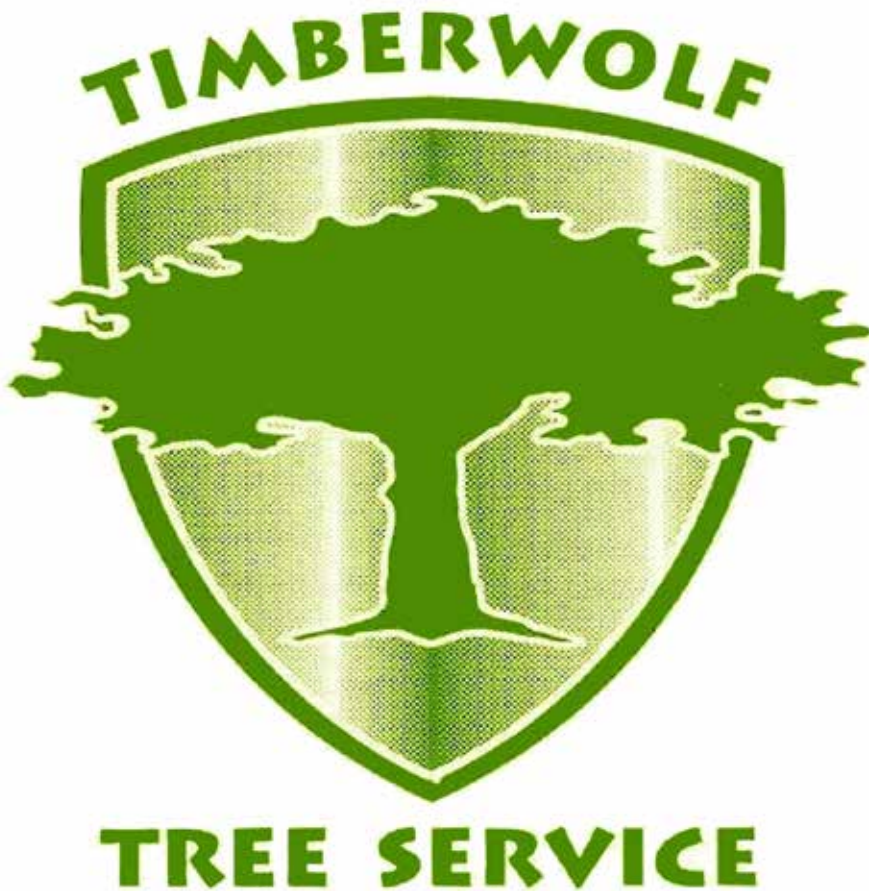
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Mayor Janice S. Mironov Presents 2017 "Louis Bay 2nd Future Municipal Leaders" \$1,000 Scholarship to East Windsor Class of 2017 High School Graduate, Siddhi Shah

Siddhi Shah is one of three statewide winners of the 2017 "Louis Bay 2nd Future Municipal Leaders" \$1,000 Scholarship award, sponsored by the New Jersey League of Municipalities. The statewide scholarship competition centers on the theme "What My Mayor and Governing Body Do Best" and seeks to advance the virtues of elected and volunteer members of the community, while raising awareness of municipal government in general. East Windsor resident Siddhi Shah will be attending Rutgers University.

Mayor Janice S. Mironov makes presentation to East Windsor Class of 2017 High School graduate, Siddhi Shah, winner of the 2017 "Louis Bay 2nd Future Municipal Leaders" \$1,000 Scholarship award.



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Power-Packed Pineapple

By Alexandra Jade Tringali

There's nothing better than picking a ripe pineapple in the summertime: it's juicy, refreshing, and so sweet – it's better than candy. However, if you eagerly throw away the prickly exterior to get to the sugary goodness on the outside, you may be missing out on some serious health benefits. Similar to many other fruits, pineapple skin has an array of qualities that can make you healthier. Keep reading to find out what these qualities are, and how you can use the pineapple skin in your everyday life.

Benefits:

Anti-inflammatory

Pineapple skin contains high concentrations of bromelain, which helps to reduce inflammation within the body. It can help reduce swelling after surgery, and diminishes inflamed sinuses.

Fertility Booster

Due to the aforementioned anti-inflammatory qualities, pineapple skin can increase fertility. Reducing inflammation in the womb helps to make implantation easier.

Digestion

Pineapple peels build up the healthy bacteria in your digestive track, and make digestion smoother. It can also fight parasites, reduce constipation, and possibly reduce the symptoms of irritable bowel syndrome.

Boosts the Immune System

Like the fruit itself, pineapple skin contains high levels of vitamin C which are necessary to fight off infections. The power of bromelain and vitamin C together fight bacteria, suppress coughs, can heal wounds, and give your immune system the jumpstart it needs to stay healthy.

Fights Arthritis and Joint Pain

Through bromelain's anti-inflammatory qualities, pineapple skin reduces pain from arthritis or joint pain.

Eyesight Enhancer

Vitamin C and beta-carotene found in both the fruit and the skin can reduce degenerative eye diseases, such as glaucoma.

Strengthens Bones and Teeth

Pineapple skins reduce inflammation in gums and tissues, but also keep them clean and healthy, thanks to vitamin C and its astringent properties. It also has a high manganese content, which helps to repair bones, gives them their strength, and helps them grow.

Helps Prevent Cancer

Early studies have shown that the manganese, bromelain, vitamin C, and antioxidants found in pineapples can fight tumors and help to prevent cancer.

Blood Health

Bromelain prevents blood clots from forming, while copper, a nutrient found in the juice of pineapple, increases the formation of red blood cells. Potassium keeps these blood vessels healthy, and counteracts large amounts of sodium, stabilizing the blood pressure.

Now check out how to use pineapple skin (since you can't eat it like the fruit inside!)

Make a Pineapple Tea

Scrub the pineapple skins and place in a medium saucepan with cinnamon sticks, some cloves, and a peeled knob of ginger. Cover with 4 quarts of water and simmer for 20 to 25 minutes. Turn off the stove and allow to steep for another 25 minutes before serving warm or cold.

Make a Juice

Follow the same steps as above, but without the spices. Once the mixture cools, put in a blender, strain, and refrigerate!

Make a Pineapple Vinegar

Check out this recipe to make yummy pineapple vinegar that can be used in smoothies, salad dressings, or marinades. Pineapple vinegar can also be applied directly on the body to treat arthritis and joint pain, as well as bruises.

Make a Pineapple Stock

After scrubbing the pineapple skins, put them directly into vegetable, chicken, seafood, or beef broths, and strain out when ready to serve. Not only will your soup absorb all of the nutritional benefits, but also the delicious flavor!

If you eagerly chopped up a pineapple but aren't ready to use the skins, don't worry! You can store them in an airtight container or bag in the freezer.

Best wishes for a Sweet New Year from the staff at Gunther Publications

Rosh Hashana Apple Kugel

Kugel is a Yiddish word for a pudding, a traditional side dish for any time of year but especially the upcoming Jewish New Year, Rosh Hashanah. This version has apples and a cinnamon crumb topping.

Ingredients:

- 12 oz. fine egg noodles (any thickness works)
- ¼ cup canola oil
- 6 baking apples, peeled (best if you use a blend)
- 6 large eggs
- ¾ cup sugar
- 1½ tsp. ground cinnamon
- 1½ tsp. kosher salt

Topping Ingredients:

- ½ cup cornflake crumbs
- ½ cup sugar
- 1½ tsp. ground cinnamon
- 1 dash of ground nutmeg

Directions:

1. Cook and drain the noodles
2. Mix in the canola oil.
3. Coarsely chop apples and squeeze gently to drain the liquid.
4. Add the eggs, sugar, cinnamon, and salt to the apple mixture.
5. Add the mixture to the noodles. Stir to combine.
6. Pour mixture into a 9" × 13" baking pan lined with baking paper.
7. Mix the crumb topping in a small bowl and sprinkle over the kugel.
8. Bake covered at 350° F for 50 minutes, then uncovered for another 10 minutes.
9. Remove from oven and let cool completely before covering to prevent the topping from getting soggy.
10. Serve warm or at room temperature.



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The Dilemma of Deli Meats- A Bad Mood Food

By Susan Heckler

*It's back to that time of year again, with the generations old question...what to pack your child for a school lunch?
Sandwiches are an easy go-to, but beware what you put between the bread.*

The babies of the boomers (like me) all grew up on deli meats. Tasty, convenient, long shelf life... we all wished we were an Oscar Myer wiener and our bologna had a first name!

These products are regularly packed with fillers, preservatives, sugar and salt. Whether they are prepacked in the refrigerator section or sliced fresh, these can be filled with potential dangers that can cause long and short-term health issues.

Eating one serving a day of processed meat -- or the equivalent of a single hot dog or two slices of salami -- was associated with a 42% increased risk for heart disease and a 19% increased risk for diabetes in the study, conducted by researchers from the Harvard School of Public Health.

Processed and unprocessed meats contained similar amounts of fat and cholesterol, but processed meats contained, on average, about four times more sodium and 50% more nitrate preservatives than unprocessed meats.

In addition, you have the following issues:

1. Corn syrup is a popular sweetening ingredient in consumer packaged goods. It may upset your body's natural metabolism, potentially raising the risk for obesity, heart disease, and diabetes.
2. Listeria is a bacterium found in deli meats that infects an estimated 2,500 people per year with Listeriosis. This can cause fever, muscle aches, headache, stiff neck, confusion, loss of balance and convulsions sometimes preceded by diarrhea or other gastrointestinal symptoms.
3. Nitrates are preservatives that help to prevent the spread of food-borne illnesses such as botulism and at the same time extend the shelf life. Other preservatives found in deli meats might include butylated hydroxytoluene, citric acid, corn syrup and gelatin.
4. Sodium to a degree is necessary, but often deli foods contain a disproportionate amount. Too much salt in our diet can cause our body to work harder than necessary and may cause high blood pressure. Look for low-salt meats and opt for fresh veggies instead of cheese on your sandwich for added nutrition and taste without the salt.
5. Added oils make deli meats moist and salads laden with mayonnaise may contain much more fat and oil than you need.

Good mood healthy food alternative:

- Carefully read labels and choose brands without fillers or added nitrates.
- Slice your own leftover chicken, turkey, or roast to use. It is budget friendly and you know the freshness and how it was prepared.
- As a healthy alternative opt for lean cuts of white meat and salads without mayonnaise.



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For the Love of Rangrez Indian Cuisine in East Windsor

By Susan Heckler

Indian cuisine is very different from other international food. When you try to describe it to someone who has never had it, it cannot be compared to any other food. It must be tasted to really be appreciated.

Leanne had never had food from India before and my attempt at an explanation came up short. Thus, a trip to Rangrez was in order for my friend. On a dare, we ventured into Rangrez at 319 Route 130 near her home in East Windsor. From the front, you would never know how spacious and comfortable the restaurant is.

So what do you order for someone who is a bit food shy and has no idea of what to expect? A little bit of everything! Isn't that what lunch buffets are all about? Leanne got the opportunity to try authentic, distinctive flavors from India, ranging from street food to aromatic curries to tandoor meats. As in other countries, food choices range from north to south to east to west or, in the case of India.... from Kashmir to Hyderabad, from Rajasthan to West Bengal. The flavors have a great range of diversity as does the heat.

Little Miss Afraid to Try New Food fell in love. I asked her what her favorites were, but since she couldn't pronounce them she just pointed to the photos. I guess you don't have to say it out loud to inhale it. It is now her favorite place and she wants to go there every time we get together. Her love of Rangrez cuisine has spread to her family, apparently it is contagious.

If you are not a fan of hot and spicy, their dishes can be made to order at any degree of spicy. The staff was so accommodating and friendly, they just want you to taste and enjoy the food they love.

I definitely recommend trying Rangrez. When you walk in or make a reservation, ask for Sunny and tell them you want Leanne's table.



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The Best Breakfast Foods for Your Health

By: Erin Mumby



It's widely known that breakfast is the most important meal of the day. However, eating breakfast isn't just enough. It's what you eat that matter. Sugary cereals and pancakes are popular choices, but they're not the smartest health wise. If you're looking to stay energized throughout the day, check out the following breakfast options.

1) **Homemade Fruit Cup**

Fruits like oranges, apples, and bananas will give your immune system a boost! This results in a refreshed feeling. Having a fruit salad or homemade juice is the best way to get essential minerals, vitamins, and antioxidants

Cranberries, strawberries, blueberries, and raspberries are low in calories. They help clean blood. They contain anthocyanins that improve the heart's functions. They are also known to help you look younger. A handful of berries in the morning can do you wonders!

2) **Eggs**

Eggs are a great source of calcium and protein. They help lower the risk of heart disease. The yolk contains antioxidants that better your vision. The choline in eggs can improve your liver, heart, and brain. Eggs can be served up a variety of ways. They are easy to make during your morning rush!

3) **Greek Yogurt**

Greek yogurt has grown popular due to its delicious taste and health benefits. It's rich in calcium and packed with probiotics. Greek yogurts help the good bacteria in your gut grow. Greek yogurt in the morning is a great way to increase your metabolism. To naturally sweeten plain Greek yogurt, add some fruit or honey!

4.) **Oatmeal**

Oatmeal is a classic breakfast choice for a reason! Oatmeal works to help keep digestive tracts healthy. Oats fill your stomach up faster and for longer. This helps promote weight loss. The gluten free can enjoy oatmeal too!

5) **Green Tea**

Green tea is the perfect drink to start your day. It doesn't just warm you up! It cleanses your organs and keeps you hydrate. It is also known to fight off bad bacteria. It also is known to be instrumental in anti-aging. Its properties are beneficial for youthful looking, glowing skin!

6) **Coffee**

The caffeine in coffee is said to help your brain's performance in the morning. This is because caffeine increases alertness and concentration. It is also known to better your mood. Coffee is a natural diuretic and laxative so it helps your bladder and colon in the morning.

7) **Chia Seeds**

Chia seeds are a viscous fiber. They help your gut naturally balance out the food in your stomach. Chia seeds taste great with jelly or jam on toast. You can sprinkle some chia on yogurt. You could also incorporate chia seeds into a healthy smoothie!

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Does 15 Minutes Really Save you 15% on Car Insurance?

By John Bazzurro

The purpose of this article is to inform the public about a phenomena that I have come across in my personal injury practice concerning the "bargain" automobile insurance companies that advertise "discounted" insurance rates.

Did you ever wonder how these "bargain" insurance companies allow consumers to save "15% or more" on car insurance? Well, it has been my experience in my handling of a number of cases in my personal injury practice that the insurance coverage these companies are providing for the lower premium is really not the same insurance coverage that you may have had with your prior insurance company. Specifically, what I have seen on numerous occasions is that these "bargain" automobile insurance companies reduce the medical expense benefits coverage on these newly opened policies from the "normal" coverage in the State of New Jersey of \$250,000.00 for medical expenses arising out of the motor vehicle accident to only \$15,000.00 in medical expense coverage without specifically advising the insured individual or family members. Thus, although they are providing insurance coverage at reduced premiums, they are not providing the same insurance coverage that you may be giving up and this can be detrimental to those injured in a motor vehicle accidents.

What this means is that, in the event of a motor vehicle accident where you or a family member require medical attention, you will only have medical coverage available for you or family members in the amount of \$15,000.00 as opposed to the "normal" coverage of \$250,000.00. As you can imagine, given the high costs of medical treatment, the \$15,000.00 in medical coverage does not go a long way in providing much-needed treatment and, as such, individuals injured in auto accidents who have this minimal medical coverage often have no means of obtaining medical treatment.

Obviously, unless you have a motor vehicle accident and require medical treatment, you will not even realize that your medical expense coverage has been reduced from your prior policy limits of \$250,000.00 to the minimal medical expense coverage of \$15,000.00. This scenario (the absence of a motor vehicle accident for which you need medical attention) is exactly what these bargain insurance companies are banking on so that you never find out that they have reduced your coverage without informing you of same.

Accordingly, in light of the above, it is important for you to insure that the policy limits in your new "bargain" insurance policy are the same policy limits that you had in your prior policy. Of course, it may be difficult for a layperson to decipher exactly what coverages are contained in their new or old policies. I invite anyone to submit their new and old declaration pages for my review so I may advise you accordingly. A quick review of your automobile insurance policy now could save a great deal of time later-especially if you require medical treatment the cost of which exceeds your policy limits.

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September is National Preparedness Month

By Susan Heckler

Throughout September, CDC and more than 3000 organizations—national, regional, and local governments, as well as private and public organizations—will support emergency preparedness efforts and encourage Americans to take action. Are you ready for the next emergency? It could be a sprained ankle or a tropical storm. One of the best ways to prepare for emergencies is to have a kit ready.

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. Think Hurricane Sandy and listen up please.

You may think that you will have enough time to run to the grocery store, but stores quickly sell out of important supplies following emergency warnings. Unfortunately, about half of adults in the United States do not have the resources and plans in place for a possible emergency. Preparing emergency kits for your family is an important step in keeping them safe and healthy during a disaster.

Pack an anytime emergency supply kit.

Here's what you'll need:

- At Least a 3-day Supply of Food and Water
- Water – one gallon per person, per day
- Food – foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk
- Manual can opener
- Basic utensils to prepare and serve meals

Health Supplies

- 3-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

Personal Care Items

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

Safety Supplies

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle

Electronics:

- The National Oceanic and Atmospheric Administration (NOAA) provides weather updates during emergencies. Look for a radio labeled "NOAA Weather Radio."
- Flashlight
- Radio (battery-powered, solar, or hand-crank) for updates on the situation
- Cell phone with chargers
- Extra batteries

Documents:

- Keep copies of your important documents, cash, spare keys, and maps in your emergency supply kit.
- Copies of important documents such as insurance cards and immunization records
- Paperwork about any serious or on-going medical condition
- Your completed family emergency plan, complete with family and emergency contact information.

You should also keep:

- Extra cash
- Maps of the area
- Extra set of car keys and house keys

And Don't Forget about:

For Children:

- Baby supplies like bottles, formula, baby food, and diapers
- Games and activities for children

For Pets:

Food and Water:

- A 3-day supply of food and water for each pet. A cat or a dog will generally need 1 gallon for three days.
- Bowls or bottles
- Manual can opener

Cleaning Supplies:

- Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and household bleach

Health and Safety:

- Medicines and medical records stored in a waterproof container
- First aid kit with a pet first aid book

Transport supplies:

- A sturdy leash, harness, and carrier to transport pets safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for several hours.

Comfort Items:

- Pet toys and the pet's bed, if you can easily bring it, to reduce stress

Paperwork:

- Current photos and descriptions of your pets to help others identify them, and to prove that they are your pets, in case you become separated from them
- Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care

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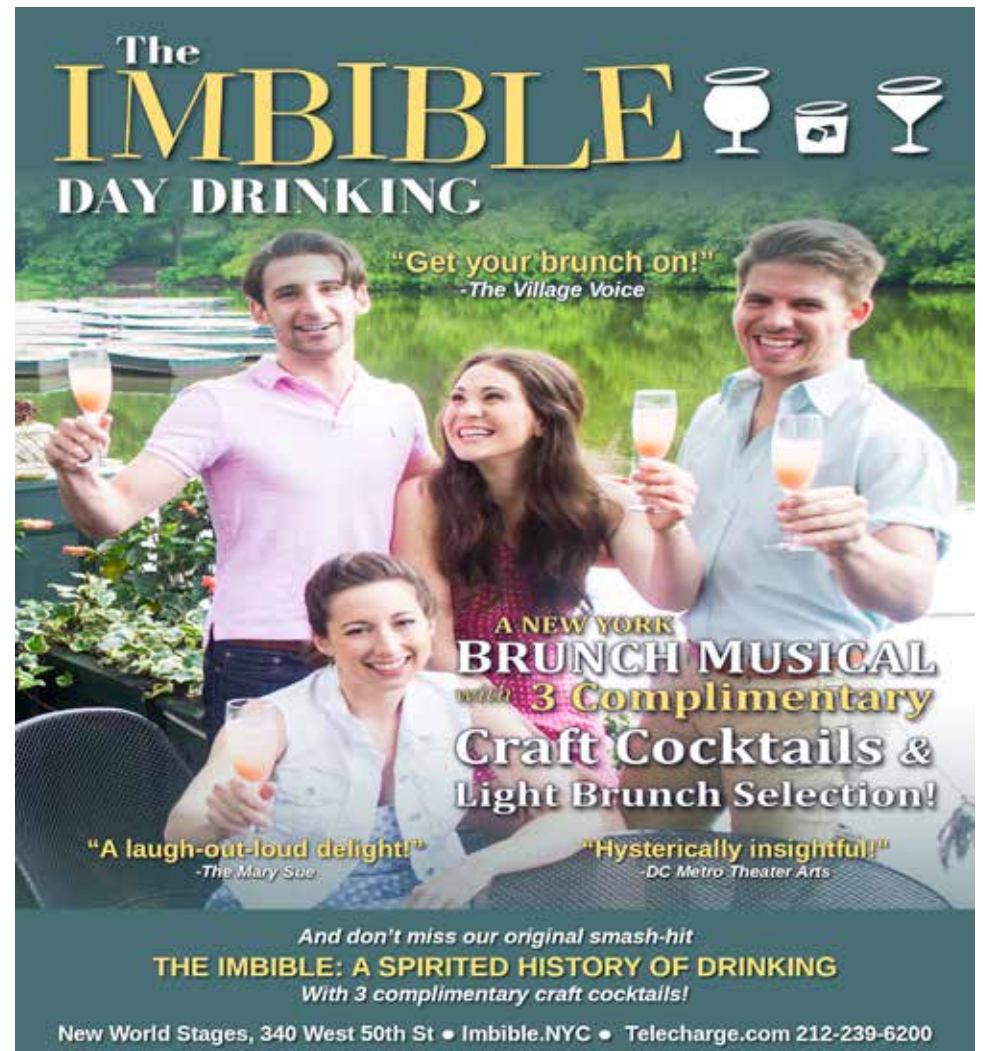
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FAMILY MATTERS



The Benefits of a Health Savings Account

By: Erin Mumby

Most people looking to save for retirement contribute to a 401(k) or IRA. The latest retirement savings method is a health savings account, or HSA. A HSA offers an array of tax advantages. Contributing to an HSA is a great way to build up your savings for your retirement. HSAs should be used to save for health-related costs. However, they can also be used as another form of a retirement account.

A recent report from the Employee Benefit Research Institute, found that a person contributing for 40 years to an HSA could save almost a million dollars if the rate of return was 7.5 percent! These accounts offer tax advantages. Money put into an HSA is not taxed. A person with an HSA account earns tax-free interest on HSA balance. HSAs don't operate the way most traditional retirement plans do. HSA empower savings. With an HSA, you have lower monthly healthy insurance premiums.

An HSA can be used to pay for many qualified medical expenses that are designated by the IRS. These include medical, dental, vision and prescription drug expenses. Immunizations, non-cosmetic operations, psychiatric care, oxygen, speech therapy, physical therapies, and lodging at hospitals are just a few examples of qualifying medical expenses. There are also many potentially qualifying expenses that are dependent on the patient and the situation.

To maximize your savings, it is suggested that you contribute as much as the IRS suggests. For the tax year 2017, the contribution limit for an individual is \$3,400 and the family contribution limit is \$6,750. For the tax year 2018, the HSA contribution limit for an individual is \$3,450, and the family contribution limit is \$6,900. When you reach age 55, you are allowed an additional \$1,000 annually.

To fully maximize your HSA, understand the benefits of HSAs. All the contributions remain in your HSA remain there until you use them. The money rolls over year to year. Withdrawals that are used to pay for medical expenses are never taxed. The account belongs to you and only you. If you switch employers or retire, your HSA stays with you.

It's also important to be a smart health care consumer. The money in your HSA will be used for health care. Comparison shop! Use an online calculator to see how much you will be spending on medical expenses. You can now research the cost of expensive surgeries online. You can also research the price of prescription medicines. Consider switching to some generic medicines instead of name brand ones.

Are you eligible for an HSA? You are eligible for an HSA if you are covered by an HSA qualified health plan and have no other health coverage. Other health coverage means another health plan, Medicare, or military health plans. You are also eligible for an HSA if you cannot be claimed as a dependent on somebody else's tax return.



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Dancer bill flushes unfair tax on residents with septic systems

Assemblyman Ron Dancer has introduced legislation to get government's hand out of our home bathrooms and septic systems. The bill (A5186) exempts having septic systems service or pumped from the state's 6.875 percent sales tax.

"Residents with septic systems shouldn't be penalized with a tax on, of all things, the end result of our daily necessity of drinking water and eating food...could taxing the air we breath be next," said Dancer (R-Ocean). "Taxes in New Jersey are already high enough without collecting a tax on the removal of human waste from septic tank systems."

Residents living in areas with Public Sewer Services are not charged a sales tax for removal of their waste. Yet, the residents with individual septic tank systems on their own property are charged the sales and use tax for waste removal services not required on a monthly basis.

Generator Safety Tips to Weather a Storm

Did you know, according to The Consumer Product Safety Commission that generator accidents result in 50 deaths and 1,700 visits to the emergency room annually?

Key to safe generator use:

Never operate your generator indoors

This would include your basement, garage, or any other enclosed space because deadly levels of carbon monoxide are created. The generator should be at least 15 feet from the house to keep it away from doors and windows where exhaust gas can seeps in.

Never run a portable generator in the rain

Model-specific tents are sold online.

Never refuel without letting it cool

This reduces the risk of fire or burning yourself while refueling.

Stock up on extra gasoline

To use the generator for an extended time, keep extra gas handy in ANSI-approved containers in a cool, well-ventilated place. Adding stabilizer to the gas in the can will help it last longer. We all remember the gas crunch after Sandy.

Install a transfer switch

It costs between \$500-\$1,000 on a 5,000-rated-watt or larger generator. This connects the generator to your circuit panel and lets you power hardwired appliances while avoiding the safety risk and hassle of extension cords.

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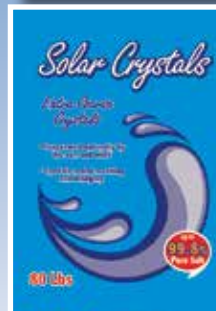
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Emerald Ash Borer, A Green Menace for Ash Trees

by Susan Heckler

As a homeowner, you know that landscaping can be quite an investment, but one that enhances your home for generations. Mature trees take many years to grow and make a beautiful canopy for your yard. Like any living thing, trees need some attention now and then and a little protection too.

The Emerald ash borer (*Agrilus planipennis* Fairmaire) is an exotic beetle that came from northern China and Korea. It can also be found in eastern Russia, Japan, and Mongolia. It was discovered in southeastern Michigan near Detroit in the summer of 2002. The adult beetles nibble on ash foliage but cause little damage. The larvae (the immature stage) feed on the inner bark of ash trees, disrupting the tree's ability to transport water and nutrients.

The Emerald ash borer probably arrived in the United States on solid wood packing material carried in cargo ships or airplanes originating in its native Asia.

Since its discovery, EAB has:

- Killed hundreds of millions of ash trees in North America.
- Caused regulatory agencies and the USDA to enforce quarantines and fines to prevent potentially infested ash trees, logs, or hardwood firewood from moving out of areas where EAB occurs.
- Cost municipalities, property owners, nursery operators and forest products industries hundreds of millions of dollars.

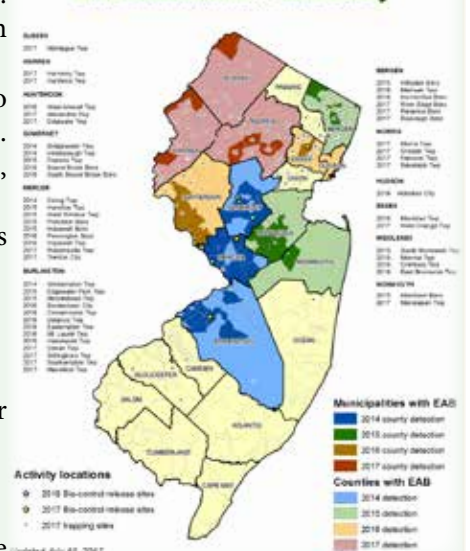


All North American ash species are at risk of EAB infestation. Usually more than one insect infests a tree. Once these invaders get into a tree, the tree always dies. There are some ash trees that are not at risk, such as the mountain ash, but that's because they are not true ash trees.

Confirmed EAB Activity in NJ

Through July 2017, emerald ash borer has been found in New Jersey in Bergen, Burlington, Essex, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Somerset, Sussex and Warren counties.

EAB Detections in New Jersey



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Do You Know Why Your Electric Bill Is So High?

By: Erin Mumby

Just because you turned off the electrical appliances around your home, doesn't mean they're not using any power. Most household appliances are never "off"! They still consume power when they're in standby model. This can get costly considering most Americans have about 40 electrical appliances plugged in! According to the United States Department of Energy, the average household spends about \$1,900 annually on energy costs for their home.

Any appliance that has an external power supply still uses electricity even while powered off. This includes cell phone chargers, speakers, or any electrical device with a cubed power supply. Any electrical appliance that has a clock or LED light or display also uses electricity while turned off. These kinds of appliances include microwaves, coffee makers, TVs and DVD players. Even if you put your appliances on sleep mode will still consume electricity. Most cable boxes never even turn off! Desktop computers are the same.

The amount of electricity consumed by an appliance depends on the individual appliance. They range anywhere from 1 watt to 50 watts of electricity! 1 watt doesn't seem like much, but ten or so devices using 1 watt is a lot! For example, one cell phone charger consumes 1 watt of electricity if plugged into the wall, even when it's not charging a phone. When actually charging a phone, the charger will consume 8 watts of power. Chargers are usually the culprits behind unnecessary watt usage. This is because most households have multiple people. Now most people have multiple devices that need different chargers. Cell phones, laptops, and tablets all need to be charged quite often!

You can save money and electricity by eliminating the electricity leaking! The simplest method is to unplug electrical appliances when you aren't using them. This method is the best method because no electricity will be used at all. It's also a smart way to save your self some trouble in case there's a power surge! A power surge could burn out some of your electrical devices or appliances if they were still plugged in. Another way to cut down on costs is to use a standard surge protector. Plug your devices into the surge protector. When you're not using any of the devices, turn off the power strip. You could also invest in a smart power strip or surge protector. They will cut off power automatically to the devices are turned off, but will still supply power to those devices that are on. Make smarter choices when it comes to your electrical devices. It's not just good for your wallet; it's good for the environment!



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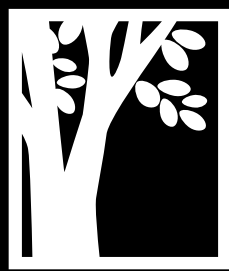


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Expiration dates on Non-food Items

By Aleena McIlvaine

It is important to pay attention to the expiration dates on more than just the food in our kitchens. There are many household and beauty items that also have dates they should not be used past. Although many of them are a year or two away, it is still best to know when those dates are in order to keep everyone in the house as healthy as possible.

Some items, like sunblock or bug spray, don't really "go bad" but they do stop working as effectively as they did when you first bought them. For both products, that doesn't start to happen until about 2 years after opening, but it is still good to know if you're just reaching for whatever is left in the closet. The sunblock you're using may say SPF 50, but after sitting in the closet for 2 years, it may only protect you like SPF 30. Other product that are similar are body wash, lotion, and deodorant which all last about a year. While using these "expired" products won't do any real harm to your body, they won't protect or clean you as much as you were probably expecting them to.

Even household cleaning products have a date they should be used by. These do tend to be farther down the road, but if you are someone that likes to buy in bulk, knowing the shelf life of these products could possibly save you some money. Products such as Windex can last about 2 years when unopened, as well as laundry and dish detergent both lasting a year.

Beauty items like lipstick and mascara also have an expiration date. These dates depend on the ingredients, manufacturer, and whether or not you have already opened the product. These expiration dates are normally the number of months they can last after being opened and used and are displayed somewhere on the outside packaging. It will look like a little container with the number of months inside. Something like mascara should be replaced after about 3-4 months just to keep the risk for eye infections low, but even after opening, lipsticks can last around 2 years. Eyeshadows can also last around 2 years, as long as you're on top of keeping your brushes and face clean before use. Once a product is opened it can last anywhere from 3 months to sometimes a few years depending on what it is you're using.

Even though using these products past their "expiration" dates won't make you sick like expired food, it is definitely still useful and important to know. Whether you're thinking about buying a product in bulk or debating on replacing makeup, expiration dates can possibly save you money and will definitely keep you healthier.



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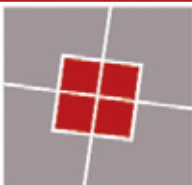
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AMERICAN PICKERS to Film in New Jersey

By Susan Heckler

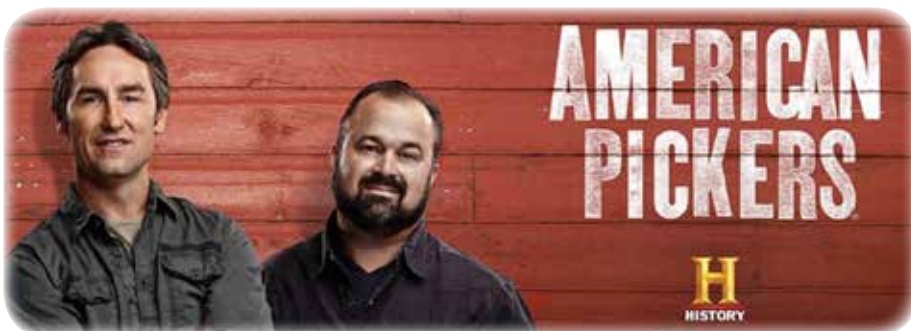
If you are an antiques lover or a pack rat, then you must be a fan of American Pickers. American Pickers is shown on the History Channel, new episodes air Mondays at 9pm EST.

Stars Mike Wolfe and Frank Fritz will return to New Jersey with their team to film episodes of the hit series throughout our region in September 11-24, 2017!

For those unaware, this is a documentary series that explores the fascinating world of antique 'picking'. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques in the strangest of places meeting interesting people along the way.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past. The two are characters in their own right, and will introduce you to many more.

The show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that The Pickers can spend the better part of the day looking through, send your name, phone number, location and description of the collection with photos to:



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If you are a teen considering a career in health care or medicine, Jersey Shore University Medical Center's Medical Explorers is a great way to learn what it takes. The Medical Explorers Program is part of the Boy Scouts of America, and is run by Jersey Shore University Medical Center.

Medical Exploring helps teens decide if a health care career fits into their future. They learn about a variety of health care careers, and hear from health care professionals who are experienced in their field. Additionally, they learn about preparing for a career, the educational requirements, salary ranges, and the benefits and rewards of the position. In addition, they participate in hands-on activities designed to familiarize students with a specific aspect of medicine.

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Explorers are required to attend monthly meetings. The program operates on an academic calendar, with monthly meetings from September to May.

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AGE BRACKETS

4 & 5 yo.	6 & 7 yo.	8 & 9 yo.
Bracket 1 is for players born 2013 and 2012 <ul style="list-style-type: none"> • Games will be Saturday morning 4v4 • Cost \$65 • No goalkeepers 	Bracket 2 is for players born 2011 and 2010 <ul style="list-style-type: none"> • Games will be Saturday morning 5v5 • Cost \$90 • No goalkeepers 	Bracket 3 is for players born 2008 and 2009 <ul style="list-style-type: none"> • Games will be Saturday morning 7v7 • Cost \$100 • Intro to goalkeeping

Sessions will be 60 minutes long:

30 minutes of professional instruction | 30 minutes of a supervised scrimmage.

Register here:

<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?Company-ID=4593&GroupID=1880035>

For questions, contact Shaun Donnelly at 732.792.9900 | sdonnelly@sportikasports.com



The Millstone Times STUDENT OF THE MONTH

Leah Gaddy

By Pam Teel

Six year old Leah Gaddy attends the Newell Elementary school in Allentown.

Leah lives in Creamridge, NJ. What she likes most about school is being able to spend a lot of time with all her friends and just having fun.

Her favorite subjects are art, gym, and she especially loves recess when she gets to play with her friends.

Her favorite books to read are: My Little Pony, Equestria Girl books.

Her favorite TV show is Tom and Jerry. Her favorite songs are "NO" and the Gummy Bear song.

Her favorite hobbies are playing with Lego's and playing on kindle.

Her favorite places to visit are the Woodloch Pines Resort in the Pocono's and the beach.

Leah has a sister Cailyn, who is four. She has many uncles and aunts and cousins. She has four grandparents and two great grandparents.

She has a dog named Gavin and a cat named Blackie.

Her favorite holiday is Christmas.

Her favorite sport is horseback riding. She also loves to play the piano, write stories, read, and swim.

Her favorite foods are gummy Bears, cheese, and Reece's peanut butter cereal.

Leah loves to spend time with her family and her friends. She also loves baking desserts with her mom and sister.

When she gets older, she would love to be either a magician, scientist, author-illustrator, or an ice cream girl.

She would also love to be in the summer Olympics for horseback riding.

If she could have one wish, she would wish that she could be a shape shifter and turn into anything that she wanted to be.

Good luck in September Leah. Work hard in school and keep on having fun with your friends.



10 Must-Have Skills to Be a Great Parent

1. **Know where your child is.** Know where they are, who they are with, who is in charge, and when they'll be home. This is critical especially for young teens.
2. **Get to know your children's friends.** Where your child spends their time, and who they spend it with will have a deep impact on them. Make sure you know your child's friends and their parents.
3. **Make sure your child has a healthy diet.** Their brain is growing and needs the proper nutrition. Make it healthy and avoid overeating. Obesity is a huge issue in children today. Keep your child eating right and staying active for good health.
4. **Limit television watching and video game playing.** Children need to be active. Get the TV out of your children's room and give them other activities that will help them learn and grow. It's okay to insist that electronics be turned off and make them go outside to play.
5. **Insist on respect.** Respect for yourself and respect for others. Teaching your children good coping skills and communication is one of the best things you can do for your child. Make sure they can handle their anger in ways that will not be verbally or physically abusive to others.
6. **Be radically consistent.** Make sure your child knows if you promise consequences for good or bad behavior that you will deliver it – every time. Just don't say it if you aren't going to do it. Expect the same from your children.
7. **Teach your child about sex.** Have open and honest communication with them about sex. Not just that it's bad and they'll get pregnant and die if they have it, but talk about the joy of waiting for that special someone, and about how to take responsibility for their own body.
8. **Prepare your child for adulthood.** Ask them often how they feel about things and keep open discussions going about drugs, drinking, money, personal safety, and current events. Really work at finding out where your child is on all of these topics and talking to them from a place that they will understand you, not just lectures. For example, "What would you do if someone at school offered you drugs?" Listen to their answer and start your discussion from there.
9. **Know your child deeply.** What are their hopes, dreams, passions? Refrain from expecting your child to adopt what you think is important to pursue in life and really get to know where their heart is. Encourage them to pursue their own passions in life, this is one of the greatest things you can do for your child.
10. **Finally, take a look at your own life.** You need to be the person you hope your child will become. It just doesn't work to expect them to be one way if you aren't willing to do the same thing yourself. For example, if you want an honest child, you MUST be honest. That means with everyone. Showing them it's okay to lie to others will give them the message that it's okay to lie to you. Be really honest with your own personal inventory and make sure you are leading by example.

Dealing with an Unfair Teacher

By Mia Ingui

Do you feel like one of your teachers is treating you unfairly? Read on to learn how you can deal with an unfair teacher in a responsible and adult manner. Do you currently have a teacher who just doesn't understand you? Are you constantly getting in trouble or struggle to get your teacher's attention? If you're not getting along with your teacher and it's getting annoying, then continue reading this article to gain some tips that can help you deal with your frustrating situation.

TALK TO YOUR PARENTS

Tell them about your irritation. Be detailed with the actions your teacher has made that bother you. For example, if you get in trouble for talking, but it was really the other kids around you, or perhaps you always have to wait longer than other students to have your questions answered. The more specific you are with your worries and problems, the easier it will be for your parents to understand where you are coming from. By sharing your problems with your parents, you are able to relieve your stress instead of getting mad at someone at school (which as we all know can result in big trouble!).

MEET WITH THE GUIDANCE COUNSELOR

Guidance counselors can give you good advice about how to deal with uncomfortable situations. Your guidance counselor knows the different teachers in your school so they will know if it is a personality conflict or some other problem behind you and your teacher's differences. Your parents can also come in for this appointment if it makes you more comfortable. The purpose of your counselor is to provide you with help with your classes or other school related problems and they are willing to invite parents or make other adjustments to make your appointments with them as comfortable as possible.

MEET WITH THE TEACHER

You could also have your parents schedule a meeting with your teacher. You can join them in the meeting or just have your parents discuss your concerns with the teacher. If you join the meeting you will be able to tell your teacher what has been bugging you, but this can be uncomfortable for a lot of students. Either way is usually effective because it alerts the teacher that he or she has been making students feel uncomfortable. Many times a teacher will not realize that he or she has been misjudging a student or treating them differently than other kids.

GIVE YOUR TEACHER A BREAK

No matter what you do, remember your teacher is supposed to be there to help you learn. Being mean and being a demanding teacher are two very different things. If your teacher is just trying to teach you new and difficult skills, this is not a good reason to dislike them. Perhaps you not liking a teacher is really a sign that the class is too tough and you need help with your homework. Think through your reasons for disliking a teacher before you ask to make an appointment with your guidance counselor or teacher because the real purpose of the appointment may change.

Helping Your Child Succeed in School Part 1

By Susan Heckler



One way to start the school year off on a positive note is to partner with your child's teacher. Sharing information is essential and both teachers and parents should take responsibility for making it happen.

If there are problems at home that may affect behavior or performance, clue the teacher in as early as possible. Teachers need to inform parents of what the school expects from their children and from them.

Check out the school handbook and website, it is a wealth of information. This will answer many questions that will arise over the year. It may clarify what the expectations are for your child, rules and regulations, how the school measures student progress and other important details.

Hopefully by now you have completed your parental scavenger hunt also known as a Supply List. Make sure your child has what they need to complete their school work.

Pay attention to the school calendar to know important dates, special days like picture day and testing, in-service days, half days etc. Get to know some of the parents in the class as well as some

of your child's class mates, especially a few that live nearby to help with forgotten books and lost assignments.

If properly done, the school website is a handy tool. Most school allow direct communication with teachers by email so you can be on top of your child's progress without waiting until back to school night to make changes. If you are lucky, your school website will have assignments posted so you can stay on top of your little student.

Do your best to stay informed throughout the year by attending PTO meetings as well as back to school night, conferences etc. This is your opportunity to have face time, meet people and be a well-informed parent.

If you have the ability, it is also a good idea to volunteer in the school building. Class Mom, Chaperone, Phone Chain. Sometimes work or other commitments make it difficult for you to volunteer in the school. There may be ways to help from home.



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7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ www.frogbridge.com

Frogbridge Day Camp Anticipating Its 20th Summer Celebration

By Pam Teel

Frogbridge Day Camp, a children's summer camp located in Millstone Township, has quickly become known as one of the most premiere camps in the country with their twentieth summer celebration right around the corner in 2018. They're already busy planning next summer's celebration with their campers and staff and can guarantee you that it will be a gala like none other!

The Day Camp, opened in 1999, has grown over the years to the delight of many happy campers with one of a kind activities and amusements that keep them coming back for more. The completely private gated facility features a security guard at the gate, which allows only Frogbridge family members onto their 86-acre campus. The staff's dedication to the children is beyond compare.

Frogbridge offers a camp program for ages 3-13, which includes teen travel programs for 7th-10th grade. You'll find what separates them from every other day camp in the country is their Pre-K through third grade program, as well as their travel program of 8th-10th grade, that is led by licensed teachers, not counselors.

As most know, the average age of an employee at a day camp is usually in their teens, at Frogbridge the average age is 31, which is a drastic difference between the norm around the country. The children's activities are also led by adult coaches and teachers, thus making Frogbridge an environment of nurturing, where they're stressing safety, and the importance of growing, maturing, and social development.

Featured activities, not often found elsewhere, include the Octagon, the covered championship Gaga Stadium, Little Fenway Park Wiffle Ball Stadium, Spin Zone bumper cars, a professional go cart raceway, a golf driving range, Hops and Bops Studios, a dedicated dance and theater center, Ribbits Ice Cream Parlor and Arcade as well as Frogarita's Frozen Island Oasis. There are also gigantic inflatables for the campers to play on too.

To help keep the children cool, Main Street offers many individual air conditioned activity rooms featuring crafts, computers, cooking, a chocolate shoppe, nail salon, and silly science to name a few.

An on-site laundry facility handles the swimsuits of the campers and the poolside towel service is offered to all.

Children can perfect their swim technique with daily swim lessons offered in one their four heated swimming pools. There are also three magnificent lakes for boating, fishing, bumper boats, and a favorite for many, Toadally Tubing.

Frogbridge prides itself on having the finest dining facility in any camp across the country. All lunches are freshly prepared on site in their 3,500 square foot kitchen. Campers dine in the lakeside air-conditioned dining hall. Frogbridge is also sensitive to the many food allergies and special food needs children might have; they are a nut aware, gluten free aware, dairy free, lactose intolerant aware facility. Chef Will is happy to work with any child's special food needs. To bring the campers back and forth from home, Frogbridge features air-conditioned busing with a choice of either, door to door or meet the bus, at many central locations.

The camp is always expanding. As part of the 2018 summer celebration, two new activities will be added. There will be a new taller rock wall and 600-foot zipline that goes through the trees and over the lake. For those who don't want to climb, they can access the top via a spiral staircase. Also, they will be adding a roller skating rink. The entire area will be designed to look like Rockefeller Center. The roller rink will be aptly called Frogafeller Center. For the 20th summer celebration there will be many different events and summer long activities. The campers are eager to open up time capsules that were buried on the premises by campers ten years earlier. The capsules contain letters and advice written by past camp members.

Frogbridge is proud to help guide children throughout the summer and they're also helping parents prepare for their child's college tuition. They are the exclusive camp in Monmouth County, Central NJ that offers the Sage Scholars Camp to College Tuition Program. Parents can add up to 3,000 tuition award credits per year that gets deposited into tuition accounts for every year that their child registers, for at least four weeks, and completes their summer at Frogbridge. If you accrue 30,000 credits throughout your child's camp history that means you will have 30,000 reward credits towards tuition in a participating college. Right now there are over 400 colleges and universities in the program and the number is still growing.

Frogbridge Day Camp is located at 7 Yellow Meeting House Road, Millstone Township. Visit them at: www.frogbridgedaycamp.com or call 609-208-9050.



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