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## INSIDE GUNTHER PUBLICATIONS: *Meet Susan Heckler*

*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 Susan Heckler, Managing Editor of Gunther Publications. She spoke about her daily duties in this important role, being a mentor to young writers and the rewarding parts of her job. Read on!

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

I grew up in Woodmere, Long Island. I went to college at Bernard M Baruch College in NYC where I got my degree in International Marketing.

I have been living in NJ, between Freehold and Manalapan, for 31 years where I have raised my three kids: Jenna (30), Alex (25) and Brad (23).

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

I have been with Gunther Publications for six years, beginning as a freelance writer, and started working on advertising sales two years ago. I have been the Managing Editor since February. My "day in the life" is to juggle several responsibilities based on priorities.

I balance writing 20+ articles monthly and I choose and assign the other articles for the four publications. Gunther Publications enjoys having high school and college interns working with us year-round. I am currently mentoring two high school students who aspire to be journalism majors, and over the summer I worked with four college students to help them grow as writers.

I work with advertising clients to help them promote their businesses within

our pages, so I help them with the wording and design to get their word out. I do a lot of networking all over Central NJ to promote our brand.

I also do the layout for the four publications, which means determining what goes in page by page, working hand in hand with our graphic artist and amazing sales reps to do what is best for the readers' interests as well as our advertisers.

**Q: What skills have you acquired in this role, and what do you think are the most important qualities to be a managing editor?**

Every day is a learning experience as I am new to the publishing business. The writing comes fairly easy to me, learning the new software is a challenge and the nuances of the business too. I am a people person, so networking is a time-consuming pleasure for me as is working with our readers and wonderful customers. At the end of the day, seeing the positive feedback from both readers and advertisers is really rewarding as is seeing my hours of work in print form.

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

If you have an interest in something or a talent for it, go with your strengths. Use every opportunity to learn and experience more. You may not think it is of value right this minute but every lesson learned makes you smarter and better in one way or another.







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3. If allowed to grow for their whole lifetime, the length of someone's hair would be about 725 kilometers
4. The total length of all the nerves in the human body is 75 kilometers100,000 chemical reactions occur in the human brain every second
5. Only 7% of people are left-handed
6. It is impossible to sneeze with your eyes open
7. The speed of your sneeze is 160 km/h
8. The facial hair of a blonde-haired man grows faster than that of a man with dark hair
9. There are about 40,000 bacteria in the human mouth

## Gunther Publishing would like to welcome our new interns! *Nicole Iuzzolino and Gabriella Mancuso*



Allentown High School

I'm Nicole Iuzzolino and I'm 17 years old. I am a Senior at Allentown High School and hope to go on to college to become a journalist. I have two younger sisters who are twins and who are now Freshman. I have one dog and he is a Morkie, which is half Maltese and half Yorkie. I am also a tennis player and have been playing since I was just 6 years old. I have always loved writing and reading, which really shows in the classes that I am taking in school. I am taking/taken honors and AP English classes, and I have recently been enrolled in a Journalism class which I am very excited for. I am very excited about participating in this internship program and I can not wait to hone my skills as a writer.



Monroe Township High School

My name is Gabriella Mancuso. I am 17 years old and I live in New Jersey. I am originally from New York where I like to spend most of my time now. I love hockey, baseball and movies. I participated in many activities throughout my childhood like learning how to play the piano, singing and dancing for the past 14 years. I am extremely family oriented and love to express my imagination through writing. I would like to peruse my dream of writing throughout college. I am a senior in high school and I love to write on my free time. I really love the idea of having writing as a part of my future career. I am very passionate about it and cannot wait to see what the future holds for me and my ideas!





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# Bring the Old Halloween Days Back

By Nicole Iuzzolino

It is that time of year again. The leaves are falling, the wood is burning, and credit card bills go flying. Every parent hates the moment their kid finds the dreaded Party City catalog where a pair of cat ears cost twenty dollars with a seven-dollar shipping rate. Now, any Halloween costume is a serious investment that makes many cringe. Many must wonder, "Why can't we go back to the times where white sheets with holes suppressed the needs of all the children of the nation?" Well this Halloween is about to be a bit different. Time to whip out the pillow cases and the DIY Halloween kits, it is time to bring the 70's back.

The first step is simplicity. Keeping things simple is easy, and just as fun. Dress up like a ghost in a sheet or a witch with an all black outfit and a broom from your closet. Just go on Brooklyn Paper.com for some fantastic inspiration on how to dress for Halloween like in the 70's! This is when things were just plain easy. No one cared about political correctness, the only thing on everyone's mind was who would fill their pillow case up first. Regardless, it is sure to bring back the memories of the good old days. Speaking of pillow cases, why not bring those back out too? It is easy fill with candy, and readily accessible. It is time to put a stop to buying a bag that will be used for a few hours once a year. Now let's get to the fun stuff; the snacks. Forget about the cute little pumpkin shaped tomatoes with olive bats you found on Pinterest, it is time to whip out the classics. Whipping up a batch of popcorn balls and rice krispie treats will make you feel like a kid again in seconds. While they may not look like the fancy creations you see all over Pinterest, it tastes delicious and that is all that matters. Just like it says on AMAC.com, it'll instantly transport you back to the good old days.

The final step, is to wind down with a cup of steaming apple cider, a bowl full of candy that was supposed to go to trick or treaters, and the Halloween tv classics. These televised films made everyone shiver with excitement and fear, and were looked forward to every year. What Halloween would it be without the classic Addams Family? Or how about Mad Mad Mad Monsters? These two films just scratch the surface of all the films that littered all the channels on your TV back in the day.

With just these few steps, you can finally be a kid again. Get ready to be transported to the good old days and not return until the witching hour is over.



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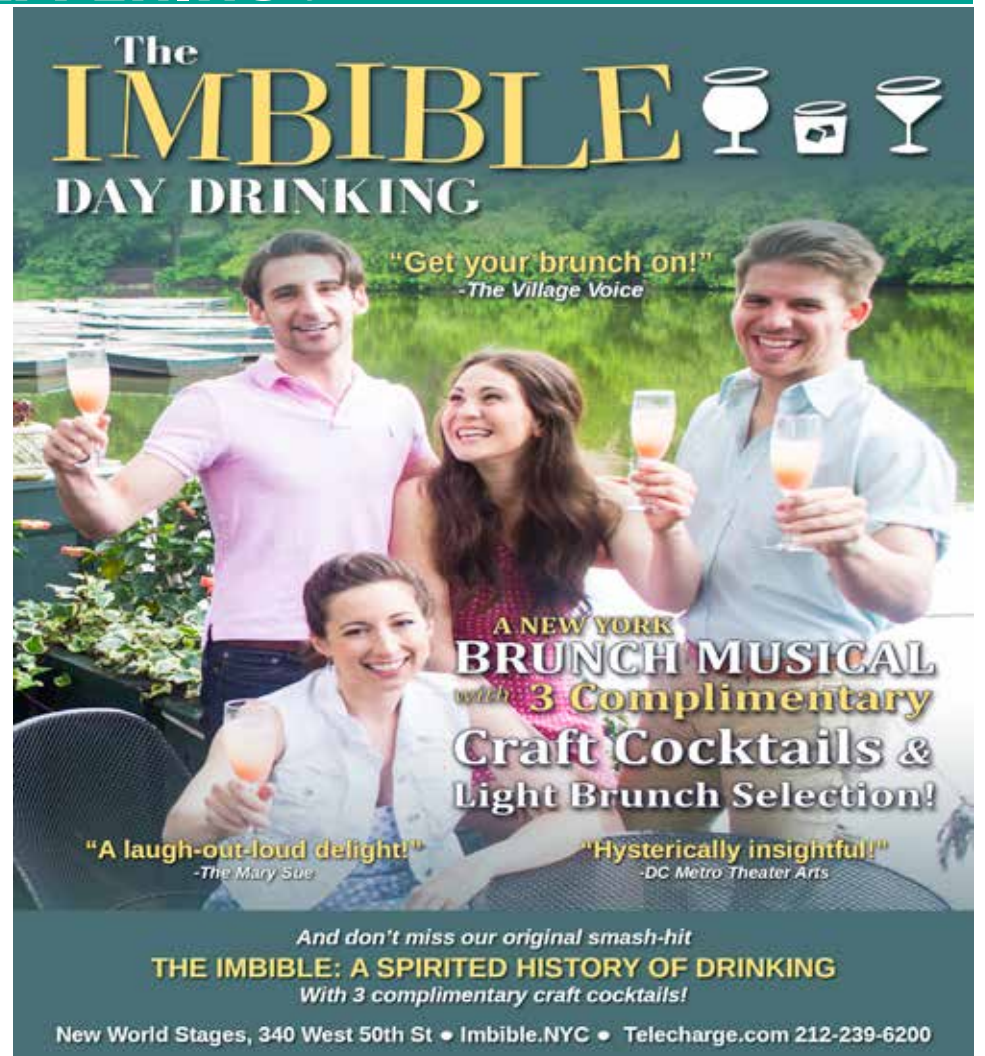
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## MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE ANNOUNCES 180 DAY CLUB KICK-OFF

Millstone Township Foundation for Educational Excellence (MTFEE) announces the kick-off of its "180 Day Club" for the 2017-18 school year. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget.

The "180 Day Club" asks for contributions of \$1.00 a day for each of the 180 days of school and "extraordinary" learning. Families who contribute will have their name displayed on an acorn. The acorns will be hung on the MTFEE oak tree murals that are displayed in the lobbies of the primary, elementary and middle schools.



MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$530,300 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included future-ready classrooms, STEAM enrichment programs, learning lab, book rooms, professional development, fitness equipment, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall.

There are currently more than 60 MTFEE-funded grant programs running. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant. MTFEE is a member of New Jersey Education Foundation Partnership and The National Consortium of State and Local Education Foundations (NCEFS).

For more information about the "180 Day Club," becoming a trustee or its fundraising efforts, please e-mail [info@mtfee.org](mailto:info@mtfee.org), visit [www.mtfee.org](http://www.mtfee.org) and Like Us on Facebook.



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### SpiritMonth!

Dimensions Reiki in Matawan is proud to announce SpiritMonth!, an exciting series of events throughout the month of October to celebrate the Halloween season, including workshops, classes, meditation circles, and the ultimate Halloween experience – LIVE ghost investigations at a location filled with paranormal activity! For a personal touch, you can schedule your own private Reiki and psychic medium sessions to really connect with Spirit, and give the gift of SpiritMonth! to a friend with a Dimensions Reiki gift certificate!

### Classes and Workshops

Dimensions is committed to helping you develop your OWN spiritual connections! Our psychic classes are designed to put you on the path of tapping into your intuitive abilities and expand your sensitivity to the spiritual energy around you. Take your first step into energy healing through Reiki, and learn to relieve stress and pain in your family, friends, pets, and even yourself. Join workshops that invite discussions on a variety of spiritual topics. Sit in on meditation circles to cleanse your own energy and even receive messages from the Beyond. We even have an entire week of events in SpiritWeek! (October 23-29) leading up to Halloween!

### Ghost Investigations

If you are ready for the REAL thing for Halloween, join psychic medium Jeff Carpenter for one of our incredible ghost investigations on the beautiful campus of a retreat in Lanoka Harbor, NJ! We will begin by sharing some of the paranormal evidence collected on past investigations, and then you will get to experience for yourself the compelling activity to introduce you to some of the paranormal "Pilgrims" still wandering the property, including a series of lodge buildings, a rock labyrinth, the remains of a century-old chapel, and a national cemetery!

SpiritMonth! has something for everyone! Contact Dimensions Reiki to find out how we can help you celebrate the spirit of Halloween. Spirit awaits; are you ready???

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.

## A Walk Back in Time With Renowned Psychic Jeffrey Carpenter

By Pam Teel

What a great way to start off the Halloween month of October with a nice ghost walk through some of the older homes in town. Medium and Psychic, Jeffrey Carpenter, from Aberdeen, once again focused his attention on the town of Millstone as he sought to speak to the spiritual inhabitants that live among us!

First stop was the Baird House, which is now the Thomas Baird Educational and Cultural Center. Accompanied by Town Historian JoAnn Kelty, and Marcy Havens, who is a direct descendant of the Thomas Baird family, myself and another staff member, Jeff set out to see if any of Marcy's old relatives were still hanging around the old Baird Homestead.

Jeff sees spirits in many different ways; sometimes as orbs, sometimes as shadows or silhouettes of energy, and yes, even, on several occasions as full bodied apparitions. The spirits that are willing, not all are, walking within the very same space as us, possibly in another realm, find ways to interact with Jeff. On the mediumistic level, Jeff is a clairvoyant (clear seeing) with some claircognizance (clear knowing). The spirits show him evidence of their existence, describe shared experiences, and even provide messages to him.

Jeff went to College for Aerospace Engineering. Five years ago he would tell you that he was the biggest skeptic of anything even being a possibility in the spiritual world, coming from a science background. His discovering the other side, so to speak, came about accidentally when he made a bet with a friend. If he lost, he would have to accompany his friend to a Reiki class. Suffice to say, Jeff lost the bet and in 2013, he took his first reiki class. Out of nowhere, he had a psychic vision about the woman sitting next to him. He even scared himself when out of the blue he gave her advice about a situation that she had never verbally talked to him about. After that, his psychic abilities just started to open up, as if a door had been opened. Jeff currently works with five spirit guides every day whether doing reiki work or psychic work.

What Jeff Found at the Thomas Baird Homestead: Upon coming up the back walk, Jeff encountered a little girl peering down from one of the attic windows. She appeared to be dressed circa 1850 style clothing. Jeff got that her name began with an S and Joann confirmed that there was a young girl named Sarah Baird who once lived in the house. The little girl then proceeded to tell Jeff that she liked to play hide and seek and would come up to the attic and hide in one of the old trunks. There were still old trunks present in the attic. She told him that no one could ever find her and that she spent a lot of time hiding in the trunks. She also liked to play with someone named William. She called him Billy. Sarah was familiar with Joann because Joann spent many hours at the Baird house helping to restore it. Joann would often hear giggling and she also felt like she was being touched. Sarah confirmed that she would laugh at Joann when she was up on the ladder and that she was the one touching her. Sarah also showed Jeff that she would sneak books from her dad's bookshelves, probably those she wasn't allowed to read, and come up to the attic to read them. She liked playing in the attic. She also



...to be continued on page 13





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*...continued from page 12*

touched Jeff a few times while he was up there.

In the parlor area: We got a whiff of pipe tobacco. Jeff saw an older man sitting in a chair by the fireplace. He told Jeff this is where he liked to sit. The chair was his throne. The man had a bulbous nose and was stocky. Jeff got a name that was possibly James. Joann told him that a James Campbell once lived in the house. The man seemed annoyed at Jeff but not at Joann when she sat down in his chair. Jeff did get a few k2 meter hits and one of the spirits told him to use a certain piece of equipment so he could try to communicate better with him. We also heard footsteps from above when we were in the parlor.

Hearth room: As Jeff turned the corner; he saw a quick image of an older, small woman in a white bonnet and black dress with a sour expression, watching over grandchildren. He got several hits in the chair next to the hearth where he saw her. He got a name either Ella or Elsa. Marcy asked if it could be Alma, her great grandmother. The woman complained about her son being uncontrollable and troublesome. They would have to chain him to the school radiator when he was younger. Alma was resentful because she came from Philadelphia and was quite the socialite. She was brought here, in the middle of nowhere, and she was very bitter about it. She did not like having to watch the grandchildren all the time. She was tiny and had on a grey dress with a bustle in the back. Jeff suggested that she brought a lot of the drama onto herself and that she could have made the best of the situation. Alma did not like that. Over one of the instruments, she said "but MAD." Jeff saw and photographed a floating anomaly for about 6 seconds and was lucky enough to get the orb with his camera on the servants' steps in the hearth room that led up to a back bedroom.



Basement: Mel meter fluctuation was up to 1.9 mG, Jeff also got interactive K2 hits on his meter. A spirit communicated with Joann and Jeff by setting off the K2 meter for 5 minutes. Jeff "saw" an African-American "slave" but he was dressed in a blue suit coat like a servant. When we started going down the basement and talking about the dangerous steps, the servant told Jeff how it would irritate him to carry ice blocks up and down them. Joanne asked if he lived in Little Africa and he answered yes. (Little Africa was the unofficial name of the area off of Smithville Road, where slaves and former slaves lived.) Joann also asked if he went to the AME Church off Smithville Road and he answered yes. Jeff saw him as a tall, muscular man. He got the name Johnny.



Bedroom with rope bed: Jeff experienced heavy pressure in the air and he was getting very dizzy, but no meter readings or voices. The room had a handmade picture that Joann found in the attic of a little girl.

Final bedroom: no meter hits but Jeff caught a glimpse of the face of an older man with a pipe in his mouth near the closet.

In the Next issue, we continue part 2 of our Spirit walk with a trip to town historian, Joanne Kelty's, circa 1785 home and the Cook Cemetery.

*Our thanks to Jeffrey Carpenter for sharing his time and his psychic gifts with us!*



# Allentown Villagers Celebrate 50 years of Community Friendship

By Pam Teel

Congratulations to the Allentown Villagers for their fifty years of service to their community. The Allentown Villagers is an organization that has been doing good deeds not only for their quaint historic town but for nearby towns as well. The group started half a century ago in the Allentown Presbyterian Church with 100 eager members. The Villagers, whose members live both inside the Allentown boundaries and surrounding outer areas, have done so many charitable things; they should be commended. They usually meet for a few hours every other Wednesday and think up ways to create fundraisers so they can raise money to use for various community projects. They have had cookbooks made, using their own family recipes, held flea markets, hosted tea parties, donated food and money to food banks, provide scholarships to Allentown High School students each year, hold dinner dances, make Easter Basket and Christmas cookies for shut ins, hosts Christmas Teas and Christmas bazaars, made crafts and sold them, held a needlepoint contest in the Allentown High School cafeteria, presented a Spring Fashion Show, provided day trips, and each year participate in the Allentown Memorial Day parade.

They also dress dolls and teddy bears and each year present 300-400 teddy bears to fire departments and police departments to comfort children who might have been displaced due to a fire, family issue, or other reason. The teddy bears also go to children's homes and many other places. The Villagers make the clothes for the teddy bears and the Turtle Creek Quilters Club in town makes small quilts so each teddy bear is wrapped and ready to put into a child's arms. During the summer months, the Villagers hold classes in Bridge and sewing. One group of women made puppets and wrote plays and performed shows in area schools.

The members are still 100 strong with two of the original women still in attendance. If you would like to become a member of the Allentown Villagers, please call Anna Malsbury for an application at 609- 758 -3711. You don't have to live in Allentown to belong.

**Keep up the great work Allentown Villagers!!!!!!**





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# Our Fight for Life: Valerie Mathis-Leake's Story

By Pam Teel

Valerie is a seven year Breast Cancer Survivor. After discovering a hurtful lump in her breast after a self-breast check up, Valerie panicked and made an emergency call to her OBGYN. Not wanting to wait for a call in the morning that might not come, she drove to the doctor's office as the doors opened and asked to make an appointment for someone to see her that day. Her normal doctor was off and she asked to see anyone available. After the office staff checked her file, they saw that her mammogram wasn't due for five more months and they denied her an appointment. The real issue of the appointment denial was that her insurance company wasn't going to compensate the provider for services until the next contract year. Angry and scared, she decided to wait. She wanted to be seen that day and she knew the office always saved some time in the day for emergencies. They made her wait for hours in the waiting room as the staff continued to ignore her. Finally after a fit of tears, they let her see one of the doctors. She ended up going into surgery for the lump removal a week or so later. Luckily the lump was found early and didn't spread, but as a precaution of it coming back, six sessions of chemotherapy was ordered.



Valerie came to find out that her insurance company, which was state funded, did not cover chemotherapy and the Dr.'s office where she was scheduled to go for treatment immediately canceled her appointment. She waited in fear and anxiety for weeks for that first treatment only to realize that she and other people like her could die because of the lack of treatment offered by these insurance companies. It became clear to her that it wasn't about saving lives but about these companies and doctors making money. Altogether, with her health issues and others arising family issues, Valerie felt like she was falling without a net. Her friend recommended that she call the Sisters Network. After exhausting doctor after doctor, she called and went to a support meeting. She listened to others who had similar stories about their healthcare nightmares and after the meeting she and one of the directors began to formulate an action plan. She had an insurance plan in place that she could afford, but it didn't cover chemotherapy. She had to find one that did. The sisters helped her apply for financial aid so she could pay for her house expenses during that time. After waiting weeks to hear from the new insurance company, she was met with a denial for having preexisting cancer. If there was one thing the Sisters Network taught her, it was how to stand up for herself. Valerie fought and argued her case and eventually won. She was finally given coverage. She called the oncologist's office and gave them her new insurance information making her capable of getting all of the treatments needed. (It costs about \$10,000 for one chemotherapy treatment.) Thanks to the life saving information from the SNCNJ, Valerie found peace of mind and was able to receive the preventive treatments. It's a sad day when money becomes the obstacle to a person's health needs. It's a flawed system that needs to be changed. From that day forward, Valerie saw her calling, to educate, advocate, and empower other sisters to effectively navigate the healthcare system.

Most people are unaware of the overwhelming statistical data that support the staggering mortality rate among minority women due to the disparities built into the healthcare system. Furthermore, there is very few information on how to minimize these disparities in order to level the playing fields providing equal access to care for all.

**Help is on the way!!!** We would like to take this opportunity to introduce the Our Fight For Life LLC organization. Our mission is simple; we look to reduce the mortality rate among minority women by facilitating educational workshops nationally focusing on the socio economic disparities with an emphasis on education, empowerment and providing solutions.

Our program addresses the uniqueness of the minority women's experience with an emphasis on recommending proven solutions to affectively navigate the healthcare maze. The programs will be facilitated by experienced Certified Benefit Consultants that are breast cancer survivors.

*To expand our outreach we look to partner and collaborate with likeminded organizations, like yours. It is with this objective in mind, that we ask you to join us in the fight for life. To learn more, please visit our website or contact us at:*

Office: (800) 220-7491 • Fax: (732) 960-5207

Email: [info@ourfightforlife.org](mailto:info@ourfightforlife.org) • Website: [www.ourfightforlife.org](http://www.ourfightforlife.org)

*We look forward to hearing from you.*



# One Simple Wish

## Helping Foster Kids' Dreams Come True

By Pam Teel

One Simple Wish is a non-profit organization that uses technology to raise awareness about foster care and connect caring people to kids in need. One Simple Wish has developed a unique wish-granting platform that allows anyone to browse and grant wishes made by young people impacted by foster care and those in under-served communities. Examples of granted wishes include bikes, laptops, books, eyeglasses, jackets, clothing, school supplies, prom dresses, tickets to concerts and shows, clothing, lessons, playground equipment, and more.



One Simple Wish was started by Danielle Gletow in August 2008, in Ewing, NJ to help grant the wishes of children in foster care and impoverished or vulnerable families on a national scale. Each child's wish is posted online, and anyone can pay to make that wish come true. Since 2008, the nonprofit has granted more than 6,500 wishes for children living in 48 states. These kids are separated from their parents, siblings and relatives. They really don't have people to ask for things they might want. A lot of them face reality and simply stop wishing for the everyday things that normal children do, like music lessons, karate lessons, playing with toys and dolls, biking, camping, and so on. Things we all take for granted. These kids are bounced from home to home, institution to institution, with pretty much nothing but a suitcase of clothes. One simple wish helps to make their lives as normal as possible so they can still find the joy in being a child. The mission is to spread the love, joy and hope to thousands of children each year.

Over the decade, Gletow and her husband, Joe, have been foster parents to several children, eventually adopting one of them. "At One Simple Wish we believe that every child deserves love, hope and joy. Each year more than 500,000 children are impacted by abuse, neglect and abandonment and spend time in our nation's foster care system, often separated from the friends, schools and siblings they love. One Simple Wish makes it possible for anyone to show these children that they matter by responding to their simple wishes and needs through our innovative online platform. When these wishes come true, our kids have a chance to just be kids - to enjoy the simple pleasures of life, to connect with new people, to have new experiences, and to realize that their voices are being heard. By doing this, we hope to not only grow the village of support for our kids, but to educate people on the reality of the foster care system by using real stories, not statistics. We want to encourage more people to get involved in every way that they can and as often as they can. Most of the wishes granted by One Simple Wish are made by foster children or those that have aged out of foster care and are submitted through the social workers that support them. Foster children are truly America's invisible children. They need our voice," Danielle stated.

**Wish Granting:** The Wish Granting program is One Simple Wish's core program and each year grants more than 1,000 wishes to foster children and vulnerable families through their website. Wishes range in value from \$5-\$100 and include items like sports equipment, shoes and clothing, tickets to museums, small appliances, gift cards and lots more. You can start by looking at the wishes online at <https://www.onesimplewish.org/wish/wish-grant>. Remember, donations can be as little as five or ten dollars towards a gift. (Also visit One Simple Wish on facebook) What a great way to get your youth organizations involved in helping other children who are in need.

You can also become a benefactor. Your gift can make sure that every wish is granted in time for special occasions such as birthdays, graduations, proms, and other milestones. Companies and groups can also get involved. Create a giving page or establish a wish fund. You can also sponsor a wish party.

One Simple Wish also takes donations of new clothes, toys games. Personal care items, school items, and more to help thousands of foster kids all over the US.

Want to host a drive? Go to: [info@simplewish.org](mailto:info@simplewish.org) to find out how.

Thanks to One Simple Wish, more foster children are able to do the things they've always wanted to do but couldn't.

There are thousands of children in the foster-care system that go without those normal childhood experiences that many of us have had. Visit the wish site and put a smile on a child's face today!!!! <https://www.onesimplewish.org/wish/wish-grant>.



# Millstone Township Fire Company Launches New Recruitment Effort

The Millstone Township Fire Company has launched a new volunteer recruitment effort – a proactive step with the goal of maintaining quick response times and high-level emergency service in the face of a nationwide shortage of volunteer firefighters.

“Our volunteers are dedicated people who donate their time to train for and respond to fires, traffic accidents, and other life-threatening situations,” said Chief John Fiore. “We know there are many other township residents who have the same desire to help their neighbors. We don’t think enough of our neighbors realize we are a volunteer department that really needs new members.”

That’s the message Millstone Township Fire has underlined with the campaign slogan: “Our Neighborhood of Firefighters Needs YOU to Volunteer! There’s a role for you in what we do!”

Millstone is reaching out to prospective volunteers via a newly updated website([www.MillstoneFire.com](http://www.MillstoneFire.com)), brochure, traditional media, and social media, including Facebook and Twitter.

Few people walk into the firehouse already knowing how to aim and control a fire hose or cut through a mangled car to pull someone to safety, said Recruitment Committee Chairman Sean McManus. “They don’t have to know,” he said. “We provide free, comprehensive training in fire and rescue operations.”

It takes more than first responders to successfully run a volunteer fire company, Fiore and McManus agree. That’s where the second half of the new campaign slogan comes in. “Our fire company needs people to direct traffic during emergencies. We need people to teach fire safety and prevention skills at schools and community events. We need help with administrative, fundraising, and event-planning tasks,” Fiore said. “There is no skill set that can’t be put to good use at the fire house.”

The men and women who volunteer with Millstone Township Fire Company make a huge contribution to the community, but they also get a lot in return. High on the list, members say, is the camaraderie. In a township where houses are far apart, the fire house has become its own neighborhood.

“When I moved to Millstone, I was looking to get that sense of community, to find people to talk with, to be friendly with,” said Firefighter and Company President Scott Bice. “I get that here.”

Volunteers also receive training that can lead to a career advancement or a new career in emergency response, a free annual physical, the opportunity to participate in the Length of Service Awards Program retirement savings plan, use of a fully-equipped on site gym, an annual awards dinner/dance and family summer picnic, and the satisfaction of helping people when they most need it.

***For more information or to set up interviews with Chief John Fiore, Recruitment Committee Chairman Sean McManus, or other Millstone Township Fire Company volunteers, please contact Kellie Gates at [kellie@comsolutionsgroup.com](mailto:kellie@comsolutionsgroup.com) or 215-884-6499. Reporters and photographers may conduct these interviews by phone, or at an upcoming training session at which you will see some of the life-saving skills volunteers must use in action.***

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# Apple Days Fall Festival Weekends at Terhune Orchards

## Sept– Oct. 29, 10 am-5-pm

It is apples, apples, apples here at Terhune Orchards. The pick your own apple orchard is now open daily at our Van Kirk Road orchard. Apple Days Fall Festival Weekends every Saturday and Sunday through October 29 celebrate all things apples here at Terhune Orchards. During the fall, a full day of fun on the farm awaits the entire family.

Gary Mount said, “In over 40 years of growing apples, this is the best year yet. We have so many apples in the orchard, ready to be picked.” Pick your own Jonathan, McIntosh, Jonamac, Empire and Early Fuji varieties. Take a tractor-pulled wagon ride around our preserved farmland to enjoy the view of trees loaded with red, green and gold apples.



Children's activities are abundant on festival days at home farm on the Cold Soil Road. Follow the corny jokes in our corn stalk maze to find your way out. Tots have fun scampering through the hay bale mazes and playing on the pedal tractors. Have a friendly competition in the rubber duck races and express your artistic talents while pumpkin painting. Spot out collection of scarecrows around the farm. Don't forget to stop by the barnyard to visit the animals. Kids can take a pony ride or have their faces painted, too.

Our Adventure Barn is decorated differently each year and tells the story of life on a farm. This season, the interactive exhibit goes underground. While learning about soil and water, children can pretend to be earthworms and move through a tunnel, see how root crops grow and spot a dinosaur.

Is there anything more nostalgic than biting into a candy or caramel apple? These confections and other apple goodies are part of the Apple Buffet. Cool down with an apple cider slushie. Treat yourself to a taste of our very own apples in cider donuts, pies, muffins, salads, and much more. Pam's Food Tent features seasonal lunch items. Indulge in pulled pork sandwiches, hot dogs, BBQ chicken, vegetarian chili and soups and other traditional fare.

The winery tasting room is open for a place to pause and overlook the farmyard. Enjoy a tasting flight or a glass of our award winning red, white and fruit based wines. Seasonal favorite, Apple Wine, is made with our own apple cider.

Stop in front of the farm store where the display of colorful mums, Indian corn, pumpkins, hay bales and cornstalks are perfect for pausing to take a family photo and for choosing fall decorations for your home.

Apple Days Fall Festival Weekends are 10 a.m. to 5 p.m. Saturdays and Sundays through Oct. 29. Three day festival for Columbus Day Weekend.

Admission on festival days is \$8, ages 3 and up. Parking and access to the farm store and winery is free. More details online: <http://terhuneorchards.com/fall-family-fun-weekends/>

### 2017 FALL FESTIVAL BAND SCHEDULE:

10/14- Heavy Traffic Blue Grass Band	10/22- Albo
10/15-Growing Old Disgracefully	10/28-Jimmie Lee Ramblers
10/21-Daisy Jug Band	10/29-Tom and Jerry

### Pick-your-own apples Every Day:

Terhune Orchards' Van Kirk orchard will be open every day for apple picking from 9 a.m. to 5 p.m., weather permitting, through October.



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.

Find Terhune Orchards online: [WWW.TERHUNEORCHARDS.COM](http://WWW.TERHUNEORCHARDS.COM)

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# MONROE TOWNSHIP CHORUS PRESENTS

## *An Oscar Winning Performance*

### *Free Concert*

By Pam Teel

**On Sunday, November 12, the Monroe Township Chorus will present an afternoon of Academy Award Oscar Winning Best Original Songs.**

On May 16, 1929 the Academy of Motion Picture Arts and Sciences handed out its first awards. The first Oscar for the Best Original Song wasn't introduced at the Academy Awards Ceremony until several years later. The 1st song to win was "The Continental" in 1934 from the movie "The Gay Divorcee" starring Fred Astaire and Ginger Rogers. Con Conrad wrote the music and Herb Magidson wrote the lyrics.

Come and join the chorus at the Richard P. Marasco Performing Arts Center (Monroe Township Middle School) 1629 Perrineville Road, Monroe Township for more Oscar History, fun, laughter and wonderful music.

The Chorus was founded in 2013 by Monroe resident Sheila Werfel, who has a background in music. Ms. Werfel has conducted and directed the chorus for the past five years. According to member Helen Nelson, who was one of the original 18 to sign up, there are now about 72 members involved with the chorus. The members all reside in Monroe Township but although many are seniors, it is not limited to seniors.

**Doors will open at 1:15 PM. Performance starts at 2:00 PM. The concerts are free. You do not need tickets or reservations. For additional information, call Sheila Werfel Chorus Director at 609 619-3229**

Check out the other bands and concerts that perform at the Richard P. Marasco Arts Center. The Center plays host too many tribute bands. There is seating for 1170 people. Some of the Tribute Bands that have played there include: Tusks- featuring Fleetwood Mac songs, Echoes as Pink Floyd, a Carole King Tribute Band, the Dave Simmons Band, Glimmer Twins as the Rolling Stones, Eaglemania, a Beatles tribute band, the Princeton Symphony Orchestra, and many other concert events. Ticket Prices for these bands are reasonable and makes for a great night out. You can see the list of upcoming events at: <http://www.monroetownshipculturalarts.com> or find them on facebook.



## CENTER PLAYERS ANNOUNCES 2017-18 SEASON

### *Picnic Kicks off Season Oct. 13th*

Center Players is pleased to announce its upcoming 2017-18 season of four main stage productions to be performed from October through August at Center Playhouse, 35 South St, in downtown Freehold, NJ.

William Inge's classic drama Picnic kicks-off the season, running Oct. 13-Nov 12 and will be directed by Ray Parnese. The winner of the 1953 Pulitzer Prize for Drama, Picnic takes place on Labor Day weekend in the joint backyards of two middle-aged women. One house belongs to Flo Owens, who lives there with her two young daughters, Madge and Millie, and Rosemary, a boarder who is a spinster school teacher. The other house belongs to Helen Potts, who lives with her elderly invalid mother. Into this all-female environment enters a handsome young man named Hal Carter, whose animal vitality upsets the entire group.

Lovers and Other Strangers, by Renee Taylor and Joseph Bologna, will follow, running from Feb. 9-March 11th, and directed by Michael Tota. The play is comprised of four untitled comedic one-acts. The first deals with the lead-up to a seduction, the second with a married couple's quarrel, the third with a groom getting cold feet the night before his wedding and the fourth with a father and mother struggling to help their son be confident about his marriage.

Next is Dale Wasserman's One Flew Over the Cuckoo's Nest, running from May 4th – June 3rd, and directed by Dave McGrath. The drama centers around Randle Patrick McMurphy as he is transferred for evaluation from a prison farm to a mental institution. While he assumes it will be a less restrictive environment, he soon discovers Nurse Ratched runs the psychiatric ward with an iron fist, keeping her patients cowed through abuse, medication and sessions of electroconvulsive therapy. The battle of wills between the rebellious McMurphy and the inflexible Ratched soon affects all the ward's patients.

Rounding out the season will be Dinner with Friends, written by Donald Marguiles and directed by Leslie Hochman, running July 27th-August 26th. The Pulitzer Prize-winning play explores the complexities of marriage and friendship, focusing on the relationship between two married couples: food writers Gabe and Karen, whose apparent domestic bliss is demonstrated as they prepare gourmet meals, and artist Beth and hotshot lawyer Tom whose marriage is breaking up due to Tom's infidelity.

"We are pleased to offer another well-rounded season of award-winning plays, featuring outstanding local actors and directors," noted Center Players President Sheldon Fallon. "And we look forward to supplementing the season with play readings, workshops and other special events."

Most performances run Friday and Saturday evenings at 8:00pm and Sundays at 2:00pm. Tickets are priced at \$25-27 and are available online at [www.centerplayers.org](http://www.centerplayers.org) or by calling 732-462-9093. Season ticket subscriptions are also available by calling the box office by Nov. 12th.

Celebrating its 17th season at Center Playhouse, Center Players is a respected, award-winning organization, presenting high quality, engaging productions featuring local talent in downtown Freehold. In addition to their signature plays, the group also sponsors free play reading events and offers dinner and theater packages with several local restaurants.

Center Players was founded in 1996 and gained status as a 501(c) (3) non-profit organization and sought to establish a permanent presence in historic downtown Freehold. After performing at various locations around town, the group leased a storefront property at 35 South Street. The space was custom renovated with interior design by New York City designer Nelson Kuperberg into an intimate, 49-seat theatre, which opened in March 2001 with a production of Crossing Delancey.





# UPCOMING EVENTS AT THE JEWISH HERITAGE MUSEUM

**Wednesday - October 18 - 2:00 PM**

*Jews in High Tech in New Jersey*

*A talk by Howard Jacobs*

Howard Jacobs of the Jewish Historical Society of Central Jersey will present a talk on the achievements of Jewish scientists in New Jersey universities and research institutions such as Bell Laboratories and RCA.

\$3 members, \$5 non-members

**Sunday - October 22 - 1:00 PM**

*Dr. David Brahinsky and the Roosevelt String Band in a Two-Part Lecture/Music Program*

1 PM: Dr. David Brahinsky presents a lecture:  
Martin Buber the Philosopher

2:30 PM David Brahinsky and the Roosevelt String Band present a concert of songs in Hebrew and Yiddish related to the Zionist Movement, as well as a number of songs by Bob Dylan that illuminate his connection to Judaism.  
Combined admission for both parts of the program \$10 for members, \$12 for non-members

**Saturday Night - October 28 - 8:00 PM**

Spectacular Signature Songs

The Museum presents another musical evening entitled Spectacular

Signature Songs. Every famous performer has a special song associated with his/her success. We will present talented singers and musicians who will perform these recognizable songs in tribute to the performers we love and enjoy.

Wine and an array of refreshments will be offered to our guests, setting the stage for another elegant musical event.

\$36 per person

**Sunday - November 12 - 2:00 PM**

*Phyllis Chapell*

*presents*

*Broadway and Beyond*

*An International Journey of Song*

Phyllis Chapell has spent her life developing a universal musical style, singing "world songs." Her repertoire includes songs in 13 languages from Brazil, Latin America, Europe, Africa and the Middle East, as well as American folk, jazz and popular music. She also has a repertoire of award-winning original songs. Phyllis has performed and recorded with countless other individuals and groups, including Intercultural Journeys- a multicultural ensemble founded by Philadelphia Orchestra cellist Udi Bar-David. \$10 for members, \$12 for non-members

**Wednesday - November 15 - 1:00 PM**

*Marc Chagall, Part 2*

*A talk and film led by Professor Maurice Mahler*

We welcome back Maurice Mahler on Nov. 15th to present a different film than previously shown, and to reveal more background information about Chagall. This film, Chagall's Journey was created for NBC in 1985 and hasn't been seen since. The film chronicles Marc Chagall's journey from czarist Russia to the West and finally to a small village in the south of France. Through photos, archival footage, probing interviews and comments from art historians, the viewer learns how Chagall's paintings are his biography. \$10 for members, \$12 for non-members

**Wednesday - November 15 - 7:00 PM**

*Glass, Paint, and Ceramics*

*A Painting, Wine and Cheese and Dessert Party*

Turn clear glass pieces into your own creative treasures, choose a ceramic piece and watch magic happen!

To be held at Around the Corner Art Center, 290 Mounts Corner Drive (next to the Museum) \$45 per person



## HARVEST FEST

**OCTOBER 14, 2017** FALL FUN

**12:30 - 3:30 PM**

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.

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**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



# Madison, New Jersey A Small Town with a Big Feel

By Pam Teel

The Town of Madison offers the perfect combination of small-town feel with the cosmopolitan draw that only a community near NYC would have. Sometimes called “The Rose City,” and “Bottle Hill,” nearly 16,000 residents, hundreds of thriving businesses, and three colleges call it home. It was listed in CNN- money Magazine in 2011 as one of the best towns in America ranking #33. Madison is a borough in Morris County, New Jersey. It was named in honor of President James Madison. Settled in 1710, it was then known as South Hanover and Bottle Hill. In 1966, Archeologists discover evidence of Lenape settlements in the great swamps dating back to 7000 B.C.

In Madison you’ll find the internationally renowned club Shanghai Jazz, which serves an Asian cuisine and features live music 6 nights a week. The New Jersey Shakespeare Theatre, The Museum of Early Trades and Crafts, and The Playwrights Theatre of New Jersey. The three higher educational institutions include Drew University, Farleigh Dickinson University and The College of Saint Elizabeth. The latter also houses a state-of-the-art Performance Hall.

The NJ Transit Midtown Direct takes riders to New York’s Penn Station in about an hour. Bus and shuttle services run regularly between the Madison train station and many business and shopping areas throughout town.

The historic downtown business district features 52 buildings on the New Jersey and National Registers of Historic Places with its manicured facades, wide sidewalks and ample free parking, Madison is a wonderful place to live, dine, and shop. Madison’s shops range from adult and children’s apparel, boutiques, jewelry, hair & beauty, home furnishings, electronics, antiques, a community bookstore and much more. Major retailers are located in the east-end business district, beginning just beyond the downtown historic district at the intersection of Prospect Street and Greenwood Avenue. These include Walgreens, Gary’s Wine & Marketplace, Stop & Shop, Dunkin Donuts, Whole Foods, Five Guys, Honda, Jaguar, Karl’s Appliance, Staples and Starbucks.

Madison offers an assortment of some of the best restaurants in the area. Diners can chose from a selection of tastes whether it be Italian, Chinese, Japanese, Mediterranean, Indian, Mexican or visit the classic diner. Madison also has wine shops, haute cuisine, delicatessens, gourmet coffee shops, diners and pizzerias. Every year Madison hosts one of New Jersey’s premier food events, The Taste of Madison. All proceeds from this event help fund charitable causes, business development, and civic improvements in Madison. Visit the Escape Room at 19 Waverly. A few miles away is the quaint town of Chatham and nearby Florham Park offers such things as the Children’s Museum, where you can experience hands on fun.

Parking is free on the streets and in the municipal shoppers' lots. Bicycle racks are located at the train station and at many other places across town. At four-square miles in size, Madison is made for walking to and from the business district for errands, commuting or just plain fun. Its schools are highly ranked, as are its parks.

Historical places to visit: Luke Miller house and Miller Forge- 105 Ridgedale Ave, Daniel Sayre House, Presbyterian Church of South Hanover, William Gibbons builds Madison’s first mansion, today known as Mead Hall, which is now part of Drew University, Daniel Willis James gives Madison a free public library. The building now houses the Museum of early trades and crafts. Hartley Dodge Memorial Building (borough hall) built by Geraldine Rockefeller Dodge as a municipal building, but before it was finished, her son died and the building became a memorial to her son. For more information on Madison, its shops, restaurants, parking and other information, visit [www.rosenet.org](http://www.rosenet.org) and [www.MadisonNJChamber.org](http://www.MadisonNJChamber.org).



Hartley Dodge Memorial Building



Downtown Madison



# 7 BEAUTIFUL PLACES TO HAVE YOUR FALL WEDDING IN BUCKS COUNTY, PA

By Pam Teel

The changing leaves, the flavor of pumpkin, the crisp aroma of a new season; no wonder so many brides want to have their wedding in the fall! If you're looking for a picturesque venue overlooking autumn foliage, or a regal mansion filled with history, look no further than across the Delaware River in Bucks County, PA. It's still close enough for family to get to, and offers a spread of beautiful venues. If you're newly engaged, be sure to check out...

## ***Pen Ryn Estate***

This 18th century Victorian Estate that once housed notable Pennsylvania families located along the scenic Delaware River is a perfect location for a fall wedding. The 2,000-foot-long tree-lined driveway leads guests up to Pen Ryn Mansion and Belle Voir Manor, side-by-side buildings. Multiple wedding packages are available that offer exclusive use of the facility, gardens and grounds for five hours. 1601 State Rd, Bensalem, PA 19020.

## ***Glen Foerd on the Delaware***

Exchange your vows at the historic riverfront estate of Glen Foerd. Built in the 1800's, this picturesque palace was the scene of many gala summer affairs. The mansion and grounds will be all yours for the day where you can enjoy the natural outdoor beauty of the estate. Receptions are held in the historic riverfront pavilion. 5001 Grant Ave, Philadelphia, PA 19114.

## ***Durham Hill Farm***

It was built in 1812, originally as a dairy farm, Durham Hill Farm stands as one of Bucks County's most rustic stone bank barns. The farm specializes in weddings and other events with indoor and outdoor space, ceremony space, a carriage house and authentic 19th century rentals. Create lifelong memories with your loved ones on this elegant farm among the gorgeous fall foliage. 6409 Durham Rd, Pipersville, PA 18947.

## ***Aldie Mansion***

Aldie Mansion began as a beloved private residence. Commissioned by American archaeologist Henry Chapman Mercer's brother, William Mercer, as an ode to the English Tudor manor, this stately 1927 mansion evokes a time in America when craftsmanship reached an art form. The Aldie gargoyles, intricate brickwork, antique tiles and charming garden ornaments have been faithfully preserved. While this early 20th century estate's period charm adds to the character of any special event, the restored mansion offers the space and amenities of a more contemporary venue including a 2,400-squarefoot atrium and a library, gallery and great hall for more intimate gatherings. 85 Old Dublin Pike, Doylestown, PA 18901.

## ***Pennsbury Manor***

The reconstructed colonial home of William Penn, for whom Pennsylvania is named after, Pennsbury Manor sits on 43-acres along the Delaware River. Pennsbury's riverfront provides a picturesque setting for ceremonies while the scenic grounds can accommodate up to 300 guests. For a more intimate wedding, the Manor House can fit 100 for indoor ceremonies or receptions. Indoor events can be hosted year-round while outdoor wedding rentals are available between May and October – so hurry before the leaves fall! 400 Pennsbury Memorial Rd, Morrisville, PA 19067.

## ***Inn at Barley Sheaf Farm***

It was once the home of Pulitzer Prize-winning playwright George S. Kaufman; the Inn at Barley Sheaf Farm is now one of Bucks County's premier bed and breakfasts. But Barley Sheaf Farm is also a premier wedding venue, offering space for parties from 30 to 300 guests. Multiple wedding packages are available, each one including a five-hour event, use of the entire grounds, setup and breakdown, event planning and rentals for tables, chairs, linens and place settings. Three-course meals with hors d'oeuvres, salad, entrees, and cake are also available through Barley Sheaf's on-site catering. 5281 York Rd, Holicong, PA 18928.

## ***Pearl S. Buck House***

One of the leading writers of her time, Pearl S. Buck made her home in Bucks County, PA. Today, the Pearl S. Buck House and Historic Site offers visitors a glimpse into the life of the Nobel Prize-winning author of 'The Good Earth', and the beautiful estate is available for private rentals. Exchange your vows on the 68-acre grounds before moving the party underneath the garden tent, which can accommodate up to 350 guests. 520 Dublin Rd, Perkasié, PA 18944.

Information courtesy of Alexa Johnson • Public Relations Manager • VISIT BUCKS COUNTY.COM





# Lee Turkey Farm Gobble Up the Goodness

By Pam Teel

The Lee Turkey Farm is rich in history. The farmhouse dates back to 1802 and all the original barns are still standing today. The Lee family has farmed the land for six generations, since 1868. Located in East Windsor, its just 2.5 miles south west of Hightstown.

Nestled on 54 acres in suburbia East Windsor, the farm raises over 5,000 turkeys annually. For over 60 years, the Lee Farm has been producing turkeys of the finest quality. The turkeys are fed a natural feed mix made by them and are raised without medications and hormones. You can purchase oven ready turkeys, turkey parts, and turkey burgers year round. They also take advance orders for oven ready turkeys for Thanksgiving, Christmas, and other holidays.

The farm also has acres and acres of fruit trees and acres of vegetables of all kinds for the picking, and for those that are not interested in picking your own, you can chose fresh picked fruits and vegetables direct from their farm market. Vegetables and fruits on hand include string beans, broccoli, sweet peppers, tomatoes, eggplant, Italian flat beans, cabbage, sweet corn, cucumbers, zucchini, watermelon, cantaloupes, blackberries, raspberries, strawberries, cherries, tomatoes, peach cider, pure honey, turkey and turkey parts, turkey burgers, cut flowers, and more.

The Lee family welcomes both new patrons from the tri state area and patrons that frequent the farm on a daily basis. If you check on their facebook site, you can get farm operation hours and you can see what's ready to pick.

Ronnie and Janet Lee currently own the farm, which was originally purchased by Ron's great- great- great grandfather in 1868. The original farmhouse, built by Aaron Forman in 1802, is still on the property and is now home to Ron's family.

The Lee family ancestry was lucky to have survived through hard economic times such as the Great Depression, but they can successfully boast that they have managed to farm their land for six generations, weathering both bad times and good times. Today Ron and his son Dylan work side by side planting and maintaining the farm. You can find Ron's wife Janet working at the farm market on the property.

To say it's a family affair is something of an understatement. Ron's parents, Dick and Ruth, still live in a small farmhouse on the property and Ron's Dad still helps out around the farm. Dylan's two siblings also help out in other ways. No matter how far apart they are, their heart is all about the continuation of their farm.

Toward the beginning of the 19th century, Ron's ancestors focused on planting fruit orchards. Half the farm was apples and the other half were assorted fruits. Ron's great grandfather, Charles and his son Levi, ran a successful farm until the great depression hit but somehow they managed to scrape by. It was actually Levi's son, Dick, who at eleven years old, joined the 4-H club and asked if he could try to raise some turkeys, thus the beginning of the turkey business. He started out with 100 turkeys and lost many of them to disease, but eventually found a way to stop the spread of the disease and successfully raise his turkeys.

Dick eventually went into the army and when he got out, he found out that his dad owed the bank a lot of money due to the depression, and that he was thinking of selling the place to pay the bank back. Dick suggested that instead of raising a few hundred turkeys, they should raise thousands of them. So they did. When processing plants were subjected to so many different rules, the Lee's decided to process the turkeys themselves. They eventually built retail routes to supply turkeys to the locals. They also supplied chickens, eggs, fruit, and vegetables.

In 1964, Ron's parents started the first "pick you own" farm in New Jersey, which was a big success. Ron went into a partnership with his parents in 1984.

Ron loves to meet new people and greet the frequent patrons that come by the farm. Since the 1960's, busloads of school children come to visit the farm and are given the grand tour by Ron himself. To date, Ron is the only guide on the property. He has the personality for the job and no one knows every inch of this farm better than him, except perhaps his son Dylan! To date, Ron does not sell his turkeys to any markets. If you want a fresh turkey, you can come and pick one up or order one.

Ron and his son Dylan are up with the roosters and work all day, picking fresh fruits and vegetables for their market, planting, and making sure everything they grow is the best in quality. They use minimum chemicals on their products, only when necessary. Ron also likes to give back to the community and donates a lot of his produce and fruits to the NJ Farmers against Hunger Organization.

Farm tours are offered. Their walking tour is July to October- It's recommended for 1st grade and older. It offers a fifty minute guided tour that includes a history of the farm, fruits, vegetables, honeybees and turkeys.

The hayride tour is September thru October. It is recommended for kindergarten age students and younger. It entails a 30-minute wagon ride through the fields and orchards, which stops along the way.

The Harvest tour is July to October. It is recommended for 3rd graders and older. There is a 50-minute walking tour where children will see honeybees and turkeys and learn about different fruits and vegetables.

Strawberry tour- the first two weeks of June- recommended for all ages. It is a 50-minute tour. You will learn about the spring fruits and vegetables, honey bees and baby turkeys.

There is also a large corn maze in the fall.

Pumpkin picking is optional with all fall tours. To find out more about tours: call the number above or visit them on facebook. Lee's Turkey Farm is located at: 201 Hickory Corner Rd. East Windsor, NJ 08520-1810 Phone 609-448-0629

If you've never visited the Lee Turkey Farm, why not set a day aside and see for yourself what they have to offer. So much- right in our own back yard!!!!





# The Millstone Times' PHOTOS OF THE MONTH

**Send Us Your Photos**  
**The Millstone Times' Photo of the Month**  
**Right in our own backyards!**

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 too. You may send photos more than one time.

Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.

## Pix 1- Sent in by Christine Teel of New Egypt

Swallows, or martins, are slender, sleek, colorful birds. They are beautiful in nature, but a terrible nuisance when they make their nests on homes or other buildings. Swallow nests are made of mud and can be found attached to brick, stucco, or wood siding. They are particularly problematic when the birds set up house in large numbers. Their populations can double or even triple in a single year!



## Pix 2- Hummingbird

After suffering with health issues, Kathi Spurlock from Millstone stopped taking pictures the way she used to. A neighbor brought her a Hummingbird feeder and once again she was happy to start up her photography.

## Pix 3- Mr. & Mrs. Deer

Lori Almeida from Millstone Township likes to shoot pictures of deer, fox & turkey right behind her house.

This is one of many beautiful shots.



# The Logic of Catchphrases & Slogans

## Idioms!!! What are they?

By Pam Teel

I have never realized how many times in a day I often use an idiom in my everyday banter. Not until my son's girlfriend, who is from Slovakia, stayed with us for three months over this past summer. I constantly found her asking me what something I said meant and they were pretty much all idioms. We all use them; we just don't realize how much. Some idioms transpire around the world but others don't, as I soon found out. So I started jotting some of them down. A fun thing to do is see how many times you use an idiom and jot it down throughout the week. You would be amazed how many you use.



An idiom is a word or phrase, which means something different from its literal meaning. Idioms are common phrases or terms whose meaning are changed, but can be understood by their popular use.

Because idioms can mean something different from what the words mean, it is difficult for someone not very good at speaking the language to use them properly. Some idioms are only used by some groups of people or at certain times. Idioms are not the same thing as slang. Idioms are made of normal words that have a special meaning known to almost everyone. Slang is usually special words, or special meanings of normal words that are known only to a particular group of people.

To learn a language a person needs to learn the words in that language, and how and when to use them. But people also need to learn idioms separately because certain words together or at certain times can have different meanings. In order to understand an idiom, one sometimes needs to know the culture the idiom comes from.

Here are some of the idioms I found myself explaining over the summer.

**Stir crazy-** is a phrase that dates to 1908. It was used among inmates in prison; it referred to a prisoner who became mentally unbalanced because of prolonged incarceration. The term "stir crazy" is based upon the slang stir (1851) to mean prison. It is now used to refer to anyone who becomes restless or anxious from feeling trapped and even somewhat claustrophobic in an environment perceived to be more static and unengaging than they can any longer continue to hold interest, meaning, and value to and for them.

**Don't count your chickens before they hatch-** don't make plans based on future events that might not happen.

**A chip on your shoulder-** you're holding a grudge.

**It's not all that it's cracked up to be-** disappointing and does not live up to its reputation.

**Bite the Bullet-** in the Civil War when soldiers needed surgery, they were given a bullet to bite on for the excruciating pain.

**Barking up the Wrong tree-** to make the wrong choice; to ask the wrong person; to follow the wrong course. (Alludes to a dog in pursuit of an animal, where the animal is in one tree and the dog is barking at another tree.)

Other idioms on my summer list that I found myself explaining: give them an inch, and they'll take a mile, a slap on the wrist, he's on the ball, a taste of his own medicine, a world of their own, all bark and no bite, quit beating around the bush, he's the genuine article, not my cup of tea, a piece of cake, he's off his rocker, a dime a dozen, like talking to a brick wall, you get what you pay for, once in a blue moon, pull the wool over his eyes, you reap what you sow.

Now it's your turn. See if you can jot down how many idioms you say this week!



# Country Roads Day Camp Owner's Daughter Doing Wonderful Things for Special Needs Children

By Pam Teel

Seventeen-year-old Ellie Gabriel, whose parents own Country Roads and Yellow Duck Day Camp in Manalapan literally grew up at the camp. Her parents have owned the business for 47 years. Ellie is a senior at Manalapan High School and is also a certified lifeguard. It was her visions ever since she was a little girl to create a program where the whole family of a child with special needs was welcome, a place where special needs children and their siblings could celebrate openly without just being judged and tolerated. Ellie knows firsthand what it feels like to have people stare and actually say something when people with mental disabilities aren't acting according to their standards. Ellie's 13-year-old brother Jack has autism. Growing up, she and her older brother Luke have experienced the negativity that sometimes surrounds growing up with a special needs child. Ellie never felt bad for herself, but she did for her younger brother, who she adores, when asked to leave a Lion King Broadway show, many restaurants, and movie theaters when her younger brother's stim talking and noises were disruptive.



In the spring of 2016, Ellie created a website called MySwimFriends.com and announced that she was starting her own program. 25 kids enrolled. Ellie recruited all the volunteers. She created a free swim program for Jack, who loves swimming, and for all children on the Spectrum. My Swim Friends program is open to children with Autism, Down syndrome, ADHD, or other neurological challenges, ages 3 - 20. My Swim Friends is available six Sundays during July and August from 11:30am - 1:00pm. You may sign your child up for as many days as you would like. She also extends the invitation to the siblings of all ages as well, so please feel free to sign them up for the same weekends. Though the swim portion is over for the summer, please make note of it for next summer. The program takes place at Country Roads Day Camp in Manalapan, NJ. There are two heated pools and 2 waterslides available to the children. The depths of the pools range from 2 feet to 7 feet.

To help the children socialize and play in the pool, they all had lifeguard buddies in the water. The buddies engaged the children in interactions, as well as make sure the children were having an enormous amount of fun. The program was also geared to the parents.

Adirondack chairs were set up in the pool area for parents along with Food and drinks. Specialists in various therapies were presented each weekend to give tips to the parents.

Because the free swim program was such a success, Ellie decided to continue another program through the fall called MYSportsfriends. The programs run on Sundays from 11:30 to 1:00. Fifty children attended the fall program, and this past summer, 90 children and 100 volunteers participated in the program with an average of 75 children each weekend.

Ellie does all the recruiting for the volunteers and communicated with the families of the special needs children as well. She recruits professional volunteers from ABA therapists and speech therapists to come and talk to parents. She orders the food and has a full buffet for everyone. Ellie even makes her own desserts; her specialty is cookies. Most families are meeting for the first time and get to share stories and advice. Special needs children are a blessing but also weigh heavily on our hearts and minds as we all struggle with the same thing how can we best take care of them and be a part of regular life. Sundays at Country Roads gives them all the incredible time to reenergize for the next six days.

Ellie never turns a child away. She finds out their needs and matches them best with a volunteer buddy. It started for kids 6 to 16 years of age and quickly turned into 3-20 years of age.

My Sports Friends runs from September thru mid November. Families can sign up weekly or for the whole season. Some of the fun things they do at My Sports Friends- euro bungee, mountain slide, aeroball (trampoline ball) amazing ninja course, playgrounds, and basketball. Each week Ellie arranges for something special like Happy Day Hayrides, characters in costume to dance with, and fun inflatable's. Call 732-446-4100- <https://www.facebook.com/MySwimFriends> - info@countryroadsdaycamp.com

## MONROE TOWNSHIP CHORUS PRESENTS Lecture Performance "The Music of Kurt Weill"

Wednesday, November 8, 2017 at 1 PM

This lecture performance presents the music and songs of Kurt Weill. This German and American composer lived only to age 50, yet his influence is everywhere. The scope of his writing would rival that of George Gershwin and be approached later by Leonard Bernstein. Weill composed not only operas, but also musical stage shows and both film and radio scores. This performance will feature the Three Penny Opera (from which the song Mack the Knife originated) as well as Lady in the Dark, Lost in the Stars and Knickerbocker Holiday (September Song) and others.

**Presented by Boheme Opera NJ with Jerry Kalstein as lecturer  
Held at the Monroe Township Library  
4 Municipal Plaza  
Monroe Twp.**

Each lecture performance starts at 1 PM and lasts approximately 1 hour.  
**Registration is not required. Admission is free.**



# Have a Spooktacular Time at Marty's Place Howl-O-Ween family fest 12-4pm, October 22

**Special Ruff Mudder Canine Obstacle Challenge starts at 11 AM. Sign in 10:30**

A Howl-O-Ween Family Fest, with activities for the entire family - including the family dog - is scheduled for Sunday, October 22nd from noon to 4pm on the grounds of Marty's Place Senior Dog Sanctuary, Upper Freehold, NJ. There is no rain date.

"We've planned an exciting celebration of dogs and the season," says Doreen Jakubcak, Executive Director of the 501(c)(3) nonprofit, which provides a safe, loving, protected environment for senior dogs that do not have homes.

Admission is free, although fees will be charged for some activities, and donations are encouraged.

"One of our goals for the event is fundraising," Jakubcak explains. All proceeds will benefit Marty's Place residents and go directly for their care.

The first of the day's activities - the Ruff Mudder Canine Obstacle Challenge, slated for a 10:30am check-in and 11am start - begins before the Marty's Place Howl-O-Ween Family Fest officially opens. Sponsored by Golden Grange Kennels, a dog boarding, grooming and training facility in Chesterfield, NJ, it is a fun event in which dogs and owners pair up to complete a series of obstacles along a half-mile path.

Please visit the Ruff Mudder page on the Marty's Place website (<http://www.martysplace>) for additional details, pre-registration forms and payment options.

"The path has gravel, grass and, yes, even some potentially muddy areas," says Chris Cross, a Marty's Place volunteer and this activity's organizer. "But our Ruff Mudder is intended to be fun - not a grueling test of endurance." Every participant receives a goodie bag.

Obstacles include a tire jump, tunnel crawl, jump bars, incline/decline walk and others - all designed for dogs of any size or age. The entrance fee is \$20 for one dog; \$10 for each additional dog from the same family, with no limit to the number dogs per family that can enter - so long as each dog has an owner/handler with them on the course.



**At noon, the Howl-O-Ween family fest kicks into high gear with:**

- Hay rides
- Dog photo sessions sponsored by Sentinel Wealth Management, a Reston, VA firm specializing in investment management, retirement and estate planning
- Live music by Buntopia
- Kid's Zone offering face painting and pumpkin decorating
- Vesuvio's Food Truck and Sweet Gourmet (desserts)

"There will be a K-9 Police Dog Demonstration at 1pm with Officer Dave Lasko from the Monmouth County Sheriff's Office and his K9 Partner Edge," Jakubcak added. "and at 2, we start our Canine Costume Contest."

Prizes will be awarded for Best Dog Costume (first and second place), best costumed dog/human duo or group (first and second place) and Best Overall (first place only). Rules and guidelines can be found at [www.martysplace.org/costume](http://www.martysplace.org/costume).

Dog Swim Mini-Sessions in the Marty's Place indoor, in-ground pool will be available through pre-registration all afternoon. "It's a great way to see our swim program in action and how much the dogs and our volunteers enjoy it," says Angelina Ruggiero, the Canine Swim Program Coordinator.

At 3:30, as the Howl-O-Ween Family Fest draws to a close, Marty's Place will draw the winner of its 50-50 cash raffle. Tickets will be on sale onsite at the event, but can also be purchased now. Email the sanctuary at [info@martysplace.org](mailto:info@martysplace.org).

"All of us at Marty's Place look forward to having the community join us for a fun-filled, family and dog friendly afternoon," Jakubcak says, "We hope it will also give you a chance to learn more about Marty's Place, the senior dogs that live here, and how to get involved in what we do."

**For additional information about this event --**

Please go to the Marty's Place website: <http://www.martysplace.org>  
Or Facebook page <https://www.facebook.com/martysplaceseniordogsanctuary/>  
Or Download a flyer: [http://www.martysplace.org/resources/Documents/HowlFlyer\(SaveDate-F-3p\).pdf](http://www.martysplace.org/resources/Documents/HowlFlyer(SaveDate-F-3p).pdf)  
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# DID YOU KNOW... WINTER IS COMING?

By Pam Teel

Did you know that the first episode of season seven Game of Thrones shattered records? Luckily for us diehard fans, each episode just kept getting better and better. From the scenes of ships crossing the ocean, to the battle scenes, to the fire breathing dragons with mother Daenerys leading the charge, we sat entrenched in our seats, not even daring to run to the fridge for fear of missing anything out of the ordinary such as the eye on Jon Snow's wolf sword opening up as he climbed out of the icy waters after battling the Night Walkers. What will fill our Sunday night void with the knowledge that it might be another two years before we get to see just who survived and who didn't or whether Daenerys winged children could stand up to their undead brother.

Here are a few show tidbits that might help you get through the cold, cold winter!

Did you know that George R.R. Martin has been writing Song of Ice and Fire since 1991? To avoid the crutches of the 21st century – and perhaps to stop hackers trying to steal his work – Martin writes on a DOS computer using WordStar 4.0. He also types one finger at a time. No wonder it's taking him so long to finish the stories, but seeing as Martin still has two books in The Song of Ice and Fire series left to write – with no idea on when those books will be complete – Martin has taken out an insurance policy of sorts. Soon after Game of Thrones started on HBO, Martin sat down with showrunners, David Benioff, and D.B. Weiss, and told them the ending of the books, in case he dies before he has a chance to finish writing.

Sophie Turner- Sansa Stark, actually adopted Lady, her ill-fated direwolf. She renamed her Zunni. She formed a special bond with the dog on set and offered to adopt her. She also hates lemon cake in real life, so fans please stop sending her lemon cake. In one of the episodes she stated that she loved lemon cake and people from all over have been sending her lemon cake. She and actress Maisie Williams, Arya are also best friends and couldn't wait to get back to working together. They met during auditions and instantly hit it off. They have been doing nothing but giggling like two schoolgirls during serious scenes of which they had to redo over and over again.

Did you know actress Oona Chaplin who played Talisa Maegyr Stark, Rob Stark's pregnant wife who met her demise in the Red wedding episode along with her husband and mother in law, is the granddaughter of Charlie Chaplin and the great granddaughter of Nobel Laureate, Eugene O' Neal. She is also a flamenco dancer and ballerina.

Harry Lloyd who plays Viserys Targaryen is Charles Dickens great- great- great grandson.

Kit Harington- Jon Snow is related to Charles the II of England.

Hodor- Christian Nairn was a fulltime DJ before he landed the role of Hodor. I think his 6 ft. 10 inch frame helped him land the role. He also sings, plays guitar, and performs on stage.

Alfie Allen, Theon Grayjoy, is the brother of singer Lily Allen.

Did you know that actor Peter Dinklage is a vegetarian? He was the only choice for the role of Tyrion. However, the role of Jon Snow was between Kit Harington and Iwan Rheon, who ended up playing William Ramsey Snow Bolton.

Sorry to disappoint, but Lena Headey, who plays Cersei, used a body double in her walk of shame nude scene. Lena Headey and Jerome Flynn, Bronn on the show, were actually a couple in real life years ago. Apparently the relationship ended so badly that when they both got roles on Thrones, they had clauses in their contracts that said they couldn't share any scenes.

Do you ever fast forward through the Game of Thrones intro, saying to yourself that it's just too long and boring to watch every time? Well, don't! While everyone knows that the Game of Thrones intro shows a very cool map over its very iconic theme song, what many don't know is that the locations in the intro change whenever a new land is introduced into the show.

After Game of Thrones became an international phenomenon, new parents started honoring the show and their favorite characters by naming their unsuspecting children after them. In 2014, 1544 babies were named Arya in the United States, making it the 216th most popular name, four spots ahead of the totally normal name Jennifer.

In addition to Arya, 368 babies were named Khaleesi – which technically is a title bestowed upon a person meaning "Queen," and not a name – while 60 were named Tyrion and 15 were named Theon in 2013, which {thankfully} decreased to 11 in 2014, presumably once parents caught up on Season 2 and 3 and saw what Theon was up to.

Valerian steel is based on a real metal called Damascus steel; an ideal choice for weapons.

The cost is over 10 million to shoot each episode of season 6. It is truly an epic production. Season five alone was filmed in 5 different countries, on 151 sets for 240 days, with 166 cast members, with more than 1000 crew, and 5000 extra's.

One thing you can count on, there is enough story to take us into a season 8 and 9. Let's just pray Mr. Martin has a busy winter writing!!!!!!





## Meet Your Neighbor: Linda Meyer

By Pam Teel

Linda and her husband Jay are raising their 7 children, including one with special needs and lives in Millstone Township. Linda shares her inspirational journey to help inspire other parents about how to be the best parents they can be even if they are not perfect and to always remember to honor who they are as individuals.

### Keeping the Candle Glowing is an Inspirational Message About Family:

Balancing the everyday struggles of raising our children used to be difficult, especially when they were younger and even more challenging raising a child with special needs.

As I look back when our 7 children were younger, our house could be described as 'organized chaos' and chaos that I would never regret experiencing as the candle glowed brightly in our home.

I look back and say, "hey we did the best we could and how important it was to treat each of our children as unique and special individuals."

After all, we wanted a large family so they would be there for each other when they got older and it was a selfless decision that I would never regret.

We were surely blessed and as parents we did the best we could and balanced everyday life for them, and even when it seemed like the younger years lasted forever, I look back and say they were the best years of our lives.

Someone once asked me 'how did I manage with all those kids' and more recently asked 'do I miss my kids now that they are older as teens and young adults? The answer was easy; we are a family and together we raised each other even when it seems my kids are still guiding me into a new world of learning to live without them and the 'organized chaos'.

If we raised our kids right, they will continue to keep the candle glowing in their own lives and as we watch from a distance the beautiful life each of them have created. It is up to all of us to always remember those younger years and keep that candle glowing so we can always stay together as a family.



## Let the Fall Activities Begin

By Nicole Iuzzolino

Fall is finally here and the Halloween activities have begun. There are so many festivities to choose from, it starts to become chaotic. But why do something basic, when you can really take full advantage of the fall festivities that are unique to New Jersey? To start, one of the great ways to kick off the season is to learn how to make your own apple cider which can be made out of the 23 kinds of apples offered on the farm! You can learn this at a historic cider mill that was built in 1860, which is located right in Chester, NJ. Another fun activity for this fall season is the Great Pumpkin Train, located in Phillipsburg. This train takes you on a journey through the beautiful, fall landscape of Western New Jersey. The train takes you through a massive pumpkin patch and through historic sights. The best thing about it is, any Pumpkin you pick, is free! Now who could pass that up?

Another great thing to do this fall is take a visit to all the local festivals New Jersey has to offer! A great one to visit is the annual New Jersey Botanical Gardens Harvest Fest, located in Ringwood, New Jersey. The Botanical Gardens is home to some exotic flowers and plants, and is a great activity for this fall. Hayrides, face painting, and applesauce making are just a few of the exciting activities offered. Don't miss out on the free garden tour and fall plant sale, they are something you won't want to miss. If you want to do something a bit for frightening and ghoulish one fall evening, than a haunted attraction is the way to go. The Miller Farms Haunted Hayride and Maze is located in South Jersey. The haunted hayride, which takes you through out the farm, also includes a family friendly maze where zombies and ghouls are lurking around every corner.

While these are just a few things you can enjoy with your family this fall, they are sure to start of your October filled with Halloween haunts, pumpkin spice, exciting fall antics.





# The CentraState Associated Auxiliaries hit their Stride with Successful Day at the Races CentraState Associated Auxiliaries continue to make priceless Memories at Freehold Raceway

The CentraState Auxiliaries annual, "A Day at the Races" was held at the Freehold Raceway on Saturday September 9, 2017 from 12 noon until 5 P.M. This half-mile long racetrack in Freehold Borough, New Jersey, is the oldest racetrack in the United States. Sixty-six CentraState employees, friends, and family members headed to the Freehold Raceway for a fun-filled day. The fourth race of the day was dedicated to the CentraState Associated Auxiliaries.

"A Day at the Races" is an event which allows individuals a day out to relax and have fun, but also to benefit the Gloria Saker Women's Heart Program at CentraState Medical Center. The Gloria Saker Women's Heart Center opened at CentraState in February 2013, as a response to the staggering number of women's lives claimed by heart attacks and heart disease each year. The Gloria Saker Women's Heart Program is only the second such center of its kind in New Jersey.

The CentraState Associated Auxiliaries plan to host this event next year. Hope to see you there!

About The CentraState Associated Auxiliaries: These women have been making a difference in our community by fundraising for and volunteering at the Medical Center for over 50 years. The Associated Auxiliaries are comprised of five community groups: Friends of Covered Bridge, Freehold Borough & Township, Manalapan/Englishtown/Marlboro, Millstone Township, and The Villages. For more information, visit <https://www.centrastatefoundation.org/auxiliaries>.

About CentraState Healthcare System: 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. For more information visit <https://www.centrastate.com/>

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Photo (left to right): Jack Mac Phee, Nancy Barone (CFRE, Vice President of Development), Elizabeth Navas (Development Coordinator), Megan Anderson (Friend of the Foundation), Barry Habib (Friend of the Foundation), Geri Silverman (CentraState Auxiliary Fundraising Chair), and Val Mac Phee (President of the Auxiliary).

## Ten Staycation Ideas in the Big Apple

By: Erin Mumby

How lucky are we that New York City is so close! Most people dream of stepping foot in the city that never sleeps! New York City is a tourist destination for approximately 50 million people a year! Here are some great, family friendly things to do in the Big Apple on your staycation:

### 1) American Museum of Natural History

The Discovery Room is great for kids to get hands-on experience! Who isn't amazed by the dinosaur exhibits? Check out the current exhibits about mummies and humpback whales!

### 2) Central Park Zoo

Central Park itself is a beautiful oasis in the center of the city. The zoo is a great way to see wild animals in the middle of the concrete jungle. With feedings for penguins and seals, there are so many opportunities to get up close and personal with the animals!

### 3) Dylan's Candy Bar

Dylan's Candy Bar is a fun place where everyone feels like a kid! The options are endless. Over 2 million visitors flock to the flagship store every year!

### 4) Broadway Show

Taking in the splendor of a Broadway show is one of the most magical things you could possibly do in NYC. Family friendly shows on Broadway right now include The Lion King, Aladdin, Wicked, School of Rock-The Musical, and Aladdin.

### 5) The High Line

The High Line is a linear park created on an old railroad called the West Side Line. It runs from the Meatpacking District's Gansevoort Street to West 34th street, between 10th and 12 avenues.

### 6) Chelsea Piers

Chelsea Piers is a popular destination to compete in over 25 sports! There are tons of fun day activities including batting cages, bowling, ice skating, rock climbing, and gymnastics!

### 7) Empire State Building

Check out this National Historic Landmark the next time you're in NYC. Named one of the Seven Wonders of the Modern World, you will see breathtaking views of New York City from the 102nd Floor Observatory.

### 8) Statue of Liberty

The Statue of Liberty is one of the most famous images associated with NYC. You can take the ferry from Liberty State Park in Jersey City!

### 9) Metropolitan Museum of Art





The Met is the largest art museum in the US! It is one of the most visited art museums worldwide! The Met houses art from ancient Egypt up to modern time!

### 10.) Brooklyn Bridge

The Brooklyn Bridge connects the boroughs of Manhattan and Brooklyn over the East River. Foot tours are free!



# Months Of: OCTOBER & NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b> <b>Jersey Boys</b> at the State Theatre New Brunswick, NJ	<b>16</b> <b>Manasquan</b> <b>Chamber</b> Manasquan, NJ	<b>17</b> <b>Trivia Game</b> <b>Night at Elixir</b> Bar & Grill Edison, NJ	<b>18</b> <b>The Nerds</b> <b>Concert Series</b> Downtown Freehold, NJ	<b>19</b>  <b>Apple Picking</b> at Battlevue Orchards Freehold, NJ	<b>20</b> <b>Halloween</b> at the <b>Meadowlands</b> Meadowlands Environment Center Lyndhurst, NJ	<b>21</b> <b>Dog Walk</b> of the Dead Augusta, NJ
<b>22</b> <b>Eakfest</b> Brick, NJ 	<b>23</b> <b>Etsch Farms</b> <b>Corn Maze</b> Monroe Township, NJ	<b>24</b> <b>Pumpkin Picking</b> at Battlevue Orchards Freehold, NJ 	<b>25</b> <b>The Haunted</b> <b>Woods of Old</b> Bridge Old Bridge, NJ	<b>26</b> <b>The Doo Wop</b> <b>Project at</b> Monmouth University Monmouth, NJ	<b>27</b> <b>Elvis &amp; Me- An</b> <b>Evening with</b> <i>Priscilla Presley</i> at the State Theatre New Brunswick, NJ	<b>28</b> <b>Boo at the</b> <b>Board Walk</b> Point Pleasant, NJ 
<b>29</b> <b>Hollyood By</b> the Sea at the Algonquin Arts Theatre Manasquan, NJ	<b>30</b> <b>Fright Fest at</b> Six Flags Great Adventure Jackson, NJ 	<b>31</b> <b>GO TRICK-OR-</b> <b>TREATING &amp;</b> <b>CELEBRATE</b> <b>HALLOWEEN!!</b> 	<b>1</b> <b>RELAX AND</b> <b>EAT CANDY!!</b> 	<b>2</b> <b>Frankie Valli</b> and The Four Seasons at the Count Basie Theatre Red Bank, NJ	<b>3</b> <b>Disney on Ice:</b> <b>Dare to Dream</b> Newark, NJ 	<b>4</b> <b>Christmas</b> <b>Market Place</b> at Atlantic City, NJ 
<b>5</b> <b>Short Hills</b> <b>Street Fair and</b> <b>Craft Show</b> Short Hills, NJ 	<b>6</b> <b>NJ Family</b> <b>Pet Show</b> Somerset, NJ 	<b>7</b> <b>Clay Anderson</b> <b>Arena Ice-</b> <b>Skating</b> Montclair, NJ	<b>8</b> <b>Vietna</b> <b>Transitions</b> West Long Branch, NJ	<b>9</b> <b>Oilers VS</b> <b>New Jersey</b> <b>Devils Hockey</b> Game at the Prudential Center Newark, NJ	<b>10</b> <b>Exit Zero Jazz</b> <b>Festival Cape</b> May, NJ 	<b>11</b> <b>Flea Market at</b> <b>West Trenton,</b> <b>NJ</b> 
<b>12</b> <b>Open Cockpit</b> <b>Weekend</b> Teterboro, NJ 	<b>13</b> <b>Regina Spector</b> at the State Theatre New Brunswick, NJ	<b>14</b> <b>Ringo Starr</b> at the Mayo Center Morristown, NJ	<b>15</b> <b>The Beach</b> <b>Boys at the</b> Mayo Center Morristown, NJ			
			<p>Keep Your Parents Busy!</p> 			



# Allentown Public Library Presented “What’s it Worth?”

By Pam Teel

The First “What’s It Worth?” event was hosted at the Allentown Public library this past September. Fans of Antique Road Show had the chance to have their own treasures assessed at the event. Directed by Joe Bodnar, of Bodnar Auction House in Edison, those who attended got some valuable information and were entertained by the discussion of several dozen items ranging from turn of the century dolls, 18th century furniture, costume and fine jewelry, toys, art works and more.

This “friend/fund raiser” was intended to bring something new to the community that could be fun as well as helpful. All proceeds from the event benefit the Allentown Public Library.

Mr. Bodnar noted that his 24 years in the business is also a way to help people. “People turn to auctioneers when they need money, or are downsizing, or to help with an estate. In each case, they need the support that auctioneers provide,” he explained. They help by appraising value, promoting items to interested buyers and getting the bidding going. He encouraged the use of members of the NJ Auction Society, of which he is a past president, or the National Auction Association, of which he is also affiliated.

According to Bodnar, “What’s “hot” in today’s auction market are items from the 1970s, 80s, and 90s. People are buying back their memories, such as Star Wars items, Disney and other cultural phenomenon from that era.” True antiques, which are 100 years old or more,” are less valuable in today’s market, Millennials don’t seem to have an interest in the older items anymore.

He explained other factors that impact value. If an item is connected to a name, like a piece of jewelry stamped “Tiffany,” the price increases. Items that have a provenance — paperwork or owner knowledge of the origin or history of the item — can turn a near worthless item into something of value.

Mr. Bodnar shared that people are surprised when he does an appraisal of a household of goods, that what the owner thinks is valuable often is not, yet things that are considered trash — like a lunchbox from the 1960s — may be highly desired in the market.

Men’s watches, particularly from the 1950s, are more valuable than women’s fine watches; men’s watches are more sought after. Costume jewelry is in vogue, particularly since so much gold and silver jewelry has been sold for the price of the metal.

Mr. Bodnar also provided some interesting tips to protect the value of objects. “Never put silver in plastic” he warned, as it creates black spots that can never be removed. “Use chalk to prevent tarnish” he advised, which can be easily wiped off. Having the item in the original box increases the value. He was adamant never to clean coins. Collectors like the old look of coins. Do not take coins to a coin dealer or jeweler who are more interested today in the metal value.

“Coins do well,” he said, particularly silver dollars and gold coins. The condition of the coin is key in determining value.

As for baseball cards, the date is a key factor. Cards from the 1950s and 60s do well, but he explained that by the 1970s, Major League Baseball sold off the rights to TOPS and baseball cards were then mass-produced by many companies. Cards from the 1980s and 90s can be valuable depending on the player, like a rookie card for a player that makes it to the Hall of Fame, for example.

Those who attended the Antique appraisal event came away with a wealth of knowledge. Mr. Bodnar expressed interest in coming back next year for another event. Keep your eyes posted, the Library Association is planning to host another “What’s it Worth” event in 2018.



*Joe Bodnar of Bodnar Auction House in Edison*





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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 and BOGO pricing on ride passes! **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 pure Halloween happiness! It's the ULTIMATE in Halloween FUN for EVERYONE! For more information see **iPlayAmerica.com/Halloween.**



# Fashion Week in a Week

By Nicole Iuzzolino

Fall is now finally amongst us so it is time to whip out the fuzzy socks and knit sweaters. Even with the slight chills in the air, we still want to feel comfortable yet stylish at the same time. A lot of what women and girls want in a look was seen right in the biggest fashion week of the year. New York Fashion Week has just passed, which was full of fancy and outrageous getups that are astronomically expensive. But, there is still a way to channel those trends and bring an affordable yet chic fashion week right in your own town. Here is a list of five of the biggest trends seen on the runway to have you walking in your own personal fashion week.

## Number One: The Pantsuit

Either dress it up or down, it is a huge look for fall. Pantsuits are great for a business casual lunch, or an easy night time look. Regardless of which, it is comfy, cute, and easy to style. These sets can either be slouchy, or tailored, making you look like you just walked off the runway. Throw on a t-shirt and you have a whole different outfit. Get ready to take on the world in this powerful attire.

## Number Two: Burgundy

The best thing about fall is the dark, rich tones that make us feel warm and fuzzy inside. If you are a fan of these kind of shades, then you are in luck with this next trend. As stated by StyleCaster Burgundy is the color that, "...ruled the runways from the first show of the week to the last...". If it can rule the runways it can rule your wardrobe too! Burgundy instantly makes any outfit look more regal and is perfect for monochromatic looks.

## Number Three: Double Denim

The myth that states double denim is an absolute fashion travesty has finally been busted! As seen in fashion week denim on denim is the perfect look for the fall. It is simple, stylish, and comfortable. Like it says in Vogue, this look is perfect for "...maximum everyday elegance...".

## Number Four: Cozy Knits

Throwing on a nice knit sweater is everyone's favorite thing to on a chilly day. Luckily cozy knit sweaters are on trend this season. Vogue even states that dabbling in the realm of fringe knit sweaters puts a modern twist on the classic favorite! A knit sweater is comfy and stylish all in one, so you cannot go wrong with this week!

## Number Five: Plaid

Finally, we reach our last fall trend; plaid! Plaid has always been a popular fall staple so there is no surprise this made the list. Plaid scarves, plaid sweaters, or even a nice plaid dress will have you be on trend this whole season. Get ready to take over this fall season with this trend!

These top five trends will have you looking you walked right out of New York Fashion Week. Get ready to be asked whether your next look is from the new Calvin Klein collection or from Stella McCartney.

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## Facts About Indoor Tanning

### Here are the facts about indoor tanning.

The lamps used in tanning systems increase the risk of skin cancer. If you see a claim that indoor tanning won't increase your risk of cancer, don't believe it. According to the Surgeon General, UV rays damage the skin and increase the risk of melanoma, squamous cell, and basal cell skin cancer. What's more, indoor tanning can cause sunburns and premature aging, including wrinkles and age spots. It also can lead to serious eye damage if eye protection is not used.

**The U.S. government does not recommend the use of indoor tanning equipment.** Anyone who says otherwise is lying. The FDA requires indoor tanning equipment to have signs warning that repeated exposure may cause premature aging of the skin and skin cancer, and the Surgeon General recommends that people completely avoid indoor tanning.

**There is no proof that indoor tanning is safer than tanning outdoors.** Indoor tanning systems give concentrated UV exposure regardless of geographical location, time of year, or time of day, and expose areas of the body not normally exposed to the sun. Many people who tan indoors get burns. In fact, in the U.S., about 3,200 people a year go to the emergency room for injuries from indoor tanning.

**You don't need a tan to generate Vitamin D.** Vitamin D has many roles in human health. For example, it's essential for promoting good bone health. While UV radiation helps your body generate vitamin D, you don't need a tan to get that benefit. According to the Surgeon General, fair and light-skinned people can get a healthy dose of vitamin D from 10 to 15 minutes of unprotected natural sun exposure on the face, arms, and hands two to three times a week during the summer. People with darker skin may require three to six times that much exposure to generate a similar level of Vitamin D. You also can get vitamin D from food and supplements. Good food sources of Vitamin D include Vitamin D-fortified milk and orange juice, and salmon, tuna, catfish, and fish liver oils.

**Indoor tanning causes premature aging.** UV radiation causes wrinkles and age spots. The theory that adding red light to an indoor tanning system will result in reduced wrinkles and a reversal in the appearance of aging has not proven to be true.

### Advertising and Labeling

The Federal Trade Commission (FTC) and the Food and Drug Administration (FDA) enforce laws dealing with tanning devices. The FTC investigates false, misleading, and deceptive advertising claims about the devices; the FDA enforces regulations that deal with the labels on the devices. In addition, in 2014, the Surgeon General issued a Call to Action to Prevent Skin Cancer, warning against excessive, avoidable, and unnecessary UV exposures, including any use of indoor tanning systems.



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## A Gift to the Community

*A community's local businesses often help write the town's history, initiate and maintain traditions and give a community its special characteristics. Keeping your holiday shopping local actually also is a big gift to your community. Here's how.*

### YOU KEEP YOUR MONEY LOCAL

This is simple math: When you spend money locally, it stays local. It pays local workers, who send their children to local schools and pay mortgages on homes in the community. Every American worker also pays taxes on money earned in the United States, which is then used to fund education, agriculture, social programs and business. This circulation of money is crucial to a community's success.

In fact, according to the Andersonville Study of Retail Economics, shopping locally generates 70 percent more local economic activity per square foot than shopping at big box stores.

### YOU SUPPORT LOCAL FAMILIES

By shopping locally, you support families in your community. Remember, small businesses are run by — and employ — your neighbors. In fact, 67 percent of jobs in the United States come from small businesses, according to the U.S. Chamber of Commerce.

Your money is actually working overtime: Your dollars are getting you the things you need while also working to get your neighbors the things they need. You might find that the sticker price of an item at a local business is a little higher at times, but before you hesitate, remember that your dollar is working harder, too.

### YOU SUPPORT LOCAL ARTISANS

Many locally owned businesses strive to support local artisans by displaying and selling their wares.

When you purchase these items, you are communicating with the business owner that you appreciate these items — ensuring a continued relationship between the business owner and local craftsman.





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***Slated to open September 29th, WICK IT Candle Factory, located at 92 North Main Street Bldg. 8 Unit C Windsor, NJ next to the David Bradley Chocolate Factory, is a retail candle store that will feature candles made from across the USA.***

Candles have been used by humans for thousands of years. Whenever the electricity goes down we still remember to light a candle. The flame of the candle will always have that mystical effect on our minds.

Aside from relying on candles to light up a dark room we can use them to diffuse certain scents into a room. Aromatherapy candles utilize pleasant aromas, such as lavender, mint, eucalyptus, and jasmine to help create a soothing environment. These specially designed candles aid in the easing of the mind and body to help create a mood that will alleviate stress, anxiety and promote relaxation.

“Buying candles is an interactive experience, people love to smell all the different scents before making a decision. Our store will feature candles made in USA, from Kalamazoo, MI to Greenland, NH.”, says Joe Blythe, Owner

“Candles are very trendy now, they are considered decorations and many of the vessels that our candles come in can be repurposed after the candle is done burning”, says Madisyn Carter, Store Manager.

Madisyn also says, “We also have plans to offer candle making parties. Here, participants will learn how to make candles in a relaxed environment and everyone leaves with their “signature candle”.

WICK IT Candle Factory also plans to donate 10% of their sales to several local and global charities by having our customers choose one out of the three charities at check out at no additional cost to the customer. They are supporting Attitudes in Reverse, Autism Speaks and Charity: Water.

**WICK IT Candle Factory...Come Smell the Difference.**

833-226-3535 (833-CANDLE5), [info@wickitcandlefactory.com](mailto:info@wickitcandlefactory.com) or visit [www.wickitcandlefactory.com](http://www.wickitcandlefactory.com)





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This 4000+ SF Custom Home Is Dripping With Upgrades/Features Inside & Out. 5 BR, 4 Full & 2 Half Baths, Enormous Kitchen, Full Finished Basement, 3 Car Garage, Multi Level Paved Patio & More!



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**\$539,000 Jackson Twp.**  
Spacious Brick Front Colonial on 3.41 Acres With Country Club Backyard. Four BR, 2.5 Bath, Huge Kitchen, 2 Story Family Rm, Full Basement, 2 Car Garage & Much More!



**\$649,900 Monroe Twp.**  
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## Gloria Nilson & Co. Announces Only Six New Construction Homes Remain at Bear Creek Estates *Sherbourne D model is also available for quick delivery*

Home buyers looking for a beautiful home with more than one acre of land and convenient commuter access should look no further than Bear Creek Estates in Mercer County. Gloria Nilson & Co. Real Estate is offering the remaining six homes at Bear Creek Estates as well as one quick delivery home which served as the 16-home community's model. The to-be-built homes start at \$729,900.

The available 3,900 square-foot Sherbourne "D" model home has four to five bedrooms, four and one half baths, a full basement and a three-car side entry garage. Listed for \$879,900, this home offers features such as upgraded hardwood flooring and two oversized front bay windows, which are ideal for capturing natural light. A gourmet eat-in kitchen with upgraded cabinets and backsplash, stainless steel appliances, porcelain tile flooring, granite countertops, center island combine luxury with functionality. Other amenities include an owner's suite with a jetted spa bath Jacuzzi whirlpool tub and gas fireplace.

The remaining six to-be-built homes range from 3,200 to 4,700 square feet on sites from 1.2 to 2.1 acres. There are five models from which to choose.

The community features a man-made pond with a creek running through the corner of the property. Five of the remaining home sites back to woods and are located in the community's cul-de-sac.

A short drive from downtown Princeton, the New Jersey Turnpike and Princeton Junction's train station and less than an hour from Philadelphia and New York City, Bear Creek Estates provides convenient family living with plenty of open space and leisure activities.

"This is likely to be the final opportunity for buyers interested in Bear Creek Estates," said Suzanne Kronenfeld, director of New Homes for Gloria Nilson & Co. "We've had a great deal of interest in the neighborhood, and with only seven remaining homes left and its proximity to the Princeton Junction train station and the NJ Turnpike, I expect these homes to sell quickly."

*For more information about these properties or to schedule an appointment, please contact Tony Rosica at (609) 357-1281 or (609) 743-4881. He can also be reached by email at [arosica@glorianilson.com](mailto:arosica@glorianilson.com).*

## What To Know About Chair Rail Molding

Chair rail molding is a nice touch that adds a sense of elegance, dimension and proportion to rooms.

But many folks make the mistake of putting the chair rail at the wrong height — a mistake that can make a room feel lopsided and out of proportion.

Most experts place chair rails at one-third the distance of the ceiling height. For a standard 8-foot ceiling, they should be installed about 32 inches from the floor. 28 to 32 inches is an optimum range for chair rail height and experts and decorators agree that lower is always better than higher.

The popular myth is that chair rails protect walls from damage caused by the backs of chairs.

The truth is that architects as far back as the ancient Romans and Greeks used chair rails and wood trim to divide walls into visually pleasing proportions, often with different colors to accentuate scale.

By the way, the name "chair rail" came into popular usage with the Shakers, who installed boards with pegs on dining room walls to hang chairs off the floor for sweeping and cleaning.

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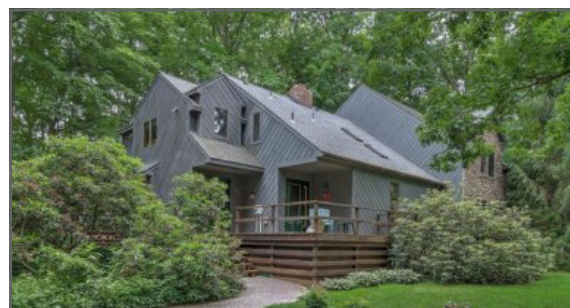
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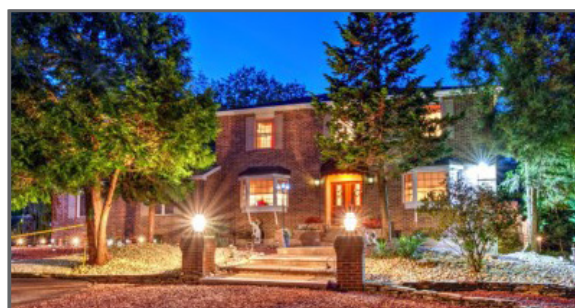
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**16 Molsbury Lane,  
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\*based on pending and closed data in 2016/2017 in Monmouth, Mercer, and Middlesex MLS systems.

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102 Compton Circle, Robbinsville, NJ 08691  
\$599,999 Agent: Suzanne Garfield

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MLS#6994532

113 Arneytown-Hornerstown Rd., Allentown, NJ 08501  
\$829,900 Agent: JoAnn Stewart

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



MLS#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  
\$471,999 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 1 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  
\$379,900 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.



MLS#7041870

4 Somerset Ct., Allentown, NJ 08501  
\$699,900 Agent: Rhonda Golub

Looking for a home close to everything but in a rural community with all the amenities of a resort? This elegant Lynwood Estates home offers all of that and more including hardwood flooring, recessed lighting, crown molding and custom curtains throughout.

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# Relocating Before the Holidays

*Moving around the holiday season can be stressful for the whole family. From social factors, to learning a new city or school, there are many reasons that moving can cause anxiety. Consider the following tips as you guide your family through the transition to a new home.*

## MAKING IT EASIER FOR KIDS

Moving can be a scary thing for children — especially if they are leaving the only place they’ve called “home” for the first time. Are you moving out of your child’s current school district? When you conduct school visits, take your child with you. If it’s possible, have them sit in on a class. The first day will be a lot less stressful if they already know some of the classroom routines or recognize a few friendly faces. Also look for ways to turn anxiety into excitement with the new home. Allow kids to help pick out the paint color of their new room or create a scavenger hunt in the new house for the first night.

## MAKING IT EASIER FOR PETS

Moving to a new home can make pets feel insecure, but there are things you can do to alleviate their tension and help them adjust to their new space. One of the most important things you can do for your animals is to adhere to their usual routine. This means feeding them, walking them or playing with them as you normally would. Also be sure to bring along their favorite toys. Packing might entice you to throw out the old and buy new toys for a new house. This is not a good idea. Familiar items such as toys, blankets and bedding help pets feel more in control of new spaces.

## MAKING IT EASIER FOR YOU

Remember that those around you — kids and pets included — pick up on and absorb your emotions. If you feel anxious, they might act out or be extra-sensitive. Do things to stay calm and avoid getting overly stressed. This could be as simple as lighting a candle in your favorite scent or taking the pressure off yourself to cook the first few nights by ordering take-out.



# Avoid Buyer Turnoffs

*Winter brings with it an array of problems. Cold temperatures and precipitation wreak havoc on our homes and add extra steps to our day-to-day routines. Don’t let these pesky problems translate into buyers turning up their noses. Here are just a few areas to focus your attention.*

## OUTDOOR GEAR

Colder months bring with them the added bonus of many extra layers and outwear accessories. This can quickly turn into a lot of clutter. Make sure you have space for all the extra seasonal gear. Keep a basket by your coat rack for gloves and hats, and put away coats that are not being used. Don’t let the first thing potential buyers see when they walk through the door be a pile of muddy boots and a mountain of coats.

## MECHANICAL MALFUNCTIONS

It is never more important than right before you list to check up on all major systems — especially for a winter listing. Be sure to service your furnace and make sure your water heater is in good shape. Consider replacing outdated appliances. This is a great time to concentrate on greener, more efficient models. By making sure all the essentials are in good working order, you can put a potential buyer at ease knowing they won’t need to tackle any major projects directly after purchasing.

## PET PATROL

Winter months also bring with them a certain level of dampness, which makes pet odors more apparent. Stay on top of cleaning cages or kennels, and sweeping and vacuuming to eliminate these lingering odors. If you have a cat or dog that sheds excessively, be sure to regularly take a lint brush to the furniture.

## DATED HARDWARE

Dated hardware is one of the most common turn-offs for buyers and one of the easiest upgrades a seller can make. Cabinet hardware and door hardware are the likeliest offenders — and changing them out takes only a bit of time, money and a Philips-head screwdriver.







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**Monmouth County Regional Health Commission #1:**  
(Please contact MCRHC office for directions or questions 732-493-9520)

(Please contact the Mon County office for directions or questions 732-431-7456)

Thurs, 11/2: 5:30pm – 6:30pm; Firehouse, Main St, Farmingdale

Sat, 11/4: 8:30am – 10am; Public Works Garage, Crawfords Corner Rd, Holmdel

Sat, 11/4: 10am – 12pm; Public Works Garage, (corner) Beers & Francis St, Keyport

Sat, 12/2: 9am – 10:30am; Public Works Garage, 807 13th Ave, Belmar

Thursday	Oct. 19, 2017	Wall Twp. Dept. of Public Works Tiltons Corner Road, 07719	6 pm – 7:30 pm
Wednesday	Nov. 1, 2017	Fair Haven Firehouse 645 River Road, 07704	7 pm – 8 pm
Thursday	Nov. 2, 2017	Rumson Public Works Garage 80 East River Road, 07760	7 pm – 8 pm
Saturday	Nov. 4, 2017	Spring Lake Heights Firehouse 700 Sixth Avenue, 07762	10 am – 11 am
Monday	Nov. 13, 2017	Borough Chemical & Truck Co. #1 379 Monmouth Road (WLB), 07764	7 pm – 8 pm
Wednesday	Nov. 15, 2017	Little Silver Firehouse 543 Prospect Avenue, 07739	7 pm – 8 pm
Thursday	Nov. 16, 2017	Highlands Firehouse 17-1 Shore Drive, 07732	7 pm – 8 pm



# WANTED

## A LOVING FAMILY

By Pam Teel

Please think about Sponsoring an animal from the shelter!!!!

**There is a way that you can help a pet in need if you can't physically take care of one yourself.** You can go to the Animal Assistance site and sponsor an animal of your choice right on the site. You can also be updated on that animal's progress. Many people help out in this way. They sponsor by giving donations that don't always have to be money. They drop off food, toys, blankets to the shelter for the animals. This shelter is just on the other side of Jamesburg. It's a country ride away. If you want to help and don't know how too, this is the way. You can contact Linda between the hours posted and let her know you will be dropping items off.

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 years experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: [animalassistance.org](http://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](mailto: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 do not take salaries.



Mr. Smiles



Lola & Lucky



Sandy



Berkeley

**Mr. Smiles-** gray adult male Bullmastiff. Found tied to a railroad track. Lucky to be alive. Despite what was done to him, he is a happy friendly loving dog happy to have a bed to sleep in. He needs someone like you to open up your heart and home to him.

**Lola and Lucky-** to well cared for pets before their owner got sick and couldn't take care of them anymore. They go together. They are clean and playful, quiet and loving.

**Sandy-** a white Chihuahua small pocket size female

**Berkeley-** a brown pitbull

**Bobby-** Chihuahua small under 7 lbs. quiet and friendly

**Johnny Boy-** active and playful border collie, loves other dogs

**Kiwi-** young female cat. Friendly

**Whitey-** an adult male. Great temperament.

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

**Sherlock-** is 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.

**Lore-** is a small orange kitty with a big personality.

**Canarie-** is a little love. She's a small cuddly baby.

**Kiki-** is a baby pit-bull 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-** is a tiny friendly small orange kitty.



Bobby



Johnny Boy



Kiwi



Whitey



Nala



Sherlock



Mr. Whiskey



Cleopatra



Kiki



Lady Linda



Canarie



Lore



Mr. Moe



Harvey

**Harvey-** When Hurricane Harvey hit, the home was flooded and the family had to move to a temporary shelter that won't allow animals. Harvey was rescued a second time by Pawster Parents, who picked him up in Houston along with over a dozen other cats and dogs and drove him to New Jersey where he was welcomed by Animal Assistance. Harvey needs a forever home.



# 10 Signs Your Dog Needs Medical Attention

By: Erin Mumby

A dog is truly man's best friend. We can get easily upset when our dogs are acting differently than they normally do. How can you tell when you need to take your dog to the vet? The following ten symptoms must not be ignored. These symptoms may not always mean your dog has a serious disease, but they definitely require medical attention from your veterinarian or an emergency clinic.

## 1. WEIGHT LOSS

The first sign of an illness in your pet is usually loss of appetite. Refusing to eat can lead to a negative impact in your dog's health within a short 24 hours. For puppies underneath 6 months old, this is especially crucial. If your dog loses more than 10 percent of its original body weight, there may be some serious causes.

## 2. LAZINESS

Another worrisome symptom in your pet is unusual laziness. A change in activity level is a big concern. Another example is if your dog is having trouble responding to stimuli. This is concerning if your dog is acting lethargic and not her usual self. If your pet is acting like this for longer than 1 day, take her to her veterinarian.

## 3. COUGHING

A repetitive cough is unusual in dogs. Coughing generally indicates an underlying problem. A cough could mean that your dog has kennel cough, bronchitis, pneumonia, or something stuck in its throat. A serious cough in your pet means that your dog needs to be checked out by a professional.

## 4. HIGH FEVER

A high fever is an indication that your dog's body is fighting an infection. A dog's normal temperature ranges from 100.5 to 102.5 degrees. Signs of a fever include warm ears and noses, shivering, and red eyes. Call your vet if you see a significant increase in your dog's temperature.

## 5. TROUBLE BREATHING

Shortness of breath or trouble breathing could be the first sign that your dog has respiratory diseases. Difficulty breathing could mean that not enough oxygen is reaching your dog's tissues. Disrupted breathing patterns could also be a key sign of heart failure. Your pet could also have a buildup of fluid that can cause heart failure in him or her.

## 6. PROBLEMS WITH URINATION

Problems with urination include both uncomfortable urinating and failed attempts at urinating. Your dog yelping while urinating is a sign that he or she is having trouble. Another sign of a problem is your dog becoming unusually concerned about this area.

## 7. BLOOD

Blood in your dog's stool means that its colon or rectum is bleeding. Hematuria, or blood in urine, is another cause for concern. No matter what amount, you should call to schedule an appointment with your veterinarian. Bloody urine can be caused by a bacterial infection, cancer, or problems with your dog's urinary tract. Blood that your dog has vomited is another symptom that cannot go ignored. Some causes are minor, but others are very serious.

## 8. RESTLESSNESS

Unusual restlessness in a dog can be a sign that your pet is in pain or in distress. A serious condition in which restless is common is called bloat. Another symptom of bloat is a failed attempt at vomiting. This serious condition is very common in large dogs or dogs with big, deep chest.

## 9. COLLAPSING

A loss of strength can cause your dog to fall up and not be able to get back up. If your dog loses consciousness, he or she has fainted. If your dog quickly recovers, it's still an emergency situation. Any reason for a dog collapsing is serious and requires medical attention.

## 10. RED EYES

If the sclera of your pet's eye is red, it's a sign of inflammation or infection. Your dog could have conjunctivitis, or something more serious like glaucoma. If the redness persists, seek medical attention for your dog. Some eye disorders can even lead to blindness.

You know your pet and his usual behaviors. If something seems off with him, don't hesitate with getting medical attention. Some signs of disease aren't always obvious, so it's important that your dog has its annual exam. Preventative care is a big part of taking care of our pets. Your veterinarian will recommend what is best for your dog.



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## Five Reasons Doggie Daycare Could Be for You

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

If you're a dog owner, then you've most likely felt those pangs of guilt as you leave behind your best friend for work each morning. Those sad puppy dog eyes pull at your heartstrings. Equally disturbing is returning home to find a lonely and energetic dog that has left a trail of destruction throughout your house.

Here are five reasons Doggie Daycare could be a great solution for you both.

### 1. Relief from Boredom

We all hate the thought of our cherished companion languishing all day in a crate, staring off into space for hours or worse yet, destroying our home and possessions. Science has proven that a bored dog is a destructive dog. The destructive behavior is their way of letting us know they are bored and lonely.

Daycare is a great way to give your dog mental stimulation, fun activities and the chance to learn something new each day. A good pet care facility will offer games and activities to supplement your dog's day and instill behaviors that reinforce basic obedience skills. There's no time to be bored in a rich Daycare environment.

### 2. Plenty of Potty Breaks

How many times have you had to work late and endure the worry of your pet feeling uncomfortable and needing a walk outside? In today's economy, late work hours are unavoidable, but there is a solution for the worry. Doggie Daycare provides plenty of free time outside and owners often get to choose full or half day packages according to what's best for their pup. You'll find reputable pet care facilities even offer access to indoor and outdoor play yards so there's ample opportunity for pets to take care of "business" giving you one less thing to worry about.

### 3. Loving Attention and Care from Professionals

Knowledgeable staff in a qualified pet care facility can give your dog the attention and affection he or she craves. Trained professionals know how to read canine body language and create compatible play groups to ensure all dogs have an enjoyable experience in a safe, secure and supervised environment. Staff will also play, hand out treats during quiet times (with your permission) and give cuddles and head rubs galore! What could be better?

### 4. A Chance to Work on Socialization Skills

Daycare gives dogs the opportunity to learn how to properly interact with other dogs. Even though dogs are pack animals by nature, they need regular exposure to group play in order to be comfortable and confident. A well socialized dog that can easily handle new environments, people and dogs will have a richer, fuller life.

### 5. Much Needed Exercise

Just like you, your dog needs exercise to stay happy and healthy. Attending Daycare regularly gives your dog the time and space he or she needs to run around and stay fit. Providing a positive outlet for a dog's energy is a good idea because it prevents the chance of unwanted behaviors like chewing on furniture and eliminating in the house.

With all these benefits, enrolling your dog in Daycare could be a winning solution. Do your research and explore the facilities in your area. Make sure the resort you choose is clean, has experienced staff, set procedures and supervises the dogs at all times. The rewards will be well worth it when you pick up your relaxed, fulfilled and happy dog at the end of the day.

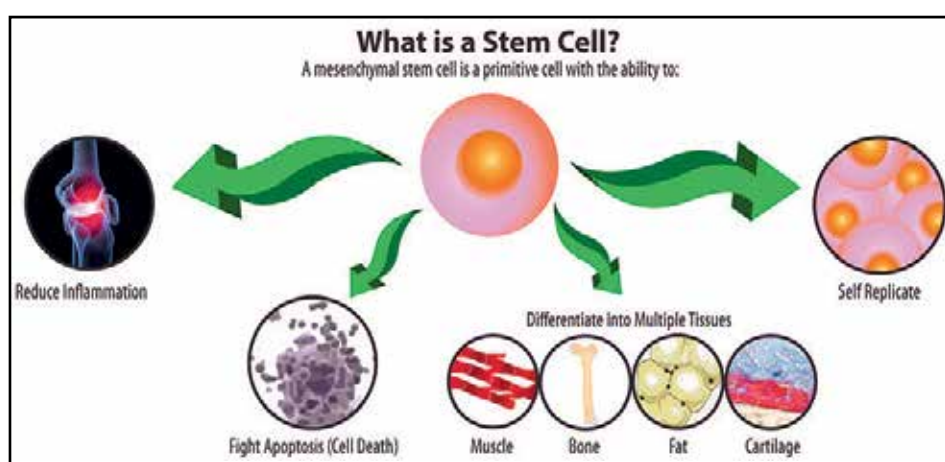




# QUESTION:

## 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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- WRIST/THUMB BRACES
- ANKLE/FOOT BRACES
- CANES
- HUMIDIFIERS
- CRUTCHES

### UNITED HEALTHCARE:

- BACK BRACES
- KNEE BRACES
- WRIST/THUMB BRACES
- ANKLE/FOOT BRACES
- CANES
- WALKERS/WHEELCHAIRS
- CRUTCHES
- NEBULIZERS/HUMIDIFIERS

### AETNA:

- BACK BRACES
- KNEE BRACES
- WRIST/THUMB BRACES
- ANKLE/FOOT BRACES
- CANES
- HUMIDIFIERS/NEBULIZERS
- CRUTCHES
- TENS UNITS

### BLUE CROSS BLUE SHIELD:

- BACK BRACES
- KNEE BRACES
- WRIST/THUMB BRACES
- ANKLE/FOOT BRACES
- CANES/CRUTCHES
- CRUTCHES
- WALKERS/WHEELCHAIRS

### UNITED HEALTHCARE COMMUNITY PLAN:

- BACK BRACES
- KNEE BRACES
- WRIST/THUMB BRACES
- ANKLE/FOOT BRACES
- CANES/CRUTCHES
- COMPRESSION STOCKINGS
- TENS UNITS
- WALKERS/WHEELCHAIRS

### HORIZON NJ HEALTH:

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- WRIST/THUMB BRACES
- ANKLE/FOOT BRACES
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## Women Over 55 and Aspirin – The Basics

How does aspirin help women prevent strokes? Plaque is a sticky substance that sometimes builds up and blocks arteries in the neck. These arteries are supposed to take blood to the brain, but when an artery is blocked, a stroke can occur. Aspirin can help blood flow smoothly to the brain. You may be at higher risk of having a heart attack or stroke if you:

- Smoke
- Have high blood pressure, high cholesterol, or diabetes
- Have a family history of heart disease
- Have already had a heart attack or stroke

If you are a women age 55-79, talk with your doctor about your risk of heart attack or stroke, and ask if daily aspirin is right for you. Taking aspirin everyday can lower your risk of heart attack or stroke. For most people, aspirin is safe. But it's not right for everyone. Be sure to talk with your doctor before you start taking aspirin every day.

If you and your provider decide that aspirin is right for you, then you should take either one baby aspirin (81 mg) every day or one regular aspirin (325 mg) every other day.

Taking more aspirin is not any better and can cause serious stomach bleeding. If you have side effects, tell your provider.



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# OCTOBER IS LIVER AWARENESS MONTH

By Susan Heckler

## *Why is the liver important?*

The liver is the second largest organ in your body and is located under your rib cage on the right side. It weighs about three pounds and is shaped like a football that is flat on one side. The human adult liver weighs about 3.1 pounds and is found in the right upper abdomen, below the diaphragm.

The liver performs many jobs in your body. It processes what you eat and drink into energy and nutrients your body can use. The liver also removes harmful substances from your blood.

### *How does a healthy diet help the liver?*

Eating a healthy diet helps the liver to do its functions well and to do them for a long time. Eating an unhealthy diet can lead to liver disease. For example, a person who eats a lot of fatty foods is at higher risk of being overweight and having non-alcoholic fatty liver disease.

For people who have liver disease, eating a healthy diet makes it easier for the liver to do its jobs and can help repair some liver damage. An unhealthy diet can make the liver work very hard and can cause more damage to it.

### *What does a healthy diet include?*

- Eating foods from all the food groups: grains, proteins, dairy, fruits, vegetables, and fats
- Eating foods that have a lot of fiber such as fresh fruits and vegetables, whole grain breads, rice and cereals

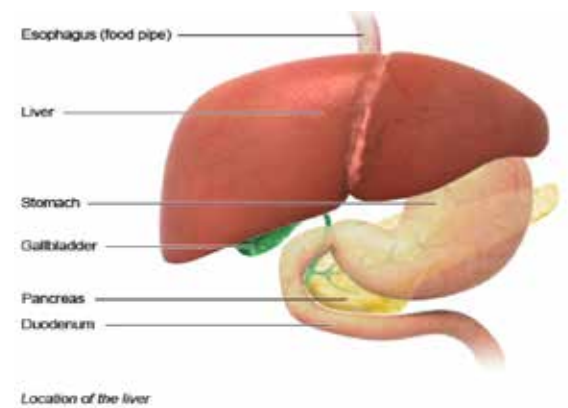
### *Are there diet changes for those with liver disease?*

It is important for people with liver disease to maintain a healthy weight by eating a balanced diet with foods from all food groups.

- Do not eat uncooked shellfish such as oysters and clams
- Limit eating foods that have a lot of sugar or salt
- Limit eating fatty foods

### *Ways to Love Your Liver from the American Liver Foundation*

- Avoid taking unnecessary medications. Too many chemicals can harm the liver.
- If you are a baby boomer, get tested for Hepatitis C today.
- Don't mix medications without the advice of a doctor. Mixing medications could be poisonous to your liver.
- Drink alcohol responsibly.
- Never mix alcohol with other drugs and medications.
- Be careful when using aerosol cleaners. The liver must detoxify what you breathe in. Make sure the room is well ventilated or wear a mask.
- Bug sprays, paint sprays and all those other chemical sprays you use can cause harm as well. Be careful what you breathe.
- Get vaccinated for Hepatitis A and B and make sure your children are vaccinated as well.
- If you get a tattoo, make sure you only use single needles and ink pots. No sharing!
- Exercise regularly – walk a little further, climb the stairs.
- Don't share personal use items such as combs, razors, and manicure tools.
- Teach your children what a syringe looks like and that they should leave it alone.
- If you received a blood transfusion prior to 1992, you may have hepatitis C. You should talk to your healthcare provider about getting tested.
- Use caution and common sense regarding intimate contact – hepatitis can be transmitted through blood.
- Eat a well-balanced, nutritionally adequate diet. If you enjoy foods from each of the food groups you will probably obtain the nutrients you need.
- Keep your weight close to ideal. Medical research has established a direct correlation between obesity and the development of fatty liver disease.
- Do not smoke.
- If you have any body piercing, check that the instruments used are properly sterilized or used only once.
- Increase your intake of high-fiber foods such as fresh fruits and vegetables, whole grain breads, rice, and cereals.
- At your annual physical, ask your doctor to do a complete liver blood analysis.
- Take the right dosage of medication – too much can cause trouble.
- Help someone else – sign an organ donor card.
- See your doctor for regular check-ups and share any information about health problems.





# LEADERS IN LEAST INVASIVE PAIN & SPINE PROCEDURES

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

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

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

**Q:** What is an endoscopic 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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## A NEGATIVE ATTITUDE MAY BE LINKED TO HEALTH PROBLEMS, STUDY SUGGESTS.

A positive attitude about aging can help seniors cope with stress, a small study suggests. "We found that people in the study who had more positive attitudes toward aging were more resilient in response to stress -- meaning that there wasn't a significant increase in negative emotions," study author Jennifer Bellintier, a Ph.D. student at North Carolina State University, said in a university news release.

"Meanwhile, study participants with more negative attitudes toward aging showed a sharp increase in negative emotional affect on stressful days," she added.

The study included 43 people, aged 60 to 96. The participants were asked how they felt about aging and then completed a daily questionnaire for eight straight days. The questionnaire asked about levels of stress, fear, irritability or distress.

According to study senior author Shevaun Neupert, "This tells us that the way we think about aging has very real consequences for how we respond to difficult situations when we're older. That affects our quality of life and may also have health ramifications." Neupert is an associate professor of psychology at the university.

"For example," she explained, "more adverse emotional responses to stress have been associated with increased cardiovascular health risks."

Bellintier said the findings are likely applicable to other Americans. But it's not clear if the findings would be relevant in other cultures.

"Attitudes toward aging vary widely across cultures, and more work would need to be done to determine the importance of aging attitudes in other settings," she said.





Susan Leiva, DMD  
Orthodontist  
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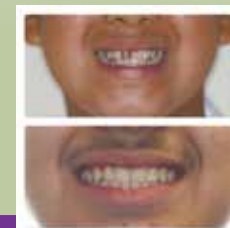
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## 5 Reasons to **STOP** Crossing Your Legs!

By: Erin Mumby

**Did you know that you should never cross your legs?** This is one bad habit that you should instantly stop. Most people don't even realize that this is a bad habit. This sitting style can actually have dangerous long-term effects. Of course simply crossing your legs isn't threatening, but crossing your legs for hours on end isn't good for anybody.

### 1.) Nerve Damage

Sitting cross-legged for hours day after day can cause nerve damage. When your legs are compressed, you are putting pressure on nerves, tissues, and blood vessels at the spot where they meet. After time, continued pressure can cause nerve damage. Blood will fail to reach the areas it needs to. This can cause nerve pain in certain areas of your leg and even lack of sensation or numbing in others.

### 2.) Higher Blood Pressure

When you cross your legs while sitting, your blood vessels in your lower extremities are compressed. This forces blood to flow more slowly throughout your lower extremities. The slow down of blood flow leads to your blood pressure temporarily spiking. Your circulatory system is cut off in this area. This means the blood presses up harder against the other vessels in your body. A young healthy person won't find this dangerous. It does have the potential to hurt somebody who already has high blood pressure. This could lead to some serious heart trouble if your blood pressure is already high.

### 3.) Bad Posture

Your back and neck can be affected when you cross your legs while sitting! It is a ripple effect. Your body is uneven when your legs are crossed. Your body compensates by hunching over to maintain balance. This habit can lead to persistent bad posture. Bad posture results in having trouble standing tall and sitting up straight.

### 4.) Back Pain

Your whole spinal column is affected when you cross your legs. Crossing your legs makes your pelvis uneven. The spine is in an unnatural position if your legs are crossed. Crossing your legs can damage your spine over time, especially if you are just on one side of your body continually. Lower back pain can lead up to your leg or even start to cause sciatic pain in your arms and legs.

### 5.) Veiny Legs

Varicose veins, aka spider veins, are blue veins that show through thin skin. They can sometimes hurt, but it's mostly a cosmetic issue. Sitting or standing for a long period of time with crossed legs can put pressure on the blood vessels. These blood vessels in the legs will start to bulge over time. Crossing your legs traps blood in the lower part of your leg. Pressure is created this way resulting in spidery veins. You might even see them in just one leg if you always cross your legs the same way!





# OCTOBER IS BREAST CANCER AWARENESS MONTH *THE FIGHT GOES ON*

## Breast Cancer Basics

According to the American Cancer Society, cancer starts when cells begin to grow out of control. Breast cancer is a malignant tumor that starts in the cells of the breast and can invade surrounding tissues or spread to other areas of the body.

### Here are some other breast cancer basics from the ACS:

- Most breast cancers are carcinomas, a type of cancer that starts in the cells that line organs and tissues;
- Breast cancers are often a type of carcinoma called adenocarcinoma — carcinoma that starts in glandular tissue;
- Other types of cancers can occur in the breast, too, such as sarcomas, another type of cancer that can occur in the breast and generally starts in the cells of muscle, fat or connective tissue; and
- There is currently no known cure for breast cancer, and its early diagnosis is critical to survival.

## A Health Crisis

According to the National Cancer Institute, one in eight women will be diagnosed with breast cancer in their lifetime, making it one of the leading health issues for females in the United States. The NCI advised women that receiving a high-quality mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early. The NCI urges women age 40 and older to receive annual mammogram screenings to provide early detection of breast cancer.



## KNOW YOUR CHANCES

For many men and women struggling with the daily grind of breast cancer treatments, simply knowing their chance of survival is motivation enough for sticking to the plan.

The survival rates associated with breast cancer can be eye-opening and even life changing for someone diagnosed with the disease. It is important to realize that these statistics are just that, statistics. If you're told you have a certain percentage of a chance to overcome your breast cancer, that doesn't serve as an automatic. Taking the approach of trusting your physician's plan of action and leaning on your family, friends and faith can be an effective plan no matter what percentage chance you are given.

## It's Your Choice

Survival rates can be helpful for physicians trying to explain diagnoses and treatment options. Some patients with breast cancer may want to know their survival statistics while others may choose to go without hearing them. We have listed the survival rates for all five stages of cancer below, so feel free to skip it if knowing about them would be discouraging to you.

## How Rates Are Determined

Survival rates are based on previous outcomes of large numbers of people. Again, they are not predictors of what will happen in a particular case.

Age, health, the presence of hormone receptors on the cancer cells and the treatment received all play into a person overcoming breast cancer. In order to get five-year survival rates, doctors study patients who were treated at the beginning of that period. Rapid improvements in treatment since then may result in a more favorable outlook for people now being diagnosed with breast cancer.

## Breast Cancer Survival Rates

Below are the various stages of breast cancer and their associated five-year relative survival rates, according to the American Cancer Society.

Stage 0: 100 percent survival rate  
Stage I: 100 percent survival rate

Stage II: 93 percent survival rate  
Stage III: 72 percent survival rate

Stage IV: 22 percent survival rate



# 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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## QUESTION:

**We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?**

## ANSWER:



**Dr. Steven Linker, OD**

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

Visionaries in the optical field have come up with a clear solution to harmful exposure to UV and blue rays. They have developed no-glare protective lenses that filter out the harmful rays. We carry Crizal Prevencia No-Glare lenses which provide 25 times more UV protection than going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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



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## Coach's Corner

By Jill Garaffa

## Making Effective Life Changes

**Dear Jill,**

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

Signed,

Dealing with Divorce

**Dear Dealing with Divorce,**

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

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

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

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

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

Wishing you peace, clarity and purpose!

Jill

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





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

## QUESTION:

### What can I do to control my heavy periods?

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

**For more information feel free to contact:**

Dr. Helen Simigiannis, MD, FACOG  
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## Nutrition Project for the Elderly

The Nutrition Project for the Elderly is an offshoot of the Older Americans Act, which provides for many of the needs of the elderly in the United States. One of these needs was determined to be nutrition. Our agency provides older Mercer County residents with nutritionally balanced and appetizing meals that are served in centers that bring people together for activities and social contact, which are important aspects of everyone's life.

Anyone 60 years of age or older, or anyone married to a person 60 years or older, may participate. Each person is asked to donate whatever he or she chooses or our suggested donation of \$1. Each person's privacy is respected, and donations are confidential.

Our caterer prepares a complete lunch each day that includes an appetizer, main entree, vegetables, bread, beverage, and dessert. All meals are specifically planned to provide at least one-third of an older person's daily nutritional needs by a qualified nutritionist. Attached are the August 2017 and September 2017 menus.

The Nutrition Project also provides other services including nutrition education/nutrition counseling and other health, educational and recreational programs. Activities include card playing and bingo.

Meals are served Monday through Friday, although sites are closed on County and/or municipal holidays. Emergencies or inclement weather may cause nutrition sites to close. Every attempt to reach participants will be made. Go to [www.mercercounty.org](http://www.mercercounty.org) for closure announcements.

Transportation is available to many of our sites by the County's TRADE service. Call the Nutrition Office at 609-989-6650 for information for assistance or for door-to-door transportation.

Below is the list of participating nutrition sites listed in alphabetical order by city/municipality:

**East Windsor site**  
East Windsor Senior Center  
40 Lanning Boulevard  
East Windsor, NJ 08520

**Ewing site**  
*Temporary site until June 30, 2017*  
1666 Pennington Road  
Ewing, NJ 08618

**Hamilton sites**  
Bernice C. Muha Senior Center  
409 Cypress Lane  
Hamilton, NJ 08619

John O. Wilson Hamilton  
Neighborhood Service Center  
169 Wilfred Avenue  
Hamilton, NJ 08610

**Lawrence site**  
Lawrence Township Senior Center  
30 Darrah Lane East  
Lawrence, NJ 08648

**Pennington/Hopewell site**  
Hopewell Valley Senior Center  
395 Reading Avenue  
Pennington, NJ 08534

**Trenton sites**  
Jennye W. Stubblefield Senior Center  
301 Prospect Street  
Trenton, NJ 07618  
Reading Senior Citizens Center  
15 Ringold Street  
Trenton, NJ 08618  
Samuel Naples Senior Center  
611 Chestnut Avenue  
Trenton, NJ 08611



The Nutrition Project for the Elderly also participates in the Senior Farmer's Market Program, which was developed to provide low-income seniors with checks they can use to purchase fresh produce grown by New Jersey farmers. The Mercer County Nutrition Project for the Elderly is the lead agency and coordinator in Mercer County for the program. Eligibility checks are age and income based. Income criteria varies annually. Call 609-989-6650 for more information.





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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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Offer expires 11/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Up to 5 quarts of conventional oil for standard oil change. Premium oil change savings off regular price and includes up to 5 quarts of synthetic blend or full synthetic oil plus a four-tire rotation. Canister/cartridge filter and diesel oil extra. Fluid/filter disposal charges may apply. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: FL - Waste oil/filter fee may apply; CA - \$2.50 fluid/filter disposal fee applies but no additional charge for shop supplies applies; PA - no fluid disposal charges apply; NY - no fluid disposal or additional charge for shop supplies applies. Cash value 1/50¢. G0217

**TIRE & SERVICE NETWORK** **Synthetic Oil Change**

**\$10 OFF**  
Regular Price  
Full Synthetic Oil

**Includes a FREE Four-Tire Rotation**

Offer expires 11/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Up to 5 quarts of conventional oil for standard oil change. Premium oil change savings off regular price and includes up to 5 quarts of synthetic blend or full synthetic oil plus a four-tire rotation. Canister/cartridge filter and diesel oil extra. Fluid/filter disposal charges may apply. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: FL - Waste oil/filter fee may apply; CA - \$2.50 fluid/filter disposal fee applies but no additional charge for shop supplies applies; PA - no fluid disposal charges apply; NY - no fluid disposal or additional charge for shop supplies applies. Cash value 1/50¢. G0217

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

**\$10 OFF**  
Regular Price

- Helps tires wear more evenly
- Helps improve fuel economy
- Helps improve vehicle handling

Offer expires 11/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Adjust to manufacturer's specifications where applicable. Vehicles with Electronic Stability Control are extra. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: CA and NY - no additional charge for shop supplies applies. Cash value 1/50¢. G0317

**TIRE & SERVICE NETWORK** **Brake Special**

**\$25 OFF**  
Regular Price

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

Offer expires 11/16/17. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: CA and NY - no additional charge for shop supplies applies. Cash value 1/50¢. G0317





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VOLVO ALLOWANCE

WHEN YOU BUY A  
2017 VOLVO S60

SAVE UP TO  
**\$8,900**

BONUS CASH &  
VOLVO ALLOWANCE

WHEN YOU LEASE  
THE 2017 VOLVO S60

GET UP TO

# \$5,000

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\*\$5,000 FOR THE T5 MODEL ONLY. EXCLUDES EXCELLENCE.

### 2018 Volvo S60 T5 FWD Dynamic

STK# 918121 | MSRP \$36,115



Lease For  
**\$199** Per Month\*  
36 mos.

### 2017 Volvo XC60 T6 AWD Dynamic

STK# 917057 | MSRP \$51,065



Lease For  
**\$349** Per Month\*  
36 mos.

### 2018 Volvo S90 T5 FWD Momentum

STK# 218098 | MSRP \$54,305



Lease For  
**\$399** Per Month\*  
36 mos.

### 2018 Volvo XC90 T6 AWD Momentum

STK# 18132 | MSRP \$57,705



Lease For  
**\$495** Per Month\*  
36 mos.

### 2017 Volvo S60 T5 AWD Dynamic

STK# 17311 | MSRP \$38,565



Buy For  
**\$31,000**

### 2017 Volvo XC90 T5 AWD Momentum

STK# 17275 | MSRP \$61,060



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VOLVO CARS PRINCETON | 2931 Brunswick Pike, Lawrenceville, NJ | 888-435-8654 | [volvocarsprinceton.com](http://volvocarsprinceton.com)

\*Must take retail delivery by October 31st, 2017. Lease prices include \$500.00 Volvo loyalty if qualified, as well as Volvo allowances and bonus cash. Purchase prices include \$1,000 Volvo loyalty and exclude tax, DMV, title, documentation fee. Lease prices based on 7,500 miles per year. XC60 & 2018 S60 \$2,995 down, S90 \$3,500 down, 2018 XC90 \$4,500 down. Lessee is responsible for excess wear and mileage over 7,500 miles/year at \$0.25 per mile. Leases are based on a 36 month term, 2018 XC90 based on 39 month term. Offers exclude tax, title, DMV, documentation fee, first payment and are available for qualified buyers based on approval through Volvo Car Financial Services. Offers expire October 31st, 2017.



## Fall Car Care Month

*Autumn is the perfect time to prepare your vehicle for the upcoming winter months. Frigid temperatures can wreak havoc on integral components on which your vehicle relies. Take advantage of October's milder weather to be sure your transportation is in good condition.*

Some maintenance can be performed at home even for those who are mechanically inclined. Sometimes a visual inspection is all it takes to make sure things are in good working order. Other jobs are better left to a professional.

Your local dealership or repair shops might hold special promotions to celebrate national car care month. This October, schedule an appointment with a certified technician to gain peace of mind and ensure your vehicle will perform well during the upcoming winter.

### STAY ON TOP OF MAINTENANCE

Make sure to keep a record of the maintenance your vehicle has undergone. Knowing when your next oil change or tire rotation is due makes it easy to schedule appointments before you exceed the recommended intervals. Check your owner's manual to determine the manufacturer's specific mileage allowance between oil changes. Some new oils claim to allow 15,000 miles before changes. While your vehicle might still perform, it's best to stick to the recommendations set by the manufacturer to ensure your engine is operating properly. Your local dealership will be able to inform you about these important intervals if your manual is not available.

### TIRE INSPECTION

A visual tire inspection is another way to ensure you are safe this season. According to the Department of Motor Vehicles, low air pressure and worn tires are especially dangerous on wet or slick roads, as both can reduce traction. Before the snow falls, make sure your tires meet national safety standards. The National Highway Traffic Safety Administration suggests replacing tires once the tread is worn down to 2/32 of an inch. You can easily check your tire's tread depth by purchasing an inexpensive gauge at an auto parts store. While you're there, pick up a pressure gauge to make sure your tires are filled to the proper PSI. Most of the time you can find the manufacturer's recommendation on the side of the driver's door.







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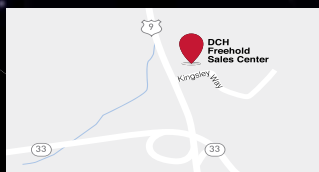


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# Buy a Used Car

*Consider these factors if you are buying a used car from a dealership.*

- Contact your state or local consumer protection office to learn your rights when buying a used car.
- Find out from your state motor vehicle department what paperwork you will need to register a vehicle.
- Check prices of similar models with used car guides that you can find online or at your local library.
- Research the vehicle's history. Ask the seller for details concerning past owners, use, and maintenance. You can also find out whether the car has been damaged in a flood, involved in a crash, had its odometer rolled back, or been labeled a "lemon." Get the car's unique vehicle information number (VIN), usually found on the car's lower left dashboard.
- Research the car's title history with your state motor vehicle department.
- Find out if the car has any recalls, investigations or complaints searchable online database.
- Verify that mileage disclosures match the car's odometer reading.
- Check with the manufacturer to verify if the manufacturer's warranty is still in effect.
- Get and read the seller's return policy in writing.
- Have the car inspected by your mechanic. Talk to the seller and agree in advance that you'll pay for the examination if the car passes inspection, but the seller will pay if the mechanic discovers significant problems. A qualified mechanic should check the vehicle's frame, tires, air bags, and undercarriage, as well as the engine.
- Examine dealer documents carefully. Make sure you are buying—not leasing—the vehicle. Leases use terms such as "balloon payment" and "base mileage" disclosures.

## Buying a Car from a Private Owner

You may choose to buy a car directly from an individual, instead of a dealer. The purchase price is often lower and easier to negotiate if you buy a car from a private owner. You should still take the same steps as if you bought the car from a dealership. There are more factors to consider if you buy from a private owner.

A private owner sells the car "as is." If the car has defects when you buy it, the seller isn't required to repair them before you purchase it. Also, federal protections and rules, such as FTC's Buyer's Guide don't apply. If the seller is fraudulent, it can be more difficult to resolve the problem. You can't complain to your local consumer protection office about the seller.

If you choose to purchase a car from a private seller:

- Ask to get service records from the owner.
- Verify that the seller actually owns the car and that the title and registration are in their name.
- Verify that there are no liens against the car, or if it is still under a finance agreement.
- Contact the manufacturer to determine if the manufacturer warranty, or other warranty protection, transfer to you.
- Meet the seller in a public place or busy area, especially if the seller is a someone you don't know.



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Expires 11/15/17





# AUTOMOTIVE



## IRWIN LINCOLN NET



# 2017 MODEL-YEAR END SAVINGS EVENT!

## Get 1.9% APR Financing for 72 Mos.

On Select New Lincoln Models  
with approved credit.  
Expires 10/31/17.



New 2017 Lincoln **MKZ** Premiere FWD

Lease **\$275** /mo.  
36 mos.

**\$2,920 due at signing**

**Well Equipped Including:** 2.0L Turbocharged I-4 Engine, 6-Speed SelectShift Automatic Transmission, Front Wheel Drive, Intelligent Access w/ Push Button Start, Dual-Zone Electronic Auto Climate Control, Power Heated Front Seats w/Driver Memory Setting, Dual/Side Air Bags, Rearview Camera, Securicode Keyless Keypad and MUCH MORE! VIN#3LHR664324, STK#H859, MSRP: \$36,095.

New 2017 Lincoln **MKC** Select AWD

Lease **\$319** /mo.  
36 mos.

**\$2,964 due at signing**

**Well Equipped Including:** 2.0L GTDI I-4 Engine, 6-Speed with SelectShift Automatic Transmission, Power Steering, All Wheel Drive, Dual-Zone Electronic Auto Climate Control, Heated Leather Trimmed Seats, Active Noise Control, Dual/Side Air Bags, Intelligent Access w/Push Button Start, Heated Power Mirrors w/Memory & Security Approach Lamps, Reverse Sensing System and MUCH MORE! VIN#5LHUL62772, STK#H764, MSRP:\$39,565.

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At Freehold Raceway Mall  
Freehold, NJ 07728  
732.462.1818**



### L I N C O L N

Lincoln MKZ Lease: \$2920 Due at Delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$9,900/\$12,545/\$19,852. Lease includes \$2750 RCL Cash Rebate (everyone qualifies) & \$500 Conquest Manufacturer Rebate (everyone qualifies). Lincoln MKC Lease: \$2964 Due at delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$11,484/\$14,129/\$23,782. Lease includes \$1000 RCL Cash Rebate (everyone qualifies) & \$500 Conquest Manufacturer Rebate (everyone qualifies). Prices include all cost to be paid by consumer except for licensing cost, tax, registration, title, documentation & tire fees. Leases are closed end & are subject to credit approval. Leases include 7,500 miles p/yr, 20¢ p/mi. thereafter & require \$0 Security Deposit & \$645 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicles only. See dealer for details. Picture may not represent actual vehicles. Offer expires 10/31/17.





# AUTOMOTIVE



IRWINMAZDA.COM



# 2017 MODEL-YEAR END Savings Event!

## Get 0% APR Financing for 60 Mos.

On Select New Mazda Models with approved credit. Expires 10/31/17.



### New 2017 Mazda6 Sport

- Rearview Camera
- Bluetooth
- Alloy Wheels

# \$99

30 month  
lease w/  
\$3,094  
due at  
signing

**Well Equipped With:** 4-Dr, Automatic Transmission, 4 Cylinder Engine, Traction Control, Power ABS Brakes, Power Assist Steering, Air Conditioning, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera and Much More! VIN#H1141538, STK#H1365, MSRP: \$23,870.

### New 2017 Mazda CX-5 Sport AWD

- Rearview Camera
- Bluetooth
- Alloy Wheels

# \$129

36 month  
lease w/  
\$4,072  
due at  
signing

**Well Equipped With:** SUV, Automatic Transmission, All Wheel Drive, Traction Control, 4-Cylinder Engine, Power ABS Brakes, Power Assist Steering, A/C, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost/Wiper, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera and Much More! Stk#H1428, VIN#H0143197, MSRP: \$26,285.

### New 2017 Mazda CX-3 Sport FWD

- Rearview Camera
- Bluetooth
- Alloy Wheels

# \$139

36 month  
lease w/  
\$3,274  
due at  
signing

**Well Equipped With:** SUV, Automatic Transmission, Front Wheel Drive, Traction Control, 4-Cylinder Engine, Power ABS Brakes, Power Assist Steering, A/C, Dual Air Bags, Front Bucket Seats, Power Windows/Locks/Mirrors, Rear Defrost/Wiper, Cruise Control, Alloy Wheels, Keyless Entry, AM/FM Stereo, Bluetooth, Rearview Camera and Much More! Stk#H1358, VIN#H0179964, MSRP: \$20,900.

Mazda6 Money Down Lease - \$3094 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$2995/\$2970/\$5965/\$13,367. Lease includes \$3850 Lease Cash (everyone qualifies). Mazda CX-5 Money Down Lease- \$4,072 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,943/\$4,644/\$8587/ \$15,508. Lease Includes \$1610 Lease Cash (everyone qualifies). Mazda CX-3 Money Down Lease- \$3,274 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3135/\$5004/\$8139/\$11,495 Lease Includes \$1135 Lease Cash (everyone qualifies). Prices include all costs to be paid by consumer except for licensing cost, tax, registration, title, documentation & tire fees. Leases are closed end and are subject to credit approval. Lease includes 10,000 miles p/yr, 15¢ p/mi. thereafter \$0 Security Deposit & \$0 Bank Fee. Lessee resp for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicle only. See dealer for details. Picture may not represent actual vehicle. Offer expires 10/31/17.



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## Avoidable Driver Mistakes

By Susan Heckler

**Hands are on the gear stick** - Do you constantly keep your hand on the Gear shift? First of all, both your hands should always be on the wheel, at the ready to avoid danger. Additionally, unnecessary moving of the shift can lead to damage to the gearbox and its premature wear, especially for cars with mechanics.

**Incorrect body position** - Studies showed that 75% of drivers sit incorrectly behind the wheel. Proper sitting position protects you in case of an accident when the airbag deploys. It is important to sit at the correct height so your eyes are focused at the midpoint of the windshield and can easily see the dashboard instruments. Improper positioning can also cause a pain in the back because key areas won't be supported.

**Not removing snow from the roof** - It is a driver's responsibility to clear snow from the roof and hoods of your car. If you brake suddenly, snow from the roof can fall on the windshield and obstruct your view as well as hit the car behind you. A NJ traffic law passed in 2010 fines drivers for up to \$1,500 when they fail to remove snow or ice off of their vehicles and it results in an injury.

**Moving steering wheel before moving** - If you reposition your steering wheel before the car is in motion, it exerts a high pressure on the steering components and can damage the entire steering system.

**Reversing** - Come to a complete stop before putting the car in reverse because a sudden change in the direction of rotation of the gearbox will lead to its wear.

**Unsuitable shoes wear** - 25% of women and 13% of men get behind the wheel in flip-flops. Bad idea! While better than barefoot, the flip-flop can adhere to the mat while driving or the foot can slip off the flip-flop and consequently off the pedal.

**The motor is left running to warm up the car** - It is considered illegal in many countries to let your car warm up while you clean the windows, and it can also damage the engine and corrosion of the exhaust pipe.

**Dashboard** - Your dash should be clear of all accessories in the event of an accident. It can be dangerous and may obstruct your view.

**Downhill breaking** - It is best to slow down less often and firmly than to constantly brake. It can lead to the heating and acceleration of wear of the brake discs and pads.

**Replacement of tires** - Don't wait to get the very last mile out of your tires before replacing them. Good tires can be the difference between life and death in an emergency. Change seasonal replacement of tires early in summer and winter.





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## Aurobindo Pharma USA Celebrates Grand Opening of New State-of-the-Art 567,000 Square Foot Distribution Center, located on Windsor Center

Drive across from Route 133, along the Route 571 corridor. The new facility contains warehouse, distribution, manufacturing, and research and development operations for Aurobindo, an India-based pharmaceutical company that makes a wide variety of generic drugs. The building also contains a one-of-its-kind ultra-high density automatic storage and retrieval warehousing system capable of controlling and tracking full pallets of product from production to the loading bay. The Aurobindo center will generate additional tax dollars and add over 300 new jobs to the Township when fully operational. In January 2017, Aurobindo USA transformed the East Windsor campus into U.S. Corporate Headquarters and moved its administrative offices with 122 employees to the adjoining existing 43,000 square foot Patscentre building on Route 571 just east of Route 535, designed by renowned British architect Sir Richard Rogers who is best known for the Pompidou Cultural Center in Paris. Aurobindo is another great fit within the Township Einstein's Alley designation and vision, to promote and expand pharmaceutical and biotech companies.

Mayor Janice S. Mironov and Council Members joined Aurobindo executives for the Grand Opening of Aurobindo USA's new 567,000 square foot warehouse, distribution and manufacturing facility on Windsor Center Drive across from Route 133, along the Township Route 571 corridor. Pictured (from left to right) are: Paul Krauthhauser, Senior Vice President of Commercial Operations for Aurobindo USA; Council Member John Zoller; Council Member Alan Rosenberg; Council Member Peter V. Yeager; Council Member Denise Daniels; Mayor Janice S. Mironov; P.V. Ramprasad Reddy, Chairman of Aurobindo, and Paul



Mayor Janice S. Mironov and Council Members joined Aurobindo executives for the Grand Opening of Aurobindo USA's new 567,000 square foot warehouse, distribution and manufacturing facility for a demonstration of the one-of-its-kind, ultra-high density automatic storage and retrieval warehousing system located within the facility. Pictured (from left to right) are: Council Member Peter V. Yeager; Mayor Janice S. Mironov; Council Member Denise Daniels; P.V. Ramprasad Reddy, Chairman of Aurobindo, and Sanjay Singh, Senior Vice President of Operations, North America for Aurobindo USA.





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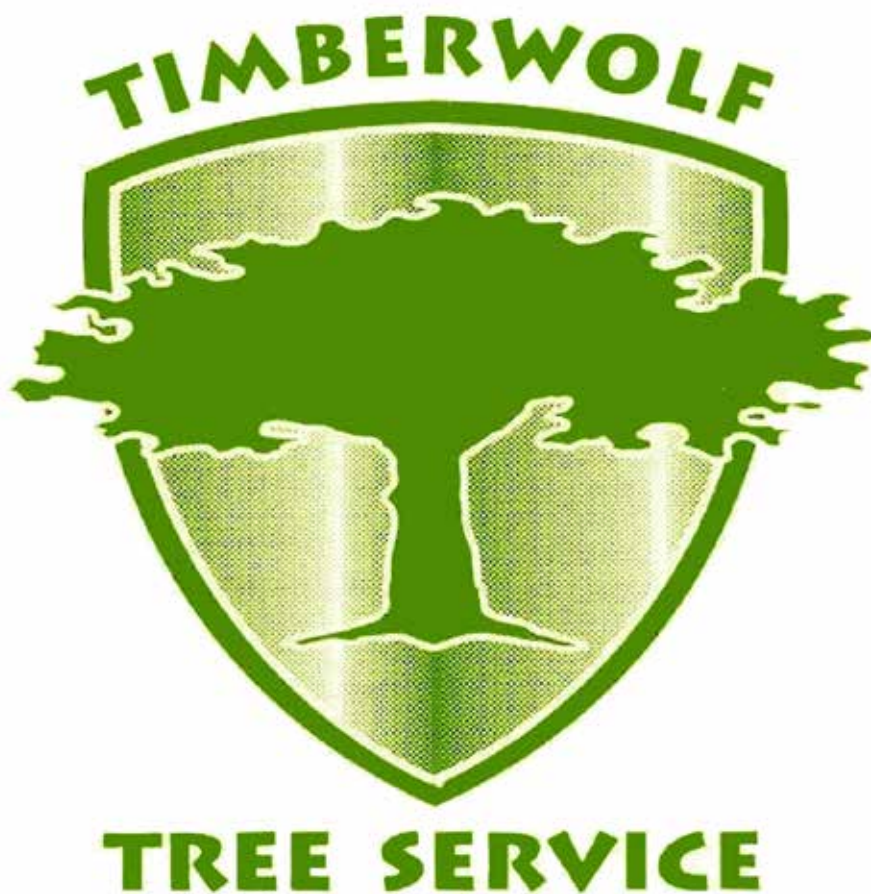
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## East Windsor Township Will Hold Recycling Day



*Saturday, October 14 from 10 am to 2 pm,  
Rain or Shine*

**Location:** the East Windsor Senior Center, 40 Lanning Boulevard.

This Township event is sponsored by Mayor Janice S. Mironov and Members of Council, in conjunction with the East Windsor Clean Communities Committee.

**Free document shredding** will be available to East Windsor residents. There is a limit of ten boxes per household, and no commercial drop-offs are permitted. Residents also will be able to drop off cell phones, fluorescent bulbs and toner cartridges, as well as used electronics, computers, computer equipment and televisions.

The East Windsor/Hightstown Lions Club will be collecting used eye glasses.

RISE will have trucks on-site to collect useable clothing, shoes, blankets, housewares (plates, mugs and related items) and working household appliances and electronics.

For further information, call (609) 443-4000, ext. 215.

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## Consumer Affairs Offers Credit Theft Advice

The Monmouth County Division of Consumer Affairs encourages residents to take action to protect themselves in the wake of the breach at Equifax impacting approximately 143 million people.

"It is important to monitor bank and credit card statements regularly and every consumer is entitled to a free copy of their credit report every 12 months," said Freeholder Director Lillian G. Burry, liaison to the County's Division of Consumer Affairs. "Even if you were not directly affected by this breach, it serves as an important reminder to be vigilant of your accounts and proactive against identity and credit theft."

Consumers can go to [www.equifaxsecurity2017.com](http://www.equifaxsecurity2017.com), click on the "Potential Impact" button and enter their last name and last six digits of their social security number to find out if their information was accessed during the breach.

"There are several steps that you can take to protect yourself from potential credit theft," Consumer Affairs Director Annmarie DeVito said. "The first step is to visit the website established by Equifax to check if you may have been directly affected by the breach."

The Consumer Federation of America offers the following suggestions for anyone who would like to know what they can do right now to protect themselves:

- **Consider a security freeze.** Putting a freeze on your credit file will prohibit anyone (including you) from applying for a loan. If you choose to do this, you will need to contact all three of the major reporting agencies.
- **Get a copy of your free credit report.** Federal law allows you to get a free copy of your credit report each year.
- **Check your credit card bills closely.** Look through each transaction on your account for suspicious activity. If your credit card has not been lost, but your credit card has been used without your authorization, you cannot be held liable for the charges.
- **Be extra careful about incoming offers and suspicious emails.** Never click on suspicious links and do not give personal information unless you can verify who is asking for it and why.
- **Protect your email account.** Consider strengthening your password and take advantage of "two-factor" authentication when it is offered.

For further information, or if you have any questions, please feel free to contact the Monmouth County Division of Consumer Affairs by calling 732-431-7900 or email [consumeraffairs@co.monmouth.nj.us](mailto:consumeraffairs@co.monmouth.nj.us). The office is open weekdays from 8:30 a.m. to 4:30 p.m.





## THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

*By John Bazzurro*

The first step in a New Jersey residential real estate transaction is the signing of the contract. When a realtor is involved, a buyer may sign the contract prepared by the realtor and then immediately have it sent to their attorney for review. Both attorneys will then discuss the terms of the contract and make appropriate changes as required. However, it is important that a buyer ensure that the realtor prepared contract is immediately forwarded to their attorney because there is a three day deadline for the attorney review period.

One concern for a buyer is how and where they are going to get the money to purchase the home. Typically, buyers will obtain their purchase money either from the sale of their existing home, a mortgage, or a combination of both. If a buyer has an existing home to sell, it is important that there is a "home to sell" contingency in their purchase contract. This means that they will not be obligated to buy the new home until their existing home is sold and they have the money from that sale. Further, it is important that any purchase contract is contingent upon the buyer actually obtaining a mortgage. Without these contingencies, a buyer can be in breach of contract if they are unable to close on the new home because they do not yet have the proceeds of the sale of their existing home or were unable to get a mortgage.

Another issue that buyers must be concerned with is the home inspection. Typically, buyers will have between 10 and 14 days from the date of the contract to have a qualified home inspector perform an inspection on the home. The home inspectors generally look for system failures (i.e.-air conditioning systems, heating systems, hot water heaters, septic systems, wells, etc.). However, they also look for potential hidden defects that could signal the existence of a bigger problem such as past or present roof leaks, water infiltration, structural defects, termites, mold or the existence of underground oil tanks. Depending upon the severity of the issues found, the buyers may be able to obtain a credit or a reduction of the sale price or, alternatively, request that the sellers repair or replace the defective items prior to the time of closing.

Finally, prior to entering into a contract, buyers must be aware of the actual amount of money they will need to close. Although the buyers may have enough money to cover the purchase price of the home, they must also take into account closing fees that must be paid at the time of closing. These include title and title insurance costs, mortgage company charges, escrows for taxes and insurance, capital contributions to homeowners' associations, surveys and attorney's fees. In an average residential real estate transaction, I typically tell my clients that they should at least have an additional \$10,000.00 available for these closing costs in order to be on the safe side. However, this is just a guidepost and may differ in each transaction depending upon the cost of the home and issues involved.

Of course, the purchase of a home is the biggest single transaction and investment that people make during the course of their lifetime. Accordingly, it is important to obtain the right attorney to insure that all of their interests are protected and the above issues are properly addressed.

If you have any questions about the legal issues involved in the purchase of a home please feel free to contact my office and I would be happy to discuss these issues with you.

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## Corn: The Maze of Maize

By Susan Heckler

Summer in New Jersey has wound down and so has most of our growing season. Who doesn't love a cob of sweet Jersey corn to go with their steak, salad, mashed potatoes, and gravy? Corn is one of the universal things we love to munch whether on the cob, in a bread, as a pudding or in a cup with some salt, pepper, and cheese.

Corn is used to make various other foods and products, and can be found in almost 90% of the foods eaten all around the world.

It is believed corn originated in Mexico and was transported to the north by both indigenous people and Spanish explorers. When the pilgrims first came to the Americas, the Indians introduced them to one of their main crops: "maize." In 1609, colonists along the east coast successfully cultivated 30 acres, which yielded enough to export back home.

### What Is Corn Made Of?

Corn is said to have both omega-3 and omega-6 fatty acids. Omega-3 fatty acids help control and infuse our hormones with anti-inflammatory qualities, while omega-6 fatty acids generate hormones which cause inflammation. In corn, however, the amount of omega-6 is MORE than the amount of omega-3.

### The Controversy of Corn:

1. Corn is an unhealthy grain because its high sugar and starch content have close to no nutritional value.
2. Corn does not contain gluten, but when your body tries to process it, it confuses the proteins of corn with gluten, which further bewilders your immune system. It is said to hinder with the walls of your guts and severely damages your digestive system.
3. The high glycemic content of corn gets transformed into sugar easily and disturbs your body's insulin responses which weaken your immunity.
3. Corn's indigestible quality is because of its high amount of fiber, cellulose, and a series of proteins found in all grains, which our digestive systems are not equipped to break down because we lack an effective enzyme to digest it thoroughly. This can lead to conditions like leaky gut or even constipation.
4. Corn has class A proteins called lectins which our bodies break down into amino acids during digestion. We are deficient in the needed enzymes to break down lectins, so the body's constant churning of the corn makes it weaker and irritates the gut lining hence causing inflammation.
5. A 2011 Canadian study presented findings where it showed that corn contains an insecticide called BT (Bacillus thuringiensis) and other harmful poisons, which are artificial chemicals and not organic. The BT toxin is said to pile up in our blood and can eventually interfere with the proper functioning of our organs, resulting in serious long-term health issues.
6. Corn is one of the very first plants that was genetically modified (GM) and continues to be artificially evolved into different varieties, it becomes even more unhealthy to corn than it ever was. 85% of American corn is genetically modified, which is linked to major health issues.

### On the Positive Side:

Corn is loaded with flavonoids (which, among other things, protect against lung and oral cancers), antioxidants (such as  $\beta$ -carotenes), and lutein. Together, these compounds help maintain healthy mucus membranes, skin, and vision. Corn also is an excellent source of vitamin A, thiamin, and vitamin B6.

Look for organic and non-GMO, for better or worse, Jersey corn is delicious.

### Ingredients:

- 1/2 cup canned drained kidney beans
- 1/2 cup canned drained cannellini beans
- 1/2 cup canned drained black beans
- 1 cup fresh roasted corn kernels (cut from about 2 ears)
- 3 chopped scallions
- 1/2 each red bell pepper and green bell pepper seeded and chopped
- 1/3 cup canola oil
- 1/4 cup tomato salsa (your choice of heat)
- 3 Tbs. apple cider vinegar
- 2 fresh garlic cloves, finely chopped
- 1/2 tsp. ground cumin
- Salt and freshly ground pepper, to taste
- 1/2 cup chopped fresh cilantro



### Instructions:

1. In a bowl, combine all the beans with the corn, scallions, and bell pepper until mixed well.
2. Whisk together the oil, salsa, vinegar, to taste, garlic, and cumin in a small bowl. Season with salt and pepper. Pour over the bean mixture and stir to mix. Let stand for at least 30 minutes or for up to 2 hours to allow the flavors to intermingle. Garnish with the chopped cilantro before serving.

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## Love Garlic? Plant It In The Fall!

Garlic can absolutely thrive out of the garden, especially if you plant it during the fall months. It is a perennial bulb that, when planted in the fall, will root, make limited growth before the first hard freeze and produce a bountiful harvest the next summer.

### *The Chill Factor*

What many green thumbs may not realize about garlic is that it has an internal chill requirement, according to the University of Illinois agriculture extension center. When planting it in the spring, garlic should be stored in the refrigerator for at least eight

weeks prior to planting. This will ensure proper chilling.

Not as much planning is needed if you decide to plant garlic in the fall, since it will

obtain its chilling directly in the soil. Fall-planted garlic will also have the advantage of gaining much earlier maturity.

### *Planting Your Garlic*

Here are the proper planting methods for garlic, according to the University of Illinois extension:

- Soil recommendations include high organic matter levels, good drainage and a couple of pounds of fertilizer per every 100 square feet.
- Lay out your planting rows 15 to 18 inches apart.
- Separate individual cloves from the main bulb and plant them about four to six inches apart in the row.
- Set your cloves tip up and one to two inches below the soil surface.

### *Weed Control*

The University of Illinois identifies garlic as a “weak competitor,” which explains its needs for extra help fighting against garden weeds. You shouldn’t have to worry about the weeds much in the fall or winter, but be prepared to stave them off during the spring and summer seasons.

Since you will likely consume your garlic, avoid all chemical-based weed killers and instead opt for mulch, straw or other organic materials that can help keep weeds from taking over. Doing so directly after planting the bulbs can also help alleviate winter soil frost.



## The Benefits of Garlic

By Erin Mumby

Have you ever thrown out old garlic? They seem unsightly with their bright, green shoots. It turns out garlic gets better with age! Sprouted garlic has more antioxidants than young garlic. The benefits of garlic are no secret. Garlic has been used medically for thousands of years. Garlic works against bacteria that are resistant against drugs. Garlic fights against bacterial, fungal, and parasitic infections. Regular consumption reduces the risk for heart disease. It helps to normalize cholesterol and blood pressure. Some studies have shown that daily consumption of garlic can prevent stomach and colorectal cancers.

The older the garlic gets, it produces chemicals called phytoalexins to make sure it can defend itself. Garlic that has been sprouted for 5 days has the highest antioxidant activity. Add some sprouted garlic to your diet. It is slightly bitter, but it is effective! Sprouted garlic has been proven to boost the immune system. Garlic is rich in allicin, which fights against viruses, bacteria, parasites, and fungi.

There are so many different types of garlic to choose from. Cooler climates produce hard neck varieties. Soft neck garlic grows in warmer climates. Hard neck garlic has a very stiff stalk. Soft neck garlic is easily bent and woven. Hard neck varieties are more flavorful. Hard neck garlic cloves have scapes in the center of the bulb. They blossom from small bulbs.

Planting garlic is an easy way to get the best garlic. Find a well-drained patch of soil. Dig and clear weeds. Split the bulb; make sure not to harm the cloves. Plant the garlic cloves in rows. Cover with a thick layer of mulch. The best time to plant garlic is in the autumn. Garlic doesn’t have a hard time growing. Garlic can survive in times of drought. They don’t need to be watered. The only negative aspect about growing garlic is how they attract weeds.

It’s important to keep an eye out for fungal diseases. Rust, as fungal disease, is known to be found in garlic. Powdery, orange spots will appear on the garlic’s leaves. It’s very important that this is caught right away. With action, your garlic crop will survive. To minimize the chances of rusting, try rotating the crops in your garden. You could also practice companion planting. Your garlic will be ready in the summer when the stalks will turn yellow. You’ll have to let your garlic dry on a rack. You can even harvest the garlic still when it’s young. Young garlic will appear green. It’ll take some more work to harvest green garlic. It’ll have to be peeled and sliced.

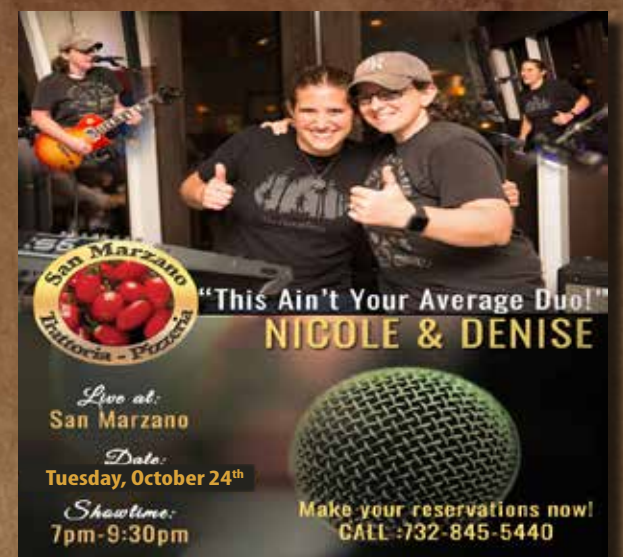
Once you harvest the garlic, bunch them together. Store the bunches in a bright area where the air is fresh. Be sure to not store your garlic in a dark spot. Garlic has a very long shelf life. Once it’s harvested, it’ll stay fresh for up to 6 months. There are so many ways to incorporate garlic into your favorite recipes. Homemade salsa isn’t complete without tons of raw garlic! You can even add some into your guacamole to contrast the fatty avocado. Garlic is also a great flavoring for homemade salad dressing. Garlic is complementary to butter. Add garlic and butter to mashed potatoes. The garlic will spice up the buttery potatoes. You can even try adding some garlic to your buttered toast. It’s a fun take on garlic bread and a great way to start your morning!

Consuming garlic is great for your hair and skin. Garlic will protect your skin from free radicals. It also slows down the depletion of collagen. This keeps the skin from aging. Garlic is great for treating fungal infections. It provides relief to skin ailments. It’s a quick remedy for infections like athlete’s foot.

Garlic can also provide relief from a cold or flu. Taking a few cloves of garlic raw is a great way to get reap its benefits. You can prepare yourself some garlic tea when you’re feeling ill. Add a little bit of honey or ginger to sweeten up the tea. This concoction will relieve your stuffy nose and cure your cold. It will also help you to build up your immune system. This will prevent future colds and flu. If you aren’t a tea drinker, you can add the garlic to stews, broths and soups.



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## Simple Hearty Pumpkin Soup

### Ingredients

- 2 tbsp. unsalted butter
- 1 large diced potato
- 1 large diced onion
- 4½ cups chicken broth (can use reduced sodium)
- 8 ounces fresh or canned puree pumpkin
- Salt to taste
- Freshly ground pepper to taste
- ¼ tsp. ground nutmeg
- ½ pt. heavy cream (can use as little as 3 tablespoons)
- Toasted pumpkin seeds
- Fresh sage leaves julienned

### Directions

1. In a large pot over medium heat, melt butter. Add potato and onion and cook, stirring occasionally, until onion is translucent, about 8 minutes.
2. Add chicken broth and bring to a boil. Cover, reduce heat to low, and cook until potato is tender, 10 to 12 minutes.
3. Stir in pumpkin.
4. OPTIONAL Using an immersion blender, purée mixture until smooth. (Or, use a blender to purée mixture in batches, then return to pot.)
5. Stir in 1/2 teaspoon salt, 1/8 teaspoon pepper, and nutmeg. Increase heat to medium-high and bring mixture to a boil.
6. Cover, reduce heat to low, and cook for 10 minutes. Stir in cream and heat thoroughly.
7. Season with salt and pepper and top with sage leaves and toasted pumpkin seeds, if desired.
8. Serve hot.





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## Tsubaki Japanese Cuisine - Great Food is Minutes Away

By Susan Heckler

When I choose a place to eat out, my preference is usually something I can't make at home. I love trying new cuisine from around the world and tasting how different chefs personalize recipes handed down through generations.

I have friends who are foodies and we wander New Jersey looking for new spots to taste test. I recently met friends from the Ewing area at Tsubaki in East Windsor. Japanese food is something we all agree on. It has been in this location for 1 year, but this was my first time there even though Lori has been pushing to meet here for months (it is her personal favorite).



The first thing you will notice is a great selection. The menu is very extensive.

The great part about grazing in groups is you can try so many more items when you are with friends. Lori is our sushi expert so she chose an amazing selection with such fresh ingredients, you can taste the difference. The food is beautifully presented so it is a real dining experience. I am not sure what we ate (by name) but it was as delicious as it looks.

I could make a meal out of hot appetizers at most restaurants, and I am so happy we got to sample a bunch here. The Pan-Fried Pork Dumplings, Crab Rangoon, Jumbo Coconut Shrimp and the Spring Roll with the sweet spicy sauce were deliciously crispy.

Check out Tsubaki at 680 Route, 33 East in East Windsor or call (609) 301-8527. If you live nearby, you can order online and bring it all home too!





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### *Cider-Braised Chicken With Brussels Sprouts And Apples*

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#### INGREDIENTS

- 4 slices bacon, chopped
- 8 bone-in, skin-on chicken thighs (about 3 1/2 pounds total)
- 2 medium tart red apples, cored and cut into wedges
- 1 12 - ounce bottle hard cider
- 2 tablespoons chopped fresh thyme
- 2 tablespoons whole grain mustard
- 1 teaspoon kosher salt
- 12 ounces fresh Brussels sprouts, trimmed and halved if large (2 cups)

#### DIRECTIONS

1. In a very large skillet cook bacon over medium heat until crisp; remove from pan, reserving drippings in skillet. Add chicken, skin side down, and cook 10 minutes or until browned, turning once; remove from skillet. Add apples to the skillet and cook 4 minutes or until browned on both sides; remove from skillet. Drain and discard drippings from skillet.
2. Add cider, thyme, mustard, and salt to skillet, scraping up any browned bits. Bring to boiling; reduce heat. Return chicken to skillet. Cover and simmer 10 minutes. Add Brussels sprouts. Cover and cook 5 minutes. Add apples and cook, uncovered, 3 to 5 minutes more or until chicken is done (at least 175 degrees F).
3. To serve, divide chicken thighs, Brussels sprouts, and apples among shallow bowls or plates. Spoon cider mixture over top. Sprinkle each serving with bacon.





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## Have Bugs? Use Borax

By: Erin Mumby

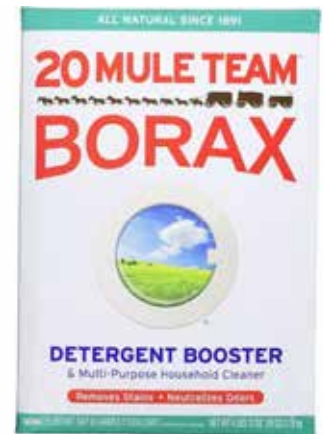
Cockroaches and ants can make themselves at home in your house. Instead of buying a new batch of chemicals, use up your Borax in the cabinet. Borax is a naturally occurring element. It has been a fixture in house cleaning for years. It's also useful as a pesticide! When cockroaches, ants, and fleas ingest borax, it destroys the lining of their stomachs and interferes with their digestion.

Cockroaches have an infamous reputation for being tough critters. However, even cockroaches are no match for Borax. To kill a cockroach, boil six eggs and dispose of the whites. Add 2 and a ½ ounces of Borax to the yolks. Mix well. Then had a ½ cup of sugar. This mixture should feel like dough. Roll into little balls. Place the dough balls around your house, especially in areas where you have witnessed the cockroach.

Do you have worker ants wandering around your house? These can be a little tricky to get rid of. Most worker ants eat liquids. The queen worker ant and the babies are attracted to solid foods. You have to mix two different solutions to completely eradicate worker ants. For solid ant bait, make a solution of one-part Borax and three parts of powdered sugar. Lay this solid mix on flat surfaces for the worker ants to bring this to the queen. Make sure to mix a liquid bait as well. Use a quarter cup of borax and a ¾ cup of honey. Drop the liquid onto an ant trail or another source of the ants.

Borax is useful on pesky fleas as well. Using Borax has a long-term effect on fleas. You could even kill fleas and their eggs for a whole year! Make sure to vacuum your house thoroughly. Make sure to reach under the furniture because fleas usually hang out in dark places. Dust surfaces to dispose of as much dirt and debris as you can. Sprinkle Borax on your rugs, carpets, furniture, and areas that your cat or dog inhabits. Using a small hand broom, brush the Borax into the carpet. Let it sit for about 36 hours. Then vacuum to remove the dead fleas. Always watch your children and pets while using Borax.

When using Borax to get rid of pests, make sure to keep your house cool. Bugs and other pests thrive in warm, moist areas. Make sure you keep your house lean and free of dirt. Inspect your pipes to make sure there are no leaks. Plug up holes and cracks in your home to make sure the pests can't enter easily. If you have tried a few different remedies, seek out professional help in removing the bests.





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### Use a quality carpet pad

A good carpet pad not only gives better resilience and comfort underfoot, it can extend the life of your carpet, especially on stairs. Because some carpets carry warranties with specific density and thickness requirements, be sure and review your warranty before purchasing your pad. Explore varieties of carpet pad.

### Occasionally move heavy furniture

Moving your furniture on occasion won't just renew the feel of your room, it will also help avoid excessive pile crushing. Also consider using carpet protectors under the legs of tables, chairs, and other furniture to help distribute the weight. Damage can occur if you use chairs or appliances with rollers or casters without a chair pad designed specifically for carpet.

### Protect carpet when moving furniture

When moving heavy wheeled furniture (pianos, buffets, etc.), prevent damage by placing a protective barrier of heavy cardboard or plywood between the wheels and the carpet.

### Clean your area rugs

If you use area rugs on your carpet, be sure to clean them regularly, and make sure you clean and restore the pile of the carpet underneath as well. Also, be sure to check area rugs for colorfastness before placing them on carpet because the color in some rugs may bleed through. After cleaning your carpet, allow it to dry completely before replacing rugs.

### Reduce periods of direct sunlight

Protect your carpet from prolonged periods of direct sunlight with blinds, shades, or awnings.

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*We've all heard how important curb appeal is to selling a home. Prepping for sale can be an ideal time to go through your things with a little more thought.*

Having a tidy and put-together space inside is just as important — especially in the winter when buyers spend less time looking around the exterior of the home.

If you are one of those obsessively neat people by nature, then you've already found out how to do this. The remainder of us, however, have some work to do. It's time to highlight the strengths, downplay the weaknesses and make your home appealing to the masses of homebuyers.

### FINDING JOY

Prepping for sale can be an ideal time to go through your things with a little more thought. Get rid of things you haven't used in ages; things that are currently sitting in boxes in the back of a closet do not need to be re-homed to a new closet in a new house.

Donate items to a local nonprofit organization or church that helps underprivileged populations. You can shed some extra belongings while giving to a great cause.

### STAGE YOUR SPACE

Removing clutter is the first step in staging your home. The next is all about arrangement. Your rooms should be staged to be walk-through friendly.

After you've removed all extraneous junk from a room, take a critical look at the furniture.

You might find that moving a chair to the other side of the room or moving a bookshelf down the wall a foot or two opens up a room. Shuffling things around can provide better access around larger furniture pieces, such as a couch or dining table.

### SUSTAINING THE END RESULT

Now that you've gone through the hard work of removing the clutter and arranging your furniture, don't go back to the dark side. Commit to keeping each space neat and tidy, and to not allowing the clutter to creep back in.

If you have a large family, make a chore chart and hang it where everyone can see it. If everyone does a little bit, no one is left doing a lot.

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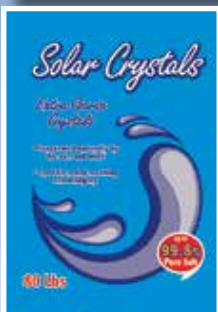
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## Clothes Dryer Fire Safety Facts About Home Clothes Dryer Fires

2,900 home clothes dryer fires are reported each year and cause an estimated 5 deaths, 100 injuries, and \$35 million in property loss. Failure to clean the dryer (34 percent) is the leading cause of home clothes dryer fires. More home clothes dryer fires occur in the fall and winter months, peaking in January.

### CLOTHES DRYER DO'S

#### Installation

- Have your clothes dryer installed by a professional.
- Make sure the correct electrical plug and outlet are used and that the dryer is connected properly.
- Read manufacturers' instructions and warnings in use and care manuals that come with new dryers.

#### Cleaning

- Clean the lint filter before and after each load of laundry. Don't forget to clean the back of the dryer where lint can build up. In addition, clean the lint filter with a nylon brush at least every six months or more often if it becomes clogged.
- Clean lint out of the vent pipe every three months.
- Have your dryer cleaned regularly by a professional, especially if it is taking longer than normal for clothes to dry.

#### Maintenance

- Inspect the venting system behind the dryer to ensure it is not damaged or restricted.
- Put a covering on outside wall dampers to keep out rain, snow and dirt.
- Make sure the outdoor vent covering opens when the dryer is on.
- Replace coiled-wire foil or plastic venting with rigid, non-ribbed metal duct.
- Have gas-powered dryers inspected every year by a professional to ensure that the gas line and connection are together and free of leaks.

- Check regularly to make sure nests of small animals and insects are not blocking the outside vent.
- Keep the area around the clothes dryer free of items that can burn.
- If you will be away from home for an extended time, unplug or disconnect the dryer.

### CLOTHES DRYER DON'T'S

- Don't use a clothes dryer without a lint filter or with a lint filter that is loose, damaged or clogged.
- Don't overload the dryer.
- Don't use a wire screen or cloth to cover the wall damper. They can collect lint and clog the dryer vent.
- Don't dry anything containing foam, rubber or plastic. An example of an item not to place in a dryer is a bathroom rug with a rubber backing.
- Don't dry any item for which manufacturers' instructions state "dry away from heat."
- Don't dry glass fiber materials (unless manufacturers' instructions allow).
- Don't dry items that have come into contact with anything flammable like alcohol, cooking oils or gasoline. Dry them outdoors or in a well-ventilated room, away from heat.
- Don't leave a clothes dryer running if you leave home or when you go to bed.



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## They're Back- It's Stink Bug Season

By Susan Heckler

They look ugly and evil when you see them in the garden, multiply that exponentially when you find them lurk bugs. Try as you might, you will start seeing them everywhere. I was enjoying some sun in my backyard and watched that little Stinker crawl under my sliding glass door and enter my safe haven! They are generally active in March and April and very active in September when they're trying to get into your house!

According to North Dakota State University, there are 4,700 species of stink bugs in the world, with about 250 in the U.S. and Canada. Our local pest is known as the brown marmorated stink bug (*Halyomorpha halys*). Fortunately, they are harmless; they eat nothing indoors and they don't bite. They are coming in to get out of the coming cold to survive.

**What's the big stink?** When squashed, frightened or disturbed, stink bugs secrete a foul-smelling, bad-tasting substance. Thus, be careful about vacuuming them up in your household vacuum cleaner because the strong odor will remain. It's best to use a shop vac, and take it outside right away.

If you can't remember growing up with the bugs in your life, you are correct. The brown marmorated stink bugs have been in the Hudson Valley since 2007.

In your yard, stink bugs are a formidable pest, feeding on a long list of plants, including fruits, vegetables, ornamentals, and legumes. They also feed on weeds and tree leaves, and are comparatively resistant to insecticides. The bug punctures agricultural products with a straw-like appendage and withdraws sap containing water, protein and carbohydrates.

For indoor bugs, a group of researchers from Virginia Tech University conducted a study that found that instead of a fancy device or expensive trap, all you need is a pan of water and a light to attract these buggers to their doom.

### The necessary supplies:

- A large pan (an aluminum foil one if you want to toss it, because honestly, who wants to reuse a pan that's had bugs floating in it?)
- Water and dish soap
- A light to attract the bugs

Just fill a foil roasting pan with water and dish soap, and put a light over the pan to attract the bugs in a dark room.

The trap eliminated 14 times more stink bugs than store-bought traps that cost up to \$50, the study found. The homemade model is comparatively cheap — roasting pan, dish soap, light — and homeowners might already own the components.

By the way, a stink bug's ability to emit an odor through holes in its abdomen is a defense mechanism, meant to prevent it from being eaten by birds and lizards. Simply handling the bug, injuring it, or attempting to move it can trigger an odor release.



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# The Millstone Times

## STUDENT OF THE MONTH

### Vivian Schanely *To Represent the U.S. in Bulgaria*

By Pam Teel

Twelve year old Vivian Schanely of Millstone Township was named to the team that will represent the United States on trampoline at the World Age Group Championship in Bulgaria this coming November. USA Gymnastics has announced the U.S. Trampoline and Tumbling Team for the 2017 World Age Group Competition, Nov. 16-19, in Sofia, Bulgaria. The World Age Group Competition will determine champions in trampoline, double mini-trampoline and tumbling for boys and girls in each age-group (11-12,13-14,15-16 and 17-21). The World Championships for trampoline and tumbling will take place Nov. 9-12, and the U.S. World Championships Team will be named in the near future.

Vivian attends the Millstone Township Middle School and is in 6th grade. She loves going to school and learning new things. She also loves being able to talk to her friends.

Her favorite subjects are history and gym. She typically gets all A's.

Her favorite book she loves to read is *Number the Stars*.

Her hobbies include gymnastics and running.

Her favorite place to go to is the Garden State Trampoline Academy where she is practicing and perfecting her skills for the championship competition.

Vivian reflects on her family as very nice and welcoming and that her grandparents are always there to make her smile.

She has two dogs, 3 cats, 2 ferrets, 2 fish and 7 chickens.

Her favorite holiday is Christmas.

Her favorite activities are working out and gymnastics.

Her favorite food to eat is steak and wings.

She would like to be a vet or do computer programming in the future.

If she had but one wish, she would wish to be on the National Team for Trampoline.

Keep up all the hard work that you are doing Vivian and your wish will come true. We wish you all the best with your November competition. The whole town will be rooting for you!!!!!!

**Attention Allentown, East Windsor, Creamridge, Millstone and surrounding area - if you would like to nominate someone for Student of the Month, please email me at [crescent671@gmail.com](mailto:crescent671@gmail.com). Looking forward to hearing from you!!!!!!**



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# A Clever Way to Limit Your Child's Candy

By: Mia Ingui

**Scenario:** *you have succeeded in keeping your New Year's resolution of making healthier lifestyle choices and eating clean, healthy foods. That isn't easy as is! But throw in a house full of kids committed to their own diets of sugar and salt, and it can be tough trying to run a healthy household. Then that dreaded candy filled holiday comes around, and your kids come inside after trick or treating and dump a pillowcase full of candy onto the counter.*

**How can you keep them from overdosing on sugary sweets?** There are some clever ways to monitor the candy intake in the house by you and your kids.

First, the candy could become a reward and incentive for the kids. Keep it all stored away, and when the kids are on their best behaviors and are doing a good job of keeping organized and responsible, then they can indulge in their Halloween stash a bit. Or, maybe let your kids make a swap with you for some of their candy. Make a trade-off. If they give you some candy, give them a small toy or an allowance. Or, let them keep their favorite candies, but you could get rid of the excess so that there isn't any unneeded temptation in the house. Ultimately, Halloween is a night to have some fun and enjoy the huge amounts of candy, so let your child enjoy themselves, but monitoring the amount of candy they eat is key to keep them healthy.



## Ready, Set, Potty Train!

By: Erin Mumby

**Toilet training your child is hard. Here are some products & rewards that should make the process easier for you.**

### 1) Potty Training Doll by Potty Patty

This doll will help your child learn how and why we use the bathroom. This female doll shows your child that what you consume will come out as urine. Help your child put the doll on the toilet when it's time to go! This is one way to get your child excited about using the toilet.

### 2) Fisher Price Learn to Flush Potty

This portable toilet makes music every time your child flushes the toilet. There is also a built in splashguard that makes potty training neat and clean.

### 3) Dinosaur Toilet Targets

These toilet targets are an easy way to train your son to use the bathroom. Tell your child to aim at the colorful dinosaurs when he needs to use the potty.

### 4) Pull on Training Pants

This is the perfect tool for a child that is excited to grow older. These undies are a good way to motivate children.

### 5) Toilet Seat Cover

Your child will get excited about using the bathroom if you use a rainbow toilet seat decal.

### 6) Potty Training Chart

Need a new rewards system? Try hanging a chart on the wall to take a game like approach to potty training. Once a child completes a certain amount of stops, they can win a prize at the end!

### 7) Potty Time With Elmo

This book is short and sweet for your little one. The book follows Elmo as he teaches his doll to use the potty. This is a great way to teach your child about the bathroom.

### 8) Huggies Pull Ups

These popular training pants work like both underwear and diapers! If your child has an accident, you can still dispose of them. Your child will still feel like a big kid in them!

### 9) Flushable Potty Protectors

These are perfect for parents and toddler on the go. They protect children of all ages from germs on public toilets. Their fun print will catch your child's eyes and keeps them focused on the target.

### 10) Graco 2 Tier Transition Step Stool

This stool is the perfect height for your child, because it's adjustable as they grow. It will make sure they are able to reach the sink!



# AGE APPROPRIATE SCREEN TIME

By Susan Heckler

**What do we mean by screen time?** Screens are everywhere. The television... the smart phone... the iPad... the tablet...video games. Unstructured playtime is more valuable for a child's developing brain than electronic media, even the educational type.

Unfortunately, this generation of parents uses the tablets and smartphones the way their parents did the TV and VCR. While my generation popped a Barney tape on the VCR or put Nickelodeon on to distract their kids, this generation of caregivers has techno on the go, ready to use at any given moment.

Your child is occupied, leaving you time to work, shop, socialize, clean or whatever it is you have to do without fussing little ones. One negative to screen time is the lack of social development and interaction with what is going on around them. He or she is sucked into the screen with very little imagination being used and not developing the ability to self sooth. You always have the option of sharing screen time with them and making it more interactive and social.

Poor quality screen time has been linked to:

- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Loss of social skills
- Violence
- Less time for play

Some suggested "House Rules" for screen time

- No screens at mealtime
- No screens in the bedroom, parents should be around and aware of what's going on
- No screens for at least an hour before bed to avoid overstimulation
- Screen time (of any size) comes in small doses. 20-30 minutes at a time and then it leaves for a few hours
- No screens while doing homework



## Ages Newborn-2

The American Academy of Pediatrics discourages media use, except for video-chatting, by children younger than 18 to 24 months. Children can benefit from certain types of screen time, such as programming with music, movement and stories. Children at this age do not need exposure to technology. It is a form of entertainment. It is entirely up to you whether they use it and how much.

A little boredom and frustration and the lesson of dealing with it is important for their ability to develop resilience and self-regulation.

## Ages 2-5 (Preschool)

This may be a good age to introduce screen time as once they hit school, computer skills come in handy. The guideline set by the American Academy of Pediatrics is about one hour a day to start. You are in control, so be sure it is high-quality programming

## Ages 5-9 (School-age)

Many schools use devices in the context of learning – from iPads to smart boards so screen literacy is a good thing with limits. The American Academy of Pediatrics screen time recommendation for school-age children is a "personalized media plan" which replaced the 17 year-old "two-hour guideline."

Children are ready to engage with the world when they wake up in the morning. Exposure to screens at that time will start a zoning-out progression which will make it harder for them to concentrate and do their best in school.

If your child has more screen time than you want at this point, start reducing slowly and wean them off. Start reducing screen time by 10-15 minutes a day at the most.

## Ages 10+

Less is still more (beneficial) but the older they get, the harder it is to monitor. Encourage outdoor play, exercise, socialization, and after school activities. The house rules apply now more than ever so you can monitor what they are doing and with who.

Observe your own behavior, because they are. Are you addicted to your smart phone and social media? You are setting an example.



# When Is My Child Ready for an Adult Seat Belt?

*The time to transition your child out of a booster seat and into a seat belt usually comes when the child is between 8 and 12 years old. Keep your children in booster seats until they outgrow the size limits of the booster seats or are big enough to fit properly in seat belts.*

## Fitting a Child Correctly in a Seat Belt

For your child to properly fit a seat belt, he or she must:

- Be tall enough to sit without slouching;
- Be able to keep his or her back against the vehicle seat;
- Be able to keep his or her knees naturally bent over the edge of the vehicle seat; and
- Be able to keep his or her feet flat on the floor.

## Additionally:

- The lap belt must lie snugly across the upper thighs, not the stomach.
- The shoulder belt should lie snug across the shoulder and chest, and not cross the neck or face.
- Never let a child put the shoulder belt under an arm or behind the back, because it could cause severe injuries in a crash.
- Keep your child in the back seat because it is safer there.

And remember, always check your child's belt fit in every vehicle. A booster seat may be needed in some vehicles and not in others. If the seat belt does not fit properly yet, the child should continue to use a booster seat.

## Modeling Seat Belt Safety

As a parent, you are your kids' strongest influence when it comes to modeling safe driving practices, including buckling up every time you get in the car. Teach your family that safety is the responsibility of all passengers as well as the driver.



**TRENTON, NJ** — Effective September 1, new legislation set in place revised parameters relative to the use of infant/child car seats in the Garden State. New Jersey guidelines now mandate the following:

## Newborn to Age 2

Children under age 2 and under 30 pounds must be in a rear-facing car seat with a five-point harness. Toddlers who are tall or have long legs must remain rear-facing until age 2 even if their knees are bent and their feet are pressed against the back seat of the car.

## Age 2 to 4

Children under age 4 and 40 pounds must remain in either a rear-facing or a forward-facing car seat with a five-point harness in the back seat of a vehicle.

## Age 4 to 8

Children must remain in a car seat or a booster seat — in the back seat of a vehicle — until they are at least 8 years old or 57 inches tall. Once they reach that age or height, they are allowed to use regular adult seat belts.

## Age 8 and up

Children can sit in a regular seat using a seat belt. However, the New Jersey law does not specify when children over age 8 can move from the back seat to the front seat. The federal Centers for Disease Control and Prevention recommends children not sit in the front seat until age 13.

## Front Seat Guidelines

If a vehicle does not have a back seat, such as a pick-up truck or a sports car, New Jersey law says a child can ride in the front seat in a car seat or a booster seat. The vehicle's passenger-side airbag must be disabled or shut off if a baby or toddler is using a rear-facing car seat strapped into the front seat of the vehicle. The force of air bags can injure small children if they deploy.

## Monetary Penalties / Fines

The fines for violating the state's car seat law have risen from previous levels — \$10 to \$25 — to \$50 to \$75 under the new legislation. The law does not spell out how police would verify the age, height or weight of a child when issuing a ticket.

## Exemption Removed

An individual can no longer state that they were following the manufacturer's weight and height recommendations for their car seat.



# Should Your School-age Child Get a Job?

By Susan Heckler

Today's teenagers have a lot of demands on them compared to the Baby Boom generation. They need to do homework, household chores, religious school, sports practice, babysit siblings as well as work on their social skills, and volunteer to give back to the community.

One of the most important things they need to learn, which will follow them their entire life, is to have a good work ethic. A work ethic is essentially hard work and diligence in everything you do.

There are several schools of thought on this. Many parents feel their child's job is to go to school and work toward getting in to a good college. They apply excelling at sports toward this and a good scholarship. This would mean you are essentially handing them everything they want and need until they graduate college. I see some pitfalls here.

I am among the believers that teens should have a part-time job before they take off for higher education or adventure. In addition to putting some money (other than yours) in their pocket, they can also discover the value of time and talents they may not have previously detected. Learning about time management, working with authority figures (other than Mom), working as a team, deadlines, responsibility, accountability, and money management are great life lessons. Some jobs may teach you computer skills, how to work office equipment and a wealth of other possibilities.

Call me old school...I have been working since I am old enough to babysit. With my own three kids, I found it so interesting that they really, really, really want something when I am paying but when faced with the option of their own money, the desire wanes. You may really want those cool shoes, but when you crunch the numbers of how many hours you have to work to take home the money to pay for them...do you really want them?

Think they don't have enough time? What is that old saying about wanting something done and asking a busy person? If you feel your child has too much time on their hands and should be more productive...bingo! Whether it is a summer job, mother's helper, stock boy, sales clerk, burger flipper....anything they do will teach them a life's lesson and may even be fun.



## Overparenting Leads to Kids Being Unprepared for College

By Susan Heckler

Teach your children well takes on new meaning. Around the country, students are moving into college dorms for the first time, totally unprepared emotionally. Kids arrived at college without some basic living skills.

Parents have been becoming increasingly involved in their children's lives, hovering over their every move to the point of being termed Helicopter Parents.

The First Year College Experience survey, conducted by Harris Poll for The JED Foundation, Partnership for Drug-Free Kids, and The Jordan Porco Foundation, found that 60 percent of freshmen said they wished they had "more help getting emotionally ready for college." That means 40% are ready. If you got a 40% on an exam, what does that mean...we have failed.

They had a slamming GPA and their SAT scores rocked, but in most cases emotional preparedness was severely lacking. The survey of over 1,500 first-year college students showed that those who felt less emotionally prepared for college when compared to their peers had lower GPAs and were four times more likely (22 percent versus 5 percent) to describe their first-year experience as "terrible/poor."

Over half of all freshmen in the survey said they were having a difficult time making new friends and struggling to feel as though they belonged. Your child needs to be accountable for their own decisions at some point in life. It is time to stop staying "we".

Kids need to learn to advocate for themselves with their teachers, coaches, or other school staff. They should have these conversations themselves.

Parents need to step in to improve their child's time management and independent living skills. They need resiliency, problem solving, self-advocacy, and time management as they move forward past high school graduation.

Stop doing your children's homework. Didn't you complete your own education already? Let them complete theirs! The only way kids will learn is by doing their work themselves. It is tempting to be the hero and do it for them with even better results, although I recently heard a family member discuss taking online accounting for their son and failing it!!

Stress management and coping skills are all components of developing emotional intelligence. Parents should not be too dismissive about the stress their teens are experiencing during this time, but also helping them navigate the stress while they are still at home in a way that builds their confidence.

At college, there won't be anyone making sure Jody or Jimmy gets enough sleep, eats a balanced meal, has clean underwear, or gets to class prepared. Can they do their own laundry, take care of finances, and get herself to the infirmary if when sick. Young adults with ADHD or health issues may also be responsible for taking their medication.





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## 5 REASONS YOU SHOULD REVIEW YOUR EXISTING WILL

Many people already have a Last Will & Testament. If you are a senior citizen, it's quite possible you made one more than a decade ago. It's also possible that you haven't looked at it since it was originally drafted. We advise all our clients to review their Wills periodically.

### 1. **Changes in Relationships**

Maybe your relationships with people named in your Will have changed over the years? Maybe your favorite niece isn't so favorite anymore and you don't want to leave her your jewelry. Maybe your assets have grown substantially and you want a favorite charity to benefit. Or, a second marriage has brought loving and wonderful new people into your life. Or there have been births of grandchildren, nieces, and nephews that you may want to add to your Will.

Whatever your circumstance, it's recommended that you review your Will and name a guardian(s) in the event something happens to you or your spouse. Also, if your children have reached the age of majority, you may wish to consider revising certain bequests, or even naming them as Executors. Go through your lists of heirs, Guardians, Trustees, or Executors. Consider their circumstances. For example, are they still of sound mind and capable of serving in the role you have designated? Has a family member passed away or become incapacitated? These are some reasons you may need to immediately update your Will.

### 2. **Changes in Assets**

If your estate has experienced a substantial increase or decrease in value, take another look at your Will. Maybe you have bought or sold a major asset or started a business; or have a new personal belonging you know a loved one will cherish.

### 3. **Changes in Location**

If you have moved out of the state where you executed your Will, you should consult an attorney in your new location to determine whether it is still valid. State laws vary, and you shouldn't assume that your old Will meets your new state's requirements.

### 4. **Regular Check Ups**

If you haven't looked at your Will in a few years, right now is probably a very good time to start your initial review. You won't need a lawyer for that. Start out simple—how do you feel about the people named in your Will? Look at your division of assets. If questions or adjustments arise then it may be time to give your attorney a call. Also, if you are over 65 years old, it is also recommended that you review your Will, especially as this almost the time when your IRA, 401(k) and or other qualified plans require you to begin taking your distributions.

### 5. **Changes in Tax Laws**

State and federal tax laws are constantly changing, so you will want to be aware of any changes that may affect you. You may only need a Will—an essential form of Estate Planning—but as your wealth, assets and circumstances change you may need further estate planning. Be informed and consult an attorney who focuses on estate planning. Of course, we have in-depth knowledge in this area of law so give us a call for a free consultation or to simply learn the possible effects.

**Begin your review with this checklist:**

**Consider these factors as you review your Will:**

- Birth or adoption of a child/grandchild
- Marriage/divorce
- Death of someone named in your Will
- Children have reached the age of eighteen
- A change in the circumstances of your executor, guardians, trustees, etc.
- You would like to provide for a charitable or other organization
- An increase or decrease in the value of your estate
- You started a business
- A change in tax laws
- You are approaching the age at which you are required to begin taking distributions from your IRA, 401(k), or other qualified plan
- You moved out of state
- It has been three years or more since you have reviewed your Will

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# Monroe Township Office of Senior Services & Senior Center

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Space may be limited, advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Fees may apply. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members unable to attend a registered program, a cancellation phone call is appreciated.

## HERE'S TO YOUR HEALTH

**Cooking 101:** On select Fridays of the month, from 1 to 3 p.m., enjoy (Oct. 27 & Nov. 3) for a hands-on cooking experience with Chef Jason, from Chelsea Senior Living. Then, on November 17, enjoy the fruits of their labor during a special reception.

**Why We Wobble:** On Thursday, October 19, at 10:30 a.m., Carol Bartlebaugh, PT, JFK Johnson Rehab. Institute, returns to explore reasons "Why We Wobble" as we get older; what can be done to improve balance; and, how to prevent falls at home and on the road.

**LivWell Series:** On Monday, October 23, 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. Learn about the connection between movement, music, and mindfulness to help improve your fitness and cognitive ability.

**Brain Games:** On Wednesday, October 25, at 1:30 p.m., test and strengthen your memory with fun and interactive games that you can easily continue at home! Let the games begin! Sponsored by the Wilf Campus for Senior Living.

**2nd Annual Table N Treat:** On Monday, October 30, from 10:30 a.m. to 1 p.m., join us for this special event featuring many of our networking professionals as they provide helpful info and a treat. A "3 for \$3" hot dog lunch will be provided (payment due on the day of) as well as chair massages and bone density screenings on a 1st-come, 1st-served basis.

## LAUGHS, LYRICS, & LECTURES

**Edgar A. Poe:** On Monday, October 16, at 10:30 a.m., Irene Curran returns to share her love of Poe (Master of the Macabre) with an emphasis on "The Masque of the Red Death".

**Ted's Classics:** On Monday, October 16, at 1 p.m., Ted brings us the classic film, BROADWAY MELODY, featuring Fred Astaire and Eleanor Powell.

**History of Doo Wop:** On Tuesday, October 17, at 1:30 p.m., David Aaron brings Doo Wop music to life as he discusses the history of this popular 1950's style and provides plenty of musical examples.

**NY, NY Celebration:** On Thursday, October 19, at 2 p.m., join Francine and Joel as they pay tribute to Frank Sinatra and Liza Minnelli by performing their timeless classics.

**Jerry's Travels:** On Friday, October 20, at 1:30 p.m., take a tour of England that features famous landmarks of London, England's pastoral countryside, as well Stonehenge.

**Music BINGO:** On Monday, October 23, at 1:30 p.m., join Tara for a fun, musical twist on BINGO. Prizes, too!

**NJ Hauntings:** On Tuesday, October 24, at 2 p.m., L'Aura H. Hoffman, Founder of NJ Ghost Hunters Society, shares ghostly locales of the Garden State as well as the origins of the Spiritualist Movement with its various psychic mediumship forms.

**Your Ghost Story:** On Thursday, October 26, at 2 p.m., awaken your senses as professional stage actors, in character, read a well-written tale of terror: THE HANGING STRANGER and THE MONKEY'S PAW. (Brought to you by Maggie Worsdale's Traveling Literary Theater.)

**Hallowed Grounds:** On Friday, October 27, at 1:30 p.m., Martin Mosho, Civil War Buff, uncovers the disrespectful burial practices of the Civil War and how the Federal and state governments, as well as women, sought to rectify the matter.

## LET'S GET PHYSICAL

**Move & Groove:** Starting on Monday, October 16, at 10 a.m., join Sarah for this 10-session, dancercise workout that will get you moving and grooving.

**Total Toning:** On Wednesday, October 18, at 11:15 a.m., join Deb for this 10-session "No-Aerobics" workout using light hand weights to build core strength, balance, and flexibility. Proper footwear, water, and 1 to 3 lb. weights are needed.

## ARTISTICALLY SPEAKING

**Art of the Masters:** On Friday, October 20, at 2 p.m., join Cristina, as she briefly discusses the life work of Henri Matisse. Then, 16 participants, with a PROJECT COUPON (available upon request when registering in-person) will create a group masterpiece in the artist's style with paper collage. Lecture only? Please call to register. Space limited.

Monroe Township Chorus Presents Award-Winning Songs

Mark your calendar for Sunday, November 12, at 2 p.m., so that you can join and enjoy the Monroe Township Chorus' Winter Concert, featuring award-winning songs, at the Richard Marasco's Performing Arts Center (1629 Perrineville Road - Monroe Township Middle School). Everyone is invited! No Registration.....No Tickets.....No Reserved Seats.



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**12:00 pm - 12:30 pm Registration & Lunch**

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