

FAMILY TIMES™

CENTRAL NEW JERSEY'S PREMIER PARENTING MAGAZINE

FREE

News for Parents • Activities for Kids

NOVEMBER 2017



CHECK OUT OUR SPECIAL SECTIONS

Holiday Shopping

Celebrations

Activities

The Healthy Family

Family Matters

Recipes & Dining

Grandparents

Home & Haven

What's Happening

Pet Pages

Kids

Pregnancy & Birth

Moms & Dads

Teens & Tweens

Special Needs

AMAZING

Starts Here.®



Come see how Life Essentials®
including our
Developmentally Appropriate Curriculum,
Technology,
Health & Fitness,
Character Education programs,
are preparing children for school and for life.

≡ NOW ENROLLING ≡

- Providing Care & Education for Infants to age 12
- Enrichment Programs
- Full Time / Part Time Schedules
- Nutritious Meals and Snacks provided
- Family Style Dining
- Secured Webcams
- Operating Hours: 6:30 a.m. to 6:30 p.m.
- Experienced, Nurturing and CPR Certified Teachers
- School Age - Before & After Care Programs
- Camp Adventure / School Is Out Program for School Age Children

**Enroll your child and receive
Special FALL Promotion**

Valid for new enrollments only. One offer per family. See academy director for details.
Offer expires: 30 Nov, 2017

KIDDIE ACADEMY.
EDUCATIONAL CHILD CARE

Kiddie Academy of Robbinsville
1412 Route 130, Bldg. F,
Hightstown, NJ 08520

Call: 609.224.1177

Email: robbinsville@kiddieacademy.net
www.kiddieacademy.com/Robbinsville



TENDER SMILES



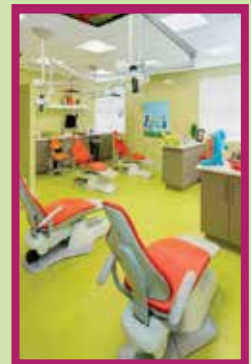
Bring in
this ad
for a
FREE GIFT

Dr. Max
is proud to be
on New Jersey's
referral list for
Special Needs
Dentistry



**Finally, a dentist your kids
will be excited to go to!**

Dr. Max Sulla's approach to creating a healthy smile is his commitment to educating parents and children of all ages on the importance of good dental hygiene.



FREE
Ortho Consultation

\$149 value

FREE
Infant Exam

\$99 value

\$160
New Patient Visit

\$399 value

FREEHOLD

122 Professional View Dr.
732-625-8080

NO. BRUNSWICK

1330 How Lane
732-249-1010

EDISON

1656 Oak Tree Rd.
732-549-3773

www.TenderSmiles4Kids.com



Let's get this party started!

AMAZING EARLY BIRD AND NIGHT OWL SPECIALS!

- Birthday Parties
- Open Bounce
- Parents Night Out
- Kids' Camps



- Fundraisers
- Field Trips
- Group Events

EATONTOWN • 732-972-6862 • BounceU.com/eatontown-nj
34 Industrial Way E., Eatontown, NJ 07724

MARLBORO • 732-972-6862 • BounceU.com/marlboro-nj
165 Amboy Rd., Morganville, NJ 07751

FAMILY TIMES™

Kids	5
Holiday Shopping	15
The Healthy Family	23
Pregnancy & Birth	31
Teens & Tweens	33
Recipes & Dining	37
Pet Pages.....	41
What's Happening.....	46
Grandparents	51
Special Needs	55
Home & Haven	62
Celebrations	66
Family Matters	68
Moms & Dads	72
Activities	76



Programs for every age level designed to keep you ONE STEP AHEAD of the competition.

- | | |
|--|---|
| • Private Instruction -
Baseball and Softball | • Varsity Jackets |
| • Team Training | • Parent's Night Out |
| • Group Classes | • Birthday Parties |
| • CK's Cardinals Travel Team | • Family Father/Son
Wiffle Ball Leagues
<i>BEGINS IN NOVEMBER</i> |



Register Now for CK's Fall Clinics!
We Have clinics for every age! Check out our schedule online!



210 Commercial Court
Morganville, NJ 07751



732-617-8117 • www.cksbasketball4u.com

GUNTHER Publishing Enterprises, Inc.

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

Publisher
Cami Gunther

**Art Director/
Graphic Designer**
Stephanie Frederick

Managing Editor
Susan Heckler

Editor
Elizabeth Newman

Marketing Consultants
Jolene Conoscenti
Elizabeth Newman
Susan Heckler
Dawn Gibson
Leanne Swallowood

**Director of Recruitment/
Event Coordinator**
Jolene Conoscenti

Writers
Susan Heckler
Pam Teel

Interns
Danielle Testa
Gabriella Mancuso
Nicole Iuzzolino

Download
"Bar Code"
app on your phone



Scan this QR Code
with your smart
phone to go
directly to our
website.

©2015 by Gunther Publishing Ent. The content of GPE publications and its affiliates are copyrighted. GPE publications are published 12 times a year. Established 10/2008. Distribution and Post office receipt available. All GPE products are distributed free of charge. Average reader per copy is 2.1. No copying or reproduction of the content of this newspaper is allowed without the express written permission from the publisher. GPE's publisher/owner reserves the rights over all electronic copying and reproduction of material contained here within. The publisher, editor, agents, and sales staff reserve the right to reject the advertisements for any reason. Credit for mistakes shall not exceed the costs of the ad in the month which the error occurred.

CONTACT US: PO Box 7632, Freehold, NJ 07728

Cami@GuntherPublications.com

Phone (732) 995-3456 Fax (732) 677-3390



Follow us!
@TMTimes



Find us on
Facebook!



Connect
with Cami!

Grand Opening!



- Hours: 6:30a.m.-7p.m.
- Customized Proprietary Curriculum
- Provide care for Children 12 months through K
- After School Program: Pick up from your child's respective primary school
- 3 Home Cooked Meals Provided Daily
- Gymnastics (next door at Premier Gymnastics)
- Soccer indoor and outdoor on our 10k square foot lawn with Soccer Shots
- Language Studies
- Dance
- NO Registration Fee!
- Music Program is included



208 Commercial Court ★ Morganville, NJ 07751
Tel: 732-970-7979 ★ Email: Steps7@stepstosuccess.com

SPORTIKA

MVP BIRTHDAY PARTIES



\$425.00 For 15 guests
(Including Birthday Child)*



**YOUR CHILD AND GUESTS ENJOY 105 MINUTES OF
THE ULTIMATE SPORTS PARTY!**

PACKAGE INCLUDES:

T-shirt for the birthday child, 2 Sports Coordinators,
60 minutes of organized sports (choose 1 or combination of 2 sports),
45 minutes in a private party room and end the party in the arcade.
Cheese pizza, party snacks, beverages, paper products, table covers,
and \$5.00 arcade token card for each guest.

ADD ONS:

\$20 for each additional guest • Bubble Soccer, Age 10+
Ice Cream Novelties/Ice Cream Cake • Additional menu items available



Official Birthday Party Pizza Sponsor of Sportika Sports

For more information, call 732.792.9900 or email events@sportikasports.com

BONUS!

BOOK BY NOV. 30TH
and receive up to \$500
Onboard Credit

NORWEGIAN'S FREE AT SEA

— UP TO **\$2,600** IN VALUE —

CHOOSE UP TO
5 Free
OFFERS*

- ① UNLIMITED OPEN BAR
- ② SPECIALTY DINING
- ③ SHORE EXCURSIONS
- ④ WIFI
- ⑤ FRIENDS & FAMILY SAIL FREE*

NCL NORWEGIAN *Feel Free*[™]
CRUISE LINE®



Norwegian's Free At Sea promotion lets you choose up to 5 fantastic, Free offers*! When you book a Studio or Inside Stateroom you can choose 1 free offer, or choose 2 when booking an Oceanview, Balcony or Mini-Suite. Best of all, book a Suite or The Haven and receive all 5! Choose from: Free Unlimited Open Bar, Free Specialty Dining, Free Shore Excursions, Free WiFi and Friends and Family Sail Free. With a value up to \$2,600, don't miss out!

Hurry! Offer ends November 30th, so book today with Norwegian's Free At Sea and make unforgettable memories you'll talk about for years to come.

NCLCCV Mention this code when making your reservation.

EUROPE



ALASKA



CARIBBEAN



CROWN
CRUISE VACATIONS

120 Village Blvd, Princeton, NJ 08540

877-283-1114  **609-945-9801**
www.CrownCruiseVacations.com

Restating the Obvious on *Thanksgiving*

By Susan Heckler

Sometimes we coast through life, enjoying its riches without a second thought of how lucky we are. It is easy to take what you have for granted. We are all aware of the many people waiting in line to have a meal at the local homeless shelter or those who have had their home hit with disaster.

This is a great time of year to reflect on what you must be thankful for...sometimes it is the simplest things.

- Be thankful for the relationships you have, whether they be by birth or by choice.
- Be thankful for those who challenge us, they make us stronger.
- Be thankful for the teachers, pastors, coaches, or anyone who cares about you enough to tell you the truth no matter how much it hurts.
- Be thankful for growing older, we all know people who never got the opportunity.
- Be thankful for your education, many do not have the ability.
- Be thankful for a world filled with music.
- Be thankful for the brave men and women risk their lives daily to save the lives of others.
- Be thankful for a world filled with beauty.
- Be thankful for the choices in your life and the ability to make them.
- Be thankful that you can afford what you want to eat and have a convenient place to buy it.
- Be grateful for the companionship of a pet.
- Having basic needs met is a luxury for many people, be thankful for the ability to pay your bills, even if it means that you must give up some things that you want.
- Be thankful that you get to see another sunrise and have a job to go to.
- Be thankful you have a car to get where you need to go and money to buy gas.
- Be thankful for the laughter in your life.
- Be thankful that you have children to love and who love you, not everyone is so blessed.
- Be thankful for having love in your life and someone to grow old with, less than half of the population has.
- Be thankful if you still have your parents around and for the time you had with them.
- Be thankful for everyone and everything that makes your life possible.



Helping Your Child Succeed in School - PART 2

- Communication is key. Contact the teacher as soon as you question if your child has problem with his schoolwork. You want to make the necessary changes or corrections before too much work has slipped by or their grades are impacted (for the older students). Schools should have a responsibility to keep you informed about your child's performance and behavior, but don't stand on ceremony; be proactive.
- Approach the teacher with a cooperative spirit, believing that the teacher wants to help you and your child. You can respectfully disagree and still keep the teacher as an ally by giving the teacher a chance to work out the problem with you and your child.
- Attend Parent-Teacher Conferences, preferably with both parents. Be prepared by writing out questions before you leave home. Listen as well talk, as they may have your answers at the ready. The teacher has a limited time frame for each parent so stay short and to the point. Typically, the teacher should offer specific details about your child's work and progress. If your child has already received some grades, ask how your child is being evaluated.
- Talk about your child's home life, talents, skills, hobbies, study habits and any special sensitivities such as concern about weight or speech difficulties. Ask about specific ways to help your child at home.
- If you disagree with the teacher for any reason, do not argue with the teacher in front of your child. The adults should set up a meeting to talk about the issue privately. You do not want to undermine your child's respect for the teacher. Stick to the facts and don't rely on anger to win your argument. If the teacher's explanation doesn't satisfy you, arrange to talk with the principal or even the school superintendent. Do not feel intimidated by titles or personalities. An educator's primary responsibility is to ensure the success of each and every student in his classroom, school or district.
- Show interest, be present and attend school events. Go to sports events and concerts; attend back-to-school night, parent-teacher meetings and awards events, such as a "perfect attendance" breakfast. Get in the school spirit.
- Volunteer in your school. If your schedule permits, look for ways to help out at your child's school. Schools often send home lists of ways in which parents can get involved. Chaperones are needed for school trips or dances (and if your child thinks it's just too embarrassing to have you on the dance floor, sell soft drinks down the hall from the dance). School committees need members and the school newsletter may need an editor. The school may have councils or advisory committees that need parent representatives. If work or other commitments make it impossible for you to volunteer in the school, look for ways to help at home.

THE ULTIMATE HOLIDAY GIFT!



Give the Gift of FUN!

- **NEW!** Virtual Reality Arena
- Go Karts & 2-Level Laser Tag
- 250+ Arcade Games
- Rides, Games & 4D Theater
- Indoor Boardwalk and **MORE!**

**iPlay
America**
GET INSIDE THE FUN!

Freehold, NJ
iPlayAmerica.com/Gift-Cards

THE ULTIMATE Holiday Gift

This holiday season, the BEST gifts are FUN gifts and no place has more FUN than the City of iPlay America! Give the ULTIMATE Gift of FUN — iPlay America Gift Cards filled with fun, rides and the incredible kind of memory-making magic one can only experience at New Jersey's number one indoor theme park, iPlay America!

Check everyone off your holiday gift list with the Ultimate Gift of FUN! When you purchase \$50 in iPlay America Gift Cards, you get a \$10 Bonus Game Card FREE! You can also purchase two iRide Plus Passes and receive two \$10 Bonus Game Cards FREE! What a deal! (\$10 Bonus Game Cards valid January 1 – March 31, 2018.)

Look out for iPlay America's super value Black Friday Deal, too: Buy \$100 in Gift Cards — get 2 iRide Plus Passes FREE — that's a value of \$59.90! Available at iPlay America or online at iPlayAmerica.com/gift-cards.

Make this holiday season one your loved ones and friends will remember forever, a season filled with joy and the excitement you can only experience by giving the Ultimate Gift of FUN with Gift Cards from iPlay America! It's the one stocking stuffer that truly has ALL the right stuff!

Stay in the Game as an Insider!

The only place to Get Inside the Fun is the City of iPlay America. Here guests of all ages enjoy 250 + arcade games, rides and attractions, NJ's largest Indoor High Ropes Course, Freedom Rider Spinning Coaster, Go Karts, 4D Theater, Cosmic Battle 2-Level Laser Tag, the NEW virtual reality sensation, VR Arena and so much MORE! When you join iPlay America's Insiders Club, you get exclusive members-only offers every month, invitations to private events, concerts and park specials! AND Insiders Club members get included in iPlay America's biggest sales of the year...like our huge Flash Sale exclusively for Insiders Club Members! Insiders have the inside track to all the excitement and action of iPlay America, Game Time Bar & Grill and the Event Center! Get in the GAME and get the most out of iPlay America! It's FREE to become a member! Score HUGE savings, thrills and fun by joining iPlay America's Insiders Club NOW. Go to iPlayAmerica.com/Insiders-Club.

Discover a Lifetime of Learning



Up To
\$300
Tuition Credit*
Coupon Code: FTLB1117

- Infant, Toddler & Pre-K programs
- Seedlings Early Childhood Education Curriculum
- Sign Language, Music & Spanish included
- STEM learning
- Whiteboard and iPad technology
- Extended day schedule
- Parent eCommunication app
- ParentView® internet monitoring system
- Large indoor and outdoor play areas
- State-of-the-art security systems

Call a Center Near You:

East Windsor
149 RT 130 North
East Windsor, NJ 08520
609.448.4941

Eatontown
801 Hope Road
Eatontown, NJ 07724
732.695.6900

Freehold
1 Schlechtweg Way
Freehold, NJ 07728
732.303.9600

Lawrenceville
100 Federal City Road
Lawrenceville, NJ 08648
609.543.9700

Manalapan
357 Route 9 South, Suite B7
Manalapan, NJ 07726
732.972.1400

Manasquan
2319 Route 34
Manasquan, NJ 08736
732.292.3111

Matawan
233 Broad Street
Matawan, NJ 07747
732.297.5320

Plainsboro
10 Schalks Crossing Road
Plainsboro, NJ 08536
609.269.8347

Sayreville
2909 Washington Road
Sayreville, NJ 08859
732.654.0077

*See center for details! Cannot be combined with other offers. Expires December 1, 2017.



“KIDS” GIVING

By Teena S. Patel
Owner, Lightbridge Academy of Eatontown

The holiday season is fast approaching and children are excited to see family again and of course collect a few presents along the way. To kick off this holiday season, Thanksgiving is right around the corner. You've been diligently working around the clock to create your annual feast. From inspiration boards to fun crafts and the revolving menu options that you've left nothing undone. But then a question flashes before you and suddenly you are asking yourself, how to include the kids this year?

Here's my list of how to turn Thanksgiving into “Kids” Giving:

- 1. KID CHEFS:** Let's face it, you could use an extra pair of hands or two in the kitchen. Why not hire your tiny little helpers to assist in putting together the side dishes and salad? And the best part is, they're paid with hugs and kisses!
- 2. TABLE SETTING:** This is one of my favorite things to do. You can go online and get inspired by an array of beautiful table settings that incorporate rich fall colors. Scented candles, fall foliage and rustic décor are a few ways to bring the autumn air inside and surround your guests with warmth. Have your children create a small decorative element for your table. A pinecone painted with glitter or a special drawing for each setting the size of a 3 x 5 index card is a great way to incorporate a fun craft while having them be a part of the festivities.
- 3. BAKING:** After they've helped you with the sides and set up your fabulous table, it's time to think about what's really on their minds and yours – Drum Roll Please – Dessert! Why not decorate your own cookie? Grocery stores now have baked sugar cookies in your favorite holiday shapes. Grab a box and create your own royal icing with only four ingredients (this can be easily found online). Don't forget the toppings either from mini chocolate chip morsels to sprinkles. Mindful Tip: Keep in mind that you may have someone coming with a food allergy so you may have to alter a few ingredients here and there.
- 4. CLEANUP:** Well let's face it, cleanup is not fun at any age but it's got to get done. As enthusiastic as they were to help you put everything together get your little ones just as excited to break it all down. Play some music in the background to get those little hands and feet moving & grooving. Assign them simple tasks like collecting all those glittery pine cones and placing them in a freezer bag for future use. Have them go around collecting any paper cups or water bottles left behind or give them a kitchen towel to help dry non-breakable dishes and silverware.

The opportunities are endless when trying to turn this Thanksgiving to a “Kids” Giving holiday that they will cherish for years to come. Wishing all our families a safe and Happy Thanksgiving!

From The Girl Who Always Wanted To Ask You, "What About Me?" Stop being angry at me for how I feel.



I was about two years old when she was born. My little sister, my built-in best friend for life. Someone I could play with, fight with, cry with, share with, and talk with. Some time passes, I eagerly wait for her to catch up to me. I'm still waiting.

I've never had a conversation with my sister, she has never stolen my clothes or yelled at me for borrowing shoes without asking, and she has never been my friend. She was the bandit of my childhood, the thief sleeping in the bed across the room. If she and I weren't so close in age, maybe things would be different, but I only know things as what they were and are now. When I was almost four years old, my sister was diagnosed with Rett Syndrome.

Rett Syndrome is a neurological disorder found most commonly in females. It is a disorder that one is born with, and it is most easily described as a mixture of epilepsy, cerebral palsy, anxiety, and autism. Girls with this disorder, for the most part, never speak, walk properly, or communicate without some sort of device assisting them. Being as we are only about two years apart in age, I was at a stage in my life where I required emotional connection given through validation and attention from my parents when she was diagnosed at two years old.

Some of my earliest memories are her being doted on and me watching from afar. Now, being that I'm older and know better, I know she wasn't being doted on but rather being helped and attended to, but at the time all I could see was her getting attention I desperately craved. The fourth of July after she was diagnosed, my parents invited our friends and family over for a barbecue. Everyone flocked to her. Sympathetic looks clouded their faces as they spoke to my parents and glanced at my sister, nobody said more than a greeting to me. I decided to take matters into my own hands. My parents and everyone who came into my house since she was diagnosed had only had eyes for her, why? Because she was sick. I thought, maybe if I were hurt they would pay attention to me too! I made my way up the stairs into the bathroom and retrieved an ace bandage from the drawer under the sink. I wrapped my leg in it and stumbled back down to the barbecue. I stood and I waited, waited for someone to see. Nobody looked, so I screamed. I screamed that my leg had been broken and that I needed help. Everyone laughed. They must have thought it silly; a small child pretending to be hurt for attention. The last thing I remember from that day is gritting my teeth and staring at her through hot tears.

I adopted the mindset I had that day of receiving attention by being hurt, and I've only just recently begun

...to be continued on page 13

...continued from page 12

to be able to shake it. Since I, according to my memory, did not get the attention I needed as a young child, I've had a very hard time dealing with certain aspects of my life. I've accepted incredibly bad treatment from friends and boyfriends just because I was afraid they would leave me, for a very long time I assumed my parents did not care about me, and I built a very unfortunate resentment towards my sister.

I'm sure by now you've already decided what kind of person I am. How could someone have resentment for a girl who has never spoken a bad word about anyone, or any words for that matter? A girl who didn't ask to be born like this? A girl who is my sister? I always struggle at this point of the conversation when I try to explain my situation to others. How do I come back from that? It's very hard to explain to people that the things that happen to you as a young child stick with you forever, and if they don't, they're very hard to shake. I was so young that the resentment and negative behaviors I adopted are built in deep today. I'm sorry if you think I'm a bad person, but I know there are other people like me out there.

My entire life, my mother has pointed out people that have disabled siblings to me and asked me why I can't love my sister and interact with her like they do? And my entire life I've been told my reasoning isn't real, and that how I feel is my fault. I'll level with you, I could have made efforts to change this for myself, but by the time I understood the root of my feelings I was too old to make much of a difference. Don't get me wrong, I don't hate my sister. I just am indifferent to her. It took a long time and a lot of heartaches to push me to that, and I won't toss the blame entirely on the people around me, but the way the events of my past have played out has made me into who I am as I'm writing this. I want to apologize to my mother and my father and anyone else that has ever gotten angry with me for how I feel, but I don't know what to be sorry for. She has given me countless positive experiences that I wouldn't have if she wasn't the way she is, and I don't discount those experiences at all; I just can't seem to form the bond with her that I know would make the people around me happy. Here is where my main point comes to light: what about me?

What about me? Why did nobody ever ask how this affected me? Everyone was so busy with her, that nobody bothered to realize just how much her disability had impacted me. I realize how this sounds, and I know it doesn't sound good, but there really is no simpler way to say it. I'm sure there are people out there who have felt how I feel, and I'm sure they know just how shamefully cliché it is to say, "what about me?" in this situation. The siblings of people with disabilities, especially those that are close in age, are more affected by it than you would think. I have lived my life with the fear of abandonment so crippling and fierce, I've let friends, boyfriends, and even family members, walk all over me and abuse me without speaking up just because I was afraid they would leave me and I would lose that attention — that human connection I need to function. It took years of therapy and mindfulness exercises to realize that more likely than not, the root of these self-destructive behaviors is the experiences I had and how I perceived them when I was a young child.

Again, I'm sure you're disappointed with my feelings, and I understand why. But know that I will never flat out blame my sister for what has happened to me and the negative attributes I have. But I will say that she has played a significant role in them. I know that's not what anyone wants to hear, but it is the truth.

Next time you see a friend or a family member with a disabled sibling, ask them how they are. Ask them how they are feeling and if they're okay. Nothing breaks a child in that situation quite like seeing their loved ones walk right past them to the more interesting child. I can almost guarantee that they see that as them getting attention, not help. Looking back, I know a good lot of the time she was getting help, not attention, but while it was happening I didn't understand that; and understanding that now does not change the experience and how it made me feel.

I've been called selfish, cold, and a monster by people as close to me as my family when I try to voice my feelings on this; and maybe these things are true, but they don't invalidate my experiences and how they shaped me. People need to understand that feeling this way is not selfish, and it deserves to be acknowledged instead of shamed into submission.

GALLERY OF DANCE

dance & movement studios

*Friendships & Memories
that Last a Lifetime*

732-308-9077

www.GalleryOfDance.com
231 Throckmorton Street • Freehold



FUN FALL CLASSES!

AGES 2-3 YEARS: *Introduction to Dance*
Preschool Combo Classes -
Ballet/Tap/Jazz, Jazz/Acro and more!

AGES 5-10 YEARS
After School Classes - Hip Hop/Cheer, Tap/Jazz,
Jazz/Acro, Hip Hop/Acro, and more!

AGES 11 & OLDER
Lyrical, Tap/Jazz, Ballet, Hip Hop (one
competition)

***NEW* HIP HOP**
(ONE COMPETITION)
Ages 5-7 and 8-10!!!

***FREE* TRIAL CLASS**
Call for Details

★ EXCELLENT PRE-SCHOOL ★ Program

Classes offered Mon. thru Sat.
*Ballet/Acro*Tap*Jazz *Hip Hop
Combination Classes*New Mommy & Me

Try our Popular **INTRODUCTION TO
DANCE** Class for 2 Year Olds

**CARING QUALIFIED INSTRUCTORS -
THE BEST IN THE AREA!!**

Visit our Dance Boutique!
Large selection of leotards, shoes and more!



**Register by Dec. 1st and take
1/2 OFF registration***

*New students only



Salon

Buy a \$100 & up
**GIFT
CERTIFICATE**
- get complimentary
\$15 Gift Card.

Mosaic

Wellness & Beauty

Hair • Nails • Skin & Body Care

Spa

Buy \$300 & up
**GIFT
CERTIFICATE**
- get a complimentary
SPA PEDICURE (\$45 value)

Mention Family Times to redeem this offer.



With select technicians, cannot be combined with any other offers. Promo ends 12/15/17

1201 Sycamore Ave. Tinton Falls
732-542-7680

1392 St. Georges Ave. Avenel
732-669-9880

MosaicWellnessBeauty.com

MosaicSalonSpa.com

Paint a treasure

Walk In Art Studio

Everyone can create what they want & take home the same day! No Reservations Needed!

Walk In Hours For All Ages

Paint Your Gifts from the heart!

- Pottery Painting • Canvas Painting
- Wine Glass Painting • Parties
- Paint & Sip Events & More

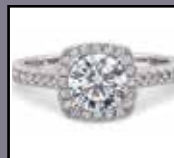
www.paintatreasure.com

1905 Route 33, Hamilton
609-838-9190



33 YEARS OF QUALITY SERVICE

We have many *one-of-a-kind* pieces — you are sure to find the perfect gift!



The Jewelry Link

Friendship Mall, 502 New Friendship Road, Howell

732.370.4840

www.JewelryLinkNJ.com

Custom Designs • Bridal Jewelry
Insurance Appraisals & Replacements
Jewelry Repairs Done on Premises
Expert Watch Repairs • Gold Redemption Center

Watch Batteries

\$5.99 With This Ad

Some exclusions apply. Not to be combined with any other offer. Limit 2. Expires 11/30/17

YOUR ONE STOP JEWELRY STORE!

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.



EXCLUSIVELY FROM
LIONEL®

TRAINS & THINGS

609-883-8790

GLEN-ROC SHOPPING CENTER

236 SCOTCH ROAD SOUTH • EWING

Mon-Fr 10am-9:30pm • Sat 10am-4:30pm • Sun 11am-4pm

6-83072

Pennsylvania "Keystone Special" LionChief® Set

Back and better than ever, the Pennsylvania Keystone Special is equipped with the LionChief system and Bluetooth capabilities! This set is complete with a rugged 0-8-0 steam locomotive and tender, boxcar, searchlight car, caboose, LionChief remote control and all the track you need to get started! To learn more, visit www.lionel.com.



Your authorized Lionel®
value-added dealer.



Take I-95 south towards Pennsylvania to Exit 3 Scotch Road South. Follow around the airport bend then under the railroad bridge. On immediate left to Glen-Roc Shopping Center.

NOW ONLY
\$249.99

Lionel 6-83072
Pennsylvania "Keystone
Special" LionChief Set

regularly \$299.00

Trains & Things • Ewing 609-883-8790
With this coupon. Not Valid with any other purchase.



Hidden Spring Lavender
Farm & Gift Shoppe



*All products are made here
on our farm with
our farm-grown lavender
& 100% Pure Essential
Lavender Oil.*

Our shoppe is stocked and ready with a unique and complete array of items for gift-giving or a treat for yourself



*Favors for all occasions,
Bouquets, Gift Baskets,
Get Well Packages,
Holiday Gifts for Everyone!*



Contact us about our Wedding and Party Venue

Visit our website for hours of operation

890 Route 601, Skillman, NJ 08558

609-558-7034

online ordering available at: www.hiddenspringlavender.com

**LOOK YOUR BEST
FOR THE HOLIDAYS**

10%*
**OFF ALL
SERVICES**

EIGHTEEN EIGHT

18|8

FINE MEN'S SALONS

GIFT CARDS AVAILABLE

HANDCRAFTED HAIRCUTS - STRAIGHT RAZOR SHAVES - BEARD TRIMS - SCALP TREATMENTS - FACIAL TREATMENTS - MANICURES - COLOR & GREY BLENDING

609-527-3188

Online Booking Available
EIGHTEENEIGHT.COM

Located at Market Fair Mall, Princeton, NJ

Choose
& Cut

28
years

Family Owned
& Operated

Choose & Cut Your Own Tree!

WREATHS • FRESH CUT FRASER FIR
• GARLAND • LIVE BALLED TREES

OPEN DAILY

8:00 AM - 5:00 PM

NOV 18 - DEC 24

Closed Thanksgiving Day

609-259-0720

**848 Route 524
Allentown, NJ 08501**



TREE FARM
&
CHRISTMAS SHOP

www.kerischristmastreefarm.com





Keeping It Keris- *Your Winter Wonderland*

By Susan Heckler



Holiday season at Keris Tree Farm & Christmas shop is always a joy, filled with wonderful sights, sounds, and the aromas of the holidays. This year will be exceptional as they are celebrating Vintage Christmas; the simple yet heartwarming holidays of the past generations.

Think Norman Rockwell Christmas, warm and wonderful, loving family and friends around the hearth sharing heartfelt holidays. Everything we cherished from the past will be new to our children and loved for generations to come.

In store for you this year, a visit with author and designer Bob Richter on OPENING DAY, Saturday, November 18, from 2- 5 pm for a book sale and signing of his guide for vintage holiday style and collecting - A Very Vintage Christmas, Holiday Collecting Decorating and Celebrating.

Saturday December 2 Pineland Riders Pony Club, will show their ponies and offer pony rides, 9-3 pm.

Sunday December 3, Allentown High School Woodwind Quintet under the direction of Joe Brausam will perform at 1pm.

Saturday December 9, Monmouth County Livestock 4-H Club will show their farm animals, 10:30 - 2:30 pm.

Saturday December 9, Allentown High School Choir under direction of Megan Wolff will perform holiday selections at 12 noon.



Keris Tree Farm & Christmas Shop

848 Route 524, Allentown NJ 08501

609-259-0720 www.kerischristmastreefarm

We All Deserve Some Style



Illusions Salon & Spa

Come check
out our
New Salon
Renovation!

- Full Service Salon
- Blow Out Packages Available
- Hair • Nails • Skin
- Weddings • Sweet 16's • Formal Affairs

COMPLIMENTARY GLAZE

WITH ANY COLOR SERVICE

MUST MENTION THIS AD WHEN BOOKING APPOINTMENT.

New Clients Only. Expires 2/1/18



Three Brooks Plaza 3475, Route 9 North, Freehold

732.462.2101 • www.IllusionsHairSalonAndDaySpa.com



HANDBAGS • JEWELRY • ACCESSORIES • SCARVES



***Holiday
Specials!***

***Many gift items
and jewelry for
your Holiday
parties.***

***We have the
BLING!***

WWW.PIC-POCKET54.COM
*54 Arctic Parkway, Ewing NJ 08638
 (609) 393-9337*

*Monday, Tuesday,
 Wednesday 11-5
 Thursday & Friday 11-6
 Saturday 10-5*

Hard-to-Buy-For Gifts

There are people who do not want any gifts. We all know at least one of these people.

While it is important to always respect people's wishes, this can become difficult during the holidays, when it is routine to show people we care about them through the giving of presents. So how do you accomplish this with someone who wants nothing? Consider the following holiday-inspired options.

HOLIDAY TREATS Consumable gifts are a great way to show someone you care — and tasty to boot! Local bakeries are pillars in most small towns, and normally offer a wide selection of specialty treats that only appear during the holiday season. Think lavender caramels, hot cocoa truffles and house-made peppermint sticks. If your loved one has less of a sweet tooth, consider a gift card to a local restaurant.

A THOUGHTFUL NOTE It is the default to give a gift, but just telling someone how much they mean to you can accomplish the same goal — and is genuinely appreciated by those who don't want "things." Tell your loved one some way they positively impacted you this past year or how grateful you are for their presence in your life. Take extra care in the presentation and shop local businesses for fine stationery and creamy envelopes. Finish the letter by tying it with a satin ribbon in a rich color and tuck a sprig of pine in the bow.

THE GIFT OF TIME Treat a friend or family member to a meal at a great local restaurant. While gift cards are always appreciated, what makes this gift special is sharing the meal together. If it is a friend or family member you don't see often, use this time to catch up. Even if the gift is for someone you see every day, sharing a meal or taking a walk downtown can be the perfect setting to reminisce about past memories.

The **LARGEST** variety of high quality brand candles from across the nation!

**FREE CANDLE
 WITH ANY PURCHASE**
 Must present coupon

WICK IT
CANDLE FACTORY
 COME SMELL THE DIFFERENCE



Ask us about Candle Making Parties!

92 N Main St. Windsor, NJ 08561 Building 8 Unit C Next to David Bradley Chocolate Factory
 833-226-3535 . @wickitcandlefactory . www.wickitcandlefactory.com

THE BEST GIFT EVER!

Learn to Fly at the Princeton Flying School



**THESE GREAT GIFT CERTIFICATES FOR THE INTRODUCTORY
FLYING LESSON FOR \$199 CAN BE FOUND
AT PRINCETONAIRPORT.COM**

Princeton Airport, 41 Airpark Road, Princeton, New Jersey 08540
609-921-3100 • 39N@princetonairport.com
www.princetonairport.com



GOLD-N-TIME FULL SERVICE JEWELERS

**VISIT US TODAY FOR YOUR
CUSTOM DESIGN EXPERIENCE**

**WE TURN YOUR GOLD & GIFT CARDS TO CASH!
PRE-OWNED ROLEX DEALER**



**\$5
OFF**
Any
Repair
\$25 or
more.

With coupon. Cannot
be combined with
any other offer.

NETCOST MARKETPLACE
700 TENNENT ROAD, MANALAPAN

732-536-6020 • WWW.GOLDNTIME.COM

SMALL BUSINESS SATURDAY IS NOVEMBER 25th

It is easy for small businesses to get overshadowed by big box stores and major corporations — especially during the holidays when these same corporations increase their advertising and online shopping discounts for Black Friday. Strategic marketing campaigns in the last several years have highlighted the need to “shop small” and support local businesses. In fact, Small Business Saturday has become a form of shopping “holiday” that occurs on the Saturday following Thanksgiving. No doubt, shopping small is a big deal.



THE HISTORY

The “holiday” has a short but strong history. At not even a decade old, consumers are embracing the movement and the philosophies it inspires.

2010: The first Small Business Saturday was sponsored and promoted by American Express in 2010 to encourage people across the nation to “shop small” businesses.

2011: This is the year it all became official, federally speaking. In 2011, the United States Senate unanimously passed a resolution to support Small Business Saturday.

2012: Consumer awareness for the campaign soared to 67 percent, with 47 percent of consumers shopping small that Saturday, spending a collective \$5.5 billion.

2013: Neighborhood Champions made their debut. These are individuals and local organizations that publicly pledge support of the shopping holiday — more than 1,450 in total.

2014: American Express helped small businesses sell themselves, supporting their promotional activities with free personalized ads, which appeared millions of times across the Internet. This resulted in more than \$14 billion in sales.

2015: The support continued to grow strong, with more than 95 million people shopping small. According to the Small Business Saturday Consumer Insights Survey, Americans spent \$16.2 billion at on Small Business Saturday in 2015 — a 14 percent increase from the year before. Registered Neighborhood Champions also nearly doubled to 4,100 across the U.S.

2016: More than 250,000 posts populated Instagram, Twitter and Facebook in November, with more than 100,000 on Small Business Saturday itself.

**All Your Old
Favorites and
Some New
Ones Too!**

*Made Fresh Right Here
In Our Freehold Candy Factory*

Old Time Favorites

Chocolate Santas, Snowmen, Reindeer & Ornaments
Hanukkah Chocolate & Candy
Homemade Chocolate Gift Box Assortments
Old Fashioned Hard Candy
Chocolate Covered Oreos, Pretzels, Twinkies,
Graham Crackers & More

Open Every Day For The Holidays

**Enjoy An
Old Time Christmas With
Homemade Candy Treats**

From
Old Monmouth Candies

**We Ship Anywhere
Gift Baskets of all Shapes & Sizes
We specialize in Business Gifts, Party
Favors and Stocking Stuffers**

627 Park Avenue (Business 33) Freehold, NJ • 732-462-1311 • www.OldMonmouthCandies.com



**GIVE THE
GIFT OF HEALTH**

**TWO-MONTH HOLIDAY
MEMBERSHIPS AVAILABLE**

November 15 – December 24

YMCA OF WESTERN MONMOUTH COUNTY

Freehold YMCA
732.462.0464

Old Bridge YMCA
732.727.0704

www.ymcanj.org/gift

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

advocare

Garden State Pediatric & Adolescent Medicine

Alon Baker, DO, FAAP, FACOP • Sonya Boor, MD, FAAP
Laura Brandspiegel, MD, FAAP • Stefanie Fiderer, DO, FAAP

We are a dedicated team of board certified physicians who provide high quality healthcare to newborns, children, and adolescents through college age.

Scheduled appointments and same day sick visits are available weekdays, evenings, and Saturday mornings.

Please call 609.581.5100 to schedule an appointment

Lexington Square Commons
2133 State Highway 33 • Hamilton Square, NJ 08690
advocaregsp.com



Diabetes and the Holidays

It can be hard to resist a spread of desserts or other unhealthy foods when they surround your dinner table. If you're suffering from diabetes, it is important to remember how dangerous your blood levels may become by consuming them. This year, put your focus on celebrating fun times with family rather than what's on the table. Be honest with your family over the concerns you have about being faced with unhealthy decisions.

Together, you can plan a get-together featuring healthy alternatives to your favorite holiday dishes. Consider using fat-free substitutions or create a brand-new recipe featuring an attractive spread of fruits and vegetables.

IMPORTANCE OF PLANNING AHEAD - For diabetics, timing is everything. The American Diabetes Association recommends planning your family meals to coordinate with your regular eating schedule. If it just isn't possible to get everyone together at the same time, there is an alternative. Being required to take insulin injections or medicines to lower blood glucose means you must stick to a strict eating schedule. You can adjust to a different schedule by consuming a small snack during your normal meal time. To be safe, check with your professional health team to ensure this practice won't have negative effects. It also is important to be selective about what you consume at the dinner table. Holiday staples are full of carbohydrates and sugars. Sampling a little of everything can throw your blood sugar levels off balance. Choose to eat only smaller portions of your favorite dishes. You'll thank yourself later.

STAY ACTIVE - Even if you try your best, you will likely consume a little more during the holidays than you typically would. While it's best to avoid overeating, being physically active can lessen the impact the extra calories have on your body. Start a new holiday tradition that involves getting the whole family on board with being active. Take walks around the neighborhood or play outdoor games with your children or grandchildren.

REST - Making sure your sleep quality remains intact is crucial during the holidays. The extra stress caused by hectic schedules and shopping can disrupt your condition. Stick to these tips from the National Sleep Foundation: • Avoid napping as it can throw off your rhythm; • Keep your room between 60 and 67 degrees to add to your comfortability; and • See your doctor if you are having trouble falling asleep.



Now featuring Solo Step Overhead Support System at our NO-FALL physical therapy and balance clinic



Donna Singer, PT



FYZICAL[®]

Therapy & Balance Centers
of Little Silver

This location is a Member of the
Hospital for Special Surgery
Rehabilitation Network



Serving the physical therapy needs of the
Little Silver area since 1988

116 Oceanport Avenue, Little Silver

For Appointments Call
732-758-0002

www.sportscarept.com

www.fyzical.com/little-silver

East Brunswick Foot Care, LLC

Holistic & Wellness Center

Offering: Essential Oils, Massage, Reflexology & Medical Grade Pedicures



DR. SHARON S. JOAG
PODIATRIST

TARA BROWN
REFLEXOLOGIST

(732) 679-8700

1405 Rt. 18 South

(Right Before Wawa)

Medicare & Most Insurance Plans Accepted

HOUSE CALLS AVAILABLE



*Saturday and Evening
Appointments*

www.eastbrunswickfootcare.com

HOLISTIC FOOT CARE FOR CHILDREN & ADULTS • X-RAY FACILITIES ON SITE

Too Much Cola 'Raises Cancer Risk' Due to Caramel Color

By Mia Inqui

The chemical process during the manufacture of the caramel coloring used in soft drinks such as cola produces a carcinogen that could be raising the risk of cancer. Matching laboratory tests conducted by Consumer Reports on 11 different soft drinks showed with an analysis of average consumption by Americans, the researchers found that one can a day could be enough to expose them to potentially cancer-causing levels of the chemical known as 4-MEI (short for 4-methylimidazole).

The potential carcinogen is formed during the manufacture of the familiar caramel color that is added to many widely-consumed beverages. This chemical is not needed for taste and it used for beverage color only.

Testing on 110 samples of soda brands carried out by the Consumer Reports researchers, led by a team at the Johns Hopkins Center for a Livable Future in Baltimore, MD, found that drinks contained levels ranging from 9.5 mcg per liter (mcg/L) to 963 mcg/L.

They add: "Routine consumption of certain beverages can result in 4-MEI exposures greater than 29 mcg a day" - the level that triggers a new case of cancer in every 100,000 people consuming the drink, toxicity that was established by previous studies in mice and rats conducted by the U.S. National Toxicology Program.

Lead author of the study, Tyler Smith, a program officer with the Johns Hopkins Center for a Livable Future, says 4-MEI levels can "vary substantially across samples, even for the same type of beverage." Smith explains: In the lab sampling, Malta Goya had the highest 4-MEI concentration while Coca-Cola produced the lowest value.

California listed 4-MEI as a carcinogen in 2011, under the Safe Drinking Water and Toxic Enforcement Act of 1986 - better known as Proposition 65. The authors say their results suggest that "federal regulation of 4-MEI in caramel color may be appropriate."

To estimate consumers' exposure to the potential carcinogen, the researchers took the laboratory readings and analyzed soft drink consumption using data from the National Health and Nutrition Examination Survey (NHANES).

They found the proportion of the population consuming each type of soft drink varied, with "colas being the most popular and root beer and pepper colas being the least popular."

QUESTION:

What's the best way to treat knee arthritis?

Consider a non-surgical treatment that really works!

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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

ADVERTISEMENT

CENTRAL JERSEY SPINE & WELLNESS

4251 Route 9 North, Bldg. 3, Suite B (Freehold Office Plaza) • 732-683-1800

JUST 4 KIDS

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

A friendly, warm, & welcoming pediatric therapy clinic servicing children from birth to 21 years old.



Find us on FB: /Just4KidsTherapy

Physical, Occupational, & Speech Therapy Services.
Offered on an individual or group basis.

Social skills, handwriting and life skill groups.
For all ages.

www.Just4KidsTherapyNJ.com
Address: 30-40 Corbett Way • Eatontown, NJ 07724 • Phone: 732.544.1300

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 that 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!



Check out our website for more information! License: 24000454300 2/31/2014-200



Monmouth Vision Associates

Dr. Steven Linker, OD • 50 Route 9 North Suite 206 • Morganville, NJ, 07751

732-617-1717 • www.MonmouthVision.com

Need To Talk? We Are Here For You

Meeting the Challenges of Life
IN-HOME & IN-OFFICE THERAPY

Couples • Family • Individual
Children • Adolescent Psychotherapy
Anger Management
Substance & Alcohol Abuse Treatment
Drug Evaluation
Psychological Evaluation
Bullying • School Adjustment
Behavior Modification
Mentoring Programs (Ages 7 & up)
Stress Management
Batterers' Intervention Program
& Domestic Violence



Grace Abounds Counseling & Psychological Consulting, LLC.

MOST INSURANCES WELCOME
1208 Route 34, Suite 20, Aberdeen
(732) 696-8162 • www.GraceAboundsCounseling.com

**Healthy,
beautiful
skin
doesn't
happen by
accident.**

DermOneTM
Dermatology



We at **DermOne Dermatology** are proud to provide personalized medical, surgical and cosmetic dermatology services using the latest advances in skin care to achieve optimal outcomes for our patients.

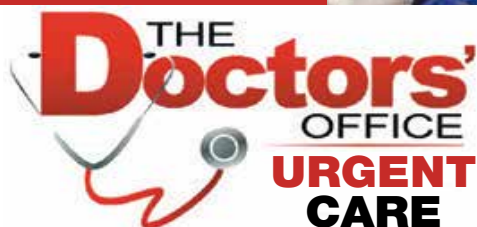
Our dermatologists, pediatric dermatologist, nurse practitioners, and physician assistants are welcoming new patients and look forward to serving you.

Middletown - 1000 Highway 35, suite 200
Freehold - 501 Iron Bridge Road, suite 1
Howell - 51 Kent Road
Toms River - 111 West Water Street

Whiting - 67 Lacey Road, suite 2
Forked River - 540 Lacey Road, 1st floor
Manahawkin - 1322 Route 72 West, suite 201

**Call 800-Derm-One (337-6663) or visit DermOne.com
to make an appointment today!**

**A BETTER, FASTER
HEALTHCARE
ALTERNATIVE**



LACERATIONS, X-RAYS, VACCINES
COLD & FLU SYMPTOMS, SINUS PAIN & PRESSURE
SCHOOL & SPORTS & WORK PHYSICALS
OCCUPATIONAL MEDICINE & WORKER'S COMPENSATION

NO APPOINTMENT NEEDED
Mon-Fri 8:30am-8pm • Sat-Sun 8am-6pm

732-414-2991
120 CRAIG ROAD, MANALAPAN, NJ 07726
(Route 9 near Best Buy)

Visit our Brick Location at
686 ROUTE 70, BRICK, NJ
732-262-8200

www.thedoctorofficeurgentcare.com

CentraState Healthcare Foundation

WINTER FAMILY CARNIVAL

Saturday, January 13th, 2018
1 PM - 4 PM

Jack Aaronson Conference Center
CentraState Medical Center, Freehold
Games, Crafts, Food and Prizes

Registration: \$10/child or
\$25 for 3 or more children (per family)

Presented by the 2018 Junior Humanitarian
Scholarship Contestants

For more information and to buy tickets visit
www.centrastatefoundation.org/winterfestival
or call (732) 294-7030

October 21 was National Check Your Meds Day!

By Susan Heckler

We can celebrate this momentous occasion a little late, especially given the importance.

Half of the American population regularly takes four or more prescription medications. Now is a good time to look at your medications, see if you still need them and discard the unnecessary. In many cases, a more effective alternative may have been released or a less expensive choice.

A whopping 52% of prescription drug takers said they had never asked their healthcare provider whether they could stop taking one or more of their medications. Three-quarters of those who inquired said their provider could help them reduce the number of drugs they were taking.

To prepare for your review, put everything you take in a bag, including prescription and over-the-counter drugs, plus vitamins and dietary supplements. When possible, bring the original containers so your pharmacist can have complete information, especially if you do not use the same pharmacy for everything.

Keeping an up-to-date list of medications, what they're for, and the dosage will benefit both patients and their providers.

Questions to Ask Your Pharmacist

1. What is this medication for?
2. What are the possible side effects?
3. Will this medication interact dangerously with other prescriptions or Over the Counter, or any foods or drinks?
4. Is this similar to another drug I already take?
5. Do I still need to take this?
6. Is there a nondrug alternative that works just as well or better
7. Is there a less expensive medication that works just as well or better generic versions.

Mark this date on your calendar for the coming years so we all can celebrate on time!!

**“I
LOVE
KNEE
PAIN.”**

-SAID NO ONE EVER



ADVANCED

PHYSICAL MEDICINE & REHABILITATION

WWW.ADVANCEDPMR.COM

732-894-9200

**PHYSICAL THERAPY
ACUPUNCTURE
CHIROPRACTIC**

FREE TRANSPORTATION

6 CONVENIENT LOCATIONS

EDISON • RED BANK • MORGANVILLE • MANALAPAN • LAKE COMO • BRICK



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

QUESTION: What can I do to control my heavy periods?

Many women begin to experience heavy and/or irregular bleeding in their 30's and 40's, as they begin to get closer to menopause. Heavy periods are more than just a hassle – they take a physical, social, and emotional toll as well. NovaSure® Endometrial Ablation is a 5 minute procedure used to treat heavy bleeding. It can be done in a doctor's office and it is performed without any incisions.

There is no need for general anesthesia and most women report no pain and can return to most activities within a day.

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

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

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
Antheia Gynecology
375 US Highway 130, Suite 103
East Windsor, NJ 08520
Next to the Americana Diner
609.448.7800
www.antheiagyn.com

Adolescent & Routine Gynecology

Menopause

Minimally Invasive Surgery

Endometrial Ablation

Birth Control



GESTATIONAL DIABETES SCREENING: Questions for the doctor

Gestational ("jes-TAY-shon-al") diabetes is a type of diabetes that some women develop during pregnancy. When you have diabetes, there is too much sugar (called glucose) in your blood.

If you develop gestational diabetes, it can lead to health problems for you and your baby during and after pregnancy. For example:

Before birth, your baby is likely to grow bigger than usual. This could make giving birth more difficult – and make it more likely that you will have a caesarian delivery (C-section).

After your baby is born, your baby may be at risk for childhood obesity.

You will be at risk for developing type 2 diabetes after pregnancy. After your baby is born, you'll need to get tested regularly for type 2 diabetes.

If you have gestational diabetes, you and your doctor or midwife can work together to protect your health and your baby's health. You can reduce your risk for gestational diabetes by eating healthy and staying active during your pregnancy.

Getting tested for gestational diabetes is part of regular prenatal care (health care during pregnancy). The test is usually done between 24 and 28 weeks of pregnancy.

What do I ask the doctor?

Visiting the doctor can be stressful. It helps to have questions written down before your appointment. Print this list of questions, and take it with you the next time you visit your doctor or midwife.

- What puts me at risk for gestational ("jes-TAY-shon-al") diabetes?
- What can I do to lower my risk?
- How will you test me for gestational diabetes?
- How could gestational diabetes affect my baby's health?
- How could gestational diabetes affect my health?
- If I have gestational diabetes, what happens next?

These questions are important.



Our Postpartum Truth - In Her Words: My Support System

By Michele Inzelbuch, LCSW, LCADC

Women who suffer from Postpartum Depression or Anxiety often feel alone, isolated or ashamed. Watching friends or family members reveling in the joy newborns bring can intensify these emotions in a struggling mom.

Many hospitals, including those in Monmouth County, conduct the Edinburgh evaluation that identifies PPD/A symptoms, prior to discharge, when help is readily available. Many women do not show any symptoms while still in the hospital. New parents are sent home with an overwhelming amount of information on how to care for the new baby, doctor follow-ups and concerns to look out for. But, a busy new parent may not even realize how the negative emotions are taking over and feel lost as to where to turn for help without the fear of judgment.

This month, women in recovery from Postpartum Depression and Postpartum Anxiety share their experience on finding support in hopes of bringing about a deeper understanding of PPD/PPA and recovery to the community.

N.D. "I went to individual therapy and I joined a PPD support group which was one of the most helpful things that really got me back on track," she shared. Her family and friends were also a strong support system for her recovery. Group therapy can help a person feel understood and find hope for improving their healing process. "Being able to talk to other women going through the same thing, with similar thoughts and fears was so validating and comforting."

J.D.'s husband was her "biggest supporter." Though J.D.'s mother made an attempt to be helpful, her mother's lack of understanding of postpartum often made it worse. J.D. was unaware of the resources available to her after her sons were born, and she was not able to take the time to find a therapist when she was in the midst of her struggles. J.D. eventually sought out a therapist who she continues to see. Since beginning her healing process she now has "an amazingly supportive group of friends." J.D. also educated herself on the supportive communities that exist online, and understands that having these additional supports in place would have vastly shortened and improved her PPD/A. Maintaining these positive support systems in her life, allows her to feel more confident moving forward. "I have a support system in place."

Throughout M.W.'s struggle with PPD, she was fortunate to have the support of

her family and friends. M.W. tried to work with postpartum doulas, though it was not the right fit. Supportive friends opened up and shared their experiences that helped her feel less alone. "I happened to find a local group that, while not specific to PPD, dealt with adjusting to motherhood, and I found my current therapist there," she said. In addition to medication she attended a program at Women and Infants Hospital in Providence, Rhode Island with her son. "It's a day-treatment program for perinatal mood disorders," M.W. said. "That's kind of where my recovery really started, having to be with my son all the time in a supported environment where I could learn more about attachment and parenting."

M.T. had family that was both supportive and others who were not. Fortunately, her parents understood her struggles with depression and anxiety, due to past experience, and saw the signs. They helped out caring for the baby when needed and occupied her 6 year-old allowing M.T. space for self-care and recovery. Upon the first symptoms of depression, M.T. reached out for help to the local Consortium (contact listed below), who directed her to a postpartum support group at Monmouth Medical Center (contact listed below). While attending group, "Pat from the Consortium continued to contact me weekly to make sure I was ok," M.T. said. Pat had a friend who assisted M.T. in finding a psychiatrist and she returned to her past therapist. The friends that she met at the support group have been priceless to her in learning that she was not alone in her thoughts or feelings. When M.T.'s mother passed away at five months postpartum, she became even closer to the women in the group that had lost a parent

because they were there to support her. Some family members still do not fully understand what she went through, but she also has family that continues to help when needed.

These women were all able to have support in the home and, at some point in their recovery, found a support group. Having women confide in each other allows them to create relationships and friendships that would not have otherwise existed. Being able to hear someone's story, one that closely matches theirs, created a feeling of normalcy, removed the feelings of isolation and decreased the feelings of shame. Having negative feelings and thoughts being validated by others helped these women understand that what they were experiencing was normal. When 1 in 7 women suffer from Postpartum Mood Disorders, this is normal. These women were the 15% of the 1 in 7 that reached out for help.

For the new mom from a survivor- don't hold it in. If your support people do not know what you are going through, they cannot learn to understand, nor can they do what you need of them. Sharing will help the healing. Find a support group, find a good therapist, and find someone to tell it to.

If you or someone you know has concerns regarding PPD or is showing symptoms, do not ignore them. You are not alone and there is help out there. Please reach out to the Central Jersey Family Health Consortium at 732-937-5437, the Perinatal Mood and Anxiety Disorder Program at Monmouth Medical Center at 732-923-5573, or Michele Inzelbuch, LCSW, LCADC at 732-704-4331.

Michele D. Inzelbuch LCSW, LCADC

Creating a future self filled with meaning and empowerment.

Individual Counseling
Postpartum Mental Health • Anxiety
Depression • Addiction

**CALL TODAY AND
TAKE CONTROL OF YOUR LIFE
732-704-4331**

654 Newman Springs Road, Lincroft, NJ 07738

www.micheledinzelbuchllc.com

Michele.inzelbuch@gmail.com



Calling all Kids, Can You Cook Like Zach?

By Susan Heckler

Hey Kids, did you ever stop and think about what kind of crazy days your Mom & Dad have? Ever wonder how they fit it all in?

Twelve-year-old Zach Krieg was thinking the same thing! Then he started thinking about what he could possibly do to be a help to them. He started by helping his mother cook a nightly dinner. He enjoyed working side by side and learning how she made her chicken cutlets.

One day he was sitting home and Mom (Malki) called and asked him to make dinner! He was only 12. He said okay and asked for suggestions. He knew how to make chicken cutlets since he had helped his mom before. He followed what she taught him, and the family enjoyed his creation and Mom got to be a guest in her own kitchen for once!

Then Zach continued in this line of thinking and decided to video himself making a dinner and post it on Facebook, so others can learn to do the same thing. This is his way to inspire friends to be more helpful at home.



The Challenge from Zach- with parental approval. Can you cook like Zach?

This is for everyone I know that has a parent that has a long day at work and then has to come home, feed the dog, and make dinner. These steps should help you teach your kids how to make dinner and have it ready so when you get home, you don't have to take the dinner shift.

Ingredients/What you will need: Frying pan, thin sliced chicken cutlets, bread crumbs, tongs, 4 eggs, bowl, 3 plates, paper towels, olive oil, forks, spoons, knives, and a stove.

Step 1: Defrost chicken by putting it in a bowl with hot water from the sink, leaving it in hot water for 30-60 minutes.

Step 2: (How to set up from left to right.) Plate, tin foil, another piece of tin foil, then another plate. On the right, take your chicken from the defrosting bowl and put it on your plate closest to the sink. You will put a bowl on the right with 3-4 raw eggs scrambled. On the left tin foil (farthest from the sink) and put (seasoned) bread crumbs down.

Step 3: Take a piece of chicken and put it in the eggs.

Step 4: After putting chicken in the eggs, put it in the bread crumbs on both sides until you can only see the bread crumbs on the chicken.

Step 5: Keep on doing that process with the chicken until all of your chicken is ready to be fried.

Step 6: Get out a frying pan, olive oil, and tongs. Take the frying pan and put it on the stove on medium high heat; allow the pan to get hot for 5 minutes. After the pan is warm enough, put olive oil in the pan so it is a quarter way filled.

Step 7: Get out one plate and eight paper towels on the side split in to two.

Step 8: Put the chicken in the oil carefully!

Step 9: Flip the chicken when you can see it is cooked on the other side (the bottom side of the chicken's bread crumbs is now a black\brown color).

Step 10: When the chicken is done cooking, put it on to the plate covered with paper towels.

Step 11: Get out your family's favorites drink and condiments for your chicken cutlets & put out the silverware (set up the table).

Step 12: Enjoy with your relaxed Mom and Dad.



Do You Have A Teenage Driver And Are Worried?

If so, You must get this App.

Life360, the world's leading family location app, Life360 Driver Protect, a new subscription service that uses your smartphone to automatically detect if you are in a serious accident and immediately contacts emergency responders and your family members. The service also delivers Safe Drive Reviews to subscribers, providing them with actionable safety insights about their driving habits.



Comprehensive driver safety services used to only be available via in-vehicle hardware diagnostic systems. Now, through a partnership with Zendrive, the leading safety analytics company, Life360 is democratizing access to driver safety features through the company's proprietary mobile technology.

Life360 Driver Protect covers every member of the Family Circle in a single subscription, and the features travel with everyone on their smartphones, providing peace of mind to families when their loved ones are on the road.

Among the services included with a Life360 Driver Protect subscription:

- **Automatic Crash Detection and Emergency Response:** Using proprietary technology and sensors on the smartphone, Life360 Driver Protect can automatically detect when a family member is involved in a serious accident. Life360's trained advisors will immediately contact emergency responders and provide the accident location coordinates while staying on the phone until help arrives. Life360 advisors will also contact members of the Family Circle to share that their loved one has been in an accident and provide the accident location.
- **Safe Drive Review:** Family members can opt to receive safety insights about each drive taken by a loved one in their Family Circle, whether that person is the driver or a passenger. Insights include trip information on a map that shows duration and route, reporting on top speed, and instances of rapid acceleration, hard braking and cell phone usage.
- **Extended Roadside Assistance:** Help is just a tap away. Drivers can contact Life360 24 hours a day, seven days a week for roadside assistance if they get a flat tire, require a tow, or need advice when in a minor accident or stuck in a severe storm.
- **Unlimited Place Alerts:** Subscribers can set up unlimited Place alerts to get notified automatically when loved ones arrive or depart locations like school, work and home.
- **30 Days of Location History:** Thirty days of location history for everyone in the Family Circle is available to easily look back in time at the family's comings and goings.

The Life360 Driver Protect subscription is currently available in the U.S. and covers all members of the Family Circle for \$7.99 per month or \$69.99 per year. This is less than half the price of existing, comprehensive driving safety services.

Life360 has also added to its suite of free features the option to view trip details after each drive. When "drive detection" is turned on within the app, family members can view the duration, route, miles traveled and top speed reached for every drive completed during the past two days. A trip detail push notification can also be sent when each drive is completed.

Life360 expects both its detailed subscription-based Safe Drive Reviews and also its freemium version of trip details to be especially helpful for parents of teens. According to a recent survey conducted by Life360 among its users, 82% of parents with teenagers worry about their teen's safety when driving without a parent. The same survey found that 94% of parents of teens say they regularly talk about driving safety with their teen.* Life360's new Safe Drive Reviews will help families have more focused conversations to review specific driving habits they can improve."

Life360 has always been focused on delivering peace of mind to families with technology that can save lives, so the addition of driving safety features is a natural expansion of our app's capabilities," said Alex Haro, co-founder and president of Life360. "Millions of families already use our app to communicate and look out for each other. We know families will appreciate using our newest features to help each other be safer drivers while gaining peace of mind that loved ones are safe while on the road."

To power crash detection and driving analysis, Life360 partnered with Zendrive, which leverages the power and ubiquity of mobile for its technology to provide actionable insights and analytics at scale. To date, Zendrive has collected and analyzed 1 billion miles of driving data giving it unrivaled visibility into driver behavior and modern transportation patterns. Through the partnership with Life360, Zendrive's data will grow exponentially by billions of miles a month giving them unmatched data set and insights.

Life360's proprietary location-based technology has enabled families to privately share their locations and communicate with ease within the app since 2008. Families can see loved ones' locations on a map and can opt to receive automatic alerts when they arrive or depart designated places, like school, work or sports practice. Now, with the addition of driving safety features, Life360 also provides peace of mind that loved ones are traveling safely to each destination throughout the day.

*For more information about Life360 Driver Protect and to download the app, please visit <https://www.life360.com/driverprotect/> *Survey was conducted online in September 2016 among 671 Life360 users who have teenage children in their home.*

Atlantic Fencing Academy

TRY A FREE CLASS!



FENCING CAMP • DECEMBER 26TH-29TH

9:30am-12:30pm • \$390

After school and evening programs are available. All equipment provided.

Prices starting at \$149. Lessons and classes for ages 6 and up.

FOCUS * COORDINATION * DISCIPLINE



FUN GAMES - FUN LEARNING

CALL NOW! (732) 383-5124



1 Sheila Drive, Tinton Falls, NJ • www.atlanticfencing.com



The Freshman 15: What's Behind First-Year Weight Gain?

Everyone's heard warnings about the "freshman 15." But is it true that many college students pack on 15 pounds during their first year at school?

Recent studies find that some first-year students are indeed likely to gain weight — but it might not be the full freshman 15 and it may not all happen during freshman year. That might sound like good news, but it's not. Doctors are concerned that students who gradually put on pounds are establishing a pattern of weight gain that could spell trouble if it continues.

Studies show that students on average gain 3 to 10 pounds during their first 2 years of college. Most of this weight gain occurs during the first semester of freshman year.

College offers many temptations. You're on your own and free to eat what you want, when you want it. You can pile on the portions in the dining hall, eat dinners of french fries and ice cream, and indulge in sugary and salty snacks to fuel late-night study sessions. In addition, you may not get as much exercise as you did in high school.

College is also a time of change, and the stress of acclimating to school can trigger overeating. People sometimes eat in response to anxiety, homesickness, sadness, or stress, and all of these can be part of adapting to being away at school.



News for Teens with PMS (Pre-Menstrual Syndrome)

Next time you feel those PMS symptoms coming on, **EAT A SALAD.**

The onset of menstruation can be a testing time for most girls, and can lead to severe abdominal cramps during their periods.

Feeding your body some period-friendly foods like leafy greens include a powerhouse of nutrients giving you what you need to feel balanced and comfortable during your period. They are full of antioxidants which help fight inflammation and bloating since they are a natural diuretic as well. Vitamins and minerals such as calcium and magnesium are found in leafy greens which do a great deal in preventing cramps and headaches. Both kale and Swiss chard are rich in iron and high in fiber, both of which should be increased during your period to help with digestive issues. To slow down blood flow, vitamin K found in leafy greens will help restore your energy levels.

Remember to continue eating your greens past your period to restore minerals lost during menstruation.



Controlling Portions

With the holiday season around the corner, Americans will likely be tempted to overeat at gatherings. Potlucks, family get-togethers and work parties all tend to encourage second helpings of unhealthy foods. Be sure to avoid breaking your diet while enjoying this special time with your family.

Holiday traditions often include indulging in high-calorie recipes. Having control of your intake allows you to enjoy these delicious foods while keeping your calories in check. If you know you will be attending a get-together, it is a good idea to have a light breakfast or lunch so you can partake in these delicacies guilt-free.

KNOW YOUR INTAKE

You likely have a smartphone or other device that can make calorie counting simple. It is an easy task to find a mobile application that allows you to record the number of calories you have ingested and even burned.

It is important to log your intake and output every day to ensure accurate results. This is a fun way to track eating habits and lessen the chances of eating foods that don't clearly spell out their nutrition facts.

Get your family involved with the same program you're using to track calories. Friendly competition makes it easier to stick to your set number of calories. If everyone is on board, there might be fewer unhealthy foods on the table this holiday.

EATING OUT

During the holidays, you will likely find yourself at a restaurant enjoying the company of family and friends. This is a crucial time for portion control. These foods can be rich in calories and other unhealthy components that can cause you to backtrack on your diet.

Avoiding all-you-can-eat buffets is a no-brainer, but if your family insists on gathering there, you can still do it healthily. Most buffets have impressive salad and fruit bars that sometimes go overlooked due to the full dessert bar. Fill your plate with healthy choices, such as green vegetables and lean proteins.

Eating at a traditional sit-down restaurant can make it easier to make healthy decisions. If the menu doesn't list the nutritional information, inquire with the staff about low-calorie options.

Chicken & Brussels Sprout Dinner

Have you tried cooking with a zesty mustard sauce? This recipe makes a delicious low carb & high protein meal.

INGREDIENTS

- 2 tablespoons olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breasts
- 3/8 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup fat-free, lower-sodium chicken broth, divided (certified gluten-free if necessary)
- 1/4 cup unfiltered apple cider
- 2 tablespoons whole-grain Dijon mustard (certified gluten-free if necessary)
- 2 tablespoons butter, divided
- 1 tablespoon chopped fresh flat-leaf parsley
- 12 ounces Brussels sprouts, trimmed and halved

Directions

1. Preheat oven to 450°F.
2. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450° for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tablespoon butter, and parsley.
3. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned. Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.



A Banana of any Color Is your Friend!

By: Erin Mumby



Bananas are an important super food. Most people purchase a bunch of bananas while they're still green. As they ripen into a yellow color, you'll eat them. When they develop brown spots, or turn completely brown, you'll throw them out! Think again!

Not only do brown spots mean that the banana is getting riper, they also have improved qualities to strengthen your immune system. Those qualities are found in Tumor Necrosis Factor, or TNF, which is found in bananas. TNF is a substance that fights cancer! It helps to move body cells toward infected/ inflamed areas. Cells are destroyed and prevent tumor cells from growing and spreading throughout the body.

Bananas have high levels of antioxidants. Bananas can increase our white blood cell counts. They also help to strengthen the immune system.

Highly nutritious- Not only are bananas good for our immune system, they are also filled with vitamins, nutrients, fiber and natural sugars. Bananas can keep your body healthy in various ways.

Here are some of the reasons why:

1. NEED TO LOWER YOUR BLOOD PRESSURE? HAVE A BANANA!

Bananas can help to lower your blood pressure because they are low in sodium and high in potassium. The high potassium lessens the effect of the sodium! Look for other ways to add potassium into your diet as well in order to lower blood pressure.

2. THEY TREAT ACID REFLUX

Bananas can be considered a naturally occurring antacid. Eating just one banana when you feel that you're having heartburn can immediately reduce and relieve the pain and discomfort of heartburn.

3. BANANAS ARE A GREAT SOURCE OF IRON

The unpleasant effects of anemia can be improved by taking in a significant amount of iron through diet. Bananas are a great source of iron! Iron promotes the growth of red blood cells and hemoglobin. These combined efforts strengthen the blood flow throughout your entire body.

4. THEY PROVIDE ENERGY

Bananas are also a great source of energy! They make for a great pre-work out snack. Bananas have low glycemic carbs that increase your body's endurance. The potassium in bananas also help your muscles fight against cramps.

5. SOFT AND SATISFYING

People who suffer from stomach ulcers have to avoid certain foods. Many nutritious foods can cause pain or damage to the ulcers. Bananas are different! Bananas can be safely eaten by people with ulcers because of their smooth texture. The softness of the banana protects the stomach lining from acids and other irritants.

6. THEY HELP TO FIGHT DEPRESSION

Did you know bananas can help beat depression? The reason is that bananas contain high levels of tryptophan. Tryptophan is then changed into serotonin in our bodies. Serotonin makes you happier, relaxed and improves your mood! Eating bananas can help people improve their lives!

7. BANANAS PREVENT CONSTIPATION

Bananas contain sufficient amounts of fiber to help regulate bowel movements. Their high fiber safe guards against constipation. If you happen to be constipated, a few bananas will help you with this problem! Their fiber content is natural relief for constipation.

8. THEY CALM THE NERVOUS SYSTEM

We all get stressed out. Everybody has moods. Consider eating a few bananas if you're down in the dumps. Bananas regulate blood sugar and contain B vitamins. B vitamins help to calm your body's nervous system. Who knew bananas could make you so happy?

9. THEY CONTROL YOUR BODY TEMPERATURE

Eating a banana when it's hot outside can cool you off! It will lower your body temperature! Have a fever? Don't worry! Eat a banana, and your temperature should fall back down to normal shortly!

10. BANANAS HELP WITH PMS

Premenstrual Syndrome (PMS) Eat a banana instead of taking your pills! Bananas contain the vitamin B-6, which helps to regulate blood glucose levels, which can affect your mood, even before your menstrual cycle.

11. BANANAS CAN HELP BEAT BELLY FAT

Bananas have 12 mg of choline, a B vitamin that acts directly on the genes that cause fat storage in your abdomen. Choline is also present in lean meats, seafood and collard greens. Foods high in choline are an essential part of having a flat stomach. Eating bananas is another way to reaching your goal weight!

Diamond's Has Two Great Locations



Diamond's of Pennington
25 Route 31 S • Pennington
609-730-1244
DiamondsofPennington.com

Diamond's of Hamilton
661 Hwy 33 • Hamilton
609-981-7900
DiamondsofHamilton.com

THE CHALLENGES OF A GLUTEN-FREE DIET



Following a gluten-free diet requires you to become educated on all the hidden sources of gluten, as well as educating everyone you live with. To avoid all gluten, you must read labels carefully. You must avoid not only wheat but its derivatives: durum, graham, kamut, semolina and spelt. The same goes for barley derivatives: malt flavoring and malt vinegar, as well as rye, MSG and soy sauce.

Read labels regularly. Manufacturers change ingredients without notice.

Just because a food is labeled wheat-free doesn't mean it's gluten-free. And just because a food is labeled gluten-free doesn't mean it's calorie-free. Some manufacturers add sugar, saturated fats and preservatives to their gluten-free offerings to make them taste better, and that adds calories.

You can still eat a balanced diet when you're trying to avoid gluten. Gluten-free diets allow you to eat fresh fruits and vegetables. Beef, chicken, fish, lamb, pork and dairy products are also naturally gluten-free. (But watch for additives.)

Following a gluten-free diet is a major commitment. It can be difficult to maintain a balanced diet while eliminating the many foods that contain gluten. It's not a step you should take unnecessarily.

Eliminating gluten from your diet may help reduce your concerned health symptoms as well as eliminate digestive woes, but it's only likely to help if gluten is a problem food for you in the first place.

The Celiac Disease Foundation provides a list of foods to eat and those to avoid on a gluten-free diet, it may be helpful to reference when planning your meals.

Fulfill Food Bank

No One Should Go Hungry

By Pam Teel



The Food Bank of Monmouth & Ocean Counties

is now called Fulfill. They've changed their name, because they are doing more than ever to change lives in their communities for the better. With the help of the network of over three hundred feeding programs that partner to help feed people, they have succeeded in feeding over 132,000 people, 40,000 children in Monmouth and Ocean Counties alone, as well as seniors and veterans. They are even reaching out to places where food pantries and soup kitchens are scarce.

The new name reflects the fact that today they are focusing on more than just food distribution, reflecting the commitment to fulfill more of the needs of their neighbors and win the battle against hunger. They provide over 12,000,000 meals every year to 132,000 of their neighbors. They provide over 140,000 meals to schoolchildren in backpacks, kids cafes and summer meal programs. The Fulfill mobile pantries serve over 11,000 people in communities all over the two counties and now also help people get snap benefits, free skills training, tax prep assistance, affordable healthcare, and more. Ending hunger in all communities is a complex challenge, so Fulfill provides a full suite of programs to provide the resources people need to become self-sufficient. Your donation of \$20.00 will help to provide 60 meals. Learn more about Fulfill, how to volunteer, and donate at: <http://fulfillnj.org>. Ninety-five cents out of a dollar goes to the program.

If you are in need of a local pantry or soup kitchen, or other services, please check out the website. There is a list of places to go for help and assistance.



**Eat In
Take Out
FREE
DELIVERY**

www.AnthonysChickenAndGrill.com





Dinners • Lunch • Catering

- Buffalo Wings
- Burgers
- Chicken
- Fried Munchies
- Philly Steak & Sandwiches
- Homemade Soups
- Hot Dogs
- Large Salads
- Many Sides
- Ribs
- Fried seafood & Fried shrimp
- Wraps



30 WINGS ONLY \$18.99

Spend \$25 Get a FREE 2 Liter Soda

15% OFF your total order ALL WEEK when the Giants, Eagles or Jets Win!

\$25 OFF \$100

109 Franklin Street • Hightstown, NJ • 609-443-3777



Dutchie and Renee Senior Cat Rescue

A Mission Straight from the Heart

By Pam Teel

David and Lisa Lande, of Millstone Township, are compassionate when it comes to helping rescuing and placing cats in forever homes. The two have such a love for their felines and a special connection with each cat that they rescue. Dave always had cats in his family growing up. When he and his wife lost their two senior pets, Dutchie and Renee, within weeks of each other last year, the couple decided that they would honor their cat's memories by focusing on helping other senior cats find permanent homes.

David and Lisa know firsthand that some senior cats need a little more medical attention and care, while most do not. Some might be suffering from diabetes, or thyroid problems and require that little extra attention. Just like a human, these things are treatable, but a cat can't give himself a pill or an insulin shot. The sad truth is that it's hard enough trying to place an older cat in a forever home, but try finding a home for a senior cat that might require a little bit more caring for. Many people shy away because they think they can't do what they have to or because of extra medical expenses.

There are many senior cats that are in great shape but were given up because their owners were no longer capable of caring for them or their owners had passed away. If you were to compare a cat's age to a human, a senior cat would be classified as 11-14 years (60-72) years for a human, Mature or middle-aged: 7-10 years (44-56) years for humans), Geriatric: 15+ years (76+ years for humans).

Can you imagine being in a loving a friendly environment for years, even for over a decade, and then being put in a cage at some shelter because your caregiver had passed on? Cats are like humans. They get depressed, they stop eating and they give up the will to live, and the older cats are already often overlooked in shelters.

The Landes mission is to assist and to find foster and permanent homes for abandoned senior and geriatric cats. They care for the senior cats in their home, along with their own. Each cat has their own special place that they like to be, somewhere indoor where they are safe. The couple also helps out local rescues by fostering cats for them while working together with them to find forever homes.

The Senior Cat Rescue is a 501 3c registered non-profit corporation, so all donations are tax- deductible with all donations going toward the beneficiaries of the Dutchie and Renee Senior Cat Rescue Foundation. The Lande's have paid and will continue to pay for all the foundations administration costs.

If you are thinking about adopting, please consider an older cat that has been displayed through no fault of their own Even if you are just interested in fostering or wish to donate, you can reach the Lande's at: dutchieandreeneeseniorcatrescue@gmail.com. / 732-998-2232/ or Visit them on facebook for the latest information about fostering and adoptable cats at: Dutchie and Renee senior cat rescue. Donations can be sent to: 88 Agress Road Millstone Township, NJ 08535.

Currently Cottonball and Nick are being fostered at the Lande home. These are two great cats that have become inseparable. Cottonball is between 7-10 and Nick is believed to be 4. You can read up about them on Facebook. If you are interested in adopting or fostering, please contact the Landes. You can also visit the cats firsthand and meet them for yourselves.



Cats at Home:
Home Veterinary Visits

23 years
all-feline
experience

609-915-8671

EmilyJarvisDVM.com

\$10 OFF first
house-call fee
when you
mention
this ad





vet-i-care™

Helping animals heal, giving families hope.

“LUCK OF THE PAW”

CASINO NIGHT



FRIDAY,
DEC. 15TH
7:00 PM

\$85

**TICKET
DONATION**

All Proceeds
Benefit The
Vet-i-CareSM
Foundation



*“Gifts In Kind” Donations For
This Event Are Always Appreciated!*

RADISSON HOTEL FREEHOLD

50 GIBSON PL, FREEHOLD, NJ 07728

- Hot Buffet Dinner
- 4-Hour Premium Open Bar
- \$100 FREE “Play Money”
- Raffle Auction / Super Prizes!

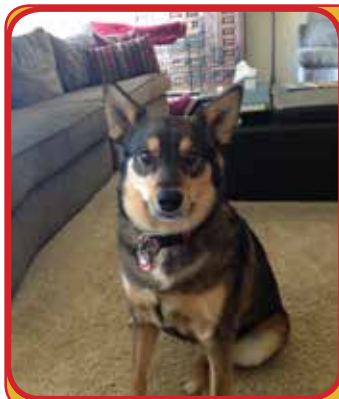


Purchase Tickets Online:

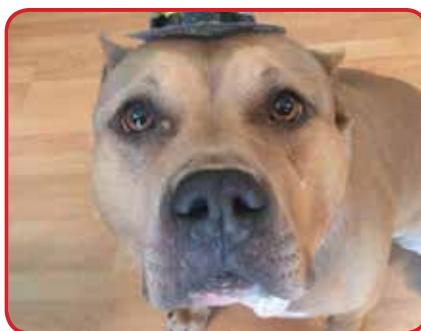
Info@Vet-i-Care.org

Contact: Eileen Schuck (732) 690-0326

BEST PET PHOTO CONTEST



CONGRATS!
COBY



NALA



STAN



AMY



PRINCE



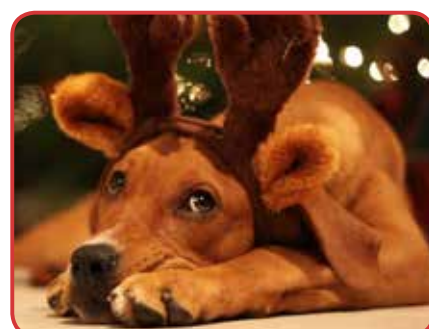
ALULA, ASHES, ABBA & ABELLA



ROXY



TONY



BRODY



AXEL



OREO



KEITH

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. Donations don't always have to be money. People drop off food, toys, blankets to the shelter for certain animals. This shelter is just on the other side of Jamesburg. It's a country ride away. 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 year's experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org. To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html> If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phones are answered during open doors hours or email: linda@animalassistance.org. Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am

All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel do not take salaries. To read more about a specific pet go to website.



Allison



Josie



Angie



Pauley

Allison- pit bull terrier

Josie- small quiet black kitty

Angie- medium beagle

Pauley- domestic young male cat

Loki- young male cat



Loki



Ethel & Lucy



Andrew



Frick & Frack

Ethel and Lucy- young female kittens. They are bonded but if necessary will separate.

Andrew- adult male. He came in battered and sick. Is on the mend and doing fine

Frick and Frack- 8 weeks' old brother and sister

Whitey- adult male



Whitey



Lola & Lucky



Scotty



Randy

Lola and lucky- two 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.

Scotty- sweet young male cat

Randy- happy-go-lucky. Loves other animals would make a great therapy dog.

Mary- she is about 2 years old. She prefers a quiet home.

Special cat- 4-month-old Helen. Helen was brought in very sick and weak. Unfortunately she is almost blind. She uses the litter box and needs someone special to care for her. Amazing what a four-month-old kitten with a handicap can accomplish. She needs a loving home and safe environment. Please open your heart up to her.



Mary



Helen





GET YOUR PET'S PHOTO TAKEN WITH SANTA

Santa Claus is coming to the Green Leaf,
and he's ready for his close-up.

All pets are welcome – so bring your dog, cat, bird or
pet rock to have their photo taken with jolly old St. Nick.
Photos are printed on 5x7 photo paper, same-day.

SATURDAY, DECEMBER 2ND 11AM-5PM

Photos are \$10



23 BURNT TAVERN ROAD
MILLSTONE TWP. NJ, 08510

WWW.GREENLEAFPETRESORT.COM | 609.259.1500

Advertising in our Publications WORKS!
Just ask every advertiser you see on the pages every month!
Call for a FREE Marketing Review Today!

GUNTHER

Publishing Enterprises, Inc.



- 91% of adults read **PRINT** media
- 61% of print ads prompt readers to take **ACTION**
- 89% visit **WEBSITES** they see in print media
- 84% **PURCHASE** an item after seeing it in print media
- 84% keep print media for at least a **MONTH**
- 70% **SHARE & BORROW** print media with friends/family
- GPE offers **ONLINE & INTERACTIVE** reading and benefits of print reading
- Print media advertising **INCREASES** sales
- Households exposed to the print media campaigns spent significantly more (+2% to 36%) than those not exposed (test vs. control)

* Facts and Statistics taken from the Association of Magazine Media: MPA FACTBOOK

The Millstone Times

FAMILY TIMES
CENTRAL NEW JERSEY'S PREMIER PARENTING MAGAZINE

Monmouth County's
Ask The DOCTOR

The Greater Princeton Area
Ask The DOCTOR



www.GuntherPublications.com
"Targeted Publications That Get Results"
732.995.3456

*Celebrate the Holidays
at Kelsey Theatre
Bring the whole family!
Live On Stage!*

*Irving Berlin's White Christmas
Nov. 17 - Dec. 3*

*'Twas the Night Before Christmas...
Dec. 8 - 10*

THE NUTCRACKER
A special one-hour, fully narrated version
Dec. 15 - 17



609-570-3333 - www.kelseytheatre.net



Calendar of Events: November & December

November 15- Family Skate Day @ Rollermagic South Amboy, NJ 6:30-9:00pm. For all ages & all families to enjoy. Skate on the super fun rink, win in the arcade or eat a slice of pizza & fries with your family for a night of fun!

November 18- New Jersey Comic Con Expo @ NJ Convention and Exposition Center Edison, NJ. This comic con expo features everybody's favorite superheroes in a whole new way. The endless amounts of comics, games and special guest star appearances.

November 19- New York Giants VS Kansas City Chiefs @ MetLife Stadium East Rutherford, NJ 1:00pm-This football game will bring fun for the whole family. Food, beverages and football!

November 20- Turtle Back Zoo Holiday Lights West Orange-This light exhibit features hundreds of Christmas lights covering a beautiful path to create a winter wonderland everyone will love.

November 24- Rudolph The Red-Nose Reindeer: The Musical @ Count Basie Theatre in Red Bank 7:30pm. Come see this wonderful production of one of the most loved Christmas tales of all times. Refreshments and snacks will be offered.

November 25- Disney Live! Mickey and Minnie's Doorway to Magic @ State Theatre New Brunswick. Mickey and Minnie want you to come and enjoy their show! Music, Dancing and a whole lot of Disney magic!

November 28- A Charlie Brown Christmas @ State Theatre New Brunswick. This production of everyone's favorite, crazy bunch is sure to make you feel in the Christmas spirit.

November 29- Cranbury Christmas Lights @ Cranbury-This light production features hundreds of Christmas lights that dance to the Christmas music played cheerfully through the streets ending with a Christmas tree so big and beautiful it is sure to put you in the jolly mood.

November 30- Holiday Light Show @ Smithville-This extraordinary light show has over 100 Christmas trees floating upon

Let Your Little Ones
Jump for Joy During
Toddler Time!

200 Daniels Way #120
Freehold, NJ 07728
(732) 228-8435
getairfreehold.com

Parents and jumpers
under 46" have free reign
of the park from 10am-Noon
on Tuesdays and Thursdays!



Calendar of Events continued..

a lake that light up to their surroundings. Music and Fun is a given with this unique and beautiful show.

December 2-Tree Lighting @ Newport Jersey City-The 15th Annual Tree Lighting Ceremony in Jersey City includes music, Santa meet & greets and of course the lighting of a big, beautiful tree.

December 3-Santa Ferry Ride @ Belford. Take a boat ride on the waters of New York and New Jersey with Santa Claus and Lady Liberty.

December 4-Elf the Musical @ State Theatre New Brunswick. Come see the production of the funniest Christmas story.

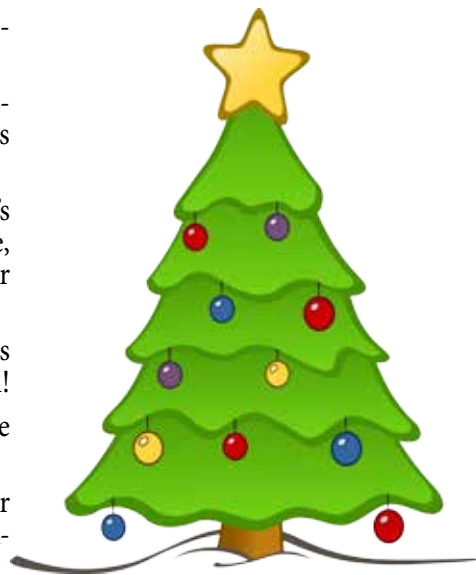
December 6- Holiday Model Train Show @ Woodbridge. This show features displays of dozens of model train projects, but this time with a touch of Christmas spirit.

December 7-The Polar Express an IMAX Experience @ Liberty Science Center's IMAX Dome Theatre Jersey City. Go and watch your favorite Christmas movie, but in a whole new way. At the IMAX Dome you will be able to watch The Polar Express from every angle like never before.

December 8-Bergen County Winter Wonderland @ Paramus. This Christmas styled carnival includes ice skating rinks, zoos, train rides, food and games for all!

December 12-Holiday at Essex County Kips Castle @ Verona -Enjoy a tour of the 1920s Kip's Castle, but this time with a touch of Christmas in each room!

December 15-The Hip Hop Nutcracker @ New Jersey Performing Arts Center Prudential Hall Newark. Experience the classic and timeless story of the Nutcracker through the musical stylings of hip-hop.



OPEN HOUSE



**Sunday November 19th
1:00pm-4:00pm**

Wanglei International Fencing Club is partnering with YingHua International School.

Join us for Performances, Light Refreshments, and School Tours.



YING HUA
INTERNATIONAL SCHOOL
English-Chinese Immersion School of Princeton
Excellence • Diversity • Integrity • Compassion

25 Laurel Avenue
Kingston, NJ 08528
609.375.8015
info@yhiss.org
www.yhiss.org



An International Baccalaureate World School

Kids Wish'n to Go Fish'n Event Was a fun time for all

By Pam Teel

On September 30th, thirty-three special needs children got a chance to spend the day at Lake Juliana, Millstone Township, for the First Annual Kids Wish'n to go Fish'n event. The event took place on the Ponderosa Estate Farm of Mr. Vito Cardinale. Mr. Cardinale, President of Cardinale Enterprises LLC., together with Don Marantz, Jersey Coast Anglers Association's Youth Education Committee, Greg Kucharewski, and the Vietnam Veterans of America- Chapter 12, are already making plans for an even bigger and better event next year.

As the children arrived at the Ponderosa Farm, they registered and received fishing instructions. They also got Kids Wish'n to go Fish'n tee shirts, rods and reels, patriotic dog tags, goodie bags, fishing caps, and prize tickets for toys.

Mike and Debbie Bennett of Bear Education and Rescue, played environmental games with the children and provided loaner rods and reels from their New Jersey, "Hooked on Fishing, Not Drugs" equipment trailer.

During the fishing segment of the outdoor activities, the focus of the event was not on catching the biggest fish. The fish were caught and then released back into the lake. Volunteer anglers from various organizations assisted children and their families with baiting hooks, releasing hooked fish, and setting up tackle.

Dan Harrison, President of the Hudson River Fishermen's Association stated; "The smiles from the children, parents, and caregivers were amazing. Everyone was having a lot of fun." Every

child was able to catch a fish and some youngsters who experienced catching their first fish received a "First Fish Award" certificate.

After fishing, everyone gathered around the BBQ picnic area for delicious pizza and barbecued food. The food was prepared by Mr. Cardinale and his team. Antsy the Clown was a favorite with the kids. She made balloon animals and painted faces. The children enjoyed numerous hayrides, fly casting, and they got to watch the NJ State Police K9 Unit in action as they demonstrated how dogs are used to stop bad guys and sniff out hidden drug targets.

The event would not have been possible without the support of Mr. Cardinale and his team of caring volunteers and the generosity of the following sponsors and businesses: Magnakron, Team Swish, Jersey Coast Anglers Association, Vietnam Veterans of America Chapter 12, Boating Education and Rescue. The following Merchants also lent their support: Dairy Queen, Dan The Tin Man, The Fisherman Magazine, Bagel Bistro, Monmouth Candy, Albivi's, Bella Napoli, Tommy's Bagels, Di Lucca's Pizza and Restaurant, Vesuvio's Pizza and Restaurant, Gian Marco's Restaurant, Dunkin Donuts, Sportsmen Center, and local contributors. Also a special thanks to the amazing angling volunteers that assisted with set up and making sure everyone was safe by the water.



You deserve powerful identity theft protection.

Identity theft affects millions of Americans each year, leading to enormous financial damage and other problems. Arm yourself against identity theft with identity monitoring and expert restoration from LegalShield. For a low monthly fee, you'll be rest assured that LegalShield can help you prevent identity theft and resolve identity theft issues if you are a victim.

**Your identity is personal.
Keep it that way with LegalShield.**

To contact an Independent Associate:

Jackie Berman

732-610-1567

pearlsofwisdommedia@gmail.com

www.legalshield/hub/jacklynberman



This is a general overview of our legal plan and/or identity theft plan coverage for illustration purposes only. See a plan contract for your state of residence for complete terms, coverage, amounts, conditions and exclusions.

STRESS & YOUR HEART HEALTH *How do you react to a stressful situation?*

Do you shut down or lash out? Take to unhealthy habits to deal with the pressure building up inside of you? How you handle life challenges can have a major impact on factors that have been proven to negatively impact your heart health.

Stress may affect behaviors and factors that increase heart disease risk, including high blood pressure, cholesterol levels, smoking, physical inactivity and overeating. So step back and take a deep breath — for your heart's sake.

Overall Body Impact

Bodies react to stress in different ways. You may experience a headache, back strain or even stomach pains if you're stressed out. Your energy level can be greatly reduced and your sleeping patterns disturbed.

All of these factors can set off a chain of events that leads to a potentially compromised cardiovascular system. When you're stressed, your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. Depending upon how long you're stressed, your body may experience this set of circumstances off and on for days at a time.

And although the link between stress and heart disease isn't clearly defined by organizations like the American Heart Association, chronic stress may cause some people to depend on unhealthy lifestyle habits, like drinking too much alcohol, which can increase your blood pressure and may damage the artery walls.

Dealing with Stress

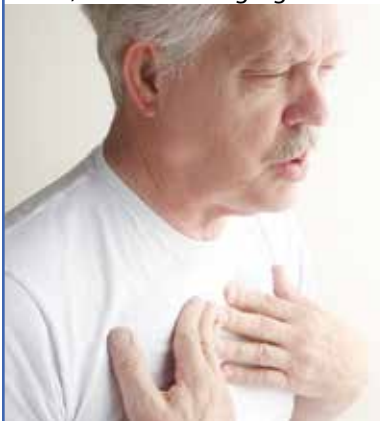
Managing stress is a challenge, but a necessity if you hope to be a picture of good health. A few studies cited by the American Heart Association have examined how well treatment or therapies work in reducing the effects of stress on cardiovascular disease, and the results have shown positive links.

The best place to start when dealing with your stress is a qualified professional. Speak to your physician about how you're feeling. They will be able to refer you to a specialist who can offer effective treatment or preventive strategies.

WHAT IS COPD? How Does It Affect Breathing?

COPD is a serious lung disease that, over time, makes it hard to breathe. You may also have heard COPD called other names, like emphysema or chronic bronchitis. In people who have COPD, the airways—tubes that carry air in and out of your lungs—are partially blocked, which makes it hard to get air in and out. The air sacs in the lungs may also lose their elasticity and shape.

When COPD is severe, shortness of breath and other symptoms of COPD can get in the way of even the most basic tasks, such as doing light housework, taking a walk, even



When COPD is severe, shortness of breath can get in the way of even the most basic tasks

washing and dressing.

How Does COPD Affect Breathing?

The “airways” are the tubes that carry air in and out of the lungs through the nose and mouth. Healthy airways and air sacs in the lungs are elastic—they bounce back to their original shape after being stretched or filled with air, just the way a new rubber band or balloon does. This elastic quality helps retain the normal structure of the lung and helps to move the air quickly in and out.

In people with COPD, the air sacs no longer bounce back to their original shape. The airways can also become swollen or thicker than normal, and mucus production might increase. The floppy airways are blocked, or obstructed, making it even harder to get air out of the lungs.

Symptoms

Many people with COPD avoid activities that they used to enjoy because they become short of breath more easily.

Symptoms of COPD include:

- Constant coughing, sometimes called “smoker’s cough”
- Shortness of breath while doing activities you used to be able to do
- Excess sputum production
- Feeling like you can’t breathe
- Not being able to take a deep breath
- Wheezing

When COPD is severe, shortness of breath and other symptoms can get in the way of doing even the most basic tasks, such as doing light housework, taking a walk, even bathing and getting dressed.

COPD develops slowly, and can worsen over time, so be sure to report any symptoms you might have to your doctor or healthcare provider as soon as possible, no matter how mild they may seem.

You have always been there
for your mom, and now
Golden Years Care
is here for you



Medicaid/J.A.C.C. Covered Service

Call Us Today For A Tour or Info!
(732) 851-6640

www.GoldenYearsCareNJ.com

- Medical Appointment Transportation
- Around-the-clock attention
- Physical & Occupational Therapy In House
- Free Door-to-Door Transportation
- Delicious Food Options
(Spanish, Russian, Italian & more)
- Onsite & Offsite Activities: (Ping Pong, Zumba, Shopping Excursions, Museums, Crafts, Trips to the Shore and much more)
- Onsite Hairdresser

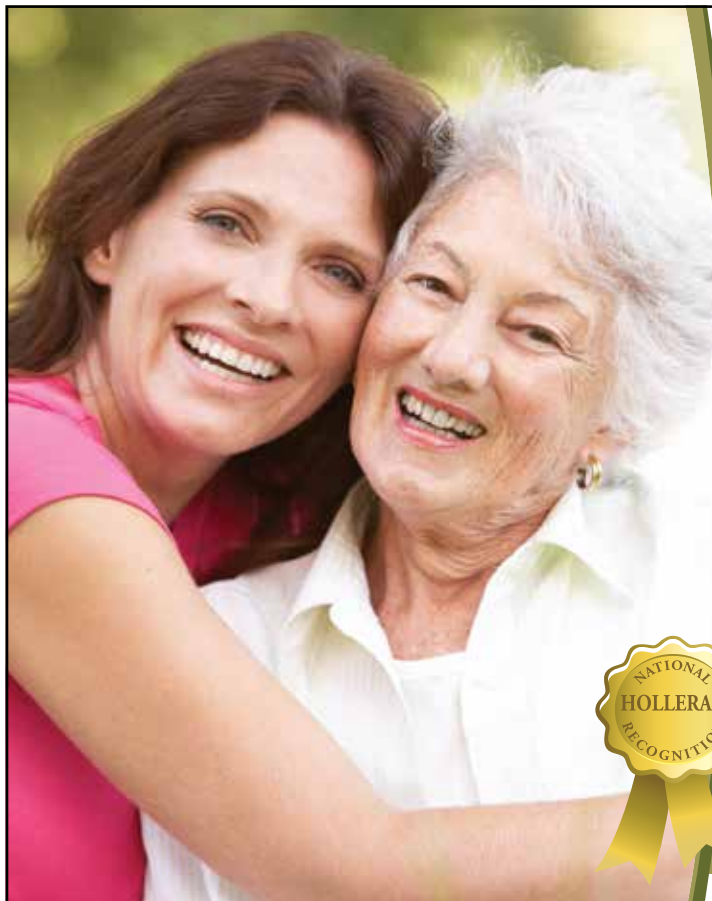
Serving Monmouth, Middlesex & Ocean Residents

Conveniently off Rt 33 and NJ Turnpike Exit 8

108 Woodward Rd.

Manalapan, New Jersey

**If your loved one needs care during
the day, trust Golden Years Care
to put them in good hands!**



Life's Good Here! Monmouth Crossing Award-Winning Assisted Living

The comforts of home. An active social life. Around-the-clock care and support. It's the best of all worlds. A great life for your loved one. Peace of mind for you. That's the magic of Monmouth Crossing—a charming community, filled with friends and laughter, countless activities, and a staff that considers every resident a part of their extended family. Yes, you can breathe a sigh of relief. This is assisted living at its best!

Get in touch:
732.303.8600

Get informed:
monmouthcrossing.com



Monmouth Crossing
Assisted Living

CentraState Healthcare System
560 Iron Bridge Rd. • Freehold, NJ



**ADVANCED
STANDING**

Visit centrastate.com/Monmouth-Crossing
to view our video tour.

ANNUAL OPEN ENROLLMENT

October 15th-December 7th

TIME FOR PLAN REVIEW AND CHANGES

ARE YOU PREPARED FOR THE UNEXPECTED?

**Medicare Solutions • Long Term Care
Life Insurance • Dental, Vision & Travel Insurance • Retirement
Planning Solutions • Lifetime Income Solutions**



**"I can help you find
the best plan for your needs."**

Phoebe Shagan RN, CCM

Independent Licensed Insurance Agent

Working for you, not the insurance company



732-784-7017

phoebe@reliablehealth.net
<http://www.rhsinsurance.com>

LICENSED IN MOST STATES

*Not connected with or endorsed by the United States
government or the federal Medicare program.*



The Community That Treats You Like FAMILY!

- Assisted Living • Memory Care • Respite Care
- 24-hour Nursing - Bed & Breakfast Style Fine Dining
- Complimentary Transportation- Exquisite Suites
- Vibrant Life Enrichment & Social Programs

Schedule Your Complimentary Lunch & Tour Today!

BEAR CREEK ASSISTED LIVING
 291 Village Road East
 West Windsor, NJ 08550
 609.918.1075
www.bearcreekassistedliving.com





GUNTHER

Publishing Enterprises, Inc.

Get To Know Our Publications





CALL FOR A FREE MARKETING REVIEW

732.995.3456

info@guntherpublications.com

www.GuntherPublications.com

We've Got Your Business Marketing Covered!
 In Print, Direct Mail, Online, Social Media & more

Thinking of Moving Closer to Your Grandkids?

If you're thinking of relocating to be closer to the grandkids, you're not alone. These days, families are more geographically separate than ever before and it's not unusual for adult children to settle a significant distance away from their parents.

It's natural to want to live closer to your grandchildren, but there are a few things you should consider before deciding to make the move.

Is your adult child really committed to staying where they are now? Have they bought a house and are their kids established in the school system? Do they or their spouse have a job that requires periodic relocations? You don't want to uproot your entire life to be closer to them, only to have them move again in a few years.

This may not be the case for every family. But for many adult children, a parent relocating to the area could be an ideal source of free childcare. Are you willing to make this commitment?

If you've chosen your retirement area carefully only to be tempted to move elsewhere to be close to the grandkids, consider how this will affect your financial picture. What is the tax situation, real estate prices, and cost of living like for retirees?

If you're retired and in good health, having access to good healthcare may not be as important now but as you age, it will become more so.

Consider how good the new location would be as a retirement spot with access to fun activities and amenities, health care, and a good tax situation.

Finally, be ready and willing to be independent and build your own life there, one that includes grandkids and adult children, but doesn't depend on them.



THE KEY TO A SUCCESSFUL IEP MEETING IS BEING READY



Emotion before reason

Parents of special needs children are usually aching for their child. So, by the time they get to the IEP meeting, they are already emotionally vulnerable. Try not to let your exhaustion, fears or sadness control your reason, open-mindedness and creative problem-solving capabilities.

Ignorant of options

Some IEP teams need to decide on the spot. Therefore, do your best to know what the possible resolutions may include, in advance. Ask around, gather information and request necessary documents ahead of time.

Lack of preparation

If you have a realistic vision about what lies ahead for your child, you will know what questions you need to ask well before the next major decision becomes necessary. Thus, you will want to ask for data collection and responses to your questions or concerns systematically, over the months prior to your meeting, so that you know what to ask for and what to expect when the time comes.

**We provide
Adult Day Services
For Special Needs Adults
(21 years old +)**



Medicaid/HMO/DDD

**Call Us Today
For A Tour or Info!
(732) 845-3332**

- Free Door-to-Door Transportation
- Health Evaluations
- Bi-Lingual staff
- Music & Pet Therapy
- Educational Programs to assist & encourage independence with activities of daily living
- Social Activities
- Fabulous food and menu options
- Recreation, Exercise, Trips to Museums, Stores, Crafts and more...

Serving Monmouth, Middlesex & Ocean Residents
**20 1-A Jackson Street
Freehold, New Jersey**

**We Offer Something Special Nowhere Else Found
In CNJ For Your Loved One!**

Active Day Adult Services

5 Recommended Toys and Games for Kids with Special Needs



1. Blocks, Legos, and similar building toys: Basic blocks and other building toys are incredibly versatile and can grow with your child. These basic toys are ideal for building symbolic play skills and social collaboration—especially when you play with your child.

2. Bounce toys: Kids with sensory issues love to bounce. Bounce balls with handles are a great choice. Mini-trampolines with handles are also great. Not only are these toys fun, but they can also be used as rewards for great behavior.



3. Swings and slides: You can buy very expensive "sensory" swings, or get a good, low-cost swing at your local toy store or online. If you're not sure your child is ready to balance properly, buy a swing that has a belt.



4. Water toys: Anything that uses water and soap can be great fun, interactive, and engaging for a child with special needs. Try a variety of options, from Slip-n-Slides to interactive sprinklers to wind-up submarines and boat. Squirt toys are great too!



5. Puzzles: Puzzles are the ideal choice if your child prefers more sedentary activities. Puzzles can grow in difficulty with your child's abilities and offer new challenges. They are fun to do together and it's easy to have puzzles made with any image you choose. Why not choose a family photograph or character that your child already loves!

HERO MOMS AND DADS

By: Stefanie Hilarczyk

We all imagine a world where everyone can fit in. A world where the 'different' walks passed without looks or stares of pity. There's a group of parents who literally will move heaven and earth for their children. These parents are what I like to call 'hero moms' or 'warrior moms.' I only know this because I too walk among this fine; often forgotten crowd. Our sons and daughters give us these righteous names with the determination to get the impossible done.

We warrior moms are usually consumed with paperwork, medication schedules, list of reminders, equipment, specialist visits, insurance company phone calls etc.; the list for this group of mothers is endless. Warriors because

we go into battle an infinite amount of times for our special children. We come out often bruised and battered but always on our feet. The fire in the hearts and minds of a special needs parent is limitless. Tell us we (or most importantly our children) can't do something and you've now turned the warrior into a dragon.



That's exactly what these two groups of parents did. I can't wait to share with you what's in store for us in the future.

Right now as you read this a group of parents in Toms River are working on an outdoor wonderland for special needs children. The Kane family made an outdoor play safe area for their son in their Toms River home. When they realized that not all children like their son would be able to enjoy this safe area. The mission of making that a reality to these warrior parents was made...

Picture this..."a complex within the community for children and adults with special needs to enjoy the basic fundamentals of play: an inning or two of baseball paired with a buddy on rubberized baseball field, nine hole of miniature golf on a wheelchair accessible course, adaptive playground equipment on an all inclusive playground, a game of basketball on a rubberized court with collapsible rims, or a stroll on an art encompassed walking path surrounded by a multi sensory landscape." These words on their website paint an imagine only found in our dreams. Which is why this mission is so perfectly called Toms River Field of Dreams. Please visit their website, or facebook page. Follow this amazing family's journey and events via facebook to support this cause. <http://www.tomsriverfieldofdreams.com/>

Last but not least: A group of mothers have worked tirelessly all summer on making beaches more handicap accessible. You can find this group at beachdaysforall.org where the official statement that welcomes you is "because everyone should have the opportunity to put their toes in the sand." Often times these children are not able to get close to the water. These children are either wheelchair bound or are physically not able to walk the distance. Sadly, these parents and their children are stuck sitting close to the dunes at the top of the beaches where the temperature is so much warmer. Jessica Krill and her group of warrior mom friends have been gaining attention along the Jersey Shore this summer. Just this past July her vision started to become a reality. Seaside Park has approved a fully handicapped beach! It won't be before long that we see more of this around our beaches. To follow along and share her mission please visit her facebook page and website: <http://www.beachdaysforall.org/>

These extraordinary moms and dads have a story that needs to be heard. I'm beyond honored to have told it. We follow the shadows of our super hero children, holding the capes of only the rare and often overlooked. We forget their strength and determination are in their genes. They most certainly got that from US. We will continue to be their voice through these acts of heroism.

Raising Awareness for Mosaic Trisomy 18

(Edwards Syndrome)

By Pam Teel

Stefanie and Tim Hilarczyk of Jackson, never ever heard of the disease, Mosaic Trisomy 18, also called Edwards Syndrome, until their son Timothy was born nine years ago. Trisomy is a condition, which is caused by an error in cell division, known as meiotic disjunction. When this happens, instead of the normal pair, an extra chromosome 18 results (a triple) in the developing baby and disrupts the normal pattern of development in significant ways that can be life-threatening, even before birth. A Trisomy 18 error occurs in about 1 out of every 2500 pregnancies in the United States and 1 in 6000 live births. The numbers of total births is much higher because it includes significant numbers of stillbirths that occur in the 2nd and 3rd trimesters of pregnancy.

Unlike Down syndrome, which also is caused by an extra chromosome, the developmental issues caused by Trisomy 18 are associated with more medical complications that are more potentially life threatening in the early months and years of life. Studies have shown that only 50% of babies who are carried to term will be born alive, and baby girls will have higher rates of live birth than baby boys. At birth, intensive care admissions in Neonatal Intensive Care Units are routine for infants with Trisomy 18.

Some infants will be able to survive to be discharged from the hospital with home nursing support to assist with care by the parents. And although 10 percent or more may survive to their first birthdays, there are children with Trisomy 18 that can enjoy many years of life with their families, reaching milestones and being involved with their community. A small number of adults (usually girls) with Trisomy 18 have and are living into their twenties and thirties, although with significant developmental delays that do not allow them to live independently without full time care-giving.

Most cases of Trisomy 18 are diagnosed prenatally in the United States, as was the case with Stefanie. Her pregnancy was a tough one and Doctors immediately knew something was not right when they detected too much amniotic fluid around the baby. Stefanie and her husband went ahead with the pregnancy and determined whatever the outcome they would handle it. Regardless of whether the diagnosis is made prenatally or postnatally, the process is the same. A sample of the baby's DNA is extracted from a blood sample or other bodily cells or tissue and is cultured to examine a picture of the chromosomes, called a karyotype. A karyotype is simply a picture of a person's chromosomes. In order to get this picture, the chromosomes are isolated, stained, and examined under the microscope. Most often, this is done using the chromosomes in the white blood cells. A picture of the chromosomes is taken through the microscope. A visible extra 18th chromosome confirms a Trisomy 18 diagnosis.

Timothy was home for three months when his temperature spiked up to 106 degrees. It was then that doctors suggested that the couple set up an appointment with a geneticist. Eventually, Timothy was diagnosed with Mosaic Trisomy 18. Stefanie's son had feeding issues and had a hard time getting food down. His stomach didn't move the food fast enough and it just sat there causing him GI issues. With food behavior therapy, Timothy is now able to enjoy eating food. To date, Timothy has had five surgeries and has suffered extensive weakening in his leg muscles. He has a tough time keeping up with kids his own age.

The Hilarczyks still try to make his life as normal as possible. At nine years old, Timmy has beaten many odds. He is on a special needs hockey team and interacts well with his good friends and his sister Lorelai, though he is still behind in his emotional socialization skills. Stefanie remarked how magic always happens when he and other special needs children take to the ice. Symptoms of the disease do vary and are different with each individual case. Timothy also has calcium spots on his heart and fluid on his kidneys. He also suffers from Attention Deficit Disorder.

Problems associated with Trisomy 18 can include: Heart defects: VSD (Ventricular Septal Defect): a hole between the lower chambers, ASD (Atrial Septal Defect): a hole between the upper chambers, Coarctation of the aorta: a narrowing of the exit vessel from the heart, kidney problems, part of the intestinal tract is outside the stomach, the esophagus doesn't connect to the stomach, excess amniotic fluid, clenched hands, pocket of fluid on the brain, rocker bottom feet, delayed growth, small jaw, small head, low-set ears, strawberry-shaped head, severe developmental delays, and umbilical or inguinal hernia.

Stefanie has become an advocate for her son and the disease, speaking in schools, hospitals, dance studios, and other places. In July, she will speak at the Trisomy Registry in Baltimore, MD. She also wrote two cookbooks that can still be purchased with all proceeds going to Trisomy Research. For cookbooks email: Shilarczyk@hotmail.com

Trisomy is not heredity but unfortunately there is not a lot of research out there on the disease and no cure. Stefanie had been told by doctors that Mosaic Trisomy 18 is a disease that is incompatible with life. To help Stefanie and her family raise awareness, you can purchase a cookbook or send a donation to the Molly Brown- Molly Bear Foundation in Hightstown, NJ. The Molly Bear Foundation, named in loving memory of Molly Elizabeth Brown, who was known by friends and family as Molly Bear, provides supplemental financial support to families raising children with Trisomy 18. Mail to: PO Box 1258, Hightstown, NJ. Or <http://www.mollybear.org/>

Keep on fighting Timothy and God Bless you and your family!



Behavior Charts: Making Them Work

Having a behavior chart for your kids can help drastically improve their behavior and keep them on track to making good decisions!

- **Accentuate the positive.** Make the chart all about rewarding positive behavior, not penalizing negative. Make a big excited deal about putting points up or checking items off. Don't apply blame for items not checked. The chart is an opportunity to get extra credit for things done right.
- **Make success easy.** Don't load up the chart with big challenging things you'd like your child to do. A couple of these is fine, but make sure there are some things he or she is already doing on a regular basis, and a couple of very easy things that will always earn some points or check marks. Add one "miscellaneous" category for rewarding random acts of good behavior.
- **Give variable points.** If your child is not always able to do the items on the chart without help, then increase the number of points available for that task, and award them according to effort. For example, if your child has trouble getting dressed in the mornings, you might award three points if he does it himself, two if you just must help a little, and one if you must get him dressed but he cooperates. That way, you're able to make a positive experience out of almost any outcome.
- **Reward good school behavior.** Ask your child's teacher to send home a behavior report every day; if necessary, send in an easy form that can be checked off quickly. Award points based on performance. Make a big deal of putting those on the chart, but if your child has a bad day, don't make a big deal of not adding them. Better luck tomorrow.
- **Try less abstract variations.** If your child just doesn't "get" a chart with points or checkmarks, try putting happy faces or stickers on the chart for successful results. Or skip the chart and put pennies in a jar any time you like something your child is doing. Add beads to a string, Legos to a Lego tower, rubber bands to a rubber-band ball. Anything that involves adding on to something will work.
- **Review the chart every night.** This gives you another opportunity to provide positive feedback for jobs well done. If your child responds best to short-term rewards, you might give something like a sticker for a minimum of points earned. Or use a digital camera photo to make up some fake money with your child's picture on it, and have a daily pay-off; cash the "money" in at the end of the week for bigger rewards, or let your child use it to "buy" things throughout the week.



Madison Beggs Kicks for Kids Soccer Marathon

By Pam Teel

Madison Beggs of Howell died of cancer at the young age of 12 just a few short years ago. All who knew her knew how brave and courageous she was. She inspired others to be strong and to never give up. Madi, as she was known, had a rare and inoperable brain tumor that eventually took her life.

Her friend, Jayne McDevitt, who is now a high school senior at Howell high School, wanted to do something special in her honor to keep her memory alive and four years later she made that dream come true. Jayne launched an annual soccer tournament; a friendly soccer marathon that is played on all the fields. The tournament was open to travel and recreational soccer teams as well as anyone else who wanted to form their own team. The event also included team shirts, music, raffles, games, food, gift auctions and more.



Jayne's annual soccer tournaments, including this year, has so far has raised approximately \$130,000, with the proceeds going to pediatric cancer charities. Jayne was also recognized as Volunteer of the Year by the Frances Foundation, a Holmdel based nonprofit that has helped more than 1,000 pediatric cancer patients and their families since 2004.



The sixth annual Kicks for Kid's Tournament took place this past September at Soldiers Memorial Park. Proceeds will go to the Francis Foundation for Kids Fighting Cancer and to pediatric research at the Children's Hospital of Philadelphia. Thanks to all of the outstanding generosity from Jayne's community, there are still more donations coming in. "It was a great day for the tournament, with great weather, a great turnout, and so many smiling faces," Jayne remarked. "Every year I am blown away by the amount of people that give up their time for a day to remember my friend and all of those children who have died so young. I want to thank them all for helping us fight against childhood cancer, One kick at a Time. I know that Madi was definitely watching over and smiling down at us that day."



According to Jayne, "Madi's motto was to take things one day at a time." Jayne has many fond memories of her friend and of her fight for life. The two friends grew up playing soccer together. Jayne's soccer marathons, in her friend's honor, are helping to fight childhood cancer one kick at a time, one day at a time.

If you wish to donate, sponsor, or be a part of the next annual tournament contact Jayne at: <http://madisonbeggsk4k.wixsite.com/soccer/our-programs> - call 732-367-4084 or jmcdevitt100@gmail.com.

Keeping Families Close



RONALD McDONALD HOUSE OF CENTRAL & NORTHERN NEW JERSEY

LONG BRANCH HOUSE

131 Bath Ave., Long Branch, NJ
07740 732-222-8755

NEW BRUNSWICK HOUSE

145 Somerset St., New Brunswick, NJ
08901 732-249-1222

UPCOMING EVENTS & VOLUNTEER OPPORTUNITIES

8th ANNUAL WINE TASTING



For sponsorships or to purchase tickets go to:
www.rmh-cnj.org

Upcoming Events

- Nov. 3rd - 30th Birthday Gala Celebration at Battleground Country Club, Manalapan, NJ
- For more information on these events or to ask about volunteer opportunities for these events contact Jane Crupi, Events Coordinator at: 732-222-8755 or email Jcrupi@rmh-cnj.org

Volunteer Opportunities

- Cook a Meal for our Families
- Collect Wish List Items
- Assist with Yard Work
- Assist with Specialty Projects
 - Community Events
 - Corporate Tabling
- Assist with House Events:
 - Friends & Family BBQ
 - Holiday Party
- For more information contact: Tricia Weaver in Long Branch at 732-222-8755 or Lindsey Williams, in New Brunswick at 732-249-1222

Vehicle Donation Program



Donate a vehicle, and it will be sold at auction. The proceeds will go to Ronald McDonald House of Central & Northern New Jersey, and you may qualify for a tax deduction.

Vehicle donations help us bring families together when family is needed most.

Just call 1-855-227-7435 or visit <https://1car1difference.com>

Select Ronald McDonald House from the drop down box. Fill out the form and they will arrange for pick up and auction of your car. Make sure to direct the donation to:

RONALD MCDONALD HOUSE
OF CENTRAL & NORTHERN
NEW JERSEY

We provide a respite for thousands of families with seriously ill children while they receive care at nearby medical facilities. Our houses and family rooms offer comforting surroundings where family members can stay together during a time of uncertainty and stress. Your generosity has enabled us to support our families for the last 30 years. We thank you for providing us with the opportunity to continue our mission of "Keeping Families Close".

Follow us on social media: RMHCNJ

For information or to donate, visit www.rmh-cnj.org or email us at info@rmh-cnj.org.



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 DONT'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.

Damp Smell in Your Home? Call Jerome!

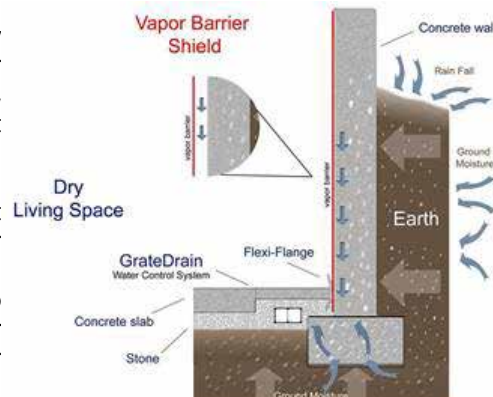
By Susan Heckler

When you walk in to your home, what do you smell? If you smell moisture in any form, that is a big stinky red flag. A damp basement can act as a breeding ground for mold, dust mites and odor causing damage.

Molds and dust mites are microscopic in size, and can easily travel through vents and tiny holes. Being exposed to these organisms for a very long time can encourage allergies (skin and nasal), as well as destroy homes structures (e.g. walls and ceilings). Odors, on the other hand, make it impossible to breathe inside your home and place you into an inhabitable circumstance.

If your basement has ever leaked or flooded, you should consider a quality basement waterproofing system. Without basement waterproofing, water problems never get better, they only get worse. Even if water leaks are uncommon, your home's air quality can be impacted and your ability to finish your basement is restricted.

If you have a crawl space or a basement, you want to seal that moisture out as it can lead to health concerns for your family. Did you know that over 40% of the air that you breathe on the first floor of the home comes from the basement or crawl space? Most builders, architects, and engineers have not designed your home to assure a dry basement. As you may have noticed, your basement walls (interior or exterior) have never been waterproofed with a rubber membrane. And, your basement floor has never been properly protected below the slab.



Select Basement Waterproofing is the leading local basement waterproofing contractor, serving NJ families with a sub-floor drainage system engineered specifically to solve basement water problems in our area. Their systems can be designed to meet the needs of any home, regardless of age or size.

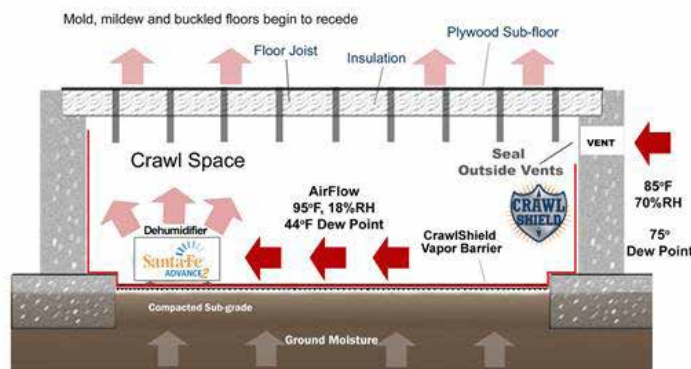
Hydrostatic pressure is caused when water pressure builds up outside a foundation. The weight of the water pushes downward until it finds the path of least resistance, and since a basement is nothing but a hole in the ground it is easy to see why it would come in through a hold, crack, small seam at the floor or wall seam. The holes and cracks need to be found and sealed, the pressure needs to be relieved, the moisture removed and kept out to avoid future moisture issues. Select Basement offers full basement water proofing solutions, French drains, foundation repairs, mold removal and remediation, sump pumps and dehumidifiers.

Basement waterproofing system

Crawl space waterproofing and encapsulation is essential to your family's health!

Crawl Space Problem Solutions:

- Crawl Space Drainage System – standing water needs to be removed
- DimpleShield Drainage Matting - assist with crawl space drainage issues
- Crawl Space Vent Covers - Most crawl spaces have been vented due to antiquated building codes, but we now know that venting a crawl space creates big problems. We have patented crawl space vent covers to repair this issue.
- CrawlShield™ Encapsulation System - completes the process of sealing the crawl space
- Crawl Space Dehumidification System - After the area is sealed, the moisture level will need to be controlled and brought down to a relative humidity below 50%, using our high-efficiency dehumidification systems.



Crawl space waterproofing system

Owner Jerome Fokas owns the most trusted crawl space repair & waterproofing company in New Jersey for over 15 years. "Our family is here for your family, to ensure the health, and protect the value of your greatest investment...your home!" They boast over 10,000 completely satisfied customers since 1991, the most Certified Waterproofing Specialist (CWS) professionals of any company in the Northeast and are fully insured.

**CONTACT JEROME AND MENTION THE MILLSTONE TIMES FOR A \$300 COUPON.
SELECT BASEMENT WATERPROOFING, 732-526-7770, YOU WILL BREATHE EASIER.**

Do You Know Why Your Electric Bill Is So High?

By: Erin Mumby

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



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

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

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

Moving one piece or a few, across town or in house, call...

The Moving Guys



Family And Corporate Movers

(732) 333-1800

240 Boundary Road, Marlboro, NJ 07746

529 Atlantic City Blvd, Beachwood NJ 08722

www.MovingGuysNJ.com | info@MovingGuysNJ.com

PACKING COUPON

1 Free Hour of Packing Labor Only

w/a 3-hour minimum, plus materials

With this coupon. Cannot be combined.
Coupon must be present at time of estimates.

BOX COUPON

5 FREE Wardrobe Boxes

with move of \$700 or more
to be brought out on day of move

With this coupon. Cannot be combined.
Coupon must be present at time of estimates.



MC# 696812 | DOT# 1967597 | NJ Lic #39PM00103100

This Publication WORKS



Mike & Diane Grieve
Shore Luxury Limousine & Trolley Co.
732-770-1126
Mike@shoreluxurylimos.com
www.shoreluxurylimos.com

"We wanted to let the Millstone area know about our newly built White Wedding Trolley and we decided to advertise with Gunther Publications. Cami was easy to work with, very attentive to our needs and what we needed to do. The ad came out perfect and we have accomplished what we set out to do."

For more information about advertising, call 732-995-3456



ROOFING-SIDING-WINDOWS

COMPLETE EXTERIOR REMODELING

Gutters &
Toppers

Roofing

Winner of
Certainteed Best
Home Exterior
Remodel
2015

Winner
Remodeling 550
2017

Siding

Shutters, Trim
& Skylights

Winner
of 2014
remodeling
BIG50

Soffits/Fascia

Porches &
Porticos

Decks

Windows
& Doors

Columns

Cultured
Stone & Stucco

Easy Financing
Available

732-577-9813

Family Owned
& Operated

www.MajesticRenovations.com | majesticexteriorsnj@gmail.com
Check out our job reviews www.guildquality.com/majesticexteriors

\$200 OFF Complete Roof
Replacement

With this ad. Not valid with other offers or prior purchases.
Offer expires December 15, 2017.

\$500 OFF Any Complete Siding
or Windows Job

With this ad. Not valid with other offers or prior purchases.
Offer expires December 15, 2017.



Visit Our Showroom

420 Rt. 34 Colts Neck, NJ

(Colts Neck Shopping Plaza)

Fully Insured • NJ Lic # 13VH03659900





Bella Vista *Country Club*

Dinner Parties & Events

Meetings & Seminars

Outdoor Dining

Golf Outings / Fundraiser



100 School Rd. East Marlboro NJ / 732.308.4600 / www.BellaVistaCC.com

What's the Etiquette?

Is texting thank you notes OK?

Old-school rules would state when you throw a party for yourself, and your friends bring you gifts, then you absolutely must write each of them a thank-you note, mentioning what that person got you and how much you will enjoy it—and it must be done in a timely manner. Usually, the time frame is within a month. However, texting a thank you is also correct. This generation has a new way of communicating, and, in these circumstances, texting would be acceptable.



How to Cook a Turkey This Thanksgiving

You'll be glad to know that cooking a turkey is actually very easy. Here's how to prepare the turkey for roasting in the oven:

1. Remove the packet of giblets from the cavity of the bird and rinse the bird inside and out. Pat dry with paper towels.
2. Tie drumsticks together with string, and brush the skin with melted butter or oil.
3. Insert a meat thermometer into the thickest part of the thigh and it should point towards the body, and should not touch the bone.
4. Place the bird on a rack in a roasting pan, and into a preheated 350 degree F.
5. Roast until the skin is a light golden color, and then cover the breast loosely with a foil tent to prevent further browning. During the last 45 minutes of baking, remove the foil tent to brown the skin. Basting is not necessary, but helps promote even browning.



MAKE YOUR NEXT EVENT FUN WITH DJ JOE KAHWATY

Children Friendly DJ Music
Interactive Games and Activities
Karaoke
Fun Prizes

Light-shows and projection systems for interactive video games
and much more!

Serving your local community and surrounding areas.

For more information go to our website,
 send us an email or call!

www.djentertainment.com • (732) 308-9629
djjoe34@gmail.com

Custom Party & Event Favors



Cookie Favors
with Custom
Messages, Graphics
or Photos!

Perfect Gifts for:

- Graduations
- Business Events
- Sweet 16
- Bridal Showers
- Baby Showers
- Bar/Bat Mitzvahs
- Weddings
- Birthdays

10% OFF

YOUR FAVOR ORDER.

COUPON CODE: F663UH3TH7B

Any Budget-Volume Discounts

www.barbarascookiepies.com

Call Direct: 732-995-0497



An IRA for retirement. A plan to get there.

At Schwab, you can get both.

Come to Schwab for clear, practical advice on choosing the IRA that's right for you, generating retirement income, balancing your retirement income against expenses, and deciding which steps to take next.



Own your tomorrow.



Rebecca A. Proske, CFP®
Independent Branch Leader
and Financial Consultant

Freehold Independent Branch

3425 Rt 9 North, Suite 101
Freehold, NJ 07728
(732) 298-6380
schwab.com/freehold

Scott Jensen **Vice President & Branch Manager** **Red Bank Branch**

70 White Street
Red Bank, NJ 07701
(732) 345-2739
schwab.com/redbank

Schwab does not provide specific individualized tax or legal advice. Where such advice is necessary or appropriate, please consult a qualified attorney, tax advisor, CPA, or investment manager.

STAY OFF YOUR CELL PHONES!

By John Bazzurro

A recent change in New Jersey Motor Vehicle Law has prompted me to write this article and advise the public of the potential pitfalls of talking on a cell phone or operating an electronic device while operating a motor vehicle within our state.

The relevant statute, N.J.S.A. 39:4-97.3 has been amended by our Legislature to increase the fines associated with such an offense and, further, provide the Municipal Court with discretion to suspend driving privileges for a period of up to 90 days for a third or subsequent offense. Further, the revised statute now provides that a third or subsequent offense will also include the imposition of three motor vehicle points. While the suspension of driving privileges and three motor vehicle points are significant for a three or more time violator, the increase in fines are also rather significant even for a first offender. The statute provides that the fine shall be between \$200.00 and \$400.00 for a first offender; between \$400.00 and \$600.00 for a second offender; and between \$600.00 and \$800.00 for a third or subsequent offense. These penalties have been significantly increased as a result of the change of this statute.

It should be noted that talking on a wireless telephone or using an "electronic communication device" by the operator of a moving vehicle on a public road or highway is a violation of the statute. This would include utilizing a smart phone for texting, emails, Internet browsing, etc. Using a "hands-free" device does not violate the statute as long as the placement of the device does not interfere with the operation of the motor vehicle or any equipment within the motor vehicle. Interestingly, an "amateur radio" is not an "electronic communication device" under the statute.

Finally, you should be aware that you may use a handheld wireless device while operating a motor vehicle as long as one hand is on the steering wheel if you are contacting emergency personnel where you feel that a criminal act is being perpetrated or you are reporting a hazardous road situation. In this instance, however, you will be required to provide cell phone records to establish that the phone call you were on was, in fact being made to emergency personnel.

In conclusion, it would not only be wise to stay off of your cell phone while operating a motor vehicle because of the penalties described above, but also due to fact that utilizing a cell phone, including texting or looking at emails, etc. while operating a motor vehicle could put your life and the lives of others in jeopardy.

Should you have any questions concerning any of the above, please feel free to contact our offices.

JOHN T. BAZZURRO, Esq.
CERTIFIED BY THE SUPREME COURT OF NEW JERSEY AS A CIVIL TRIAL ATTORNEY

LAW OFFICES OF JOHN T. BAZZURRO, LLC
200 Meco Drive, Millstone Township, New Jersey 08535
Phone (732) 410-5350 Fax (732) 810-0006

LAW OFFICES OF
JOHN T. BAZZURRO
LLC



LARGE FIRM REPRESENTATION WITH PERSONAL ATTENTION

AREAS OF PRACTICE:

- Personal Injury
- Motor Vehicle Accidents
- Nursing Home Neglect
- Wills
- Municipal Court Practice, Including Defense of DWI, Traffic Tickets and Non-Indictable Offenses
- Workers Compensation
- General Civil Litigation
- Employment Law
- Residential and Commercial Real Estate Transactions

Certified by the Supreme Court of New Jersey as a Civil Trial Attorney
Member of New Jersey and New York Bars

David P. Levine, Esq. Of Counsel to the Firm

200 Meco Drive, Millstone Twp., NJ

Email: jtbazzurro@bazzurrolaw.com

732-410-5350 • www.bazzurrolaw.com

GREAT MORTGAGE RATES!

PURCHASE OR REFINANCE CONVENTIONAL MORTGAGE

— 10 Year —		— 15 Year —		— 30 Year —	
2.75%	2.81%	2.99%	3.03%	3.75%	3.78%
Interest Rate	APR	Interest Rate	APR	Interest Rate	APR
\$9.54 per thousand		\$6.90 per thousand		\$4.63 per thousand	

ALL CONVENTIONAL MORTGAGES: First lien primary residence up to 80% of the appraised value. Additional conditions may apply. Application fee \$450. Payments noted above include principal and interest only. It does not include amounts for taxes and insurance premiums, if applicable. For tax deductibility, please see your tax advisor. Rates are subject to change without notice.

HOME EQUITY LINE OF CREDIT

3.74%* APR 10 YEAR TERM INTEREST ONLY

An open-ended revolving line of credit can be used for any purpose including home improvements, college tuition and to have available for unexpected expenses. This loan is secured by the equity in your home.

- Prime minus .51% for the life of the loan**
- Financing up to 70% of the property value
- Line amounts up to \$500,000 owner-occupied primary residence only • Minimum line amount of \$50,000.

*The Annual Percentage Rate (APR) for this Home Equity Line of Credit is variable based on the highest domestic prime rate published in the Wall Street Journal. The Prime rate as of June 15, 2017 was 4.25%. Call for current rates. Minimum line amount is \$50,000.00. Maximum line amount is \$500,000.00. LTV not to exceed 70% of the appraised value. 1 to 4 family owner occupied primary residences only. Consult a tax advisor regarding the tax deductibility of interest. Maximum possible APR is 18%. Property insurance is required which includes, as required, flood insurance. New Lines Only. Eligibility requirements, terms, conditions and exclusions apply.

**In order to qualify for the Prime minus .51% rate, auto debit from FSB account is required. Without auto debit the rate will be prime plus 1.00%. Subject to credit approval. There is a \$500.00 penalty for early termination before 24 months.

We Also Offer Commercial Real Estate Loans.
Please Call For Details. 732-462-6700



FREEHOLD
SAVINGS BANK

Experience You Can Bank On



68 West Main Street • 3649 Route 9 North, Freehold, NJ 07728

freeholdsbank.com



Don't Fall Behind on Fall Chores Part 1

Preventative maintenance now can save costly headaches come winter. Once the winter freeze-thaw cycle kicks in, outdoor chores are harder to accomplish. Get them out of the way now instead of later.

Leaf Relief- Use your law mower's Mulching Mode, making a few passes to grind fall leaves small enough where they can decay. Down leaves can kill grass over time, especially when they're matted down by snow. Leaf piles can attract rodents and end up back on your front lawn with the breeze. Leaf bags means work, cost, and waste.

Roof Leaks can damage the wood sheathing and rafters below your shingles, eventually leading to your sheet rock and home interior...thus thousands of dollars in repairs. You can use binoculars to spot cracked, curled, or missing shingles safely from the ground and hire a roofing pro to check flashing around chimneys, skylights, and roof valleys for leaks, and the rubber boots near vents for cracks that can let moisture seep in.

Gutter Clogs should be cleared of leaves, pine needles, and other debris so water spills over the side, pool around your home's foundation, and seep inside. Water that freezes in gutters can force snow and ice into roof shingles, called ice damming, causing damage and leaks. They sell gutter-guard systems to keep debris out and water in. Make sure that gutter drains extend 5 feet from the house and that soil slopes away from the foundation 1 inch per foot for 6 feet or more or you will end up with water in your basement.

Close Your Hoses for the winter, shut off inside valves that control water flow to hose spigots. Open the spigots to drain any leftover water in pipes and hoses as well as drain water from supply lines for water sprinklers and pools, and shut off inside valves that control them. Make sure your pipes are insulated in unheated areas.



Checking WITH INTEREST

NO STRINGS ATTACHED

- No Service Charges
- No Minimum Balance
- Unlimited Check Writing



Celebrating 15 Years...
IN OUR COMMUNITY!



1 Edinburg Road
Mercerville, NJ
609-269-1616

2265 Route #33
Hamilton Square, NJ
609-269-1619

grandbk.com

* Interest bearing account. No minimum to open account. No qualifications. No minimum balance required to earn .75% Annual Percentage Yield. Accurate as of 05/25/2017. Rate guaranteed through May 31, 2018, after which rate may change without notice. No advance fees. Unlimited Check writing. No minimum usage levels. Personal accounts only.





Coach's Corner

By Jill Garaffa

Conquering Holiday Food Cravings

Dear Jill,

This time of year is such a challenge to stay focused with all of the tempting food all over the place. What suggestions can you offer to help overcome the temptations and not overindulge over the holiday season?

Signed, C.K. in Manalapan

Dear C.K.,

Great question! Most people can relate to the challenge of food temptations around the holiday season. Everyone from elite athletes to couch potatoes has experienced the vast assortment of savory and sweet food temptations around the holidays. If you want to stay focused, I do have a few tips that I not only recommend to clients, but use myself from now to January 1st to get through the holiday season with minimal damage!

The first tip: change your mindset: We tend to relate to "the holidays" as a 6 week long endless encounter with continuous food temptations at every corner. It may feel like this, but the truth is: "the holidays" are actually only a handful of specific days, depending on the holidays you celebrate: the actual days of Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, New Years Day and Hanukah. Even with the extra parties in between, it's just a few meals we are dealing with—not every day, all day long. Shifting your perspective will help keep things in balance on the days and meals you can—which is most of them.

Second tip: Set boundaries. Decide for yourself ahead of time when you will give yourself permission to indulge and what time frames and situations are off-limits. For example: if you work in an environment where there is a constant supply of holiday treats you may set a boundary for yourself that you will not eat sugar/treats during work hours, but you can enjoy treats in the evenings or weekends. Or, you will allow yourself one single treat per day, but no more than one. If you are attending a holiday party, a boundary may be to only use one plate—you can enjoy all the food you like as long as it fits on one plate (no seconds). Ask yourself, "Where can I put structure around my food intake that would allow me to enjoy myself but still feel a sense of control over my eating?"

Last tip: Take extra good care of yourself: The holiday season naturally comes with extra stress. When we are under too much stress, our brains switch over to into 'survival mode'. This usually looks like craving more sugar & comfort food while simultaneously conserving energy by avoiding exercise. This sets up a vicious cycle of falling prey to every opportunity to indulge because our defenses are down and we are exhausted. Be proactive to take extra good care of yourself. Sleep resets the brain, so does relaxation and rest, so be sure to take some time to nurture your soul by having some scheduled "down time" over the next several weeks. It will help curb cravings and give you extra energy to exercise which can regulate our appetite.

Life coaching is a process to help you discover your own answers to your challenging life situations. For more information, visit www.seedsofchange coaching.com or call 732-859-6962

Wishing you peace, power and purpose this holiday season!

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 or call 732-859-6962.

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

Should I Get My Kid a Mobile Phone This Holiday?

What age is appropriate for a kid to have a mobile phone? That's something for you and your family to decide. Consider your child's age, personality, and maturity, and your family's circumstances. Is your child responsible enough to follow rules set by you and the school?

When you decide your children are ready for a mobile phone, teach them to think about safety and responsibility.



Everyone pays tax...

JUST PAY LESS!



Kenneth R. Deitz

Certified Public Accountant

THERE HAS NEVER BEEN A MORE COMPELLING TIME FOR YOU TO SEEK PROFESSIONAL TAX ADVICE TO ENSURE YOU ARE RECEIVING EVERY POSSIBLE TAX BENEFIT YOU ARE ENTITLED TO AND ARE PAYING THE ABSOLUTE LEAST POSSIBLE TAX!

MAJOR CHANGES IN THE TAX LAWS MAY IMPACT YOU

LACK OF PROPER ADVICE CAN COST YOU HUNDREDS, EVEN THOUSANDS OF DOLLARS OF TAXES!

USE YOUR COMMON "CENTS" AND CALL TO SETUP AN APPOINTMENT: DAYS, EVENINGS & WEEKENDS ARE AVAILABLE! AT YOUR HOME OR OUR OFFICE, AT YOUR CONVENIENCE!

Serving Middlesex and Monmouth Counties

Phone: (732) 780-3665 or (908) 415-8367

Fax: (732) 780-4402

email: deitzfreeholdcpa@gmail.com • www.kendeitzcpa.com

Authorized IRS E-File Provider • Major credit cards are accepted



Envision Permanent Makeup

by Sandy Marinko, *Micro Pigmentation Specialist*
Now offering 3D Eyebrow

**If You Would Love These Eyebrows
I Would Love Helping You Have Them,
Or I Can Create Eyebrows Especially For You!**



Microblading

Microblading is a semi-permanent makeup procedure that allows you to dramatically correct or fully reconstruct lost eyebrow. It was first introduced in Asia. Eyebrow Microblading is performed by manually depositing pigment in the basal layer of the epidermis by a special pen. It does not involve the use of a machine. Unlike permanent makeup brow treatments, Microblading techniques involves drawing individual, crisp hair strokes that are more natural looking than tattooing, brow pencil or powders.

The blade of a Microblading pen contains numerous pins that are 3 times thinner than the needles used in tattooing. When performed correctly, this procedure is almost painless. We use a very effective numbing solution to limit discomfort.

**For a FREE Consultation Call
Sandy Marinko
732-547-0643 (days)
or 732-780-0216 (evenings)
www.EnvisionMakeup.com
500 Route 33 West
Millstone, New Jersey 08535**

What A Dad Fears When a First Child Is on Its Way

It is completely normal to be a little freaked out becoming a first-time dad. Here is a list of the 3 biggest new-daddy fears and some things you can do to ease the pressure.

FEAR #1: "Will I do everything right?"

It's okay to be clueless and scared. It is a very common feeling that many new dads feel. Practice makes perfect and asking questions and reading about what you will experience is a sure way to ease the worry.

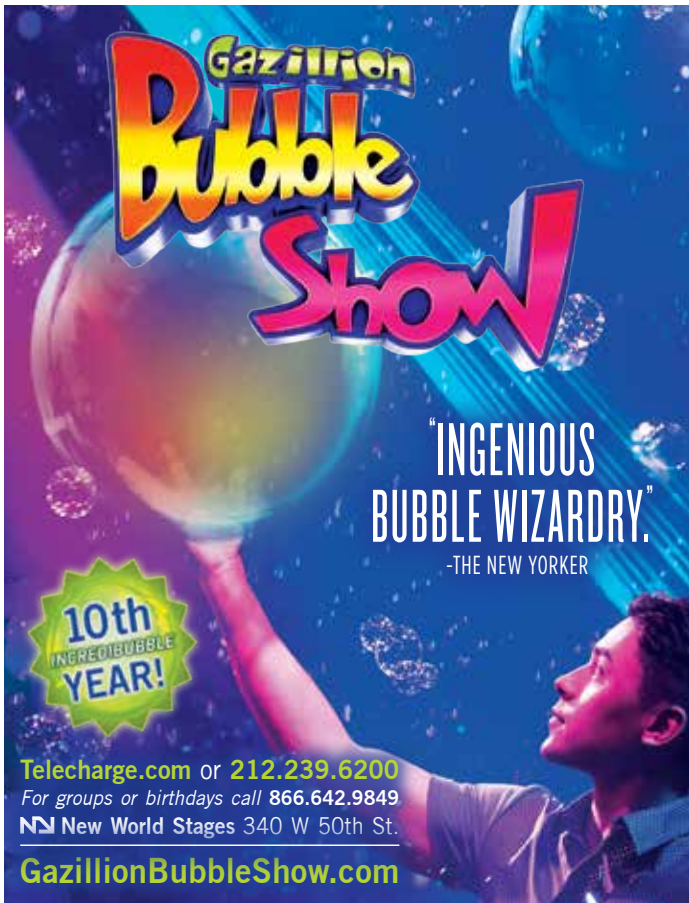
FEAR #2: "Will I be able to properly provide for my family?"

This too is a common feeling among men expecting their first child. Suggest a new household budget that includes baby expenses and college planning. Having your finances laid out before the baby arrives is important.

FEAR #3: "What if my baby is not healthy?"

As a parent, worrying starts in the womb. It is important to talk to your caregiver as well as your partner about what is recommended and follow a healthy lifestyle and diet. Communicating with your caregiver on a regular basis can get those fears under control a bit.





**Gazillion
Bubble
Show**

"INGENIOUS
BUBBLE WIZARDRY."
-THE NEW YORKER

**10th
INCRECIBUBBLE
YEAR!**

Telecharge.com or 212.239.6200
For groups or birthdays call 866.642.9849
New World Stages 340 W 50th St.
GazillionBubbleShow.com

OUTSIDE SALES REPRESENTATIVE POSITIONS

If you are Hardworking, Ambitious, Ethical,
and have a Positive Attitude, **WE WANT YOU!**



Gunther Publishing offers exceptional
career paths and long term opportunities.

- VERY HIGH EARNING POTENTIAL
- BEST in MARKET COMMISSION and BONUSES
- No Commute/No Office Hours

Work From Home – FT or PT
WORK-LIFE BALANCE GUARANTEED

Advertising Sales EXPERIENCE NECESSARY

Please contact: TMFT@optonline.net or (732) 995-3456



A GREAT TEAM TO WORK WITH!

Targeted Publications That Get Results

**The LAURIE
BERKNER
BAND**

**SUNDAY
DECEMBER 3RD
ON SALE NOW!**

**iPlay
America**
GET INSIDE THE FUN!

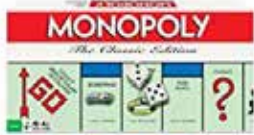


iPlayAmerica.com/Events | Freehold, NJ | 732.577.8200

LOOKING FOR A WAY TO MAKE LEARNING ABOUT MONEY FUN?

A family board game might be the perfect solution.

Help your child learn about money management while having a great time. Here are some game suggestions for children ages 8 and up.



MONOPOLY: Buy and sell properties, build houses, and collect rent. Monopoly is a great money game for kids learning how to count money and make decisions. It's also an introduction to the concept of investments and long-term payoffs. Play the classic Monopoly with paper money or the newer Monopoly with Electronic Banking.

GAME OF LIFE:

Make decisions about your career and other life moves in the Game of Life. As you move through the game board, you may find yourself getting married, having children, getting or losing a job and more. You'll also have the option to purchase insurance.



PAYDAY:

In Payday, kids learn to have a job, lend money, pay bills, earn interest, and deal with unexpected expenses. The board is set up like 31-one-day calendar and as you move through the month, players may encounter bills for outstanding loans or a sudden expense. This game opens the possibility of discussions about "what if" scenarios in life.



FREEHOLD
Smiles
Family, Laser & Cosmetic Dentistry

Dr. Rochelle Heller is a different kind of dentist. Gentle, patient and caring, she takes the time to provide the best care possible. She is also well regarded by her patients for her thoroughness. Rather than being rushed, you know that she is there to serve your needs.

- Trusted, Comfortable & Caring Dentistry
- Digital X-Rays (Less Radiation)
- Sedation Dentistry Available
- All Insurance Welcome & Maximized
- 0% Financing Available



122 Professional View Drive · Bldg. 100
Freehold, NJ 07728

(for GPS use 1101 W. Main Street – 1/4 Mile W. of Centra State Hospital)

Phone: 732-625-9600

Fax: 732-625-9800

\$199

NEW PATIENT SPECIAL

includes, cleaning, exam, x-rays
FULL VALUE AT \$395

FREE

2ND OPINION CONSULTATION

FULL VALUE AT \$99

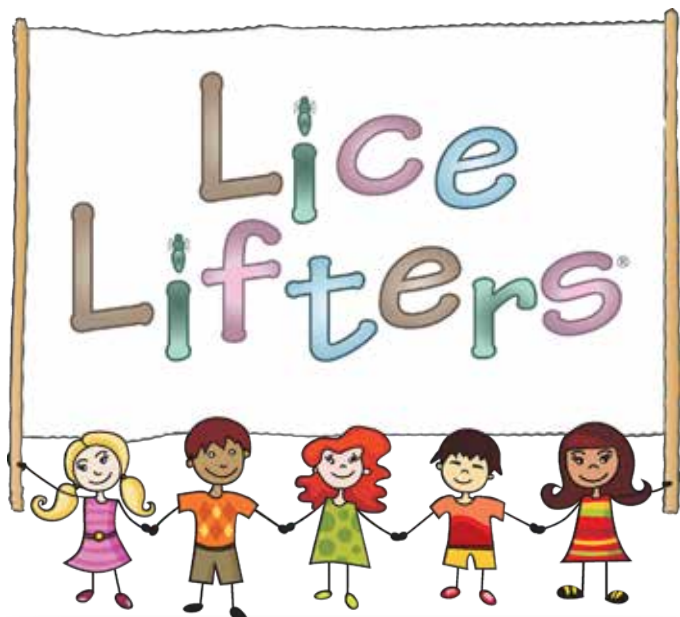
FREE

CUSTOM WHITENING TRAY

with completed restorative treatment
restrictions apply
FULL VALUE AT \$495



www.freeholdfamilydentistry.com



One Quick Treatment.

DONE!

- **100% guaranteed**
- **Non-toxic and pesticide free**
- **Safe and Natural**
- **Certified Lice Removal Technicians**
- **Through the Lice Lifters® Process, our customers see 99.9% success rates removing and treating lice in one treatment in our Lice Treatment Clinics.**
- **One treatment and done.** No messy home intrusion - our salons are state of the art and we can treat the whole family at once.



GOT LICE?

Or know someone who does?

Mention this ad
and receive

\$5.00 OFF
a head check

**Lice Lifters
Central Jersey**
609-508-1803
168 White Horse Ave.
Hamilton, NJ 08610
www.LiceLiftersCentralJersey.com

**Lice Lifters
of Ocean County**
848-238-7331
77 Route 37 W.
Toms River, NJ 08755
www.LiceLiftersOceanCounty.com

Enjoy free meals for your kids with these New Jersey restaurants.

These Central New Jersey restaurants offer a 'kids eat free' or 'kids eat-cheap' deal at least one day a week.

Note: Participation is subject to change at any time. Please call the restaurant ahead of time to confirm that the deal has not changed.

Mondays

Joe's Crab Shack (Lawrenceville & Eatontown NJ)
All Seasons Diner (Freehold, NJ)
Arirang Hibachi Steakhouse & Sushi Bar (Old Bridge, NJ)

Tuesdays

Red Oak Diner (Hazlet, NJ)
Pizzeria Uno (Hamilton, NJ)
Famous Dave's BBQ (Brick, NJ)

Wednesdays

Buffalo Wild Wings (Woodbridge, NJ)
If your family loves wings, drop by Buffalo Wild Wings on Tuesday night for free kids meal.
Rosalita's (Englishtown, NJ)
Moe's (East Windsor, NJ)

Thursdays

Brother Jimmy's BBQ (New Brunswick, NJ)
IHOP (Morganville, NJ)

Fridays

Chubby Pickle (Highlands, NJ)
IHOP (Hamilton, NJ)
Perkins (Keyport, NJ)

Saturdays

Hooters (Princeton, NJ)
Tuscan House (Toms River, NJ)

Sundays

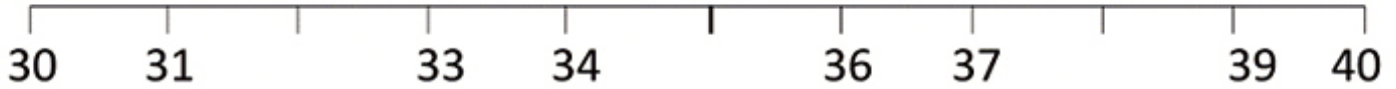
Court Jester (Freehold, NJ)
Brass Rail (Matawan, NJ)
Willie McBride's Irish Pub & Restaurant (Branchburg, NJ)

Number Lines to 100

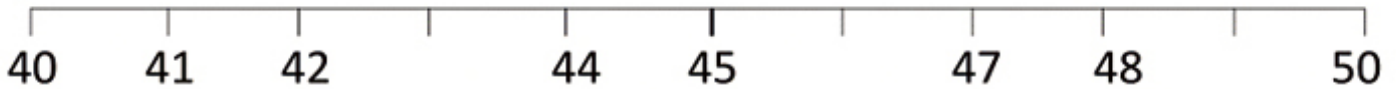
Write in the missing numbers on the number lines.



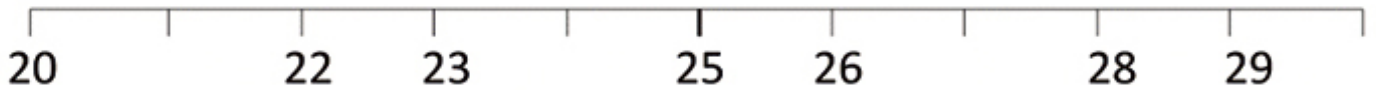
1)



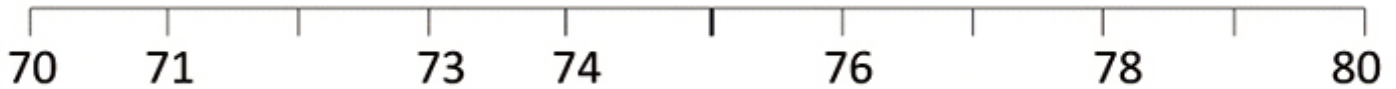
2)



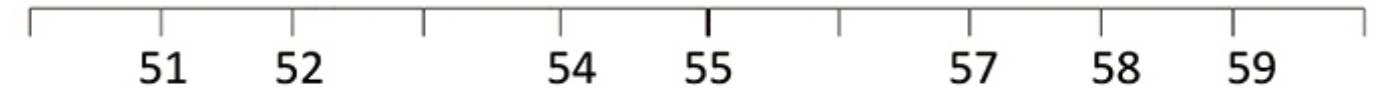
3)



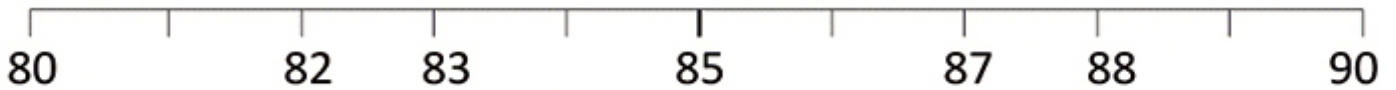
4)

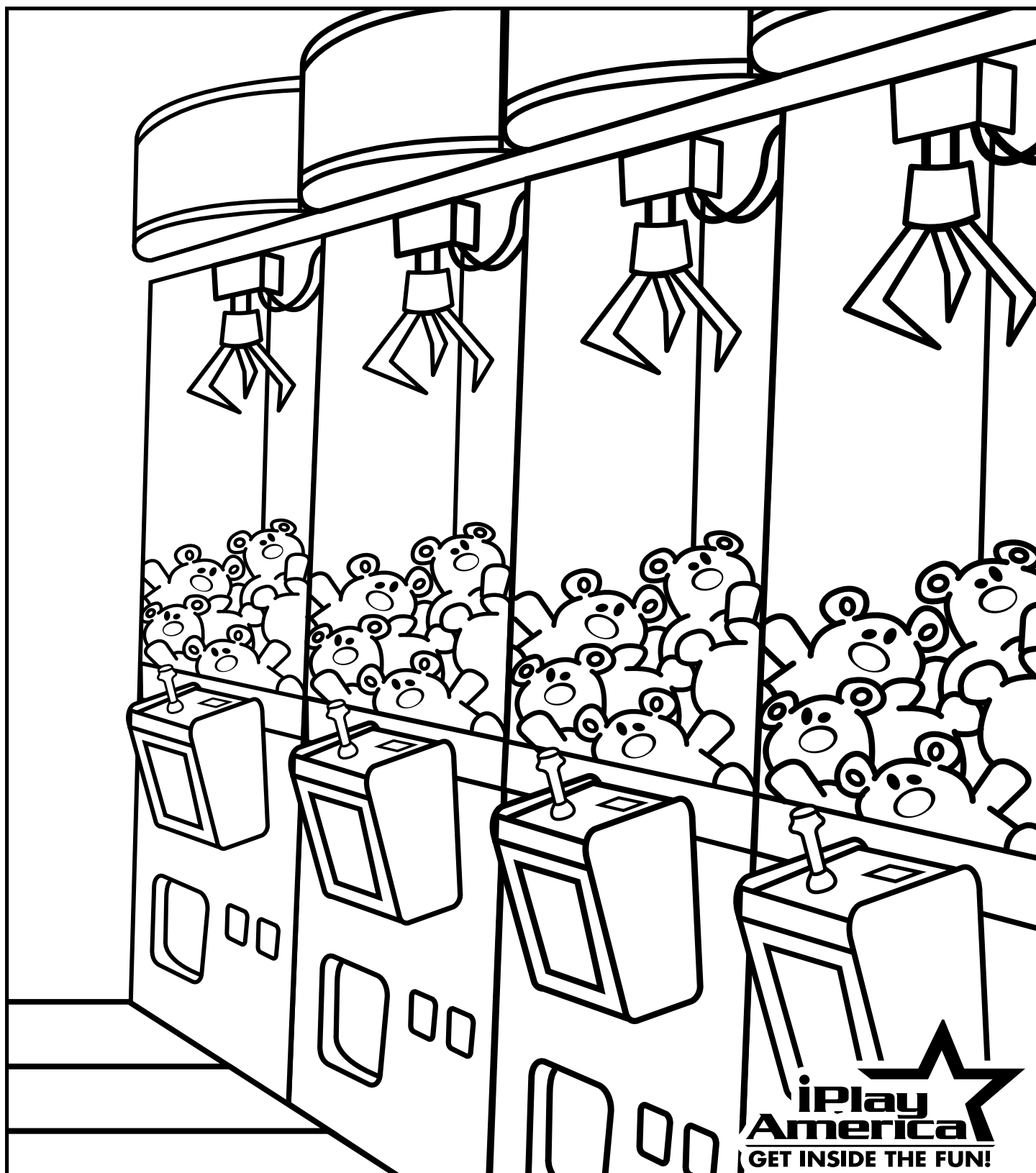


5)



6)





Color Our Games by yourself and you'll be entered
to **WIN** a Family Four Pack of Ride Bands.

Please mail or drop off submissions to iPlay America at 110 Schanck Road, Freehold NJ 07728 C/O: Promotions

JUMBLLED WORDS

The letters of the words below are jumbled. Figure out what the word is and write it on the blank line provided.

1. LDYA _____ 2. HCIDT _____

3. WORTH _____ 4. SECAEP _____

5. IDHERCLN _____ 6. EOHRTN _____

7. VERAC _____ 8. SMRTO _____

9. ONPD _____ 10. EFILD _____

CLUES

- | | |
|---|---|
| 1. A polite woman. | 6. A seat for a king. |
| 2. A trench. | 7. To form a solid material by cutting. |
| 3. To propel ball from hand with arm with forward motion. | 8. Heavy rain and thunder. |
| 4. To get away. | 9. A body of water smaller than a lake. |
| 5. Young people. | 10. An open clearing. |

Answers

1. LDYA LADY
2. HCIDT HOT
3. WORTH
4. SECAEP ESCAPE
5. IDHERCLN CHILDREN
6. EOHRTN THORN
7. VERAC CRACK
8. SMRTO STORM
9. ONPD POND
10. EFILD FIELD

The letters of the words below are jumbled. Figure out what the word is and write it on the blank line provided.

AMAZING[®]

Starts Here.



Curiosity-Launching Learning Experiences

Kiddie Academy has the teachers, tools and inspiration it takes to nurture oversized confidence and big ideas. It's all part of becoming an amazing adult, and begins with our *Life Essentials*® philosophy.



CURRICULUM



TECHNOLOGY



HEALTH &
FITNESS



CHARACTER

Kiddie Academy® of Brick
920 Cedar Bridge Avenue
Brick, NJ 08723
(732) 262-3600
kiddieacademy.com/brick

*Schedule a tour and receive a FREE \$20.00 GIFT CARD
to Jack and Mike's Brickhouse Restaurant!*

New customers only. Not redeemable for cash. One offer per child.
Participating locations only. Call academy for details. Offer expires
9/30/2017.

The Magic Of Christmas!

NJ's Premier Christmas Specialty Store

100s of life-like 1ft to 20ft Christmas Trees, Wreaths, Lighting Sets, 1000s of Tree Ornaments, Outdoor Inflatables, Stockings, Beautiful Collectable Tree Toppers, Hanukkah Decorations, Tree Skirts, Nativities, and so much more.



10% OFF

ENTIRE PURCHASE

IMPORTANT NOTICE: 10% off discount is only applicable to in-stock Christmas merchandise. 10% off discount is taken off original price of item. Items that are display, as is or have been previously discounted are excluded from this offer. Price does not include tax. Prior purchases are excluded. 10% off discount cannot be combined with any other percentage discounts, promotions, offers, and/or coupons. Coupon applies to only one qualifying transaction and cannot be used on multiple transactions. Coupon must be presented at time of purchase and no adjustments will be made for absent coupons after the transaction has been completed. Price adjustments on previous purchases are excluded. Limit of one coupon per household, per group, and per family. This promotion applies to in-store purchases only. This coupon has no cash value. COUPON IS VALID FROM NOVEMBER 1, 2017 – NOVEMBER 30, 2017.

FT10%OFF



SEASONAL WORLD
CHRISTMAS STORE

609.259.8330

532 Monmouth Road Clarksburg, NJ 08510
Open 7 Days • Located Near Six Flags Great Adventure