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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.

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WHAT'S HAPPENING

Calendar of Events continued..

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

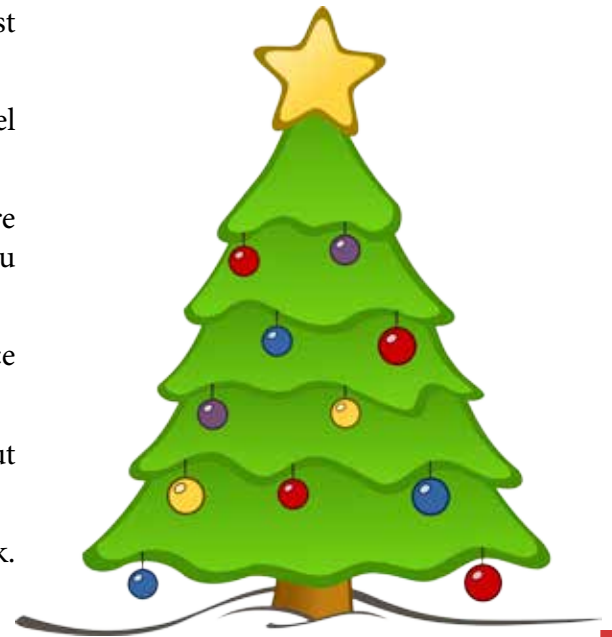
December 6- Holiday Model Train Show @ Woodbridge. This show features displays of dozens of model train projects, but this time with a touch of Christmas spirit.

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.





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The Millstone Times STUDENT OF THE MONTH

By Pam Teel

Eleven year old, Rachel Glantzberg is in the sixth grade at the Millstone Township Middle School. Rachel loves to participate in band where she plays the flute. She also likes seeing her friends and spending some time with them in school.

Rachel's favorite subjects are history and science. In her science class, she likes to experiment and do projects. History class is where she loves learning about the past.

Rachel keeps up her good grades and studies hard in school.

Her favorite books are Harry Potter and the Hunger Games.

Her favorite TV show is The Great Food Truck Race.

Her hobbies include: reading, playing the flute and piano, and climbing up in places that she is not supposed to.

Rachel has a few places that she likes to visit. Those places are New York City, Las Vegas, LA, and Europe. She likes the tall buildings in NY and she loves the beach in California. She loves all the lights on the Vegas strip and loves France the best because of its great food.

Rachel lives with her mom and dad, eight-year-old brother Max, and the outside cat Larry. Rachel also loves to be around her grandparents, who are with her a lot.

Rachel's favorite holiday is Halloween. She loves to dress up.

Her favorite sports and activities in school are field hockey and softball.

Her favorite food to eat is sushi.

Rachel is in the band in school. She is also part of the student librarians of Millstone and she is in the History Club.

Rachel would like to one day become a lawyer or chemist.

If she had one wish- she would want to be queen and rule the world!

Keep up the great work that you do in school Rachel, and stay the sweet young lady that you are!!!!

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



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.*



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 barbequed 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.



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Jeff Carpenter is a Reiki Master Teacher, psychic, and spirit medium who founded Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for these events; please email dimensionsreiki@gmail.com or call 832-832-1036 to register. Register online at <http://dimensionsreiki.com/calendar>.

The Logic of Catchphrases & Slogans The Nike Swoosh

By Pam Teel



The Nike Swoosh: It is one of the most recognizable logos in the world. You might imagine that an image so iconic would have been designed by an important advertising or branding firm that was paid millions to come up with the advertising scheme. But you'd be wrong if you thought that. In reality, the Nike Swoosh was designed by graphic designer Carolyn Davidson in 1971. Her invoice total for this important piece of design history was a mere \$35.

In 1971, Carolyn Davidson was a graphic design student at Portland State University. In 1969, she met Phil Knight, then-assistant professor at PSU who would go on to found Blue Ribbon Sports, and, in turn, Nike. Knight knew Davidson was in search of extra funds to take oil painting classes, so he asked Davidson to help him out on some projects at a rate of \$2 an hour.

Once Knight came up with the idea to strike out on his own and create his own brand of athletic shoes, he asked Davidson to help him come up with a stripe—or an image that could go on the side of the shoe—as a side job. Davidson came up with the Nike Swoosh, a check mark shape that is fluid and indicates movement and speed. The image also resembles a wing and hinted at the brand name, Nike, named after the Greek goddess of victory. After some work on the logo, Davidson then handed the design over to Knight for a mere \$35.

Knight launched his athletic shoe brand with the swoosh on the side (despite initially saying he didn't love the logo), and it has since become one of the most famous athletic shoe and gear brands of all time. Davidson continued to design for Nike until 1975. Once she graduated from school, Davidson decided to work from home as a freelance designer, which she continued to do for about 30 years.

Davidson maintains that she doesn't know how long she worked on the Nike Swoosh, but that she only charged Knight for 17.5 hours of work—which ended up in a \$35 paycheck. While she didn't profit immediately from her work on the Swoosh, the designer was eventually celebrated by the company when they threw a party in her honor. She was also given a generous amount of stock in the company (estimated to be worth upwards of \$1,000,000), as well as a diamond and gold ring featuring the Swoosh design. Not bad for 17.5 hours of work!!!!!!

Let's Show Some Love

By Nicole Iuzzolino

November is National Care Giver's Month



The definition of a caregiver is quite simple: it is one who provides care for another individual. Care.com states that, "... more than 45 million unpaid family members, and another 2.6 million paid professionals" take on this role. Caregivers do a plethora of different things such as help with personal care, medical care, household help and companionship. While the role as a caregiver does not seem that hard, in reality it is quite strenuous and any small task has to be done properly. These individuals deserve massive love and appreciation for all the time and hard work they put in every day.

Caregivers do lots of tasks on an everyday basis. One of the most common tasks is to assist with personal needs. They buy groceries, clean the house, handle medications, and are always ready to handle medical emergencies. Caregivers fill the role as the "on-call" family member. They are always ready for a situation or need that is asked by them.

Luckily for them, November is National Family Caregiver month. This month, let's show the ones that care for individuals who need it most that we appreciate all the work and time they put in. It can be big

or small, but anything to show that you care, will really make any caregivers day. There are many ways to treat your caregiver the way they deserve to be this month. One way of doing this is to pamper them for the day! It can be a day of relaxation full of all the spa treatments. Manicures, pedicures, a new haircut, massages and maybe some meditation techniques will really put a smile on anyone's face. Another way to show appreciation is to have fun night on the town. Pay for a nice dinner and go see a play after! This is a fun yet relaxing night that will relieve your caregiver of any stress. Finally, the best way to show appreciation is to lend a helping hand. If you are able to, give them the day off so they can recompress. Caregivers can become drained with the amount of work they may have to put in on a daily basis, so a day off is the best way for them to get their energy back. Give them the day to do whatever they want so they can regain all their energy. This is one of the easiest and best ways to show that you care.

Caregivers do a lot every day when caring for an individual. But this November, they are not going to go unnoticed, because everybody deserves a little love.



A Walk Back in Time Part 2

With Renowned Psychic Jeffrey Carpenter

Millstone Township residents are proud of the town's past and fascinated by its history. It is for this reason that Medium and Psychic, Jeffrey Carpenter, from Aberdeen focused his attention on the town of Millstone as he sought to speak to the spiritual inhabitants that live among us! Equipped with sophisticated equipment and a gift, we can report his interesting findings in some of the towns historic properties.

We thank the Millstone Township Historical Society for pointing us to the properties in town and filling in the blanks with historical details.

Cook Family Home circa 1785 on Conover Road: Outside: Jeff thought he "felt" Joe. The homeowner had said when they first developed around the old farmhouse, a new neighbor who didn't know the history of the area asked me, "who was the old gentleman in your back paddock?" She described an old gentleman in a John Deere hat (which is a baseball style hat) and old tan coveralls standing by the fence line, who she saw, looked away for a moment and when she turned back he had simply disappeared. Her description was remarkably similar to Mr. Conover whose family Conover Road is named for.

Main living room: Jeff "saw" the image of an older man in a flannel shirt with suspenders who sits on the couch with the home owner at times ("G" name for George?)

Parlor: Jeff got two or three K2 meter hits. Jeff could see and hear a bunch of people having a large party around us. A hostess stepped forward to tell him that the parties could get wild and people knew about the parties and would come from all over to attend. The hostess was a big socialite. He got the impression that this was taking place sometime in the 1800's. There was a woman running through the crowd entertaining with a high collar dress on. They were all properly dressed. Jeff saw that there was once a bar in one area where people would serve up drinks all night. It was a boisterous crowd and a lot of the popular townspeople came to visit and just let loose.

Dining room: Jeff encountered an older woman quilting. She was showing Jeff what she was quilting. She said she was a Conover. The homeowner confirmed that Conover's did do quilting in the past in the home and this home once belonged to the Conovers, the Taylors, and the Cook Family.

Old bedroom upstairs: The K2 meter on the bed began to go off. The Spirit box session confirmed a male was in the room with Jeff and the homeowner. They got "Move out" and "I'm tired" on the spirit box. Jeff got the name George again. As Jeff was going up upstairs he hit his head on the doorframe and let out a big ouch! He captured the spirit telling him to "Watch Your Head" on the way down.

Basement: Jeff got A few K2 hits on his meter in the entry room. He encountered a young man in shirt and overalls with a pickaxe digging. The homeowner went on to show us that she found all sorts of things buried in the dirt behind one of the walls. She was pulling out old chicken bones, shells, fragmented pottery, and an old tool, before a voice told Jeff to tell her not to dig around in the crawlspace anymore. A township resident whose family has lived in Millstone for generations who joined our walk and witnessed Interactive K2 hits and Spirit box responses "Hello" "I'm here" and "Come back soon." The owner described one of the small rooms as the milk room and Jeff saw a petite woman in a white bonnet, white dress, and off-white apron who watched the family children and brought milk into the house. He got the name Clarissa or Carissa.

We then visited The Cook Cemetery: no meter interaction here, although Jeff "saw" a tall, thin, young woman dressed in a long, black dress, wearing a black veil, standing in front of an empty pram, saying her name had "Liz" in it – possibly Elizabeth, mother of Benjamin who died at 3 years old and was the first to be buried there in 1758. Elizabeth Cook's gravestone is next to her son Benjamin's. She told Jeff that her son's death could have been avoided and that the doctor did not do all that he should have done to save him. She was very distraught.

The weather started turning ugly with dark clouds looming overhead and the wind picking up its pace, so we decided to end our spiritual adventure there at the Cook Cemetery.

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

Jeff, the founder of Dimensions Reiki in Matawan, NJ, is a Reiki Master Teacher, psychic, and spirit medium. Jeff offers individual and group energy healing services to reduce pain and relieve anxiety and stress, and he works with adults, children, and animals (dogs, cats, horses, etc.) to promote health and wellness. He also provides classes and training for people interested in becoming Reiki practitioners themselves. As a psychic medium, he is available for many different services, such as private psychic readings and workshops, medium communication with Loved Ones who have passed, and even home cleansings to balance the energy in the house and remove unwanted spirit attachments. For more information classes, workshops, and events, visit <http://dimensionsreiki.com/calendar>. Phone 732-832-1036.



Did You Know...

By Pam Teel

...that in May 1886, Coca Cola was invented by Doctor John Pemberton a pharmacist from Atlanta, Georgia? John Pemberton concocted the Coca Cola formula in a three legged brass kettle in his backyard. The name was a suggestion given by John Pemberton's bookkeeper Frank Robinson.

Being a bookkeeper, Robinson also had excellent penmanship. It was he who first scripted "Coca Cola" into the flowing letters which have become the famous logo of today.

Pemberton served with distinction as a Lieutenant Colonel in the Third Georgia Cavalry Battalion during the Civil War and was almost killed in the fighting at Columbus in April 1865. In 1869 he became a principal partner in the firm of Pemberton, Wilson, Taylor and Company, which was based in Atlanta, where he moved in 1870. Two years later he became a trustee of the Atlanta Medical College and established a business in Philadelphia, Pennsylvania, where his own brands of pharmaceuticals were manufactured on a large scale. He also served for six years (1881-87) on the first state examining board that licensed pharmacists in Georgia.

Pemberton was "the most noted physician Atlanta ever had," according to the Atlanta newspapers, but he is best known for his expertise in the laboratory, where he perfected the formula for Coke.

The soft drink was first sold to the public at the soda fountain in Jacob's Pharmacy in Atlanta on May 8, 1886.

About nine servings of the soft drink were sold each day. Sales for that first year added up to a total of about \$50. The funny thing was that it cost John Pemberton over \$70 in expenses, so the first year of sales was a loss. Until 1905, the soft drink, marketed as a tonic, contained extracts of cocaine as well as the caffeine-rich kola nut.

In 1887, another Atlanta pharmacist and businessman, Asa Candler bought the formula for Coca Cola from inventor John Pemberton for \$2,300. By the late 1890s, Coca Cola was one of America's most popular fountain drinks, largely due to Candler's aggressive marketing of the product. With Asa Candler, now at the helm, the Coca Cola Company increased syrup sales by over 4000% between 1890 and 1900.

Advertising was an important factor in John Pemberton and Asa Candler's success and by the turn of the century, the drink was sold across the United States and Canada. Around the same time, the company began selling syrup to independent bottling companies licensed to sell the drink. Even today, the US soft drink industry is organized on this principle.

Until the 1960s, both small town and big city dwellers enjoyed carbonated beverages at the local soda fountain or ice cream saloon. Often housed in the drug store, the soda fountain counter served as a meeting place for people of all ages. Often combined with lunch counters, the soda fountain declined in popularity as commercial ice cream, bottled soft drinks, and fast food restaurants became popular.

On April 23, 1985, the trade secret "New Coke" formula was released. Today, products of the Coca Cola Company are consumed at the rate of more than one billion drinks per day.

Some of the companies most popular slogans include: "Things Go Better with Coke," "It's the Real Thing," "I'd like to Buy the World a Coke," "They like it," "It's the real thing," and "Have a coke and a smile!"



MEET YOUR NEIGHBOR

Paul Cuffari
By Pam Teel

With a lot of hard work and drive, Millstone resident Paul Cuffari has become an accomplished musician. Paul, now in his freshman year at William Paterson College, plays both the upright electric bass and guitar with such raw emotion and perfection, one can say that listening to him perform is music to your ears.

Paul took guitar lessons when he was a kid but didn't put much effort into it. When he was in eighth grade, his church, St. Peters Episcopal, in Freehold, needed an electric bass player for their praise band. Paul took private lessons from a few different music studios and played in the praise band from eighth grade to senior year of high school. He also continues to play for the church and around town during his school breaks. Paul has also played drums for the praise band, which is called "Peter's Rock." Later in his high school career, Paul was asked to organize his own personally led groups to lead music for a few services at this church. He also led a healing service. In each service, he arranged 3+ hymns/songs for a jazz combo setting.

Paul also played the drums for the Allentown Marching band. He loved how everyone in the band felt like family to him. He really put his heart into his music, especially jazz. He also became a part of the All Shore Auditioning Jazz Band, which was a combination of kids from all around New Jersey. Paul practiced a lot during his junior and senior year in high school. His favorite instrument was the upright electric bass. He had many friends who attended Allentown Presbyterian Church, which is directly across the road from the high school. Every year the musical director, Enoch Smith Jr., who is a well-known jazz piano player, hosted a jazz vesper the first Saturday of the month, from January to May. He brought in top musicians from the City to jam. Paul connected with Enoch and started playing with the band there that leads the worship. After the rehearsals for the music on Sundays, Enoch would stay much later with Paul and teach him about jazz theory, harmony, and history. They would then end up jamming together. Enoch was Paul's first real mentor. The connection Paul has to music is very spiritual to him.

During his junior and senior year in high school, Paul also played around Central Jersey with groups that he led. He also did some recording at White Brow Recording Studio in Allentown, NJ, where he recorded "My Favorite Things" and "Amazing Grace." He also interned at the studio to learn all he could about the recording industry. To date, Paul has recorded 2 tracks, with a third ready to be released. Both arrangements were comprised of a trio of musicians and a local friend and vocalist named Jessica Ricca. Paul is also a vocalist.

In the second half of his senior year, after college applications and during audition season, he really began following the scene around New Jersey. He attended a jam session on Tuesday nights in New Brunswick at the Garden State Ale House, which was hosted by the New Brunswick Jazz Project.

Paul was accepted to all four colleges that he auditioned for. He received a great scholarship from William Paterson and is currently studying Jazz Bass Performance with a Concentration in Music and Entertainment Industries. This will result in a performance degree, and a Masters in Business Administration. Paul belongs to the jazz orchestra at William Paterson. His concentration as a musician now is as a Jazz Bassist, Arranger, and he is Multi-instrumental.

Paul would like to eventually be a part of the music and entertainment industry. Paul's ambitions and his dreams are to keep on playing Jazz. He would like to play festivals all over the world, including New York City. He would love to one day get a record label. Paul's two released tracks include friends, Michael Bernabe- master Jazz piano player, and Alex Silvergold on drums. You can view Paul's arrangements of "Amazing Grace" and "My Favorite Things" at: <https://paulcuffari.bandcamp.com/> Check him out! To Get in touch with Paul: 732-395-8848 or instagram: @paulcuffarimusic

Paul is an amazing young man with remarkable talent. We wish you the very best in all of your endeavors Paul. Keep on playing that beautiful music!



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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.





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Keeping It Keris- Your Winter Wonderland

By Susan Heckler

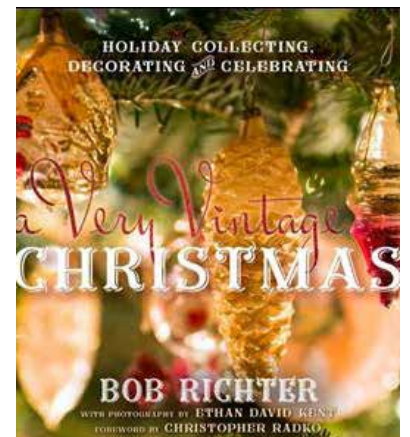


Holiday season at Keris Tree Farm & Christmas shop is always a joy, filled with wonderful sights, sounds, and the aromas of the holidays. This year will be exceptional as they are celebrating Vintage Christmas; the simple yet heartwarming holidays of the past generations.

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.



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Thinking Of Gift Cards For The Holidays?

Shopping for gifts can be a real dilemma. Just what do you get your finicky Aunt Mary, your co-worker, or your child's babysitter? Gift cards may be the answer: one size fits all, and the recipients can get exactly what they want from a retailer or restaurant.

Before you buy a stack of gift cards, the Federal Trade Commission (FTC), the nation's consumer protection agency, wants you to know about the different types of gift cards and tips for buying and using them.

- Retail gift cards are sold by retailers and restaurants, and can be used only with those merchants.
- Bank gift cards carry the logo of a payment card network like American Express, Discover, MasterCard or Visa, and can be used wherever the brand is accepted.
- New rules for gift cards went into effect on August 22, 2010. Here are the highlights:
- Money on a gift card cannot expire for at least five years from the date the card was purchased, or from the last date any additional money was loaded onto the card. If the expiration date listed on the card is earlier than these dates, the money can be transferred to a replacement card at no cost.
- Inactivity fees can be charged only after a card hasn't been used for at least one year, and you can be charged only once per month. But you may be charged a fee to buy the card or to replace a lost or stolen card.
- The expiration date of a card must be clearly disclosed on the card, and fees must be clearly disclosed on the card or its packaging.
- When you shop for a gift card, the FTC recommends that you:
- Buy from sources you know and trust. Avoid buying gift cards from online auction sites, because the cards may be counterfeit or may have been obtained fraudulently.



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A Gift to the Community

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

YOU KEEP YOUR MONEY LOCAL

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

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

YOU SUPPORT LOCAL FAMILIES

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

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

YOU SUPPORT LOCAL ARTISANS

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

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





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iPlay America has holiday deals to make your shopping a breeze! This year, 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.) Plus, this year get in on iPlay America's AMAZING Black Friday Deal: Buy \$100 in Gift Cards and receive 2 Unlimited Ride Passes for FREE – that's a value of \$59.90 for FREE! Available when you visit the City of 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!

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.

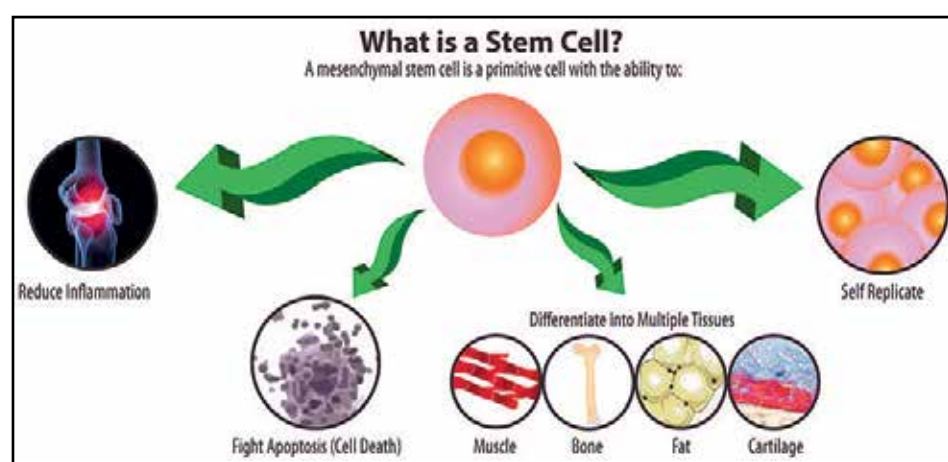
- Be thankful for the relationships you have, whether they be by birth or by choice.
- Be thankful for those who challenge us, they make us stronger.
- Be thankful for the teachers, pastors, coaches, or anyone who cares about you enough to tell you the truth no matter how much it hurts.
- Be thankful 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.

Thankful

QUESTION:

Can amniotic stem cell therapy help my knee pain?

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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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**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.

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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:

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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.





Susan Leiva, DMD
Orthodontist
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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.



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QUESTION:

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

ANSWER:



Dr. Steven Linker, OD

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

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

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

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

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



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

★★★★★ Angela V

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

★★★★★ Jackie K

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

★★★★★ Luann N

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

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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.



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Massage Envy: Offering Wellness Beyond Massage

Twelve years ago Massage Envy started the concept of affordable, convenient and professional massage. Prior to the Massage Envy model, most of us have considered massage a luxury activity splurged upon while relaxing at a fine resort. Not only has Massage Envy helped mainstream the use of massage, but more importantly, it has helped millions of people learn that massage does more than just relax the body and calm the mind. It keeps your body where it needs to be to keep you doing more.

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Of course, we offer **Massage**:

Each guest at Massage Envy comes in with their own set of needs. Stress, areas of tightness and muscle tension, headache, neck or back pain or even chronic pain. Your licensed therapist will customize your massage session to address YOUR specific needs.

Depending on your individual needs your therapist will assess what type of massage will best be suited to benefit you. These may include **Swedish Massage, Trigger Point Therapy, Deep Tissue Massage, Sports Massage, Reflexology, Cranial Sacral Therapy, Hot Stone Massage, Couple Massage, Prenatal Massage or Geriatric Massage**. Descriptions of these techniques are easily accessed through the MassageEnvy.com website. You will also find descriptions of some of the ways you can further enhance your massage session using aromatherapy, exfoliating foot treatments, and an enhanced muscle therapy treatment to treat deep muscle pain using concentrated warming and cooling therapies.

But we also offer **Assisted Total Body Stretch**: Our total body stretch professionals can help you achieve more flexibility, more mobility and better performance.

More flexibility means less stress on muscles during daily activities and workouts. Increased range of motion helps your joints move more fluidly. Stretching increases blood supply throughout the body to aid in inhibiting tissue damage and facilitate healing and nutrition to muscles and joints.

Plus, **Massage Envy is America's #1 skin care services provider** network nationwide:

Massage Envy's facial skin care program will help combat prolonged environmental exposure and the signs of aging for a more radiant appearance. This is done via promoting cellular hydration which increases the firmness and health of your skin, helps minimize wrinkles and promotes a more youthful appearance. Your esthetician will review your reasons for visiting, perform a skin analysis on your face to determine how to best customize your selected skin treatment. These treatments can also be enhanced by adding an exfoliating hand treatment or anti-aging eye treatment.

Advanced Skin Care Treatments will produce dramatic results:

Microderm Infusion: Traditional microdermabrasion treatments only exfoliate and extract. Massage Envy's exclusive treatment provides a precision-timed hydration to deliver a professional-grade, advanced skin care treatment with amazing results.

Chemical Peels: PCA SKIN chemical peels are safe skin treatments that help reveal healthy, glowing skin immediately.

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- WALKERS/WHEELCHAIRS

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- TENS UNITS
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Millstone Resident Is Honored At Disney World

Walt Disney World's Magic Kingdom has a wonderful tradition! Every day at 5:00 pm they lower their American flag: Flag retreat. During the ceremony, they honor a Veteran of the Day. You can't request this; they find you. It is a moving and emotional ceremony. The band is playing, barbershop quartet singing and crowds surrounding the plaza at the main entrance cheering.

On Sunday, September 3, 2017, Westy Schiumo [Pvt. 1st Class/U.S. Army], was asked to be that Veteran. He was very touched and honored. They lowered the flag, as the National Anthem was played, and they presented him with the folded flag. And, as he said, "I represent all Veterans." A Disney photographer followed his every move, as he then proceeded up Main Street, in a parade, to a cul-de-sac, where the Disney people presented him with a pin and also a certificate. "It was a magical and humbling experience to say the least," says his wife Joanne.

Disney knew he was a Veteran because of the Veteran sticker on his driver's license. They had to present it to guest relations as their annual passes were being activated. For more info on the ceremony visit: <https://disneyworld.disney.go.com/entertainment/magic-kingdom/flag-retreat/>



QUESTION:

Which hearing device is the best?

Our patients have done remarkably well with the Oticon OPN products. Here are some of the things our patients have said: “I can hear the birds again. I can’t believe it!”, “I never heard this clearly with my other hearing devices and the connection to the iPhone is amazing.” Not only is it the 1st hearing device to be connected to the internet, it also has research that proves OPN users experience less listening effort, better recall and better speech understanding in noise. OPN is available in 3 technology levels and is now re-chargeable. That means no more changing batteries!



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

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

*Schedule an appointment today to experience OPN for yourself.
We are confident that you will see and hear the benefit of OPN!*



Scott L. Kay, M.D., F.A.C.S.
Princeton Otolaryngology Associates

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Phone: 609-897-0203
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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.

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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.





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Where Do You Keep Your Car's Registration?



Whether you park your car in a lot or right in front of your home, we have all heard the stories about break ins. Take it a step further, the bad guys break into your car at the mall, reaches into the glove box and finds your car registration. They now have your address which opens up a world of doom. It is for this reason The National Insurance Crime Bureau strongly advises against keeping your car registration in the glove box.

Generally speaking, criminals are looking through cars for cash, electronics or even guns. Never leave anything in your car of value or that would be a nuisance to replace. And for intelligence sakes, **LOCK YOU CAR WHEN YOU LEAVE IT!**

As far as the car registration goes, the National Insurance Crime Bureau suggests taking a picture or a photocopy of your registration and keep the original at home. The police can verify the information from a copy, even with the address whited out.



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Automobile History: COMPONENTS OF THE CAR

From airbags to windshield wipers, here is a review of some of the components and the dates of discovery of cars and what we know today.

Airbags: Airbags are a safety feature in cars for the protection of vehicle occupants in the event of a collision. The first recorded patent in the U.S. was in 1951.

Brakes: In 1901, British inventor Frederick William Lanchester patented disc brakes.

Car Radio: In 1929, American Paul Galvin, the head of Galvin Manufacturing Corporation, invented the first car radio. The first car radios were not available from car makers and consumers had to purchase the radios separately. Galvin coined the name "Motorola" for the company's new products combining the idea of motion and radio.

Cruise Control: Ralph Teetor, a prolific (and blind) inventor, invented cruise control in 1945 to set a steady speed for a car on the road.

Electric Windows: Daimler introduced electric windows in cars in 1948.

Fuel Injection: The first electronic fuel injection system for cars was invented in 1966 in Britain.

Heater: Canadian Thomas Ahearn invented the first electric car heater in 1890.

Ignition: Charles Kettering was the inventor of the first electrical starter motor ignition system.

License Plates: The very first license plates were called number plates and were first issued in 1893 in France by the police. In 1901, the state of New York became the first state to require car license plates by law.

Odometer: An odometer records the distance that a vehicle travels. The earliest odometers date back to ancient Rome in 15 BC. However, the modern day odometer for a carriage that was used to measure mileage was invented in 1854.

Seat Belts: The first U.S. patent for automobile seat belts was issued to Edward J. Claghorn of New York on February 10, 1885.

Turn Signals: Buick introduced the first electric turn signals in 1938.

Windshield Wipers: Prior to the manufacture of Henry Ford's Model A, Mary Anderson was granted her first patent for a window cleaning device, later known as windshield wipers, in November 1903.





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Includes a FREE Four-Tire Rotation

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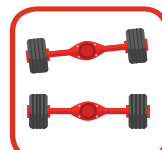


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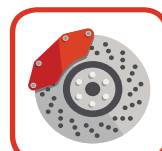
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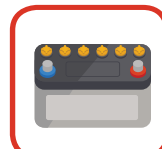
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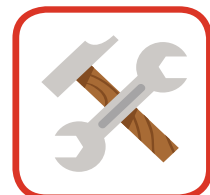
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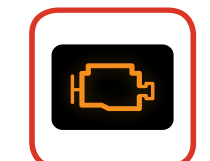
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- Alloy Wheels

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The Millstone Times' PHOTOS OF THE MONTH

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

By Pam Teel

Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: crescent671@gmail.com

Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time. (If you prefer to send anonymously, we will leave your name out.)

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

Alex Ostrow from Monroe Township sent in: "On the Lily Pad in Hamilton" and "Yellow Sunflower"



Anne Benedict from East Windsor sent in "Fall is coming to Shanks Pond, East Windsor"



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Perkins, located on Princeton-Hightstown Road at the corner of Lanning Boulevard, was acknowledged as a commercial establishment situated in a highly visible prominent location on major Township roads, for keeping its property and building well maintained and landscaped and free of litter thereby enhancing the municipal appearance and environment. The purpose of the award is to recognize a local business that has made special efforts to keep East Windsor Township litter free.

Mayor Janice S. Mironov and Clean Communities Committee members present Certificate of Appreciation to the owners of Perkins Restaurant and Bakery for Keeping East Windsor Township Litter Free. Pictured (from left to right) are: Douglas Greene, Clean Communities Advisory Committee Member; Erick Rouskas, co-owner; Mayor Janice S. Mironov; John Donnelly, Chairperson, Clean Communities Advisory Committee, and Council Member Alan Rosenberg.



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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

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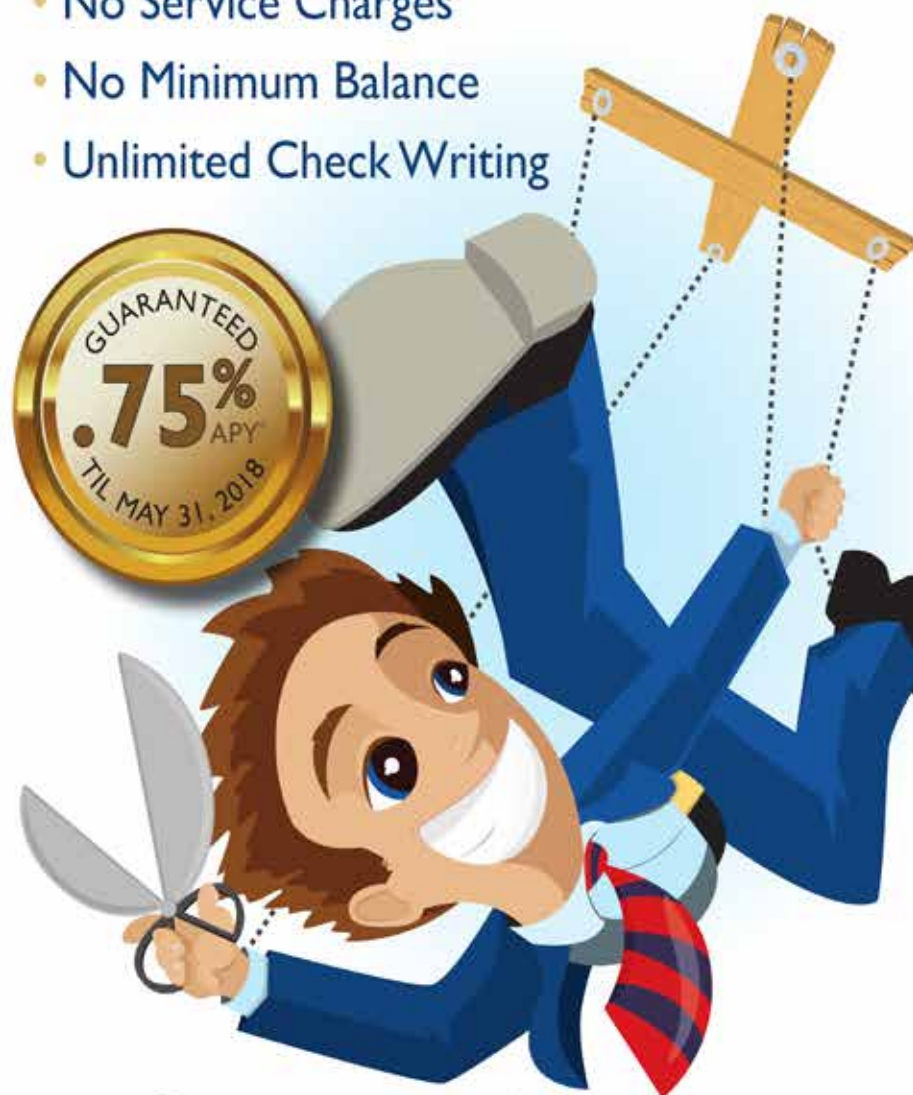
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Stark & Stark Announces Two Attorneys Join Nursing Home Litigation Practice

Stark & Stark announced that attorneys Sherri Warfel, a shareholder, and Alex Fajardo, an associate, have joined the firm's Nursing Home Litigation Group.



Sherri Warfel is a skilled litigator who has successfully tried or settled hundreds of nursing home cases during her nearly two decade career. She focuses her practice on representing victims and their families with claims of abuse, injury, or death while under the care of a nursing home or other long-term care facility. Ms. Warfel is a graduate of Rutgers Law School.



Alex Fajardo concentrates his practice on nursing home malpractice and litigation and other personal injury claims. Fluent in Spanish, he earned his J.D. from Widener University Delaware School of Law.

"We are excited about the proven skills and experience that Sherri Warfel and Alex Fajardo bring to our firm," said Managing Shareholder Michael Donahue. "Stark & Stark has demonstrated unparalleled commitment to representing the victims of nursing neglect and abuse for many years, and by adding these attorneys to our team we have further deepened our firm's expertise in this important area."

Nursing home negligence typically includes the failure to provide basic necessities such as water, protection from health and safety hazards, and general appropriate care.

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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.



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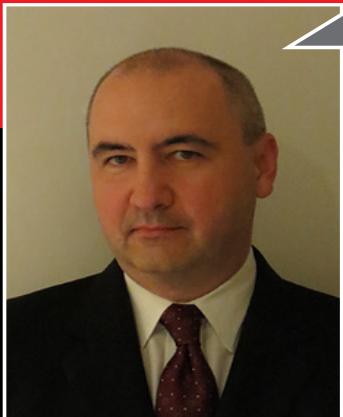
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Do You Have A Teenage Driver And Are Worried? If so, You must get this App.

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.

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Coconut Pineapple Cake Squares

This dessert is easy to make and tastes great too!

INGREDIENTS

- 1 package yellow cake mix (regular size)
- 3 packages (3.4 ounces each) instant vanilla pudding mix
- 4 cups cold whole milk
- 1-1/2 teaspoons coconut extract
- 1 package (8 ounces) cream cheese, softened
- 1 can (20 ounces) crushed pineapple, well drained
- 2 cups heavy whipping cream, whipped and sweetened
- 2 cups sweetened shredded coconut, toasted

DIRECTIONS

1. Mix cake batter according to package directions. Pour into two greased 13-in. x 9-in. baking pans. Bake at 350° for 15 minutes or until the cakes test done. Cool completely.
2. In a large bowl, combine pudding mixes, milk and coconut extract; beat for 2 minutes. Add the cream cheese and beat well. Stir in pineapple.
3. Spread over the cooled cakes. Top with whipped cream; sprinkle with coconut. Chill for at least 2 hours.

Yield: 24 servings.



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1/2 Tray- Baked Ziti or Penne with
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1/2 Tray- Any Entree of Choice

PACKAGE 3

\$254 +tax Feeds 15-20 People

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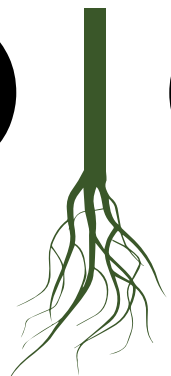
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Chicken & Brussels Sprout Dinner

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.



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 is 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 in 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.



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."

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.

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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.



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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.

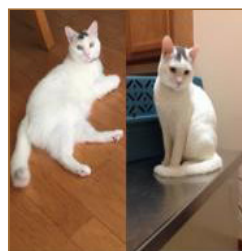
Andrew- adult male. He came in battered and sick. Is on the mend and doing fine

Frick and Frack- 8 weeks' old brother and sister

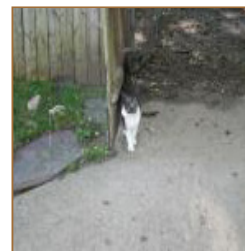
Whitey- adult male



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



Fun Facts for Dog Lovers

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

- A dog's heart beats between 70 and 120 times a minute, compared with a human heart which beats 70 to 80 times a minute.
- According to the Guinness Book of World Records, the smallest dog on record was a Yorkshire Terrier in Great Britain who, at the age of 2, weighed just 4 ounces.
- An adult dog has 42 teeth.
- The only sweat glands a dog has are between the paw pads.
- A dog's sense of smell is more than 10,000 times stronger than that of a human's.
- Dogs were the first animals domesticated by people.
- Eighty percent of dog owners buy their dog a present for holidays and birthdays. More than half of them sign letters and cards from themselves and their pets.
- All dogs can be traced back 40 million years ago to a weasel-like animal called the Miacis, which dwelled in trees and dens. The Miacis later evolved into the Tomarctus, a direct forbearer of the genus Canis, which includes the wolf and jackal, as well as the dog.
- Dogs are mentioned 14 times in the Bible.
- Chocolate contains a substance known as theobromine (similar to caffeine) which can kill dogs, or at the very least, make them violently ill.



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Tips for a Happy Holiday with your Pet

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

The holidays are right around the corner. Soon the whirlwind of shopping, entertaining and gift-giving will begin. But don't forget about your furry family members. Pets need some special attention for the holidays too! These tips will help you keep your pets happy and safe during the holidays.

1. Resist feeding table scraps

Food is a central part of all holidays, especially Thanksgiving and it's only natural that we want to share all of it with our pets. It's hard to resist but refrain from feeding any fatty food like turkey skin, which can cause stomach upset, or bones that can splinter and injure your pet. Always keep wine, apple cider and other holiday beverages away from your pets too. Canine and feline kidneys are unable to process alcohol. And as always remember that certain foods are toxic to pets like grapes, chocolate, candy, gum or any foods containing natural or artificial sweeteners. Keep these well out of reach of pets.

Instead of indulging your pet with risky "people" food, you should plan to have plenty of your pets' usual food and treats on hand so they can enjoy the festivities with you safely.

2. Decorate your house with caution

Pets can get into a lot of mischief when exploring your holiday decorations. Keep in mind that some holiday plants like holly, mistletoe and poinsettias are poisonous when swallowed. Flickering candles at pet-height could be disastrous. Consider using battery candles instead of real candles. Tinsel on a Christmas tree is very tempting to cats, and if eaten, can cause an intestinal blockage. Eating pine needles can also make a cat sick and drinking the water under the tree can be poisonous to cats and dogs due to possible contamination with fertilizers or pesticides. Also be sure to anchor your tree so it can't be toppled by a curious kitty. Decorate with shatter-proof ornaments and keep electrical cords secured so they can't be chewed on by pets.

3. Keep a watchful eye on your pets

Holiday entertaining can cause commotion in the house and be disruptive to your pets' care schedules. Be sure to have a collar with an identification tag on your dogs and cats so they can be easily returned to you if they should accidentally slip out of the house during a party. You might even want to consider microchipping your pets before the holidays to ensure they can find their way home in case the collar comes off. Also try to

maintain your pets' schedules. If you walk your dog at a certain time of day, try to keep up with this, even if it's a shorter walk. Set aside some petting time with your cats so they don't feel neglected.

4. Train your houseguests

Your family and friends may not realize the holiday pitfalls pets can face or understand your pets' care routines. Don't be afraid to remind them of things like keeping exterior doors closed to prevent "escapes"; closing bedroom and bathroom doors to keep pets away from toiletries and medications; keeping countertops and low coffee tables clear of tempting and potentially harmful food; feeding your pets only food and treats "you've authorized" or not feeding at all, and watching out for and stopping any holiday mischief your pets may try to get into.

A handy tip to help your guests remember your feeding rules is to leave small bowls of "authorized" treats around so when your guests reach for nibbles they can easily and safely spoil your pet.

5. Display presents safely

Unsupervised gifts left under the tree can cause trouble, especially gifts with food and candy in them. Curious pets are known to open presents under the tree even if they aren't for them! Opening and consuming food gifts can be harmful. To eliminate this risk, keep food gifts separated from the rest and consider not putting any gifts down at all until you're ready to open them.

Following these tips will help set you up for a joyous, vet-visit free season. Your love and attention is all pets really need for a happy healthy holiday!



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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 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.



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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.



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ESTATE PLANNING MISTAKES SENIORS MAKE- WILL YOU AVOID THEM?

No Plan, Wrong Plan or Outdated Plan

Probably the most common mistake is the failure to plan, having the wrong plan or even having an outdated plan. Statistically, 70 percent of Americans have no plan at all. Anecdotaly, 20 percent have the wrong plan or an outdated plan. Only 10 percent have a proper and current estate plan...but unless they view Life & Estate Planning as a lifetime process, even these plans may become wrong or outdated.

A married couple, assuming both parties are U.S. Citizens, may lawfully protect up to \$11million of their assets (2017) from federal estate taxes through proper Life & Estate Planning. However, if your plan includes the joint ownership of assets between spouses, with reciprocal beneficiary designations and followed by simple, sweetheart Wills, then you are likely shortchanging your loved ones and unnecessarily enriching the IRS.

This mistake is commonly the result of good, old-fashioned procrastination. Consider it human nature. As a matter of personal responsibility, only you can make your own Life & Estate Plan a top priority. Take time to carefully think through, implement and then update your Life & Estate Plan. You and your loved ones will be glad you did.

Loss of Control by Adding Someone Else's Name to Your Account

In the early 1990's, newspapers reported that Jill Goodacre, the famous model from Boulder, Colorado, and who was engaged to Harry Connick Jr, lost her bank account to her father's creditors. As reported in the press: She put her father on her checking account so he could pay her bills while she was traveling. He had a large creditor who filed a lien on the account. The bank was forced to pay the creditor \$80,000 of Jill's money. When he was added as a signer, he legally became a co-owner of the account. He had a legal right under Colorado (and Washington) law to withdraw the entire account, and the creditor has the right to "steps into his shoes."

In addition, Jill was deemed to have made a taxable gift to her father at such time as the creditors withdrew money from the account! Don't you just love our tax laws!

Interestingly, if Jill had a Living Trust, she could have had her father as a co-trustee with herself. As such, he still could have paid her bills from the account, but his creditors could not have attached the account. He would have been only a trustee and not an actual owner of the account. When you simply add someone's name to your account, you are subjecting that account to his or her creditors. You don't have to be a bad person to be sued these days or to have a tax lien placed against you. A Living Trust or a financial power of attorney can protect your assets while still allowing another person to pay your bills. Do you know which you should use?

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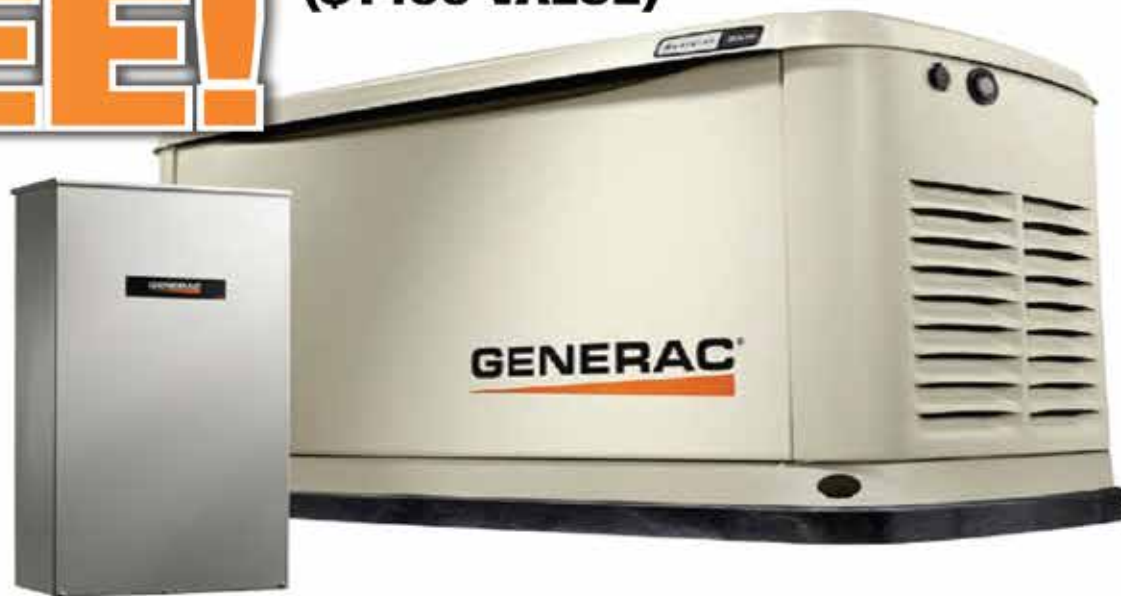
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Damp Smell in Your Home? Call Jerome!

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!

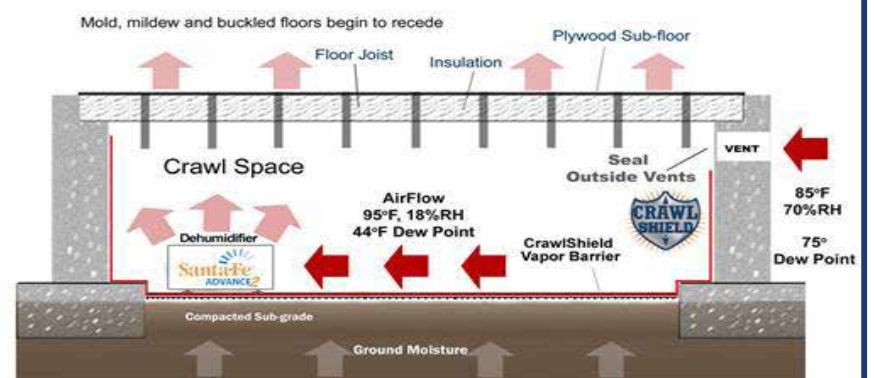
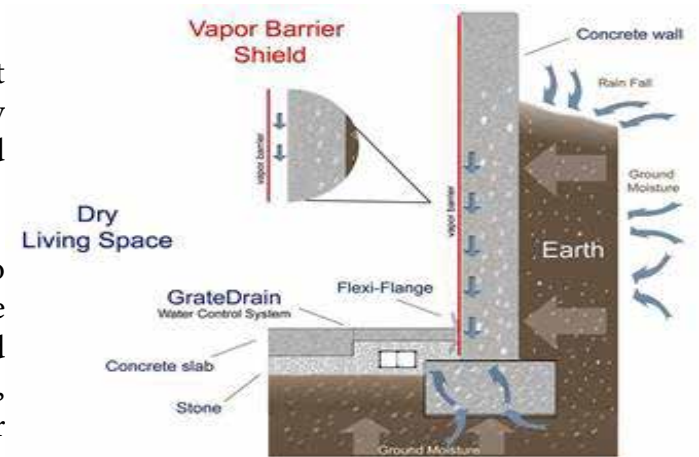
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Do You Know Why Your Electric Bill Is So High?

By: Erin Mumby

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

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

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

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



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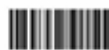
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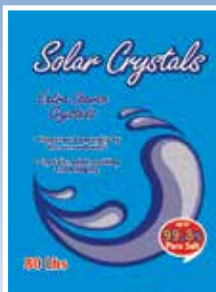
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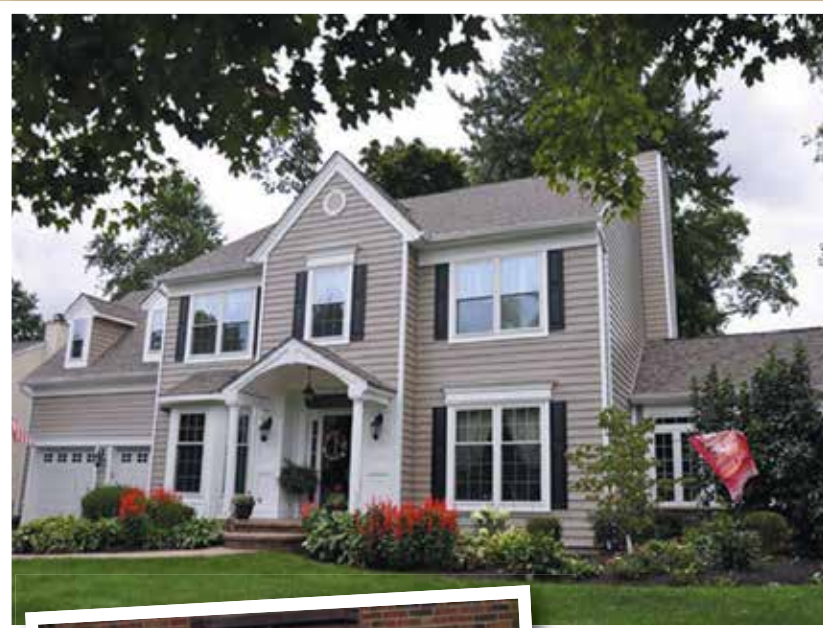


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Allentown Harvest Fest Bringing in the fall

By Pam Teel

What a great way to bring in the changing of the seasons! With scarecrows to stuff and pumpkins to paint, Allentown was looking a bit festive this past October as patrons line the streets under white-canopied tents selling their wide array of arts and crafts.

There were many new vendors this year showing off their craftsmanship. The festival took place between Church Street and High Street with over 70 handmade crafters and vendors in attendance there were items like handcrafted goat soap, stained glass, crocheted creations, mosaics, wooden puzzles, three tiered birdhouses, hand-made baskets, and many other crafts and products to purchase.

The in town stores were all decorated and people enjoyed strolling through them looking for gift items. Stores like Earth Goddess, where one could purchase jewelry and gifts, and East Coast Cottage designs also had canopies set up by the roadside. The Festival featured live music from local musicians, a craft beer garden complete with local bands playing, food trucks, classic cars, a civil war encampment, which was located in Heritage Park, a petting zoo, craft vendors and a host of activities for kids.

Food vendors lined the streets with an array of nose watering delights. The cheesecake sample from Light and Creamy Cheesecakes were out of this world. Owner, Rose Ann Stewart, sure does know how to bake a cheesecake. Try it for yourself at: lightncreamycheesecake@gmail.com. The apple cider donut from Berry Rich Bakery and Café on North Main Street was the best around. Make it a point to stop in when passing through Allentown. Pastry Chef Bernie Rich won't disappoint you with an array of cookies, muffins, loaves, cakes, pies, brownies, and more to choose from.

Jean Stroud played her accordion in front of a gift shop in the plaza behind the mill. Other musicians played and sang in other areas of the Festival. The festival draws over ten thousand people from all over each year. This year it only seemed to have gotten bigger and better.

The kids loved jumping in the inflatable castles, painting pumpkins in the second floor store in the Old Mill, making their own scarecrows, and more. With the way the townspeople work together to make this event happen each year, combined with the ambiance of the old Mill, the historic homes, and the quaint town lake, Allentown is a one New Jersey town to be proud of!

The event is hosted by the Allentown Business Community Association (ABCA), which is a non-profit organization whose members consist of local retail businesses and service professionals located in Allentown, Upper Freehold, and Millstone Townships. The organization hosts several events throughout the year. If you would like information on becoming a vendor at this event please send an email to: abcaofnj@gmail.com or contact ABCA P.O. Box 432 Allentown NJ 08501.



Children's favorite- Allentown inflatable



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Corsets- The Dangers of Waist Training

By Gabriella Mancuso



From the Victorian times until now "waist training" or "waist slimming" has always been a trend in fashion. The idea of slimming your waist down to the ideally perfect size in a short matter of time sounds appealing to every girl. Celebrities endorse it, regular women encourage it, so why not? Waist Training is dangerous and can cause many issues.

Waist training in its original form was called a "corset". A corset was used to sculpt a woman's figure into the perfect shape. Corsets were worn under a woman's clothing for as long as she desired the shape. Waist Training, like corsets, are used to achieve this goal but permanently. Waist training is using a corset like garment to slim the waist and stomach areas. This device is to be worn as often as possible as it is believed to produce permanent, thinning results.

The truth about waist training is that it is harmful, and the results are not as everlasting as people would like. This activity weakens your abdominal and back muscles. It also crushes your organs which is not at all healthy. It can also cause extreme perspiration. Finally, contrary to belief, waist training is in no way permanent. Your original shape will eventually come back due to muscle memory, and improper ways of tightening the muscles around your hip area. If you are looking for a way to slim down your waist and or stomach, stick to the basics. Workout and eat healthy instead of hurting yourself physically and mentally.



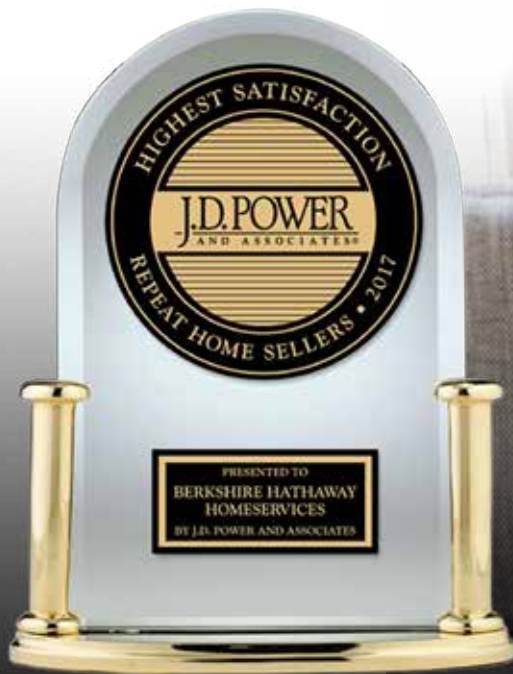
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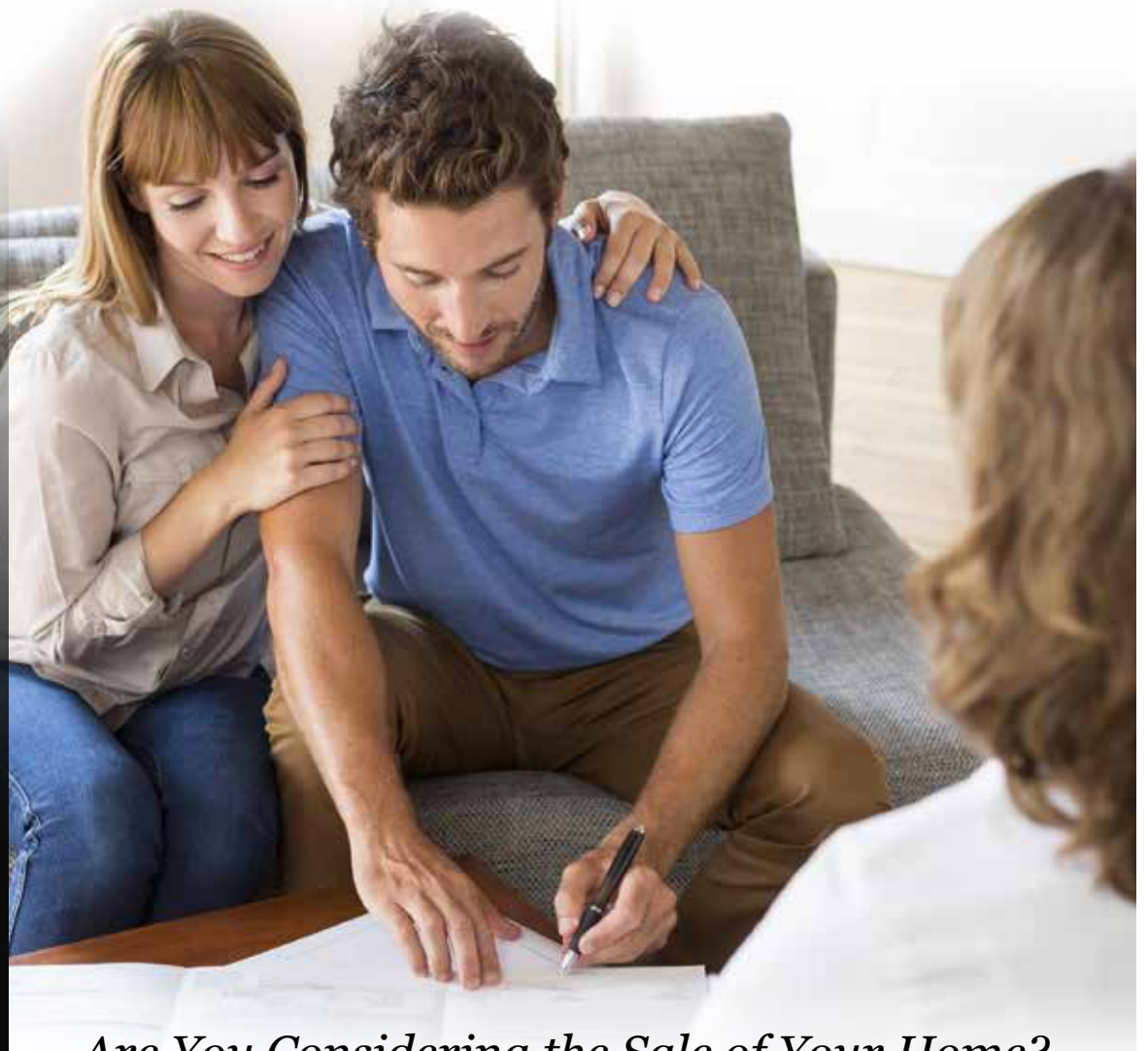
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Gloria Nilson & Co. Unveils 2 Available Spec-Homes in Millstone Township Beacon Hills Estates in Monmouth County features intimate neighborhood setting

MILLSTONE TOWNSHIP, N.J., September 20, 2017, – Homebuyers looking for easy access to Philadelphia, New York City, the Jersey shore and accessible shopping will appreciate the value, luxury and convenience of Beacon Hill Estates located in Millstone. The new construction, four-home community ranges from 4,123 to 4,700 square-feet with prices starting at \$749,950.

Currently, two spec-homes are available for delivery within just 30 days. Those homes include 14 Stone Tavern Drive. Starting at \$749,950, this property is listed at 4,123 square-feet, boasts five bedrooms, four bathrooms and a three-car side-entry garage. A massive two-story entry and family room, accented with hardwood floors runs through the first floor, stairs and second floor hallway, giving the home a palatial feel. The home's luxury kitchen comes fully equipped with stainless steel hardware and appliances, granite countertops and is complimented by a breakfast room and two butlers' pantries. The owner's suite is accentuated with a vast walk-in closet, a spa-quality jetted tub and multi-valve shower along with his and hers sinks. A second-floor laundry room and first-floor guest room with ensuite bath completes the home.

The second spec-home is located at 4 Beacon Hill. Priced at \$879,950. This impressive 100'wide, 4,450 square-foot home includes four bedrooms, four full baths and a three car side-entry garage. The two story family room features a gas fireplace. A gourmet kitchen includes 42-inch custom Shaker cabinets, upgraded stainless steel appliances, a center island with granite counter tops throughout, breakfast room and large pantry. A sunroom, library, dual staircases and hardwood flooring complete the first floor. The owner's suite offers a sitting room, two walk-in closets and a spa-styled bath with a large soaking tub, custom shower with multi-valve system and a double sink with granite counter tops. Three additional bedrooms are on the second floor, one with an en-suite bathroom. The home includes a full basement and an additional back stair case from the basement to the second floor.

Beacon Hill Estates also includes two to-be-built homes as well. Prospective homebuyers will appreciate nearby attractions such as Jackson Premium Outlets, Freehold Raceway Mall, Six Flags Great Adventure, Horse Farm of New Jersey, expansive parks and exceptional golf courses.

"Beacon Hill Estates offers a wealth of customization and luxury options to make each home exceptional for interested buyers," said Suzzane Kronenfeld, director of New Homes "The accessibility, convenience and exclusivity of this intimate neighborhood add to the sense that this is a not-to-be-missed opportunity for those searching for their dream home."

For more information about these properties or to schedule an appointment, please contact Matthew "Matt" Merritt at 609-658-5916 or Michele Neidle at 732-995-2373.



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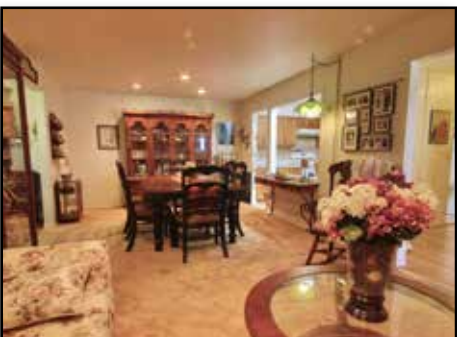
\$1,499,900 Upper Freehold Twp.

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9.2	Not released	4.3%	1	1,240	42,747
8.4	727,415	14.2%	49	3,000	88,400
8.2	420,184	19.7%	77	7,300	110,800
8.2	128,812	1.1%	31	2,300	37,900
6.9	70,980	0.6%	3	300	10,900
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22 Opal Dr, Robbinsville, NJ 08691
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MLS#6994532

113 Arneytown-Hornerstown Rd., Allentown, NJ 08501
\$869,900 Agent: JoAnn Stewart
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MLS#6982932

15 Randolph Dr., Robbinsville, NJ 08691
\$849,900 Agent: Kathleen Goodwine
Elegantly appointed and masterfully crafted with exceptional quality and details, this 4br, 2.5ba custom crafted colonial is situated on 2.67 park-like acres on end of cul-de-sac.



MLS#6751197

1 Sienna Ct., Robbinsville, NJ 08691
\$749,900-\$1,099,900 Agent: Anthony "Tony" Rosica
Introducing Bear Creek Estates- 16 lot SFR subdivision in Robbinsville w/lots ranging from 1.2 - 2.1 acres. Homes range from 3200 - 4700sqft. Model home pictured, Sherborne "D" offers 4/5 br, 4 full & 1 half ba, 3 car side entry gar & full bsmt.



MLS#6963580

67 White Pine Rd., Chesterfield, NJ 08515
\$599,900 Agent: Kim Olzewski
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MLS#7009002

72 Harness Way, Crosswicks, NJ 08515
\$469,999 AGENT: Elaine Gutowski
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MLS#7029532

12 Coventry Ln., Hopewell, NJ 08525
\$765,000 Agent: Patricia & Verna McShane
In a small community located just minutes from Hopewell Boro, sits this 5br, 3ba beautifully appointed colonial that is nestled at the end of the cul-de-sac situated on almost 2 acres and surrounded by farmland. If you like to entertain, this house is for you. Make your appointment today!!!!



MLS#6976404

351 Sawmill Rd., Hamilton, NJ 08620
\$529,900 Agent: Nina Cestare
4br, 3.5ba plus a Guest Suite above the garage w/full ba perfect for guests, in-laws, or a nanny. Beautiful 2-story center hall colonial on 2.13 acres backing to preserved land. Features 22x42 heated & fenced pool. 3 car garage and Steinert School district. Don't pass this one by.



MLS#7052526

154 Chesterfield Georgetown Rd., Chesterfield, NJ 08515
\$409,500 Agents: Susan Metzger
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MLS#7062221

27 Galloping Brook Dr., Allentown, NJ 08501
\$559,000 Agent: Rhonda Golub
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MLS#7041870

4 Somerset Ct., Allentown, NJ 08501
\$699,900 Agent: Rhonda Golub
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Local Author Presentation At the Allentown Public Library

By Pam Teel



Jake Ruddiman, author of “Becoming Men of Some Consequence: Youth and Military Service in the Revolutionary War,” will present a lecture at the Allentown Public Library Sunday December 3rd at 2 in the afternoon. His book is included in the March, 2017 Journal of the American Revolution’s “100 Best American Revolution Books of All Time.” The event is free and open to the public.

Jake Ruddiman is an associate professor of Early American History at Wake Forest University. His 2014 book, *Becoming Men of Some Consequence: Youth and Military Service in the Revolutionary War*, explores the lives and choices of young men in the military maelstrom of the American Revolution. His current research explores the Revolutionary era in the Southeast. One project examines the place of slavery and enslaved people in soldiers' travel writing during the War of American Independence.

A graduate of Allentown High '96, Professor Ruddiman graduated from Princeton University with a BA in History. He was awarded a doctorate in history from Yale University in 2010.

He writes, “Early America draws me as a teacher and historian because it stands as a hinge between eras. It mixes the familiar and foreign, mythic and controversial, foundational and revolutionary. The era’s actors point us towards questions of human experience: how did people build lives, communities, and meaning? And the American Revolution – boldly begun but never quite finished – pushes us to engage with its triumphs and failures, demanding we challenge ourselves to seek what still remains to be done.”

Professor Ruddiman will share soldiers’ stories from the book and his current research projects with implications to the historical understanding of the American Revolution. He is pleased to take questions and will be available for book signing.

To reserve a seat, please call the Allentown Public Library, 609-259-7565. The Library is located at 16 South Main Street, in the center of Allentown. Reservations are requested.

It sounds like an interesting and informative night. Call early to reserve a seat!

NEWELL ELEMENTARY SCHOOL

HONORED AS #1

By Pam Teel

The Newell Elementary School was honored as the number one New Jersey school in the 2017 Scholastic Summer reading challenge. They have a great reason to celebrate this back to school season because the students have read more than 1,582,783 minutes this summer, earning them the title of “Best in State” for NJ in the Scholastic Summer Reading Challenge.

This is the 3rd year in a row that Newell has come in as Best in State! The school will be featured in the 2018 Scholastic Book of World Records and will receive a commemorative plaque and a celebration kit to commemorate the students’ summer reading achievements.

This summer, children of all 50 states, Washington, D.C., two U.S. territories, and 14 countries from over 3,556 schools, read 138,399,392 million minutes in the 2017 Scholastic Summer Reading Challenge.

Newell held a school wide celebration to celebrate their success on Friday, October 6th. As a reward for their hard work, Principal Kelly Huggins wore the Allentown Redbird Mascot costume throughout the school day. Water ices were provided by the PTA and were served during the student's "extra" recess that they had earned as a result of being Best in State.

The Scholastic Summer Reading Challenge is designed to help kids turn the “summer slide”—the learning loss that can occur over the summer months—into a “summer leap” by discovering the power and joy of reading for fun.

The program offered kids the chance to log their reading minutes to earn digital prizes as they completed weekly reading challenges, gaining access to 18 reading activities, including games, quizzes, and videos based on popular children’s books.

Parents and families also had access to free summer reading resources, including booklists across all age groups in both English and Spanish.

Congratulations to all of the children who participated. Keep up the great work. We’ll be rooting for you for next year!!!!!!

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”

Dr. Seuss



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.

..to be continued on page 99

...continued from page 98

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

Horror/Thriller ‘Messenger of Wrath’ Features Millstone Child Actress

Actress Isabella Mays, 8, of Millstone has a role in the soon-to-be-released feature film “Messenger of Wrath,” a horror/thriller about a neglected 12-year-old girl, Charlotte, who faces masked invaders breaking into her home late one night. While trying to escape, she learns of a far more dangerous threat lurking outside.

The independent film will be released Friday, Oct. 27, on Amazon Prime. It premiered Sept. 7 at Bow Tie Cinemas in Red Bank, NJ.

Mays, a third-grader at Millstone Elementary, plays “Madison,” a child whose medical conditions prompt her financially strapped mother to plan and carry out a house robbery that ends up going terribly wrong. Mays said the most challenging part of this role was playing a character with cerebral palsy.

“I’ve worked with a lot of talented kids, and Izzi is easily as great an actress as any of them,” said Ryan Callaway, producer and director of the film. “She is very believable, understands characterization, and even the art of subtlety, which can be difficult for younger people. She also has the advantage of having completely supportive and great parents in Chris and Jen.”

Messenger of Wrath is Callaway’s fourth movie in 3 years.

“It came about because I wanted to accomplish two things,” Ryan said. “Remake my first actual short film, which I shot in 2009, and, also, I’ve always been a big fan of home invasion movies. I thought it would be cool to have a kid home alone when the scary stuff goes down. That’s not usually a perspective you see in these types of films.”

Mays, who recently filmed in a Cheerios commercial, knew she wanted to act after watching the Disney Channel. She plans to continue acting in hopes of eventually landing a spot on a TV series or major motion picture. Until then, she will also continue to go to school, take lots of acting and dance classes, and pursue her other passions: Karate, playing the piano, and singing.

“This is my second movie with Ryan Callaway, and I have enjoyed every moment,” she said. “Watch out for me, I’m on the rise! I live for this!”

To watch the trailer, check out <https://youtu.be/1qFokfCxAnc>



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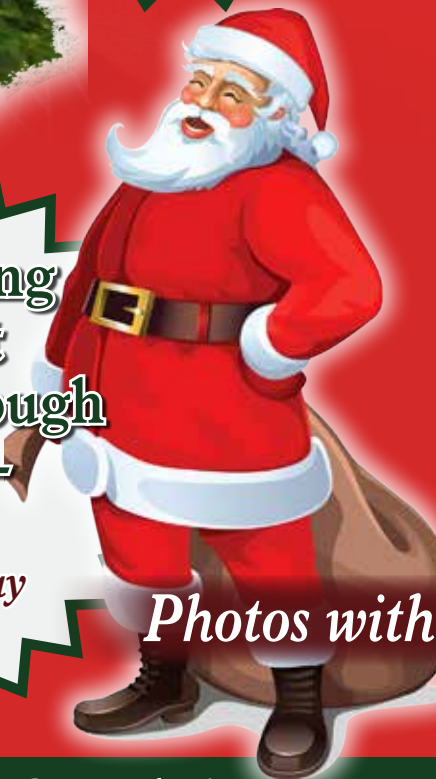
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