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Cover Photo:  
*The Historic Village  
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Christmas Events  
Around New Jersey  
on Page 8







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The Greater Princeton Area ASK THE DOCTOR

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Losing a loved one is heart wrenching. Unfortunately, major decisions must be made in the midst of shock and grief.

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# Christmas Events around New Jersey

By Pam Teel



## The Historic Village at Allaire

Make Allaire part of your annual Christmas tradition! Enjoy music, singing, craft demonstrations, hearth cooking, a visit by St. Nicholas and MUCH more at Christmas at Allaire! Learn about various Christmas traditions through the ages from our costumed historical interpreters! The historic buildings will be decorated for the season. In the evening they offer guided lantern tours of the village. Christmas at Allaire, 11 am to 4 pm, (Dec 3, 10, 17). Lantern Tours (Dec 2,8,9,15,16) offered every 15 minutes from 5 pm to 8 pm. Advanced ticket purchase is required for the Lantern Tours and strongly recommended for Christmas at Allaire. Tickets can be purchased through Eventbrite or by visiting <http://allairevillage.org/events/>

## Cape May, NJ Christmas Tours

Every holiday season, both daytime and night time trolley tours prowl through the streets of Cape May, letting visitors get a look at holiday decorations from the comfort of a heated trolley.

## Ghosts of Christmas Past Trolley Rides

Members of the East Lynne Theater Company regale you with a holiday ghost tale as you ride through Cape May's decorated Historic District.

Adults \$10; children \$7.

## Holiday Lights Trolley Rides

Ride through Cape May's Historic District to see decorated inns and homes as guides talk about Victorian Christmas traditions, lead sing-alongs, and play Christmas music. Rides last about 30 minutes.

\$8 per seat.

## Cape May's Christmas Carol Tour

Enjoy a Victorian holiday tale on an evening trolley ride through Cape May's festive streets. Then, visit the authentically decorated Emlen Physick Estate for a living history holiday presentation. Tours last about 2 hours.

Adults \$15; children \$7.50.

## Emlen Physick Estate Christmas Tours

Visit the 1879 Physick Estate, Cape May's only Victorian house museum, decorated in authentic Victorian style. Learn about Victorian Christmas decorations and traditions on this guided daytime tour. Can also be combined with a historic district trolley tour.

Adults \$10; children \$5.

The trolley tours rides are sponsored by the Mid-Atlantic Center for the Arts. You can buy tickets at the Washington Street Mall Info Booth, Ocean and Washington Streets, Cape May. That's where the rides usually begin. For info and tickets: [capemaymac.org](http://capemaymac.org).





## Jenkinson's Aquarium Winter Wonderland

Join Jenkinson's Aquarium on the boardwalk in Point Pleasant Beach for the annual Sea of Lights Holiday Festival on December 15, 16, 22, 23 & 26-30 from 6 pm - 9 pm, as they light up the Boardwalk in December during Jenkinson's Sea of Lights.

Join their Indoor Holidays Lights Spectacular in the Aquarium; a real gift to your family at the special admission price of only \$8. Sea of Lights will be held on December 15, 16, and 22, 23, 26-30 from 6 pm until 9pm. The Sweet Shop, Aquarium Gift Shop, and Pavilion Arcade will be open! Crafts, Holiday Treats, Photos with Santa & friends, Games, Holiday Gifts and more! <https://jenkinsons.com/events/sea-of-lights/>



## The Cranbury Home Christmas Lights

Help bring joy to those in need, a small donation optional, Dec, 14-27, 6 to 9 pm. Go and see a fabulous display of Christmas lights that brightens up this Cranbury house every year. See site for info and times at: [CranburyChristmaslights.com](http://CranburyChristmaslights.com)

## Cook's Christmas Lights

The show will begin Saturday, November 25, 2017 and run through New Year's Day. The Light Show can be seen Sunday through Thursday 6pm to 10pm, as well as Friday and Saturday 6pm to 11pm, 1 Carlson Ct., Jackson, NJ.

The Cook's Christmas Lights display returns for another season to raise money for the National MS Society. This year's display features over 20,000 lights, 4 singing faces and a 1,008 bulb pixel matrix, playing through 7 Christmas-themed songs and runs for about 25 minutes. Pull up to this marvelous display, turn your radio to the designated station and watch the magical light show from the comfort of your vehicle. . The Cook's Christmas Lights display is free, but donations are greatly accepted and 100% of proceeds are donated to the National MS Society. <https://www.facebook.com/cookschristmasnj/>

## Holiday lights at the Zoo

Come for an unforgettable Holiday Lights Spectacular at Turtle Back Zoo in West Orange. The zoo is illuminated with over 100,000 bulbs, 50 displays and holiday sights. Starting Nov. 17th to Jan. 2nd (Closed Dec. 24 and 25th.) Come see lit up animal shapes and more. Ride the Christmas train. <http://turtlebackzoo.com/events/holiday-light-spectacular-5/>

## Jackson Holiday in the Park at Great Adventure

Lots of holiday events planned. November 19th through January 2nd. Come and see the park transformed into a winter wonderland with more than a million twinkling lights. Visit peppermint Path, Dot and Drop Gingerbread dance party, come see the 52 foot Christmas tree come alive with music and dancing lights. Stroll down the tranquil pathway of lit trees, luminaries, and stained glass showcasings of religious holidays from around the world. See the stage spectacular, Trouble in Toyland, come and visit with Santa at Santa's house, visit the North Pole village, listen to the carolers, ride the rides and more. Check out website for days and time. <https://holiday.sixflags.com/greatadventure/things-to-do/>



*Come visit Dot and Drop Gingerbread at Great Adventure Holiday in the Park and Visit Santa's house at Great Adventure.*



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## Frugal Family Fun Ideas for Gift Giving

Being creative is a great way to save this holiday season.

Presenting a gift for the entire family creates great memories, great gift giving and quality time without spending a ton of dough.

### Movie Night

The easiest and least expensive on the list is the Family Movie Night package. Get a basket or reuse an old gift box and fill it with a two-liter soft drink or bottled waters. Fill also with several bags of microwave popcorn, some large boxes of candy from the dollar store and some inexpensive DVD's. Create a gift card to look like a strip of film or ticket stub.



### Super Sundaes

Who doesn't love ice cream—especially when you get to make it just the way you like it? This gift looks extra special when presented in a big basket (from the dollar store, of course). Include a bunch of bananas, various toppings, sauces, nuts, a jar of Maraschino cherries and a \$10 grocery store certificate for the purchase of ice cream and toppings. Search your dollar store for inexpensive sundae glasses, banana split dishes or dessert spoons to give the gift some extra punch. Create a gift card that looks like a banana or tub of ice cream.

### Homemade Desserts

Make your own homemade version of your favorite dessert. Cinnabons make a great idea along with a Mason jar of homemade hot chocolate mix. These yummy treats can be enjoyed as a family.

### Family Game Night

A family game night package can include inexpensive card games, puzzles and board games. Add like popcorn and candy to cheese, sausage and crackers to a batch of your favorite brownies or cookies.

### For the Sports Fan Family

Sports fans will appreciate a gift based around their favorite team or sport. Set the theme with some Team-Brand items, snacks for tailgating and a gift card to your local deli for a Tail Gate. You might include seat cushions, hand warmers, sun visors or knit caps, all in appropriate colors. Be sure to include water bottles, trail mix and peanuts.





# Calendar of Events: December & January

- **December 15**-Asbury Park Holiday Bazaar @ Asbury Park Convention Hall Asbury Park, NJ. This amazing evening will be filled with music, art, food goods and joy in one of Asbury's most astonishing buildings.
- **December 16**-Lights and Carols for A 'Claus @ Iantosca Home Manalapan, NJ 2pm-9am. Come and visit this lovely home in Manalapan to see Christmas lights and music.
- **December 17**-The Christmas Express with Santa @ Wall Township, NJ Museum of Transportation. Take a ride on this Christmas train and get a visit from Santa himself.
- **December 18**-Christmas Wonderland @ Maple Leaf Farms Manalapan, NJ 11am-7pm
- **December 19**- 40th Festival of Trees @ Basking Ridge, NJ 9am-4pm.
- **December 20**-Didonato's Magical Holiday Express @ Hammonton Didonato Family Fun Center.
- **December 21**-Santa Photos/Caring Santa @ The Mills @ The Jersey Gardens Elizabeth, NJ. Come and visit Santa at his jolly little workshop at this merry mall this holiday season. Photo ops will be available.
- **December 22**-Holiday Lights Spectacular @ West Orange, NJ @ Essex County Turtle Back Zoo. Walk through the beautiful scenic path decorated with Christmas Lights.
- **December 23**-Weihnachmarkt @ Asbury Park. Toys, homemade goods and more are available at this market for you to view and purchase.
- **December 24**-Merry Christmas Eve! Get ready for Santa to come!

## The Millstone Times STUDENT OF THE MONTH

*By Pam Teel*

Brielle McNair lives in Allentown and is a freshman at Allentown High School.

Brielle likes learning about new things in her classes. She also likes writing stories and doing essays. Her favorite subjects are history, English and Italian. Brielle gets mostly A's in her classes and studies really hard to keep up her grade point average. Brielle is in the school choir and also works on the school newspaper.

Right now, her favorite book she likes to read is, 'Miss Peregrine's Home for Peculiar Children' and the 'Diary of a Wimpy Kid'.

Her favorite TV show is SpongeBob. Somehow it is her whole family's favorite show. They have fun watching it together.

Her favorite music she likes to listen to at this time is, Taylor Swift and One Direction.

Brielle's favorite places to visit are, Disneyworld, Tennessee, California, and Williamsburg, VA.

Brielle lives with her parents. She also has four siblings; one brother and three sisters. She has a small five-year-old shih Tzu named Daisy.

Her favorite activities are playing the piano, drawing, and coloring.

Her favorite sport activity is playing wiffle-ball.

Her favorite thing that she likes to eat is her moms roast beef. She also loves meatballs.

Brielle's favorite holiday is Christmas. She loves to decorate her house for the holidays.

If she had but one wish, Brielle would want to be rich and famous.

Keep up the great work in school Brielle and stay the sweet and kind young woman 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](mailto:crescent671@gmail.com). Looking forward to hearing from you!!!!!!**





- **December 25**-Merry Christmas! Enjoy time with your family on this wonderful holiday, and open all your gifts!
- **December 26**-Jenkinson's Aquarium Sea of Lights Festival @ Point Pleasant, NJ 6pm-9pm. Jenkinson's Aquarium is lighting up their fish tanks in Christmas colors, and see your favorite fishes during the winter time!
- **December 27**-Holiday Week at Crystal Springs Resort @ Hamburg, NJ @ Crystal Springs Resort. Crystal Springs Resort is kicking in the New Year and celebrating the holiday season with music, parties, games, decorations, friends and family and more.
- **December 28**-The Gingerbread House at Great Wolf Lodge's Snow Land @ Scotrun, PA. The Great Wolf Lodge is dressing up as a Gingerbread House for you to come and stay in! Family fun for everyone this time holiday edition.
- **December 29**-The Flanders Hotel Gingerbread House Building @ Ocean City, NJ. Visit The Flanders Hotel and compete in the Gingerbread House Competition to create a hopefully awesome and yummy winner!
- **December 30**-Princeton Holiday Trolley Tour @ Nassau Street Princeton, NJ. Take a trolley through the decorated streets of Princeton
- **December 31**-Happy New Year's Eve! Ring in the New Year with the people you love!
- **January 1**-Relax after a week of holidays and lots of food! Spend the day in your favorite pajamas!
- **January 2**-Campgaw Mountain Ski Resort @ Manwan, NJ. Enjoy a weekend of skiing with your family and friends at one of New Jerseys best resorts.
- **January 3**-New Light Exhibit @ The Museum of Early Trades and Crafts @ Madison, NJ. Visit the Museum of Early Trades and Crafts to see the new light exhibit.
- **January 4**-Museum Detectives: What Is It? @ Morris Museum @ Morristown. Come and view tools and equipment that are used to solve crimes

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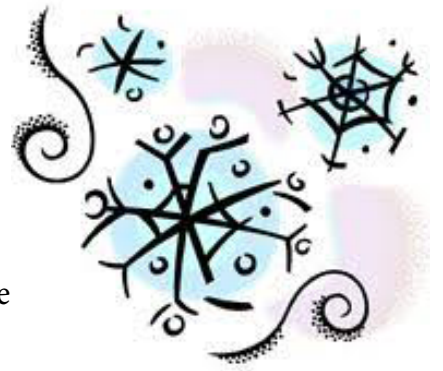
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- **January 6**-Model Railroad Snow @ North Haledon, NJ @ NJ Garden State Model Railway Club. Come and view amazing model trains and tracks built by dozens of people.
- **January 7**-Wayne PAL Antiques and Collectibles Show @ Wayne, NJ.
- **January 8**-A Season of Wonder Toy Collection @ Morris Museum @ Morristown. At this museum you can come and view the wonderful selection of toys for all children ages.
- **January 9**-Dancing with the Stars @ State Theatre @ New Brunswick at 8pm
- **January 10**-Winter Tales from Around the World @ Reeves-Reed Arboretum @ Summit, NJ 11pm-2pm
- **January 11**-Skiing @ Mountain Creek @ Vernon, NJ. Come and enjoy a day of skiing at this beautiful resort with family and friends.
- **January 12**-Rob Thomas @ Borgata Music Box @ Atlantic City, NJ
- **January 13**-Theresa Caputo @ Borgata Events Center @ Atlantic Center, NJ
- **January 14**-Rutgers Scarlet Knights VS Ohio State Buckeyes Basketball Louis Brown Atlantic Center @ Piscataway, NJ. Watch and support New Jersey's own Scarlet Knights at this basketball game.
- **January 15**-Storybook Style: A Selection of Words from the Minds of Living Illustrators @ Morris Museum @ Morristown, NJ. Fiction becomes reality at this event where all your favorite characters come to life through art and storytelling.



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# How Dads Parent Different Than Moms

By Susan Heckler

***Parenting Styles differ between all parents, but the difference between how a mother parents and a father parents can be night and day for the children and can be a source of conflict for parents. Each parent brings unique contributions to the job of parenting a child. The key is to get the right blend that works for your family.***

Many women feel their children's father's way of parenting is more demanding, more physical and focused on dealing with the real world. They practice more tough love than many women are comfortable with.

Mom is the nurturer in the family. They parent from emotion and tend to be more verbal and descriptive with their children. Mothers put their children's needs first, possibly a throwback to pregnancy. Mom prefers to establish firm, consistent rules. Mothers help boys understand the female world and develop a sensitivity toward women. Mothers tend to see the rest of the world in relation to their child.

Fathers set the bar high and expect the kids to meet expectations consistently. They prefer to challenge the kids and take a firmer disciplinary standpoint. Dads are more spontaneous. Their words are fewer and their instructions are more concise with less explanation. Girls with involved, married fathers are more likely to have healthier relationships with boys in adolescence and men in adulthood because they learn from their fathers how proper men act toward women. Dads tend to see their child in relation to the rest of the world.

There are some negatives when a family's parenting styles aren't blended well.

- Children may feel confused or conflicted with dissimilar expectations
- Children can be drawn more to one parent or the other because of their like-mindedness for the specific parenting style
- The conflicts can result in alienation or depression as the child matures
- Frustrating at best and destructive at worst
- Creating dissonance and distance between partners

This is not all bad though, opposing parenting styles can help kids prepare for a world of negotiating with various types of people. It is best for your children if both parents can act as a partnership, showing unity in parenting. Issues come up, but maybe they should be worked out between adults without the children observing the conflict and manipulating the situation to their advantage. Parents with different styles need to find a balance by negotiating, showing support for each other, protecting key values, and seeking help before damage is done.

Dr. Kyle Pruett of Yale Medical School stated, "By 8 weeks of age, infants can tell the difference between a male or female interacting with them. This diversity, in itself, provides children with a broader, richer experience of contrasting relational interactions—more so than for children who are raised by only one gender. Whether they realize it or not, children are learning at earliest age, by sheer experience, that men and women are different and have different ways of dealing with life, other adults and children."





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## Why Charging Your Teen Rent May Be a Good Thing

By Susan Heckler

**Would you charge your own child rent? My parents did.** When I graduated college, and was still living home, my father decided that I should contribute to the household. He charged me \$250/month! I was an adult working full time. At first, I was furious and couldn't believe he was doing this to me.

Would you charge a teenager rent? What is your motivation? Do you need the money to make ends meet? Are you trying to teach your child about the value of money? Are you encouraging them to leave your nest?

Those in favor bring up these thoughts:

- Teaching financial independence and budgeting is an important life skill
- Independent living encourages facing fears and leaving your comfort zone
- Having that extra person in your home adds to your personal expenses
- Knowing rent is expected will change your teen's spending patterns

Many 'millennials' end up back at Mom & Dad's after graduation or never leave at all. The job market has been sketchy, and the cost of living is high. Many kids get out of school overburdened with school loans. It is not easy to afford to be on your own.

Additionally, once your child is no longer a student, do you make them take responsibility for car payments, gas, insurance, and everything else you have been carrying for them?

There are negatives and positives on both sides of the argument. You know what works for you and your family as there is no one answer that encompasses every situation.

Oh...by the way. At my wedding my father handed me a check for every penny I paid him plus interest to go toward a down payment on our first home. He didn't need the money. He was teaching his baby girl how to save for the future and a lesson I will never forget.





KIDS

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## Allentown Public Library Mural

Local artist Cris Cier created a mural at the Allentown Public Library as a special recognition of donors. Those giving \$250 or more are invited to add their name or any acknowledgment of their choice to the new wall mural. In the photo, Ms. Cier inscribes the wording on a "spine" of a book on the mural. Contact: Joan Ruddiman, [jruddiman@aol.com](mailto:jruddiman@aol.com) for information



## 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](mailto: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.

*Kathi Spurlock of Millstone Township took these two photos of the hummingbird and the butterfly this past summer right in her own backyard.*



*Alex Ostrow took this photo of an old red barn in Monroe, NJ.*





# Reopening of the Crossroads Youth Center Allentown, NJ

By Pam Teel

On Wednesday, November 29th, Crossroads Youth Center reopened its doors at the site of the old Angela's Deli building at 75 South Main Street in Allentown. The building was bought over twenty years ago by the Allentown Presbyterian Church, but when the number of youth showing up began to outgrow the tiny building; the members of the Allentown Presbyterian Church did what they do best. The church congregation, families of the youth they serve, and town residents bonded together for a gala event that raised over 1.2 million dollars to build a bigger and better Youth Center that would serve not only the Youth of Allentown, but children from other surrounding communities as well; communities such as Robbinsville and Bordentown. This year they expect that nearly 200 youth and young adults will come through the doors of the new facility each week.

The old storefront was knocked down, and with keeping in mind the historical significance of the town, the new building was built to fit in with the flow of the other buildings. The 6,000 square foot building has a new catering kitchen where parents will be invited to become involved by cooking meals for the students to share each week, which is an important part of the DNA of the ministry.

Crossroads Youth & Young Adult Ministry is a mission of the Allentown Presbyterian Church and from the beginning of its inception; it has been a "difference place." At Crossroads, it doesn't matter what you look like, what kind of clothes you wear, what color your skin is, how cool your friends are or what school you attend. Everyone is welcome to be part of the community because the real difference is that all who enter come to share the love of Jesus. This ministry exists to inspire, encourage and empower students in their relationship with Christ. Each night students share a meal, enjoy fellowship through fun and games, hear a relevant message and then break into small groups where they unpack what they heard and share the joys and concerns of life together through relationship building and prayer. Crossroads provides a safe place for students to connect with adults they call "Shepherds", with their peers and with God. Students are also given the opportunity to serve others through monthly mission nights and summer trips.



*The new and improved Crossroads Youth Center in Allentown, NJ*

## **The Youth Ministry groups meet:**

**Middle School: (grades 6- 8) Tuesdays 6:30 – 8:30pm**

**Young Adult Group (ages 18 - 30) Wednesdays 7 -9 p.m.**

**High School: (grades 9 – 12) Thursdays 6:30 – 8:30pm**

Stay tuned for special Friday night events as well, such as Coffeehouse For A Cause on December 15th, 2017!

The Allentown Presbyterian Church is conveniently located just around the corner from the Youth Center. Many Crossroads' students call APC home, where they are active members of this thriving congregation. Sunday mornings are an anomaly here, where most churches find their youth and young adult-aged members leaving the church, you will find many showing up eagerly to worship, where they are "growing in Christ." This may be in part to the many ways the young people are invited to serve, such as in the High School worship band. Music is a very big part of the way students encounter and experience God each week. The worship band rehearses on Monday nights at 7 pm and another "jam" band that provides high-energy music to kick off youth group each week meets on Thursdays at 4:30pm. All are welcome to share their gifts!

The Youth programs are run by three very dedicated people.

Karen Collins is the Director of Youth & Young Adult Ministry - Karen loves God and loves kids. She is passionate about sharing the love of Christ with youth and young adults and excited by the way God is moving through the Crossroads community. Crossroads Youth ministry, exists to inspire kids to love Christ and Karen is blessed to be part of that mission!

Jenna Brown is the Middle School Staff Leader & Director of Youth Music - As middle school leader, she is blessed to do ministry alongside an incredible team of Shepherds. She is also passionate about leading students to meet and know Jesus through worship, where her own relationship with Christ first began at APC as a teenager.

Jc Fowler -Interim High School/Young Adult Staff Leader - Jc has a heart for God and is so excited for the opportunity to serve the high school youth and young adults of the surrounding community. Jc first felt the love of Christ at Crossroads as a youth and he feels absolutely blessed to be doing ministry in the same place that helped him fall in love with Jesus.

Crossroads opens up their arms to anyone who wants to come and join in the fun, meet new friends, and share the love of God. To learn more about the Ministry or to register online, go to [www.xroadsym.com](http://www.xroadsym.com) or visit them on facebook at: Crossroads Youth Group, Allentown.

***With an ever-changing world, there is nothing more important than to pass on the love of God to the next generation. To the members of the Crossroads Youth Center, "May God bless you today and always!"***



## Girl Scouts Celebrate the Season & the Seniors

Girl Scouts of the Jersey Shore Brownie Troop 157 with their Troop Leaders Christina Baldino and Claudine Krosnowski came to the Allen House Senior Citizens complex in Millstone Township on Sunday, October 22nd with pumpkins and paint ready to decorate the senior housing complex, which includes 10 senior apartments, for Halloween!!

Last year, the troop “adopted” the Allen House senior residents as part of their service project and they plan seasonal activities. The seniors love the interaction, seeing the girls and working together on projects. This Halloween activity included a pizza party and pumpkin decorating. “We took the girls on a Halloween hayride at Westhaven Farms prior to the event so they can each pick a pumpkin for our senior friends,” said Troop Leader Christina Baldino, “I think it’s really important for the girls to see the event unfold from start to finish and really understand the importance of giving back to our community and doing something nice for others.” The girls did way more than getting crafty and painting faces on the pumpkins with the seniors. They brought so many smiles and they made the seniors feel young again. Allen house senior resident Kathy said, “Being surrounded by the Girl Scouts and painting with them was truly the highlight of my night!”

There was also a special presentation with a Seeing Eye Puppy in training by Allen House Board Member and former Girl Scout leader, Kathy Gould. “Christina, Claudine and I are always searching for fun activities for the seniors and the girls and all ages benefit from puppy love!” said Gould, a puppy raiser for the Seeing Eye of Morristown. “The Seniors are already asking me when the Troop is coming back for their next visit!”

Brownie Troop 157 is already busy planning a December holiday activity for the seniors.

“The girls can’t wait to come back and spread some holiday cheer next month,” said Troop Leader Claudine Krosnowski, “The seniors love listening to the girls sing Christmas carols, enjoy eating Christmas cookies together and playing holiday bingo!” Each Girl Scout also make gift baskets for each of our senior friends!



*Troop 157 at Westhaven Farm*



*Troop 157 with leaders picking pumpkins*



*Troop 157 with some seniors and decorated pumpkins*



*Kathy and seeing eye dog*



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# Popular Baby Names 2018

By: Gabriella Mancuso

If you are expecting a little bundle of joy for 2018 statistics have shown these to be the predicted most common baby names of the year to come. Girls names include Emma, Stella, Olivia and Emily. Along with some unique names like Charlotte, Sadie, Violet, Zoe and Ella. Boys names include nice ones like Jack, Oliver, Dylan, Adam, James, Lucas and my personal favorite Liam. Many names are also making a comeback like Ava and Logan. These are just a handful of the wonderful names you can choose for your soon to be son or daughter!



## Girls:

- Emma
- Charlotte
- Sadie
- Violet
- Stella
- Zoe
- Ava
- Olivia
- Ella
- Emily

## Boys:

- Jack
- Oliver
- Dylan
- Adam
- Liam
- Noah
- Logan
- Mason
- James
- Lucas





# OPPOSITIONAL DEFIANT DISORDER

## And What Every Parent Should Know

All children are oppositional from time to time, particularly when tired, hungry, stressed or upset. They may argue, talk back, disobey, and defy parents, teachers, and other adults. Oppositional behavior is often a normal part of development for two to three year olds and early adolescents. However, openly uncooperative and hostile behavior becomes a serious concern when it is so frequent and consistent that it stands out when compared with other children of the same age and developmental level and when it affects the child's social, family and academic life.

In children with Oppositional Defiant Disorder (ODD), there is an ongoing pattern of uncooperative, defiant, and hostile behavior toward authority figures that seriously interferes with the youngster's day to day functioning. Symptoms of ODD may include:

- Frequent temper tantrums
- Excessive arguing with adults
- Often questioning rules
- Active defiance and refusal to comply with adult requests and rules
- Deliberate attempts to annoy or upset people
- Blaming others for his or her mistakes or misbehavior
- Often being touchy or easily annoyed by others
- Frequent anger and resentment
- Mean and hateful talking when upset
- Spiteful attitude and revenge seeking

The symptoms are usually seen in multiple settings, but may be more noticeable at home or at school. One to sixteen percent of all school-age children and adolescents have ODD. The causes of ODD are unknown, but many parents report that their child with ODD was more rigid and demanding than the child's siblings from an early age. Biological, psychological and social factors may have a role.

A child presenting with ODD symptoms should have a comprehensive evaluation. It is important to look for other disorders which may be present; such as, attention-deficit hyperactivity disorder (ADHD), learning disabilities, mood disorders (depression, bipolar disorder) and anxiety disorders. It may be difficult to improve the symptoms of ODD without treating the coexisting disorder. Some children with ODD may go on to develop conduct disorder.

Treatment of ODD may include: **Parent Management Training Programs** to help parents and others manage the child's behavior. **Individual Psychotherapy** to develop more effective anger management. **Family Psychotherapy** to improve communication and mutual understanding. **Cognitive Problem-Solving Skills Training and Therapies** to assist with problem solving and decrease negativity. **Social Skills Training** to increase flexibility and improve social skills and frustration tolerance with peers.

Medication may be helpful in controlling some of the more distressing symptoms of ODD as well as the symptoms related to coexistent conditions such as ADHD, anxiety and mood disorders.

A child with ODD can be very difficult for parents. These parents need support and understanding. Parents can help their child with ODD in the following ways:

- Always build on the positives, give the child praise and positive reinforcement when he shows flexibility or cooperation.
- Take a time-out or break if you are about to make the conflict with your child worse, not better. This is good modeling for your child. Support your child if he decides to take a time-out to prevent overreacting.
- Pick your battles. Since the child with ODD has trouble avoiding power struggles, prioritize the things you want your child to do. If you give your child a time-out in his room for misbehavior, don't add time for arguing. Say "your time will start when you go to your room."
- Set up reasonable, age appropriate limits with consequences that can be enforced consistently.
- Maintain interests other than your child with ODD, so that managing your child doesn't take all your time and energy. Try to work with and obtain support from the other adults (teachers, coaches, and spouse) dealing with your child.
- Manage your own stress with healthy life choices such as exercise and relaxation. Use respite care and other breaks as needed.

Many children with ODD will respond to the positive parenting techniques. Parents may ask their pediatrician or family physician to refer them to a child and adolescent psychiatrist or qualified mental health professional who can diagnose and treat ODD and any coexisting psychiatric condition.





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# A Safe Traffic Stop

By John Bazzurro

As a result of social media, the news and police “reality” shows, we have all seen a routine traffic stop by a police officer escalate to a point where either the officer or an individual is fatally injured. In order to help prevent such tragic results, I am writing this article to provide information to citizens in an effort to avoid such an outcome.

Because I represent a number of law enforcement officers, I often times see things from their point of view as well as from the view of an average citizen. The bottom line is that a law enforcement officer who is effectuating a traffic stop is genuinely concerned for the safety of the driver and occupants of the vehicle as well as his or her own safety. Typically, if various simple protocols are followed by both the law enforcement officer as well as the citizen, a safe outcome is more than likely.

First and foremost, when you are being pulled over, you should immediately acknowledge the fact that you are aware that you are being pulled over by placing on your turn signal. Thereafter, you should attempt to pull onto a portion of the side of the road that fully removes both your vehicle and the police vehicle from the traveled portion of the roadway (i.e.-shoulder).

After both you and the police vehicle are safely off of the roadway, you should open your driver’s side window and place both of your hands upon the steering wheel so that the officer can visually observe both of your hands as he or she is approaching you. Often times, people make the mistake of reaching across their vehicle into their glove compartment or into their pockets for purposes of getting out their license, registration and insurance card as the officer is approaching their vehicle. Although law enforcement officers are highly trained in this regard, depending on the circumstances, they could potentially believe that you or the occupants of your vehicle are attempting to reach for a weapon or hide contraband. Obviously, such actions could potentially escalate an otherwise innocuous situation.

After the officer approaches your vehicle and requests your documentation, you should verbally advise the officer as to where in your vehicle the documentation is located and advise the officer that you are reaching for it. This will allow the officer to anticipate your moves inside the vehicle so they are not surprised. Additionally, you should immediately respond to any of the officer’s requests. Failure to do so could be a signal to the officer that you are attempting to hide something or that the officer’s safety may be in jeopardy.

Importantly, when engaging in a conversation with the officer, you should be courteous and friendly regardless of whether or not you believe you committed a traffic offense. Of course, any aggressive or abusive language could cause to escalate the situation. From the officer’s perspective, he is only doing his job. Any arguments or positions you may have with respect to the situation are more properly raised in Municipal Court. From a lawyer’s perspective, it is generally much easier to have the summons dismissed outright or plea to a favorable deal when a client is courteous and respectful to the officer at the time the ticket is issued. On numerous occasions, I have seen law enforcement officers take notes when an individual is uncooperative, rude or abusive and then refuse to “work with” the prosecutor or the lawyer at the time a plea deal is sought.

Basically, all of the above boils down to common courtesy and common sense. If you follow the officer’s instructions, are respectful and do not engage in any actions which the officer may construe as jeopardizing his or her safety, there will be no issues concerning the traffic stop and you may receive the benefit of the doubt from the officer when it comes time to appear in traffic court. On the other hand, if you are disrespectful, rude, abusive, and aggressive, chances are that the situation will escalate to the point where you may receive additional charges and may even be subject to arrest.

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## RELOCATING BEFORE THE HOLIDAYS

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

### MAKING IT EASIER FOR KIDS

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

### MAKING IT EASIER FOR PETS

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

### MAKING IT EASIER FOR YOU

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

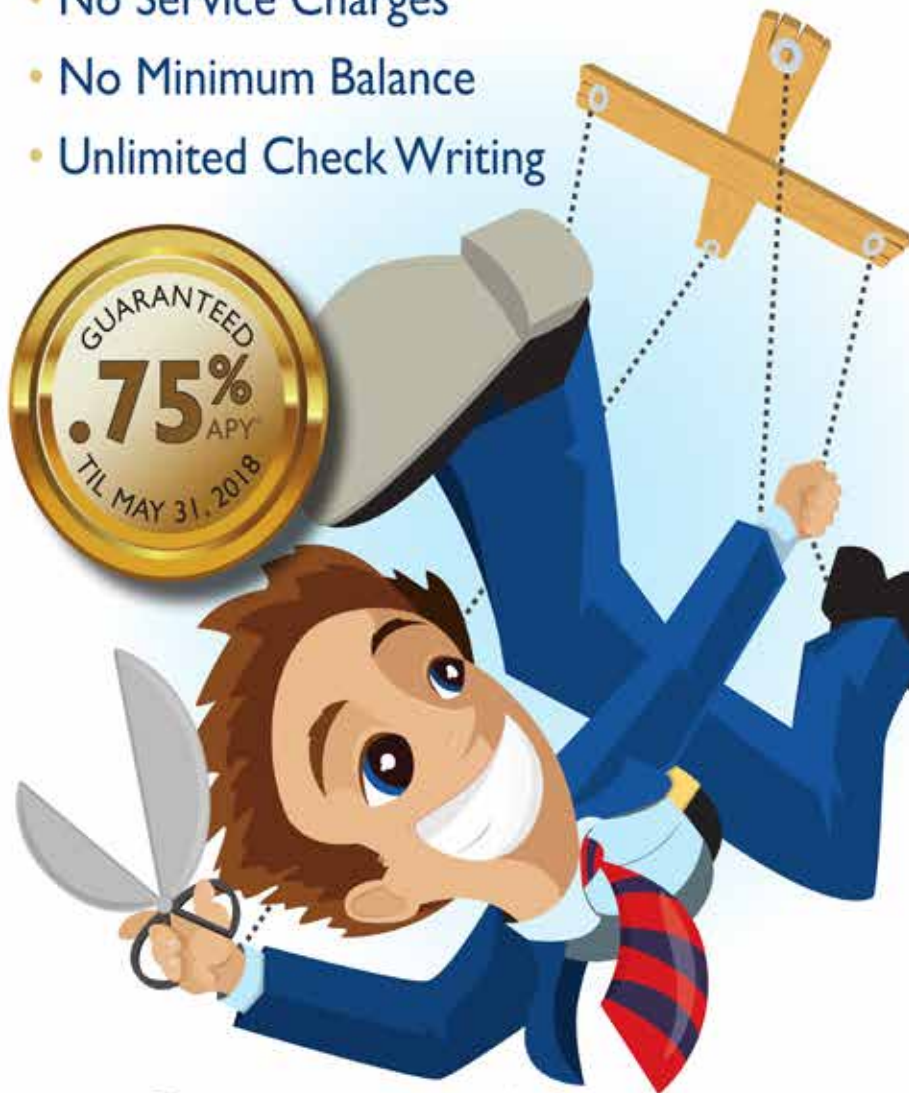




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# Weekend Getaways Kennett Square, Pa.

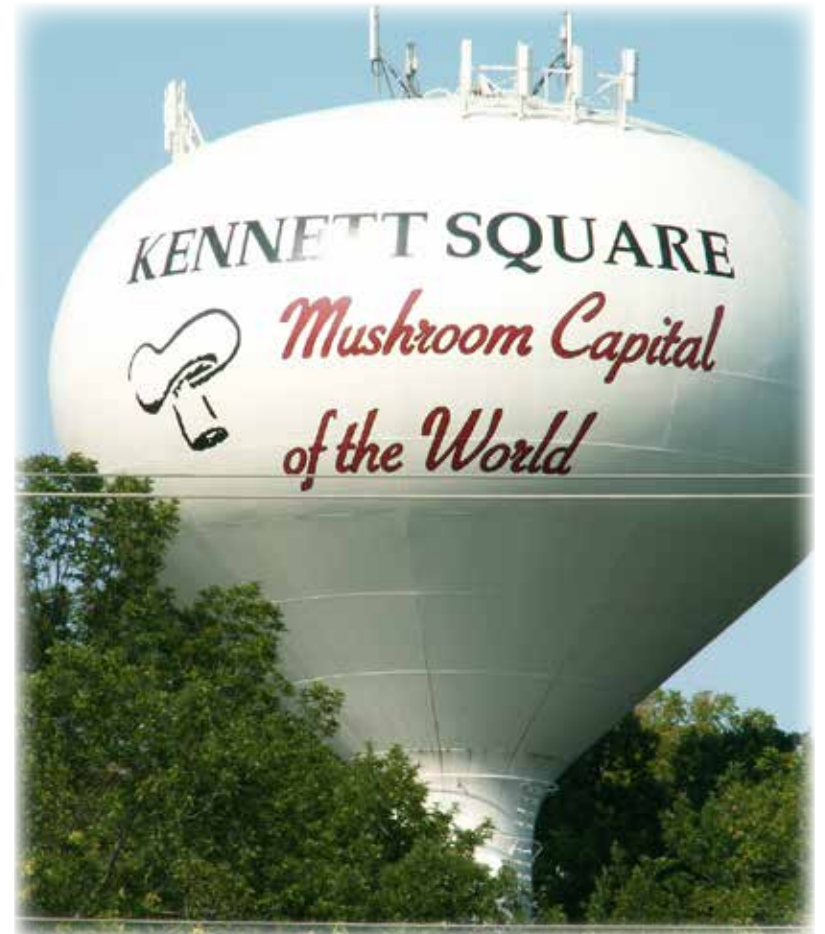
By Pam Teel

Dubbed the Mushroom Capital of the World, Kennett Square sits in the heart of the Brandywine Valley. In the center of town, locals and visitors gather to shop and dine. The area is known for its mushroom farms that produce roughly sixty percent of the country's mushrooms.

The area known as Kennett Square served as an important role in the nation's history. British soldiers camped here during the Revolutionary War. The town served as a military encampment during the War of 1812 and many prominent Kennett Square citizens helped slaves escape as part of the Underground Railroad. Because of its rich heritage, Kennett Square was added to the National Register of Historic Places in 1999.

In Kennett Square, the action centers on its main street, "State Street." This energetic thoroughfare showcases an array of locally owned businesses, charming shops, farm-fresh eateries and plenty of small-town charm. You'll find bakeries, books store, flower shops, gift and specialty shops, jewelry and clothing shops, and much more.

Enjoy many gourmet restaurants, two brewing companies, antiques and arts stores and many other eclectic shops in the charming, quaint, historic town. Make sure you visit the Marketplace at Liberty with more specialty shops to escape into, where you can buy prepared foods, produce, and gourmet groceries. The Mushroom Cap on State Street celebrates anything and everything mushroom-related. Mrs., Robinsons Tea Shop offers offer 100 varieties of teas. Visit the Half Moon Restaurant and Saloon, Victory at Magnolia, the Kennett Brewing Company taproom, and many more places to wet your whistle and pick up a bite to eat. For a farm to table delight, visit Talula's table. Portobello's Restaurant specializes in mushroom centric dishes, so stop in and order a mushroom dish. For a walking street map and extensive list of restaurants and shopping information go to: <http://historickennettsquare.com/>



The historic town is very close to Longwood Gardens, which features 1,077 acres of exquisitely manicured gardens, woodlands, meadows, fountains and exhibits. Horticultural classes, live entertainment and special events throughout the year make this awe-inspiring oasis one of the Philadelphia region's most-visited attractions.

The annual Mushroom Festival takes place each year on the weekend after Labor Day. Music, rides and entertainment attract crowds of all ages to celebrate the many varieties of locally grown edible fungi. From 6:00p.m-9:00 p.m. on the First Friday of each month, Kennett Square's Art Stroll showcases the local creative community in the town's galleries, shops and restaurants.

The Kennett Brewfest and Kennett Winterfest draw beer lovers every October and February. Proceeds go to help preserve the quaint town of Kennett. From May through Thanksgiving, the Kennett Square Farmers Market pleases food lovers every Friday from 2:00-6:00 p.m., and the summertime Third Thursdays spotlights the arts, shopping and dining in the heart of town.

The Bancroft Manor B&B, Fairfield Inn & Suites, Hilton Garden Inn Kennett Square and the Kennett House B&B are all local options if you decide to stay the weekend.

Other local places to visit include: The Winter Thur Museum and Gardens, the Kennett Square Underground R.R. Center, the Hagley Museum and Nemours Mansion, the Brandywine River Museum, The Paradox Vineyard, The Brandywine Valley Wine Trail, The Creamery- a pop up seasonal beer garden, the Tree Top Kitty Café- come in for a snack and play with 10 adoptable cats as they roam free, and the Woodlands at Philips, a family home built in 1828 that is now a store where you can purchase fresh mushrooms, gourmet products, gifts and more.

Sign up for the Kennett Square walking tour, or the Kennett Square food tour, which is three hours long and includes six local restaurants and two local wineries. There's plenty of eating and sampling going on, that's for sure!!!!



*Gloria*  
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\$899,000 Agent: Debbie Melicharek & Anthony Rosica  
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MLS#7078564

116 George St., Robbinsville, NJ 08690  
\$574,900 Agent: Jessica Leale

This immaculate, 4 bedroom, 3.5 bath, move in ready, large Carriage VI Model in Robbinsville Town Center on one of the most desirable quaint streets, is steps from the gazebo on the lake and close to both Foxmoore and Town Center shopping/restaurant areas. You must make an appointment to see this, to believe how spectacular this home truly is. Your new home is awaiting you.



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#7076565

1 Heatherstone Lane, Hamilton, NJ 08620  
\$349,900 Agent: Anthony "Tony" Rosica

Immerse yourself into a lifestyle of old world charm with the amenities of today nestled in a great neighborhood. 3 bedroom two bath home with additional den, in Steinert school district, here are several vintage well-appointed features including large solid wood beams, wide plank heated floors and so much more. Steinert School District. Large expansive deck and porch overlooks private view. A must see!



MLS#7009002

72 Harness Way, Crosswicks, NJ 08515  
\$449,000 AGENT: Elaine Gutowski

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



MLS#7029532

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

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



MLS#7073058

40 Edgemont Road, Hamilton, NJ 08620  
\$309,900 Agent: Gregory Harvell

Wonderful, 3 bedroom, 1.5bath colonial in the Yardville section of Hamilton has been painted and updated. Home has eat in kitchen, sunken family room and a gorgeous, paver, patio for entertaining. The basement is partially finished and houses the laundry room. Fenced yard with pool and a great deck. Come see for yourself!



MLS#7052526

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

Bring the family and your farm pets and enjoy country living. 3 bedroom, 3 bath on slightly over an acre of ground. This small easy to manage country estate is waiting for you to enjoy the quiet life. Come and see all the great things it has to offer!



MLS#7062221

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

4bedroom, 2.5 bath offers all the amenities today's buyers crave. Finished basement, in-ground pool and maintenance free deck. Recent updates include new AC, furnace, hot water heater, first floor wood refinished & rear storm door. Come live the dream!



MLS#7041870

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

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By Gabrielle Mancuso

Performances have a dash of magic to them in that way that everything seems more enchanting during the Christmas season.

There are many Christmas festivals, plays and musical performances in the months of November and December, and it is likely that even if your town isn't hosting one, you can find one nearby. Get in the holiday spirit and enjoying local performances is a great way to experience some holiday joy. The end of the year is cold in most places and routinely filled with stress over meeting end-of-year deadlines and quotas.

Seeing a concert or going to a festival will allow you to unwind, relax and remember that the most important aspect of the holiday is spending time with loved ones and helping others.

An important part of seeing a holiday performance can be the way you choose to treat yourself. Plan to be out for the evening and eat dinner at a local restaurant either before or after the show. Enjoy coffee and dessert — even if you don't normally partake in such indulgences. Walk your dinner off with a quick stroll through your town's shopping district where you can enjoy the lights and holiday window displays.

Your local chamber of commerce should keep a regularly updated directory and a calendar of events. This calendar should not only include events such as ribbon cuttings and business spotlights, but also record local events happening in your area. Your town's tourism bureau also is a great resource for any upcoming entertainment. Don't forget to check out local universities, which normally schedule productions around the holidays.





# New Study States Snorers Face Higher Risk of Alzheimer's

By: Gabrielle Mancuso

Those who suffer from sleep apnea are at a higher risk of developing Alzheimer's disease. The study found those with sleep apnea had a buildup of a toxic protein in their brain called beta-amyloid which triggers Alzheimer's, the progressive brain disease known for slowly causing impairment in memory and cognitive function.

Researchers found the protein formed due to the obstructed breathing from heavy snoring because of sleep apnea. But experts say there is a silver lining: the study showed treatments used to calm the snoring and increase oxygen flow may be able to prevent Alzheimer's disease.

Researchers performed spinal taps to analyze the amount of amyloid in their cerebrospinal fluid (CSF), fluid that protects the spine and brain and then scanned the brain to measure deposits of the toxic protein directly in the brain. And though none of the participants were referred by a sleep center, were known to have sleep apnea or had a condition that might affect their brain function, more than half were found to have sleep apnea - 36.5 percent with a mild form and 16.8 percent whose condition was moderate to severe.

Exactly half the original group (104) were then followed for two years, which found a link between sleep apnea severity and an increase in amyloid deposits in the brain.

The toxic proteins clump together in the brains of Alzheimer's patients and were found to increase over time due to snoring severity, meaning those with more sleep disturbances per hour had greater accumulation of amyloid over time.



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### MEDICARE:

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

### UNITED HEALTHCARE:

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

### AETNA:

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

### BLUE CROSS BLUE SHIELD:

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

### UNITED HEALTHCARE COMMUNITY PLAN:

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

### HORIZON NJ HEALTH:

- BACK BRACES
- KNEE BRACES
- WRIST/THUMB BRACES
- ANKLE/FOOT BRACES
- CANES/CRUTCHES
- TENS UNITS
- PULSE OXIMETERS/BP UNITS
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## Monroe Seniors

**Arthritis ABC's:** On Wednesday, January 24, at 1:30 p.m., besides differentiating between osteoarthritis and inflammatory arthritis, explore pain relief tips and treatment options available as you identify self-management strategies with Peggy Lotkowitz, from the Arthritis Foundation, NJ Chapter. Hosted by RWJUH. Please register in advance. Brain Games: On Monday, January 29th, at 1:30 p.m., join Gayle Braunstein, from Wilf Campus, for an interactive program that will test and strengthen your memory. Space limited. Please register.

**Henry IV:** On Tuesdays, January 23, at 1 p.m., enjoy this 2-Part DVD program featuring a spectacular version of Shakespeare's most treasured play, starring Jeremy Irons, as Henry IV, and Tom Hiddleston, as his son, Prince Hal. When registering in advance, you will be automatically enrolled in both dates.

**This or That:** On Wednesday, January 17, at 2 p.m., join Linda Mundie, from The Gardens at Monroe, for a fun and interactive game inspired by THE PRICE IS RIGHT. Bring your "consumer savvy" to the table and try to win prizes while you socialize with friends and enjoy snacks. Tickets: \$3 per person, due upon registering in-person, in advance.

**Playing Mandolin:** On Thursday, January 18, at 2 p.m., join Jerry Sperling for an informative session about learning how to play mandolin with the tablature method. With the hopes of creating a Mandolin Ensemble, an 8-week class will be conducted in February for those interested in learning how to play. We encourage you to register for this introductory session to learn more about the mandolin, the tablature method, as well as

the proposed ensemble. Please note that individuals will need to purchase or rent a mandolin for the classes and on-going sessions. (Members, who are snowbirds, have long/manicured fingernails, or who cannot commit to practicing, need not apply.)

**A Climb for Peace:** On Thursday, January 25, at 1:30 p.m., take a journey up Mt. Everest with "peace climbers" from different faiths and cultures, during this DVD presentation about the human spirit. This inspirational documentary, affirmed by the Dalai Lama as a "tremendous achievement" and narrated by Orlando Bloom, was filmed on location in Nepal, Tibet, Israel, Palestine, Jordan, U.A.E., and the U.S.A. Please register in advance.

**Movie of the Month:** On Wednesday, January 31, 1:30 p.m., enjoy our featured film starring Sally Fields as "Doris". A movie abstract is available at the front desk. Please register.

**Transportation to and from the Senior Center is a FREE service available to ALL Senior members/residents during regular business hours.** Please advise us of your transportation need when registering for Center activities. Need to cancel? Please let us know immediately, noting the original purpose of your transportation need (i.e. program, appointment, etc.)

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## THE “ULTIMATE” ESTATE PLAN

As we approach year end many people pause during the holidays, or soon thereafter, to assess where they are in their financial well-being.

If you are doing well, or plan to do well you should consider the Ultimate Estate Plan.

The Ultimate Estate Plan uses a combination of a “Stretch out” of IRA (or similar corporate or government plans) and a “strip out” rather than a “blow out”.

A “blowout” is a term for immediate or short-term withdrawals of all retirement benefits from one of these plans.

A surviving spouse can roll over deceased spouse’s benefits. However, non-spouse beneficiaries (children or other family members, significant others or friends) cannot. They must draw all the benefits within 5 years of the death of the Account holder. A full “blowout” is an immediate lump sum. A lesser “blowout” is electing over the five years.

Since these benefits have been tax favored – a deduction at contribution and a deferral of tax so long as the funds stay within the Plan, benefits are subject to ordinary income tax when withdrawn (could be up to 45%).

A “stretch-out” is accomplished by use of an IRA Inheritance Trust which instructs the Trustee to protect the beneficiaries by electing a “stretch out”. This means that if your spouse is the beneficiary and is 70 years his or her stretched out is approximately 20 years. If your child is 45 years his or her stretched out is 35-40 years. If your grandchildren are your beneficiaries because you are fortunate enough to provide for your spouse and children with other assets then stretch out could be as many as 20 years or more.

Benefits of Stretch out: **Protection, Protection, Protection**

1. From poor spending habits of beneficiaries, their spouses or children.
2. From wrong people inheriting – such as a divorced spouse of your beneficiary.
3. From lawsuits, creditors or bankruptcy “grabbling” the proceeds of the IRA.
4. From potential federal or state inheritance taxes.

The normal required minimum distribution rules during your lifetime require some distributions at 70-1/2 years of age and thereafter. A surviving spouse can roll-over your plan and begin this or her rollover at the date of the surviving spouse age not the deceased spouse.

Suppose you name your IRA Inheritance Trust as your plan beneficiary and the Trust includes 3 subtrusts, one for each of the grandchildren. They are 8, 6 and 5. Each subtrust can include separate provisions for the separate grandchildren. The five (5) year old’s stretch out period is about 80 years!

Benefits

1. Maximum Income Tax Deferral & Family Wealth Accumulation
2. Proper distribution to intended beneficiaries
3. Protection against spendthrifts
4. Professional Money Management
5. Divorce Protection
6. Protection for minors
7. Protection for disabled or elderly
8. Government benefits
9. Lawsuit, creditor and bankruptcy protection
10. Minimize estate taxes

A “blowout” does not provide any of these protections. A “stretch out does!

Next month I will discuss the “strip-out” to make your plan the “Ultimate Estate Plan”.

***If you can’t wait, call 732-414-2898.***



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# SENILITY IN DOGS

## *What Is Dementia?*

Senility in dogs also known as CCD (Canine Cognitive Dysfunction) is real.

Pet owners have long been frustrated by age related behavioral changes in their older dogs. These include—house training problems, memory loss, confusion, staring, wandering, getting stuck in corners, sleep disorders, restlessness, barking, separation anxiety, etc. These changes are not always “normal aging” symptoms. Many such dogs are suffering from Canine Cognitive Dysfunction (CCD). Recent studies have shown that majority of dogs with this illness show the same pattern of brain abnormalities as human patients with Alzheimer’s disease.

There are several drugs which may help this condition as well as dietary changes and environmental enrichment. Some drug therapy and dietary changes may take a few weeks to take effect, and Veterinary advice is necessary, but the wait can be well worth while. Dietary changes may include a formulation of dry food made specifically for this condition, which is a completely balanced diet. They also contain antioxidants such as omega-3 and Vit E—Improvements are usually seen within 2-8 weeks.

Just because a dog is old does NOT mean that he can’t learn new things. Use your dog’s intelligence to improve the quality of his life. If your dog’s vision is still good, teach signals. This will serve as a back-up if hearing fails, which it often does. Signals are fun for dogs, and a more natural way of communicating than words. Grooming & touching will help your dog cope with vision & hearing loss. The combination of diet changes and environmental enrichment provided the best results in CCD especially about learning ability. Don’t forget that before assuming your dog has CCD it is important for him/her to be thoroughly checked for any other physical conditions which may be playing a part such as arthritis or cardiac conditions.

Taking your older dog for a short walk every day if they are willing and able is a great for older dogs. The ‘smells’ act as environmental enrichment and the exercise will help keep your old friend’s joints in working order.



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## A LOVING FAMILY

By Pam Teel

***TIS the Season to Give a Home to a New Pet!!!!!!***

**THINKING ABOUT BRINGING HOME A NEW PET FOR THE HOLIDAYS, PLEASE CONSIDER ADOPTING ONE FROM A SHELTER.** Sure kittens and puppies are cute, but older animals are just as cute and cuddly!!!! If you can't physically care for an animal, why not be a sponsor for one. You can find out more about sponsoring a pet on the Animal Assistance website.

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 years experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained, and socialized. To read up more about Animals Assistance and their policies for adoption, go to: [animalassistance.org](http://animalassistance.org). To view their pets for adoption on petfinder - <http://www.petfinder.com/shelters/NJ538.html>

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 or give them a call. You can come on down and meet the pet of your choice in person during business hours. If you want to know more about one of the pets' personalities, please don't hesitate to call!

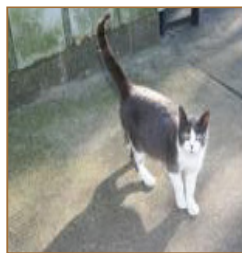
If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732-251-3210. Morning working hours (7-10 AM Mon-Thurs, 7-4 PM Fri, 8:30-10:30 AM Sunday) only. Afternoons are spent with the animals. They are closed on Saturdays, Thanksgiving, Christmas and Easter. Email: [linda@animalassistance.org](mailto:linda@animalassistance.org).



Scotty



Ralphie



Smokey



Nala

**Scotty- is a young sweet declawed cat who is house trained and super friendly. He's gray and silver-blue. Scotty has been at the shelter far too long. Please consider giving Scotty a home this Holiday Season**

**Ralphie is also declawed and very tame. This orange fellow is around two years old.**

**Smokey- young adult male**

**Nala- adult medium sized female**

**Amber- young adult female**

**Lexus- beautiful all black young and playful**

**Ginger- Adult female boxer**

**Trudy- young adult female**

**Kimmie- young adult female**

**Bruce Wayne- adult male pointer**

**Thea- large female Chow-chow**

**Bones- pit-bull adult male**

**Jacob- young pit -bull terrier**

**Ginny- adult female**

**Jasmine- 4 year old adult female**

**Minnie- medium beagle found ties to a tree**

**Josie- very quiet loving cat**

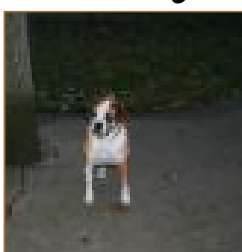
**Randy- pit bull terrier- happy-go-lucky, trains easy. He would make a great therapy dog.**



Amber



Lexus



Ginger



Trudy



Kimmie



Bruce Wayne



Thea



Bones



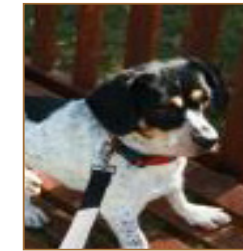
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## Sharing Holiday Happiness with your Pets

We love our pets and want to include them in all aspects of our lives. With the holidays here, it's only natural to want to include them in the festivities. Read on for some great ideas on how to make this the best holiday ever for your dogs and cats.

### Tickle their taste buds

Pets love treats. So giving them a special treat with a holiday twist is a sure hit! The choices are endless if you decide to buy them, but why not make it more special and bake them from scratch yourself? Nothing beats the taste of homemade baked goods for people so it's the same for pets. Do a quick Google search and you'll find plenty of easy and tasty recipes to choose from. For dogs, try a recipe with pumpkin and peanut butter. For cats, a recipe with tuna and catnip will never disappoint.

To give your homemade treats a holiday touch, mold them into fun shapes like stars, trees or bells. Your pets won't realize they're a holiday treat but you will. And that pleasure makes us all happy as pet owners!

### Spread the joy

Even though our pets don't understand the meaning of the holidays, they can still experience the joy we feel and share in the fun. Give them constant attention and affection while you go about your holiday preparations. Bring them along when you select your Christmas tree. Include them in your holiday outings and parties. And make sure they have something special of their own to open on Christmas morning, while the rest of your family dives into their gifts.

### Keep them warm and cozy

December can be a cold and snowy month. Even though some dogs and cats have thick warm coats, most pets will still feel the cold like we do. Think about getting your pet a new cozy coat or sweater to wear on cold blustery days. With ugly Christmas sweaters in fashion, why not get matching ones for you both to wear? You'll be the hit of your next party!

Another idea is a new comfy bed. Pets love to lounge comfortably on our beds and

couches. Why not give them their own cozy place to escape from drafty cold floors. This will also be the perfect place to snuggle up and wait for Santa by the fireplace.

### Peak their interest

Who wants to be bored during the holidays? Certainly not your furry family members. Engage them with new and exciting toys or games to keep them feeling special during this hectic season.

For dogs, consider trying new types of toys or holiday-themed toys to spread cheer. Get a toy storage bucket and fill it with an assortment of balls, chew toys and soft toys to peak their interest. You might be surprised which toys they select to keep themselves busy during holiday festivities.

For cats, nothing entertains like catnip and movement. Create a handmade wand toy with catnip inside. There are plenty of easy DIY ideas on the Internet for making enticing holiday toys.

### Include them in family traditions

For most families, the holidays are steeped in traditions with time spent cherishing sentimental reminders from the past. Make sure your pet is included in these tangible memories. We all have personalized tree ornaments from years gone by. Try making a special ornament for your dog or cat. A DIY paw print ornament is easy to make from a pre-packaged kit or find simple instructions online to make salt dough yourself and take your pet's paw print impression. You will cherish your pet's paw print for years to come.

The holiday spirit is meant to spread joy to the ones you love. For this holiday season, remember that what your pets want most is your love and attention.





# 3 Handmade Havens to Tour in Bucks County

By Pam Teel

***If your hobby is hunting down one-of-a-kind, handcrafted items, Bucks County has some unique attractions that are sure to delight!***

## *Catch a Glimpse at doll-making at Byers' Choice*

For more than 35 years, teams of skilled artisans have continued the tradition of making these world famous Caroler figurines by hand. While these figurines are popular around Christmas time, their Christmas Museum and visitor's center are open year-round, so you can plan a tour at any time! Start by strolling down a life-sized cobblestone street scene taken right out of Charles Dickens' London. Afterwards, head into the Christmas Museum, with displays of Carolers old and new, as well as depictions of Christmas traditions from around the world. Make sure you stop by the observation deck where you can watch Byers' Choice artisans bring the Carolers to life. [www.byerschoice.com](http://www.byerschoice.com). 4355 County Line Road, Chalfont, PA.



## *Ring the Bells at Malmark*

Ring, ring! Head up north to Plumsteadville for a stop at Malmark Inc., the world's premier handbell and hand chime manufacturer. Take a tour to see the step-by-step process for how handbells, chimes, and other musical instruments are made, beginning at the lathe, to the polishing room and onto the voicing room. Malmark has something for everyone: music, physics and an opportunity to see U.S. manufacturing, up close and personal. During your tour, you'll even have the chance to ring the largest handbell in existence! [www.malmark.com](http://www.malmark.com). 5712 Easton Road, Plumsteadville, PA.

## *Tour through the Tiles at Moravian Pottery & Tile Works*

End your day at Moravian Pottery and Tile Works, a National Historic Landmark that operates as a "working history" museum. Handmade tiles are still produced in a manner similar to that developed by the pottery's founder and builder, Henry Chapman Mercer who directed work at the pottery from 1898 until his death in 1930. The museum invites you to take a self-guided tour through the facility, where you'll see original installations, various displays, and selected aspects of current tile production. You can also purchase handmade reissues of tiles and mosaics made in the American Arts & Crafts tradition. [www.visitbuckscounty.com](http://www.visitbuckscounty.com). 130 Swamp Road, Doylestown, PA.

While you are at the tile works, be sure to visit and tour Fonthill Castle right on the same property as the Tile Works. It was once the home of Henry Chapman Mercer, an archeologist, anthropologist, ceramist, scholar, and antiquarian. Also take the time to visit The Henry Mercer Museum in the borough of Doylestown, Pa., where you will find an eclectic collection of objects collected by Henry Mercer representing objects of everyday life in the pre-industrial age. It's a fascinating museum. You'll find it on Pine Street and Scout Way. The Entrance is through the library.



Info courtesy of: Alexa Johnson, Public Relations Manager  
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## Purple Potatoes

By Alexandra Tringali

In my opinion, purple potatoes are the most exciting-yet-least-used potato in the whole starch family. They're tender, extremely versatile, packed with flavor and nutrients, and they are an absolutely gorgeous color. They can be prepared in the same way golden potatoes, baking potatoes, or red potatoes can, but often times their color throws some people off. This article is going to throw a spotlight on the health benefits of these colorful potatoes.

Purple potatoes are loaded with health benefits. A half cup contains 1.4 grams of protein, 1.3 grams of fiber, 10% of the daily value of potassium, and 11% of the daily value of vitamin C, as well as a plethora of other vitamins and minerals. In addition to all of the goodness that purple potatoes contain, they also provide a variety of health benefits.

### Lower and Regulate Blood Pressure

The potassium content of purple potatoes coupled with their concentration of the phytochemical chlorogenic acid positively affects the capillaries and blood vessels, helping to lower and regulate blood pressure. They lower the diastolic blood pressure – the bottom number of the blood pressure reading by 4.3% and the top number, the systolic pressure, by 3.5%.

### Purple Potatoes and String Beans

#### INGREDIENTS:

- 1 pound string beans
- ½ pound potatoes
- 2 tbsp olive oil
- 1 shallot
- 1 clove of garlic
- Basil
- Salt & pepper
- Enough water to fill half of the saucepan

#### DIRECTIONS:

1. Put olive oil, sliced shallot and garlic, chopped basil, and a heavy pinch of salt and black pepper in a large sauce pan with sides over medium-low heat. Cook until fragrant, about 5 minutes.
2. Meanwhile, quarter the potatoes and chop the ends off of fresh string beans. Add to the saucepan when ready.
3. Sprinkle with more salt, and add enough water to fill the pan halfway. Place a lid on the pan and cook over medium heat. You want to steam everything together.
4. Stir every so often, and cook until the potatoes are soft.
5. Remove from heat and using a fork, gently smash the potatoes somewhat. You don't want mashed potatoes, but you want them a little squashed!
6. Add more salt to taste, and a little fresh basil (optional.) Serve hot, room temperature, or cold.

### Helps to Prevent Blood Clots

The chlorogenic acid can also help to prevent the coagulation of proteins and peptides and break down blood clots.

### Antioxidants and Phytonutrients

The high levels of antioxidants and phytonutrients, including anthocyanins – a chemical found in blue and purple fruits & veggies – lower inflammation, prevent disease, and zap free radicals that can cause an array of health problems. The compounds found in blue potatoes are also used in medicines to treat high blood pressure, liver dysfunction, and prevent eye diseases.

### Fiber

Potatoes – regardless of color – contain high amounts of soluble and insoluble fiber. Their high levels prevent constipation and keep your body running smoothly and effectively. Other foods high in fiber include green beans and nuts.

Preparing purple potatoes is incredibly easy: whether you want to roast them, smash them, or slice them very thin to make purple potato chips, their possibilities are endless!





## Cashew Cream Recipe

Cashew cream is the preferred substitute for cheese, cream, and sour cream. It is an easy vegan substitute for a wide array of dairy foods and has many health benefits. Cashew cream has almost 1 gram of protein per tablespoon and is high in magnesium. It is cholesterol-free and is also a good source of copper, fiber, and healthy monounsaturated fats (necessary—in moderation—for a healthy diet).

### Ingredients:

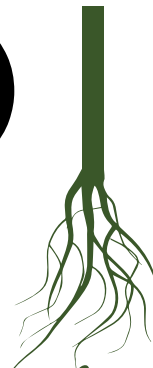
- 2 cups raw cashews
- 8 cups boiling water

### Preparation:

Cover 2 cups raw cashews with 8 cups boiling water in large bowl. Cover with clean kitchen towel, and let stand 6 to 8 hours. Drain cashews, then blend in blender with 1/3 to 1/2 cup cold water 5 minutes, or until smooth and thick, like sour cream.



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Looking for the perfect healthy on-the-go snack? This quick and easy homemade sweet potato granola bar recipe is a great source of protein, vitamin A, vitamin C, manganese, magnesium, and dietary fiber.

### Ingredients

- 2 ½ cups rolled oats
- 1 cup Special K Original Breakfast Cereal
- ½ cup dried cranberries
- ½ cup dried pumpkin seeds
- 1 tsp, cinnamon
- ¼ tsp. nutmeg
- ½ tsp. salt
- 1 medium sweet potato, roasted & skin removed
- 1 large egg
- Optional: 1-2 Tbsp. honey or brown sugar

### Directions

1. Set oven to 350°F.
2. Line an 8"x 8" baking dish with parchment paper and spray with non-stick cooking spray.
3. Combine the oats, breakfast cereal, dried cranberries, pumpkin seeds, and spices in a bowl.
4. In a separate bowl, combine the sweet potato, egg, and honey or brown sugar, if using.
5. Add the dry ingredients to the bowl with the sweet potato mixture and gently mix together until the sweet potato mixture appears to be well distributed.
6. Press the mixture into the prepared pan, and bake for 15-20 minutes, or until the top is brown and firm.
7. Once cooled, remove the granola bars from the pan and slice into 12 portions.





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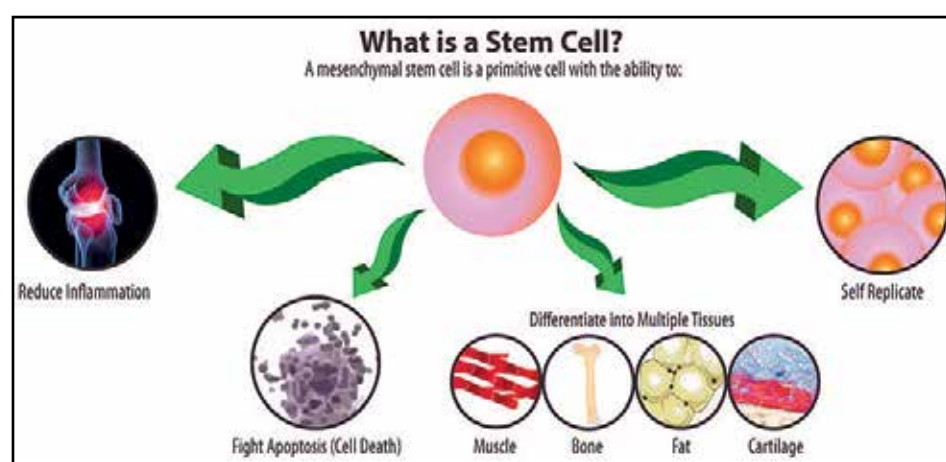
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# QUESTION:

## Can amniotic stem cell therapy help my knee pain?

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



### HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

### WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

### ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

### AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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

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# Trying to Conceive: 10 Questions to Ask

By Susan Heckler

Starting a family is a big decision for most people. Big changes are in store for you, your relationship, your checking account and so many other things. Once you make that choice, immediate gratification is appreciated but rarely granted.

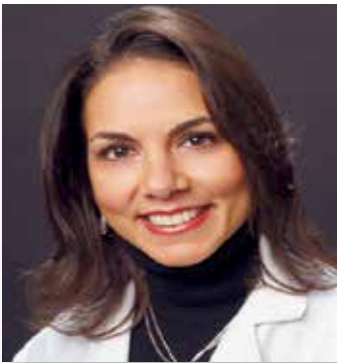
Keep in mind, 'ready, set, go' is not the way to proceed. Due diligence is best, so conception is done under the best of possible conditions for the best possible outcome.

Thoughts to ponder and questions to ask yourself or your doctor:

1. If you have been using birth control pills, how long should you be off before trying to conceive? You have been ingesting hormones which need to leave your system before you start a pregnancy and while the levels return to normal, your menstrual cycle may be affected. Check with your doctor but the rule of thumb is stopping oral contraceptives 2 months before trying.
2. When is the best time to try to conceive? A few days before ovulation occurs is optimal as the sperm lasts for several days in the woman's body while the egg will only be viable for 24 hours
3. How can I tell if I'm ovulating? Ovulation typically occurs 10 to 16 days before your menstrual cycle begins if you have a regular cycle. You may notice changes in your cervical mucus signally ovulation. If you are irregular, you may need to rely on ovulation kits that can be purchased over the counter.
4. How long before becoming concerned if I don't conceive? A medical diagnosis of Infertility can be made after 12 months of trying but there is still not necessarily a cause for concern. 70% of couples do not conceive in the first 3 months, 50-60% will have success after 6 months, 60-70% after 9 months and 80-90% after one year. Even after 2 years there is only a 95% success rate.
5. Are there natural ways to increase fertility? Happily, yes! You can try weight control, watching your caffeine and alcohol consumption, stop smoking, take supplements, eat clean and healthy, and minimize stress.
6. Can I continue my current medications when I become pregnant? Speak with your doctor and your pharmacist, they are the best sources for this answer.
7. Are there vitamins or supplements I should take during this time? Yes, there are multi-vitamin and mineral supplements which should include Vitamin D, Vitamin E, CoQ10, Vitamin C, Lipoic Acid, B6, B12, Folic Acid, Iron, Selenium, Zinc, and Essential Fatty Acids.
8. What are the considerations about our family's health background? It is important to alert your doctor to any genetic problem or pregnancy health condition that runs in your family to allow them to monitor you extra closely.
9. Are there any vaccinations that I should consider before getting pregnant? CDC has guidelines for the vaccines you need before, during, and after pregnancy. Some vaccines, such as the measles, mumps, rubella (MMR) vaccine, should be given a month or more before pregnancy. You should get the Tdap vaccine (to help protect against whooping cough), during your pregnancy. Other vaccines, like the flu shot, can be given before or during pregnancy, depending on whether or not it is flu season when you're pregnant. It is safe for you to receive vaccines right after giving birth, even while you are breastfeeding. Be sure to discuss each vaccine with your healthcare professional before getting vaccinated.
10. How will my emotional health affect my ability to conceive? Both the stress of trying to conceive a baby and pregnancy can affect a woman's mental health. Researchers are not sure if mental health can affect fertility, although infertility can affect mental health.







**Dr. Helen Simigiannis,  
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## QUESTION:

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

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

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

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

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

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# Boy or Girl?

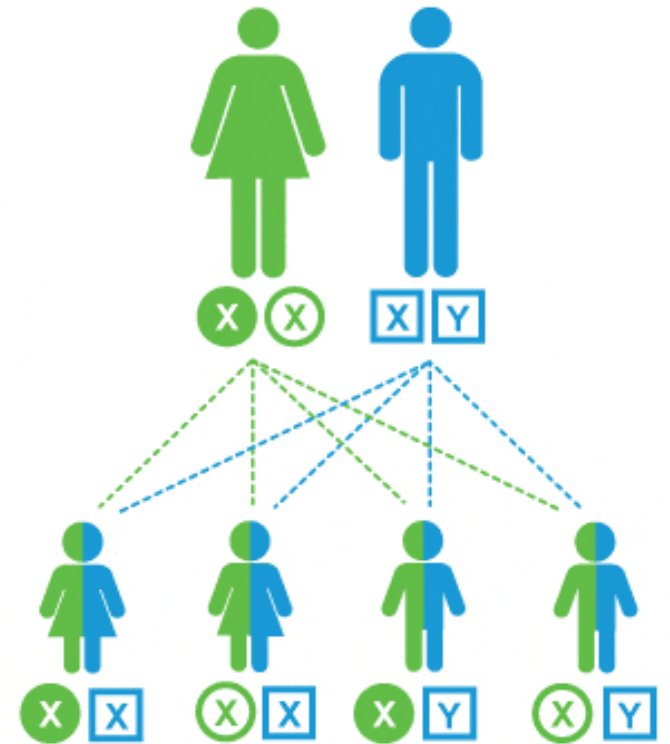
## How Genetics Determine Gender

By Gabriella Mancuso

A baby's sex is determined by X and Y chromosomes. With the X chromosome being female and the Y chromosome being male the gender of a baby is usually a 50/50 chance.

However, there are certain situations in which the father can have something to do with the determination of gender. The father is in charge of producing the chromosome that determines whether the baby will be a girl or a boy. The family tree of the dad influences these results. If the dad comes from a family of all boys, meaning he has all brothers, he will most likely produce a male chromosome. If the dad comes from a family of all girls, meaning he has all sister, he will most likely produce a female chromosome.

Unfortunately, the mother's family tree has nothing to do with the gender of the baby, but there are other things that the mother can do that can influence the gender as well. For example, nutrients and living conditions can help with the determination of gender.



## 3 Myths For Determining Your Baby's Gender

By Daniella Mancuso

Many women will experience cravings during their pregnancy due to an increase in hormones. Some women are even unable to eat for a short amount of time while they are pregnant. An old wives tale claims that the type of food cravings a woman experiences may be able to predict the gender of her baby. Women who crave sugary or sweet foods are said to be pregnant with a girl while women whose taste buds point them in the direction of savory or salty foods are thought to expect a baby boy.

All pregnancies are unique to the individual woman. Some experience morning sickness while others are never sick. Some women are even sick at night or all day long. Legend has it that women who experience severe morning sickness are pregnant with a girl. Boys are associated with less illness or even none at all. Symptoms of morning sickness may include a queasy feeling, nausea, vomiting, headaches, diarrhea, and excess sweating coupled with the inability to keep anything down.



Acne and other skin problems are a common symptom of a pregnancy due to an imbalance of hormones. In early pregnancy especially, a woman's pregnancy symptoms may be similar to her premenstrual symptoms, which often include acne or skin problems. While there is no scientific evidence to back this up, an old wives tale claims that a woman who is pregnant with a girl will develop pimples because the baby steals the mother's beauty. Acne and other skin conditions usually go away after the baby is born and a mother's hormones return to normal.





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# Fertility Boosting Foods

By Susan Heckler

If motherhood is on your mind, the sooner you prep your body for growing a healthy baby-to-be, the better! There are actually foods you can add to your diet that may make conception easier.

There are many possible reasons for infertility, and then there are the unexplained issues. Researchers from the Harvard School of Public Health published findings from a study of more than 18,000 women tracked over an eight-year period to determine if their diet was influential in their ability to conceive.

Their research concluded that women who ate foods containing greater quantities of trans fats, animal proteins and carbohydrates, along with other contributing dietary factors, were more likely to have an ovulatory disorder. This ovulation problem is responsible for about 20 percent of women seeking help in becoming pregnant.

If you find you are not ovulating or are not on a regular cycle, you may want to try:

**Alternate protein sources such as vegetable protein sources. • Add some high-fat dairy • Don't forget your vitamins**

Some suggested super food ideas that can tip your fertility scales in your favor:

**Brown rice** is a good source of complex carbohydrates and folic acid. In a six-year study of 18,000 Harvard nurses, those who chose white rice were 92% more likely to experience infertility compared with those who ate brown rice. Three servings a week is recommended for overall good health.

**Whole milk** contains a good amount of calcium, which is great for reproductive health as well as your bones. The extra fat you don't get from skim or low-fat is needed for pregnancy. One serving of whole milk or full-fat ice cream, yogurt or cottage cheese in your diet will give your body the required calcium.

A study done at the Harvard School of Public Health concluded that higher consumption of monounsaturated fat, such as olive oil is directly associated to higher odds of childbirth.

**Vitamin C-enriched foods** are essential for women planning a pregnancy. Broccoli is loaded with B vitamins as well as calcium, iron, and zinc. Broccoli can help boost fertility due to its high content of vitamin C. Vitamin C also improves sperm quality and protects sperm from DNA damage.

According to the Centers for Disease Control's Assisted Reproductive Technology report, low levels of zinc in women have been directly linked to miscarriage in the early stages of a pregnancy. **Oysters** are an excellent source of zinc for Moms to be and in males, zinc helps increase testosterone and semen levels.

A Yale University study concluded infertile women often suffer from vitamin D deficiency. **Eggs** contain vitamin D, are rich in antioxidants and carotenoids that boost fertility in women. You can safely enjoy up to six eggs per week if you do not have a weight issue.

**Salmon** has a high content of omega-3 fatty acids, which can help regulate reproductive hormones, increase blood flow to reproductive organs, and even minimize your stress. Selenium is a mineral that produces antioxidants, which protect the eggs and sperm from free radicals. Have a serving of oily fish like salmon, sardines, mackerel, herring, and anchovies into your diet two to three times a week.

**Black beans** are high in fiber that helps regulate blood sugar levels, which helps reduce fertility issues such as polycystic ovary syndrome and immunological issues while helping a healthy hormonal balance. This is a vegetable protein which, according to a study published in the American Journal of Obstetrics & Gynecology can make you more fertile. Black beans contain folate, manganese, protein, magnesium, and iron.

**Almonds** is one of the best super foods as it contains vitamin E. A diet high in vitamin E has been shown to improve sperm health in men and a deficiency in women can be one cause of infertility. Vitamin E is also an important antioxidant that helps protect DNA in sperm and eggs.

**Avocados** boost fertility as it is high in folic acid, monounsaturated fat and good enzymes. The monounsaturated fat in avocado helps regulate the hormones involved in reproduction and increase your chances of conceiving.

*You can increase your chances of conceiving by reducing your stress, sleeping properly, drinking plenty of water, exercising regularly, managing your weight, quitting smoking and avoiding alcohol.*





# QUESTION:

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

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



### WHAT IS HYALGAN AND HOW DOES IT WORK?

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

### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

### DOES IT HURT?

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

### WILL MY INSURANCE COVER HYALGAN?

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

### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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## QUESTION:

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

## ANSWER:



**Dr. Steven Linker, OD**

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

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

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

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## Sled Safely

*If you live in an area that receives its fair share of snow, you probably have taken a sled for a ride. For many families, sledding is a holiday tradition, if the conditions are right. Be sure to take proper precautions to protect the children and adults while on the hill.*

While sledding as a child, you probably didn't realize how dangerous it can be. Now as a parent with safety in mind, you are likely aware of the steps you need to take to make sure sledding remains a safe, enjoyable family tradition for everyone involved.

### FINDING THE RIGHT HILL

Your first level of responsibility with sledding is to find a suitable hill. There are many factors to think of before you begin. The experts at Kidshealth.org have listed some extremely important things to look for.

- Choose a hill that isn't overly steep and leads to a long, flat bottom. This helps your child's sled glide to a stop.
- Never attempt to sled on a hill that ends near a street, parking lot, pond or fence.
- Look for a clear path to the bottom of a hill. You should avoid obstacles such as bumps, rocks or other hazards that might cause the sled to leave the ground.
- Avoid sledding on icy hills. Aim for one with a coating of snow to create a softer landing spot in case your child falls off his sled.

### PROPER ATTIRE

- Always dress in heavy clothing and keep your ears and hands protected. Exposing skin to the snow for long periods of times can cause frost-bite.
- Children should wear helmets when participating in sledding. Kids Health experts recommend this as a crucial safety precaution for children 12 and under. Try to find a helmet designed for winter sports, as this it will be the most effective.
- Forgo letting your children wear scarves. They can pose a risk of strangulation. Keep necks warm with a turtleneck instead.

### SAFEST SLED

There are many different styles of sleds on the market. The safest option for children is one that can be steered and slowed down with a braking system. Avoid saucers, toboggans or tubes, as it is harder to influence where they will wind up.

Never use a substitute such as a large shovel or cardboard box. You might receive points for creativity, but these options pose serious safety risks.



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## 'Tis the Season of Spirit!

*With all of the hustle and bustle of shopping for those perfect gifts and planning those unforgettable events at the end of the year, let's not forget about the Spirit of the holidays!*

Gratitude, reflection, oneness - when we search for our connections to Spirit, we look inside ourselves to find out how "open" we are to receiving the grace of the Spirit behind the spirit of the holidays. Stress and anxiety can introduce some barriers to receiving these blessings that remind us of our connections to everyone around us and to Spirit itself. Reiki can help restore the balance of energy and wellness in us and let us really appreciate the benefits of peace and well-being.

At Dimensions Reiki in Matawan, NJ, we provide customized Reiki energy therapy sessions to help you reduce your stress and improve your health as well as psychic and medium readings to truly connect you with Spirit that is always around you. To help you with your own pursuits in connecting to Spirit, we offer many compelling events and workshops designed to promote your own spiritual development:

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- Psychic development classes to help you develop your own intuitive abilities
- Compelling workshops that show how energy healing and psychic work are all explained through science

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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](mailto:dimensionsreiki@gmail.com) or call 832-832-1036 to register. Register online at <http://dimensionsreiki.com/calendar>.

## QUESTION:

### Tinnitus. What is it and how do you pronounce it?

Tinnitus, simply put, is the perception of noise or ringing in the ears which is not coming from an external source. Tinnitus can vary from person to person. It can be a hiss, click, single steady tone or a sound which may vary in frequency and volume-sometimes differently from day to day.

#### What are some of the common causes?

The causes of tinnitus are multiple. The most common cause is hearing loss. This is due to the fact that the organ of hearing is not providing the brain with the appropriate amount of information at a given frequency, so it begins to create its own information. This is similar to "phantom limb pain" when an amputee may experience pain in an extremity that is no longer present. Another cause could be Temporomandibular joint abnormalities which is an irritation of the nerves in the head, neck or jaw that cross over into the acoustic nerve. It could also be as simple as too much ear wax.

#### What can be done?

For the person who suffers from tinnitus, 'background noise' is your friend. This means that if you can provide the brain with a noise a bit louder than the tinnitus, the brain will be distracted. Playing music, using white noise generators, a fan in your bedroom etc. are some ways to alleviate the distress brought about by tinnitus, especially at night when it is very quiet.

If you have hearing loss, wearing hearing devices can not only help you hear more clearly, but can also reduce the perception of tinnitus. Some hearing devices have built-in noise generators for even more relief.



*Schedule your appointment today to discuss your concerns about, and possible remedies for your tinnitus.*



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# 10 Autoimmune Triggers You Should Avoid

By: Erin Mumby

## 1. Sugar

The toxins in processed sugar sabotage your immune system. It interferes with your immune system's ability to handle outside threats. Your immune system will also have trouble regulating itself. A good substitution for sugar is raw organic honey.

## 2. Gluten

Gluten is another trigger to avoid. Most people with gluten intolerance should avoid consuming gluten. Anyone with a chronic autoimmune disease should avoid gluten as well. Your body can't process gluten naturally. This will trigger your immune system's ability to function properly.

## 3. Dairy

A lot of cattle owners use antibiotics for their stock which would aggravate someone with an autoimmune disease. Even organic milk can mess with your immune system. The casein protein in dairy can cause your body to become inflamed.

## 4. Quinoa

Quinoa is currently a trendy health food because of its high fiber content and high protein. If you live with an autoimmune disease, it's best to avoid quinoa. The saponin in quinoa can damage the lining of your gut. This will make your immune system go haywire!

## 5. Milk Chocolate

Coca has amazing health benefits. However, milk chocolate still is a dairy product. This can cause the reactions we discussed above. Avoid milk chocolate and your immune system will thank you.

## 6. Toxins

The earth has been rampant with toxins that were unknown before our time. Studies show that toxins cause autoimmune issues like autoimmune thyroiditis.

## 7. Nightshades

Nightshades are a plant group. This group encompasses tomatoes, potatoes, peppers, and eggplants. Goji berries and spices with alkaloids in their skin can cause your body to produce an inflammatory response.

## 8. Leaky gut syndrome

A leaky gut can be triggered by everything on this list. A leaky gut is seen as a causal trigger. The damaged gut lets undigested food and bacterial endotoxins through the protective gut lining. This will produce an autoimmune reaction in the body. Leaky gut syndrome is linked to many autoimmune diseases, including Type 1 Diabetes. Take steps to prevent yourself from succumbing to leaky gut syndrome.

## 9. Stress

Stress is known to have a lot of negative effects on the body. One of the many negative effects it has is on your immune system. Constant stress can be a trigger for different autoimmune disease. Health problems can first appear during a particularly stressful time in a patient's life.

## 10. Infections

Autoimmune diseases have long been thought to have arisen from bacteria, viruses and toxins. Epstein Barr, Herpes Simplex 1 and 2, and E. coli are all infections that have been linked to certain autoimmune disease.

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## Bad Sugars Are Addictive

By Gabriella Mancuso

Sugar is one of the most controversial food products since its creation. A little more than a century ago sugar was believed to be an extreme source of energy. The people who believed this were not wrong, however there were and still are many other side effects to the consumption of sugar. The reason earlier generations were unable to figure this out was due to how unadvanced medicine was, but the reason you may have not known about sugars many side effects is for a completely different reason.

Food companies do an outstanding job at covering the symptoms that come with eating sugar. Classifying sugar under different names such as sucrose, glucose, fructose and maltose the food industry fails to advertise that when sugar is added to a product, it becomes dangerous. Sugar can cause many diseases such as obesity, liver disease, kidney disease and diabetes. Sugar consuming is also extremely addictive. When a product contains natural sugars, it is usually beneficial and good for you. It is when the sugar is added to the product that you should be worried. These are the addictive sugars that cause mood swings, anxiety and uncomfortableness. Once you start eating these you won't be able to stop, and it will become a habit. Seventy-five percent of unnatural foods you find in the supermarket contain addictive sugars.

It might seem impossible for you to avoid sugar and the side effects it consists of, but there are always ways to help. We can suggest the removal of products with sugars from the shelves of our schools and hospitals. We can also fight for labels to be placed on all addictive sugar products warning people of the side effects. Daily ways we can fight sugar is by reducing our intake of highly sugared food.





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## Did you know that...

By Pam Teel

**Did you know every night at 8:30 p.m. police officers and businesses, skyscrapers, hotels, tugboats, yacht clubs, and others located across from the Hasbro's Children's Hospital in Providence, RI, have blinked their lights for one minute to bid the children in the hospital good night? The greatest thing of all is that the children bring flashlights and look forward to flashing them back.**

The children look forward to the bewitching minute and the outside contact from people they have never met before. Every night, the children look out the windows at the darkened sky and are treated to a magical spectacle — lights intentionally blinking on and off, even miles away, to say "good night" to all of the children at Hasbro Hospital.

In a widening campaign to spread joy to hospitalized children — not just during the holidays, but year round — lights are flickering from buildings all across Providence for about three minutes at bedtime. Perhaps the most dramatic "Goodnight Lights" display now takes place every Wednesday as the East Providence police park a handful of vehicles on a shoreline overlook. There, they let their powerful blue and red emergency lights shine across the water.

Some of Providence's bigger hotels have installed permanent signals that automatically turn on every night, but most lights are hand held, with the furthest signal coming from a church group blinking from a dark shoreline 2 miles downriver in East Providence.

Goodnight Lights began as a little game, started by the hospital's resident cartoonist, Steve Brosnihan, who spent 26 years regaling sick kids with the on the spot drawings and kid games Steve has spent countless volunteer hours distracting ill children and their families from the formidable diagnoses often given out at Hasbro Children's Hospital.

Steve realized that from many hospital windows he could see the India Point bus stop he bikes to after leaving the hospital. He'd tell the kids to look out for him and he'd blink his bike light or a flashlight on and off to say goodnight on his way home.

Steve began volunteering nearly a quarter century ago at the Potter Building. As a member of the Healing Arts Department, he draws at bedside with patients, teaching cartooning and otherwise drawing to provide amusement. He also is proud to be considered the "Cartoon Guru" at The Hole In The Wall Gang Camp for children with life-threatening illnesses in Ashford, CT, an extraordinary facility founded by actor Paul Newman and friends.

When the children made a big deal about seeing Steve's light at the bus stop, Steve got the Hot Club, a local bar next to the bus stop, to flicker its neon sign and have patrons turn flashlights on and off. The Providence Steamboat Company soon joined in using lights on its tugboats. Lights on top of the Brown University's sciences library followed along with lights on several of Providence's tallest skyscrapers. About a half-dozen senior residents go down to the Waterfront in East Providence and gather with flashlights for the anticipated nightfall.

"It connects generations," says activities director Timothy Anderson. "It's a way residents can feel that they are contributing and making someone's life better." About two dozen kids ranging from 2-20 are in the hospital at any given night. "It truly brings a smile to the children's faces knowing they are not forgotten."

Brosnihan said he dreams that what he calls the "Minute of magic" will catch on to other cities with children's hospitals.





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# HOME IMPROVEMENT

## How and Why to Clean Bed Pillows

By Susan Heckler

Your bed pillows should be washed at least every three months to rid them of things such as skin cells, dust mites, moisture, and body oils. If you think about it, every time you cough or sneeze while in bed, this is where those germs will land. Your pillow ticking can also turn yellow over time. This is totally normal but a little distasteful to many.

You can clean bed pillows easily with just a few simple ingredients which you may already have at home:

- Laundry detergent
  - Washing soda (Sodium carbonate aka soda ash and soda crystals, and in the monohydrate form as crystal carbonate)
  - Washer and dryer
1. To begin, you start by running your washing machine on the hottest setting and for a large load. As usual, add laundry detergent you would typically use for a full load to the running water in the washer.
  2. Add 1/2 cup of washing soda to the wash. Washing soda will help lift any stains and whiten your pillows.
  3. Use a second rinse to get all soap residue off.
  4. It is a good idea to place at least two pillows at a time in the washing machine once detergent and washing soda have been added. One pillow may set the washer off balance.
  5. Once the wash cycle has stopped, place the pillows in the dryer in the dryer on low heat for a full cycle. This will dry and fluff your pillows and help restore them to their original shape.
- If your pillows are old, the trick to see if they are still in good condition is to fold them in half. When you release it, if they bounce to normal shape, keep them. If they stay folded, it's time to invest in new pillows.
- Feather and down pillows can be cleaned in your machine too. Be sure there are no tears in the covers and that the ticking is secure.
- Use only a small amount of detergent and washing soda.
  - Set the machine on the delicate cycle.
  - Give the pillows a second rinse.
  - For drying, place them in the dryer with several clean tennis shoes to aid in the fluffing process. Take them out periodically and fluff by hand; use your fingers to break up any clumps. Pillows will take longer to dry than a normal load of clothes.

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## Is Bigger Better When It Comes to Your Home?

By, Mia Inqui

Downsizing might be all the rage now, but some life circumstances still require living larger. Whether your family is getting ready to expand, you are welcoming other members under your roof or you are just looking to have a little more breathing room, upsizing might be in your near future.

It is important to crunch the numbers. Knowing what you can afford is an obvious first step in any home search, but it also is important to consider what you might need to give up acquiring more square footage. Are you willing to leave your current neighborhood or school district? Are you okay with purchasing a home with a few projects, rather than something move-in ready? Asking yourself these questions will help you keep your financial priorities front and center in your search.

If you are looking for more space vs. more house, a bigger house may not be the answer. Do you need a better utilization of space? Perhaps the number of square feet you currently live in would be fine if it were organized in a different way or had a more open layout design.

Assess what you dislike about your current home. Do you need extra bedrooms or just more closet space? Or perhaps your home's size is working for you but the outside space is not. THINK RESALE While you might need a bigger home, you can't ignore the trends suggesting that people are feeling happier living in less square footage. Be sure to purchase only the space you need and will use. This also makes features such as location, neighborhood, school district and walkability more important in your new (and bigger) home search. Even if a home seems perfect, it is likely that your life circumstances will change and you will downsize again in your life. It's always best to purchase your home through future buyers' eyes as well as your own.







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## *LG Electronics USA Occupies New 410,300 Square Foot Class A Distribution and Warehouse Facility at 159 Milford Road*

LG Electronics USA, the North American subsidiary of global innovator LG, will be the sole user of the newly constructed Gateway Twin Rivers building, located directly across from Conair Corp. and just off the recently relocated and expanded New Jersey Turnpike East Windsor Interchange 8. LG will use the facility for the distribution to dealers of home appliance products including its award-winning refrigerators, dishwashers, ranges, washers and dryers. This facility will allow LG to be more responsive to its East Coast customers and support the growth of LG home appliance in the region. The new facility, which began construction in October 2016 on 28 acres, has an attractive modern facade and well landscaped grounds, will create 50 new jobs and generate substantial local tax dollars, as well as new patrons for the many Township stores and restaurants.



*East Windsor Mayor Janice Mironov, joined by Council Members and company executives, cuts ribbon for opening of LG Electronics facility in newly constructed 410,300 square foot Gateway Twin Rivers building. Pictured (from left to right) are: Deputy Mayor Perry Shapiro; Council Member Peter Yeager; Paul Heffernan, Vice President of Supply Chain, LG Electronics, U.S.A. Inc.; Mayor Janice S. Mironov; John Taylor, Senior Vice President, LG Electronics U.S.A. Inc.; Council Member Marc Lippman, and Council Member John Zoller.*

## **DON'T FORGET TO WINTERIZE YOUR LAWN MOWER**

By Susan Heckler

Hooray, lawn mowing season is at an end, one last pass to mulch those leaves and you are done!

Lawn mowers, like any other mechanical item, will last longer if you do the routine maintenance suggested in your owner's manual. It is best to follow it step by step, but many people just don't have the time.

### **Step 1: Clean the Deck**

You should be in the habit of doing this routinely throughout the season. If you keep the blade housing clean, it ensures ideal mower performance. This is a must before winter so moisture from grass clippings won't cause rusting and corrosion to the underside of the deck.

If your garden hose doesn't work to knock it loose, try a plastic paint scraper or old bristled pot scrubber. Always protect your hands with heavy work gloves. Use silicone spray on the underside of the deck to prevent future buildup.

Put a container of mothballs near the deck to prevent critters from nesting in the dormant machine.

### **Step 2: Stabilize the Fuel**

Never leave fuel in the tank all winter! Water from condensation can mix with ethanol in the gas; this causes clogs, corrosion, and other problems throughout the fuel system.

Run the tank dry, especially if you are storing it in the basement. You can also siphon larger quantities of fuel. If you are storing in the garage or a shed, fill the tank with gas and use a fuel stabilizer, letting it run so it reaches the carburetor.







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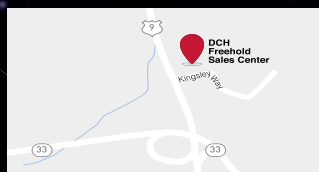


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Lincoln MKZ Lease: \$2920 Due at Delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$9,900/\$12,545/\$19,852. Lease includes \$3250 RCL Cash Rebate (everyone qualifies). Lincoln MKC Lease: \$2964 Due at delivery. \$2000 Cash Down or Trade. TOP/TCOST/LEP: \$11,484/\$14,129/\$23,782. Lease includes \$1450 RCL Cash Rebate (everyone qualifies). Prices include all cost to be paid by consumer except for licensing cost, tax, registration, title, documentation & tire fees. Leases are closed end & are subject to credit approval. Leases include 7,500 miles p/yr, 20¢ p/mi. thereafter & require \$0 Security Deposit & \$645 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicles only. See dealer for details. Picture may not represent actual vehicles. Offer expires 1/2/18.





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Do you allow your vehicle to warm up before your morning commute? If so, you surely engage the defroster to save yourself from the labor of window scraping.

Without properly protecting yourself, you stand a chance of developing frostbite and dropping your body temperatures to dangerous levels. Most vehicles rely on the air compressor to operate the defrost function. Without a properly working AC system, defrosting is not an option.

Here's why:

Even when the defrost is running at the highest heat setting, your AC system is behind the scenes making sure everything goes as planned. When you activate the defroster, the air compressor engages to remove moisture from the air. This makes it easier for the heat to clear frost from your front windshield.

Before the temperatures drop, ensure all heating functions are operating properly. You should test this system by checking every setting your vehicle offers. This includes each fan speed and the air flow control. Some vehicles rely on different actuators for each mode. If one is bad, you may lose important heat flow from the floor, dash or defrost.

Make sure to check your fluids as well. Being low on antifreeze can have serious effects on your vehicle's health and your comfort.

If you feel like your system isn't running as efficiently as possible, be sure to schedule an appointment at your local auto-repair shop. Workers there can determine the issue and fix your problem before you're stuck out in the cold.





# AUTOMOTIVE



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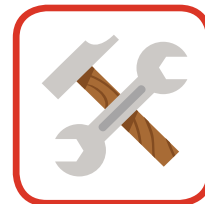
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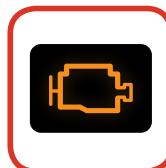
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## WHY IS FUEL ECONOMY IMPACTED?

Chilly temperatures affect your vehicle in many ways that ultimately decrease its fuel economy.

The EPA lays out some surprising factors that you may not have realized:

- Your engine takes longer to reach its optimum temperature. Most shorter trips will use more fuel since an engine won't have enough time to warm up.
- Cold weather causes tire pressure to decrease, which means more fuel is required to make up for the rolling resistance.
- Warming up your vehicle before a commute will lower fuel economy because idling gets zero miles per gallon.
- Winter grades of gasoline some- times contain less energy than summer blends.

### WHAT CAN YOU DO?

Although you won't be able to completely relieve cold weather's effect on fuel economy, there are some things you can do to help.

- Keep your vehicle in the warmest condition possible to increase the initial temperature of your engine while it's not running. Parking your car in the garage during cooler weather gives you a big advantage.
- Nobody likes to get in a vehicle on a chilly morning without allowing the heater to warm the cabin. However, the EPA says this is a bad idea for fuel economy and emissions. Most manufacturers recommend driving about 30 seconds after starting the engine. This quick departure allows the motor to warm faster than at idle.
- Use the engine oil recommended by your owner's manual. Using an improper viscosity or type (synthetic, conventional, semi-synthetic) can hurt your fuel economy and harm your engine.





## *The Logic of Logos and Catchphrases*

By Pam Teel

### LEGO Toys

Lego is a line of plastic construction toys that are manufactured by The Lego Group, a privately held company based in Billund, Denmark. The company's flagship product, Lego, consists of colorful interlocking plastic bricks accompanying an array of gears, figurines called minifigures, and various other parts. Lego pieces can be assembled and connected in many ways, to construct objects; vehicles, buildings, and working robots. Anything constructed can then be taken apart again, and the pieces used to make other objects.

The Lego Group began manufacturing the interlocking toy bricks in 1949. Since then, a global Lego subculture has developed. Supporting movies, games, competitions, and six Legoland amusement parks have been developed under the brand. As of July 2015, 600 billion Lego parts had been produced. In February 2015, Lego replaced Ferrari as Brand Finance's "world's most powerful brand."

In 1932, Ole Kirk Christiansen, a master carpenter and joiner from the village of Billund, Denmark, set up his business. His company made stepladders, ironing boards, and wooden toys.

In 1934, he named his company a combination of the Danish

***"Leg GODt " translated into LEGO, which means, "play well." In Latin it also means "I put together."***

In 1947, the LEGO Company is Denmark's first company to buy a plastic injection molding machine for making toys, and in 1949, they produce about 200 different plastic and wooden toys, including automatic Binding bricks, a forerunner of the LEGO bricks we know of today.

The bricks are only sold in Denmark until about 1955. After further developing the LEGO Bricks, the company launches the revolutionary LEGO SYSTEM of Play, which included 29 sets and 8 vehicles.

In 1958 the current LEGO stud and tube coupling system is invented and patented. The new coupling principle makes models much more stable. The possible combination of bricks runs into astronomical figures. It was around this time that they were introduced into the United States.

By 1966, the company came out with LEGO kits where kids could build buildings, cars, trucks, planes and ships.

In 1969, the LEGO Group expanded with the edition of the Duplo Line of big bricks for preschoolers, and in 1977, they introduced the Technic line of sophisticated projects for older kids and teens.

Within the last decade, an active online community of LEGO fans have developed new designs and drawing programs in which new construction can be recorded.

In 1998, LEGO introduced LEGO SCALA Planet, a kit specially designed for girls that combines the company's traditional construction elements with a family of dolls and fashion accessories, a magazine, and an interactive Web site.

LEGOS promised that its bricks would develop the child's critical judgment, manual dexterity and ability to think for themselves. The bright colorful plastic bricks can be joined in countless combinations and have been a favorite with kids, parents, and teachers since their introduction in 1958. Loved by both kids and adults, LEGO'S will be around for a very long time!





# College Fashion Trends

By Aleena Mcilvaine

Fashion constantly recycles and comes back to many old trends as the years progress, this year being no different. College is an especially poignant time in one's life, both to find oneself and to find their true style. It is hard to say what trends will be the most worn on which campuses, however, these are style essentials for any college student as the cooler weather begins to descend upon us.

**Monochrome-** Monochrome outfits are coming back in style, with red being one of the most popular colors. A single-color outfit can be difficult to pull off, but if an all black outfit is "chic" and always acceptable, an all red or blue or yellow outfit should be too! Make a statement!

**Flannels** Flannels and plaid shirts are always a huge trend during the fall no matter your age or what year we're in. Thicker, larger shirts can be used in place of jackets while we're still in this "not too hot, not too cold" stage of the weather. Many college age students simply tie them around their waist as a bit of a statement piece. The colors may change, but flannels never go out of style for the fall.

**Boyfriend Jeans/ Embroidered Jeans** Over the past few years, "boyfriend" jeans have really come into style. The ripped, often light wash jeans can be seen all over campuses across the country. They are a much baggier (and more comfortable) version of the ripped skinny jeans everyone has always loved. Another thing coming back into fashion is embroidered jeans. Back in the 70s it was a big thing to have embroidery or patches on your jeans and this is one trend that is slowly emerging again. Be ahead of the game and go thrifting for a cheap way to be in on the fashion hype.

**Cutout Leggings** A huge thing on college campuses is "ath-leisure" clothing. Many times, we don't want to get up for class and get fully dressed, so we just throw on a pair of leggings and a t-shirt and we're ready for the day. Something that makes these kinds of outfits more "trendy" and cute and less casual, are the type of leggings you may have. Victoria's Secret and PINK have come out with a huge line of leggings with mesh paneling. Not only are they super comfortable, but they are also much more fashionable than just plain black leggings.

**Overalls** This is another trend that's coming back around again. More and more companies are hopping on the bandwagon as the weather gets cooler. This is another item than can be easily found in a thrift store if you want to keep up with trends but don't want to break the bank. As a college student, it is essential to do both!



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# The Celebrity Transformations

By Nicole Iuzzolino

Transformations in Hollywood are the norm. Every day, someone is dyeing their hair, getting it cut, and basically turning into a new person. While everyone is changing their do's left and right, there are a few style icons who stole the show.

The first icon that must be addressed is Selena Gomez. Selena is known for her huge, dark brown eyes with matching hair. Fashion is all about taking major risks, and that is exactly what she did. She went from a deep chocolate to a Kurt Cobain blonde and it paid off immensely. Her new look was the highlight of the American Music Awards, and is still being talked about now. Her stylist however gave a few warnings to brunettes seeking this new look. She explains that patience is key, since the process of getting that look on Selena took 9 hours. But if you have a lot of patience, this look may be right up your alley.

Kate Middleton is admired by so many because of her class, grace, and also her style. This season, we finally saw her step out of her comfort zone just a bit. Kate is known for her long, wavy, brown locks, so when she stepped out in a bob, the people were shocked. It was not a real bob however, it was just done to give her the effect. Maybe she is testing out her decision to get a new do?

Everyone remembers Gossip Girl. Gossip Girl was a hit show that centered around teens living in the Upper East Side of Manhattan. Blake Lively who plays the main character in this show, is a role model for so many young women. She is looked up to for all the generous things she has done for society. And of course, wanting her great style is just a plus. Lively, who is known for her long, luscious, blonde locks, took the more permanent route than Kate Middleton. Blake Lively went for a lob this season, which is a longer version of the average bob, and everyone is fawning over it. Getting a lob is great if you need to frame your face so your features pop and everything is more defined. It is the look of the season, and will be hard to beat.

Fashion is constantly changing in the world of celebrities. One day someone has jet black, waist length hair, and the next, a light purple pixie cut. These styles alternate, new trends come and go, but style icons will always last.





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