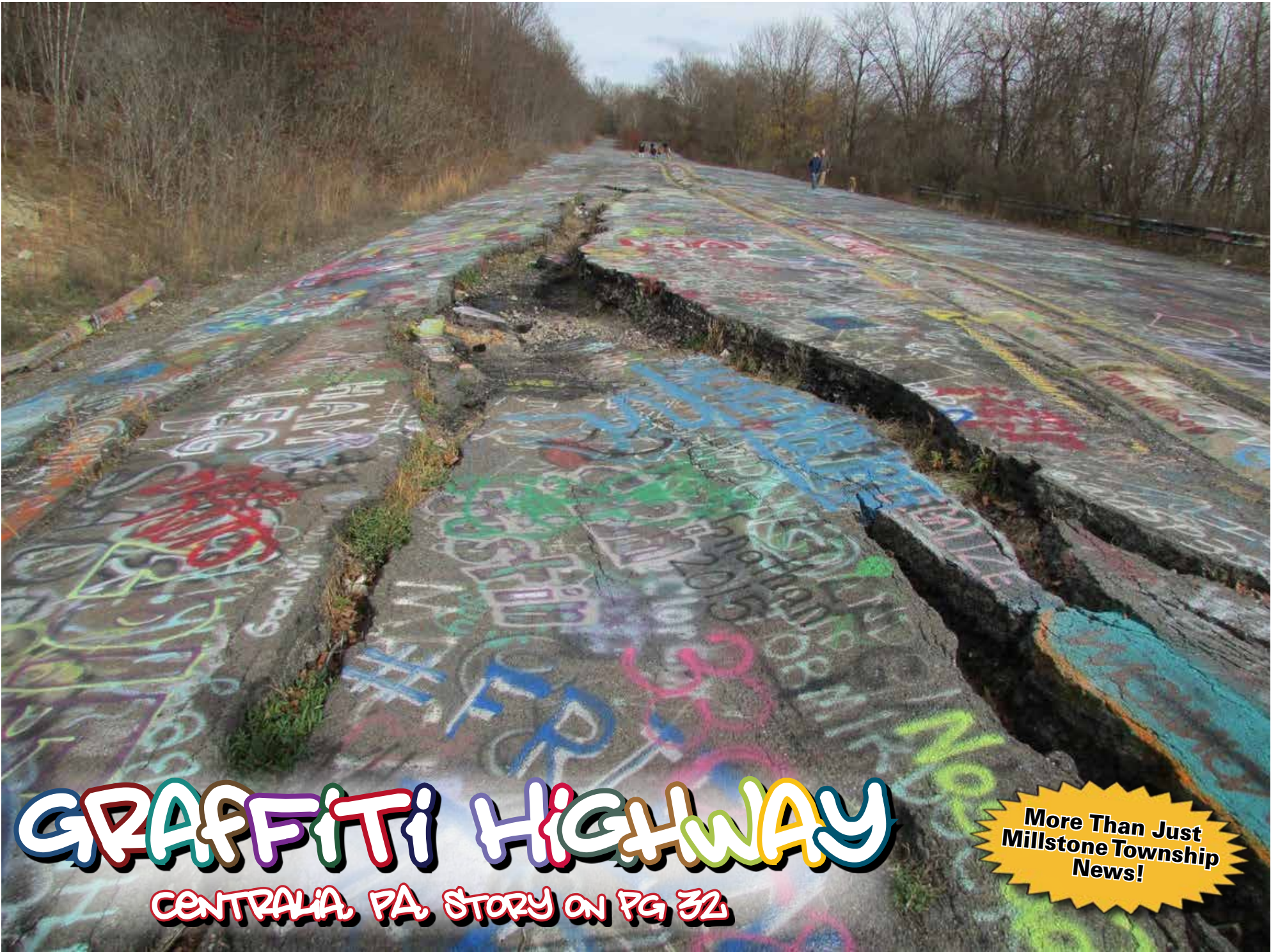


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# Changing a Child's Summer is a Phone Call Away

By Susan Heckler

*What can you do when you are a really nice person who is looking to do a really nice thing for kids?*

Just ask Dara and Ken Deitz! Ken is a CPA in practice for 33 years with an office in Freehold for the last 18. Dara is a school nurse in Marlboro. Both have been living in East Brunswick for 32 years.

Several years ago, they set up a foundation, The White Sands Foundation, with the purpose of giving back to a child in need. With the economy being less than strong, there are many children needing assistance in so many ways. White Sands has given 2 children a summer to remember over the last 2 years (one each year).

Attending summer camp is such an amazing experience that many take for granted. It offers a way out of the heat, letting kids be social and physically active and have a great time. The Deitz's have contacted the YMCA of Western Monmouth, Catholic Charities, and Jewish Family & Children's Services to identify the lucky child. The last 2 years, the recipient came from JFCS, although religion was not part of the decision. The tuition for the 4 weeks of summer camp at Black Bear Day Camp, was paid by the Foundation.

If you are interested in being a part of changing a child's summer and possibly their life, contact Ken at (908)415-8367 or by email [deitzfreeholdcpa@gmail.com](mailto:deitzfreeholdcpa@gmail.com). All contributions are tax deductible as they are a 501(c)3. They are hoping to raise enough funds to send 2 children for a wonderful summer this year!



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# TOP TEN THINGS YOU NEVER KNEW ABOUT CAMP

Camp has become a staple of the summer season. Each year, millions of children, youth, and adults head to the hills, lakes, valleys, and parks to participate in the time-honored tradition of camp. And, while most people easily conjure up images of campfires and canoes, there is a lot more to the camp experience. Here are ten of the things you may not have known about the camp experience.

10. Camp is older than dirt, almost literally. Started in 1861, the camp experience turned an impressive 150 years young in 2011. The secret behind the longevity? “One hundred and fifty-five years later, there is a camp for every child,” said Tom Rosenberg, president and chief executive officer for the American Camp Association® (ACA). “from specialized camps to general, traditional camps, the essence of the camp experience is stronger than ever.”

9. Camp is worth its weight in gold, and then some! The camp experience is life-changing – developing friendships and memories that last well beyond the final campfire. And, there is a camp for literally every budget. Often camps offer special pricing or financial assistance, and some camp experiences qualify for tax credits or for payment with pre-tax dollars. Visit [ACAamps.org](http://ACAamps.org) for more information.

8. Green is “zen.” Research shows that first-hand experience with nature, like those at camp, reduce stress in children and help them better handle stress in the future. In addition to teaching children how to be good stewards of the environment, camps are teaching children how to enjoy the world around them and take a minute to breathe deep and feel the nature, which ultimately teaches them how to de-stress the natural way.

7. Mommies and Daddies do it too. Camp is not just for children and youth. There are family camp experiences, and camps for single adults, senior adults, and any adult that wants to relax and enjoy all camp has to offer. Adults benefit from the same sense of community, authentic relationships, and self-discovery that children do. Camp is an excellent vacation option, allowing adults to try a variety of new activities in a safe and fun environment.

6. Try this on for size! Camp is a great place to try new activities and hobbies. Afraid of rock walls? According to ACA research, 74 percent of campers reported that they tried new activities at camp that they were afraid to do at first. And, those activities often leave lasting impressions. In the same survey, 63 percent of parents reported that their child continued new activities from camp after returning home.

5. Manners matter, and often linger. The camp experience teaches more than just archery or lanyard making. The entire experience is made of teachable moments, perhaps one of the biggest is how to live with a group of people. Campers learn to pick up after themselves, respect each other’s property, and to say “Please” and “Thank You.”

4. Veggies taste better with friends. Hollywood and fictional novels may have given camp food a bad reputation, but in truth, camps are constantly exploring healthy food options, and often are at the forefront of things like allergy specific diets, healthy snack options, and vegetarian meals. According to ACA’s 2011 Emerging Issues survey, 90.7 percent of responding camps indicated that healthy eating and physical activity was an important or very important issue.

3. If everyone else went to camp, maybe there’s something to it! Camp has played an important role in the lives of some of the most talented people in history. ACA’s family resource site offers a list of notable campers – including business professionals, celebrities, artists, and great thinkers.

2. Camp gets those neurons pumping! Education reform debate and concern over summer learning loss have pushed academic achievement into the spotlight. Research shows that participation in intentional programs, like camp, during summer months helps stem summer learning loss. In addition, camp provides ample opportunity for developmental growth, which is a precursor to academic achievement. And, because of the “hands-on” nature of camp, often children who struggle in traditional education settings do well at camp.

1. Camp builds leaders for the 21st century and beyond! Independence, resiliency, teamwork, problem-solving skills, and the ability to relate to other people — these are the skills that tomorrow’s leaders will need, and the skills camp has been adept at building for 150 years. “Camp gives children and youth the critical tools they will need to become successful adults,” said Rosenberg.

For more information on preparing your child for an independent, fun-filled summer, visit ACA’s family resource page at [ACAamps.org](http://ACAamps.org)

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# Keeping Camp Costs Budget Friendly

Camp is a life-changing experience — one that's possible for every child and every budget. Even though the experience is priceless, paying for it doesn't have to be!

"I'm a great believer that you don't have to go to the most expensive camp to have a great camp experience," said Phil Lilienthal, former camp director of Camp Winnebago in Maine and Global Camps Africa CEO. If you're dealing with an experienced and caring staff of camp counselors, "you can have a program in a parking lot, and it can be great," he said.

**Parents looking for budget-friendly camps should keep the following in mind:**

- The ACA camp community generates a projected \$216 million annually for camp scholarships. Don't be afraid to call the camp director and ask if financial assistance is available.
- Contact your area's local office of the American Camp Association. Visit [www.ACAcamps.org/about/contactus](http://www.ACAcamps.org/about/contactus) to find your local office contact.
- Check with your church or synagogue.
- Get in touch with social services groups in your community.
- Visit individual camp Web sites. Most clearly outline whether they offer financial assistance for their campers.

Assistance is also available from the government. Families should explore the following options:

Parents should inquire into whether the camp participates in income-eligible subsidy programs, for instance through Title XX.

## For day camps:

- A Dependent Care Flexible Spending Account allows parents to be reimbursed on a pre-tax basis for child care or adult dependent care expenses for qualified dependents that are necessary to allow parents to work, look for work, or to attend school full time. Visit the FSA Feds Web site for more information.
- In certain circumstances, day care expenses, including transportation by a care provider, may be considered dependent care services and paid with pre-tax dollars. Visit the Internal Revenue Service (IRS) Web site for more information.
- Child and Dependent Care Tax Credit: The IRS allows an income tax credit of up to \$6,000 of dependent care expenses if you have two or more dependents (up to \$3,000 for one dependent). The amount of the credit is based on your adjusted gross income and applies only to your federal taxes. This applies to qualifying day camp expenses. Visit the FSA Feds Web site for more information.

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# Best Tips for Dealing With Tweens

By Gabriella Mancuso

You just got out of the “naughty child” stage only to enter the “tween stage”. Even if you don't want to believe it you know exactly what the tween stage consist of. The usual, I am an adult now, let me do what I want, I don't need your help kind of attitude. Dealing with a child ages 11-13 can be difficult, but there are some things you can do to help.

## Build a Support Network

Being a tween is hard. It is awkward, everything is changing and you self confidence is at an all time low. Building a support network can help your child a lot. Surrounding them with love, trust and support will help raise their self-confidence and make life a little less awkward.

## Point Out Their Good Actions and Praise Them

Be sure that your kid knows that you are proud of them. Pointing out their good actions will result in them wanting to feel flattered more, furthermore resulting in them doing more good things. Be sure to also give them criticism as well as compliments. You do not want your child to believe they can get away with anything as long as they do one good deed. Self-confidence is important, but too much of something is never a good thing.

## Being Involved

Being involved in a tweens life can be a difficult situation. They might lash out and demand privacy and independency. The best thing to do is to work with this. Ask the, questions while being informed on their life, but all to a certain extent. Give them privacy and allow them to grow on their own as well. You can not smother them, but you must be aware of their actions and well being in order to guide them the right way.

## Do Not Lash Out

Arguments are inevitable. They will happen and they will not be pleasant. The worst thing you can do is scream back and make the problem worse. Obviously, all children require reprimanding, but try hard not to cause a huge blow out. Before screaming back take some time and cool down. Make sure both of you are calm enough to speak without getting excited, and then return to the conversation ready to find a resolution.



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#### *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", wherein an amputee may experience pain in an extremity that is no longer present. Another cause could be temporomandibular joint abnormality, 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 sound 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 oftentimes 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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## TOP 10 FOODS FOR HEALTHY HAIR

By Mia Ingui

Want healthy, shiny, luxurious hair? The first step lies in your diet! There are certain foods that are high in the nutrients beneficial for your hair's health. Here are top 10!

1. **Salmon:** Salmon is high in omega-3's which your body doesn't naturally create. This makes your hair shiny and full.
2. **Greek yogurt:** Greek yogurt, although high in vitamin D like most yogurts, is also very high in protein, which makes up the building blocks of your hair. This helps blood flow to the scalp and promotes growth.
3. **Spinach:** Spinach and other leafy greens are so high in multiple nutrients that they overall produce healthy hair and other parts of the body, like your skin and eyes.
4. **Guava:** Often found in shampoos, guava is known to help prevent hair breakage.
5. **Sweet Potatoes:** Sweet potatoes actually fight dull hair to produce shinier locks. The beta-carotene in sweet potatoes helps the scalp absorb vitamin A, which promotes a healthy scalp, not a dry one.
6. **Poultry:** For the same reason as yogurt, poultry is high in proteins that help build hair and make it full and thick.
7. **Cinnamon:** Cinnamon helps promotes circulation of the blood in your scalp, which will bring oxygen and nutrients to your hair.
8. **Eggs:** Eggs are rich in biotin, which promotes growth. Too little biotin in the hair and scalp results in hair loss.
9. **Oysters:** Oysters are rich in zinc, which also fights hair loss.
10. **Avocados:** Avocados have natural, healthy oils that fight dry hair.







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## How to Talk to Your Child about their Diagnosis at Any Age

By Susan Heckler

Every expectant parent hopes to give birth to a beautiful, healthy child. Even when that wish is granted, their health can be compromised. Whether your child has a disorder from birth or their health has declined, you are faced with a mental or physical health issue that you need to deal with...but so does your child.

Some issues are more obvious than others. Some are more serious or life threatening. Any and all need to be explained to your child at some point to help them manage their health and life. Whether it be allergies, asthma, diabetes, autism, ADHD, cancer...they need to understand what is happening to them and what they need to do to stay safe.

When to tackle the issue really depends on the maturity, personality, social awareness and understanding of your own child. It is difficult to assess when is the right age, you may need to break the issue down into small bites and feed it little by little as they are able to comprehend it. Sometimes just dealing with the fear of symptoms may be all they can handle.

You want to be very careful how you approach this tender situation; you want to avoid The Three D's of a Diagnosis: Denial, Discouragement, and Disappointment.

This is a life changing experience they are living through, how you handle delivering the information can set the stage for how they cope with their illness.

- Pick the right time to sit and speak, when they are more receptive to conversation.
- Use a tone of voice that is comforting and reassuring so they feel confident in your confidence. If you are hysterical, it is contagious.
- At all times, in all conversations, they need to know you love them and stand with them. You are a team and they are not going through this alone.

Your child may already understand that they are different. Their behavior may have set them apart from their peers. There may be bullying and taunting that affects them. They may look different physically as part of their symptom or treatment. They know something is wrong and getting an explanation may actually help.

The first step is making sure you and any other caregivers understand the situation fully themselves. It is essential that you explain it correctly and not project panic or sadness to them as this is what they will associate with the news. Be accurate but with a positive attitude.

Accentuate the positives, do not dwell on the doom and gloom of their situation. Let them see some hope and give them reason to fight. If it is a medical diagnosis, we all know the power of positive thinking. If it is a disability; various therapies may make a difference so let them have incentive to work at it. Mental health issues may improve with the correct therapies and intervention. Be their cheerleader and let them know you have confidence in their ability to do what they need to do, focus on their strengths.

If your child asks you a question and you do not have the answer, it is acceptable to let them know you do not know, but will ask for the information and get it for them.

There are many books available at various reading levels that can help your child understand their disability or health issue through the story of someone else. They may find this helpful as they are relating to someone else before understanding their own issues.

If you feel it is warranted, consult your physician, or enlist the help of a therapist so your baby of any age can tackle their battle under the best of circumstances.



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As you go through your list and find you're looking for more insight to drive your New Year decisions, schedule your own psychic and medium readings to deepen your intuition. Dimensions is ready to help improve your well-being, mind, body, and spirit, with:

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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:

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

## ANSWER:



**Dr. Steven Linker, OD**

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

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

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

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

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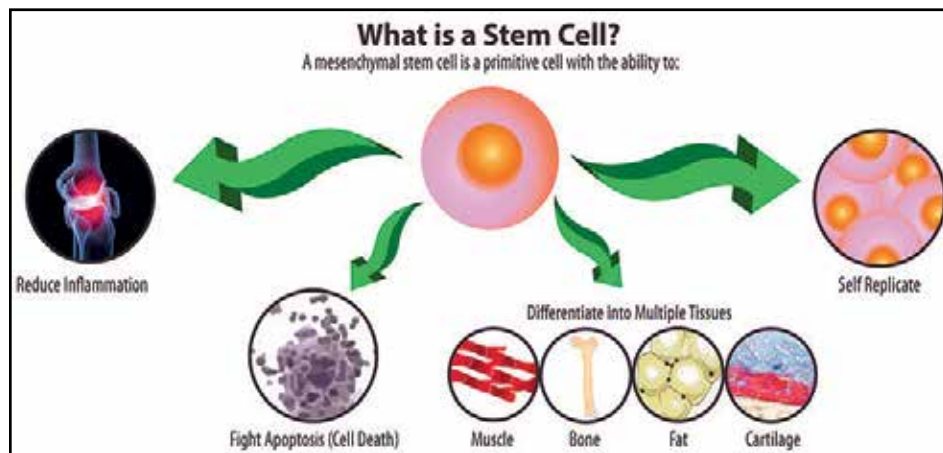
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# QUESTION:

## 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?

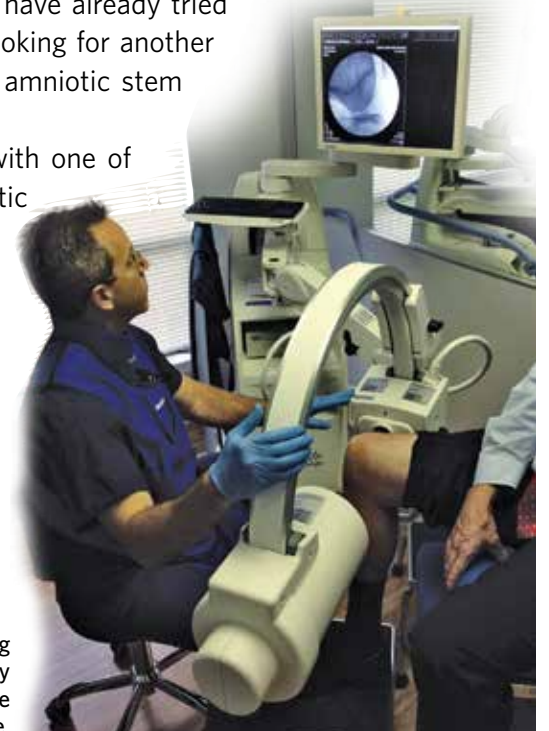
Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

- 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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## 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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## Rethinking College Student Stress

How often have you heard your son or daughter complain about how much “stress” they have? Perhaps you’ve made suggestions about how to “manage” or “reduce” their stress. These kinds of conversations may include an unspoken assumption that stress is something negative that we should aim to eliminate; however, new research suggests that changing our beliefs about the nature of stress can play a large role in whether it can have negative or beneficial effects.

What do students mean when they say something is “stressful?” Without realizing it, students often perceive academic or social situations as a measure of how smart, talented, or likable they are. They may believe they have a “fixed” amount of intelligence or social aptitude that cannot be improved with practice. If they don’t meet their expectations for a grade or for how many friends they make during their first semester they might experience fear, shame, or hopelessness about the future.

Many students believe that experiencing such emotional distress will prevent them from taking a step to change or improve a disappointing academic or social situation such as going to a professor’s office hours, having a conversation with a roommate, or looking over a test on which they did poorly. Over time avoidance and procrastination can become a habit that increases the chances that students will suffer the negative consequences they were trying to avoid in the first place.

The most meaningful and important aspects of our lives are often accompanied by demands on both our minds and bodies. When students are taught how to reinterpret “stress” as “excitement” or “readiness” they perform better in demanding situations such as public speaking or test taking. If you hear your son or daughter complain about how their heart beat faster before a class presentation or a difficult conversation with a roommate be careful about using the terms panic attack or anxiety disorder to describe an experience that is common for many individuals. Instead, remind them that these are signs that their bodies are getting ready to do something meaningful and important rather than a signal that something bad is about to happen.

The next time your college student expresses distress about the challenges he or she is facing consider asking the following:

- Think of a difficult situation when you were worried about the outcome but persevered anyway. What did you do to get through it?
- What personal resources did you draw on, and what strengths did you use?
- What could this experience teach you about how to deal with adversity?
- How did this experience make you stronger?
- How could you apply this experience to what you are facing now?





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## Get Top Dollar in Winter

By Gabrielle Mancuso

You might think that the winter months are a less than an ideal time to enter the real estate market, but recent research will have you thinking again. According to a study by online brokerage Redfin, homes listed in winter months sold faster than those posted in the spring.

If need or desire has you considering listing in the winter, here are three strategies that will make your listing stand above the rest.

### PRICE IT RIGHT

Price your home to sell and it surely will. Your real estate agent should do most of the heavy lifting, but it won't hurt for you to visit a few real estates websites and look at the list and sale prices of comparable homes in your area. Remember, don't get greedy here. Price your home at market value and you are more likely to garner attention from buyers.

### PERFORM A SELF INSPECTION

It is important to look at your house the way a buyer would. Does the roof look to be in good shape? Are the gutters clean and securely fastened? Are all your windows double-paned? If there are major issues, it is in your best interest to address them now. A hanging gutter in the back of the house might seem like a small project you've been "meaning to get to," but to a potential buyer, this could hint at other hidden problems. If this one issue needs to be fixed, what else needs looking after?

### PLAN, IF POSSIBLE

If you know ahead of time that you will be listing your home in the winter, consider taking photos well in advance. Homes look their best in the spring and summer, and by planning you can show potential buyers aspects of the home and property they might miss in the winter. If your listing photos show the thick and lush green lawn or a pool that is clean and glistening in the sun, potential buyers are more likely to swoon over the home's curb appeal or imagine themselves in a deck chair in the backyard.



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## Remember The Dangers of Radon In Your Home

By Gabriella Mancuso

Radon is a cancer-causing radioactive gas. You can't see, smell, taste or feel radon. When you breathe air containing radon, you increase your risk of getting lung cancer. In fact, the Surgeon General of the United States has warned that radon is the second leading cause of lung cancer in the United States today.



Radon is a decay product of uranium deposits found naturally in the ground. The amount and depth of the uranium varies widely from area to area.

Radon levels are affected by many factors including, but not limited to, the amount of uranium and type of soil below your home, weather conditions, and construction of your home. Just because your neighbor's home tested at a certain level does not mean your home will test the same. **TESTING IS THE ONLY WAY TO DETERMINE THE LEVEL OF RADON IN YOUR HOME AND MUST BE DONE.**

For more info visit: <http://www.nj.gov/dep/rpp/radon/radontes.htm>



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## Tips to Designing a Timeless Kid's Bedroom

By Susan Heckler

*What makes your child's room timeless? This would be a room designed to grow with their needs and not become outdated in style.*

One of the first items to consider is paint color. Colors that are too bold or trendy are likely to become tiresome. Stick with neutrals like shades of brown, gray or white. These give you great flexibility and can easily be paired with an accent color which is easy to change. You want it to look like a child's room without being too childish so avoid the bubblegum and candy colors. Deep, dark colors may make a room look smaller as well as a bit scary and forbidding, keep it light and airy.



The same neutral theme should be applied to the flooring. This is a big investment that you do not want to have to repeat any time soon. No matter what type of flooring you choose, keep that blank canvas mentality, and resist the trends.

Window treatments should afford a level of privacy and sun filtering but should stay in the realm of neutral too. You can add a bit of whimsy with a valance or topper without breaking the piggy bank. Avoid dust collectors, especially if allergies run in the family.

Choose your furniture wisely as this is an investment. There are many bedroom sets that can grow with your child, such a crib that converts into a toddler bed and a twin. These are wise outlay pieces. Some sets have matching pieces you can add as your child grows, such as a night table or desk and some have accessories you can remove such as the changing table top. It is a good idea to narrow down the choices to what you like and let your child have the final choice. Remember, pint sized pieces will not last long, not a good investment unless you have younger children to pass them down to.

Make storage choices that are functional and fun at the same time. Toys are off the floor and displayed at the same time with shelving and baskets.

You have now set a solid foundation for a timeless room. Time to introduce some personality and color with accent pillows, bedding, patterns, toys, and artwork. Tired of teal? Toss the throw pillows and change the look. "Frozen" blanket leaving your child cold? Time for some new bedding to switch things up a bit.

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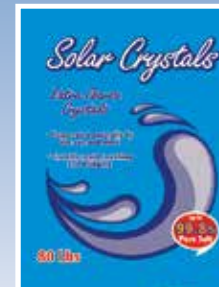
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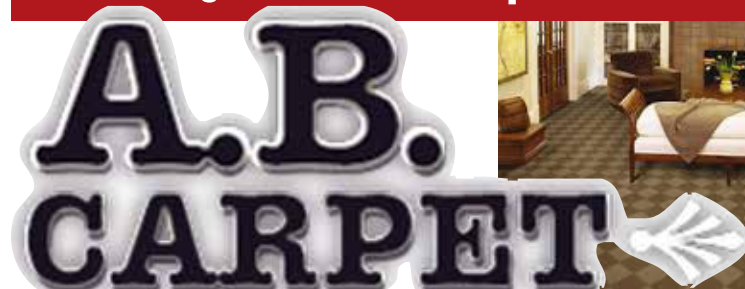
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## Scents are a Simple Way to Refresh Your Home

By: Erin Mumby

Scents can easily make your house a home. Every house has a scent. Make sure that yours is a good one! A new smell in your home can energize you and your mind. Here are some simple ways to make your place smell and feel like home sweet home without using store bought air freshener.

### Essential Oils



Using essential oils is a great way to avoid the toxic chemicals in most air fresheners. Lemon, peppermint, and rosemary are all examples of great smelling essential oils that are perfect alternatives! If you have an air filter, use a dropper to add a few drops of your favorite essential oil on the new filter. A fresh new scent will flood the desired room in no time. You can also place a few drops of your choice essential oil onto a light bulb or a warmer to get a soft scent in the room.

### A New Use for your Crock Pot

A crock pot is a great tool in refreshing your home! Ever notice when you cook a meal in the crock pot, your whole home smells like your dinner! You can fill the crock pot with your favorite herbs and spices to create a unique, sweet-smelling scent. Toss in some scented twigs, your fruit slices, herbs and spices into your crock pot. Pour some water into the pot and set it to low heat. Leave the crock pot uncovered and your whole house will smell like your favorite scent.

You can also use baking soda to neutralize the smells in your house. It's no secret that baking soda is great at absorbing nasty smelling odors. Combine a few tablespoons of baking soda with water and pour it in your crock pot. Turn the crock pot to low and make sure the lid is off. The solution will work to absorb the nasty smells in your kitchen,

### Vanilla

Vanilla is one sweet and strong smelling scent! Take vanilla coffee beans and place them into a small bowl. Place a small tea light candle in the middle of the bowl or jar. Light the wick, and the candle will heat up the coffee beans. Your home will be smelling like vanilla coffee in no time. Another way to get your home smelling like vanilla is to place a few teaspoons of vanilla into an oven dish. Bake at 300 degrees, and your home will smell sweet in a few short minutes.



### Cinnamon in a Sauce Pan

A super simple way to freshen your home is to use cinnamon sticks! Fill a sauce pan with water and a couple of cinnamon sticks. Simmer on low heat. Your home will smell like sweet cinnamon in no time! If you don't feel like heating up the cinnamon sticks in a sauce pan, you can throw them into the crock pot as well!





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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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# Allentown Public Library

## Recipient of Prestigious Historic Trust Grant

By Pam Teel

The Allentown Public Library, located in an old church in the quaint historic town of Allentown, NJ., was constructed in 1879 as the First Baptist Church and was abandoned after suffering a damaging fire in 1972. In the 1990s, the Allentown Public Library Association adapted the former church and attached parsonage as a public library, including a children's library, offices and community meeting space. The library serves the communities of Allentown, Upper Freehold, and Millstone Township.

The Allentown branch is one of 13 branches all connected to the Monmouth County Library Organization with more than a million and a half books and a total collection of more than one and three quarters million items from DVDs and eBooks to magazines and downloadable audio-books at your fingertips.

While today's County library still sees more than one and a third million patrons a year coming through its doors in Manalapan, Shrewsbury, Atlantic Highlands, Allentown, Howell and its six other branches, you can now add to that the nearly 80,000 eBooks and services offered its patrons on line, or the 110 online and downloadable magazines available. Close to eight per cent of the Monmouth County library circulates through electronic media, serving the patrons who prefer to access their recreation, education and research on line, in the comfort of their home, or on the go. Today's Monmouth County Library invites you to do more with your library, things like using all of the electronic resources available at no charge, just by using your library card. There's Instant Flix for streaming video, Universal Class and Lynda.com for online courses, eBooks, Flipster, Zinion, America's News Bank and the New York Times, and within the library, even Ancestry.com and West Law! For more information about the Allentown Public Library go to: [www.monmouthcountylib.org/](http://www.monmouthcountylib.org/) or visit them on facebook.

The Allentown Public Library recently became the Recipient of Prestigious New Jersey Historic Trust Grant. The library has been recommended for a preservation grant from the Preserve New Jersey Historic Preservation Fund. The awards were authorized at the October 17th meeting.

This grant is for the Entrance Area Improvement Plan that will create a brighter, more welcoming entrance area into the Library. The Library Board is committed to preserving the historic integrity of the building, but with the primary goal of maintaining a safe and modern space appropriate for a public library. To this end, the entrance area will function as a transition from the exterior that is preserved as it was in 1879 to the interior space that through adaptive reuse, is a 21st century library.

The work on this project actually began earlier this year with the refurbishing of the original front doors that have been in use since the First Baptist Church was completed in 1879. Currently underway is the restoration of the original plank floors by Jason Harris of Harris Woodworking in Allentown.

Adding to these original elements in the entrance space will be a change in the interior doors to French lite doors that will allow visibility into the Library from the entrance area. These doors will be made by Harris Woodworking to reflect the moldings and profile of the original exterior doors. New lighting and paint will complete the space. In addition, the Library Association is having the display case refurbished with lighting and shelving that will enhance the exhibits curated by Patricia Brown and Maggie Keris.

The Library remains open during this work, with patrons being directed to enter through the side or back doors.

If you haven't visited the historic library yet, stop in and see for yourself what the library has to offer the next time you pass through town.



*Once a former baptist church, the building is now used for the Allentown Public Library-one of 13 branches of the Monmouth County Library Organization.*



# Winter Word Search

Word search puzzles are a great learning tool for kids. They emphasize pattern recognition which is a key cognitive tool. Many studies have shown the benefits of puzzle solving to develop our skill at pattern recognition. Pattern recognition is the brain's ability to find order and create meaning from data around us. These type of activities are basically brain teasers that stimulate your mind. They make you think and they have a positive effect on your intellect.

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# Meet your Neighbor Leah Schanely and her daughter Vivian Making America Proud!

By Pam Teel

In November, twelve-year-old Vivian Shanelly represented the USA in Bulgaria at the World Age Group Championship as part of the U.S. Trampoline and Tumbling Team. In her own words, Vivian talks about her experience in Bulgaria. Vivian is in 6th grade at Millstone Township Middle School, and trains at Garden State Trampoline Academy in Millstone.

## My Experience in Bulgaria at the World Age Group Competition

I traveled to Bulgaria with the team representing the United States at the World Age Group Championships in November. I didn't know many other athletes from the USA because this was my first year as an elite athlete. An elite gymnast is the top level for USA Gymnastics athletes. When we arrived in Bulgaria we got to do a tour of Sofia, where we were staying. On the tour we saw Roman ruins and a lot of interesting architecture, and we got to eat at a traditional Bulgarian restaurant. The city was much different than cities here; it seemed more poor, and a lot of buildings were run down, but it was also much older than things here with some of the Roman ruins as much as 2000 years old. After the first day we spent nearly all of our time training and supporting our team while they competed at the Arena Armeec. One of the most fun things that I did while I was there was to trade souvenirs from home with gymnasts from other countries.

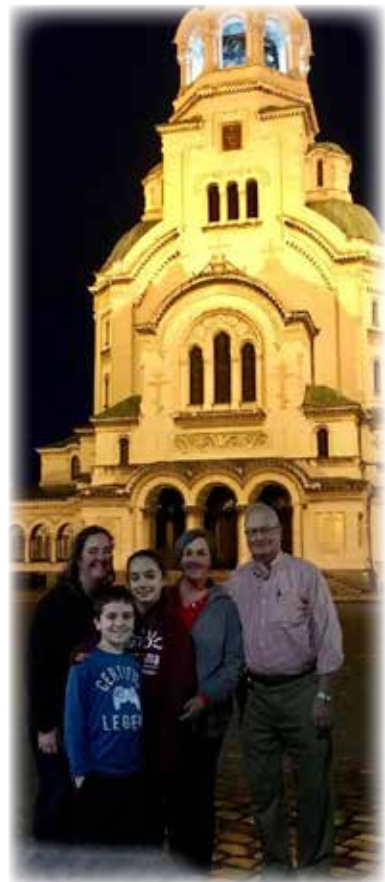


We were able to communicate with some of the other athletes. We even used Google Translate to communicate with the athletes from Japan while waiting with them for awards. I could even communicate with some of the people from Spanish-speaking countries thanks to Senora Valentine and Senora Passero!

First I competed on individual trampoline and I was the highest finisher for the United States in my age group for both women and men. I finished 14th in the world. Then I competed in synchronized trampoline with my partner, Ava Hernando, from Holmdel, NJ. We were so excited when we made finals, placing 4th after the qualification round! The Finals were very exciting, but it made me nervous when they announced our names with so many people watching. After our routine we were currently first in the standings, but we had to sit and watch 3 other pairs compete and hope that we could hold on. After the next group competed we were still in first, and we knew we had medaled! Finally everyone finished and we saw we had won the gold. Everyone was really excited and I was crying.

At the awards ceremony we got to stand on the top of the podium and they played the U.S. National Anthem for us, the 11-12 Women's Synchronized Trampoline World Champions. At the end of the whole competition there was a big banquet for the athletes from all 44 countries that competed and it was cool to get to know some of the athletes better and a great end to the trip.

## Mom's Perspective (by Leah Schanely)



When Vivi qualified as a Youth Elite gymnast for trampoline back in January 2017, we were all incredibly proud of her. Qualifying as an elite was her goal for the year. Making the team to represent the United States at Worlds wasn't even really on our radar. We were thrilled and surprised when she was named to the team in September, and were really looking forward to our unexpected trip to Bulgaria, even though we didn't know what to expect there. The USA delegation for the event all travels together, and Vivi's brother, Tyler, her grandparents, her coach Natasha from Garden State Trampoline Academy, and I were able to go with the team, so we could all fly together and stay at the same hotel. Our trip lasted 8 days, but it went very fast since we spent a lot of time at the gym and with the team. Tyler's favorite things in Bulgaria were doing an Escape Room and the availability of Kinder eggs, which you can't get here. I enjoyed seeing the Roman Road, which is incredibly well preserved and interesting. Mostly, though, it was very exciting to see Vivi compete. We were so very proud

when she was the highest USA finisher for her age group for individual trampoline. Having her win the gold medal for synchronized trampoline, though, was just unbelievable. It's an amazing experience to have them play the U.S. National Anthem for your daughter who is proudly standing on the top of the podium. It was incredible, and impossible not to cry. It feels great to be the mother of a World Champion!

*All of your hard work paid off Vivian. You did Millstone and America Proud!!!!!!!!!!!!*



# It Is All a Function of What You Are Used To... Or Is It?

By Susan Heckler

Charlie Chaplin was a star in the silent movie days, so we didn't really hear much of what he had to say. This very smart man was once quoted as saying, "The saddest thing I can imagine is to get used to luxury." Let's ponder this for a bit.

We all plod along in our daily life, choosing our home and neighborhood, working in our careers, frequenting the places we like, purchasing our brand preferences, and may continue to do this happily for the rest of our lives.

What happens when something is introduced into our lives that piques our interest, tickles our taste buds, cries out CREATURE COMFORT and opens our eyes?

Want to hear my eye-opener? My entire life had been spent "doing the paper work" using one ply toilet tissue. This tradition has been passed down through the generations on both sides of my family. Now, understand the world was once a 1 ply place. Back in the 1950's, a manufacturer created a thicker "two-ply." Two-ply toilet tissue was twice as thick as the original so that meant twice as soft and twice the protection to keep our hands clean. A sure sign of luxury as two-ply was premium priced. Oh, but wait, quilted is even better. I just can't go back to one ply...ever!



And what about those discerning taste buds though. I was a happy Hershey's chocolate fan until I received a box of European chocolates as a business gift. The taste and texture are a world of difference, and so is the price. While Milton Hershey used to be my hero, Swiss confectioner Rodolphe Lindt has taken over.

Say Cheese! As a child, do you remember loving Velveeta, a household staple since its invention in 1918? This processed cheese tasted great with anything and melted to perfection, making macaroni and cheese fit for a king, or at least a hungry college student. Or so we thought. At the cost of \$6/lb, it was readily affordable to all. The 1980 slogan of "Colby, Swiss and Cheddar, blended all together" was no longer true as the recipe changed. In 2002 it was downgraded to a Pasteurized Prepared Cheese Product since it wasn't cheesy enough to be called a cheese. When you taste the real cheeses, processed spreads will never grace the doors of your refrigerator again.



Yes, part of it is marketing the same old product in a new way with a new twist. Products have evolved to stroke our ego, make life more enjoyable and grab a bigger slice of the market share.

But if you were used to sleeping on a cold, hard floor and someone introduced you to a pile of straw? How would the straw feel if you got used to sleeping on a mat? Would you want a mat if you were introduced to a mattress?

So, the moral of the story is work hard to afford your creature comforts because once you are used to a luxuriant life, it is hard to go back to basics. To quote a luxury cosmetic company.... It's expensive, but I'm worth it!



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# The Logic of Logos and Catch Phrases

## KFC

By Pam Teel

The Story of KFC stands as a defining symbol of the American Dream born from one man's hard work and perseverance with the end result being a chain of over 19,000 stores world-wide, generating over \$23 billion in revenue.

Behind this success story was Harland Sanders, a bad-tempered perfectionist who spent decades tweaking his secret chicken recipe that ultimately revolutionized fast food.

Sanders first developed his love of cooking as a child. Born in Henryville, Indiana, in 1890, he was forced to care and cook for his siblings after his father died. He was five years old. Because his mother also worked, Sanders sometimes looked after the kids for days at a time. He quit school at just 12 years of age and left his mother and stepfather's home to find work.

During that time he jumped between jobs on farms, railroads, and as a cleaner. He met and married Josephine King at age 19. He further ventured into ferryboat sales, lamp manufacturing and a job with Michelin Tires before ending up in Corbin, Kentucky. In 1930 he ran a service station. It was then 40-year-old Sanders and his wife Josephine began their first foray as restaurateurs. Located close to a highway in order to entice passing travelers, they soon opened the Harland Sanders Motel and Restaurant next to his service station where they sold fried chicken and home cooked meals. Sanders was still working on perfecting his secret chicken recipe.

By 1940, he had developed his final combination of spices, and the newly developed pressure cooker allowed him to cook to order within eight minutes. However, gas rationing during the war meant business was slow for his restaurant and accompanying motel, and he spent some time working in a friend's store in Oak Ridge, Tennessee. This town later emerged as the location of the top secret centre where U.S. scientists enriched the uranium later used in the atom bombs which ended the war and upon his return to Corbin, Kentucky in 1945, Sanders' business grew in popularity and the state governor bestowed him with the title of 'Colonel' in recognition of his services to the food industry. However, in 1955, with Sanders now aged 65, he was forced to sell the business for fraction of its value when Interstate 75 diverted the vast majority of his customers from passing through the town.

Sanders was back to square one and was penniless aside from the small franchise payments he had arranged with friend Pete Harman, who was selling his secret chicken recipe in Salt Lake City.

Harman, who is credited with developing the red and white branding, the 'Kentucky Fried Chicken' name and pioneering the sale of takeaway orders, went on to open many outlets selling Sanders' recipe. The two had agreed a small fee for every chicken sold using Sanders' spices - the composition of which was fiercely guarded, and produced and shipped to Harman by Sanders himself.

By 1964, with more than 400 franchisees - including some abroad - a now 74-year-old Sanders sold his interests in the corporation to a group of Kentucky businessmen. Sanders accumulated millions and lived comfortably with his second wife but missed out on the real money to be had when he sold out. Retained as a goodwill and brand ambassador, he had little control over the direction of the company and in later years often complained the gravy was 'slop'.

The colonel has always been a distinctive feature of the KFC logo. His face previously had a more serious look but over time, it has been made friendlier. The use of red color has contributed significantly to the bold and lively appearance of the emblem.

The company name "Kentucky Fried Chicken" was altered to the abbreviation "KFC" from the early 1990s in an attempt to retreat from the fatty connotation of the word "fried". The KFC logo signifies the founder of KFC, Colonel Sanders. The company has maintained an outstandingly consistent visual identity, while preserving the determining components of Colonel's face and accommodating the visual shifts of the fast food industry.

The KFC logo has undergone several overhauls, with the earliest one featuring Colonel visage for the first time, being designed in 1952.

In April 2007, the company unveiled a brand-new logo, which displayed the Colonel wearing a red cook's apron instead of his white suit jacket. The new KFC logo, designed by San Francisco-based Tesser, featured brighter colors and a more distinctive and friendlier visage of the founder, while retaining his definitive black bow tie, glasses and goatee.

The smiling Colonel is displayed against a red background that equates his red apron, with the company name in black thick inscription below his chin. The emblem has dynamism, depth and dimension, without falling back to shading, strongly indicating the fact that a well-conducted arrangement of shapes can convey the intended message more directly and clearly as compared to any detail of shading.

We all know the famous universal catch phrase that goes along with Company. Kentucky Fried Chicken, "It's finger lickin' good!"





# The Millstone Times'

## PHOTOS OF THE MONTH

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

By Pam Teel

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

Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time.

(If you prefer to send anonymously, we will leave your name out.)

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

***Evan Richvalsky sent in these two photos of birds he took while walking the trails near the Perrineville Lake.***



***Alex Ostrow sent in this horse picture from a farm in Monroe Township.***



## Did you know...?

By Pam Teel

Did you know that there is a town in Pennsylvania that has been burning for over 53 years and it could go on and burn for another two hundred and fifty years? This now abandoned town once had over one thousand residents and is now nothing but a smoldering ghost town. There are signs up warning curious onlookers of death by asphyxiation and the possibility of being swallowed up by the ground, but it hasn't stopped the number of tourist that drive to the beginning of the abandoned highway and leave their mark on the now graffiti filled road.



The town, called Centralia, used to be an old mining town. The underground fire started with an intentional fire in 1962 that was set up by the township to burn out a landfill. The landfill was also an old strip mine pit connected to a maze of abandoned underground mining tunnels full of coal. The fire was extinguished above ground, but at first, unbeknownst to the town, the coal caught on fire underground and eventually spread its way under Centralia's town center.

In 1979, locals became aware of the scale of the problem when a gas-station owner, then-mayor John Coddington, inserted a dipstick into one of his underground tanks to check the fuel level. When he withdrew it, it seemed hot. He lowered a thermometer into the tank on a string and was shocked to discover that the temperature of the gasoline in the tank was 172 °F (77.8 °C)

The underground fire eventually got to a size where it basically destroyed the town and everyone was ordered to leave. This was made possible due to a large \$42 million relocation plan allotted by Congress, but a few holdouts remained. Most of the homes were demolished soon afterwards.

The near ghost town of Centralia is located in Columbia County. Its population has dwindled from more than 1,000 residents in 1980 to 63 by 1990, to only seven in 2013. All real estate in the borough was claimed under eminent domain in 1992 and therein condemned by the Commonwealth of Pennsylvania. Centralia's ZIP code was discontinued by the Postal Service in 2002. State and local officials reached an agreement with the seven remaining residents on October 29, 2013, allowing them to live out their lives there, after which the rights to their houses will be taken through eminent domain.

Who would want to live in a town where nature has taken over what once was lots and driveways, and roads have literally melted away; where at any time sinkholes could open up and swallow you whole. There is no postal service or any other kind of service running through Centralia, although one church remains and weekly services are still held. It has not yet been affected by the underground fire. There are also four cemeteries that are still maintained.

One can see with the eye evidence of the underground fires as steam and deadly gases billow out from the ground in certain areas. This includes the road along highway 61 where large steaming cracks are in plain sight. The road is hot to touch in most areas, yet people still come and leave their graffiti mark on the deteriorating road. A new road was constructed to go around Centralia but that hasn't stopped the onlookers from being drawn to the old abandoned highway and the near ghost town.



Losing a loved one is heart wrenching. Unfortunately, major decisions must be made in the midst of shock and grief. Many people are making these decisions in advance, so their loved ones are not left trying to sort it all out. Pre-planning can save your family tremendous stress.

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## *The Logic of Logos and Catchphrases: The Amazon Logo*

By Pam Teel

Founded in 1994, Amazon was once nothing but a tiny online bookstore. Today it is multi-billion dollar company that sells thousands of products all over the world. From sports equipment to DVDs and even streaming movies, Amazon has become a company to be reckoned with. Amazon has grown incredibly powerful and is sure to be a player on the national stage for many years to come.



One factor that has helped Amazon in its climb to the top is the uniqueness of their logo. People from across the globe can recognize the Amazon logo on sight and, should they need to buy a present or the latest piece of technology, the image is sure to stick in their mind. Anyone who wants to create a branding empire of their own should pay attention to what Amazon has accomplished with their simple but effective logo.

When Amazon first started, it was only an online bookseller. To that end they created a logo that advertised their specialty. Under a translucent "A" were the words "Amazon.com, Earth's biggest bookstore." The entire background of this first logo was a pleasing water texture. The water effects made the entire logo into a soothing image, surely meant to attract attention in the crowded market that Amazon was trying to make its mark in.

In 1998, Amazon started to expand. A large music selection was added to their collection of books and Amazon decided to market these new products. To that end that created a logo that advertised exactly what they offered. They also simplified the background to a plain white one, with the Amazon letters in gold upon it. This was made so as to be more pleasing to the eye online hopefully reaching a wider audience.

In 2000, Amazon introduced the logo that most people can probably recognize. The logo was just shortened to include the web address against a white background with a yellow arrow underneath. The arrow, which points from A to Z in the Amazon logo, symbolizes how a customer could find everything they needed at Amazon. This logo was meant to be simple and easy to understand, catering to the customers who were interested in one-stop shopping.

In 2002 Amazon created its current logo. This logo borrows heavily from the previous logo but adds the words "and you're done" to the bottom left-hand corner. This served to better illustrate to people that Amazon had a huge selection of merchandise and, no matter what they were looking for, Amazon was most likely to have it.

Today, Amazon has many different logos for many different products and services it offers such as Amazon Prime, Amazon kindle, Amazon web services, etc.

There can be no doubt that the logo is extremely effective. People from around the world can recognize that it's an Amazon logo and company can and do spend billions of dollars for that kind of brand recognition. The reason that it probably works so well is because it's simple but offers consumers exactly what they want. To put it plainly, what they want is place where they can find everything from A to Z.

Ask yourself this, how many times you have conveniently ordered from Amazon just this week alone!!!!



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\$779,000 Agent: Suzanne Garfield & Cynthia Duvin  
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\$439,899 AGENT: Elaine Gutowski

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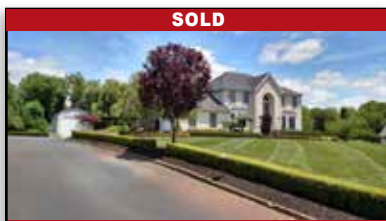
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The Liguori Family

71 Joni Dr., Hamilton  
The Delahanty Family

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9 Abbey Rd., Jackson  
The Somers Family

86 Stillhouse Road, Millstone  
The Reese Family

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The Patel Family

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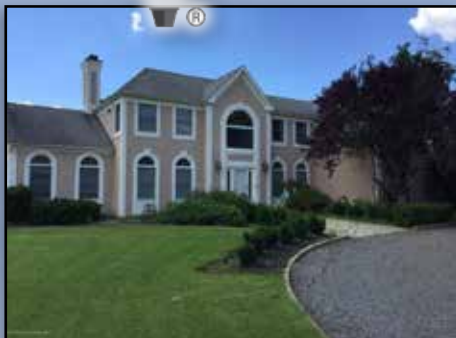
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# Spider Repellents- What Little Miss Muffet Should Have Known

By Susan Heckler

We old wives used to say that spiders come indoors in the fall because the weather is cooler. In actuality, house spiders are usually not the same species as the yard or garden spiders outside the house.

Use these all-natural spider repellents (not killers) any time of year:



1. **Peppermint essential oil**, dishwashing liquid. Combine 3 cups of water, 1 teaspoon of any dishwashing liquid, and 1 tablespoon of peppermint essential oil to a spray bottle. Shake and spray.
2. **Cinnamon**. Sprinkle cinnamon around the outside of your house to prevent spiders from coming inside.
3. **Minted cotton balls**. Dip cotton balls in mint essential oil and place them under (crawl space) or outside your home.
4. **Chestnuts**. Keep chestnuts on your window sill to deter spiders.
5. **Salt water** is an excellent spider killer. Spray a mixture made from 1 gallon of warm water and 1-ounce salt directly onto spiders and spider nests.
6. **White vinegar**. Fill a spray bottle with white vinegar and water and use the mixture to spray cracks.
7. **Citrus peel**. Rub citrus peels on baseboards, windowsills, and bookshelves to prevent spiders from coming in the house.
8. **Cedar hangers**. prevent spiders residing in your closet.
9. **Tobacco**. mix tobacco with water and spraying it on home entry points.
10. **Coconut oil**. Combine 1-part coconut oil with 2 parts water to keep spiders away

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## January 24<sup>th</sup> Global Belly Laugh Day

By Gabriella Mancuso

January 24th is Global Belly Laugh Day! A day to celebrate laughter, happiness and smile. This January 24th try and create as many opportunities to laugh as you possible can. Watch a funny movie or show, share a funny joke or story, surround yourself with funny people, read something funny or even find your inner child. Laughing is one of life's best medications. It not only helps with your mental health it helps you physically as well. Laughing increases blood flow, increases life span, boosts your immune system, burns calories and relaxes muscles and pains.

Find something that makes you feel good and celebrate extra on this January 24th!





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## What Every Middle School Boy Needs Most From His Parents

By Gabriella Mancuso

*Middle School is a difficult time for children, especially boys. They are confused, immature and just typical young boys. From grades 6-8 boys tend to have behavior changes. Typically, they choose to show this towards their parents more than anyone else. As a parent, only you know how to handle your child, however if you are struggling here are some things you might need to start considering.*

### ENCOURAGEMENT

Every middle school boy needs encouragement from both of his parents. Both mom and dad need to encourage their child to do great, and motivate him to act to the best of his ability. Show him that you are proud, but there is always room for improvement.

### PRIDE

Be proud of your son. Show him that you love him and all he does. Build up his self confidence and self esteem by pointing out success, rewarding his good efforts and supporting him at all of his games and or interest. He needs his parents to support him more than anyone else.

### ATTENTION

All young men need attention. They need their parents to pay attention to them, their lives, preferences, mood, etc. You need to show your child you care about them and their well being. What you should no do it get too much involved, but just enough so that your son feels wanted and loved.

### TRUST

Give your son the chance to become independent. Although this may be hard for some parents, especially moms, you must let them grow and develop their own beliefs and mindsets. Allow them to figure certain situations out by themselves so they can learn and develop maturely. Although it may be hard not to intervene, you can always assure your child they can confide in you whenever they need to.





# How to Engage Your Tween With Their Younger Siblings

By Susan Heckler

If you come from a dysfunctional family or know someone who does, you will know it is something you do not want for your own children. As the product/victim of one, I can say firsthand how a resentful older sibling can affect your self-esteem and influence your life in so many ways. Sibling Rivalry is normal...to a degree.

Having a sibling can teach you about sharing your life, your love, and your possessions. This will probably be your first shot at conflict resolution. Whether you are oldest, youngest, or anywhere in between, you need to find your place in the pack and sometimes even learn how to stand your ground to defend it.

Your older sibling is the role models for their younger siblings. Hopefully they will be protective and caring. They give a different kind of parental vision, they are a little older, a little wiser and still your contemporary. The larger the age gap, the less contemporary they feel. Not everyone appreciates a mini-me.

Many families start out great, but when the tween years come, and the hormones rev up, life and family dynamics change drastically. Your patience has run dry, you have better things to do than babysit, you don't need someone tagging along and telling your secrets. It isn't that the younger sibling is necessarily doing anything wrong, a lot depends on the personality of the older sibling. Sometimes you just can't do anything right.

There is a fine line between making the older child feel special and less intruded on and making the younger child resentful and vice versus.

Parents can:

Be a role model, let your kids see you get along with your own siblings

- Encourage the older sibling to spend time with the younger but listen for the cues. Baby steps; forcing will only make things worse.
- Bring realization of their role model status to the older sibling
- Be sure to give one-on-one attention to all siblings
- Make sure your children have unstructured time to do their own things and don't book them solid
- Encourage family time as a priority
- Know bullying is not acceptable
- Let the water find its own level, don't be the referee and try to be neutral. Allow them to find their balance if there is no bullying

***It can happen, it does work. I have witnessed it personally. Persevere Parents, it is worth the result!***



## Classic Toy Trains Open House to Benefit the Allentown Public Library

The Allentown Public Library is pleased to announce a date to view the Allentown Clarksburg Railroad display of Classic Toy Trains.

The Clarke family of Upper Freehold Township is graciously hosting an open house on January 20th, 2018, a Saturday, from 10 am to 6 pm.

The Allentown Clarksburg Railroad display will be featured in the January, 2018 issues of Classic Toy Trains. The 600 square feet of O-gauge railroad layout has been under construction the since 2007. Over 700 feet of track includes six lines — 1 upper, 2 main, 2 subways, and 1 trolley — with bridges, tunnels and two mountains. Up to eight trains can run simultaneously, with interactive fun for all ages — buttons to push and a layout scavenger hunt.

The Clarke family last had an open house in January of 2015 to benefit the Library. This will be the last chance to view the impressive display before a planned relocation.

Tickets can be purchased for \$5.00 at the Library, with a sign-up for selected viewing time. Each time slot is limited to sixteen viewers, to provide maximum enjoyment of the interactive display.

The ACRR is only a five-minute drive from downtown Allentown. The address is printed on the ticket. Light refreshments will be available.

To reserve your time and purchase tickets, stop by the Allentown Public Library, 16 South Main Street in Allentown. For library hours or more information, call the Library: 609-259-7565 or check the Library website at [www.allentownlibrary.org](http://www.allentownlibrary.org).



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## Do's and Dont's for Sharing Family Photos on Social Media

By Stefanie Maglio

In today's world, photos are no longer just photos, but they are memories. Almost everyone has an iPhone or some kind of smart phone, which means that all of those people have access to a camera at all times. Digital pictures are so easy to take and share because the device is right at people's fingertips. With so many personal and family pictures being taken, people are bound to want to share them. However it's important to think before posting and take a few things into consideration.

Depending on where you wish to post a family photo, that can also directly affect the type of photo being posted. For example, posting a personal family picture to Dropbox or the family iCloud or even Google drive is typically okay. The photo is not out on the Internet for just anyone to access. It is safe and only accessible by you and your family. However if you choose to post a photo to a social media outlet, then it is public. Social media platforms such as Facebook, Instagram, Snapchat, and twitter are all examples of where these photos may be posted. If you choose to post on one of these public platforms, make sure that the photo isn't something that a family member is not comfortable with being public. Despite setting your profile to private, some people will still see it and possibly screenshot it. This means if you choose to share any photo on social media it really can be online forever. So, while you may think that adorable bath time photo of your child is adorable, it could cause some extreme embarrassment to the child down the line. Technology and photo sharing is a great way to stay connected with friends and family. Use social media to share amazing moments and memories with your friends and family. However, just be mindful of what you are putting out there and always check with others before sharing!

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## HOW TO TELL IF YOUR TEEN IS LYING

By Susan Heckler

There are countless reasons people tell lies and even more means to justify them. White lie, purple lie...lying isn't acceptable but it is a fact of life. People lie.

Now that we have this understanding, what do you do when your child lies. You are their parent, charged with the responsibility of your child's safety and possible the safety of others too. You need the truth, so problems of unsafe behavior can be addressed. Who? Where? What? When? How? You gave them life and love, you are entitled to know these answers.

Research shows you have a 50/50 chance of detecting a lie. Apparently everyone lies, and it is a part of human nature, our defense when we screw up. The degree of severity of the lie should predict your response. Your trust was breeched, not a good feeling.

### RED FLAGS FOR FIBBERS

When your child was born, your Parent Radar became very acute. You could hear the scratch of their tiny little fingernails on their crib sheets from three miles away. Follow your instincts, if something feels wrong to you, poke into it. There is some variation as we are all individual and unique, but be on the lookout:

- **Hesitating:** Unnatural pauses may mean that they are having to think harder to give an answer.
- **Eye Contact:** Avoiding direct eye contact can be a sign of lying as can frequency of blinking.

- **Change in Breathing and Dry Mouth:** The stress of lying can cause a change in breathing and a drying up of saliva as well as a change in the vocal quality.
- **Stillness:** Panic is setting in and their brain is busy coming up with a lie, so the body language may change.
- **Pointing and Foot Shuffling:** Their body is quieter as they ponder the lie, but the feet are showing the nerves.
- **Touching vulnerable areas:** Fibbers body language has them protecting a vulnerable area and literally blocking communication.
- **Specifics:** The truth is in the details; withholding them, changing them, avoiding them, too many of them.
- **Verbal Nuance:** Do their actions match the words?
- **Relief:** Notice a reaction when the subject is changed, and they feel they are off the hook.
- **Eyebrows and facial expression:** Check if their eyebrows and mouth suddenly change their position.
- **Over-reaction** is a defensive measure.

So, you have now determined whether or not your child is lying. The question remains is what do you want to do about it?



# Months Of: JAN & FEB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keep Your Parents Busy!						
	<b>15</b> <b>Dr. Martin Luther King Jr. Day: Celebrating Freedom &amp; Community, Newark Museum</b> 49 Washington Street, Newark, NJ	<b>16</b> <b>Terhune Orchards Read and Explore: The Gingerbread Man</b>  330 Cold Soil Rd., Princeton, NJ	<b>17</b> <b>"Beethoven &amp; Danielpour" by the New Jersey Symphony Orchestra</b> 1 Center Street, Newark, NJ	<b>18</b> <b>Disney on Ice: Reach for the Stars</b> Newark NJ, Prudential Center 	<b>19</b> <b>Boardwalk Kennel Club All Breed Dog Show</b> 4501 Boardwalk Wildwood, NJ 	<b>20</b> <b>Winterfest Sidewalk Sale, Downtown Haddonfield</b> 2 Kings Court Haddonfield, NJ 
<b>21</b> <b>Ice Sculpture Demonstrations</b> Grounds for Sculptures, 18 Fairgrounds Rd Hamilton, NJ 	<b>22</b> <b>Toms River Winter Comic Book Show</b> Toms River Elks, 600 Washington Street Toms River, NJ 	<b>23</b> <b>National Pie Day</b> <i>Bake a few new pie recipes. And most importantly, it's a day to eat pies!</i> 	<b>24</b> <b>The Illusionists, State Theater New Jersey</b> 15 Livingston Ave New Brunswick, NJ	<b>25</b> <b>Rahway Restaurant Week</b> Downtown Rahway Begins at 2:15pm 	<b>26</b> <b>Meadowlands Home-Style Chili and Salsa Cook Off</b> 1 Racetrack Drive East Rutherford, NJ 	<b>27</b> <b>Fire and Ice Festival</b> Downtown Mt. Holly Washington Street High Street Mt. Holly, NJ
<b>28</b> <b>Wassailing the Apple Trees, Terhune Orchards</b>  330 Cold Soil Rd., Princeton, NJ	<b>29</b> <b>Macculloch Hall Historical Museum</b> 45 Macculloch Avenue Morristown, NJ	<b>30</b> <b>Written in the Rocks: Fossil Tales of New Jersey</b> 205 W. State St., Trenton, NJ 	<b>31</b> <b>Hoboken Food &amp; Culture Tour, City Of Hoboken</b> River St. & Hudson Pl., Hoboken, NJ	<b>1</b> <b>Cats vs. Dogs: Illustrations for Children's Literature</b>  71 Hamilton St., New Brunswick, NJ	<b>2</b> <b>Nature and Eco Tour, New Jersey Korean War Memorial</b> 124 Park Pl., Atlantic City, NJ	<b>3</b> <b>Goodnight Moon and The Runaway Bunny</b>  1 College Drive Toms River, NJ
<b>4</b> <b>Beach, Boardwalk &amp; Bosses Tour, NJ Korean War Memorial</b> 124 Park Pl., Atlantic City, NJ	<b>5</b> <b>Dr. Seuss' The Cat in the Hat, Mayo Performing Arts Center</b>  100 South St., Morristown, NJ	<b>6</b> <b>MMKIDS Art Hour, Monmouth Museum's Green Arts Studio</b> 765 Newman Springs Rd., Lincroft, NJ	<b>7</b> <b>MAM Family Art Adventure, Montclair Art Museum</b> 3 S. Mountain Ave., Montclair, NJ	<b>8</b> <b>New Jersey Film Festival Spring 2018</b>  71 Hamilton St., New Brunswick, NJ	<b>9</b> <b>Baskerville: A Sherlock Holmes Mystery, Mayo Performing Arts Center</b> 100 South Street Morristown, NJ	<b>10</b> <b>Cinderella, State Theatre New Jersey</b>  15 Livingston Ave., New Brunswick, NJ
<b>11</b> <b>Mammoth Follies, Mayo Performing Arts Center</b> 100 South Street Morristown, NJ 	<b>12</b> <b>Historic Boardwalk Tour, Boardwalk Hall</b> 2301 Boardwalk, Atlantic City, NJ	<b>13</b> <b>Read &amp; Explore Program: Fur, Feather, Fluff: Keeping Warm in Winter</b> 330 Cold Soil Rd., Princeton, NJ	<b>14</b> <b>Theatreworks USA: Junie B. Jones, The Levoy Theatre</b> 126-130 N. High St., Millville, NJ	<b>15</b> <b>48th Annual Rowan Jazz Festival &amp; Concert</b> 201 Mullica Hill Rd., Glassboro, NJ 		



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## Let Me Shake Your Hand, Soon to Be Eagle Scout, Daniel Carroll

By Susan Heckler



Becoming an Eagle Scout is no easy feat; it takes many years of dedication to Scouting and a commitment to the community. Requirement 5 in becoming an Eagle Scout-- While a Life Scout, plan, develop, and give leadership to others in a service project helpful to any religious institution, any school, or your community.

Daniel Carroll of Howell is one step away from that big achievement. Daniel, will be 18 in January so his Eagle Scout Clock is ticking loudly. This Howell High School senior is graduating in June with the hopes of going in to a career in nursing. As a member of Scout Troop 258, choosing his project was easy, he has always had an interest in the local food pantries and is a ready volunteer.

New Life Food Pantry located at 56 Main Street in Helmetta began in a closet in the basement of St. George's Church with 2 shelves of food. Each week 5-6 people would stop in and pick up a bag of emergency food that had been donated by the church parishioners. The pantry has now expanded into 4 or 5 rooms, with a dedicated staff of 49 volunteers that help keep the pantry operating. They serve an average of 48-60 families each week.

In addition, they provide personal care items, offer health and wellness events several times throughout the year including; blood pressure checks, blood sugar monitoring, Cholesterol screening, discounted or free mammograms and prostate tests, discount prescription cards and flu shots. We also bring in specialists to assist our patrons with insurance, housing, and other emergency needs.

According to his father Michael, at a recent visit, Daniel noticed a lack of shelving and storage to safely place the available goods on to keep them off the floor and away from contamination. He had an idea to build shelving for them. Daniel took his idea to the Howell Optimist Club, where he made a presentation in the hopes of getting some funding and assistance. According to Optimist spokesman John Alliano, the board heard Daniel's presentation and was very impressed with his plan. They decided to help fund the project with \$150 and one Optimist member was able to get him lightly used shelving to enhance the project.

Daniel built an 8' x 4' heavy duty table with a shelf for storage along with the 4 commercial racks donated by Howell Optimist Club. Kudos to Daniel for the great idea to help his community and the great idea to reach out to other groups for help. His leadership achieved a well needed facelift to accommodate the growing needs of the Pantry to service the community. We look forward to seeing what Daniel and his friends have in store for the community.

For more information on The New Life Food Pantry [www.newlifefoodpantry.org](http://www.newlifefoodpantry.org).





## TRENDY PARTY THEMES FOR YOUR PRESCHOOLER

By Susan Heckler

Today's preschoolers have a social life most adults would envy. Between their school friends, neighbors, cousins, and those they meet in their activities, birthday parties are standing room only.

When your child has that extensive a social life, birthday parties might get a little hum-drum doing the same-old. Many parents are choosing fun and festive trendy party themes to add a little zing for a stand-out day.

A party theme can be based on a hobby, a movie or TV show, a favorite vacation destination or anything else. Parents need to use their imagination and just run with it.

Some of the easiest themes are those based on movies or television shows or their characters. These items are readily available at party stores and take a lot of the think-work off of Mom & Dad. These are not exactly unique, but they are fun, colorful, and relatable. Which was the latest movie released and who does the birthday child adore?

Some of the latest birthday party ideas for little ones is inspired by bohemian/ tribal, woodland/ outdoors, unicorns, flamingo/tropical and geometric/geode. The little lords and ladies love bright colors and fun shapes for the decorations. Your theme can extend beyond decorations and put a twist on the food, games, music, and crafts, making them theme based.

Case in point, Julia. This lucky little girl is absolutely in love with watermelon. She loves to eat it, look at it, wear watermelon themed clothing.... Thus, a watermelon themed party. Everything was watermelon including the pool floats, piñata, candy, games, food, and clothing. Fun, festive and delicious.

There are always entertainers who come dressed as a favorite character. This is not new, but the kids still love it.

Toy themes are also great. Is your child a fan of Lego? Colorful and definitely relatable for many generations. Lego shaped cake, game involving Legos.

A cooking party takes a lot of supervision with preschoolers. You are limited due to safety and their maturity, but it might be fun. They can make their own pizza (have the dough prepared and they can choose their own toppings and decorate it and eat it), or a make your own parfait.

Whatever you choose, make sure it is fun for everyone, including you! Birthdays should be happy for everyone!



## How To Decide If You Really Want To Be a Mother

By Susan Heckler

For many women, the desire to be a mother is just an assumption. After all, doesn't everyone want to be a parent?

Apparently not! Parenthood is one of the most crucial decisions a woman will ever make. If is a lifetime commitment...24/7 for at least 18 years. You are no longer a 'me', you are a 'we' and need to think and act like one for a very long time.

For some women, like me, it was a no brainer. I had a very strong desire to be a Mom and raise a family. For others, like my sister, who told everyone she was doing it for my brother-in-law and didn't care to have kids, not so much. (Not to worry, there was a dose of motherly love in the Demerol they gave her, and she had instant love for my niece and nephew). And then there are those that are just not so sure.

The more recent generations have taken the Daddy Factor out of the decision in many cases and make their decision as a single. Women are opting on being single parents because they are ready for motherhood and haven't found the right man.

Think long and hard ladies, someone's life is going to be in your hands and you need to give it your all. Your ability to be a mother will shape another human's life and have an impact for generations to come.

Many people place a stigma on women not wanting children. Do not listen to them. If you do not have it in your heart to do this, maybe you should listen to your heart. Doing a bad job at motherhood has long term ramifications to your child and your life. Hey...someone's life depends on you!

- First of many questions: Do you like children? How do you feel when you are with friend's kids or in a family style eatery?
- Are you emotionally ready for this? Do you have room in your life and your heart for a child? Are you a stable, mature woman?
- Are you willing to give up some of yourself? You will have less time for your career, partner, interests, social life, travel, sleep, and downtime. And yes, children are expensive and put a massive dent in your spending patterns. You need to be willing to make sacrifices for someone other than yourself.
- Do you have the capacity to love?
- Are you able to take care of yourself? If you cannot handle your own life, think twice before forming a new one to take on.
- Do you have a support system in place? If is very difficult to parent alone without the help of family and friends occasionally.
- Are you a responsible person? How is your emotional, intellectual, and spiritual development?
- Is your partner ready, willing, and able to parent?
- What are your motives for having children? Is it to make someone else happy? Repair a relationship? Because everyone else is?

No matter what your decision is today, tomorrow is another day and you can ask yourself the same questions.





# Millstone Township School District's Phearless Phragmites Phighters Update

By Pam Teel

Students, Anna DePinho, Evangeline Huey, and Thomas Maltese have a team progress update that they would like to share with the township residents.

In the months since the Phearless Phragmites Phighters team won first place in their division at the Future Problem Solving International Conference in Wisconsin that took place last June, the team has been very busy evolving their project.

This year, their team's goal is to inform students across the entire state of New Jersey about the harm that Phragmites australis causes to biodiversity. Their new project title is "In Phorming Phriends to Phurther Phight Phragmites."

For younger students, they will create an eBook, and for older students, they are creating a Virtual Reality (VR) experience. They have been developing a storyline and characters for their eBook, as they consult with literacy expert Mrs. Stephanie Dunk. For their VR experience, they have consulted two experts - Mr. Christopher Johnston, a drone operator from Georgian Court University, and Mrs. Doreen Laskiewicz, a professional photographer, who taught them how to create panorama images for their VR experience and also how a drone can capture aerial shots. The team is learning how to code the VR activities using Blockly in the CoSpaces VR-creation program.

On Sunday, December 3rd, the Phearless Phragmites Phighters team traveled to the Assunpink Wildlife Management Area to explore the edge of the wetland and to photograph Panorama images for their VR. They are looking forward to sharing more of the team's progress as they finish their eBook and VR prototypes and test them before publishing and sharing the final products.

The team submitted a proposal to present their work at the upcoming Annual Winter Conference of the Alliance of New Jersey Environmental Educators on January 19, 2018 at the Crowne Plaza Princeton Conference Center in Plainsboro, NJ. Their proposal was accepted. During the session, they will teach environmental educators from around the state how they can connect their students with experts, local government, and community members because collaboration is important to fight invasive species like Phragmites.

According to the team, "We all need to work together to preserve biodiversity!" For more information about this conference, visit the ANJEE website at <http://anjee.org/winter-conference.html>

Good luck to the hardworking Millstone students. Keep up the good work!!



Phrag Phighters Photographing Phrag: Left to Right: Nate Benjamin, Jai Patel, Evangeline Huey, Mahi Desai, Kyra Ahuja, Rachel Glantzberg

## The Millstone Times STUDENT OF THE MONTH

By Pam Teel

Eleven year old Jasmin Martinez goes to the Millstone Middle School and is in the sixth grade. She loves being in the sixth grade and hanging out with some of her best friends, Allie, Hannah, and Francesca.

Her favorite subjects are history and math and her grade point average in all of her classes are A plus.

Jasmin's favorite books to read are *Nancy Drew Diaries* and *Harry Potter*.

The Flash is her favorite television show and her favorite song is "Havana."

Jasmin likes to knit, play piano, run, dance, and draw.

Her favorite places to visit are Long Beach Island and New York.

Jasmin lives with her parents and her two sisters, Alexa and Laila.

She has a new puppy that they named Penny.

Halloween and Christmas are her favorite holidays.

Jasmin's favorite sport or activities are dancing, running, and acting.

Her favorite food that she likes to eat is fried rice and lo-mein.

Jasmin would like to one day be a doctor or an actor.

If she had but one wish, she would like to be on Broadway!

**Keep up those great grades in school Jasmin and stay the sweet caring person 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!!!!!!**



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# Avoid Being Pulled Over by The Police?

By John Bazzurro

Obviously, the easy way to avoid being pulled over is to refrain from violating any traffic violations. However, in my practice, I have recently seen a number of people pulled over for reasons other than moving violations under the traffic code. Because the first defense for attorneys in representing individuals in municipal court is to challenge whether or not the officer had appropriate cause under New Jersey law to actually make the stop in the first place, any "legal" reason that an officer has to effectuate a traffic stop makes the attorneys' defense of any case much more difficult.

Other than moving violations, the four most used violations by officers to validate a potential, otherwise "illegal" traffic stop have to do with simple equipment violations that can be resolved rather quickly and inexpensively.

The first equipment violation relates to the "improper" covering of a license plate by a license plate frame. License plate frames are generally the plastic "frames" that are given out by most car dealers or that can be bought in any automotive store. New Jersey law prohibits a motor vehicle from having a license plate frame which conceals or otherwise obscures "any marking" on the license plate. Thus, if a portion of the words "New Jersey" or "Garden State" is obscured on your license plate in any way, a police officer has the legal right to effectuate a traffic stop.

The second violation relates to items hanging off of your rearview mirror and other obstructions of the windshield and front side windows. New Jersey law prohibits the operation of any vehicle which is "constructed, equipped or loaded" so as to "unduly" interfere with the driver's vision. New Jersey case law has held that items hanging from the rearview mirror could fall under the language of this statute. However, the statute also includes the existence of stickers, signs, radar detectors, navigation systems or any other device or mechanism attached to the front windshield.

The third violation relates to tinted windows. The same statute that restricts the hanging of anything from the rear view mirror also has been construed to hold that tinted windows constitute such an obstruction of view and, as such, the tinting of any three of your front windows would constitute appropriate cause for a law enforcement officer to pull you over even where you have not committed a moving traffic violation.

The fourth violation relates to broken lights on your vehicle such as headlights, taillights, brake lights and signal lights. Even where you have not committed a moving traffic violation, a law enforcement officer has appropriate cause to effectuate a traffic stop where he observes that one of your lights is not operational.

It should be noted that the fines and penalties for these violations, in and of themselves, are not excessive. However, as is often the case, the law enforcement officers, upon effectuating a traffic stop will then observe that the driver or passengers in the vehicle have violated other motor vehicle and/or criminal statutes such as driving while intoxicated (DWI), driving under the influence (DUI), possession of controlled dangerous substances (CDS), possession of drug paraphernalia, open containers of alcohol in a vehicle, possession of a weapon or any other offenses which the officer may observe during a traffic stop. Once you are pulled over for a valid reason, it is difficult for an attorney to challenge the traffic stop on the basis of articulable suspicion or probable cause.

Accordingly, in light of all of the above, it is prudent to make sure that your motor vehicle complies with all of the above statutes in order to prevent being pulled over by law enforcement even where you have not actually committed a moving traffic violation.

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

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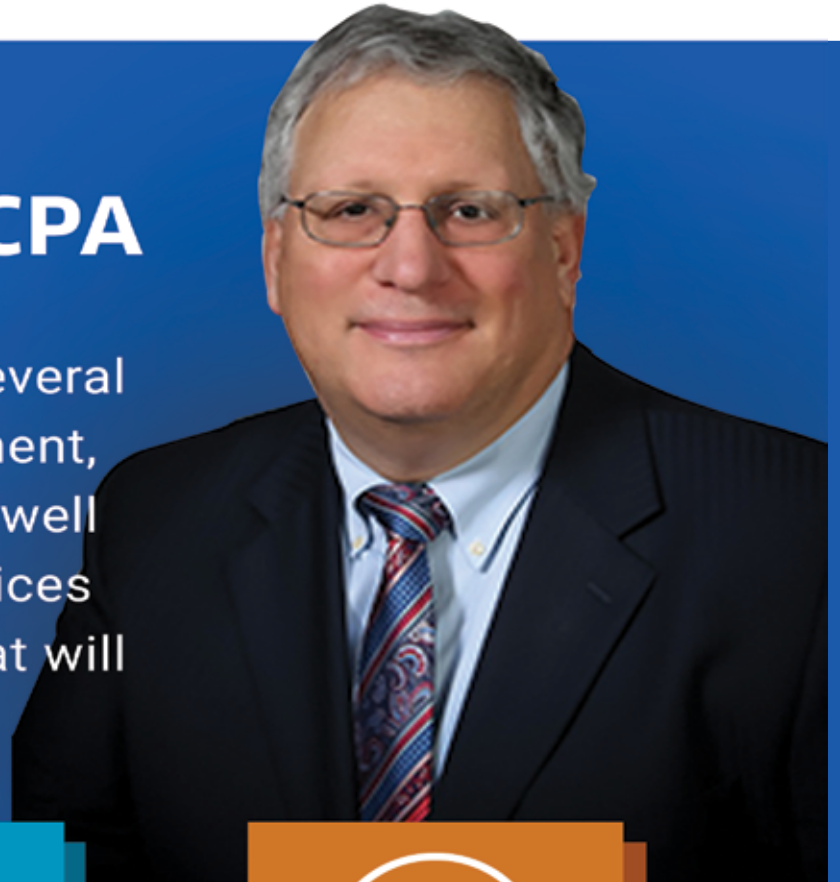




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## *How Did Valentine's Day Start?*

By Gabriella Mancuso

Valentine's Day is a holiday known best as the day to express your feelings to your loved ones whether it be a partner, family or friends. It is celebrated on February 14th by millions all over the world with gifts, flowers and parades. However, it was not always celebrated like this. Valentine's Day history goes back generations to 3rd Century Roman Times.

Valentine's Day name originates from a famous saint, St. Valentine. It was said to be that St. Valentine was a priest during historic roman times who happened to serve in the army. During his time served St. Valentine would preform wedding ceremonies for the soldiers and their loved one due to the fact marriage was banned for all those serving in the army. After years of preforming in secrecy St. Valentine was eventually caught and put to death for his actions. This signified him as a Saint of love. Valentines Day developed its customs from a festival called Lupercalia. Lupercalia celebrated the official start of spring during mid-February. During this festival boys would draw the names of girls from their towns. The two would then have to do traditional couples activities until the festival was over. Sometimes this would result in an actual paring and later marriage. The Church then wanted to make this festival Catholic so they used St. Valentine as the title of the day of love.

As time went on it became a common tradition all over the world to write "valentines" and exchange letters and gifts as a symbol of love. Valentine's Day is now one of the most celebrated holidays in the world, and has come a long way since the Lupercalia festival.





## Name-Inspired Logos for your Bar/Bat Mitzvah

By Susan Heckler

*What's in a name? A great party theme! Whether it be a Bar Mitzvah, Bat Mitzvah or even a Sweet Sixteen, the day you named your child, you set some fun wheels into motion and you didn't even realize it.*

The event is a milestone, the ceremony is traditional, but why not use some fun and flair when it comes time to party? Get into Dr. Seuss mode and have a rhyming good time or let your imagination laugh out loud.

Once you have the theme, it carries over to decorations, favors, the cake, the photo booth and so much more. If you are creative, you can even design a logo for your theme.

- So, your daughter McKenzie loves McDonalds so enjoy her Mac Attack!
- Rock with Rick
- Skyler loves to bake; each table can have a different one of Sky's Pies
- Holly's Folly
- Mandy has a sweet tooth...Mandy's Candies
- Matt's Hats
- My son was a budding DJ, Chillin with B'Rad was a winter wonderland
- Gillian's Island
- Olivia's friends can Liv It Up
- Halley's Alley
- My son Alex had a travel theme...The World According to Alex (Garp)
- Joan's Phones
- Your daughter Grace is amazing so why not Amazing Grace or Graceland
- Glamming with Pam fashion theme
- Nick's at Night
- Pitch with Mitch (baseball inspired)

Make your child's special day memorable and personal with a name inspired theme. No one will forget your party with your child's name front and center.



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## Monroe Seniors

**Meet the Author, Arlene Maybloom:** On Monday, February 12, at 2 p.m., meet Arlene Maybloom, author of "Sunshine on a Cloudy Day", which is a collection of poetry reflecting her highs and lows as a stroke and cancer survivor. Arlene shares these poems with you during this insightful reading session...straight from her heart. Please register in advance.

**Your Salty Ways:** On Wednesday, February 21, at 1:30 p.m., join Catherine Chan, RD, from RWJ Diabetes Education Clinic, for an informative session on your salt consumption. Discover how much salt we really need, identify salt heavy foods, and learn how to curb your salt cravings. Please register in advance.

**The Music of ABBA:** On Thursday, February 1, at 1 p.m., enjoy all of the hits that this popular pop group, from Sweden, generated during the 1970's, in this music video collection of over 30 songs. From Mamma Mia to Dancing Queen to Take a Chance on Me, ABBA's music is timeless. Please register in advance.

**ENCORES:** On Friday, February 2, at 1:30 p.m., delight in eighteen stunning moments from the Metropolitan Opera, during this special DVD presentation that features some of the greatest stars in opera. Please register in advance.

**Karaoke with Rick:** On Monday, February 5, at 2 p.m., join Rick as he fills the room with lovely tunes...and your favorites...while you select and sing along to the songs you love. It's a fun and interactive afternoon! Please register in advance.

**The Salem Witch Trials:** On Tuesday, February 6, at 1:30 p.m., ex-

plore the hysteria that was created more than 300 years ago during this DVD presentation about the Salem Witch Trials (February 1692 to May 1693). Discover the causes and results behind the accusations. Please register in advance.

**Movie Times:** On select days this month, enjoy a featured, oldie but goodie. On Wednesday, February 7, at 1 p.m., after the presentation about the Salem Witch Trials, follow-up with THE CRUCIBLE (starring Daniel Day-Lewis as John Proctor). Then, on Wednesday, February 14, at 1 p.m., get your laugh-on with THE BIRDCAGE (starring the late but always great, Robin Williams). When registering, please note the movie title/date.

**Twin Obsessions:** On Thursday, February 8 and 15, at 1:30 p.m., join Julian Davis as he unravels the complex tale of Henry Ford and his two obsessions: The Model "T" automobile and the promotion of an infectious brand of anti-Semitism. When registering in advance, you will be automatically enrolled in both dates.

**Pizza Plus:** On Friday, February 9, at Noon, enjoy a slice or two of pizza while viewing the movie classic, MY FAIR LADY, starring Audrey Hepburn. Tickets: \$6 p.p., due upon registering in-person, in-advance. Space limited for optional viewing pleasure.

**Chair Yoga:** Starting on Thursday, February 1, at 9 a.m., join Eileen for this modified, 8-session yoga class with all yogic exercises performed while sitting. Relax your mind and improve your flexibility. Course fee: \$40 p.p., accepted on JANUARY 23, during walk-in registration. Space limited. (Last Class: March 22.)



# Close Grandparent-Grandchild Relationships Have Healthy Benefits

By Susan Heckler

So many of us are fortunate to have known our grandparents and even luckier if you have wonderful memories of special times with them. Wouldn't it be great if you can give that same gift to your children?

Many families are living multi-generationally, meaning you have more than two generations sharing a home. The economy is such that sharing a dwelling makes sense financially, plus Mom and Dad are at work all day so Grandma and Grandpa are big helps in raising the kids and getting them where they need to go. All parties concerned are so lucky, they get quality time with each other and can forge a strong bond.

There are so many wonderful benefits of having a great relationship with your grandparents, and it is great for both sides.

Grandparents are your link to the family tree and its history. They can regale your kids with tales of ancestors long gone who can give your family a sense of pride in their past. Children learn about history in school, but they can hear about it first hand from someone who has lived through it. Grandparents are a source of unconditional love and admiration toward the grandkids. There is nothing like learning the secret family recipes from Grandma to save for generations to come. Children in high risk situations such as poverty or family dysfunction are likely to do well with a Grandparent in their corner, guiding them through the tough times giving sage wisdom and love.

Grandchildren are the link to perpetuating the family tree and adding new limbs. A grandchild's achievement is a source of great pride. Grandchildren can be loved and nurtured without being the disciplinarian, making the experience that much more fulfilling. The Grands can share the latest trends and technology and teach G & G new things. One of the big issues of aging is loneliness and isolation, a tight relationship with the grandchildren does wonders to combat this. Social contact extends their lifespan as well as keeps their mind more alert.

The wonders of this wonderful relationship continue until adulthood. Research done by Boston College concluded that emotionally close ties between grandparents and adult grandchildren reduced symptoms of depression in both groups.

Thanks to the internet, it is so much easier to stay close and benefit from your relationship. Even at long distances, you can see their faces and hear their voices without breaking the bank. Talk! Text! Facetime! Facebook!

Keep sharing your love and your life with the Grands because it is grand!

## *Make Romance Great This Valentine's Day*

By Gabriella Mancuso

*A*re you and your significant other stuck in a drought? Have you tried every Valentine's Day to make it special but nothing seems to go right? Are you completely an utterly lost on what to do for the famous day of love? You have come to the right place. Here are some great ways for you to spark the fire, and make Valentine's Day just as romantic as you imagined.

If you are looking for something special you can try a variety of things. Reservations at a fancy restaurant, cooking a delicious dinner, movie night with the best romance movie of course or relive your favorite times with your significant other. Go to your first date spot, bring out the pictures and relive your favorite memories together. Gift ideas include their favorite flowers, chocolate, jewelry and poems. Be sure to show your significant other extra attention. Leave alone time, have good conversation, show them you really care. The main idea here is to break the normal/daily routine and do something special.





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# Can an Apple a Day Keep Alzheimer's Away?

By Susan Heckler

New research has discovered apple juice three times a week helps prevent Alzheimer's and heart disease. Dr. Thomas Shea, a neurobiologist, at the University of Massachusetts topped off 10 years of studying apples' effects on brain health. They used test tubes, Petri dishes, and mice for years. Then finally they confirmed their findings with a human clinical trial.

Twenty-one Alzheimer's Disease (AD) patients from ages 72 to 93 were fed four ounces of apple juice twice daily for thirty days. There were improvements with memory as well as the negative emotional moods normally associated with AD victims.

Dr. Shea concluded that by drinking apple juice only three times per week, you would reduce your chances of Alzheimer's by 75%. Other animal studies have demonstrated that apples protect the heart, increase lipid metabolism, and reduce inflammation.

A Florida State University study involving several women aged 45 to 65, discovered that a heavy diet of apples reduced LDL in the women by 23% in six months. The women also lost three and a half pounds on average.

## How to Juice Apples Yourself

Conventionally grown apples usually top the Environmental Working Group's (EWG) "Dirty Dozen" list of excessively pesticide sprayed fruits and vegetables. Try to find organically grown apples or apples that are locally grown as small orchard apples may not be sprayed, but they are not USDA certified organic.

Organic raw and unfiltered apple juice is better than pasteurized. The best way to go is juicing just enough apples to drink at one sitting each time. A slow speed masticating juicer is recommended. This type of juicer eliminates the extra fiber that inhibits rapid absorption while concentrating the juice of several items in one drink and preserving the enzymes that a high-speed juicer may destroy.

Do not peel the apples. Cut them into pieces small enough for the juicer and include the core, seeds and all. Adding a small piece of peeled ginger root into the juicer adds more inflammatory protection. A freshly squeezed lemon can be added also. This should be done at least three times a week.

## Early Alzheimer's Disease (AD) Symptoms

If confusion, fog, and memory loss is creeping in as a matter of daily life, the apple juice approach is good, but it may not be enough if AD symptoms have already set in.

Orthomolecular medical doctors specialize in curing with high dose vitamin and mineral supplements, such as IV mega-dose Vitamin C. They have had a good deal of success with all types of brain issues using large doses of niacin, aka vitamin B3. It shouldn't be buffered as niacinamide, it needs to be plain niacin. This helps generate ATP for cellular energy in the brain.

## Coconut Oil?

Consuming a tablespoon of pure cold pressed coconut oil twice or more daily has even reversed advanced Alzheimer's. Dr. Mary Newport reversed her husband Steve's advanced Alzheimer's, which couldn't be improved with pharmaceuticals, after discovering fresh virgin coconut oil has MCTs (medium chain triglycerides) that the liver can easily convert to molecular energy enhancing ketones.

Alzheimer's Disease is considered diabetes 3 by some health experts. Dysfunctional insulin in the brain starves brain cells of the glucose needed for cellular metabolism. But ketones replace the glucose that's in short supply in an AD victim's brain.

Coconut oil also helps create "good cholesterol" that forms much of the tissue in the brain and also protects the central nervous system with a myelin coating.





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## THE ULTIMATE ESTATE PLAN IRA "STRETCH OUT" AND "STRIP OUT"

Last month I wrote about the IRA called "Stretch Out." For those who may have missed it, a brief review.

If you have a qualified retirement plan and name your spouse as beneficiary' that spouse may "rollover" your plan and take required minimum distributions on his or her own schedule based upon his or her age. The usual starting point of required minimum distributions during your lifetime is at 70 ½ years.

However a beneficiary who is not the spouse of the account holder cannot rollover and must take the benefits under three options:

1. Immediate lump sum
2. Over a 60 month period after the account holder's death.
3. Over the lifetime of the beneficiary (Stretch Out).

An immediate lump sum creates a large income tax (even under the new tax law). It also fails to provide the beneficiaries protection against future creditors, divorces, or suits arising out of a personal injury claim against the beneficiary.

A 60 month payout causes a similar, albeit lesser, spike in income taxes to the beneficiary and a limited time of protection.

A Stretch Out provides for distributions over the beneficiary's lifetime based upon life expectancy tables, which reduces the income tax "bump" to the lowest amount and full lifetime protection. Under the new federal tax law, an individual has an \$11 million exemption from estate tax – virtually every tax payer is excluded except the super rich! Under the current New Jersey tax law the estate tax exemption was increased to \$5.4 million - virtually all NJ tax payers. However, an inheritance tax remains for nonfamily inheritors. Therefore, income tax becomes the primary tax concern at this time. I believe that the best method to ensure the Stretch Out is the IRA Inheritance Trust, so that a Trustee makes the Stretch Out election for your beneficiary.

Let's look at two examples:

A. A child at 40 years old inherits an IRA under an IRA Inheritance Trust. His or her life expectancy is about 40 years. Therefore, the first year distribution is probably less than 2%. My friends in the financial business advise me that a reasonable long-term portfolio growth should average about 8 % a year. In 2017 the S&P average went up over 20%, but we cannot expect that result every year. If we assume an inheritance of \$100,000 with a small withdrawal each year and an average growth rate, the account is likely to increase tremendously over 40 years – perhaps even millions.

B. A grandchild inherits at 10 years old. His life expectancy is about 75 years. His or her IRA inheritance trust account is likely to grow to many, many millions.

In each case a small distribution is made annually. Under current law the distribution of an 80year-old during his lifetime, is still less than 6 % of the prior year balance. However, if the account has grown to \$4 million (for example) a 6% distribution is \$240,000 each year subject to ordinary income tax.

You may be ready to jump at this plan now but add the "cherry" on the top of this "sundae." The trustee can use the beneficiary's required minimum distribution (or other funds) to purchase a life insurance policy on the young beneficiary. Premiums do not need to be limited to the IRA trust distribution.

The 10 year old beneficiary whose IRA Inheritance Trust begins with \$ 100,000 at your death, and 75 years later at his death his Trust is worth \$ 6 million. Note the numbers are not guaranteed, just an example. When the beneficiary dies, there would be an income tax liability to his family of about 40% of the \$ 6 million.

If you had bought a \$2 ½ or \$3 million life policy and put it into an Insurance Trust there would be no income tax (under current law) on the insurance proceeds. In this manner you have covered the income tax under the IRA inheritance trust. This is known as "STRIP OUT." The combination of the stretch out and the strip out is incredible. **If you, your financial advisor, your bank or trust company would like more information, please call me at 732-414-2898.**



# LEADERS IN LEAST INVASIVE PAIN & SPINE PROCEDURES

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

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

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

**Q:** What is an Endoscopic Discectomy? (Also known as a "Laser Procedure")

**A:** The word endoscopy refers to a physician's use of an endoscope, a small, flexible tube with a light to look inside of your body. It is the least invasive way to treat disc problems and takes about an hour. Ultimately, the patient is left with a ¼ inch scar but a lifetime of pain relief.

Recent studies have proven that endoscopic spine procedures are a safe and effective way to treat various spinal conditions such as disc herniations, spinal stenosis, failed back surgery syndrome, as well as other neck and back conditions.

If your neck or back pain is preventing you from participating in your daily activities, we encourage you to consider an endoscopic procedure as a possible option.



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## Does Your Dog Have Musical Taste?

By Gabriella Mancuso

Everyone likes their own kind of music. Rap, pop, classical, country, reggae, and more are all examples of the wide variety of music that people can choose from. However, music is not just entertainment for people, it is great entertainment for dogs as well. Through multiple studies, it has been proven that your dog tends to prefer specific types of music, and you might be surprised by the genres they liked the most.

The University of Glasgow and Scotland's Animal Welfare Charity researched into what music dogs like the most. The study states that, "The study consisted of playing five different genres of music to a group of dogs...such as soft rock, Motown, pop, reggae, and classical". After researchers analyzed each dog's stress level, their heart rate, and how much they move around. One of the researchers explained that every dog really likes their own kind of music, however, reggae and soft rock were a favorite with a lot of the dogs.

All dogs have different music tastes, but studies have been proven some common threads with dogs. Aggressive and very noisy music may cause a dog to be agitated and get upset, while classical music soothes them and puts them to sleep. With classical music, many people wonder if there is a specific composer that dogs like the best. Animal Welfare explained however that when doing their research, "Moonlight Sonata" by Beethoven resulted in much less barking compared to other pieces. While dogs may prefer classical over a lot of other genres, it is always important to put the songs at low volumes. But the big reason why dogs love music is because they can howl along with their owners, and show all their love and appreciation while doing it.

At the end of the day, just play whatever makes you and your dog happy. Who knows, maybe your dog is a huge Britney Spears fan!

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# The Cats are Taking Over Best Apps For Cats

By Nicole Iuzzolino

Technology is taking the world by storm. While technology is a tool to learn and experiment with, it is also great for entertainment purposes. Nowadays, every child possesses an iPad or tablet, and use the games to keep them occupied all day long. While these games and other apps are quite entertaining for people, there is another group that is interested in these apps as well. Cats now have their own games that can be downloaded to any tablet. Here is a list of the top five apps that will have every cat clawing for more.

## Game for Cats

This app targets a felines natural instinct to chase anything small. This free app features a tiny laser that dots around the screen, making any cat want to immediately swipe at it. For only two dollars your cat can upgrade from a tiny laser to a mouse as well. The app keeps track of your furry friends score as well, so you can always keep track of how well they are doing.

## Relax My Cat

Everyone loves listening to music, so why not get some for your cat? This app compiled some songs that they will love listening to. Just like how our music can influence our daily emotions, it works just the same for cats. Digital Trends states that each song, "... is supposed to evoke a different mood, so there's a track for making them sleepy, a tune for playtime, and even one for separation anxiety". However, the results of this app really depend on the kind of cat you own. Some really like music while others don't, so it is definitely worth a try!

## Paint for Cats

It is finally time to bring out the inner artist in your furry friend! This app allows your cat to chase a mouse across the screen while creating a beautiful masterpiece. Every Time your cats swats at the screen, splatters of paint will appear. When your cat is done, you have a little masterpiece created just for you!

## Pet First Aid

While this app is not meant for cats to use, it is a very helpful tool to have on your phone. This app provides tons of advice when needing to diagnose your cat. There's instructions with dealing with specific emergencies, and videos for guidance. This app also allows you to make a specific profile just for your cat, so you can track vet visits, medications, and find vet hospitals if need be. It is definitely something every cat owner needs.

## Cat Fishing 2

This app overall is pretty simple. There is a fish that swims around the screen, and every time your cat paws at it, they score points! Every time your cat makes it to the next round, another fish is added, making it harder as they advance.

At the end of the day, not all cats will like tablet games and will ultimately prefer a regular mouse toy. By introducing our animals to the world of technology, owning a pet is about to get a lot more interesting.



## Golden Paws Pet Resort & Spa delivers holiday cheer to needy pets

Golden Paws Pet Resort & Spa, owned and operated by Gary, Sue and Dana Kubiak, held a toy and food drive for local needy pets this holiday season. The drive was a success and the donations from clients and the community were generous. Supplemented by a cash gift from Golden Paws, all donations went to the EASEL Animal Rescue League of Mercer County on Monday, December 18, 2017. The EASEL Animal Rescue League is a community-based 501(c)(3) action group whose mission is to end the killing of unwanted animals in Mercer County, through the power of collaborative coalitions and community alliances. EASEL's goal is to build a regional no-kill adoption center to house all the homeless animals in Mercer County.

To make the donation delivery extra special for people and pets alike, "Santa" (Margie Carbone – General Manager), Dana Kubiak (Owner) and the Golden Paws team arrived at EASEL in the Golden Paws limo and handed out gifts to the pets at the shelter. "As business owners in the pet care industry, we believe it's important to give back to the community and support organizations that work to make life better for animals," said Dana Kubiak.

"A huge thank you to Golden Paws and the Kubiaks," said Karen Azarchi, President of EASEL's Board of Directors. "It's organizations like this and the generosity of the community that keeps us going and gives us faith that we'll achieve our mission of finding homes for all the homeless animals in our care. We can't do without donations and awesome companies like Golden Paws that care."

Golden Paws Pet Resort & Spa is a full service pet resort offering, dog, cat and small animal lodging, doggie daycare, grooming & spa and dog training services. For more information on Golden Paws, visit [www.goldenpawspetresort.com](http://www.goldenpawspetresort.com), call (609) 259-1900 or stop by the resort at 8 Sharon Road, Robbinsville, NJ.

EASEL is always looking for volunteers to assist with dog and cat care, fundraising, community outreach, as well as many other activities. To volunteer, go to [www.easelnj.org/volunteer](http://www.easelnj.org/volunteer) and see all the opportunities available. To help support EASEL go to [www.easelnj.org/donate](http://www.easelnj.org/donate). Or visit the adoption center at 4 Jake Garzio Drive, Ewing NJ every day from 12pm-3pm.



Pictured from left to right:  
EASEL Animal Rescue League  
- Wendy Sturgeon, Executive  
Director and Golden Paws Pet  
Resort & Spa - Dana Kubiak,  
Owner; Margie Carbone, Gen-  
eral Manager; Ashley Schwab,  
Receptionist.



Pictured from left to right:  
Kristen Grover, Volunteer;  
Bonnie Baker, Volunteer;  
Lauren Adiletta, Shelter  
Manager; Elaine Pelke,  
Volunteer; Zoya Khan, Vol-  
unteer, and Wendy Sturgeon,  
Executive Director.



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## Winter Health Tips for Pets

The cold and snow of winter can be refreshing and enjoyable for people and pets alike. However, extreme cold and snow storms can pose dangers for pets. Here are some tips to ensure your pets stay safe, comfortable and healthy during the winter months.

### Know your Pet

It's important to know your dog's limits when it comes to cold weather. Short-coated, thin, elderly or young pups will be more sensitive to the cold. Shorten your dog's time outside and consider outfitting him for the season with a coat, sweater or even booties. Always keep your pets leashed to be sure they don't walk on ice or frozen ponds or get lost in the cold weather. Remember if it's too cold for you, it's probably too cold for your pet.

### Watch out for Frostbite

Hypothermia and frostbite are real risks to pets in the winter. A dog's tail, ears and paws are especially susceptible to frostbite. There's not much you can do about the tail and ears, except shorten the time outside, but for the paws, dogs can wear booties. This will give them added warmth and protect them from harmful chemicals like deicers. If your dog licks his paws after walking on deicers, he could get sick. If your dog won't wear booties, simply wipe his paws after every walk. Also be sure to remove any snow that may become lodged between his toes to prevent irritation.

### Steer Clear of Antifreeze

The antifreeze in your car is a lethal poison to pets. Be sure your pet doesn't lick or walk in any antifreeze that may leak from your car. Always clean up any antifreeze spills thoroughly and consider using products that contain propylene glycol instead of ethylene glycol.

### Guard Against Dry Skin

Just like with people, dogs' skin can get dry in the winter. Frequent trips between the cold and the heat of your home can cause dry skin. Bathing can also contribute. Although dry skin is not extremely serious, it can cause your pet some discomfort. While it's not healthy to eliminate baths, you can cut down on the frequency. You should also speak with your vet or groomer about using a moisturizing shampoo, such as oatmeal, to help prevent dry skin. Keeping your home humidified during the winter months is helpful as well.

### Adjust Calories to Activity Level

Your pet's daily diet is set to give her all the calories and nutrients she needs. When her activity level fluctuates, as is often the case in the winter months, you should adjust her food accordingly. On days of heavy activity like playing in the snow, she'll need more calories. On days when it's simply too cold to go out and play, she'll need less. Staying in tune with your pet's diet and activity level will help guard against unhealthy weight gain in the winter. For any feeding questions, always consult a vet for advice.

### Keep Pets Away from Heat Sources

Dogs, and especially cats, are drawn to warm and cozy spaces in the winter. Heat sources such as radiators, wood burning stoves and space heaters are great places for naps but they also pose burn threats. Keep them blocked off from pets. Even a warm car engine can draw a cat inside for some relief from the cold. If your car is housed outside, make it a habit to tap the hood to wake up any sleeping visitors.

### Prepare a Blizzard Emergency Checklist

Blizzards or even minor snow storms can cause power outages and possibly the need to evacuate. Be prepared in advance with all the supplies you'll need for your pet. The list is the same as for your family - warm blankets, battery-operated flashlights, food, any medications and toys/activities for entertainment. If you need to wait out a storm or evacuate quickly, you'll be ready.

Follow these tips and your pet will enjoy a warm and cozy winter with you.





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By Pam Teel

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

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

If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phones are answered during open doors hours or email: [linda@animalassistance.org](mailto:linda@animalassistance.org). Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am

*All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel does not take salaries.*



Mason



James Bond



Toga



Bitsy

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**Toga- adult male**

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Emma



Lexus



Jack

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**Mason- small Lab Retriever adult male- friendly**



Lulu



Midnight



Mason





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## The Oatmeal Cookie Smoothie

Get the little ones involved with this simple, kid-friendly recipe.

### What you need:

- 1 ½ cup of ice
- 1 cup whole milk
- ½ cup vanilla yogurt  
(works best with full fat)
- ¾ rolled oats
- ¼ raisins
- ¼ tsp. pumpkin pie  
spice
- 1 Tbs. dark brown sugar



### What to do:

Place in a blender the, oats, raisins and pumpkin pie spice. For the milk over the mixture and set aside for aprox 15 minutes. Once the oats are soft. blend 1 minute on high. Add yogurt, brown sugar and 1 ½ cups of ice. Blend on high until texture is to your liking. Makes 2 servings.



## Zucchini "Enchiladas"

*This hearty and nutritious vegetarian dish is perfect as a main dish, side dish or appetizer. It also makes a great snack or light meal for the kids when they get home from school.*

### Ingredients

- 2 tablespoons olive oil
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 can black bean, drained and rinsed
- 1 can corn, drained and rinsed
- 1 ½ cup enchilada sauce, divided
- ½ lime, juiced
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 4 zucchini
- ½ cup shredded cheddar cheese
- sour cream, for serving
- fresh cilantro, for serving

### Preparation

1. Preheat oven to 375°F (190°C).
2. In a pan over medium heat, add the oil and the onions and cook until the onions are translucent.
3. Add the garlic and stir to combine.
4. Add the black beans, corn, 1 cup (290 g) of enchilada sauce, lime juice, salt, cumin, and chili powder, and stir until combined. Cook until just simmering. Set aside.
5. Cut off the end of each zucchini then using a vegetable peeler, peel each zucchini into wide strips.
6. Place 4-5 zucchini strips on a plate and spoon a large spoonful of filling at the bottom of the strips.
7. Fold the ends of the zucchini over the filling and continue to roll, tightly.
8. Transfer the zucchini rolls to a baking dish.
9. Spoon over the remaining enchilada sauce and top with cheese.
10. Bake for 15-20 minutes or until cheese is melted.
11. Serve with sour cream, cilantro and any other toppings you may prefer.

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## Banana & Egg Pancakes

This breakfast is Vegetarian and oh- so- easy! This breakfast is great for every member of the family's morning moods because it is full of Vitamin b6 which helps with fatigue and moods. It is also high in fiber, protein and potassium. It takes less than 10 minutes to prepare and serves 4.

### Ingredients

- 1 banana
- 2 egg
- ¼ teaspoon cinnamon
- maple syrup, or honey, to serve



### Directions

1. Mash the banana with a fork in a bowl.
2. Add eggs and cinnamon. Mix until combined.
3. Heat a nonstick skillet over medium heat. Add a spoonful of batter and cook for 3-4 minutes, then flip and cook for an additional 3-4 minutes.
4. Serve with maple syrup or honey. Enjoy!



## Rosemary Roasted Cashews

These rosemary and olive oil roasted cashews are delicious! They require only a few ingredients and 15 minutes. This recipe makes 8 servings so you can have enough to snack on all week long.

### Ingredients

- 2 cups raw cashews
- 1 tbsp extra virgin olive oil
- 1 tbsp **fresh** rosemary, finely chopped
- 1/2 tsp freshly cracked black pepper

### Directions

1. Pre-heat oven to 350F.
2. In a bowl, combine cashews, oil, rosemary, and pepper. Toss to combine.
3. Spread cashews onto a baking sheet lined with parchment.
4. Roast 15 minutes, stirring every 5 minutes.
5. Remove from the oven and cool before handling.



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## 35 Calorie Chocolatey Oatmeal Pancakes

Recipe makes about 20 small pancakes.

At 1 pancake per serving, these wholegrain breakfast treats are soft, fluffy, light, sweet, and wholesomely healthy!

### INGREDIENTS

3/4 cup plus 1 tbsp spelt flour, all-purpose, Bob's gf, or ww pastry flour (120g)  
 6 tbsp rolled oats (30g)  
 1/2 tsp salt  
 2 tsp baking powder  
 1 tsp cinnamon  
 4 stevia packs or 3 tbsp pure maple syrup  
 1 cup plus 2 tbsp milk of choice (minus 3 tbsp if using pure maple syrup)  
 2 tbsp oil (20g)  
 2 tsp pure vanilla extract  
 1/2 tsp pure almond extract (omit if desired)  
 optional: handful chocolate chips or raisins  
 optional: can add up to 2/3 cup blueberries if desired

### DIRECTIONS

In a small bowl, combine all dry ingredients and stir very well. In a separate bowl, whisk together all liquid ingredients. Pour dry into wet, and stir together to form a batter. (Note: if the batter is too thin—which might be the case especially if using cup measurements of ww pastry flour—just add a little more flour until you get a pancake-esque batter.) For fluffiest pancakes, let the batter sit in the fridge for 10-15 minutes. Lightly grease a medium skillet, then place over medium heat. When pan is hot drop small ladelfuls of batter onto the skillet. Flip pancakes, using a spatula, when the edges begin to look dry. Allow to cook one minute longer, then remove from heat. Serve with your favorite pancake toppings.

**TIP:** Test the heat of your skillet by throwing a few drops of water onto the surface. When the water sizzles, the pan is ready for the pancake batter.





# FOOD & DINING



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## The Folly of the Fobs

By Susan Heckler

I took my car for service a few weeks ago and was lucky enough to get a loaner car for the day. I sat behind the steering wheel and was dumb struck...literally struck with dumbness...how do you start the thing?! I have had a car with a fob for so many years that I had to rethink how to start a car and find the key they gave me. Dumb?

Fob technology is great, you just have to have your key on you and be within 18 inches of the car and it never leaves your pocket or handbag. If you have such easy access, do others? As with most electronics, key fobs are easily hacked.

Where do you keep your car keys when you are home? 96% of motorists are vulnerable to car thieves who use high tech as their weapons. In fact, 66% of cars stolen were done using technology. This particular technology is called an electronic signal relay device which is used to infiltrate keyless entry systems. The device tricks the car into thinking the key is within range when, in fact, the relay can be 100 feet away. So, if you leave your car where you hang your coat, in close proximity to where you enter your home, your car is in danger.

Can't happen to you? Well, in 2016, the German Automotive Club tested relay devices on 24 cars made between 2013 and 2015 from 19 manufacturers including BMW, VW, Toyota and Ford. They were able to open every car within seconds using a simple device.

Keep this in mind for the contents of your car too. Nothing is safe.

You can avoid this situation by keeping your keys more than 100 feet from your car or buying a signal blocking pouch.







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# ODD TRICKS TO CLEAN YOUR CAR

By Nicole Iuzzolino

*These very simple, very inexpensive and very unexpected tips will help you keep your car cleaner for longer.*

## USE A DRYER SHEET TO EASILY REMOVE BUGS FROM YOUR CAR WITHOUT SCRATCHES

Don't you hate it when you have a beautiful car only to see it marred by the smashed remains of bugs? Bugs that end up on your windshield can be easily removed, but what about the bugs on the rest of your car? Left on the paint, the bugs can damage the car's paint, which could be a costly fix down the road. Remove the bugs easily with a common dryer sheet. Just take a spray filled with water and spray it on the bugs, then wipe them off with the dryer sheet. Don't forget to keep a stash of dryer sheets in your console or trunk to clean up the bugs while on a road trip.



## BRIGHTEN HEADLIGHTS QUICKLY WITH TOOTHPASTE & PANTYHOSE

Not only do cloudy and dirty headlights look unsightly, they also make it harder for other drivers to see you at night or in low-light conditions. Never let your headlights stay cloudy for too long by cleaning them up easily with a common household item: toothpaste. You want to make sure you choose a non-gel toothpaste and a pair of (clean) pantyhose or nylons. If you don't have either of those, use a microfiber cloth. Scrub the build-up off the cover gently and your headlights will be much brighter. If you have a special tint on your headlight covers, you will need to check with a professional, however.



## CLEAN CUP-HOLDERS WITH SOCKS

If your car's cup holders are removable, you can easily clean them, but if not, it can be hard to get those tight spots clean. Grab an old sock and spray it with your favorite cleaner, then put it in the cup holder. Now just twist the sock around and use it to scrub the cup holder out. Vacuum anything left behind after the scrubbing. If you want to stop crumbs and spills from gathering in the cup holder in the future, just use a silicone cupcake cup in there.

## USE HAIR CONDITIONER ON YOUR CAR

If it is important to you to have a beautiful car that looks like it was just freshly waxed, you can do it right at home. First, wash your car so you have a nice clean surface to work with. Next, you just need to grab a bottle of your favorite hair conditioner, preferably one that contains lanolin. Mix 2 cups of water with ½ cup of hair conditioner, and apply to your car. Not only will you get a shiny-looking car, the conditioner will also help the vehicle repel water.







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## Talking Tech with Volvo Cars Princeton

By Susan Heckler



When you hear the name Volvo, what words come to mind? Solid, Safety and Swedish!!!!

Those words still apply, but the new Volvos have taken the previous generations and brought them to unbelievable new heights. This is not your grandfather's Volvo anymore, it is built for you with the demands of future generations. Volvo began in 1927 and introduced its first cars to the U.S. market in 1947. That's 71 years of producing cars.

Volvo Cars Princeton is family owned and operated by the Long Family since 1982 where it began on Nassau Street in Princeton. Either David, Matthew, Dave Jr., Chris, Jeff, or Nick Long can be seen in one of their three locations. Princeton, Bridgewater, and Edison. All of their dealerships are currently renovating or building new state-of-the-art facilities.

This is very apropos as Volvo is now launching their newest technology in car models. Check out the newly redesigned XC60 with touch screen

technology, along with the XC90, S90 and V90CC. Watch for the brand new XC40, a smaller SUV coming this Spring. This will be the fourth car available in hybrid.

Safety has always been paramount for Volvo. They invented the first 3-point seat belt in 1959 and haven't stopped protecting drivers and passengers since. They hold thousands of safety patents, which they share with other manufacturers. Volvo airbags are second to none with passive and active safety. They offer semi-autonomous drive up to 80 mph - aka, Cruise Control on Steroids.

Volvo has recently built a factory in South Carolina for the all new S60 that is available next fall and large XC90 SUV soon thereafter. The plant goes on-line soon, employing over 4,000, and will be exporting to the world, "Volvos made in USA."

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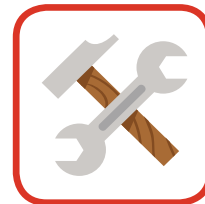


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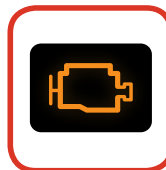
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## Choosing the Best Vehicle for Your Teen

By Susan Heckler

Many families do not have a brand new vehicle in the budget for a teen's vehicle. In a national phone survey conducted for IIHS of parents of teen drivers, 83 percent of those who bought a vehicle for their teenagers said they bought it used.

Your teen certainly has an idea in mind of what steering wheel they want to sit behind. RESIST the temptation of making them happy and make a choice that will keep them safe instead. Hopefully, you will have some overlap of their list and yours.

When buying a car for a new driver, here are some important considerations from the Insurance Institute for Highway Safety:

### DEFINING SAFETY

The recommendations are guided by four main principles:

- Young drivers should stay away from high horsepower. More powerful engines can tempt them to test the limits.
- Bigger, heavier vehicles are safer. They protect better in a crash, and HLDI analyses of insurance data show that teen drivers are less likely to crash them in the first place. There are no minicars or small cars on the recommended list. Small SUVs are included because their weight is similar to that of a midsize car.
- Electronic stability control (ESC) is a must. This feature, which helps a driver maintain control of the vehicle on curves and slippery roads, reduces risk on a level comparable to safety belts.
- Vehicles should have the best safety ratings possible. At a minimum, that means good ratings in the IIHS moderate overlap front, side and head restraint tests and four or five stars from the National Highway Traffic Safety Administration (NHTSA).

### CHECK FOR RECALLS

Use the Vehicle Identification Number to check for outstanding recalls before buying a used vehicle. Notify the manufacturer that the title was transferred to you to receive future recall notices, notify the manufacturer of your purchase. The National Highway Transportation Safety Administration also advises vehicle owners to check its database for new recalls every six months or so.





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# Style Mistakes You Could Be Making

By Gabriella Mancuso

- 1. Wearing Too Much Black-** Many women would say black, or dark colors, are their comfort colors when it comes to clothing. The downside is that too much black makes your wrinkles and dark circles stand out. Especially if black is not compatible with your skin color.
- 2. Wearing the Wrong Bra Size-** You may not know it but you are probably wearing the wrong bra size. When you wear the wrong bra size it will make you look older, it will make your figure look disproportionate.
- 3. Wearing the Wrong Glasses-** Glasses are a necessity for people without 20/20 vision, so why not make it cute? Wearing the wrong glasses can make you face look older and oddly shaped. If the frame does not fit your face it will throw your whole look off.
- 4. Wearing Long, Ankle Length Dresses-** Wearing dresses that reach down to your ankles or just above do not help you. This will result in you looking wider and older.
- 5. Not Wearing the Right Fitted Jeans-** You need to wear jeans that fit you perfectly. Wearing non-fitted, baggy jeans will make you look bigger, and they do not help form a nice figure. Wearing skinny skinny jeans will show everyone the flaws you were trying to cover up.
- 6. Wearing Too Much Makeup-** When you cake on that foundation and face make up you are giving your wrinkles too much attention, and showing all the indents in your skin.
- 7. Layering to Hide Fat-** Putting on layers to hide the wider aspects about yourself will only give you the opposite results of what you were trying to achieve. The more layers, the bigger you will seem.
- 8. Old Lady Shoes-** They make look comfortable; they are not meant for fashion. These shoes will make your feet look swollen, and make your whole outfit look older.
- 9. Wearing Scarves-** Scarves can be just too extra. If not worn correctly they can age your outfit 30 years.
- 10. Shopping with The Wrong Person-** Shopping with someone else can either be really good or really bad. If you bring along the wrong person, it will not end well for you. The person you bring influences your shopping decisions/purchases, so if they dress poorly so will you.





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# Check out Belmar's Microbrewery

By Susan Heckler

***Getting ready for summer and spending some time down at the shore? If the answer to that is YES, you should take some time and check out one of the local microbreweries, Beach Haus Brewery.***

The brewery was cofounded back in 2007 by three partners out of a garage in Brick Township by two high school buddies Brian Ciriaco and John 'Merk' Merkli. They added an avid home brewer, Chris McCallion, shortly after. Their mutual love of beer and brewing created something wonderful.

Their first creation, Beach Haus® Classic American Pilsner would be brewed almost every weekend in John's garage for over two years, tweaking it to perfection. 2010 saw the first distribution and sales of Beach Haus® Classic American Pilsner through local New Jersey distributors. Next came the release of Beach Haus® Winter Rental, Kick Back Amber Ale and Cruiser IPA with an increased distribution in parts of Pennsylvania, Connecticut, New York and Delaware.

Their increased success forced them out of the garage and into the former Freedman's Bakery building in Belmar. Opening its doors in the spring of 2015 the Beach Haus® Brewery welcomes visitors from near and far each day.

Beach Haus offers seasonal flavors and year-round brews. You can check the calendar on their website for special events in their location and tastings around the area.

Surf's Up and Bottoms Up...summer is around the corner.





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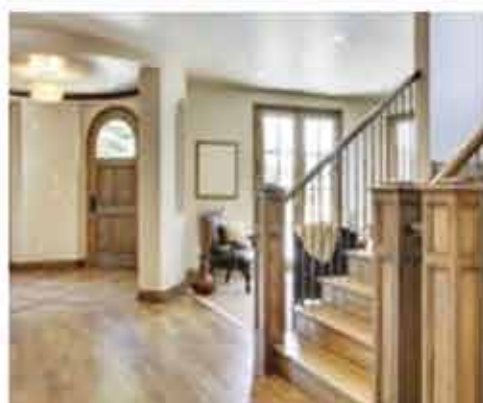


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