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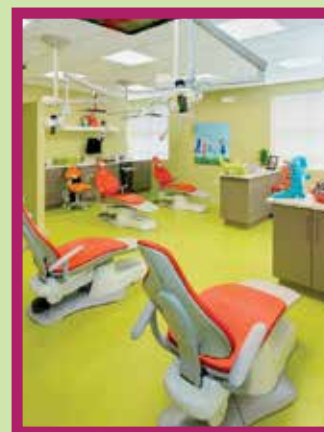
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**THE MILLSTONE TIMES  
FAMILY TIMES**  
Monmouth County's ASK THE DOCTOR  
The Greater Princeton Area ASK THE DOCTOR

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# COOPER GROSSMAN

## *Recipient of the 2017 NJYS Comeback Player of the Year And his battle against Kleine- Levin Syndrome*

By Pam Teel

On February 2nd, in East Windsor, The New Jersey Youth Soccer hosted its 30th Annual Awards Dinner where it honored many players, coaches, and members of the soccer community. One of the honorees was sixteen-year-old Cooper Grossman, who was named the recipient of the 2017 NJYS Comeback Player of the Year Award, which was presented by JAG Physical Therapy. The award was created to honor an individual who has overcome adversity or injury to excel beyond expectations as a soccer player.

The entire JAG Physical Therapy team was proud to present the inaugural award for Comeback Player of the Year to Cooper. John Gallucci Jr., President and CEO of JAG Physical Therapy, went on to say, "After being diagnosed with Kleine-Levin Syndrome, a disease that most of us never even knew existed, Cooper persevered and remained committed to continuing the day to day joys of childhood, including the sport of soccer. Cooper's story is truly inspirational, and we are proud to honor him as our 2017 Comeback Player of the Year!"

Cooper's passion for the game, his teammates, and his school, has been a driving force that helps him personally as he continues to deal with Kleine-Levin Syndrome (KLS).

Kleine-Levin Syndrome (KLS) is a rare and complex neurological disorder characterized by recurring periods of excessive amounts of sleep, altered behavior, and a reduced understanding of the world. The disorder strikes adolescents primarily but can occur in younger children and adults. At the onset of an episode the patient becomes progressively drowsy and sleeps for most of the day and night (hyper somnolence), sometimes waking only to eat or go to the bathroom. Each episode lasts days, weeks or months during which time all normal daily activities stop. Individuals are not able to care for themselves or attend school and work. In between episodes, those with KLS appear to be in perfect health with no evidence of behavioral or physical dysfunction. KLS episodes may continue for 10 years or more. KLS is sometimes referred to in the media as "Sleeping Beauty" syndrome.

Cooper realizes the uncertain nature of KLS and knows it can come about very suddenly. He works diligently at school and uses his love of soccer as a forum to remain positive. After dealing with a number of episodes in early 2017, Cooper completed his fall high school season and then played with his club team, maintaining his schoolwork the entire time. Never one to make excuses, he embraces a determined attitude to push forward and make sure he gets it done, while living by the motto that "Tough times don't last. Tough people do!"

With the acceptance of the 2017 NJYS Comeback Player of the Year Award, Cooper hopes that this acknowledgement can spread awareness for KLS and its early diagnosis. For more information on KLS, make sure to visit their official website at [klsfoundation.org](http://klsfoundation.org).



*Cooper Grossman receives his award, with President of Jag Physical Therapy- John Gallucci Jr.*



# QUESTION:

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

Tinnitus, simply put, is the perception of noise or ringing in the ears which is not coming from an external source. Tinnitus can vary from person to person. It can be a hiss, click, single steady tone or a sound which may vary in frequency and volume-sometimes differently from day to day. It is pronounced (tin-ih-tus,) not as an “TTIS” such as laryngitis.

### *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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## *Happy Anniversary to* The Millstone Times™

The year 2018 marks the 8th anniversary of The Millstone Times newspaper. The first issue in 2010 was (not surprisingly) much smaller than this issue. We are happy to share our publication with 20,000 readers in 3 counties around Central New Jersey. The Millstone Times is widely seen as the premier publication in Millstone and the surrounding neighborhoods. We continue to be the premier voice for local news, school- happenings, local events, health and wellness topics, and senior information. Not only will you find The Millstone Times in your mailbox each month, but also online digitally as well as on many social media platforms and in your email inbox for our opt-in subscribers.

### *What we have done in the past eight years:*

- We have reached over 50k readers in 3 counties every month with just our Print issues.
- During these eight years, we have raised thousands and thousands of dollars helping create awareness about local fundraisers and charities.
- We have helped almost 500 local businesses connect with the residents in CNJ and our readers.
- We have published over 6,000 pages.
- We have given away over \$5,000 in reader contests. Some of these items were to Broadway Shows, local pet stores and local restaurants.

To continue our aim of publishing and highlighting the local families and the local students in our mailing area, we have featured close to 100 articles highlighting local families and exceptional students.

We have received an enormous number of testimonials and positive feedback from our advertisers. We highlight one in each issue in our “This publication works” display ad.

We thank you for your immense support and hope you enjoy this anniversary issue dedicated to our readers and advertisers. The entire team at Gunther Publications has enjoyed our journey together.





# The Millstone Times' PHOTOS OF THE MONTH

By Pam Teel

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

Include your name and a description of the photo. If you have a brief story that goes with it, send that too. 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.

## "Empty Sky" Memorial to 9-11 NJ Residents, Jersey City, NJ

I took this photo of one of the steel beams from one of the World Trade towers.

The Garden of Reflection 9/11 Memorial was created in Memorial Park in Lower Makefield, Pa. Bucks County, to remember and honor those lost. The grounds include all 2,973 victims' names etched in glass and twin lighted fountains. Each year, the Memorial hosts a 9/11 Remembrance Ceremony.



## "As the Sunsets" – photo taken by Alex Ostrow from Monroe



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# Hightstown-East Windsor



## Lions Club

### Annual Egg Hunt

**Saturday, March 24, 2018, 9 am**  
**Grant Street Park**  
**Hightstown**

**Rain Date: Saturday,**  
**March 31, 2018 9 am**



**ROOSEVELT ELEMENTARY PUBLIC SCHOOL** is part of the Interdistrict Choice Program and is now accepting applications from students outside the district to attend free of charge for the 2018-2019 school year.

The New Jersey Interdistrict School Choice program provides the opportunity for non-resident students to attend Roosevelt Public Schools at no cost to their parents/guardians. This program also includes transportation options for School Choice students. The Roosevelt Public School Choice program covers grades Kindergarten through six.

#### WHO WE ARE

Situated in the heart of the historic New Deal town of Roosevelt in western Monmouth County, Roosevelt Public School is a Pre-K -6 district currently serving 88 students. Our small class sizes enable us to nurture and challenge the unique potential of every child as life-long learners and leaders.

#### WHY ROOSEVELT

- Low teacher-student ratio
- Full-day Kindergarten
- Before and After-School Program
- Creative Arts and Music Programs across all grade levels, with Instrumental Music in grades 4-6 and free extra-curricular Studio Art classes in grades 1-6
- Challenging Curriculum

#### HOW TO APPLY

*In order to be considered for admission for the 2018-2019 school year, please contact Roosevelt Public School at 609-448-2798.*

## The Millstone Times STUDENT OF THE MONTH

*By Pam Teel*

Nine year old Madelyn McNair lives in Allentown, NJ. She attends Our Lady of Sorrow School in Hamilton. She loves her teachers and her classes and gets straight A's in her schoolwork.

Her favorite subject is language arts.

Her favorite books she likes to read are: Diary of a Wimpy Kid and Miss Peregrine

Her favorite TV show is SpongeBob Square pants.

Her favorite hobbies are pottery and dancing.

Her friends call her "Maddie."

Her favorite places to visit are Disneyworld in Florida. She loves the rides and the characters that walk around.

She also likes the Smokey Mountains in Tennessee and Dollywood.

Maddie lives with her mom and dad, three sisters and one brother.

Her favorite holiday is Christmas. She especially loves decorating the inside and outside of her home with Christmas decorations.



She has a shiatsu dog named Daisy.

Her favorite activities are dancing and ballet. She also likes to ride her bike and rollerskate.

Her favorite sport is baseball.

Her favorite foods to eat are pizza, steak, plums and other fruit.

Maddie would like to be a teacher some day.

If she had but one wish, she would wish for more wishes!!!!

Way to go Maddie. Keep up the straight A's in school and keep on reading!!!

**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!!!!!!**



# MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE RAISED MORE THAN \$19,000 FROM ITS “CASINO NIGHT” FUNDRAISER



Millstone Township Foundation for Educational Excellence (MTFEE) raised more than \$19,000 from its Fifth “Casino Night.” MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in the Millstone Township Public Schools and are beyond the scope of the general school budget. The event, which included a variety of casino games, was held at the American Hotel in Freehold on February 3. There were more than 100 gift basket and silent auction items for attendees to win.

## *The top three sponsors were:*

- **AllState – Sharer & Associates (Millstone Township)**
- **Ray Catena (Freehold)**
- **Saker ShopRite’s**

## *Other sponsors included:*

- |   |  |
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| <ul style="list-style-type: none"> <li>• Castle Consulting (Hightstown)</li> <li>• Clayton &amp; McGirr Funeral Home/ Robert McGirr (Freehold Township)</li> <li>• Cobra Power Systems (Millstone Township)</li> <li>• Colonial Air Stream (Lakewood and Millstone Township)</li> <li>• DeRose Family (Millstone Township)</li> <li>• Dunkin Donuts (Howell)</li> <li>• Edison Pizza/The Mandrucci Family (Millstone Township)</li> <li>• Griggs Family (Millstone Township)</li> <li>• Hill Wallack Attorneys at Law LLP (Princeton, Cedar Knolls and Yardley, PA)</li> <li>• Knob Hill Golf Club (Manalapan)</li> </ul> | <ul style="list-style-type: none"> <li>• Millstone Concierge Physicians (Millstone Township)</li> <li>• Normand Family (Millstone Township)</li> <li>• Pallante Designs (Red Bank)</li> <li>• Reid Malvin Financial Group (Tinton Falls)</li> <li>• South Brunswick Animal Hospital</li> <li>• Thrive/Level/La Rocca Family (Millstone Township)</li> <li>• Total Warehouse Solutions (East Brunswick)</li> <li>• Vesuvios Family Restaurant (Millstone Township)</li> <li>• Windsor Dermatology (East Windsor)</li> </ul> |
|---|--|

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

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



# MILLSTONE MIDDLE SCHOOL

## 7<sup>th</sup> and 8<sup>th</sup> Graders Help to Solve Community Problems

By Pam Teel

The 7th and 8th graders in the Community Problem Solving club are actively trying to fix problems that they feel are high in their community. According to sixth grade Social Studies teacher, Kevin Norris, and sixth grade Science teacher, Dan Kazanjian, the kids are given multiple topics to choose from. These are two of the topics the teachers felt were worth highlighting.

The eighth graders decided to help local American Legions. The group calls themselves, VETS (Veterans Everyday Trouble Support). The kids have taken it upon themselves to link up with a local American Legion and raise money for the 'Commanders Project', which helps purchase needed items for Veterans Memorial Hospitals across New Jersey. They contacted an American Legion in Hightstown and told them that they would like to help. The Veteran Commander of the Post, Doug Herin, came to the school and spoke to the children about the everyday struggles of Vets and how the children could help them. He told them about the 'Commanders Project' where the children could help to raise money for new equipment and other needed items with fundraising events. The children have already raised about \$1,000 dollars, with two events already behind them. One event was a teacher's Jean Day where teachers would pay five dollars to the fundraiser to wear jeans for the day. This event raised over \$850.00. The other event was a bake sale held in front of Vesuvio's Restaurant. (The owners at Vesuvio's are always very accommodating when it comes to charity events). The group made over \$700.00 from the bake sale. One of their future events that they will be sponsoring for the VETS will be held sometime in April. It will be a 5k run at the Millstone Middle School. They will soon have a registration website up and running for participants. They are also having an upcoming breakfast event called "Pancakes with Patriots" at their school.

The seventh graders decided on teaching Autistic Children how to improve on social skills and the routines of being a student. This group is called CLASS (Children learning Activity Social Skills). They partnered with an autistic school and followed the students around all day gathering notes on what the kids in a routine day struggle with. After reading an article in the Asbury Park Press about the Young Problem Solvers, Fran Hines, who works with the Monmouth County Sheriff's Department, reached out to teachers and hooked them up with the Shore Center School. The Millstone kids got to take a day off from their own school and buddy up with the autistic students. They took notes on how they could better help these kids get through a day of school. They observed situations where they felt they could improve on, simple things that we all take for granted, like how to get in a line, make eye contact when people talk to them, brush their hair, etc. The problem solvers made videos of these certain situations, acting out some easy steps that the kids could follow. They eventually will send these videos to the autistic school for the kids to watch and see if the video presentations were helpful to the students.

The children in the Future Problem Solving Club sign up for the group voluntarily. They love the hands on experience of learning how they can solve common community problems and help others. The Club is gaining in popularity. The thought behind the Club and the teachers involved have been nothing but positive influences on the children in teaching them innovative ways that take them from behind their desks and puts them in the midst of real world issues at such an early age. These children thus become the role models for future generations to come. They have learned that you don't have to accept what you see. You can go and change it!

It's a great program and a great lesson in humanity for them all!!! Best of Luck to all of you Future Problem Solving Geniuses out there!



(CLASS) group- 7th graders



(VETS) group- 8th graders



# WHAT'S HAPPENING

## March & April 2018

- 3/15: Aberdeen, NJ – Quarterly – Elegant Bridal Shows at Addison Park, 150 Route 35, Aberdeen, NJ 07735
- 3/16: Saint Patrick's Day Parade, Newark, New Jersey at the Prudential Center
- 3/17: Montclair Literary Festival, Montclair Public Library, 50 S. Fullerton Avenue, Montclair, NJ 07042
- 3/18: Family Photo Scavenger Hunt, Frelinghuysen Arboretum, 353 Hanover Ave Morristown, NJ
- 3/19: Sherlock Holmes: Adventure of the Speckled Band – Radio-Style" at the Island Heights Library, 121 Central Ave. Island Heights, NJ 08732
- 3/20: Story Time Barnes and Noble – Ledgwood, 375 Route 10 E , Ledgewood, NJ
- 3/21: All the buzz in Point Pleasant : Earth Day Celebration 2018, Riverfront Park, River Road, Point Pleasant, NJ 08742
- 3/22: Building Montclair In Lego, Montclair Art Museum, 3 South Mountain Ave, Montclair, NJ 07042
- 3/23: Folk Project Concert, Jay Ungar and Molly Mason, Morristown Unitarian Fellowship, 21 Normandy Heights Road, Morristown, NJ
- 3/24: Peter and the Wolf play, Wheaton Arts and Cultural Center, 1501 Glasstown Road, Millville,
- 3/25: Easter Bunny Brunch, YMCA of Western Monmouth County 470 E. Freehold Rd. Freehold, NJ 07728
- 3/26: National AG Day Celebration, SCLSNJ's Somerville Library branch 35 West End Ave. Somerville, NJ
- 3/27: Monmouth University Department of Art and Design Faculty Exhibition, 400 Cedar Ave., West Long Branch, NJ 07764
- 3/28: "Tales from the Garden-A Celebration of the History and Folklore of NJ" at the LBI Library, 217 S. Central Ave Surf City, NJ 08008
- 3/29: Nutley Easter Egg Hunt, Reinheimer Park, 40 Bloomfield Ave Nutley, NJ
- 3/30: Raptor Egg Hunt, 6 Sawmill Rd Medford, NJ 08055
- 3/31: Elks Annual Easter Egg Hunt, The Beach, 19 Street, North Wildwood, NJ
- 4/1: Coffee & Classics: A Series of Morning Musical Presentations, 395 Kings Highway Moorestown, NJ 08057
- 4/2: OC Con – Comic Book & Memorabilia Show, Ocean City Music Pier; 825 Boardwalk, Ocean City, NJ
- 4/3: Hop on DiDonato's EGGspress, 1151 South White Horse Pike Hammonton, NJ
- 4/4: Family and Kids Culinary, Culinary Conference Center 161 Newkirk Street, Jersey City, NJ
- 4/5: Family Sundays at Rubin Museum, Rubin Museum of Art, 150 West 17th St., New York, NY
- 4/6: Boston Symphony Orchestra, New Jersey Performing Arts Centre
- 4/7: Annual Cherry Blossom Festival, Park Avenue and Lake Street, Newark, NJ 07104
- 4/8: Collingswood Restaurant Week, 601 Haddon Avenue Collingswood, NJ 08108
- 4/9: Atlantic Bakery Expo, One Convention Boulevard, Atlantic City NJ 08330
- 4/10: Shakespeare's play 'The Winter's Tale, West Side Theater at 285 West Side Avenue, Jersey City
- 4/11: CCM Festival of Storytelling & World Music, Student Community Center, 214 Center Grove Rd., Randolph, NJ 07869
- 4/12: PI Day Princeton, 10 Palmer Sq., Princeton, NJ 08542
- 4/13: Super Pet Expo, 97 Sunfield Avenue, Edison NJ 08837
- 4/14: PI Day Princeton, 10 Palmer Sq., Princeton, NJ 08542, <https://www.visitnj.org/nj-events/pi-day-princeton>
- 4/15: Elks Lodge Flea Market, Elks Lodge, 128 Baldwin Avenue, Hasbrouck Heights NJ



**SATURDAY, MARCH 24<sup>TH</sup>**



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**iPlay America Presents:**

## Sonny the Bunny's 5th Annual Colossal Carrot Adventure

Sonny the Bunny makes a triumphant return to iPlay America for the fifth annual "Colossal Carrot Adventure!" Sonny will be at iPlay America to delight families on Saturday, March 24, from 10:00 a.m. – 12:00 p.m. This year's adventure is bigger and better than ever with two fantastic family-friendly and fun events, the Bunny Trail and the VIB (Very Important Bunny) Breakfast with Sonny the Bunny.

For four-years, families and especially children have fallen in love with iPlay America's Bunny Trail. It's FREE to come hop along the trail and collect Easter eggs filled with special treats and prizes at several stops. Each registered child will receive a FREE Easter egg bucket, FREE digital photo download with Sonny the Bunny, and a raffle ticket to win super prizes. This is a FREE event, but registration is required.

iPlay America's VIB Breakfast with Sonny the Bunny is a delicious and exciting event that's perfect for the whole family to take part in. Priced at just \$14.95 for children ages 2 – 12 and \$24.95 for adults, children under 2 are FREE. The event features a delicious multi-item buffet breakfast, a special table visit from Sonny the Bunny, a collectible Easter egg bucket, extra prize-filled egg, a FREE \$5

Game Card for each paid ticket holder and extra special games and prizes exclusively for VIBs. The VIB gives families a special photo opportunity with Sonny the Bunny that includes a FREE digital photo download. This year's VIB will include radio personalities from 94.3 The Point to host the breakfast. Plus, there will be balloon artists from Neverland Balloons on hand and Miss Sherri from the Honey Child Music Academy will be performing live. Breakfast begins at 9:00 a.m. and guest can join in the FREE fun in the park after the VIB Breakfast. Last year's VIB Breakfast SOLD OUT so make your reservations TODAY!

Raffle prizes include two Ultimate Easter Baskets from Broadway Sweets, two iPlay America Prize Packs, plus the Grand Prize – A spectacular Diamond Prize donated by Jewelry Design Gallery and an iPlay America iParty Plus Birthday Party. Winners will be chosen on site that day.

Availability is limited. Registration for both the FREE event and the VIB Breakfast is required. Registration closes on Thursday, March 22. To register for the FREE event and buy tickets for the VIB Breakfast go to [iPlayAmerica.com/Bunny](http://iPlayAmerica.com/Bunny)



**YMCA of Western Monmouth County**

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# Meet Meghan



My name is Meghan McFadden and I am the new **Equine Facilitated Psychotherapist**. I am very excited to work with Laurie, Susie and the staff at Special Strides. I received my undergraduate degree in Psychology from Rider University and a master's degree in Social Work from University of Southern California. Prior to this position I worked as a Mental Health Counselor at Oaks Integrated Care in Trenton, NJ, as an Assistant Family Service Worker at Department of Child Protection and Permanency, Camden, NJ and as a Mental Health Counselor at Preferred Behavioral Health in Lakewood, NJ.

My connection with horses started at a young age. By identifying with these dynamic, strong animals I could express myself both physically and emotionally. My horse and I could form a trusting relationship. Combining my love for horses with my education and work experience is what led me to a career in **Equine Facilitated Psychotherapy or EFP**.

Horses have always played a part in human interactions whether at work or for pleasure. Now they are also playing the role of therapeutic medium through Equine Facilitated Psychotherapy. EFP is a powerful methodology providing, counseling services to those interested in therapy outside of the office setting. The horse can provide feedback in a way that enables the individual to investigate their communication and attachment styles along with their personal strengths. Horses provide honest reflection in the horse/human relationship. This allows individuals to see their influence on others in a very clear manner, thus fostering change.

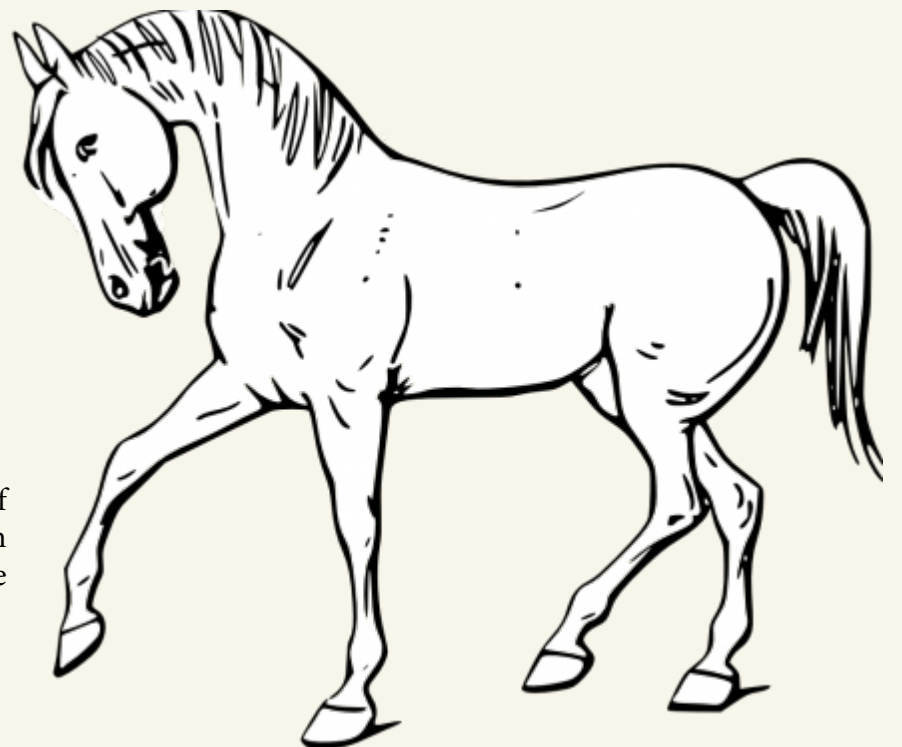
## I specialize in many areas in the mental health field including:

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- Anxiety Disorders
- Stress Management
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- Para/Military Individuals and Families
- Social Skills
- Behavioral Needs

Working with individuals at Special Strides and utilizing the natural abilities of the horse to communicate emotions is very powerful therapy. If you are interested in learning more or know of someone who may benefit from these services I encourage you to please call or email me.

Special Strides office: (732)446-0945

Email: Meghan McFadden at [mcfaddenlsw@gmail.com](mailto:mcfaddenlsw@gmail.com)







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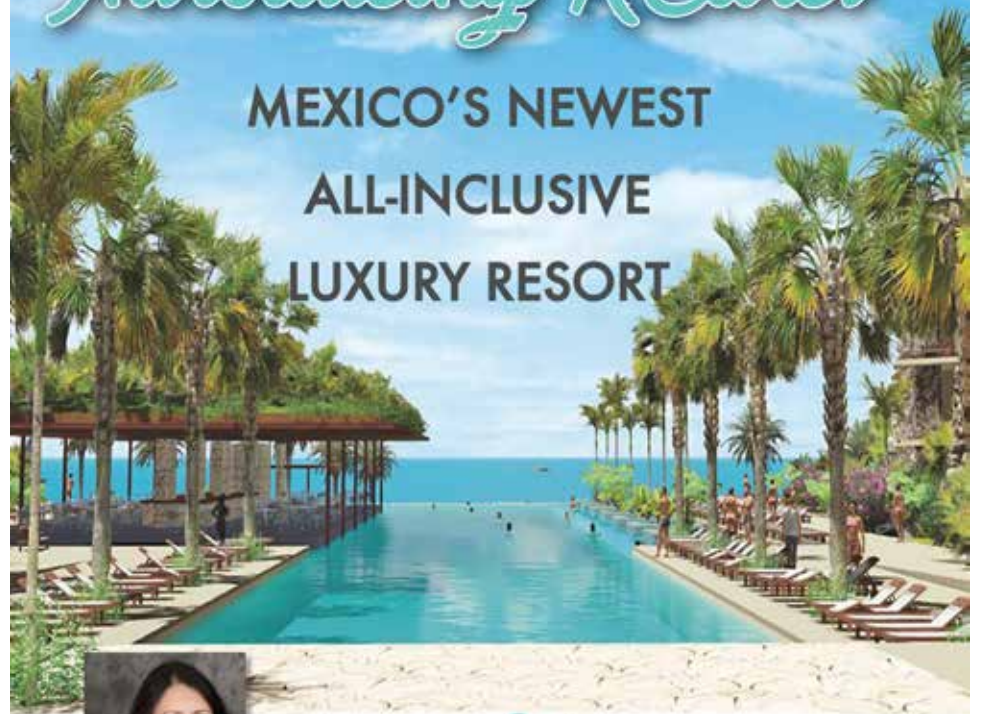


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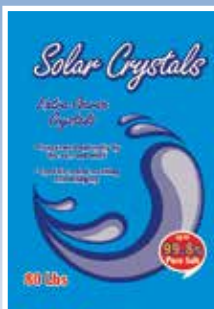
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By Lauren Kolacki

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The pressure of the jets act as a massage feature, contributing to an increase in blood circulation deep in your muscle tissues, relieving tense muscles and headaches.

### SKIN:

The high temperature will open your pores allowing for an intrusive clean. This results in your skin not only glowing, but feeling great as well.



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## Secrets to Space Saving

By: Nicole Iuzzolino

There always comes a time when our once nicely organized closet becomes stuffed with new purchases and impulse buys. Sometimes it becomes so cramped that it is impossible to even find anything in it. Here are the top five tricks to getting your closet clean and organized again.

### 1: The Clothing Purge

While it may break your heart to give away the sweatshirt you got three years ago when you were on a trip to Disney World, some things just have to be done. The fact of the matter is, if you do not have space, things must go. Make piles of clothing; a pile of things that you are definitely keeping, a pile for donation, and a pile for trash. This is the first step to saving lots of space in your closet.

### 2: Hanger Trick

This trick has been around forever and has taken over pinterest. However it still is a great hack and is perfect for freeing up space in a cramped closet. Hang a soda can tab on a hanger to hang more than one grommet together. All you have to do is take up the tab, put one of the holes through the hook that will hang on the closet rod, and the other hole can hang another hanger. You will be able to put double the clothes in your closet with this one.

### 3: The floor

The floor is the perfect place to store other clothing items. Group your short hanging items all on one side, and put the long hanging items on the other side. Under the short hanging items, there is plenty of space to store more things. Add a shoe rack to keep all your shoes stored and organized.

### 4: The Door

When organizing your clothes, you should never forget the door. You can add hooks, and hanging shoe organizing, or line it with cork board to hang jewelry. The door is a great way to organizing any accessories you have.

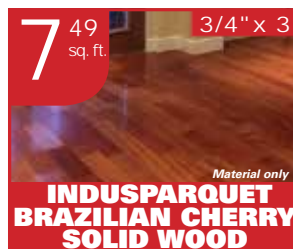
### 5: Baskets and Umbrella Stands

Even after organizing all of our clothes, there are always some odds and ends to be put away. You may have items such as small umbrellas, yoga mats, and beach towels that do not have a home. By using a basket or an umbrella stand in particular, you will be able to secure a home for all these items.



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## FUN FURNITURE FACTS

1. Charles Darwin was the first person to put wheels on the office chair. He wanted to get to his specimens quick.
2. The word "Table" originate from the Latin word "Tabula" which means a plank or a flat piece of board.
3. You can find the oldest Bookcase in the Bodleian Library at Oxford University in England.
4. Throughout a sofa's life, it will host roughly 782 visitors.
5. The first bed could hold as many as 65 sleepers.
6. Research shows that Chairs came into common use only in the 16th century.
7. For productivity reasons, lots of offices are choosing furniture in bright colors.
8. The most expensive chair ever sold (at \$28 million) belonged to world-famous French designer, Yves Saint Laurent.

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## GET YOUR AC READY FOR SPRING

It can be easy to forget about your air conditioning system during the winter. As the weather begins to warm with spring, it is a good idea to have these components inspected by a professional.

For most regions, spring means a break between bitter cold and blazing hot temperatures. Take advantage of the moderate conditions to ensure your vehicle's air conditioning is in good working order before the summer heat makes its appearance.

### BEAT THE HEAT

It is in your best interest to address A/C issues while the weather is comfortable. This type of repair is typically expensive as it requires several new components and an in-depth labor process.

Realizing you have a problem while the weather is cool, allows you to implement a savings plan to cover the cost. Don't get caught with a busted A/C system at the height of summer.

### WHAT GOES WRONG

When you notice the vents in your vehicle are blowing warm air, it usually means there is an issue with the AC compressor. This component is the heart of your air conditioning system? It's in charge of heating and pressurizing refrigerant before it makes its way through a cooling process. These are the other components responsible for keeping you cool on hot days:

- **Condenser:** Once the refrigerant is pressurized and heated, it makes its way through a condenser, where it loses its heat.
  - **Filter drier:** This important part of the system, cleans out impurities and contaminants the refrigerant may have picked up on its path.
  - **Expansion valve or orifice tube:** Vehicles rely on either of these components to strip refrigerant of pressure once it has been purified.
  - **Evaporator:** The final step of the process happens inside the dashboard. This vital part ensures the air from the vent is cooled and moisture free.
- There are also lines, blowers, resistors and duct work required to be in good working order to ensure your A/C system works properly.

### GETTING THE REPAIR

Repairing a vehicle's air conditioning system is much more involved than replacing the air compressor. In fact, most manufacturers won't even offer a warranty unless the parts listed above are replaced.

When your qualified service center suggests replacing the entire system, it's likely not them trying to upsell.

Even though the compressor may be the only part that isn't working, each component must be replaced to ensure it is free from debris that will ultimately ruin the heart of your air-conditioning system.



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## How to Install a Ceiling Medallion

By Gabriella Mancuso

Ceiling Medallions are something everyone wants but nobody knows quite how to install them. Ceiling Medallions are known add a classic, Victorian look to your light fixtures, but what people don't know is how easy they are to input themselves. You can create a fancy, classic look all by yourself and here is how!

### Step 1: Know Your Stuff

Before you do any constructing you must know your information. Know the parts of your light fixture, the tools you are using and the medallion you are installing. Watch tutorials on YouTube, read multiple articles, read instruction manuals. Be as educated as you possibly can before you begin.

### Step 2: Clean the Ceiling

Now that you are well educated it's time to clean. Turn the power off so that you don't get hurt and clean the ceiling. You must be very cautious with the wires always during the installment. Using a duster, and then a rag and dish soap, clean where the medallion is going to go. Scrape away chipped paint and use a sponge to assure it is completely clean.

### Step 3: Mark the Medallion for Cutting

Now to being the installment process you must first mark up the Medallion. Mark the center hole where you plan to cut out and insert the light fixture. Mark the canopy around it so it is all even. Use a compass while doing this, then cut where you have marked the center hole to be.

### Step 4: Hold the Medallion up to See

Without using glue or anything permanent hold up the medallion to the ceiling to assure it will fit properly. Make sure the circle the circle you previously cut out lines up perfect with where your light fixture will be.

### Step 5: Check the Threaded Bolt

Now that you are sure that everything fits perfectly it is time to construct. Temporarily screw in the junction box to the ceiling, also known as the "nipple". Hold the medallion around the nipple and make sure it fits securely. Now take it down.

### Step 6: Install

Using adhesive caulk around the bottom surface of the medallion place it where you want it to rest permanently. Screw in the canopy, and the nipple, to help hold the medallion. Now using a drill screw in the medallion. Unscrew the junction box and install the light to it. Reapply the junction box with the light attached. Make sure everything works correctly, and you can now touch up the screws with paint.



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### INGREDIENTS

- 6 Ziploc bags
- 1 lb. spaghetti, cooked
- Food coloring (we used 6)
- 1 c. Water, Divided
- 3 tbsp. butter, melted
- 1/3 c. freshly grated Parmesan
- kosher salt
- Freshly ground black pepper

### DIRECTIONS

1. Place 2 tbsp. water into each zip lock bag (we used 6 for 6 different colors). Add 10 drops gel food coloring to each bag.
2. Divide the spaghetti into the 6 different bags. Shake until they are coated in their colors.
3. Remove each pasta individually from zip lock bag and rinse with cold water. Combine in a large bowl and toss together with butter and parm cheese. Season with salt and pepper and serve.





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### YOU WILL NEED:

- 1/2 cup Florida Orange Juice
- 2 cups old fashioned oats
- 2 cups puffed rice
- 1/2 cup pumpkin seeds
- 1/4 cup flax seed
- 1/2 cup chopped dates
- 1/2 cup dried cranberries
- 1/2 cup chopped dried apricots
- 1/4 cup packed brown sugar
- 1/4 cup honey
- 1 tsp. kosher salt
- 1/2 tsp. ground ginger
- 1 egg, beaten well

### PREPARATION:

1. Heat oven to 350 degrees F.
2. Spray a 13 by 9-inch cake pan lightly with non-stick spray, line the bottom and 2 sides of the pan with parchment paper, creating a sling to make granola easier to remove. Set aside.
3. Spread oats, puffed rice, pumpkin seeds and flax seeds on a baking sheet and toast in oven 10 to 12 minutes or until lightly browned and fragrant. Remove to a large mixing bowl and stir to combine.
4. Decrease oven heat to 325 degrees F.
5. Place Florida orange juice, dates, cranberries, apricots, brown sugar, honey, salt, and ginger into a medium saucepan.
6. Set over medium high heat and stir to break up the clumps of dates. Cook just until the sugar dissolves.
7. Remove from the heat, pour over the dry mixture and stir to combine well.
8. Add the beaten egg and stir to combine.
9. Transfer to the prepared cake pan and press evenly into the pan using a rubber spatula.
10. Bake 25 to 30 minutes, until light golden brown.
11. Remove from oven and cool completely before cutting into squares or rectangles.
12. Store in an airtight container for up to 1 week.



# FOOD & DINING



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### Appetizers:

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w/ tomato, fresh mozzarella, roasted pepper		
Caesar Salad.....	\$25...	\$35

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## Mediterranean Veggie Burger Eggplant, Hummus & Garlic Burger

Eggplants have a wide range of health benefits, including an ability to help build strong bones and prevent osteoporosis, reduce the symptoms of anemia, and increase cognition. An eggplant improves cardiovascular health and protects the digestive system. Eggplant is also good for weight loss, managing diabetes and reducing stress. It is also a great food for protecting infants from birth defects, and even preventing cancer.



### INGREDIENTS

- 15 oz. chickpea, 2 cans, drained and rinsed
- 3 cloves garlic
- ¼ cup olive oil, plus more for serving
- 1 lemon, juiced
- 2 tablespoons tahini sauce
- 1 teaspoon ground cumin
- salt, to taste
- 1 eggplant
- ¼ cup olive oil
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon red pepper flake
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 hamburger bun
- lettuce, to serve
- red onion, sliced, to serve

### PREPARATION

1. Combine chickpeas, garlic, lemon juice, tahini, cumin, and salt in a blender and blend until smooth.
2. Slice eggplants into four 1-inch (2 ½ cm) slices. Sprinkle eggplant slices with salt and let sit for 20-30 minutes, then pat dry.
3. In a small bowl, stir together oil, paprika, garlic powder, red pepper flakes, salt, and pepper.
4. Brush each side of the eggplant slices with the oil and spice mixture.
5. Heat a pan or grill on medium-high heat and cook each eggplant slice for 3-4 minutes per side.
6. Build your burger with the hummus sandwiched between two eggplant slices.





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# Cauliflower Crust Pizza

## INGREDIENTS

- 1 head cauliflower
- ½ cup shredded low fat mozzarella cheese
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon garlic powder
- 1 egg

## PREPARATION

1. Preheat oven to 500°F.
2. Remove the leaves and stem of the cauliflower.
3. Transfer pieces to a food processor and rice the cauliflower by pulsing it in the food processor, or by shredding it on a box grater.
4. Once riced, transfer to a large bowl and microwave for 4 minutes. Let it cool down for a few minutes before handling!
5. Transfer cooked cauliflower to a clean towel or paper towel and absorb out as much liquid as possible.
6. Place dry cauliflower in a bowl and combine with mozzarella, oregano, basil, salt, garlic powder, and an egg. Mix well.
7. Line a baking sheet with parchment paper.
8. Place cauliflower mixture in the middle. Spread out the mixture and form a circle out of the cauliflower mixture, pushing along the edge to raise a "crust."
9. Bake for 15 minutes, or until the crust has become golden brown in the center and on the edges.
10. Top and add your favorite pizza sauce and toppings.





## Osteria Radici New Restaurant is the Talk of the Town

In October of 2017, Allentown opened its doors to its newest restaurant; an upper scale fine dining restaurant with contemporary Italian dishes. According to owner and Chef Randy Forrester, "It's the kind of place where tradition and cultural roots meet the modern Italian kitchen."

Chef Forrester comes from a culinary background, having worked in other area restaurants that include the Homestead Inn in Hamilton and Brothers Moon in Hopewell Borough. Chef Forrester's extensive culinary experiences have accrued over the years due to the wide array of experience he has gathered from working in the kitchens of restaurants in Boston, Philadelphia, and Manhattan, where he learned to blend beloved classical and regional Italian flavors with a modern twist.

He and his wife Ally, have traveled throughout Italy and studied different types of restaurants, those of fine dining quality, Michelin starred restaurants, with simpler rustic osterias. Osteria being an eating establishment very similar to a trattoria in that they serve simple, home-cooked meals. Some do have a "rustic" ambiance to them. The chef has come up with a way to blend the two together so he could give the average person fine dining close to home, without having to go to Philadelphia or NY to enjoy a gourmet dinner. In doing so, he has created an intimate ambiance of fine dining where you don't have to spend a lot of money or dress up to enjoy a fine meal.

The chef makes his own baked breads and pastas. Everything is from scratch and fresh, including local vegetables and local seafood from the Jersey shore. The menus are always changing with something different every few days. Chef Forrester's menu comprises four or five appetizers, four pasta dishes, and five or six entrees. You can bring your own wine or beer. They also offer a selection of Gloria J. wines.

The restaurant was recently written up with a raving review in the NJ Monthly Magazine. You can check out their menu for fine gourmet dining on line or visit them on facebook. Walk-ins are welcome but it is suggested, due to limited seating, to call in advance. **609 223-2995. [www.osteriaradici.com](http://www.osteriaradici.com)**

Chef Randy and his family have lived in the area for some time and when looking for the right place to open a restaurant, they chose the quaint town of Allentown. The inside décor is bright, cheery, and inviting. The restaurant can hold up to twenty-five people, so if you are looking for a place to hold an event, they can accommodate you for lunch or ala-carte dinners.

They are closed Sunday and Monday for the winter. They are located at **4 Main Street**- Parking in front or on side roads. Hours 5-9. Closed-Sundays and Mondays during winter. They take most major credit cards.

Check out some of their mouth watering dishes on their website. Experience for yourself the savory flavors of Old Italy!

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# At Home Car Cleaning Products for Your Car

By Lauren Kolicki

Your car's body picks up a lot of dust and grime while driving. Here are some great products from your home that will keep your car clean and healthy.

**WINDOWS:**

1 cup water

1/2 cup vinegar

1/4 cup rubbing alcohol

Mix these ingredients together in a spray bottle. Use a coffee filter, newspaper page, or microfiber towel to dry to avoid streaks.

**INTERIOR STAINS:**

1 cup of dawn dish soap

1 cup of white vinegar

1 cup of club soda

Mix these ingredients together and use scrubbing brush

Use toothpaste on stains. Stains on your leather or vinyl seats can be removed by gently scrubbing the affected area with toothpaste.

1 cup Warm water

1/4 cup dish detergent and a

1/4 cup of vinegar

1 cup club soda

1/4 cup baking soda

**INTERIOR CLEANING:**

1 cup water

1 cup rubbing alcohol

Spray this mixture on hard surfaces and then wipe them with used fabric softener sheets so you don't leave lint behind.

**SHINE:**

1/2 cup vinegar

1/2 cup oil

1/4 cup lemon juice

1/2 cup olive oil

Do not apply this solution to pedals, levers, or anything you need

to drive. This protectant leaves behind a smooth seal that you don't want to slip on while operating your vehicle

**EXTERIOR:**

1 cup of baking soda

Gallon hot water

1/4 cup soap

Denatured alcohol

Peanut butter

solid shortening

\*\*Products to remove tar or sap

**WINDSHIELD WIPERS:**

Clean road grime off windshield wipers with rubbing alcohol.

**AIR:**

Baking Soda absorbs odors and keeps the air fresh

**MOLD AND GERM  
KILLING SPRAY:**

1/2 cup water

1/2 peroxide

While the car is running, air on full blast, windows are opened, spray this mixture into the vents.

**MAKE AN AIR  
FRESHENER FOR YOUR  
CAR:**

1/4 cups baking soda

few drops essential oils

In a jar with small holes in top

Hide dryer sheets under seats, floor mats, and in pockets to help your car fight odors.





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\*FINANCE: On approved credit. Down payment may be required. \$27.78 per month per \$1,000 financed at 0% APR for 36 months. ALL LEASE OFFERS: No security deposit required. Acquisition fee \$595.00. Lease end termination fee, \$395.00. Based on 12,000 miles per year, excess miles charged at 0.15 cents per mile. Residency restrictions apply. Price(s) include(s) all costs to be paid by a consumer, except for licensing costs, registration fees, and taxes. Dealer doc fee of \$399 not included in price. Expires 4/2/18.

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## How to be the Best Driving Instructor for Your Teen

By Lauren Kolacki

The number one priority of a parent is to keep their child safe. For some, it would be easiest to shelter them, refraining them from hitting any big milestones that could potentially lead them down the wrong path. Driving is one of those milestones. Instead of recoiling due to fear, step up and become the most informative, patient instructor. After all, knowledge and practice is the best way of protecting your children.

**Pro Tip:** Before driving with your child, take a ride in the passenger seat to get a better understanding of what the road looks like from that side. This will decrease sudden outbursts from fearing they are about to run into something.

Start in a parking lot to teach the basics and to test how much your teen already knows

- Tour the vehicle; fill your driver in on every control and feature.
- Seat belts are buckled
- Mirrors are adjusted
- Have them practice accelerating smoothly and making turns

Once your driver has become comfortable behind the wheel, it is appropriate to have them drive the car out of the parking lot and onto quiet side streets. Remember what it was like your first time driving

- Keep cars distance between you and car in front of you
- Look out for potential hazards
- To improve observation skills, ask questions involving relevant objects surrounding you
- Pay attention to not only the car in front of you, but several yards in front of them. Beware of brake lights, stop lights, stop signs, etc.

After, they have mastered the side streets, it is time to move to roads with a faster pace. They are ready for a main road or highway but it is important to remember to stay calm as the copilot.

- Keep up with traffic
- Plan a route out in advance so they can be confident. Don't scream or change the route last second.

After you return home, be sure to recap the session. Do not only dwell on what can improve but emphasize what they did well. Allow your driver to practice often, giving them more range each session. Before you know it, you will worry less knowing you have followed these important points.





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## QUESTION:

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

## ANSWER:



**Dr. Steven Linker, OD**

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

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

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

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

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## THE CHALLENGES OF A GLUTEN-FREE DIET

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

Read labels regularly. Manufacturers change ingredients without notice.

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

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

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

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

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







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

## QUESTION:

### How does The MonaLisa Touch counteract vaginal dryness?

**V**aginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticing products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The MonaLisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Regular sexual activity can help preserve vaginal function by

increasing blood flow to the genital region and helping maintain the size of the vagina. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

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

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## 10 Things Parents with Loved Ones on the Autism Spectrum Would Love to Hear

What people say: "Maybe it's a misdiagnosis – I've heard they are over diagnosing things these days."

*Better to say: "He's lucky to have an observant parent learning about his needs. Thanks for trusting me enough to share this – I am here for you."*

What people say: "Are you getting enough time for yourself?"

*What we wish you'd say – "Can you find time to catch a movie or have dinner out with me next week? If you can't get out, can I come by?"*

What people say: "I got him this gift – I know it's technically a little young for him, but I thought that it might be more his level."

*Better: Call ahead and ask what the child would like, or, when in doubt: gift card.*

What people say: "Do you know whose family it came from?"

*Better to say: Nothing. This is a deeply personal issue and with some disorders it's still unclear if they stem from genes, environment, or both. Listen only to what the parent volunteers.*

What people say: "Life doesn't give us anything we can't handle."

*Better to say: "So, when can I babysit?"*

What people say: "This is an opportunity: You just didn't land where you expected, but landed. You thought you were going one place, but just ended

up in another place. Have you seen that wonderful poem, 'Welcome to Holland?' "

*Better to say: "I'm here if you want to talk."*

What people say: "Maybe he just needs a little more discipline."

*Better: Recognize that communication – particularly the ability to understand language receptively – can be an issue in some disabilities. This can look very different from the outside; try to resist passing judgment.*

What people say: "It's too bad you didn't find out sooner. I've heard the prognosis isn't as good if they don't catch it early."

*Better to say: "Can I help by reading up on the current resources and research? I'd be interested in learning more and I'm happy to help fill out forms/laminate PECS/help with your laundry."*

What people say: "I don't know how you do it."

*Better to say: "So – when's our next playdate?"*

What people say: "So how is Junior (child with special needs)?" Not asking about your other kids, family, etc.

*Better to say: "I love your holiday cards/Facebook posts/email updates. What's the latest?"*

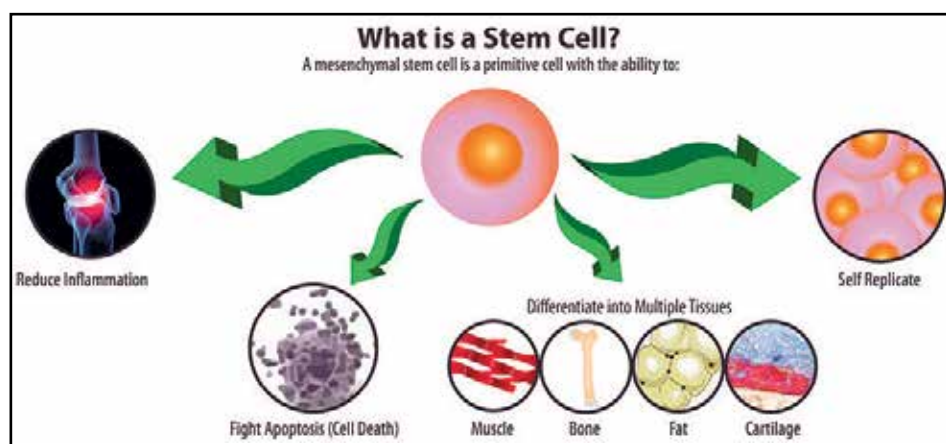
*For more advice and info please visit [www.autism.com](http://www.autism.com)*



## 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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**Hello!**

My name is Patty Meyer. I am from Millstone Twp, and I am a 15 year volunteer for New Egypt's Relay for Life. I am writing to let you know of the American Cancer Society's Relay for Life of New Egypt event on May 12-13, 2018 at New Egypt High School. Relay for Life is a volunteer team event that honors cancer survivors/caregivers, remembers loved ones who have died, raises funds, and celebrates life.

I write to you because I am proud of our neighboring town, New Egypt, for taking such an active role in the fight against cancer for the past 17 years. I am also proud of New Egypt's neighboring towns who have actively joined forces with New Egypt in this fight. Over the years, volunteers and participants at New Egypt's Relay have come from many towns including Upper Freehold, Allentown, Millstone, Plumsted, Jackson, Bordentown, Florence, Robbinsville, Burlington, Fort Dix, Pemberton and many other towns. Participants from these towns have served in many capacities including on the event leadership committee, as team members, and as business sponsors. I thank all individuals and businesses for their past participation and support. I look forward to their continued participation in 2018. I also encourage new participants to join the fight and be a part of cancer fighting history this year.

Cancer does not discriminate. It effects everyone in some form or another: young, old, family members, friends, classmates, neighbors, coworkers, and so on. We all know someone with cancer. For me, cancer took the lives of my father, mother-in-law, 2 aunts, 1 uncle, 3 cousins, and my twin sister. Thankfully, my brother-in-law and several friends have survived cancer and are in remission.

The American Cancer Society's ultimate goal is to find a cure so that people can have "more birthdays", and we can have no more casualties from this awful disease. Until that happens, ACS is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service. I'm happy to be a part of this goal.

Relay for Life is a rewarding and heartfelt experience. I hope you can be a part of it with me.

### How can you become involved?

- **INVITE A CANCER SURVIVOR AND CAREGIVER.** Who is a survivor? Anyone who has heard the words, "You have cancer". Let them feel the love at the Opening Ceremony, Survivors/Caregivers Dinner, and Luminaria Ceremony. If you are a cancer survivor, consider yourself invited!
- **CREATE A TEAM.** Teams can consist of: family members, friends, classmates, neighbors, co-workers, cancer survivors, church members, etc. The sky's the limit!
- **JOIN THE EVENT LEADERSHIP TEAM** Help plan New Egypt's Relay. Our theme this year is "HALLOWEEN IN MAY: SCARE CANCER AWAY".
- **BE A BUSINESS SPONSOR** Donate supplies for the event. Donate funds. Advertise your business with a track sign.
- **MAKE LUMINARIA BAGS** to honor our loved ones surviving cancer and remember our loved ones who have died.
- **SPREAD THE WORD.** Let your friends and family know about our Relay event on May 12 - 13, 2018.
- **Consider being a part of our Relay family.** For more information about New Egypt's Relay for Life, contact Mike Brady at 732.292.4256 VISIT [www.relayforlife.org/newegyptnj](http://www.relayforlife.org/newegyptnj)







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# Stop Sleeping on your iPhone Place on Airplane Mode

By: Lauren Kolacki

In 2017, an estimated 223 million people in the U.S used a smart phone. Of those people, how many are sleeping with them close by?

Huff Post conveyed a survey and the results are as follows, among 1,000 checking or savings account holders, age 18 and above, who also own smartphones, 71 percent claimed they usually sleep with or next to their mobile phone. Is this population aware of the consequences that accompany these actions?

Cell phones pump out electromagnetic radiation whenever they are turned on. One of the negative effects of electromagnetic radiation is its capability to destruct DNA in the cells. In this case, damaged DNA alters the way the cell works, grows, and reproduces.

For those who use their phone as an alarm clock, there is a painless fix. By putting your phone on “airplane mode” you shut down the transceiver, which dramatically lessens the amount of radiation that is produced. By reducing your exposure to electromagnetic radiation, you put yourself at less of a risk for other health concerns.





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Dr. Sanjay Gandhi, DPM

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## Wednesday, March 28th

Choice of Two Sessions

### Morning

9:00 am - 9:30 am Registration & Breakfast  
9:30 am - 10:30 am Presentation

### Afternoon

12:00 pm - 12:30 pm Registration & Lunch  
12:30 pm - 1:30 pm Presentation

*Join us to:*

- ▲ Gain a deeper understanding of the diagnosis
- ▲ Compare unique care considerations for varying forms of dementia
- ▲ Explore options for future care needs



Presented By:  
**Rebekah Wilson, MSW**

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# Dealing With Speech Impediments

By Gabriella Mancuso

When you are a young child and first begin to speak, a small impediment may make your family laugh or smile. They may think it's cute, innocent, and certainly not a concern.

But what if that stutter, lisp, or stammer follows you into your teens and young adulthood? Suddenly, you are teased and feel ostracized. Over 3 million Americans live with speech impediments, learn to cope with their speech and finding ways to improve upon it every day of their lives. Many are simply born with a speech problem, or have developed it due to brain damage or hearing problems. Genetics also come into play. If a speech impediment runs in your family, there is a higher possibility that the children born into the family will have some form of a speech impediment.

Although normal speech might seem effortless and easy, it's actually a complex process that is produced by the nerves and vocal cords. When we are speaking, we actually are coordinating many muscles from various body parts and systems, including the larynx, which contains the vocal cords, the teeth, lips, tongue, and mouth, and the respiratory system. Having a speech impediment stems from an abnormality within this process.

So, how can these speech problems be treated? Speech therapy treatments are available to those of all ages affected by issues with their speech, and over time, the issues can be corrected with the help of a speech language pathologist. A speech-language pathologist is trained to observe people as they speak and to identify their speech problems. Although it may be difficult to deal with a speech impediment, seek treatment and in due time it will improve.



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# Reiki Master and Spiritual Advisor Jeffrey P. Carpenter

## *Taking Care of your Physical and Emotional Wellness*

By Pam Teel

Jeffrey P. Carpenter, Owner & Reiki Master Teacher has been officially attuned as a Reiki practitioner since 2013. In addition to his Reiki Master attunements, Jeff also holds a Bachelor's Degree in Aerospace Engineering (yes, he really IS a rocket scientist!) and a Master's Degree in Industrial Engineering. He has spent most of his adult life working as a subject matter expert in global-scale IT communications, yet he was encouraged to share his knowledge and healing abilities when he finally embraced his connections with Spirit. His amazing experiences led him to found Dimensions Reiki, providing Reiki energy therapy services and Reiki student training in both New Jersey and Arizona.

Jeffrey has a higher calling, being a medical intuitive; he receives psychic messages and information associated with various issues being experienced by his clients which helps him to better address the underlying causes of ailments. As part of his spiritual evolution, Jeff is a developing psychic and medium, offering readings in the Dimensions Center of Wellness. He is committed to providing his services in, in house cleansing, negative attachment removal, spirit rescue and release, and paranormal research. He continues to consult with clients who are experiencing challenges with entities or the paranormal in their homes. To further his connection with Spirit, he has become an ordained multifaith minister. He is also a published author, combining many engineering principles on energy with discussions about Reiki and paranormal experiences into a treatise about the science of energy sensitivity in his book *Discovering Intention: A Sensitive's Guide to the Engineering Mind*.

Jeffrey recently teamed up with Horizons, at the Allaire Rehab & Nursing Center, where he introduced a new Reiki program working with their neurological young adults. The Horizons program at Allaire Rehab & Nursing is the only program licensed by the state to provide long-term young adult (18-59) care for patients suffering from neurological issues. As part of their wellness program, they have engaged in Dimensions Reiki to provide group and individual Reiki energy therapy for their residents. The program continues to evolve, with residents attending in two shifts to participate in healing and meditation, and those residents who will receive individual sessions (those who are unable to leave their rooms that day). Each resident in the group sessions also receive his or her own Reiki energy infusion. The Benefits of Reiki include Stress and anxiety relief, pain reduction and improved overall wellness.

The new program has been quite successful with the residents. Because of the soothing, relaxing energy, many of the participants have fallen asleep during the group sessions. Several have shared how they felt tingling and warmth during the individual Reiki therapy. A few have also expressed how they liked the relaxation during the meditation. One even asked for the music from the crystal singing bowl so that he could add it to his iPod playlist. When available, the staff likes to join in the group sessions to help re-energize themselves and take advantage of the stress relief that Reiki provides. At this time, there are two 30-minute group sessions every Friday, where individual sessions are also planned for each day. Group guided meditations, personal Reiki healing, and in-room private therapy are all available for residents.

"Allaire has the ONLY SCNF license in NJ to offer a home for those young adults that outgrow the Children's Hospitals - our program is called Horizon's at Allaire, funded by Medicaid for those afflicted with a neurological impairment between the ages of 18-59. Jeffrey Carpenter is our Reiki master the Horizons Director brought in, and he seriously is a life changing experience. If you doubt the benefits of alternative medicine, I welcome you to come on Fridays and attend his sessions with our Horizon's residents," suggests The Director of Business Development at Allaire, Eryn Guiliano. "I'm sad when I cannot make his sessions. I've never experienced anything like it! Thank you Jeffrey for bringing your gift to our residents and team!"

Jeff Carpenter is a Reiki Master Teacher, psychic, and spirit medium who founded **Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. 07747**. His service includes: Personalized Reiki therapy programs to meet clients' needs, Reiki meditation circles, Psychic and Spirit Medium readings, and Psychic development workshops- Registration is required for workshop events; please email [dimensionsreiki@gmail.com](mailto:dimensionsreiki@gmail.com) or call 732-832-1036 to register or for an office appointment. You can register online at <http://dimensionsreiki.com/calendar>.

Website: <http://dimensionsreiki.com> • Meetup Group: <http://www.meetup.com/Dimensions-of-Spirit-Meetups/>

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## Millstone Township's First Little Free Library

By Pam Teel

Girl Scout Brownie Troop 523's Take Action project is coming to fruition. The Troop brainstormed and came up with an idea that could benefit the entire community. Realizing that Millstone Township does not have a library, the troop decided to bring one to town. The girls created 'Operation Little Free Library.'

Little Free Library is an organization throughout the world that has a philosophy of "take a book, leave a book". You may take a book that peaks your interest and leave a book that you no longer need or think someone else may also enjoy reading. The book exchange can be done without having to go to another town or county to find a book you like to read.

In order to fund their Take Action project, Girl Scout Troop 523 organized a "coin war" in the Elementary and Primary Schools. Each class was given an empty milk jug labeled with the teacher's name and details of the Take Action project. The coin war jugs were distributed to two schools, totaling 26 jugs. The class, within each grade level, with the highest amount of money, won a pajama day, with the date being determined by each school principal. The coin war was a huge success and exceeded the Troop's expectations. The Troop collected a total of \$3,083.41 from both schools!

The library kit and post were purchased and will be assembled by the girls in the Troop. With the purchase of the kit, they will receive a charter number, nameplate, and get registered with this worldwide organization. The Little Free Library will be installed at the Millstone Community Center in the spring of 2018. It is a public, well-lit and safe place. The Little Free Library will be monitored monthly by one of the three Troop leaders; Girl Scout Leader Jodi Massenzio, Denise Shearer (co-leader) and Diana Alvarado (co-leader).

The remaining money that the Troop collected will be used towards other community needs. Girl Scout Brownie Troop 523 would like to thank Ms. Guidry, Elementary School Principal, Mr. Baker, Primary School Principal, and all of the teachers and staff at the Elementary and Primary Schools for their support. Also thank you to the students and the families in Millstone for helping support the coin war!



Girls pictured from right to left are identified as follows:

**Front row:** Kelly Martinez, Mya Arslanyan, Bryn Hilbert, Kayleigh Meagher, Amanda Shearer, Sophia Alvarado. **Back row:** Chloe Dube, Savannah Wilson, Brielle Goglia, Taylor Massenzio, Reese Kowal, Gianna Maltese, Lindsay Gervasi- Girls who are not pictured are Katie Brown, Ella Nipoti and Sarah Sharpe.



# Apps To Help Children Learn To Love Reading

There are many ways to use apps for learning to read from phonics and memorizing sight words to exploring new books and tracking reading minutes.

One great way to help children learn to read is to be sure they are read too often ideally for at least 20 minutes a day while they're learning to read. It's a great bonding experience between parent and child and a great part of any child's bed-time routine. These days, parents and teachers also can get some help from technology. Many libraries offer MP3-type devices that read books to children. It's a sort of modern audiobook.

An e-reader also is a great way to give children access to a variety of digital books.

## APPS FOR EARLY READERS

- Bookster will read a story to children and allow them to record themselves reading and then play it back. It keeps children engaged with interactive features and adjusts to the child's reading level.
- Super Why Phonics Fair employs characters from the popular PBS children's TV show to help kids get a grasp on the letters of the alphabet and, later, spelling, all while playing games.
- Bob Books, the popular line of learn-to-read books that introduces sight words to children, offers apps that feature its simple artwork that slowly comes alive with color as children learn to read and spell.
- Starfall.com's accompanying app uses games, videos and songs to help children master vowel sounds and begin to read mini books.
- LightSail works with a school's library to let children check out digital books and reports readers' progress with reading comprehension to their teachers.

As with all things digital, it's important to keep tabs on children's use of reading technology. The American Academy of Pediatrics recommends that children ages 2 to 5 view 1 hour or less per day of "high-quality programs" on screens.

In a 2014 report, Common Sense Media warned that the research about digital reading and e-reading hasn't kept pace with the technology and researchers don't yet know the effects of taking children's reading experiences into the digital realm.

Common Sense Media suggests that research should consider whether digital reading reduces parent-child interaction during reading, whether it encourages children to read and whether children are adequately engaged in the story.

These are important considerations to keep in mind when deciding how much of a role screens should play in a children learn-to-read experiences. After all, there truly is no real substitute for cuddling up with a good book.







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# Worried about Sending Your Child to College? Camp Can Help!



So, the moment has come! You are pulling up to the freshman dorm of the university that will be the home of your child for the next four years. Classes have been selected, a roommate has been randomly drawn and this is the moment of truth. So many questions pour through your mind: Will they make friends? Will they buckle down and work hard? Where will they end up heading after this? As a parent, it is easy to fret, isn't it?

**This is where (believe it or not) a great summer camp can help you. Here are five reasons why camp prepares kids for college:**

- 1. Kids learn who they are at camp.** Between school, sports teams, piano practice, math tutoring, church events, bag-piping lessons, homework and the general craziness that is our lives it can become easy for a child to get into a zone where they just move from one activity to the next without testing whether the non-essential things are valuable to them. Kids can end up just going through the motions. A good camp allows them to try new activities in a non-threatening environment. Everyone is learning at camp and this culture is very conducive for a child's growth. Camp can give a child the ability to be more comfortable in their own skin and this is necessary in college.
- 2. Kids learn how to be away from home and succeed.** This is a tough one, but ultimately, we want our kids to be able to meet the new randomly selected college roommate and have enough experience meeting new people (and living with them) not to get overwhelmed. At camp, you meet people from all over the world. And at good camps you learn how to accomplish exciting goals together with those people. There is no doubt that a boy or girl who has been coming to camp since they were eight will have little to no trouble in the randomly selected roommate situation. They know how to work with people because they have done it before at camp.
- 3. Kids learn how to care for themselves.** I think the funniest parent comments I get after our summers are, "Who is this child that now takes care of his things?" or "How did you get my child to begin making their own bed?" The answer is that they were a part of a little community that wanted to win a pizza party for the cleanest cabin! But along the way they learned to take care of themselves and they had a ton of fun doing it. Certainly, this is something that will serve them well in college.
- 4. Kids see what good leadership looks like.** Campers learn this from college aged counselors who are carefully shepherding the cabin. Their care and actions almost always reinforce and validate the good "suggestions" that mom and dad have made back home but for some reason when a cool rock climbing counselor tells you about making wise decisions it all suddenly becomes clear. We learn best when things are modeled for us. Watching a thoughtful, college-aged person interact with people gives campers a model for the leadership that they will use in college.
- 5. Kids learn a healthy level of competition.** Let's face it, in this world, competition is unavoidable. At camp children learn both to succeed and fail together (it is nice doing things with friends), and this is part of the growth process. Learning how to get up after a loss is invaluable for us to learn. College is a time where a lot is on the line really for the first time. A fear of competition or unhealthy love of it can be harmful. A good camp can help children learn a good balance.

Do yourself a favor — if you are tempted to worry about your child going off to college, find a great summer camp to help them develop the necessary shock-absorbers for the bumps of life. There is no need to worry that your child will be unprepared for this new experience.

Dan Singletary has been the director of Camp Timberlake for boys in Black Mountain, North Carolina for eleven years and has an unhealthy passion for fly-fishing and barbeque. Read the original blog post at [www.camptimberlake.com/2013/12/worried-sending-child-college-summer-camp-can-help/](http://www.camptimberlake.com/2013/12/worried-sending-child-college-summer-camp-can-help/).





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## Away at Camp

*Taking part in an annual camp can be one of the most exciting parts of a child's summer.*

There are nature walks, cookouts and up-all-night summer fun. Camp has long provided many staples of American childhood and should be experienced by any child seeking some adventure and camaraderie.

But before you pack a bag and send your child off to summer camp, you should take some precautions to ensure that the trip is both fun and safe.

### Research the Camp

As a responsible parent, you should get to know what medical and safety services are available at the camp. According to recommendations from the American Academy of Pediatrics, a safe camp will make public its written health policies and protocols.

All children attending a quality camp should be required to have had a complete exam by a doctor in the past year and be up to date on all childhood shots. Before camp starts, parents should make sure camp officials understand any health issues the child has, as well as past significant illnesses, operations, injuries and allergies.

It also is important to find out if the camp has nurses or other medical personnel on site. Is there a place your child will be able to go if she doesn't feel well? What are the caregiver's credentials and background in treating children? These are critical questions to ask camp officials before sending your child there.

### Homesickness

The stress of being away from home should be a serious consideration before enrolling your child in summer camp. Eight out of 10 campers report being homesick at least one day at camp, according to American Camping Association statistics. Less than 10 percent of those cases result in the child becoming so anxious or depressed that he stops eating or sleeping, the ACA says.

You know your child best, so if she has struggled with leaving your company in the past, maybe a short day camp is good way of testing readiness for the overnight variety.

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# Did you know that...?

By Pam Teel

Did you know that in 1877, the first full-scale submarine built by Irish inventor, John P. Holland, was tested in the Passaic River? It was made of lead. It was able to go under the water, but was too heavy to surface. Holland's first attempt at submarine designs were submitted for consideration by the U.S. Navy, but turned down as unworkable.

Holland was born in 1841 in Liscannor, Co. Clare, Ireland. He always had an obsession with the sea. He also drew up designs for an aeroplane. He was convinced that naval warfare of the future would be run by the country that used submarines to steal close to the ironclad battleships and attack at close range. In 1870, Jules Verne published a novel "20,000 Leagues under the Sea" and an excited Holland persisted in turning a dream into reality. He was fortunate that while in Cork he had an excellent science teacher in Brother Dominic Burke, a Limerickman. Brother Burke encouraged him in his designs for a submarine and as early as 1859 he completed his first drafts for a submarine design, a design he never radically changed.

By the time Holland left the Brothers, his mother and his two brothers had immigrated to Boston. He joined them in 1873 and worked for a time with an engineering firm but then took up teaching again for six years in St. John's Catholic School in Paterson, New Jersey. When he submitted his design for a submarine to the U.S. Navy, the Navy Secretary rejected it as "a fantastic scheme of a civilian landsman."

One of his early submarines, the Holland No. 1 was planned in St. John's School and it was built in Todd & Raftery's shop, Paterson, NJ. It saw the light of day in 1877. It was 14 feet long and was powered by a primitive 4 h.p. engine and carried one man. It was brought down to the Passaic River and launched before a big audience. But someone had forgotten to insert the two screw plugs and the sub began to sink underneath the water.

The following day, however, Holland tried again and made several successful dives. His backers were impressed and voted to give him more money to develop a boat "suitable for war". Holland removed the useful parts from his No. 1 sub and scuttled her, figuring that it was cheaper to start fresh rather than take her out of the water and put her in storage. Fifty years later, the little sub was salvaged from the Passaic River and together with Holland's papers, is now preserved in the Paterson Town Museum.

Holland's next sub was called the Fenian Ram, after the group that gave him the money to build it. It was built at Delmater Iron works in New York. This was launched in 1881. It was 31 feet long, driven by a 15 h.p. engine, could travel at 9 m.p.h. over water and 7 under water, displaced 19 tons, and was armed with an underwater canon fired by compressed air. Although the Fenian Ram had marked an important stage in submarine development, his backers were no longer prepared to back Holland and severed all connections. He did sell his designs to the British Navy who launched their own Holland designed sub in October 1901.

After many frustrating efforts with the American Naval authorities, Holland won an open competition for a submarine design and in 1896 the John Holland Torpedo Boat Company was set up with Charles A. Morris as Chief Engineer. He helped designed the Holland Type VI submarine. This vessel made use of internal combustion engine power on the surface and electric battery power for submerged operations. It was launched in May, 1897, at Navy Lt. Lewis Nixon's Crescent Shipyard in Elizabeth, New Jersey. From the start there were problems due to undue interference from professionals in the Navy Department who regarded Holland as a gifted amateur. They insisted on some radical changes, which Holland said could not work. He was proved right in the end as the sub was far too cumbersome and was abandoned as useless in 1900.

Holland's No. 6 sub was his most successful craft so far. It was 53 feet long and driven by a 45 h.p. gas engine for surface travel and a 45 h.p. gas engine for underwater travel. It carried a crew of fifteen, and had a torpedo tube in the bow. It took its first dive on St. Patrick's Day, 1898, in New York Harbor and was acclaimed a success.

Despite inspections and favorable publicity and indeed the recommendation of the then Secretary of the Navy, Theodore Roosevelt, the Government did not buy the submarine. Holland made some alterations and after a final test in March 1900, the U.S. Government bought the Holland No. 6 on April 12th for \$150,000 - a bargain price, as it had cost twice as much to produce. It was commissioned on October 12, 1900, becoming the United States Navy's first commissioned submarine and renamed USS Holland.



*One of the Holland Subs*



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# Allentown High School's Senior Practicum Program Learning by Doing

By Pam Teel

Allentown's Senior Practicum program offers qualified (good grades, excellent attendance) students the opportunity to participate in one of three options that usually take place during one of their scheduled periods throughout the day, depending on their choice of options. Typically students take this opportunity for one semester during their senior year (the only year in which it is offered), however others do occasionally participate the whole year. The three options are as follows:

1. Students can participate in an internship. Many internships happen on campus for those wishing to shadow a teacher in any grade level or their in-house physical trainer. Students also have the opportunity to shadow, volunteer, or intern with an outside enterprise. Students are placed in all varieties of businesses from medicine to physical therapy, from veterinarians to finance, and more. It all depends upon their individual interests and what is available. Gunther Publishing is presently working with Allentown's Internship Program and would like the community to recognize the incredible opportunities the High School has to offer their students.
2. Some students participate in independent projects. Over the last few years, the coordinator for Senior Practicum, Mr. Robert Wicks, has had students write and publish novels, direct the senior play, and create marketing videos for the school. Each student that completes a project is required to do so under the guidance of a mentor who can help to keep them focused, on-task, and organized.
3. Other students choose to get some early college classes out of the way or take an exploratory class at a local community college in order to be one step ahead in their future course selection and future college majors.

All students are required to complete a minimum of 120 hours within their choice of practicums. They are responsible for weekly journaling of their experience and must attend twice monthly lunch meetings where they discuss their experience at a round table and receive helpful articles on careers and college from their coordinator. Students are also required to submit signed time sheets as proof of time spent. At the conclusion of their experience, students are invited to give a presentation that describes not only their unique experience, but also a reflection on what they've learned about themselves in the process.

As the coordinator for Senior Practicum, Mr. Wicks belongs to several Chambers of Commerce, including Princeton, Mid Jersey, and Western Monmouth, in order to forge relationships with prospective mentors to provide students with a stronger base of choices from which to choose for placement; although, students can also go to Mr. Wicks with a connection and desire on where they would like to start.

Anyone interested in connecting with Allentown High School for this purpose should direct any questions to Mr. Wicks, the Practicum Coordinator. He would be happy to meet with you and discuss student volunteer opportunities. It's a great way to introduce students to career pathways, make connections, and have them complete tasks and projects that will benefit their knowledge at no cost to the mentor. Robert L. Wicks, - The Coordinator of Senior Practicum, Upper Freehold Regional School District, 609-259-7292 x 1511.

Student, Vincent Conoscenti, the son of the Marketing Consultant at Gunther Publications, recently participated in a fall semester as an intern and completed a wonderful internship with Spacebar Recording Studio in Jackson. Another Allentown student, Nicole Iuzzolino is presently interning at Gunter Publishing as a Writer for the paper.

***If you are interested in an internship with Gunther Publishing, please send an email to Jolene Conoscenti-Director of Recruitment at: [Jolene@guntherpublications.com](mailto:Jolene@guntherpublications.com).***



Nicole Iuzzolino



Vincent Conoscenti



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# The Logic of Logos and Catchphrases

By Pam Teel

Abbreviations are short forms of lengthy expressions. Abbreviations are in use in almost every discipline and area of life from commonly used abbreviations like names, for instance Mr. for Mister or Sgt. for Sergeant, to less commonly used abbreviations, such as the shortened version of abbreviation itself, which is abbr. The U.S. is itself a well-established abbreviation. Abbreviations exist in all areas of life from medicine to military and international relations to religion.

Some common everyday abbreviations we use in our everyday life are as follows:

**P.S.** – Means "post script." At the end of a letter, people will often include a P.S. to include an extra thought that was intended to be included in the letter, but forgotten. Using a P.S. was more common in typewritten letters, when you couldn't go back and add a sentence in the body of a letter.

**A.S.A.P.** – "As soon as possible," used when encouraging someone to respond to a request without delay.

**E.T.A.** – This acronym means "estimated time of arrival," and is used as a guess for when one expects to arrive while traveling.

**B.Y.O.B.** – "Bring your own bottle" is used for parties where guests are expected to bring their own beverages.

**D.I.Y.** – This acronym stands for "do it yourself," which means creating something on your own. It is often used for crafts and home repairs.

In today's world, communication takes on the form of texting or using facebook. Are you up on your texting/facebook abbreviations? Below is a list of the most common ones.



**ASAP:** As Soon As Possible

**ASL:** Age/ Sex/ Location

**AAMOF:** As a matter of fact

**AKA:** Also Known As

**ATM:** At This Moment

**ACE:** A cool experience

**AD:** Awesome dude

**AFAIK:** As far as I know

**AFK:** Away from keyboard

**BBL:** Be Back Later.

**BC:** Be Cool.

**BRB:** Be Right Back

**BTW:** By the Way.

**BOT:** Back on Topic.

**B4:** Before

**CWYL:** Chat with you later

**CU:** See You!

**CYA:** See You

**CUL:** See you Later

**Cuz:** Because

**DIY:** Do it yourself

**DND:** Do not disturb

**F2F:** Face to Face

**FAQ:** Frequently asked questions

**FB:** Facebook

**FYEO:** For your eyes only

**FYI:** For your information.

**GAL:** Get a Life.

**GM:** Good Morning.

**GN:** Good Night.

**GNASD:** Good Night and Sweet Dreams

**G2B:** Going to Bed

**GR8:** Great.

**G2G:** Got to Go.

**HBU:** How about you.

**HAND:** Have a Nice Day.

**HMU:** Hit me up.

**IDC:** I don't care.

**IDK:** I don't know

**IC:** I See. (As same as it sounds)

**IDC:** I don't care.

**IIRC:** If I recall/remember correctly

**IM:** Instant Message.

**IMY:** I miss u

**IMHO:** In my humble opinion

**IS:** I'm sorry

**IQ:** Ignorance quotient

**JAM:** Just a minute.

**JK:** Just Kidding

**KMN:** Kill me now!

**K:** Okay

**LAM:** Leave a message.

**LOL:** Laugh out Loud

**LMS:** Like my status.

**LMAO:** Laugh my blank/sensored off

**LMHO:** Laughing my Head off.

**LMK:** Let Me Know

**L8R:** Later.

**MP:** My pleasure.

**Msg:** Message.

**NP:** No problem.

**OMG:** Oh my God!

**Pls:** Please

**PM:** Private Message

**Ppl:** People

**RIP:** Rest in peace.

**ROFL:** Rolling On Floor Laughing

**Q4U:** Question for you.

**SD:** Sweet Dreams

**sup:** wassup

**S2R:** Send to Receive.

**TBH:** To Be Honest

**Tnx:** Thanks

**TY:** Thank You

**Txt:** Text

**TCO:** Taken Care of.

**TMI:** Too much information.

**TTLY:** Talk to you later

**WTH:** What the hell

**WBU:** What about you.

**W8AM:** Wait a minute.

**WC:** Wrong conversation



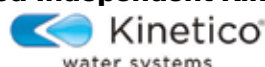


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## Biggest Spring Trends in Bathroom Décor

By Gabriella Mancuso

It's a new year which means new you and new bathroom, right? The biggest spring trends in bathroom decor are rising with new color schemes and new tips to help brighten up your bathroom. It's time to switch it around and stop walking into the same, old, boring bathroom.

Here are the top trends in bathroom decor for spring 2018:

### *One Color, Different Shades*

This option is for the people who have trouble selecting a color scheme. You can use one color and match it with a neutral contrast as a color scheme. This will result in your bathroom looking neat, beautiful and it is simple.

### *More Storage*

Less clutter is making a comeback! Adding more space for your essentials creates a cleaner look for your bathroom. You can also make the piece you are using for storage keeping cute and accessible. You can include nice, stained cabinets or a beautiful storage shelf. This way your stuff is put away neat, and is displayed in a cute way; it's a win, win!

### *Bamboo Flooring*

Bamboo Flooring is a risky way to change up your bathroom if you are willing to do it. It adds a modern, but beautiful look. You can input it on floors, ceilings, cabinets and more. Bamboo Flooring is the perfect way to add a natural look to your bathroom.

### *Stone Vessel Sinks*

Stone Vessel sinks are the most unique way to spice up your bathroom. Hand carved, beautiful, natural look it exactly what a stone vessel sink will bring to your home. It is also easy to match everything to, and creates new color schemes.

### *Showers with Metal Frames*

Placing metal frames on your shower door will create a fantastic new look that everyone will be talking about. It will give your door a window type of look, and your bathroom a rustic look over all.

### *All Blue*

If you are interested in doing a new color scheme, the blues are in! Light blue mixed with greens, dark blues mixed with gray or navy blues mixed with whites. Shower curtains, tiles, soaps, towels all under the blue to blue ratio.

### *Technology*

In 2018 technology is a major part of life, so why not add it to the bathroom? Living in today's world technology is always around us and you can add it to your bathroom space. Voice responding lights, voice responding jets and shower heads, speakers, temperature control, and more!





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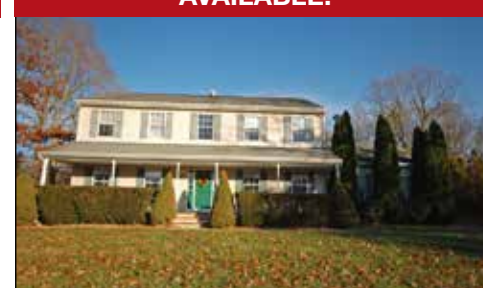
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MLS#7101362

316 Balsam Ct., Howell, NJ 07731  
\$255,000 Agent: Donna Moskowitz

Shows like a model home! 3br, 2.5ba Willow model townhouse with newer custom double french doors. Beautiful upgraded kitchen with newer granite counter tops and newer stainless steel appliances. Truly a move in home!



MLS#7090544

498 Bucklew Ave., Monroe, NJ 08831  
\$649,000 Agents: Suzanne Garfield/Cynthia Duvin

Newer construction home to be built on 1 acre with 2 car side entry garage. Choose from 2 models: The Maplewood with 5br, 3ba or The Birchwood with 5br, 3.5ba. Standard features 9' ceilings on the 1st floor, 42" kitchen cabinets with granite counter tops and stainless steel appliances. Many more standard features, too many to list.



MLS#7116936

7 Coventry Ln, Hopewell, NJ 08525  
\$729,900 Agents: Nancy Buonamassa/Anna Coriasco  
Situated on a scenic cul-de-sac, this traditional 4br, 2.5ba is as visually pleasing from the outside as it is on the inside. 42" custom cherry cabinets, granite counter tops and a center island cook top. Outdoor deck which overlooks the in ground pool, fenced in yard, and paver stone patio. This home shows like a NEW HOME due to its meticulous upkeep and spacious layout!



MLS#7124887

10 Devon Ct., Robbinsville, NJ 08691  
\$239,900 Agent: Matthew Green

This 2br, 1.5ba has tons of upgrades! New HVAC, upgraded hardwood floors, updated bathrooms, new windows, upgraded doors, newer hot water heater and granite counter tops in the kitchen. Don't miss out on this one!



MLS#7115752

3251 Nottingham Way, Hamilton, NJ 08619  
\$359,000 Agent: Iris Rodriguez

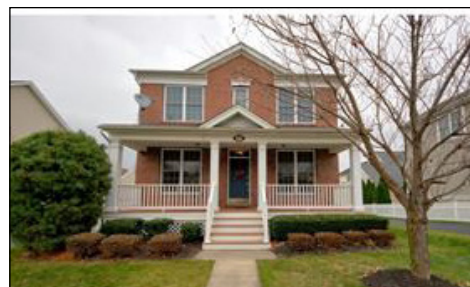
Fall in love with this 3 br, 2 ba charming, meticulously maintained and upgraded ranch. Hardwood floors throughout. Living room with fireplace. All bedrooms are spacious, with nice size closets. Beautiful and spacious kitchen with newly installed stainless steel appliances. Just minutes from the Hamilton train station.



MLS#7117866

42 Pickering Dr., Robbinsville, NJ 08691  
\$680,000 Agents: Anthony "Tony" Rosica & Nancy Buonamassa

Welcome to this pristine and elegant center hall colonial situated on a premium lot in the much sought after Toll Brothers Community of Washington Greene. This 4 br, 2.5ba is meticulously maintained by the original owners and offers many desirable features. An inviting heated in ground pool and a beautiful pergola with hot tub. A must see!!



MLS#7084110

21 Stevenson Lane, Chesterfield, NJ 08515  
\$399,500 Agent: Jo Ann Stewart

Come enjoy a true Move-In ready home in Chesterfield Green. This 4br, 2.5 ba has a charming front porch for all those lazy days just relaxing. An open floor plan with hardwood floors, fresh paint, LR, DR, a classic kitchen with a center island, SS appliances, and a bright sunny breakfast room! Come take a look, and you will get the feeling that you are home!!



MLS#7117984

65 Tattletown Rd., Yardville, NJ 08620  
\$599,900 Agent: Jan Rutowski

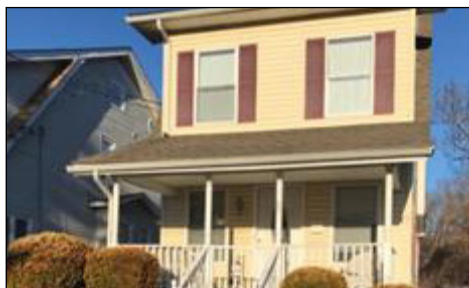
Two new homes being built in the Yardville section of Hamilton Twp. This largest lot which is 2.58 acres will have a 3,047 sq. ft. gorgeous colonial built on it with 2 car attached garage. All interested can sit with the builder to go over the details and options. Call for details today!



MLS#7083586

505 Tuxford Ct., Hopewell, NJ 08534  
\$309,900 Agent: Donna Moskowitz

Beautiful spotless 2br, 2.5ba townhouse located in the Brandon Farms development. Entering to the living room you have large cathedral ceilings and a gas fireplace. White kitchen cabinets await you in the large eat in kitchen. Blue ribbon Hopewell Valley schools, and minutes from shopping as well as major highways. This home is ready for the new buyer!



MLS#7114097

28 Bentley Ave., Hamilton, NJ 08619  
\$250,000 Agent: Lindsay Storaci

This cute 3br, 2ba is a commuters dream, close to major roadways and the train station. Spacious back yard that is fully fenced. Eat in kitchen with a mud room! Bonus loft space on the third floor for an office, den, or a possible extra bedroom. Upstairs you have three bedrooms with a full bath. Come check it out and make this cozy home yours.



MLS#7116043

246 Cedarville Rd., East Windsor, NJ 08520  
\$319,800 Agent: Donna Moskowitz

Welcome home! This move in home is surrounded by 2 plus acreage. This 3br, 2ba has an upgraded kitchen, complete with skylight. Large living room is a cozy room as you use your wood burning fire place on the cold evenings. This move in home will be able to accommodate a quick closing for you. Easy to show and ready to go!

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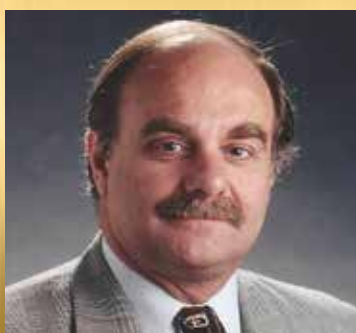


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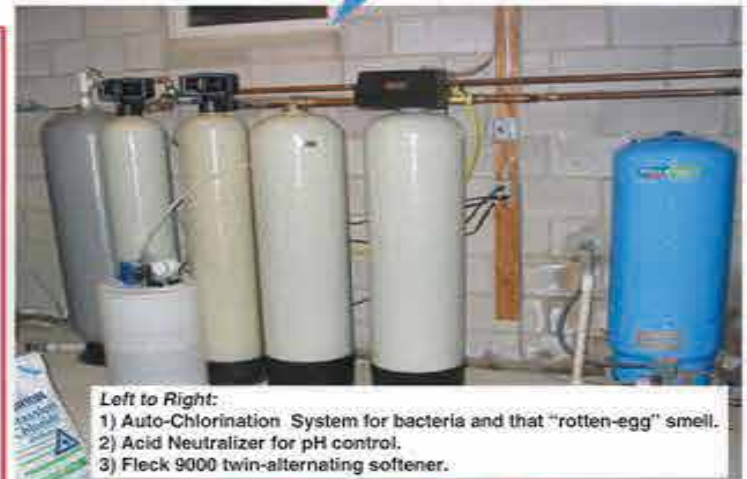


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## 2018 Garden Resolutions

By: Nicole Iuzzolino

Spring is around the corner, which means the flowers will start to be blooming soon. It is about that time to whip out the gardening gloves and seeds to start planting. Gardening can be a bit of a process and a lot of work. But with a solid list of resolutions, you can get it all done in no time.

Organization is the key to everything, and it certainly helps with gardening. Make a list in advance so you know exactly what you need for the season. Make a journal of your experience gardening each year. Maybe you sowed the beans too soon or waited too late to plant. By jotting down these notes you will improve your gardening skills every year. Another great thing to do is journal your observations. Maybe a certain type of butterfly prefers one of your flowers over the other. Maybe one plant you planted this year attract hummingbirds that you never got before. This will make you take time to appreciate the beautiful garden you put so much effort into doing. Also, adding some heirloom vegetables to your garden will definitely spice things up for you this spring season. Heirloom vegetables are open-pollinated, and passed down through the family for generations. Besides having massive amounts of flavor, you can save the seeds and replant them each year. If you did this with hybrid seed you would not get the same result. Plus, heirloom vegetables come with wonderful stories on how they came to the United States. You can grow a magenta sunset chard, sweet chocolate peppers, japanese white eggplant, and so much more! Another way to really add some character to your garden is by building a "bee motel". It'll be a little get away for all the little bees ready to pollinate your newly planted garden. Use hollow reeds or bamboo to make a little nesting place for them. It is the perfect way to attract bees to your garden.



This is just a few resolutions to have for spicing up your garden this 2018. Remember to have fun and make the garden the way you envision it to be.





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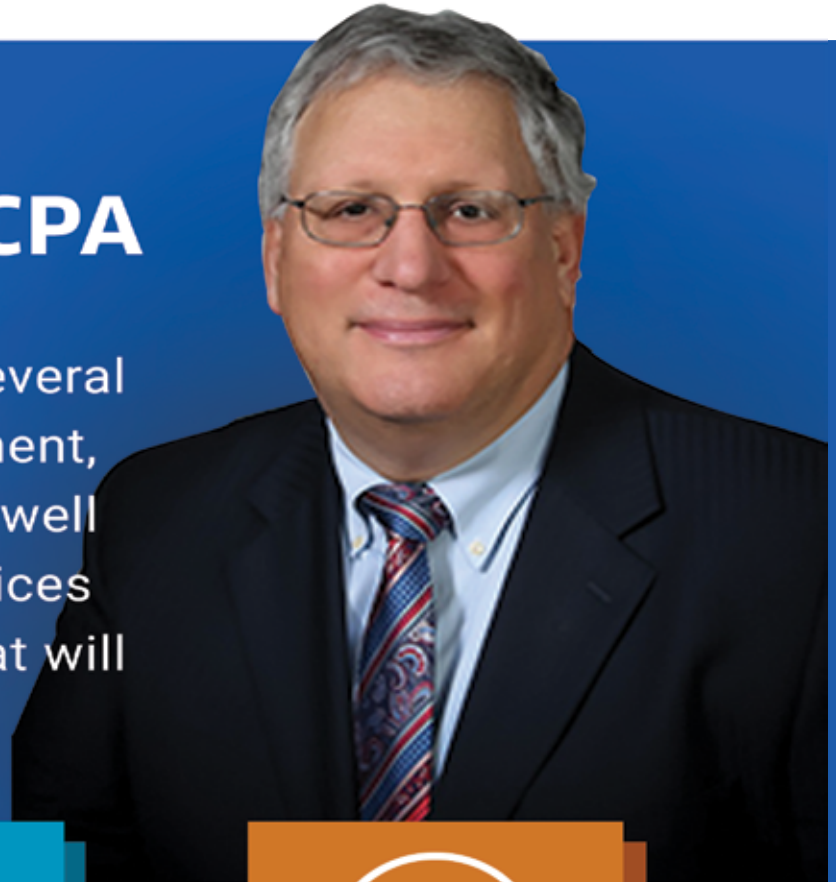
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## DOES 15 MINUTES REALLY SAVE YOU 15% ON CAR INSURANCE?

By John Bazzurro

The purpose of this article is to inform the public about a phenomena that I have come across in my personal injury practice concerning the “bargain” automobile insurance companies that advertise “discounted” insurance rates.

Did you ever wonder how these “bargain” insurance companies allow consumers to save “15% or more” on car insurance? Well, it has been my experience in my handling of a number of cases in my personal injury practice that the insurance coverage these companies are providing for the lower premium is really not the same insurance coverage that you may have had with your prior insurance company. Specifically, what I have seen on numerous occasions is that these “bargain” automobile insurance companies reduce the medical expense benefits coverage on these newly opened policies from the “normal” coverage in the State of New Jersey of \$250,000.00 for medical expenses arising out of the motor vehicle accident to only \$15,000.00 in medical expense coverage without specifically advising the insured individual or family members. Thus, although they are providing insurance coverage at reduced premiums, they are not providing the same insurance coverage that you may be giving up and this can be detrimental to those injured in a motor vehicle accidents.

What this means is that, in the event of a motor vehicle accident where you or a family member require medical attention, you will only have medical coverage available for you or family members in the amount of \$15,000.00 as opposed to the “normal” coverage of \$250,000.00 . As you can imagine, given the high costs of medical treatment, the \$15,000.00 in medical coverage does not go a long way in providing much-needed treatment and, as such, individuals injured in auto accidents who have this minimal medical coverage often have no means of obtaining medical treatment.

Obviously, unless you have a motor vehicle accident and require medical treatment, you will not even realize that your medical expense coverage has been reduced from your prior policy limits of \$250,000.00 to the minimal medical expense coverage of \$15,000.00. This scenario (the absence of a motor vehicle accident for which you need medical attention) is exactly what these bargain insurance companies are banking on so that you never find out that they have reduced your coverage without informing you of same.

Accordingly, in light of the above, it is important for you to insure that the policy limits in your new “bargain” insurance policy are the same policy limits that you had in your prior policy. Of course, it may be difficult for a layperson to decipher exactly what coverages are contained in their new or old policies. I invite anyone to submit their new and old declaration pages for my review so I may advise you accordingly. A quick review of your automobile insurance policy now could save a great deal of time later-especially if you require medical treatment the cost of which exceeds your policy limits.

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By Pam Teel

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Interest Rate	APR	Interest Rate	APR	Interest Rate	APR	Interest Rate	APR	Interest Rate	APR
\$17.96 per thousand		\$9.83 per thousand		\$7.27 per thousand		\$6.06 per thousand		\$5.07 per thousand	

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# Top Movies for Summer 2018

By Gabriella Mancuso

Everybody's favorite time of the year is almost here, and this time it is packed with amazing, soon to come, movies. Summer 2018 is coming fast with all the movies you have been waiting for. There are comedies, action, romance and family movies for all.

## Oceans Eight-June 8th

Taking place at New York's most luxurious a team of female criminal's plan to steal a necklace worth over \$100 million.

## The Incredibles 2-June 15th

Following the sequel of the first Disney classic, Incredibles 2 is shows the superhero family back in action fighting villains and getting the kids to school in time.

## Jurassic World: Fallen Kingdom-June 22nd

Continuing the extremely popular series, Jurassic World: Fallen Kingdom is about the genetically created dinosaurs, now free into the world, causing chaos worldwide. This results in a former professional dinosaur tamer to come to the rescue.

## Ant-Man and the Wasp-July 6th

In this superhero, action packed movie, Ant-Man joined by co-hero "Wasp" set out to retrieve haunting information from the past all while doing what they do best, fighting off the evil.

## Hotel Transylvania 3: Summer Vacation-July 13th

This family-fun comedy shows Drac and the rest of his monster friends and family taking a vacation themselves aboard a spooky cruise ship.

## Mission Impossible: Fallout-July 27th

From crawling through elevators, to top secret missions, Ethan Hunt is back and on a new mission after finding himself in an extremely dangerous situation, but of course he is not alone.

## The First Purge-July 4th

This horror movie tells the story of the first purge experiment taking place in Staten Island, New York. Despite being the latest one in the series this prequel shows the horror that took place the first time the law stepped down for 24 hours.

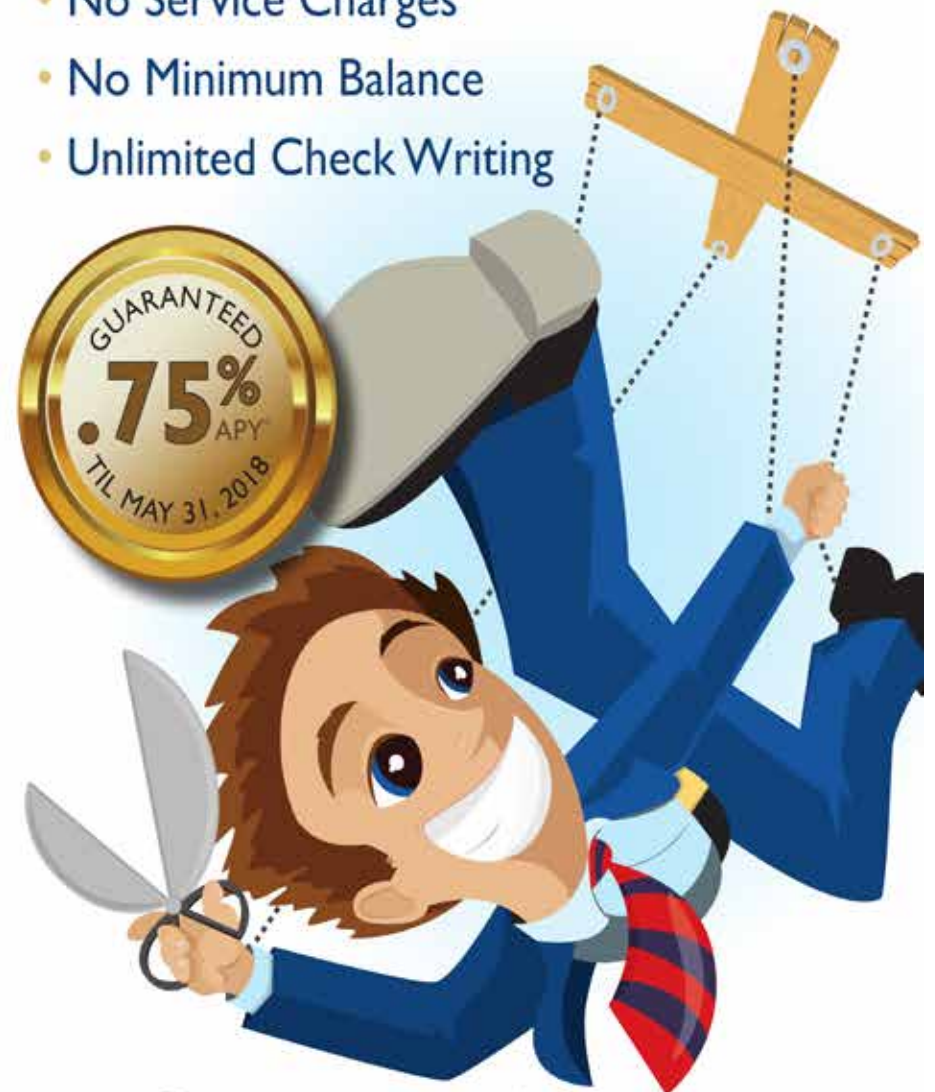
## Skyscraper-July 13th

Trapped in a burning building, the family of a former police officer's lives are set at stake, and who else to save them then the now out of retirement crime fighter himself.

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## DEAR DENTAL INSURANCE, WHAT HAVE YOU DONE FOR ME LATELY?

So you have dental insurance... why doesn't it cover all your treatments?

When most people think of insurance they think of their medical insurance. The biggest benefit they have with this type of coverage is that medical insurance not only pays for wellness visits but its major purpose is to help defray costs when it comes to catastrophic illness or accident.

**Enter dental insurance..** and while medical disease can be both unpredictable and catastrophic, the majority of dental ailments are preventable. Preventative care including routine check-ups and cleanings are paramount to maintaining good oral health. If you regularly visit your dentist, problems can be diagnosed early and treated without need for extensive, elaborate, or expensive procedures. That theoretically keeps the cost of dental care much lower than those of medical care.

So what really are the differences?

- **Medial Insurance** is designed primarily to cover the costs of diagnosing, treating, and curing serious illness or care in case of an accident. This usually requires a family practice physician, numerous specialists and a variety of tests administered by doctors and labs, multiple procedures may be required and the then there is the need for medication.

- **Dental Insurance** works differently. Most plans are designed to make sure that patients receive regular preventive care. High dental care rarely requires the complex multiple resources often required by medical care. Because most dental disease is preventable by routine care dental benefits are structured to encourage patients to get regular routine care.

- **Medical Insurance** usually pays for the majority of tests, operations, lab work etc. needed to diagnose and treat disease. The exception is some brand new technologies or experimental treatments.

- **Dental Insurances** are designed to cover only a portion of the total cost of a patients necessary dental needs when faced with treatment beyond the normal preventive care. For example your dentist may recommend a crown for a badly decayed tooth while your insurance may only pay for a filling, your dentist may recommend an implant for a diseased tooth but your plan will only pay for a bridge.

The second difference between the two types of insurance are important to expand on. If the patient has not maintained routine dental care and is now faced with extensive dental needs, they are presented with the choice- to accept the treatment planned as outline by their dentist and pay money out of their pocket to cover the treatment or only go forward with the treatment that is covered by insurance.

This leaves both the patient and the dentist in a bit of a pickle. The dentist wants to treat the disease that the patient is faced with so that it doesn't get worse or cause any more serious problems. The patient on the other hand is asking the dentist to only preform those treatments that are covered by their insurance which may not be the preferred solution to the problem. Or they may have multiple teeth that require care and ask that only certain teeth are treated and then will wait until the next year's dental benefits kick in.

The decision to not move forward with the recommended treatment usually leads to more extensive and expensive procedures. The patient may even be putting their health in jeopardy while delaying treatment.

The question you should ask yourself when making the decision to move forward with dental treatment not reimbursed by your dental plan is this, if you were presented with the fact that you had heart disease and your insurance did not pay for all of your treatment would you risk serious complications by only accepting the treatment covered by insurance or follow your physicians recommendation for treatment?

## Having trouble getting pregnant?

### *Have Your Husband Eat Tomatoes*

By Lauren Kolicki

Before you resort to spending a great deal of money on alternative fertility treatments, there may be another option.

"There's an assumption that infertility is a female issue because women are the ones who have the babies, but half the time it comes down to problems with sperm function or quality," says Karen Veness, spokeswoman for Britain's Infertility Network. Studies have shown that there is in an antioxidant compound found in tomatoes, that could increase sperm count by 70 percent. Lycopene, a powerful phytonutrient that gives tomatoes its color, has been found responsible for increasing sperm count, swimming speed, and decreasing abnormal sperm.

Aside from tomatoes assisting with conception, multiple studies have found that a tomato rich diet can reduce heart disease, help lower cholesterol levels, and reduce disease in the prostate, lung and stomach.





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# Feeling Sick or Just Cranky? Make a Menthol Bath Bomb

Menthol Bath Bombs are a great remedy to use in the bath or shower when you or your loved ones are feeling under the weather. Easy to make and store for when you need a quick pick me up, simply place a Menthol Bath Bomb in your tub and you'll be on the way to feeling better in no time.

### What you'll need:

- 2-ounce travel spritzer bottle filled with ½ Florida Orange Juice and ½ water
- Silicone mold
- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup cornstarch
- Drops of your favorite essential oils

### Preparation:

- 1.) Mix baking soda, citric acid and cornstarch in a mixing bowl. Be sure to break up any clumps.
- 2.) Slowly mix in the essential oils. Spritz small amounts of Florida orange juice and water while stirring until the mixture resembles wet sand.
- 3.) Press mixture into molds and let dry for up to eight hours.
- 4.) Carefully push completed bath bombs out of mold and store in container for future use. Enjoy!

*Fun Tip: Mix it up by using different essential oil combinations. Menthol Bath Bombs make a great addition to cold and flu care package for family members and friends.*





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## DNA Beauty Testing for Your Appearance

By Lauren Kolacki

Testing antigens in the blood to find appropriate donors has existed since the 1920's. Each year scientists made advancements, resulting in the discovery of DNA testing in the late 1970's. Today, taking an at-home DNA test has become particularly common. With new discoveries, these at home tests now include beauty results. With a simple swab, a DNA kit could specify characteristics about your appearance now and in the future. Those who have taken, have been informed of their UV sensitivity, skin elasticity, strength of their hair, etc. These tests even recommend specific cosmetics to assist with your concerns. By searching for skin and hair DNA tests, the internet will provide an abundance of kit options, such as SKin iQ, Orig3n, SkinGenie, SKINSHIFT, and Nutrafol — which could all be purchased online.





# Grieving Elderly and the Immune System

By Susan Heckler

Any type of loss or trauma throws your entire life into a tailspin. The loss of a loved one can particularly impact your emotional and physical health.

When you are under stress, ever notice a change in your blood pressure? It also throws off your cholesterol levels, brain chemistry, blood sugar levels, and hormonal balance. Stress plays a major role in your immune system. Our bodies have a delicate balance of two stress hormones, cortisol and dehydroepiandrosterone sulphate (DHEAS). While the stress hormone cortisol is known to suppress the immune system, DHEAS enhances it, so maintaining a relatively balanced ratio helps to keep your immune system functioning properly.

New research shows that the elderly are more prone to a weakened immune system while grieving. They are more likely to develop infections than the younger people due to the hormonal imbalance. Studies noted illness-fighting white blood cells were reduced among the older bereaved study participants. By age 30, the amount of DHEAS we produce starts to decline, with elderly having about 20% of the DHEAS they had in their youth.

Grief is also associated with chronic diseases like ulcerative colitis, rheumatoid arthritis, asthma, heart disease, and cancer. This is due, at least in part, to chronically elevated cortisol. Researchers found that losing a significant person in your life raises your risk of having a heart attack the next day by 21 times, and in the following week by 6 times. "Broken Heart Syndrome" is basically a "temporary" heart attack that occurs due to stress. This diminishes after about a month.

Sedentary behavior is linked to a 25 percent greater probability of being depressed compared to those who are active. This is true whether or not you're grieving. It is uncertain which comes first, the depression or the inactivity, as one leads to the other in either direction. Activity triggers a number of neurotransmitters, such as endorphins, serotonin, dopamine, glutamate, and GABA. These are well-known for their role in mood control. In many cases, being physically active may alleviate the need for anti-depressants.

During your time of crisis, pay careful attention to the elders and watch for warning signs.



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# PUMPING MENTAL IRON: IMPROVE YOUR MEMORY WITH BRAIN GAMES

By Marilyn Abrahamson, MA, CCC-SLP

We've all experienced it: that moment of panic when someone approaches and we can't remember her name, or when we're running late to an appointment and we can't find the car keys. These little lags in memory can slow down our days and add to anxiety, but all hope – and memory – is not lost.

## IS IT DEMENTIA OR DISTRACTION?

Most often, it's perfectly normal to walk into a room and forget why you walked in, or know the answer on Jeopardy! but struggle to find the right words. Our memories can fail us at times, but just like most things, a little practice makes (almost) perfect.

As a speech-language pathologist, I've worked with many people who say that they "can't remember anything anymore." However, when we test their information-retention skills, it's usually not a memory issue at all, but a problem with lack of attention. Mobile phones, and the access they provide to distracting activities like surfing social media sites, have shortened our attention spans over time.

Research has shown that even when people kept their cell phones on silent and upside down on their desks, they performed worse on tasks requiring focus and attention than those who stored their phones in a separate location. For years we've known that we begin to notice our attention starting to waver in our 40s but now it's happening much sooner. Recent reports have stated that a person's attention span has decreased from an average of 12 seconds to an average of 8 seconds. The average attention span of a goldfish is reported to be 9 seconds.

Because of this reduced ability to maintain a quiet mind, our brains are persistently seeking out new content, more stimulation, and it's having a marked effect on our ability to receive, retain and recall information. I often use the analogy of picturing a door on your forehead to explain attention. If you're fully engaged, that door is open and allowing the information to enter, but if you become distracted, the door closes and the information is lost. So, it isn't that you can't remember what you were told, you just never processed it in the first place. The good news is there are ways to overcome distraction. Our classes teach people ways to "switch on" their attention which will help them to acquire information and store it more effectively.

## SHARPEN YOUR SKILLS, SHARPEN YOUR MIND

The Minds in Motion program helps participants learn how memory works and why we forget, and teaches simple and effective strategies for improving information retention, retrieval and processing speed. Classes are designed for all adults who want to learn more about brain health and develop the cognitive reserve that will help stave off any future cognitive decline.

All classes focus on building cognitive reserve, preventing memory loss and acquiring new knowledge, so they're appropriate for people as young as 40 who want to strengthen their memory skills for the future.

And, this summer we're launching several new classes, including a series devoted to training your brain to improve the speed at which it processes information. The classes use beat-the-clock activities and team-based exercises to increase thinking speed and build confidence.

It's a normal aspect of aging that our processing speed slows down, but sometimes we make it worse by taking extra pauses because we're afraid of saying or doing the wrong thing. During this series, we'll stress "don't think, just do" to speed up response-time, build confidence and slow down the cognitive changes that go along with aging.

## THE 'KEYS' TO FINDING MORE TIME

One of our class participants told me that she had been wasting 20 to 40 minutes each day trying to find misplaced items, which was frustrating for her. After taking the Master Your Memory class, she learned the simple technique of placing a basket in each room to store the items that she lost most often, like her keys, wallet and glasses. By committing to only putting these items in a handful of places, she no longer has to search the entire house for them, and she's thrilled to have all of that time back in her day.

Through the miracles of modern medicine, Americans are living longer. Mental fitness will be a key component to maintaining independence and quality of life. By living a brain-healthy lifestyle, we can delay the onset of the symptoms of dementia and stay independent longer.

Classes are offered at CentraState Medical Center's main campus in Freehold and its satellite office in Monroe. To learn more, call 866-CENTRA7 or visit [livelifewellnj.com/memory](http://livelifewellnj.com/memory).

Marilyn Abrahamson, MA, CCC-SLP, is a speech-language pathologist and a certified brain health coach on staff at CentraState Medical Center.



# Monroe Seniors

## ***Membership Has its Benefits***

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. The monthly newsletter, Senior Focus, is distributed around the 15th of the previous month and members can sign-up for the special, monthly activities either via phone -- or -- in-person for all programs with a fee. Visit the Senior Center (or your local store, such as: Card's Mart, J&B, D&T, Brown Bag as well as your Township Library or Community Center) to pick up the newsletter. From your home, visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments" to access the calendar/newsletter as well as the Friendly Tidbits online.

Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members unable to attend a registered program, a cancellation phone call is appreciated. For more information, please call the Office/Senior Center at: 609-448-7140.

**Healthy Sleeping:** On Thursday, March 22, at 1:30 p.m., access your sleep habits and improve the quality of your sleep during this informative talk with Isabelle Kaplunovich, Sleep Center Coordinator, from CentraState. Find out how exercise, diet, and certain medications affect your "Zzzz". Please register early.

**Music Bingo:** On Monday, March 26, at 1:30 p.m., we welcome back Tara for BINGO with a musical twist. Sign-up with friends and enjoy a fun afternoon with a chance to win! Tickets: \$3 p.p., due upon registering in-person, in advance. No refunds after March 22nd.

**Blood Glucose/Blood Pressure Screening:** On Tuesday, March 27, from 10:30 a.m. to 12:30 p.m.; on a first-come, first-served basis, St. Peter's Community Health Unit will provide this free service. No fasting required. Pre-registration is necessary to verify number of participants. Space limited.

**Self-Massage Tech:** On Thursday, March 29, at 10:30 a.m., Jessica Lertch, PT, DPT, from Centrastate Healthcare System, provides this informative discussion and demonstration on foam rolling and self-myofascial release: techniques used to perform self-massage. Please register in advance.

**Van Gogh's Sunflowers:** On Monday, March 19, at 1 p.m., Professor Maurice Mahler examines the life and works of Van Gogh with specific focus on the artist's painting, "The Sunflowers". Please register in advance. Significance of Jerusalem: On Wednesday, March 21, at 2 p.m., we

welcome back Dr. David M. Brahinsky, explores the intense relationship between the three monotheistic religions and the city of Jerusalem. His talk looks at the history of these relationships as well as the conflict and agreements that emerged over the centuries. Please register in advance.

**Thomas Elefant Presents:** On Tuesday, March 27 and Wednesday, March 28, both at 1:30 p.m., Mr. Elefant brings "Spring" and nature to the forefront with his two programs this month. On the 27th, with THE AWAKENING OF SPRING, discover how composers described nature and springtime through their music. Then, on the 28th, listen to the wide variety of music depicting animals large and small, during ANIMALS IN MUSIC. When registering in advance, please specify dates.

**Art of the Masters:** On Monday, March 26, at 10 a.m., we welcome Cristina, from Creative Notions, LLC, on a new day and time as she brings the style of a particular artist to life. This month, the life and works of Johannes Vermeer will be explored during a brief lecture. Afterward, members, who requested/received a Project Coupon (while supplies last) will create a personal masterpiece in the artist's style using gouache paints. Lecture only? Feel free to register by phone. Need a coupon? Registration is required in-person, in advance. Space limited.

**ZUMBA GOLD:** Starting on Friday, March 23, at 9 a.m., join Fran for this 8-session, Latin-infused workout that gets your hips moving. Course fee: \$40 p.p., due upon registering in-person, in advance. Space limited. (No Class: March 30; Last Class: May 18.) Space limited as per program guidelines.

**Bodies in Motion (Monday):** Starting on Monday, March 26, at 9 a.m., join Georgeanne for this 10-session, weight-resistance program, with standing and sitting moves, featuring your own hand weights, resistance bands and spikey balls. (No Class: May 28; Last Class: June 4). Course fee: \$40 p.p., due upon registering in-person, in advance. Space limited to ensure safety.

## **SINGERS WANTED**

The Monroe Township Chorus is looking for new members to join the 2018 concert season. **IF YOU ARE A SOPRANO, ALTO, TENOR, OR BASS, COME SING WITH US** every Tuesday, at 9 a.m., in the Senior Center. For additional information, please call Sheila Werfel, Artistic Director, at 609-619-3229.

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## 5 REASONS YOU SHOULD REVIEW YOUR EXISTING ESTATE PLAN

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Many people already have an Estate Plan. If you have not done one, the State of New Jersey has provided one for you. If you are a senior citizen, it's quite possible you made one more than a decade ago. It's also possible that you haven't looked at it since it was originally drafted. We advise all our clients to review their Wills and plans periodically.

### 1. Changes in Relationships.

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

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

### 2. Changes in Assets

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

### 3. Changes in Location.

If you have moved into NJ from another location, you should consult an attorney in your new location to determine whether your Will or other documents are still valid. State laws vary, and you shouldn't assume that your old plan meets your new state's requirements.

### 4. Regular Check Ups

If you haven't looked at your plan in a few years, right now is probably a very good time to start your initial review. You won't need a lawyer for that. Start out

simple—how do you feel about the people named in your Will. Look at your division of assets. If questions or adjustments arise then it may be time to give your attorney a call. Also, if you are over 65 years old, it is also recommended that you review your Will, especially as this almost the time when your IRA, 401(k) and or other qualified plans require you to begin taking your distributions.

### 5. Changes in Tax Laws.

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

Begin your review with this checklist:

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

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

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# 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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# Best Things to Do with Grandma & Grandpa this Spring

By Stefanie Maglio

Grandparents love nothing more than getting opportunities to do things and spend quality time with their grandchildren. Depending on the age of the grandchild, it can be difficult to plan certain activities to do outside of the house. Luckily, spring is here which means warmer weather! Here are some great activities for grandparents and their grandchildren to get out and go do this season:

- Have a lemonade stand! Kick it up a notch by creating different flavors of lemonade such as berry or apple in addition to the traditional.
- Go out for ice cream. But don't just have a regular cone, go all out and get a sundae with whipped cream and cherries! Don't feel like going out? Buy some toppings and your favorite ice cream flavors for a do-it-yourself sundae at home.
- This one is more so for grandpa and grandchild: build a birdhouse together! Hang it up outside your house and watch how many birds stop by for a visit.
- Have a relaxing afternoon lying on a hammock in the backyard.
- Take turns reading chapters to each other from your favorite book, while sitting outside and getting some fresh air.
- Have a karaoke night! Grandparents can sing songs from their generation, while the grandkids sing some newer hits!
- Go swimming. Whether this may be in the pool in your backyard or at the beach, you're bound to have a great time together!
- Collect seashells together at the beach.
- Wash your car! Wear your bathing suits and this is guaranteed to not feel like a chore at all.
- Have a garage sale. Springtime is the perfect time to de-clutter!
- Most importantly, remember to take lots of pictures when you spend time together. It's important to cherish the time grandparents and grandchildren get to spend together. They build unbreakable bonds and learn things from each other that last a lifetime.

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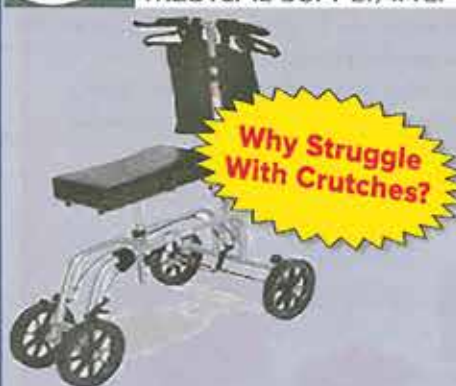
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# How to Get Older Adults More Physically Active? Eliminate Barriers.

What would happen if we were able to eliminate all the barriers to physical activity adoption and participation for older adults? Would more of them become physically active, reducing the burden that physical inactivity places on governments, societies, families and individuals? Imagine the immense change we would see in how the aging population impacts the world. To achieve this result, however, we must understand the complex barriers to physical activity in older adults, as well as the facilitators that support it.

Whether real or perceived, the barriers to physical activity adoption and participation are as diverse as the older population itself, challenging us at all levels to move to more person-centered approaches. In addition to national, regional and cultural differences, older people vary in functional levels (physical, cognitive, social), stages of life, life experiences, beliefs, values, expectations, aspirations, incomes, races, capabilities (hearing, vision, touch and speech), and health status. Understanding population differences and barriers allows us to make better decisions about the direction, design, development and delivery of our initiatives.

The following are some of the barriers and facilitators that commonly influence physical activity adoption and participation in older adults. These can be found throughout the social-ecological model, which considers the effects of social, physical, and policy environments on behavior:

**Public policy**—Barriers include few or ineffective policies and funding to support physical activity participation by older adults and confusing messages about physical activity guidelines. Facilitators include progressive urban-planning policies.

**Community**—Barriers include inaccessible facilities, access or barriers to moving about in the built-environment, and lack of local facilities and spaces for physical activity. Facilitators include walkable neighborhoods (e.g., street connectivity, pedestrian access, sidewalks), and the presence of parks and green spaces.)

**Organizational**—Barriers include lack of workplace or organizational policies to support physical activity, affordability of programs, competing priorities, design of physical spaces, and negative messages about aging. Facilitators include policies that incentivize physical activity, provide access to spaces for physical activity (indoors and outdoors) and focus on health literacy and health promotion.

**Interpersonal**—Barriers include social awkwardness, no exercise companions, competing priorities (e.g., family, friends, other activities), ageist stereotypes resulting in lack of support. Facilitators include valuing interaction with peers, and encouragement from others.

**Individual**—Barriers include physical, cognitive and mental health (e.g., physical health status, frailty, chronic pain or discomfort, chronic diseases, depression, fatigue and low energy), self-perception (e.g., values, culture, self-confidence, negative stereotypes, fear of falling and injury, unattainable expectations), lifestyle (e.g. apathy, isolation, independence, socio-economic status, enjoyment of physical activity). Facilitators include positive self-perception, valuing benefits of physical activity and lifestyle changes, and a desire for change.

When it comes to physical activity, ageist attitudes may influence whether or not older adults are active and to what degree, what kinds of activities they do, where they exercise, and whether they find supportive products, services and environments, and so on. On a personal level, individuals may doubt their ability to be active, and lack understanding about whether or not they may undertake specific activities—including if it's safe or socially acceptable for them to do so. Support, guidance and information are key to their overcoming this barrier.

Organizations that support physical activity can create strategies designed to eliminate barriers for older adults. If you have already developed strategies to tackle these barriers, please share them with this community.

Spread the word! Share this post using this sample tweet: @ColinMilner answers the question How to Get Older Adults More Physically Active on the BAYW blog. [Odphp.tumblr.com](https://odphp.tumblr.com) #BeActiveYourWay





# ASK THE AUDIOLOGIST

## Question:

How do I select the best hearing aid for my hearing loss?

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We believe the best way to select the best hearing aid for your listening and lifestyle needs is to try hearing aids. As Audiologists, we can test your hearing, make a recommendation and give you a demonstration of hearing aid technology in the office. However, we feel the best way to evaluate which technology is most appropriate for you is to use the aids in your environment and daily activities for 1-2 weeks. At Horizon Audiology, we offer trial hearing aids that can be programmed to your hearing loss the day of your audiologic evaluation. When you return for your follow-up, we are able to read the data-logging and truly see your individual listening environments and make the most appropriate technology recommendation.



Hearing Aid Technology is selected based on your audiologic results, lifestyle and budget. Horizon offers 5 levels of technology from essential, basic, advanced, premium and deluxe. Essential technology is ideal for a more private lifestyle including quiet conversations, on the phone and watching television. Basic technology is best for a lifestyle with minimal background noise, small family gatherings, religious services and driving. Advanced technology is for more active lifestyle and those in moderate background noise such as meetings, conversations with children, theaters, and group conversations. Premium technology provides optimum flexibility and performance of demanding listening environments. Includes attending meetings, social events, outdoor activities and high levels of background noise. Deluxe hearing aids work to automatically help you hear your best in all types of conversations and listening environments especially when background noise is high, your hearing aids will focus on speech from any direction and enjoy enhanced music performance.

At Horizon Audiology, we can offer hearing aids from 8 major manufacturers. As such, we are completely independent and are able to program, repair and service most products purchased elsewhere.

If you or someone you love is having difficulty hearing, listening, or communicating, Dr. Tara Fuchs and Dr. Jane Brady invite you to contact them for a consultation. Their offices are in East Windsor 609-448-9730 and Pennington 609-303-0291.



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[info@horizontaudiology.com](mailto:info@horizontaudiology.com)



# New Jersey Offers Hearing Aid Assistance to the Aged and Disabled (HAAAD) Program Summary

- Members receive \$100 reimbursement to offset the purchase of a hearing aid;
- Must be currently enrolled in the PAAD; or
- Meet PAAD eligibility criteria and complete a PAAD application to verify your age or disability status, state residency, and annual income.
- For additional information call toll free 1-800-792-9745.

Hearing Aid Assistance to the Aged and Disabled provides a \$100 reimbursement to eligible persons who purchase a hearing aid.

"Hearing Aid" means a custom-fitted ear-level or body-worn electronic device which enhances communication for the hearing impaired.

If you are receiving Medicaid or have other insurance coverage or retirement benefits, you are NOT eligible for HAAAD. However, you are eligible if you have only limited or partial coverage.

If you are currently enrolled in the PAAD or Lifeline program, you must complete a HAAAD application online at <http://www.state.nj.us/humanservices/doas/home/haaadetail.html> and submit the following documentation:

- A receipt for the purchase of your hearing aid.
- A written statement from your physician attesting to the medical necessity for obtaining a hearing aid.

If you are NOT currently enrolled in the PAAD or Lifeline program, you must complete a Universal Application, known as a UA-1 to verify your age or disability status, residency and annual income. For 2018, the HAAAD income limits are less than \$27,189 for single persons and less than \$33,334 for married couples.

*NOTE: Beneficiaries of the Senior Gold Prescription Discount Program are NOT eligible for HAAAD. For more info visit <http://www.state.nj.us/humanservices/doas/home/haaadetail.html>*





# BEST PET PHOTO CONTEST



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**CONGRATS!**



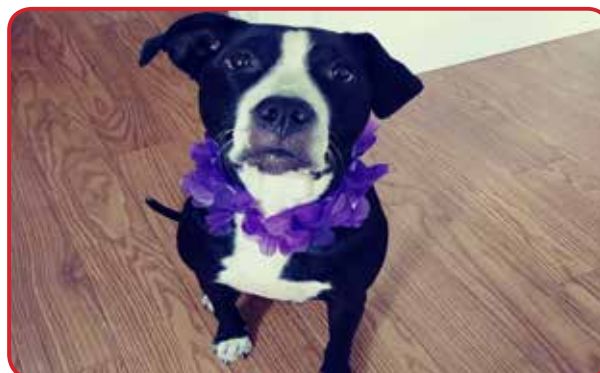
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## Dealing with a Jealous Dog and Newborns

By Gabriella Mancuso

Bringing home a newborn is an exciting and beautiful time. It appears everyone is just as excited as you, until you look at your dog. Dogs are a person's best friend. They require a lot of attention, nurturing and caring. When you bring home a baby that requires those same exact things, your priorities shift a bit and your dog notices. If you have been noticing odd behavior from your pup since your newest addition to the family arrived, it is simply because your dog is jealous of your newborn. There are many things you can do to help resolve this conflict.

If your dog is jealous of your newborn, you can easily help the situation. If your dog is well behaved and trained, the main goal is that the newborn and dog are comfortable around each other. Create situations in which the two can be around each other. Never leave your baby and dog alone, but have them spend as much time around each other as possible. For example, pet your dog while you are sitting on the couch with the baby. You can also take your dog for a walk with the baby carriage, and when your baby is playing around on the carpet play some catch with your dog. With this you should also dedicate some alone time with your dog. The perfect opportunity to do this is when your baby is asleep.

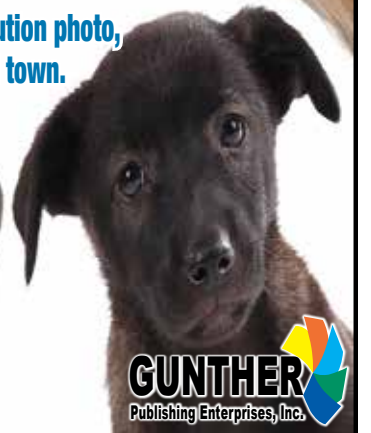
If your dog has recently started to behave bad, get jealous towards a specific person or whines and cries all the time these tips will for sure help. Dogs can get jealous over anyone or anything. However, my biggest tip for newborns and jealous dogs is to make sure you can all be one big, happy family! Equal effort, love and care for everyone including the dog.

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By Pam Teel

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On this website, you can find links to our pets that are currently up for adoption, as well as pictures of pets who have been previously adopted. Please call us at 732-251-3210 during morning working hours (7-10 AM Mon-Thurs, 7-4 PM Fri, 8:30-10:30 AM Sunday) only; afternoons are spent with the animals. Visitors are welcome during above business hours. We are closed on Saturdays, Thanksgiving, Christmas, and Easter. All donations are 100 per cent tax refundable. We do not take a salary. All money goes back into the facility and is used for the animal care. Email: linda@animalassistance.org. Visit website at: WWW.animalassistance.org. 645 Old Stage Road, East Brunswick, NJ.

On the website you can also view other nearby pets that need homes that are being held at other local facilities.

Read up about Animal Assistance's affiliated Pet Sanctuary in Pa.

You can also purchase home -made organic certified non-chocolate dog brownies. All proceeds go to help the animals. Visit them on facebook at: **Brownie the Plain Brown Dog.**

Visit our wishlist -Amazon.com- go onto our site and click the link. Amazon Smile will contribute 0.5% from all of your purchases to Animal Assistance. When you search to select "Your Charity" please enter 04-3654364 OR Animal Assistance E Brunswick. We appreciate your support!

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- Pet Items (new or used)

*All proceeds and donations taken in are for the animal's medical fund.*

*Animal Assistance personnel does not take salaries.*

*You can read up more information about each animal. You can also go to meet them in person. Go to website: scroll down to animalassistance petfinder.*



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female Kitten



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Kitten - 4 months



Mackrel Tabby



Emma



Lottie



Karly



Angie



Zubie



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Kitten- female about 4 months tested and shots soon to be spayed

Cat- 1-2 years neutered and declawed active friendly as all heck, could walk on a leash,

Cat-Tabby and white female spayed one -two years was very sick, but has recovered nicely,

Kitten- female about 4 months shots and tested.

Cat- Mackrel tabby female about 4 years declawed calm.

Emma- dachshund who loves the outdoors adult female

Lottie- cairn terrier Adult female

Karly-Pit bull terrier adult female

Angie- Chihuahua senior female

Zubie-Orange cat adult male



# Essential Oils and Your Dog

By Lauren Kolacki

Essential oils that are known to be safe for use around dogs. Use the web to search for more specific information such as uses and safety.

It is important to know that dogs are more sensitive to essential oils than humans are. Essential oils should always be used diluted, even when just inhaling. Only use essential oils with your dog when needed to address a concern – not to “prevent” a health issue. Never add essential oils to your dog's food or drinking water and avoid using essential oils with puppies under 10 weeks of age.

Essential oils have been in the news recently, largely due to reports that incidences of poisonings you think your pet may have consumed or had contact with essential oils, call the ASPCA Animal Poison Control Center hotline at 888-426-4435 and contact your veterinarian.

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# Dog Emotions

By: Nicole Iuzzolino

You know your dog is happy when they wag its tail. You know they want something when they pull the “puppy eyes” trick. However, dogs have more emotions than just happy and sad, and Psychology Today proves this. They state that researchers now know that dogs have the same brain structure that produce emotions in humans. They state that, “Dogs also have the same hormones and undergo the same chemical changes that humans do during emotional states”. This means that dogs primarily go through the same emotional stages that humans do. But dogs do not have emotions as complex as us, theirs are on a more basic level. When another group of researchers studied the brain activity between dogs and humans, they found similarly interesting results, which was published by Current Biology Today. When the humans and dogs were presented with positive sounds, such as laughing, there was greater neural activity, and it was the complete opposite for negative sounds, such as crying.

Studies have shown that dogs are able to have emotions such as optimism, anxiety, happiness, fear and depression. They can even feel jealous and have PTSD from trauma just like humans. Sometimes though it is hard to tell what emotions dogs have, so you have to look out for some of their key signs. Doctor Jill Sackman, an expert in behavioral medicine, gives a few examples. A dog that licks its lips and turns its head away is representing a nervous emotion. They even get jelous was another dog gets a reward that they wanted.

Dogs are very smart and interesting animals, and when dog owners say they think their animals are people, they are not exactly wrong. Dogs have very similar emotions, and brain structures to people.

Now next time you with your dog, remember that they have feelings just like you.





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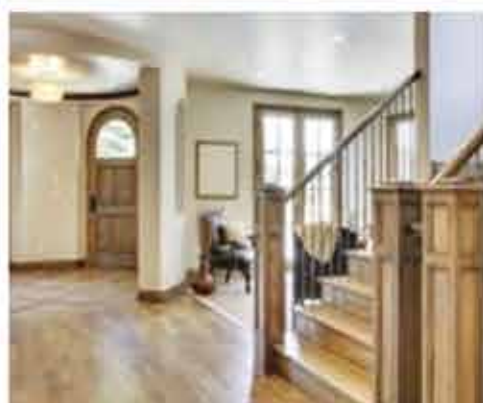


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