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## Take Advantage of Your Neighborhood Newspaper & News Source!

*The Millstone Times* is all about bringing people together and fostering a closer-knit community! Check out the many ways that you can contribute to and take advantage of your monthly neighborhood newspaper:

### MEET YOUR NEIGHBOR

Get to know your neighbors and community one resident at a time. We enjoy featuring residents from all walks of life. Make the newspaper your own by submitting nominations of families or individuals who you would like to see highlighted.

### SOCIAL SCENE

What's happening in your neighborhood? If you're part of a book club, social group or charity organization promoting fun or service in the community, share your experiences and photos, and invite others to join you!

### STUDENT OF THE MONTH

With parental permission, we highlight an extraordinary student each month. We showcase budding athletes, artists and actors among our community by submitting photos and details on kids' accomplishments, as well as information on school events and fundraisers your family and the local schools are involved in.

### SHARE YOUR PHOTOS!

Do you have pictures from your latest vacation? Have you captured a nature scene or a touching moment that begs to be shared? Let us help preserve your memories!

### PET OF THE MONTH

Share your love for your precious pet by introducing him/her to the community! Whether your friend is of the feline, canine, amphibian, avian or other species, we recognize the uniqueness of your pet and are happy to share his/her photo and name. All entries are entered to win the monthly Pet Contest. One winner a month will receive a \$100 gift card to a local Pet Spa and store.



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# The Logic of Logos and Catchphrases CLOSE BUT NO CIGAR

By Pam Teel

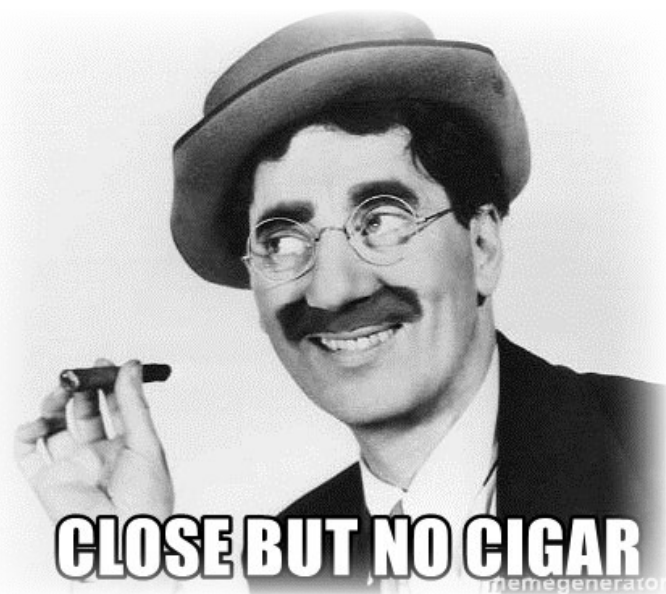
Did you ever wonder where the origin of this popular idiom “Close but no Cigar” came from? By definition, it means “to fall short of a successful outcome” or “close call.” It was first coined in the United States in the late 19th or early 20th century.

While it can't be proven definitively, it's likely that the phrase originated at fairgrounds around this time. Much like fairs today, booths would be set up and fair workers would host overpriced, nearly-impossible-to-win games for happy fairgoers to try. Games of strength, accuracy, and skill were played by men and women, and occasionally, someone would win just enough to keep people interested. Back then, though, the prizes weren't typically for kids, but for mom and dad, and during that time cigars were a very common prize given out to winners. Now-a-days the prize cigar has given way to big stuffed animals and plastic guitars hanging from the rafters of the game booths.

Because of this, most etymologists think it likely that the phrase originated from when someone came close to winning one of the nearly impossible games, but ultimately lost, earning “no cigar,” with game workers belting the phrase out when people lost, trying to draw crowds and encourage the person who got close to try again. As these fairs traveled around from town to town, state to state, the phrase spread rapidly.

Throughout the 1930's the phrase started appearing in newspapers more widely and by the late 1940's was nearly everywhere in reference to anything, close presidential races, bowling matches, and even in a 1935 film version of Annie Oakley where the line read, “Close Colonel, but no cigar.”

Today the phrase is still as popular as it was yesteryear. How many times have you found yourself saying this in your lifetime? I would wager, at least once.



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# 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 to. You may send photos more than one time.

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

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



Mike Trifiro from Millstone Township took this photo of the New York Skyline from Jersey City.



Ed Brady of Clarksburg took this photo of the Sun Tavern Lake this past March.



Artist turned photographer Sarita Garner got creative with her new app and a photo she took of a tree.




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*Do you want to discover new things about your neighbors? Want to be in the headlines? Want to see your pictures published?* We're looking for neighborhood families or individuals with a story to share to grace the pages and cover of this publication.

Your story might include love, romance, drama or any combination of the three. It could be to celebrate a milestone in your life, share about a recent vacation, or simply to introduce yourself and share what you love about the community. Everyone has a story to share, and we want to help you tell yours. We'll talk with you, write the article and place some photos on our pages too! If you know others who would enjoy this opportunity, we welcome nominations. Begin by brainstorming the people you know who you'd like to see in this publication. They might be your next-door neighbors and friends, volunteers who serve others through local charities, community leaders, athletes, artists or hobbyists.

You can also nominate someone for the "Let me Shake Your Hand" column. Do you know someone in your community with a great story to tell? Maybe they recently started a business, won an award, took a trip or made a difference? These are the people we want in the "Let me shake your hand" column!

To get started, go to [www.GuntherPublications.com](http://www.GuntherPublications.com) and click the email envelope icon on the top right to simply e-mail us. Email us your idea and contact information. Your content coordinator at GPE will contact you soon.

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# Where Did Man's Best Friend First Appear?

By: Nicole Iuzzolino

The earliest known dog-like fossils come from Europe. However, some DNA studies have implicated east Asia and the Middle East. A new and large DNA study is lining up with the fossils, suggesting dogs originated in Europe some 19,000 to 32,000 years ago.

Most scientists agree that dogs emerged from wolves to become the first domesticated animal. Their wolf ancestors began to associate and interact with people with theories such as: maybe they were drawn to and met humans by food in garbage areas left by human hunters. In the process of first human interactions they became tamer, and scientists believe people found them useful for things like hunting and guard duty. Over a very long time in this human environment, wolves gradually turned into the first dogs.

Researchers gathered DNA from fossils of 18 ancient wolf-like and dog-like creatures that lived up to 36,000 years ago in Argentina, Belgium, Germany, Russia, Switzerland and the United States. They compared the genetic material to modern samples from 49 wolves from North America, Asia, Europe and the Middle East with 77 dogs of a wide variety of breeds including cocker spaniel, basenji and golden retriever. Thru this study there now is genetic evidence for the origin of dogs coming from wolves and that the kind of wolf that gave rise to dogs is now extinct.

Many studies also suggest a better case for Europe than for east Asia or the Middle East as the only place where dogs emerged. Scientists conclude that Europe played a major role in the domestication process but cannot argue doubts that Asia and the Middle East may also have had ancient wolf like creatures as well.



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## A LOVING FAMILY

By Pam Teel

Animal Assistance, located in East Brunswick, New Jersey, since 1952, is a perpetual, lifetime animal care, pet adoption facility in a peaceful country atmosphere. Our family oriented animal center has a purpose to provide homes for animals down on their luck, on a case-by-case basis. Animal Assistance is one of the few animal facilities in the area actually located on a farm country setting with other 60 years of experience.

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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*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.*



Senator Brown



Tortalini



Kasper



Leno



Nicolette



Rummie



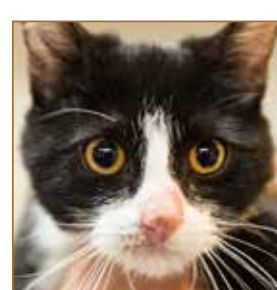
Chickie



Emma



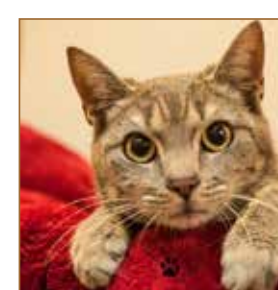
Mushy



Pauline



Shy Guy



Sharky

Senator Brown- Lab Retriever. Senator Brown has been there for a while. He is partially blind and needs a special someone to love him. He is friendly and loyal and would make a great companion.

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Kasper- young male tabby

Leno- young male tortoise

Nicolette - female young tabby

Rummie- young female short hair

Chickie- baby kitten -female. She loves to cuddle.

Emma- adult dachshund. She would be great on a farm. Loves to hunt and be outside. She's very smart- a great companion.

Mushy- adult female tabby

Pauline- young female domestic cat

Shy Guy- young male English Pointer

Sharky- young female



# Meet Your Neighbor: Samuel Davis

By Pam Teel

Sam was an educator before he retired two years ago. He taught Science at Trenton High School for 36 years; the very same high school he graduated from. As a science teacher he also had the privilege of teaching many children with special needs and even during the summer months he taught special needs children swimming lessons. He always felt teaching special needs children to be very rewarding. Just recently he went back to Mercer Elementary School; a special needs school, in Hamilton Township, and spoke to children from the third grade through the eighth grade. He was so impressed at how well behaved and attentive the children were and more impressed by the wonderful intelligent questions he received from them.

You see, Sam has an alter ego, and his name is George Washington. On any given day Sam makes George Washington come to life again. Whether he's lecturing in a school or a library, in front of a classroom of children or veterans, or at a historic site, Sam is one of the best George Washington impersonators in the greater Philly area. He's been on a horse since he was five years old and since childhood he has had a lifelong love for the American Revolution and for America. Sam is a true Patriot who loves to bring George back from the grave to anyone who is willing to listen to him spew out Washington's history and his pivotal role in the shaping of America. Sam has been portraying George Washington for over ten years now. A freemason for 35 years, Sam is also a member of the Sons of the American Revolution. Sam, his wife and daughter currently reside in Chesterfield.

As a motivational speaker, he loves to enlighten audiences with the vast knowledge he has of George Washington; knowledge such as Washington's leadership skills, character, and quality of life, the Battles of Trenton and Princeton, and the Battles of NY and the orderly retreat through NJ, covering many different areas throughout the state.

Sam has performed at the David Library for DAR, the Valley Forge National Park, the Bordentown Historical Society, Washington Crossing Park NJ, the Thomas Paine Society, the Chesterfield Elementary school, and the Sayen Elementary School, to name a few.

With a commanding voice he inspires those in his hold like George Washington once did his troops. He not only brings entertainment to the audience but true history. If you are interested in having Sam, AKA George, speak at your event you can contact him at 609- 477 -3169 - g1776wash@aol.com. Visit his website at: [generalgeorgewashington.com](http://generalgeorgewashington.com) or visit him on facebook.

"There is no greater reward that nothing can deprive me of and that is the consciousness of having done my duty with the strictest rectitude and most scrupulous exactness!" George Washington



Sam Davis aka George Washington  
at the Battle of Monmouth reenactment

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# Millstone Middle School Play “Anything Goes” Went Very Well!

By Pam Teel

With a rocky start to its three-day production due to a crazy March snowstorm, which caused the canceling of the first performance, the cast and crew were anxious to make it up the following two days as they vigorously took to the Performing Arts stage at their school.

Passengers and crew of the SS American set sail on March 3 & 4 with Eagle Productions’ performances of Cole Porter’s Anything Goes. Over 75 talented, dedicated Millstone Middle School students were involved onstage and off. In spite of Friday’s cancellation, Saturday and Sunday’s performances were smooth sailing. The students’ energetic rendition of this fun-filled classic American musical was met with thunderous applause from the audience.

“With so many professional touches, including colorful scenery and costumes, amazing vocals and dazzling dance numbers, this production truly showcased the amazing talent we have in our community,” stated Theatre Arts Teacher Lisa Marie Cappuzzo. Cappuzzo also directed the production. Also at hand were the musical director, music teacher, Heather Philhower, and the assistant director, language arts teacher, Karen Shaffer. Frank Iglesias, Middle School art teacher, was the set designer. His students did a fantastic job making and painting the sets. Aimee Lane, a Millstone Middle School graduate and professional dancer was the choreographer.

The students were very excited to perform this play. Many of the students in the production have had many years of experience on the stage and working under the direction of Mrs. Cappuzzo. Emma Morris who played the lead character, Rena Sweeney, sang and danced her heart out in a stellar performance. This was to be a bittersweet performance for her as it will be her last play at the Middle School as this eighth grader soon will be heading to high school. “It’s crazy walking past that poster everyday seeing myself looking down on me,” Emma stated. “I’ve made so many new memories and met so many new kids that I know I will be close with for a long time. When it was time for the shows, the reality of performing in front of so many people really hit me as did the reality of stepping on stage for my last middle school production. This show was a great way to end off. And I’m so happy I had Mrs. Cappuzzo to guide me along this journey. This is one show that I will never forget.”

8th grader Ellie Mashkevich (Bonnie) had this to say, “It was an honor to be cast as one of the lead roles in a play that was created 84 years ago. The entire cast did a great job and I truly had fun playing Bonnie’s character. It was a great way to complete my Millstone Middle School theater run. Big thanks to Mrs. Cappuzzo for teaching us about all aspects of theater and performing.”

8th grader Briana San Philips (Hope) stated, “I remember the first time I watched one of Mrs. Cappuzzo’s performances. I was a little fifth grader, staring up at the illuminated stage and thinking ‘I can’t wait for that to be me!’ When I got to sixth grade and finally had my chance and I was beyond thrilled. Being in the play these past three years has taught me so much. It helped me realize what an impact acting has had on my life. I will never forget Mrs. Cappuzzo, this beautiful stage, or the thrill of performing for a crowd. The memories I have will forever stay in my heart.”

From 8th grader Emily Hamnett (Ling) “This experience has changed how I look at theater and made me realize my passion for theater, from the past 3 years.”

Sixth grader, Jasmin Martinez, who was part of the dancing ensemble, really enjoyed bonding with the other kids in the play. This was her first time doing a play and she had a fun experience. She intends to continue on next year. She would like to encourage others to join. “Even if you don’t have a main role, you still worked hard and you still had fun. It was worth it,” she stated.

The School Productions have been nothing but a positive experience for all involved leaving an imprint on some of the students who wish to pursue future acting careers. No matter who signs up for the production, Ms. Cappuzzo always finds a place for everyone to be involved and to feel like a part of the whole!

Nice work to all the Middle School kids who poured their hearts and souls into the production!!



Above: Emma Morris (Reno Sweeney) Center and the Angels

Below: Ellie Mashkevich (Bonnie) & the Angels





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# WHAT'S HAPPENING

By Gabriella Mancuso

## APRIL:

- 15- Cherry Blossom Festival at Branch Brook Park in Belleville/Newark- Take in the beautiful scenery while enjoying crafts and music!
- 16- Historic Smithville's Easter Parade- enjoy a beautiful Easter parade and explore the cute town after!
- 17- Great Falls at Paterson in Passaic County 9am-4pm – If your spring break is not over yet take the journey to see this wonderful waterfall with the family.
- 18- The Piccadilly Circus at New Jersey Convention & Expo Center- Have fun at the circus with your whole family! A show for everyone!
- 19- George Thorogood at State Theatre, New Brunswick 8pm
- 20- Hunterdon County Parks and Recreation Earth Day @ Deer Path Park – Celebrate Earth Day in the park from 10:30am-4pm
- 21- Earth Day Walk at New Jersey Botanical Gardens @ 1 pm- enjoy the fresh spring air and scenery on this walk before Earth Day.
- 22- HAPPY EARTH DAY!!! TAKE CARE OF THE BEAUTIFUL PLANET WE LIVE ON AND ENJOY NATURE EXTRA TODAY!!!!
- 23- Appel Farm Arts and Music Center Earth Day Celebrations in Elmer- Enjoy crafts, arts activities and more all while staying green!
- 24- Daffodil Day Reeves-Reed Arboretum in Summit 11am-4pm- includes music, food and lovely flowers!
- 25- Johnson Public Library 3-D Exhibition in Hackensack- This exhibition shows a new feel to sea life and the ocean.
- 26- Cape May Spring Festival in Cape May- Enjoy the festival, the animals at the zoo and more!
- 27- Lambertville Shad Festival 12:30-5:30 pm in Lambertville- enjoy some fish and activities for the whole family!
- 28- Warren County Library Hackettstown Presents Karaoke and Pizza- sing to your favorite song while eating your favorite food.
- 29- Little Steven and the Disciples of Soul at State Theatre, New Brunswick
- 30- Free Ice-cream Day at Alstede Farms Chester, NJ 10 am-6 pm- Enjoy the farm animals and rides with a free ice cream.

## MAY:

- 1- Heroes in Chinese History at Good Study Learning School 5-6pm- acting, food, activities and fun.
- 2- Ocean Exploration Late Night at the Rutgers Geology Museum 4pm-8pm New Brunswick- Learn about the ocean through fun crafts and activities!
- 3- Bird Walks at Echo Hill Park 6:30 am- 8 pm- Enjoy an early morning walk on the trails with the County Parks Division and the birds!
- 4- Annual Herb and Heirloom Vegetable Sale at Montclair History Center Montclair 9am-8pm- Choose from a large selection of organic herb to spice up your cooking!
- 5- Mother's Day Annual Plant Sale at Essex County Presby Memorial Iris Gardens 9am-4pm- Choose from a selection of gorgeous flowers to show your moms how much you appreciate them.
- 6- The People Garden: Hamilton Stage in Rahway, NJ 7pm-8pm – The perfect show for people of all ages with awesome sing-a-long music included!
- 7- Seaside Heights Boardwalk in Ocean County- Enjoy the rides, restaurants and beach at seaside!
- 8- Kip's Castle Spring Tours in Essex County 7pm- Enjoy a cookie and drinks on this tour of Kip's Castle: Spring Edition
- 9- Cape May- Take a trip down to Cape May and enjoy the shops, beach, lighthouse, zoo and more with the family for an evening of fun!
- 10- Our Lady of Peace County Fair in New Providence- this festival features rides, games, food and treasures to take home!
- 11- Grounds for Sculpture in Hamilton, NJ 10am-6pm- an outdoor adventure for everyone! Go with friends, families or loved ones and experience sculptures like never before!
- 12- Spring Flower Fair at Rutgers Gardens, New Brunswick, NJ- choose flowers from Rutgers gorgeous gardens for your mothers or just to decorate your home.
- 13- HAPPY MOTHERS DAY!!!! Tell your mothers how much you love them, and enjoy the day showering them with appreciation!
- 14- Jenkinson's Boardwalk in Point Pleasant, NJ- soak in the sun at the beach, take on the boardwalk at night and have fun on the rides all day long!
- 15- After School: Junior Museum Creators 4:15-5:15 pm at Museum of Early Trades and Crafts Madison, NJ- Create unique and fun crafts after school with your friends!



# NJ Youth Soccer Names Volunteer of the Year

By Pam Teel

LIAM WINTZ was selected and formally honored as the 2017 NJ Youth Soccer Volunteer of the Year at the 30th Annual Awards Dinner in East Windsor, NJ, this past February. Other players, coaches and members of the soccer community were also honored on the same night.

Wintz has been a dedicated volunteer for the TOPSoccer program at West Morris Soccer Club since 2012, where he manages and recruits volunteers. He is continually praised for having a tremendous amount of enthusiasm and energy when working with the TOPSoccer Buddies and overseeing their events. Additionally, he extends his passion for TOPSoccer to everyone who is involved, priding himself on getting to know each individual player in the program.

Wintz notes that his involvement with TOPSoccer has enhanced his natural patience and kindness while deepening his awareness of the challenges that others face daily. His encouragement for players to use their abilities has also extended to the basketball court, where he created a winter program through "Buddy Hoops" with Mendham Patriot Basketball. Parents of the program describe Wintz as engaging, patient and dependable while characterizing him as an inspiring role model and leader.

TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young players with disabilities. The NJYS TOPSoccer Volunteer of the Year Award is presented each year to an individual who best exhibits the key qualities of patience, understanding, dependability and flexibility to adjust to changing on-field situations. The recipient continually promotes player safety while teaching and creating a fun and sociable experience for all participants.

To find out more about NJYS TOPSoccer or to contact them directly, please email [communications@njyouthsoccer.com](mailto:communications@njyouthsoccer.com). Also make sure to follow them on social media: @NJYouthSoccer



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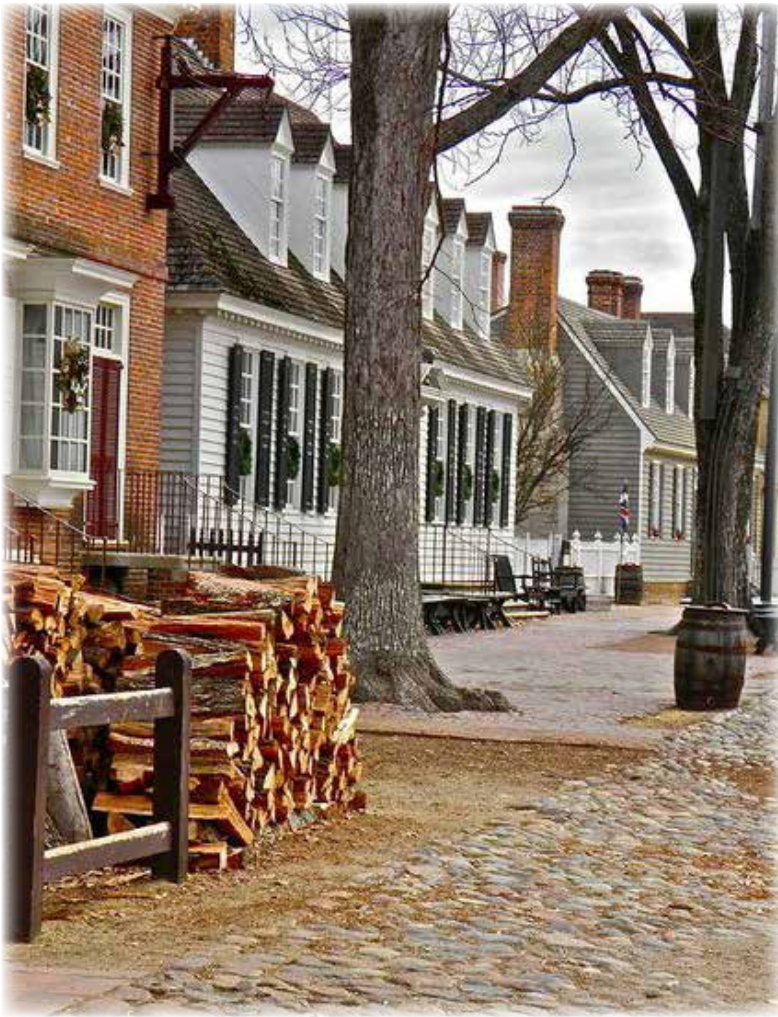
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# Weekend Getaways Williamstown, Virginia

By Pam Teel



*Historical Williamsburg*

Williamsburg was founded in 1632 as Middle Plantation, a fortified settlement on high ground between the James and York Rivers. The city served as the capital of the Colony and Commonwealth of Virginia from 1699 to 1780 and was the center of political events in Virginia leading to the American Revolution. The College of William & Mary, established in 1693, is the second-oldest institution of higher education in the United States and the only one of the nine colonial colleges located in the South; its alumni include three U.S. presidents as well as many other important figures in the nation's early history. Modern Williamsburg is a college town, inhabited in large part by William & Mary students and staff.

The city's tourism-based economy is driven by its heart, Colonial Williamsburg, the restored historic area of the city. There you can find in the historic district a living history museum where actors in period costume depict daily Colonial life in the streets, stores and workshops. Along with nearby Jamestown and Yorktown, Williamsburg forms part of the Historic Triangle, which attracts more than four million tourists each year.

Come springtime, Williamsburg is alive with life, music, and entertainment. Greater Williamsburg offers wild rides, fun and adventure throughout, shopping and fine dining on River Walk Landing, living history museums, sailing on the York River, hiking and biking throughout the many parks and trails in the area and more. There is so much to see and do in Williamsburg, you might need a few days to experience the many different cultural and historical places to go and visit. Here is only a partial list of some of the Williamsburg attractions.

Busch Gardens has always been a big draw for tourists. The theme park is bright and clean and caters to the family. In April it is especially beautiful with its fresh tulips and spring flowers that are abundant throughout the park. The park has many attractions, cool rides and roller coasters, and everything else a theme park has to offer. You can even take a tour to the Anheuser Busch Facility for free beer samples.

Colonial Williamsburg- Walk the old town and talk to the guides who are dressed in period clothing. They will tell you all about the history of the area and the people back in the day. The old buildings are a site to see. There is even a ghost tour at night.

College of William and Mary- The Sir Christopher Wren Building is only one of several historical attractions on the campus. The Wren Building is the oldest College building in America. The College is the second oldest University in the U.S.

Dewitt Wallace Museum- has over 8,000 objects in it from the 17th, 18th, and 19th century.

Jamestown Settlement and the American Revolution Museum – The original site of the first permanent English settlement. There are ongoing archeological digs. See the replica's of the old ships in the port.

Bassett Hall- Home of the Rockefeller family during the restoration of Colonial Williamsburg. Visit the beautiful gardens and old period furniture that fill the home.

Abby Aldrich Folk Art Museum- 19th century folk household objects, toys, furniture and paintings on display.

The Governors Palace- A luxurious palace that served the royal Governors of the Colony of VA. The palace is packed with history.

Other places to visit: The Yorktown Victory Center, Williamsburg Winery, Go Ape Treetop Adventures. Water Country USA, The Pottery Factory, Benjamin Powell House, Burgess Capital Building, Powhatan Indian Village, Peyton Randolph House, Jamestown Glass house, Kimble Theatre, Williamsburg Botanical Gardens, Merchants Square and Resort, and more. To plan your trip go to: [www.visitWilliamsburg.com](http://www.visitWilliamsburg.com)



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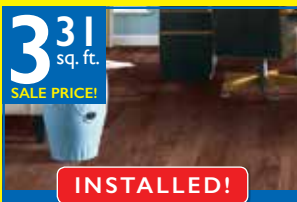
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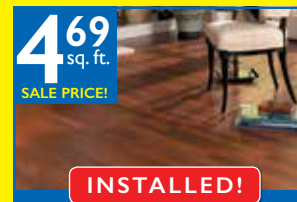
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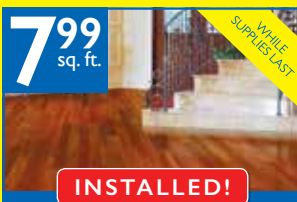
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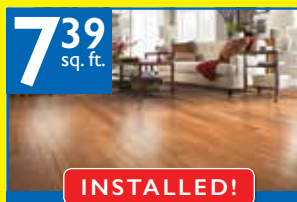
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By Lauren Kolacki

We all aspire to have one of those homes that as soon as the front door opens the perfect aroma surround you. It is fascinating how these scents always concur with the season or how you are feeling. You end up spending a fortune on candles, sprays, and essential oils in attempt to have one of those homes. Well here we have an easier fix, a less expensive solution.

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**Winter:** water, apples diced, pine cones, cinnamon sticks, oranges, rosemary, oranges, cranberries, cinnamon sticks, whole cloves

**Spring:** sliced lemon, mint, rosemary, vanilla extract  
Citrus Mint- limes, vanilla extract, thyme, mint

**Summer:** water, sliced lemons, limes, oranges, pineapple juice, coconut extract



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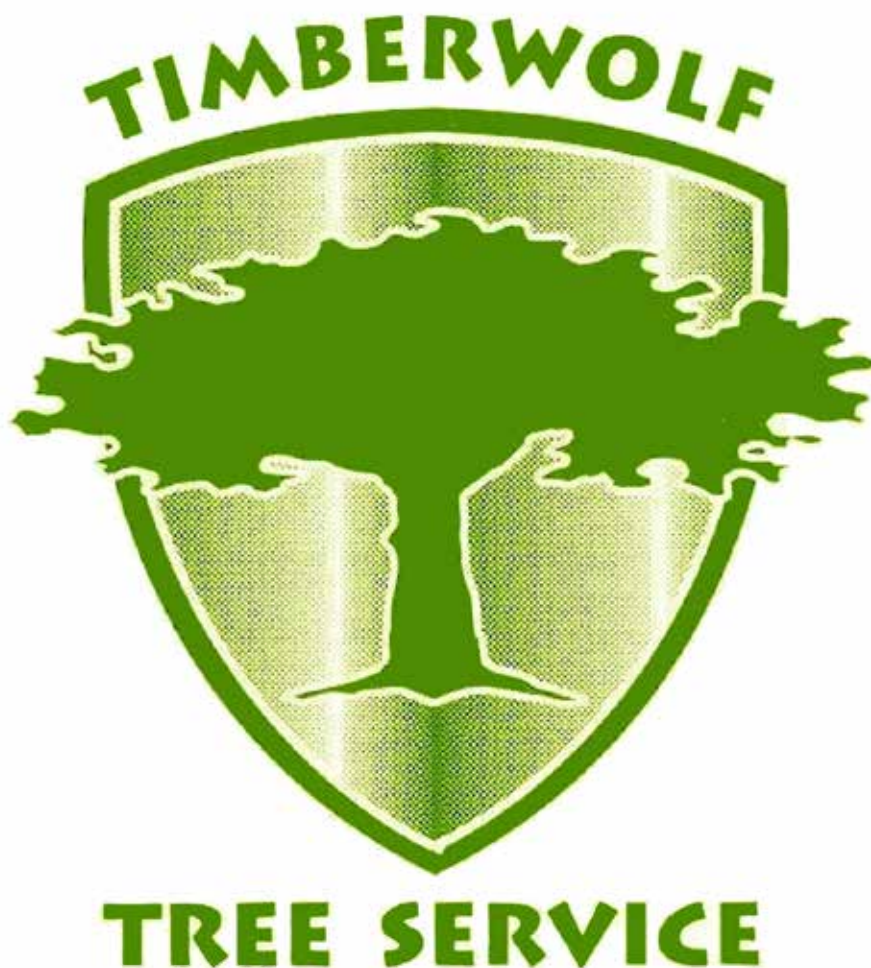
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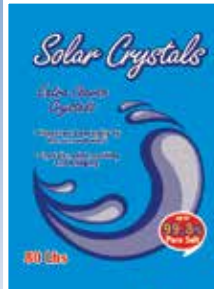
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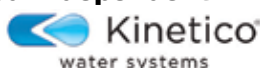


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## Stars Challenge Summer Camp at MAST

*MAST, the Marine Academy of Science and Technology, is once again hosting a Stars Challenge weeklong summer camp in marine science for middle school students. Deadline for applications is June 16, and applications can be found on line at [www.starschallenge.org](http://www.starschallenge.org).*

The program is a hands-on course with both lab and field work that explores the marine life and habitats of Sandy Hook's beaches and estuaries. The one-week camp runs from 8 a.m. to 1 p.m. Monday through Friday and is open to students who have completed 6th, 7th or 8th grade classes and earned a "B" or higher in their current year's science course.



Identical sessions will be offered June 25-29, July 9 -13, July 16-20 and July 23-July 27 for the convenience of interested students.

During the weeklong program, students will explore marine life by collecting, identifying and dissecting marine plants and animals, as well as learning to identify the unique characteristics of the various marine habitats on Sandy Hook including beaches, salt marshes, estuaries, bay and ocean. Students will be taught to understand physical impacts of the waves, tides and currents on the beach. Chemistry courses will also be offered, giving students the opportunity to experiment with techniques to analyze water temperature, dissolved oxygen content, and other chemicals in the water.

The summer Program is currently administered by The Stars Challenge and Hosted by MAST. The Stars Challenge is a science enrichment program with a goal towards encouraging more students to become innovators involved in science and technology to prepare them to take the lead in future technology. Focus is on students working in small groups to create innovative solutions. It was founded by Dr. Steve Chappell and Margaret Ann Chappell and offers fall and winter courses as well as summer programs in other schools in addition to the MAST program.

John Valente, MAST physics instructor, is the lead teacher for the program. He will be joined by three more MAST instructors, each teaching one of the week of the summer program. Teachers instructing with Valente this year are chemistry instructor Jessica Godkin, biology instructor Clare Ng, and oceanography instructor Lisa Baskin.

Valente said in past years students have always been eager to do both the lab and field work in the program, especially "the dissections of the major animal groups that are studied. They like that the program is a serious investigation of the marine environment since the course emphasizes the reasons why specific field investigations or dissections are conducted." Another unique area of study is the Holly Forest located on Sandy Hook. Marine Holly Forests are rare along the eastern seaboard, "having one right in our own backyard! is very special" Valente said.

Acceptance into the program is limited to 18 students per class, with two classes offered each of the four weeks. Students bring their own lunches. Cost for the programs is \$300. The on-line application, along with more information, can be found at [www.starschallenge.org](http://www.starschallenge.org).





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# THE MITZVAH PROJECT:

## What Every Upcoming Bar/Bat Mitzvah Needs to Know

A mitzvah project is one way to make sure your bar/bat mitzvah is unique and special. You'll choose one mitzvah, become an expert in it, and then present it to your friends and family in a way that only you can. Your bat mitzvah project is of the most meaningful things you can do in honor of your bar/bat mitzvah.

*Here's how it works:*

### 1. Choose a Mitzvah

That's not as easy as it sounds because there are hundreds to choose from! The good news is that, since there are so many, you should be able to find one that's meaningful and interesting to you. Start by thinking about your strengths and talents. Are you detail oriented? Artistic? Good at math or science? Love cooking? There are mitzvahs that have to do with every area of life.

*All mitzvahs fall into two basic categories:*

- Mitzvahs between you and G-d. Shabbat, keeping kosher and prayer are examples of mitzvahs between man and G-d. G-d commands us to do them, and they don't directly involve those around us.
- Mitzvahs between you and others. Charity, loving your fellow as yourself and the prohibitions against murder, stealing etc. are all examples of this kind of mitzvah. G-d commands us to do them, but they directly involve those around us.

### 2. Find out everything you can about this Mitzvah.

Start by making sure you know exactly how to do the mitzvah correctly. Once you've got it down pat, learn about what it means, and why it plays an important part in Judaism. Ask your rabbi to suggest books or other resources you can use.

### 3. You've done your research, now it's time to make this mitzvah your own.

Read over all your notes and highlight things that you found inspirational or meaningful. Think about how you would like to express this meaning and inspiration. It can be a scrapbook, a charity project, a computer program or a song. How you structure your mitzvah project depends on your own interests and talents and is entirely up to you. But the most important part of making this mitzvah your own is that you make a resolution to DIY--do it yourself!--whenever the opportunity arises. Since you're now an expert in this mitzvah, it shouldn't be a hard promise to keep. Let your imagination go – as long as you are determined and realistic you can choose almost anything for your mitzvah project.

Although you'll become a bat mitzvah with or without a Mitzvah Project, we encourage you to try it – it's a wonderful way to enter Jewish adulthood. And, chances are, the experience will stick with you long after your bat mitzvah celebration is officially over.







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## Recommended Books for Children of All Ages

By Gabriella Mancuso

Children of all ages enjoy reading a good book. The hard part about this is finding the right book to read. Not everyone likes the same genres, and everyone has their preference. Despite all these obstacles in choosing a good read there are a handful that every child should read.

### *Love You Forever*

by Robert Munsch

This book is a picture book, aimed for younger ages mostly, is about the love a mother has for her son. It tells the story of their caring relationship throughout time as each person grows older.



### *Junie B Jones*

by Barbara Park

This title serves a series of books written about a young girl named Junie B Jones. Throughout the series Junie B learns what it's like to go to school, grow up, make friends, use your imagination and face hard obstacles brought upon a young child.



### *The Giver*

by Lois Lowery

This novel is about a "perfect society". Throughout the book a boy is given the ability to see the imperfections with the world, and soon the perfect "society" once created to shield the citizens from harm begins to unravel.



### *The Percy Jackson Series*

by Rick Riordan

This series is about a young man named Percy who soon learns his life is connected to a world filled with Greek mythological creatures. Throughout the series Percy must adapt to this change, and fight battles in order to preserve his family name and home.



### *The Book Thief*

by Markus Zusak

This book tells the story of a young girl who, abandoned by her mom, lives with the Hubermann family during the time of World War II.



### *Where the Wild Things Are*

by Maurice Sendak

Being one of my favorite books ever written personally, this book tells the story of what happens when a child named Max gets sent to his room without dinner and falls asleep only to wake up in the forest where the "wild things" roam.





# WHEN YOUR SPOUSE DISLIKES THE MOUSE

By: Dawn Gunther

It's hard for us Disney Fans to imagine that there are people out there that don't like Disney. We all know that a Disney vacation promises to be full of entertainment, excitement, and adventure and they ALWAYS deliver. With commercials that boast about memories that will last a lifetime: who could not love going to the "Happiest Place on Earth"?

Sadly, there are people out there who don't share in our love for big eared; big hearted family fun. Some folks just don't get "it". I know about this first hand and struggle with this issue when planning our family vacations. My husband doesn't get my Disney obsession, which I can completely understand. I don't fully get his fishing obsession either, especially since it's catch and release. To me that is equivalent to shopping all day long and coming home empty handed, which would never be my case. To not be able to enjoy a Disney Park is another issue entirely and requires some strategic planning. I have managed to bring Hubby to Walt Disney World and Disneyland with great success. There are several key factors that one must consider when attempting to require a non-Disney lover to visit the parks. Visiting during the off-season is even more important since crowds will only help to prove any Disney dislike's point. Seeing crowds and waiting in long lines is a sure-fire way to ensure they will never return. Remember, your goal is to succeed in **EVERYONE** having a **MAGICAL** vacation and not a miserable one.

**FIRST**, consider what are your partner's likes? Do they like golf, fishing, boating, fine dining or maybe just hanging out by the pool? Well as you know, being a seasoned Disney Fan, Disney has something for everyone. Taking this into consideration, I took it upon myself to book a private Bass Fishing trip for my husband and son with Disney Tours. They fished early one morning on Seven Sea Lagoon while my younger son and I did some much-needed souvenir shopping. This allowed me to fulfill my shopping needs without boring my Hubby. My husband and son enjoyed the fruitful fishing experience and could create their own special memories outside the park. A win-win for all!

**SECOND**, on vacation, your non-Mickey loving friend may want to sleep in. Like most hard-working people, sleeping in defines the word "vacation". "What do you mean we need to get there before the park opens": is what you will probably hear if you so much as attempt this rope-drop ritual. If you can't waver from your instinctive desire to be the first one in the park, then I suggest doing this once during a week-long vacation. If you do decide to instill this military-like schedule, you will have a very unhappy soldier unless you leave mid-day for a little R&R. Heed my warning, allowing a non-Disney loving friend to leave mid-day has a high probability they won't return the same day. Sleeping in isn't all-bad so let them sleep. If you are an early riser, this gives you time to enjoy your resort while they are catching some much-needed shut-eye. When you do get to the park, your entire family will be refreshed all the way until the nighttime parades and fireworks. Not so bad!

**THIRD**, bribe them with food. Who doesn't love good food? My Hubby is a foodie so this was easy. Be sure to book at least one Advance Dining Reservation (ADR) a day. I've been known to even do two ADRs a day depending on the length of our vacation and ages of the family members traveling with us. My sister calls my fast-walk my "Disney Walk". Remember, not everyone wants to move at your pace. A nice break in a cool, air-conditioned restaurant may be more **MAGICAL** to your guest than you know. Remember, if you don't see everything the first time (which you won't), it's a great excuse to return. Research the restaurants at the parks and select according to what your partner would like. Make sure you talk-up the restaurants you've selected before your trip as well as each day while on your vacation. This will hopefully encourage your non-like minded vacationer to get excited about their day ahead. Save the high dollar meals (California Grill) and special meals (Ohana) toward the end of the trip. You want to keep their excitement and anticipation up for the entire trip. Be creative!

**LASTLY**, schedule an off day. Yes, I said OFF DAY. This is the hardest for me. I'm a busy body and if I know that Disney is a stone's throw away, it feels almost illegal to not be there. When planning your vacation, ask your patient partner what they may want to do on vacation. If it's in Florida maybe an exciting airboat tour of the Everglades would do the trick. If it's in California maybe a day trip to iconic Hollywood and Beverly Hills for some sightseeing. Keep in mind that it's quite possible your guest may just want a day off, doing nothing at all. If this is the case, use this day for yourself with their permission of course. Disney offers some great tours. I've been to the park and experienced a tour by myself and had a great time. Don't let some one's disinterest detract from your dreams. Be brave!

In an ideal world, my Hubby would be mutually addicted to Disney and we would lie in bed at night discussing Disney trivia, upcoming changes to the parks and when we would be going AGAIN. (possibly wearing our ears) We would try to one-up each other and see who heard the Disney gossip first. I'm fortunate that we have 3 boys whom I've could brainwash at an early age. Luckily, my sister Norma and three boys, Cameron, Ian and Landon are more than happy to accompany me on my numerous visits to the House of The Mouse. I still hold out hope that my husband, Dave, will adopt a "can't beat 'em, join 'em" attitude. Until then, I will embrace our differences and consider him my lesser half. Everyone knows that the better half is the Disney Lover!





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## The Millstone Times STUDENT OF THE MONTH

By Pam Teel

Tia Bajaj is 11 years old and is in the sixth grade. She lives in Millstone and attends Millstone Township Middle School.

She has an excitement for learning and puts her all into everything that she does. She makes sure that her schoolwork is always the best that she can do.

Tia gets good grades and excels in all the subject areas. She has a never give-up attitude. She loves to hang out with

her best buddies Christabella, Farah, and Prisha.

She likes to read fiction books and lets her imagination go wild on paper. She often sweeps her way into her own fantasy world full of unicorns, forest nymphs and princesses.

Tia likes to play basketball, swimming laps, and dancing to classical music. She also plays the Saxophone.

Tia loves chocolate. She has a sweet tooth and also loves ice cream.

Tia likes to crochet. She also likes coloring and writing.

She is an animal lover and is currently working on project called 'OH DEER' in Future Problem Solvers Club at school.

Tia is not sure right now what she wants to be when she gets older but there is still plenty of time to decide.

Tia lives with her parents and her little brother Samay.

Keep up the great work in school Tia!

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





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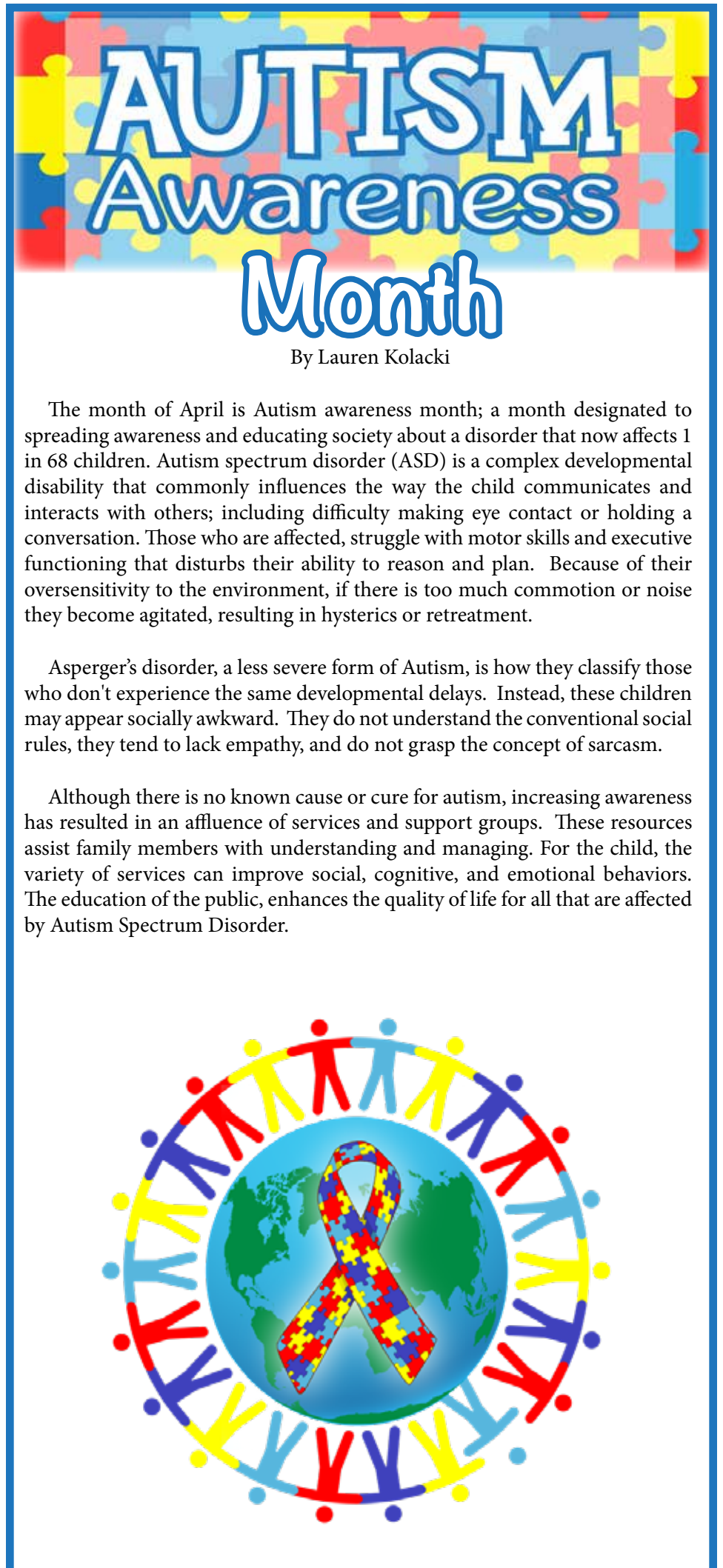
**OPEN TRYOUTS**

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*For Location, Dates & Time Please Call:*  
**Pam Kleschinsky**  
**732-497-2905**  
**[MillstoneSoccer@gmail.com](mailto:MillstoneSoccer@gmail.com)**

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**No Training Fees**

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# AUTISM Awareness Month

By Lauren Kolacki

The month of April is Autism awareness month; a month designated to spreading awareness and educating society about a disorder that now affects 1 in 68 children. Autism spectrum disorder (ASD) is a complex developmental disability that commonly influences the way the child communicates and interacts with others; including difficulty making eye contact or holding a conversation. Those who are affected, struggle with motor skills and executive functioning that disturbs their ability to reason and plan. Because of their oversensitivity to the environment, if there is too much commotion or noise they become agitated, resulting in hysterics or retreatment.

Asperger's disorder, a less severe form of Autism, is how they classify those who don't experience the same developmental delays. Instead, these children may appear socially awkward. They do not understand the conventional social rules, they tend to lack empathy, and do not grasp the concept of sarcasm.

Although there is no known cause or cure for autism, increasing awareness has resulted in an affluence of services and support groups. These resources assist family members with understanding and managing. For the child, the variety of services can improve social, cognitive, and emotional behaviors. The education of the public, enhances the quality of life for all that are affected by Autism Spectrum Disorder.





# Yours to Discover

SATURDAY, MAY 12, 2018 • 9AM - 12PM

## CLAYTON PARK ACTIVITY CENTER OPEN HOUSE

202 Davis Station Rd  
Upper Freehold (Imlaystown)

- Nature Activities -
- Outdoor Activities -  
weather permitting
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## Kids and Celebrities

By Gabriella Mancuso

Celebrities have an immense impact on today's society. Even more so, celebrities have such a large impact on our children. Media and television give children an easy access point to celebrities' lives. This means that kids see almost everything celebrities do. This could be a good thing and a bad thing. Considering celebrities have such a big influence on your child's life, it is totally understandable for you to want to ensure that it is a good influence.

To make sure that your child is being influenced in a good way by their favorite celebrities you can ask them questions; not directly, but subtle. Ask them how they feel on certain topics. You can ask questions on drugs, sex or anything you are concerned towards to see how they will react. You can also talk about their favored celebrities and see how they speak of them. If their celebrities are getting into trouble, and with today's world it is highly likely, make sure they know right from wrong. Remind your child that not everything their "idols" do are right, especially if it includes cheating or drugs.

Although it is entertaining to watch famous people live their luxurious lives remind yourself and your child that fame comes with a cost. You don't want your favorite celebrity's life, and to have your own beliefs and morals is important. It can be very easy to be persuaded to believe a certain thing or think a certain way because someone you idolize is doing it. This does not mean that your child should be banned from being connected with the famous and social media, but it means to make sure to teach your child to always be true to themselves no matter what their favorite celebrities do or say.





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**\$725,000 Millstone Twp.**  
 This Updated 5 BR, 4.5 Bath Home Situated On 2.3 Acres Has So Many Desirable Features. Gourmet Kitchen, Family Rm With Stone Fireplace, Finished Walkout Basement, Huge Deck, Private Yard With In-ground Pool & Much More!



**\$850,000 Upper Freehold**  
 Upgraded Toll Brothers Home Situated On 1.16 Acres In Golf Edge Estates With Impressive 2 Story Foyer w/Bridal Staircase. Home Features 4 Bedrooms All With Private Baths Including Master BR w/Sitting Rm, Several Walk In Closets & Huge Master Bath. Expansive Kitchen, 2 Story Family Room w/Fireplace & Rear Staircase. The List Goes On!



**\$375,000 Millstone Twp.**  
 This 4 Bedroom 2.5 Bath Center Hall Colonial Home Is Situated On 8 Private Acres. Spacious Kitchen w/Breakfast Area, Formal Living & Dining Rooms, Family Room w/Fireplace, Full Basement & Large Rear Deck.



**\$675,000 Upper Freehold Twp.**  
 Elegant 4 BR, 3.5 Bath Colonial Situated On 2.62 Acres. Two Story Foyer w/Double Faced Staircase. Open Floorplan w/Lots Of Hardwoods, Spacious Kitchen Flowing Into The Sunroom & Family Rm w/Fireplace & Rear Staircase. Finished Basement & More!



**\$649,000 Millstone Twp.**  
 Beautiful Custom 4 BR, 3.5 Bath Home On 7 Acres. Inside You Find Gourmet Kitchen w/Granite Counters, Formal Living & Dining Rooms, Huge Master Suite w/3 Closets, Spacious Walkup Attic, Full Basement, Wrap Around Porch, Beautiful Built In Pool.



**\$515,000 Jackson Twp.**  
 Two Year Young 4 Bedroom Colonial Located On Cul-De-Sac On One Acre. Pristine Hardwood Flrs, Large Kitchen w/Breakfast Nook, Crown Molding, Custom Wainscoting, Full Basement, Custom Patio & Walkway To Private Backyard & So Much More!



**\$450,000 Jackson Twp.**  
 Spacious 4 BR, 3 Bath Expanded Ranch w/Open Floor Plan. Center Island Kitchen w/Breakfast Nook, Bright & Tranquil Family room w/ Fireplace, Full Finished Basement w/Full Bath, Oversized Two Car Garage w/Stairs To Storage Attic. Front Porch & Backyard Deck Too.



**\$699,000 Old Bridge Twp.**  
 Meticulously Maintained 5 BR, 2.5 Bath Colonial With Huge Kitchen & Open Floor Plan To The Family Room. Spacious & Elegant Living & Dining Rooms, Luxurious Master BR w/2 Walk In Closets, Amazing Sitting Room & Full Bath w/Large Soaking Tub.



**\$579,000 Monroe Twp.**  
 Impeccably Maintained and Fully Upgraded 3 BR, 2.5 Bath Colonial. New Kitchen Fully Equipped w/Granite, Appliances & All New Tile. Gas Fireplace, Fresh Paint, Wood Flooring Throughout, Recess Lighting & So Much More! Bring Your Bags & Move Right In!



**\$549,900 Jackson Twp.**  
 Spacious 4 BR Colonial Home In The Desirable "Reserves". New Hardwood Floors, Formal Living & Dining Rooms, Gourmet Kitchen That Opens To Family Room w/ Fireplace, Expansive Master Suite w/Sitting Area & Upgraded Bath. Light & Bright Sunroom & Gorgeous Inground Pool.



**\$935,000 Upper Freehold Twp.**  
 Large & Luxurious 5348 SF Home Featuring 5 Spacious BR Suites w/Walk In Closets & Private Baths. Impressive 2 Story Foyer w/Curved Staircase, Massive Kitchen Leads To Sun Room, Lots Of Floor To Ceiling Windows, 2 Story Family Rm w/Gas Fireplace & Rear Staircase. Finished Walkout Basement & So Much More!



**\$484,900 Jackson Twp.**  
 Move Right In & Enjoy This 4 BR Home Located On A Quiet Cul-de-sac In Northern Jackson Twp. Spacious Living & Dining Rooms, Updated Kitchen, Tastefully Finished Room In Basement, Large Deck & Inground Pool Great For Entertaining.



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**NEW LISTING!**



**308 Sweetmans Lane,  
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\$879,950**

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**2 Yeager Drive,  
Allentown  
\$649,950**

**UNDER CONTRACT!**



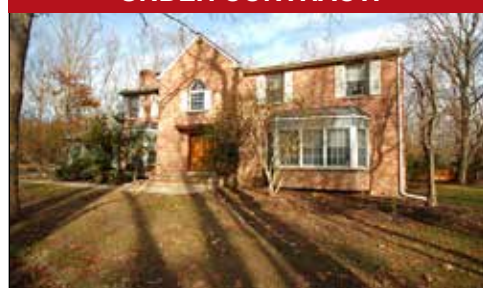
**81 Forest Park Ter.,  
Monroe Twp.  
\$339,950**

**UNDER CONTRACT!**



**516 Stagecoach Road,  
Millstone Twp.  
\$499,950**

**UNDER CONTRACT!**



**28 Deer Trail Dr.,  
Millstone Twp.  
\$499,950**

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**8 Farmer Drive,  
Allentown  
\$180,000**

**SOLD!**



**1 Moonlight Court,  
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\*According to TrendGraphix 2017/Monmouth County Volume/Mercer County Units



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MLS#7131652

45 Haymarket Ct., East Windsor, NJ 08512  
\$300,000 Agents: Nancy Buonomassa/Anthony "Tony" Rosica

Situated on a quiet cul-de-sac, this 2 br, 2.5 ba contemporary townhome is an opportunity you won't want to pass up! Vaulted ceilings, granite wood burning fireplace, upgraded kitchen with new stainless steel appliances and updated cabinets. Fenced in yard offering a great space for entertaining.



MLS#7139403

10 Jonathan Dr., Robbinsville, NJ 08691  
\$1,099,900 Agent: Jessica Leale

Stunning 5,314 sq. ft. custom brick estate is like no other in Robbinsville! 6 bedrooms, 4.5 baths, 2 laundry rooms, and a 3 car garage, this luxury home sits on a 2.44 acre, parklike, wooded lot at the end of a private cul-de-sac street.



MLS#7135414

237 Meadowbrook Rd., Robbinsville, NJ 08691  
\$719,900 Agent: Jessica Leale

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#7133826

96 Miry Brook Rd., Hamilton, NJ 08690  
\$319,900 Agent: Nina Cestare

Prestine split level home boasting 4 bedrooms and 2 full baths! Hardwood flooring in the living room. Newer heater and A/C unit. Timberline roof and beautiful 2-tier deck which included custom cabana, gazebo and 30x15 pool with privacy fence. A must see!



MLS#7124887

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

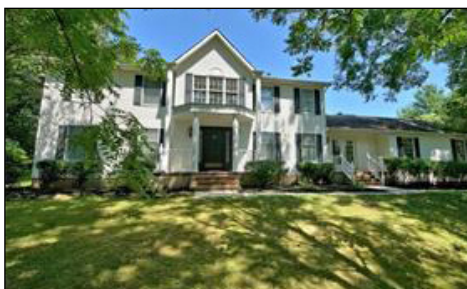
This 2br, 1.5ba has tons of upgrades! New HVAC, upgraded hardwood floors, updated bathrooms, new windows, upgraded doors, newer hot water heater and granite counter tops in the kitchen. Don't miss out on this one!



MLS#7140682

101 Meirs Rd., Cream Ridge, NJ 08514  
\$1,169,900 Agent: Jo Ann Stewart

A magnificent custom designed "California Inspired" Estate home perched up high on 3 private acres in Cream Ridge offering stylish amenities inside and out. If you are looking for something unique and special this is the place!



MLS#7138463

12 Coventry Ln., Hopewell, NJ 08525  
\$750,000 Agent: Verna McShane/Patrick McShane  
A small community located just minutes from Hopewell Boro, this beautiful 5 br, 3 ba colonial is nestled at the end of the cul-de-sac situated on almost 2 acres and surrounded by farmland. If you like to entertain, this house is for you.



MLS#7136250

8 Guilford Ln., Hamilton, NJ 08619  
\$248,500 Agent: Anthony "Tony" Rosica

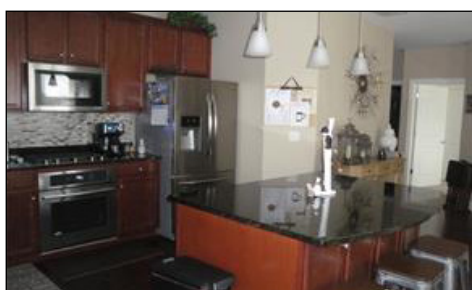
Spacious almost 1400 sq ft Morgan Manor expanded ranch with beautiful remodeled kitchen and remodeled bath. Some features include family room and sunroom additions, hardwood floor and one car garage.



MLS#7137692

10 Van Gogh Dr., East Windsor, NJ 08520  
\$599,000 Agent: Kathleen Goodwine

Fabulous 5 br, 3 full ba hand-scraped H/W on both levels, updated baths, lots of deco molding and designer colors. Security system, 2 new HWH, 2 new CAC, fenced yard and much, much more. This one is almost too good to be true...don't delay...see it today!



MLS#7133153

968 Robbinsville Edinburg Rd., Unit #110, Robbinsville, NJ 08691

\$299,900 Agents: Cynthia Duvin/Suzanne Garfield  
Union Lofts, 2 br, 2 ba end unit located in Robbinsville. Welcome home to this condo with large gourmet kitchen overlooking the living/dining area perfect for entertaining. Don't miss out on this wonderful lifestyle!



MLS#7127190

72 Probasco Rd., East Windsor, NJ 08520  
\$269,000 Agent: Donna Moskowitz

This spacious 4 br, 2.5 ba townhouse offers numerous updates, including updated bathroom, kitchen cabinets and appliances, windows and newer energy efficient AC units. Twin Rivers offers various amenities including access to 4 pools, basketball, and tennis courts. Come make this well maintained home your own!

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**Millstone Twp. \$1,099,000**  
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**Millstone Twp. \$850,000**  
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**Millstone Twp. \$749,999**  
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**Millstone Twp. \$589,000**  
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**Millstone Twp. \$520,000**  
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# *Homes for Heroes: Our Mission*

To provide extraordinary savings to local heroes by giving real rebates and real discounts to the heroes that sacrifice and serve to make our community and our country a better place.

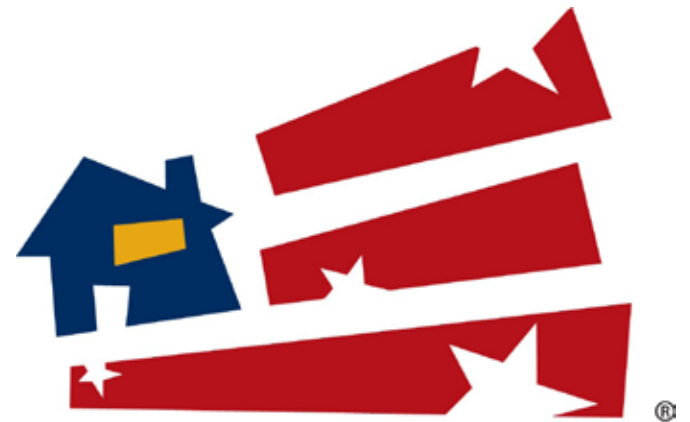
The Homes for Heroes program serves teachers, healthcare workers, firefighters, EMTs, First responders, police officers, law enforcement officers and active duty and veterans of the armed forces.

If you know anyone who falls into this category and would like to save THOUSANDS on their next home sale or purchase please refer them to our program. There is no extra paperwork or commitment involved--it's simple and will save them money. We would LOVE to give back to them for their dedication to our community and our country.

We are always looking for ways to give back to our community. Thankfully, we were introduced to this incredible program called Homes for Heroes which allows me to give back every day through my mortgage business. It's a nationwide network of professionals that are dedicated to giving back to our countries heroes. It's not just military, but includes our local police officers, fire fighters, teachers and health care workers. All those people who truly sacrifice so much to keep us safe and build a stronger community. What's amazing is the savings are real and substantial; they have given back close to \$8 million to heroes.

I am excited to bring it to our area to honor our local heroes. Every day I am so grateful for the opportunity to help our heroes achieve their dreams and can have a place where they can come home to their families and feel safe in themselves.

Homes for Heroes is the nation's largest Real Estate savings program for Military, Law Enforcement, EMT's, Teachers and Healthcare Workers. There is never a charge or any red tape or applications that will delay the presentation of your rewards. Our mission is to provide extraordinary service and payback to those who are heroes to our communities every day!



## **Homes for Heroes**

### *Your Homes for Heroes Rebates & Discounts*

- The Hero receives \$500 - \$3000 credit toward closing costs (based on the sales price of the home).
- Discounted lending fees charged by Homes for Heroes lender affiliates.
- Other Real Estate related discounts available in some states.
- You must be represented by a Homes for Heroes affiliated lender at closing.

We offer full service at a discounted rate. We can offer more savings than anyone else because of our strong business relationships – with our Home for Heroes® Affiliates. There is no charge to our Heroes to use this program, only savings!

### *Our Hero Rewards Program*

In some states, laws and real estate regulations have made it necessary to alter the method by which you receive your reward and the amount of savings you will receive. For more details, please contact me at 732-845-1991 or [Pinky.Shah@FairwayMC.com](mailto:Pinky.Shah@FairwayMC.com).

#### **Here's how it works:**

1. When your real estate transaction closes, Homes for Heroes will send you your rewards right to your new address! Your reward amount will be based on your real estate transaction amount and mailed to you upon receipt of the required documentation I have submitted.
2. You must be represented by a Homes for Heroes affiliated agent at closing. That is why it is important to work with us.

Homes for Heroes is the nation's largest Real Estate savings program for Military, Law Enforcement, Fire Fighters, EMT's Teacher and Healthcare Workers. There is never any charge to use our services and there is no red tape or application to prevent you from getting your rewards immediately!





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## The Healthy Hammock

By James Keys

It feels absolutely wonderful to lie suspended in a hammock, nearly weightless, swinging or swaying in the cool breeze. The draw that we feel to the hammock is that it is the simplistic ultimate resting device has to do with our body over our mind. The fact is that our bodies know exactly what they need and want when they feel it. If you haven't tried resting in a hammock, you don't know what you're missing. If you have tried resting in a hammock you know how wonderful it is, but there are also health benefits of a hammock, which is another reason why you should try one.

A hammock is absolutely the best way to rest your whole body from head to toe. It is a simple matter of ergonomics. Regardless of your age or weight, everyone can improve their quality of life by using a hammock. Mexican people have installed hammock hooks all through their homes, and they use them for sleepers and daybeds for their babies, which are perfectly safe when used with continuous supervision. A primary health benefit of a hammock is that the lulling, swaying, action which they offer stimulates the brain's cerebral activity.

This means that swinging in a hammock with a stand combo improves a person's ability to concentrate and focus and at the same time it relaxes the brain's overall activity. This has been scientifically proven to be true and is an invaluable therapy for those who suffer from autism, or even just those who have trouble with comprehension and reading. The hammock is being sold by medical suppliers as therapy devices that are prescribed by psychologists and physicians. This is only the beginning of the health benefits of hammocks.

Use of a hammock reduces brain activity, which helps to reduce stress. When activity in the brain slows, the stress throughout the body releases, and, as a result, the blood pressure drops significantly. Therefore, while your inner body rejuvenates and relaxes, the health benefits of the hammock also start to work on your physical body.

When you are resting in a hammock, your body weight is evenly distributed throughout, something like floating in water only you don't have to kick or paddle. Your vertebrae will stretch and go back into their natural positions, the tail and neck bones align, and you are effortlessly entranced into full meditation of mind and body.

You deserve to enjoy spring and summer, and get yourself a hammock!

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Increasing longevity is a practical reason you may want to develop an income plan to cover your expenses. To help you enjoy a long and comfortable retirement, using many different types of income streams can help balance your need for both growth and income while providing options to help minimize taxes throughout your retirement.

**Retirement accounts** — Your IRA and your employer-sponsored retirement plan, such as a 401(k), can be essential sources of retirement income. Distributions from a traditional IRA or employer-sponsored plan are taxable, and distributions from a Roth IRA or employer-sponsored plan are tax-free. So you may want to consider allocating assets to both types of retirement accounts.

**Dividend income** — Some stocks have regularly increased their dividends for years. These “dividend kings” can provide you with a source of rising income, which is essential to helping you stay ahead of inflation during your retirement years. (Companies can lower or discontinue their dividends at any time.) Because of the preferential tax treatment of dividend income, these types of stocks generally are best used in taxable (non-IRA) accounts.

**Bond income** — Consider building a “ladder” of short-, intermediate- and long-term bonds. You can reinvest the proceeds of the maturing short-term bonds into new ones, issued at a potentially higher rate, while you continue to receive income from your long-term bonds, which typically pay more than shorter-term ones. Bond mutual funds and exchange-traded funds also provide interest income.

**Sale or conversion of investment assets** — Once you reach age 70½, you will need to take required minimum distributions from your 401(k) and your traditional IRA. But you may need to sell investments outside these accounts as well, or at least convert some investments into income-producing vehicles. Be aware of the tax consequences, however.

**Social Security benefits** — Although the rules have recently changed, the best way to maximize Social Security benefits may still be to wait as long as possible before taking benefits, especially for the higher-earning spouse. You can start receiving benefits at age 62; however, benefits received before your “full” retirement age (currently age 66 or 67) will be permanently reduced. If you delay taking benefits past full retirement age, the amount you receive will increase every year until age 70.

**Annuity income** — Annuities are insurance company products that may help assure a predictable lifetime income. Similar to creating a “personal pension,” they come in a variety of forms and can provide a guaranteed income stream for as long as you live, no matter what happens in the markets. Read the prospectus carefully to understand the objectives, risks, charges and expenses before investing in an annuity.

**Reverse mortgage equity** — While a reverse mortgage is not suitable for everyone, for those needing to tap the equity in their homes, it can be something to think about. A reverse mortgage can either provide you with additional regular income payments or be used as a strategy during down markets when withdrawals from your portfolio may be unfavorable.

By taking full advantage of these sources of income, you can go a long way toward enjoying the retirement you have envisioned. So plan ahead, learn all your options and make those choices that are right for you.



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## DO YOU NEED A LAWYER IN MUNICIPAL COURT?

By John Bazzurro

As indicated on our website, there are numerous charges that are heard in the Municipal Courts in the State of New Jersey. These range from low level motor vehicle violations such as going through a stop sign, careless driving, failure to maintain your lane and other charges that generally carry very low fines and two or less motor vehicle points. If you have been charged with any motor vehicle violation that carries more than two motor vehicle points upon a conviction, we suggest that you obtain the advice of counsel before going to court. The purpose of this article is to provide the reader with some information as to whether or not they need legal representation in Municipal Court on a low-level motor vehicle violation that carries two or less motor vehicle points.

As most citizens of New Jersey know, municipal prosecutors will, generally, as a matter of course offer a "no point" or "zero point" violation as part of a plea bargain if you are charged with one of these low-level motor vehicle violations. The monetary cost of these "no point" or "zero point" violations are rather excessive in that you are required to pay a \$250.00 surcharge for this "privilege." The statute which provides this "no point" plea is called the unsafe driving statute. The basic theory in accepting a "no point" or "zero point" plea bargain is to potentially avoid motor vehicle points on your license in order to keep your auto insurance premiums lower and, potentially, to avoid the suspension of your driving privileges where you are in danger of accumulating 12 motor vehicle points which will result in a temporary suspension of driving privileges.

However, it should be pointed out that there are a number of situations in which your acceptance of such a "no point" or "zero point" plea bargain may adversely affect your rights without your knowledge. One such situation is where you have already previously pled guilty to unsafe driving on more than one occasion. Your third guilty plea to unsafe driving within a certain period of time will subject you to four motor vehicle points when you may be under the mistaken belief that you will not be receiving any motor vehicle points. Another such situation where you potentially will need legal representation is where the low-level motor vehicle violation is the result of a motor vehicle accident.

The bottom line is that, regardless of what type of motor vehicle violation you are charged with, you should seek the advice of an attorney before appearing in Municipal Court by yourself and entering into a plea bargain which may subject you to other legal ramifications of which you were not aware.

Typically, when we receive a call for a motor vehicle violation, we initially attempt to obtain as much information as possible from the potential client to determine whether or not they will require legal representation given their individual circumstances.

Accordingly, please feel free to contact us to discuss your individual situation to determine whether or not legal representation is required.

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## College Student Discounts

By Lauren Kolacki



If you are like me then you know your time spent in college can be described as nothing other than rough. You spend countless hours studying and finishing assignments you didn't know you had, all while trying to balance a social life, extracurricular activities, a job and figuring out what comes next. You experience high levels of stress and workload but low levels of income, yet, you try not to let that stop you from getting the full college experience. Fortunately, some businesses understand that and implement student discounts with presentation of student ID.

1. Technology; you're a college student now, your computer and apps have become more important than imaginable. You begin to store your life on these devices and luckily many companies understand that. Apple, Microsoft, Dell, Best Buy, HP and Lenovo are all brands that offer discounts with college enrollment proof.
2. Textbooks; the bookstore prices are outrageous that's why Amazon, Chegg, and other websites provide textbooks for almost half the price.
3. Movie Tickets; Marcus Theaters have \$6 student Thursdays that includes your admission and 46 oz. popcorn. Also, a several AMC theaters also provide discounted prices for students.
4. Sporting Events; By looking on sites such as stub hub or seat geek you will find discounted tickets for students or that certain associations have student promotions on dates.
5. Health and Fitness; be sure to check out your school's gym before splurging. Most tuitions include access to the campus facility or provide a great discount for a membership. Many classes surrounding college campus' also offer great deals.
6. Banking; presentation of student ID when open a checking account can be very beneficial. Sometimes a student account exempts you from overdraft fees or a minimum amount required in the account.
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8. Car; General Motors provides a college discounted plan.
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## Spring Trends: Rubber and Ruching

By Gabriella Mancuso

Spring 2018 is finally here! The people have spoken, the trends are in and we have the two biggest ones right here. Although there are many trends like fanny packs, white color schemes, floral color schemes, asymmetrical neck lines, rubber and ruching have made it to the top.

**Rubber:** Rubber is the big hit of 2018! Rubber fabric has taken over the fashion world. From rubber boots, to rubber coats, rubber skirts and more! In all different colors and all different styles. Along with being used for clothes, rubber is also used for accessories. Bags and shoes are being made from the outstanding fabric. From Calvin Klein to Balenciaga and Crocs, all the big designers are incorporating rubber into their spring lines.

**Ruching:** Ruching is the style of clothes that seem as if they have a pulling sensation. They mainly appear on shirts, dresses and bathing suits. Although they can technically appear on any article of clothing they are mainly only on tops. They befit your curvy sides and help emphasis your figure. Big designers such as Tory Burch and Tom Ford are using ruching in their spring lines.





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# How to fix Broken Makeup

By Nicole Iuzzolino

It is every makeup lovers worst nightmare. The moment that beloved eyeshadow palette hits the floor with an earth shattering smash, is the moment the images of dollar signs goes down the drain. However, it is not the end of the world. There are so many ways to fix broken makeup and have everything looking pretty much new. Here are some easy ways to fix our most used beauty products.

## Eyeshadow

All you will need for this is rubbing alcohol, an empty spray bottle, coin the size of each eyeshadow pigment and a tissue. As Lauren Conrad states in her blog, begin by smashing the pigment with a pen to make it into a fine powder. Fill the empty spray bottle with alcohol and begin spraying the pigment. Make sure to give it a good soaking. Next take the coin and wrap the tissue around it. Press the coin into the pigment for 30 seconds. Let the pigment dry.

## Highlighters

Highlighters are essential when wanting that goddess like glow, and this trick will leave you with a long lasting highlighter, even when it breaks. It is a bit similar to the eyeshadow fixing process. First gather up all the fragments into the original container and crush all the fragments together. Add a few drops of rubbing alcohol to the container and wait for it to soak. Using either your finger or the back of a spoon, rub and smooth down the makeup. It should be perfectly new!

## Lipstick

Breaking a new lipstick is definitely one of the most stressful things for beauty gurus. First, twist the lipstick until everything that is left is exposed. Use a Q-tip to clean the base of the lipstick so the base is nice and smooth for the broken piece. Next, use a lighter to carefully heat the base of the lipstick until it is soft. Next, just for a second, light the base of the lipstick, but make sure not to burn yourself while doing this. Take out the Q-tip again and smooth the bottom of the piece so it can sit on the base better. Quickly light the broken piece again so it is warmed up and stick it on the base. Take the lighter and melt the pieces together, and then smooth out the whole lipstick. Put the lipstick in the fridge and let it cool. It is now 100% new!

These are just a few ways to fix our beloved makeup. It is easy, quick, and prevents us from having to splurge on products all the time!





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## The Truth About Magnetic Eyelashes

Gabriella Mancuso

The makeup industry is always producing new and exciting products that any makeup-guru will love. The newest product that has everyone buzzing are Magnetic Eyelashes. Anyone who has ever attended a party or wanted to take their look to the next level has experienced the struggle of false eyelashes. Everyone has dealt with the glue getting stuck to their lashes, the falsies not lining up right and the discomfort of not being able to apply. Magnetic eyelashes have been made to answer all our prayers.

Magnetic eyelashes are in pairs. Each eye gets two lines of eyelashes, one for on top and one for beneath. To apply you are instructed to place the lines of lashes so that your real eye lashes are in between. Magnetic eyelashes have been proven to be easier than glue-ons, and less time consuming. Although, many users have said that it takes some practice. Even though they may seem easier it takes a couple of tries to be able to consider them “not time consuming”. They are also less messy. Everyone hates the glue that comes with the usual fake eyelashes. The mess it causes and the discomfort of having it along the bridge of your eyelid is not something any make user looks forward to. Magnetic eyelashes do not include this hassle. They come free of glue, not messy at all, easy packaging and a lot cheaper. Magnetic eyelashes are a great buy for constant partygoers. They make the idea of upgrading your look not only doable but affordable.

Many companies have entered the fad. Favorites like Ardell and Glamour are now selling magnetic eyelashes as well as Revlon and 1,2 Cosmetics. You can buy them online or in stores. These time saving, non-messy look completers are what every beauty user loves and needs.





# Over 65? It's time to fall proof your home

By Joely Phenex

One in three Americans over the age of 65 fall each year. Falls can have very serious consequences and should be avoided at all costs. If you are over 65, there are a number of precautions you should take in your home to avoid falling:

- Arrange your furniture strategically: Arrange your furniture in a way that gives you the most space possible to move around. Tight spaces can be difficult to maneuver and can lead to accidents.
- Avoid clutter: If your floor is cluttered, it can be very easy to trip over an item you forgot was there. Put away all your shoes, dog or cat toys, cords, or anything else you could trip over.
- Make sure your shower is safe: Falling in the shower is very common and can result in fatal injuries. To prevent slipping, stick non-slip strips or a rubber mat on the floor, and have grab bars installed. If you do not feel safe standing in the shower, you should purchase a shower chair.
- Be wary in the winter: The winter is a dangerous time of year because of all the ice that freezes on the ground. In the winter, have someone shovel your driveway and outdoor walkways, making sure to salt the ground. Also, purchase a pair of winter boots with traction for anytime you may have to go outside in the icy weather.



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# *As We Age*

## Monroe Seniors

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

*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 8:30 to 11:30 a.m. For members, unable to attend a registered program, a cancellation phone call is appreciated.*

**The Conversation:** On Thursdays, May 3 and May 31, at 10:30 a.m., the New Jersey Health Care Quality Institute presents this two-part program on advance care planning. On May 3, attend our screening of THE BUCKET LIST, followed by a discussion, led by Debra Hallisey, founder of Advocate for Mom and Dad. Then, on May 31, join us for an engaging panel discussion (ask for a flyer listing the speakers) as you discover the importance of advance care planning and how to conduct a conversation about your end-of-life wishes. Enjoy light refreshments at 10 a.m. before each presentation. When registering in advance, members will be automatically enrolled in both program dates.

**Especially for Mom:** On Friday, May 11, by “appointment window”, enjoy a 10-minute hand massage on us, with the help of A Healing Touch, in honor of Mother’s Day. We are giving away a limited number coupons; and, sign-up is required, in advance. Three different “appointment windows” are available: 9:30 to 10:20 a.m., 10:30 to 11:20 a.m., and 11:30 a.m. to 12:20 p.m. Enjoy light refreshments, during your “window”, as you wait for your massage. You must present your coupon on the day of service.

**Merchant of Venice:** On Monday, May 7, at 2 p.m., and on Tuesday, May 8, at 1 p.m., join Shirley Reich as she explores the work of Shakespeare during this two-part presentation. On Monday, Shirley looks at the plot, characters, literary style, social issues, and interesting quotes. Then, on Tuesday, Shirley guides you through the film, with a star-studded performance by Al Pacino, while bringing Monday’s discussion to light. When registering in advance, members will be automatically enrolled in both program dates.

**Spring Fling with Fiesta Zing:** On Friday, May 18, with doors opening at 11:30 a.m., join us for our fiesta featuring lively music with DJ MEL and a plentiful fajita/taco bar with all the fixings, dessert, and beverages. Sombreros and door prizes made possible by The Gardens at Monroe. To reserve seats for this limited ticket engagement, all names, phone numbers and payments of each member in your party must be submitted when registering, in-person, in advance. No refunds after May 10th. Tickets: \$15 p.p.

**For the Thrill of It:** On Thursday, May 24 and 31, 1:30 p.m., join Julian Davis for this 2-part lecture as he relives the true story of a murder committed in 1924 Chicago, that shocked the nation. With elements of privilege and the 1920’s backdrop, find out how Clarence Darrow, Esq., aimed to save the defendants/students from the death penalty. When registering in advance, you will be automatically enrolled in both dates.

**Ballroom Dance:** Starting on Wednesday, May 2, at 2 p.m., join Tony and his wife for this 6-session ballroom dance class for all levels. Class fee: \$5 p.p., due upon registering in-person, in advance. (No Class: 5/16; Last Class: 6/13.)

### ***Center Transportation***

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



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# QUESTION:

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

**O**steoarthritis 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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State human service agencies provide direct assistance to people in distress and referrals to other local organizations that may be able to help. Visit: <http://www.aphsa.org>.

Local health centers serve people with limited access to healthcare. Your annual income and family size determines your ability to pay, according to the most recent federal poverty guidelines. Visit: <http://findahealthcenter.hrsa.gov>.

Medicare's Prescription Drug Program can provide extra help with the cost of prescription drugs if you're a Medicare beneficiary. Visit: <https://www.ssa.gov/medicare/prescriptionhelp/>

Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach them at 1-800-677-1116 or

<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>



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# Alzheimer's Can Steal Ability to Know Loved Ones' Faces

*Loss of visual perception may occur early in course of disease, researchers say.*

According to Healthday news and Healthfinder.gov, a new study sheds light on what is often called one of the cruellest effects of Alzheimer's disease -- the patient's inability to recognize loved ones.

Researchers report that along with causing memory loss, Alzheimer's also seems to affect people's visual perception -- specifically their ability to recognize faces.

The investigators tested a group of seniors with Alzheimer's, and a "control" group without the brain disease, to see how well they could perceive faces and cars in photos. The pictures were shown either upright or upside down.

"The results for people with Alzheimer's were similar to those in the control group in terms of answer accuracy and the time to process the upside-down faces and cars," study author Sven Joubert, from the University of Montreal, said in a school news release.

"To perform these tasks, the brain must perform a local analysis of the various image components perceived by the eye. However, with the upright faces, people with Alzheimer's were much slower and made more mistakes than the healthy individuals," Joubert explained.

These findings suggest "that Alzheimer's leads to visual perception problems specifically with faces," Joubert said.

The researchers were also surprised to find that this visual impairment occurs in the early stages of the disease.

The study could help family members of Alzheimer's patients better understand their loved one's inability to recognize them and may lead to new ways to delay this problem, the study authors said.

For example, because impaired facial recognition may be due to a visual perception problem -- and not a general memory problem -- strategies such as voice recognition might help Alzheimer's patients recognize loved ones for a longer time period, the researchers said.





# Super Grain Quinoa Tacos

*Did you know that quinoa is one of the most protein-rich foods we can eat? It is a complete protein containing all nine essential amino acids. It also contains almost twice as much fiber as most other grains.*

### INGREDIENTS

- 1 cup quinoa, rinsed
- 1 ½ cup water, or vegetable broth
- 1 ¼ cup salsa
- 1 tablespoon cumin
- 15 oz black bean, 1 can, drained and rinsed
- 1 cup frozen corn, defrosted
- 1 salt, to taste
- 1 olive oil, to taste
- 1 avocado, mashed
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 3 tablespoons olive oil
- 1 salt, to taste
- 1 pepper, to taste
- 4 tablespoons water
- 1 tortilla, to serve, optional

### PREPARATION

1. In a medium saucepan, combine quinoa and water, and bring to a boil over high heat. Reduce heat to low, cover with a lid, and simmer for 10 minutes.
2. Add in salsa and cumin, and cover for 5 more minutes or until quinoa is fluffy.
3. Add in black beans, corn, salt, and olive oil, and stir until combined.
4. For the avocado dressing, combine avocado, garlic, lemon juice, olive oil, salt, and pepper in liquid measuring cup and whisk until smooth.
5. Whisk in water a little bit at a time until desired consistency is reached. 6. For extra smooth consistency, process all ingredients in blender or food processor.
6. Portion out into 4 containers and refrigerate for up to 5 days.
7. Enjoy!





# Chef Owner of 618 Restaurant Invited to Cook at James Beard House



One of the greatest honors chefs aspire to receive is an invitation to “perform” at the James Beard House, the former Greenwich Village townhouse of the late and celebrated cookbook author and television personality James Beard.

The James Beard Foundation’s mission is to celebrate, nurture, and honor chefs and other leaders making America’s food culture more delicious, diverse, and sustainable for everyone.

Esteemed chefs are chosen to present a meal including several hors d’oeuvres and five courses paired with select accompanying wines to the most distinguished palates of Foundation members and guests.

For many chefs, this is a once in a lifetime event that celebrates their personal culinary accomplishments and their craft.

Christopher Dutka, chef and owner of 618 Restaurant in Freehold, New Jersey, will take his well-deserved place in the footprint of other legendary chefs at the James Beard House on April 25, 2018, with his exceptional menu “Spring Fling in Jersey.”

“I have cooked for many people over the years and their smile and gratitude is why I do what I do. I now have the privilege of being invited to cook at the James Beard Foundation House. I am beyond grateful and honored to cook where so many great ones have cooked before.”

“When you put your heart and soul into something, it’s not your job but your passion. It’s what moves you, gets you up in the morning, it motivates you to work harder and be the best you can be,” Chef Dutka said.

“Am I nervous? Oh hell yeah, but it is that energy that makes me rise above and fuels my adrenaline to be the best I can be.”

“I hope to see many of my friends, family, and clients over the years at this very special dinner on behalf of 618.”

Tickets for Chef Dutka’s April 25 “Spring Fling in Jersey” James Beard Dinner are now available. The cost for general public tickets are \$175 and \$135 for James Beard Foundation members and may be purchased directly through the James Beard website at <https://www.jamesbeard.org/events/garden-state-bounty-4?>

## So, what’s on Chef Dutka’s “Spring Fling in Jersey” menu?

The evening will start out with Jersey Scallop, Foie Gras, Gooseberry Pork Belly, Caramelized Fennel, Salsa Verde, and Pickled Kumquat; Lamb Loin, Crispy Potato, Harissa Labne, Fava Bean Caponata. At the table will be Shaved Asparagus, Hazelnuts, Sorrel, and Grana Padano.

For the First Course, guests will enjoy Jersey Fluke Crudo, Green Goddess, Mandarin, Aleppo Chili, Sea Beans, and Radish. The Second Course will consist of Roasted Tilefish, Spring Pea Nage, Anson Mills Grits, Beyond Organic’s Escarole, Olive Oil Cured Tomatoes, and Gremolata. As the Third Course, Chef Dutka will present Long Island Duck Breast, Morel and Asparagus Farrotto, Charred Spring Garlic, and Rhubarb Currant Mostarda. The Fourth Course will be comprised of Creekstone Farms Aged Strip Steak, Wild Ramp Chimichurri, Sweet Potato Spaetzle, Brown Butter, House Made Guanciale, and Poppy Seeds. Finally, the incredible summation of this meal will be Meyer Lemon and Thyme Semifreddo, Black Sesame Cookie, Prosecco Poached Raspberries, and Earl Grey Caramel.

This menu is sure to please every palette!

Chef Dutka will be taking a team of six people who have helped propel 618 and his catering business, Christopher’s Kitchen, to the James Beard House to assist him in this performance.

“My theme is ‘Spring Fling in Jersey.’ I will be using early spring foods that are local and seasonal like Jersey scallops, tilefish and fluke and Beyond Organics vegetables. I have a great deal of experience from my early years in South Florida down in Fort Lauderdale, Boca and in the Florida panhandle so my entrees reflect a wide variety of Caribbean, Mediterranean, and Spanish influence.”

Dutka is the chef and owner of 618 Restaurant, a beautiful 175 seat restaurant, bar and 180 seat banquet hall in Freehold offering a menu featuring seasonal and local ingredients with a creative flair. Concurrently, Dutka also is the chef and owner of Christopher’s Kitchen, an upscale off-premise catering company that specializes in natural hand-crafted foods. Christopher’s Kitchen hosts small intimate events as well as large weddings and corporate events.

Matt Borowski, Dutka’s partner at 618, beamed with pride as he spoke of Chef Dutka.

“Chris’s two passions are food and family – never losing sight of either of them as he pursues his dreams. Chris has a keen focus on providing our guests’ fresh farm to table delicious entrees that not only taste incredible but are beautifully presented. Chris is a perfectionist carefully culling each of the ingredients creating a feast for your eyes and your appetite. We are very proud of him and are looking forward to the James Beard event in April.”

Chef Dutka feels that he and Borowski have developed a good recipe for success.

*..continued on page 66*



..continued from page 65

“Matt and I are hard workers and have a love and passion for what we do. Our hard work has paid off. We celebrated 618’s one year anniversary in November. We surround ourselves with a great team and hope to continue pursuing our passion.”

Dutka and Borowski are planning to open two new restaurants this year, Forno, an Italian restaurant in Old Bridge and 231, a smaller version of 618 in Atlantic Highlands.

Dutka said, “We are very excited! It’s been a terrific year.”

Chef Dutka, originally from South River, started cooking on his own when he was around 14 years old. Dutka earned a degree in Restaurant Management, began his culinary career in New Jersey and then migrated south to Florida where he was the Executive Chef at one of the best restaurants in the country at the time working for one of the top chefs, Mark Militello. It was under Militello that Dutka developed his extreme respect to the availability of local ingredients infusing “New World” and “Floribbean” flavors. Dutka returned to New Jersey and became a chef for Whole Foods Market while he began his own catering business which later became Christopher’s Kitchen.

**618 is located at 618 Park Avenue in Freehold, NJ. [www.618nj.com](http://www.618nj.com) Hours are Monday – Thursday 11:30 am – 10 pm, Friday and Saturday 11:30 am – 11 pm, Sunday 1 pm – 9 pm.**



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## Crazy for Calorie-Burning Spicy Cauliflower Nachos

*This version of nachos is everything healthy and gluten free too!*

Spicy food can boost your metabolism. Studies show that the main compound in chilies, called capsaicin, has a thermogenic effect and may cause the body to burn bonus calories after you are done eating.

### YOU WILL NEED:

- 1 head cauliflower, cut into florets
- 3 teaspoons olive oil
- 1 tablespoon smoked paprika
- sea salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons hot sauce
- 2 tablespoons siracha
- ½ cup diced fresh chilies
- 1 tablespoon butter, melted
- 1 lime, juiced
- 8 cups gluten free corn tortilla chips
- 1 cup grated low fat Monterey jack cheese, grated
- 1 cup grated low fat cheddar cheese
- 1 avocado, chopped
- 3 radish, thinly sliced
- 2 celery stalk, thinly sliced
- low fat or fat free sour cream, to serve
- fresh cilantro, chopped, to serve

### PREPARATION:

1. Preheat oven to 400°F (200°C).
2. On a large baking sheet, toss together the cauliflower florets, olive oil, paprika, salt, and pepper. Roast until tender, 20-25 minutes.
3. In a large bowl, whisk together the hot sauce, siriracha, melted butter, and lime juice.
4. Add the roasted cauliflower to the bowl and mix to coat.
5. Scatter the tortilla chips over the baking sheet. Top with the cauliflower, Monterey Jack cheese, and cheddar cheese.
6. Return the baking sheet to the oven and bake until cheese is melted and bubbling, about 5 minutes.
7. Top with avocado, radishes, diced fresh chilis, celery, sour cream, and cilantro. Serve warm.



# FOOD & DINING

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*Green tea is one of the top fat-burning foods, thanks to a metabolism-boosting compound known as EGCG. In one study, drinking four cups of green tea a day helped people shed more than six pounds in eight weeks!*

### INGREDIENTS

- 3/4 cup strong green tea, chilled
- 1/8 teaspoon cayenne pepper
- Juice of 1 lemon (2-3 TBSP)
- 2 teaspoons agave nectar
- 1 small pear, skin on, cut into pieces
- 2 tablespoons fat-free plain yogurt
- 6-8 ice cubes

### DIRECTIONS

Put all ingredients in blender. Blend until smooth. Drink cold. This 1 serving meal has only 213 calories and 9 grams of protein. It is low in sodium and sure to target unwanted belly fat and bloat.



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**THE HOT DOG STOP** came to be through our love of hot dogs and the lack of any really good hot dogs in the area. Once we decided on the location it was no easy task to make it the cozy, welcoming restaurant it is today. Originally the building was a lawn mower shop and then went through several different businesses before the process of turning an empty building into what we have now. Most of the construction was done by Rich himself. The Hot Dog Stop is a family owned and operated restaurant getting ready to celebrate our one year anniversary on January 27. We serve Texas Weiner style hot dogs that have a natural casing, so you get that tasty snap with every bite. For those of you that don't eat pork, we also have all beef hotdogs upon request. Our menu doesn't stop with hot dogs and toppings. We also serve breakfast sandwiches, Italian hot dogs (a real favorite), burgers, pork roll sandwiches, chicken tenders, veggie burgers, fries, onion rings, mac n cheese bites and fresh cut, homemade potato chips. New to our menu are cheesesteak sandwiches and hot soup of the day. Our chili is homemade and always available. Our hotdog buns and sandwich rolls are picked up fresh from the bakery every morning. For those of you that are gluten free, we offer gluten free hot dog buns and a deep fryer dedicated just for fries. The wood burning stove is a warm welcome on these cold winter days, especially if you're lucky enough to get a table nearby. We are open Monday, Wednesday, Friday, Saturday 8-5 Tuesday & Thursday 8-6, closed Sunday. Stop by and say hello, grab a bite to eat, and dine in or take out. Call in orders are always welcome. We are located at 1392 Route 130, Windsor, NJ, in front of the Windsor Industrial Park. If you need directions or have any questions give us a call at 609 301-7585.



# FOOD & DINING



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## Catering Menu

CHOICE OF 5	CHOICE OF 7
<b>\$13<sup>99</sup></b> per person	<b>\$16<sup>99</sup></b> per person
Choose 2 pastas, 1 vegetable, 2 entrees	Choose 2 pastas, 2 vegetables, 3 entrees
*add \$2 per person for fish	*add \$3 per person for veal
Includes: tossed salad, dinner rolls, paper goods, serving spoons & chafing dishes 20 person minimum. (deposit required)	
<b>PASTA</b>	
Baked Ziti • Manicotti • Penne Vodka • Cavatelli & Broccoli • Linguine with Oil & Garlic • Stuffed Shells • Penne Prosciutto • Rigatoni Bolognese	
<b>CHICKEN</b>	
Parmigiana • Marsala • Piccata • Rollatini • Florentine • Francese • Scarpafello • Bella Italia (white wine & mushroom)	
<b>MEATS</b>	
Steak Pizzaiola • Baby Back Ribs • Meatballs • Tripe Marinara • Sliced Pork Roast Pepper Steak • Sausage & Peppers • Swedish Meatballs • Roast Beef with Gravy	
<b>VEGETABLES</b>	
Eggplant Parmigiana • String Beans • Spinach Saute • Broccoli Rabe Oven Roasted Potatoes • Eggplant Rollatini • Broccoli Saute • Escarole Saute Mixed Grilled Vegetables • Stuffed Mushrooms	
<b>FISH</b>	
Mussels Marinara • Fried Calamari • Calamari Marinara • Clams Marinara	
<b>VEAL</b>	
Parmigiana • Marsala • Piccata • Francese • Pizzaiola • Bella Italia	



## A La Carte

Half tray serves 10-12 people

PASTA	BEEF & PORK	APPETIZERS
Penne Vodka .....\$40	Roast Pork w/ gravy .....\$50	Mini Rice Balls .....\$25
Stuffed Shells .....\$40	Baby Back Ribs .....\$55	Sicilian Rice Balls .....\$30
Manicotti .....\$40	Sausage & Peppers .....\$45	Potato Croquettes .....\$25
Tortellini Alfredo .....\$40	Homemade Meatballs .....\$45	Prosciutto Balls .....\$30
Baked Ziti .....\$35	Roast beef w/ gravy .....\$55	Fried Ravioli .....\$40
Cavatelli & Broccoli .....\$40	Steak Pizzaiola .....\$55	Fried Zucchini Sticks .....\$30
Ravioli Marinara .....\$40	Hot or Sweet Sausage .....\$50	
Meat Lasagna .....\$55	w/ broccoli rabe	
Cheese Lasagna .....\$50	Swedish Meatballs .....\$45	
CHICKEN	VEGETABLES	ANTIPASTO/SALADS
Marsala .....\$50	Eggplant Parmigiana .....\$40	Cold AntiPasto Platter .....\$45...\$75
Bella Italia .....\$55	Eggplant Rollatini .....\$45	Mozzarella & Tomato .....\$40...\$65
(white wine & mushroom)	Broccoli Rabe .....\$50	Bruschetta Platter .....\$30...\$45
Parmigiana .....\$50	String Beans .....\$30	Assorted Cheese Platter .....\$45...\$70
Francese .....\$50	w/ garlic & oil	Shrimp Cocktail .....\$65...\$110
Piccata .....\$55	Stuffed Mushroom .....\$40	Italian Cold Cut Platter .....\$60...\$90
	oreganata .....\$45	American Cold Cut Platter .....\$45...\$65
	Stuffed Mushroom .....\$45	Garden Salad .....\$25...\$35
	w/ sausage	Baby Green Salad .....\$25...\$35
	Rosemary Potatoes .....\$35	Caprese Salad .....\$30...\$40
	Broccoli Spears .....\$30	w/ tomato, fresh mozzarella, roasted pepper
	w/ garlic & oil	Caesar Salad .....\$25...\$35
VEAL		
Marsala .....\$75		
Piccata .....\$80		
Francese .....\$75		
Parmigiana .....\$75		
Bella Italia .....\$85		

## GLUTEN FREE GREEK BAKED ZITI

*This recipe is sure to become a family favorite!*

### Ingredients:

- 12 ounces' gluten free ziti pasta
- 1 small yellow onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 1/2 pounds lean ground beef
- 2 (15-oz.) cans tomato sauce
- 1 tablespoon fresh lemon juice
- 1 1/2 teaspoons dried oregano
- 1 teaspoon sugar
- 1/2 teaspoon ground cinnamon
- 1 1/2 teaspoons kosher salt, divided
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3 cups milk
- 1 cup grated Parmesan cheese
- 1/2 teaspoon freshly ground black pepper
- Vegetable cooking spray
- 1 (8-oz.) package shredded mozzarella cheese
- 1/3 cup fine, dry GF breadcrumbs

### Directions:

1. Preheat oven to 350°. Cook pasta in a Dutch oven according to package directions.
2. Meanwhile, sauté onion in hot oil in large skillet over medium-high heat 4 to 5 minutes or until tender. Add garlic; sauté 30 seconds. Add beef; cook, stirring occasionally, 5 minutes or until crumbled and no longer pink. Drain mixture, and return to skillet.
3. Stir tomato sauce, next 4 ingredients, and 1 tsp. salt into meat mixture. Bring to a simmer over medium-high heat, and cook, stirring occasionally, 2 minutes. Remove from heat.
4. Melt butter in a large saucepan over low heat. Whisk in flour, and cook, whisking constantly, 2 minutes. Gradually whisk in milk. Increase heat to medium, and cook, whisking constantly, 5 to 7 minutes or until thickened and bubbly. Stir in Parmesan cheese, pepper, and remaining 1/2 tsp. salt. Add sauce to pasta, stirring to coat.
5. Transfer pasta mixture to a lightly greased (with cooking spray) 13- x 9-inch baking dish. Top with beef mixture, mozzarella cheese, and breadcrumbs.
6. Bake at 350° for 20 to 25 minutes or until mixture is bubbly and cheese is melted. Let stand 10 minutes before serving. Enjoy!



## Carrot Fries

*1 serving*

These yummy baked carrot fries are crispy and delicious and simple to make!

Carrots provide vitamin A and many other impressive health benefits including beautiful skin, cancer prevention and anti-aging.

### INGREDIENTS

- 2 carrot
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup plain greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoons chives
- ¼ teaspoon salt
- ¼ teaspoon pepper

### PREPARATION

1. Preheat oven to 425°F (220°C).
2. Cut carrots into fries and combine in a large bowl with olive oil, parsley, paprika, salt, and pepper.
3. Place on baking sheet lined with parchment paper in a single layer. Bake for 20-25 minutes, flipping halfway.
4. Prepare dip while fries are baking. Combine all dip ingredients in a small bowl and set aside in the refrigerator until ready to use.





# FOOD & DINING

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#### APPETIZER

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##### ARANCINI SPECIALE

SICILIAN STYLE RICE BALL TOPPED WITH RICOTTA  
IMPORTED AGED SHAVED PARMESAN & MARINARA SAUCE  
CAPRESE

FRESH MOZZARELLA PAIRED WITH FRESH PLUM TOMATOES  
GARNISHED WITH HOMEMADE PESTO

#### SALAD

##### TOSSED SALAD

ICEBERG LETTUCE, RIPE PLUM TOMATOES  
CUCUMBERS, RED ONIONS & ROASTED PEPPERS

#### PASTA

PLEASE SELECT ONE

##### PENNE VODKA

PENNE PASTA IN A LIGHT CREAM TOMATO SAUCE  
WITH A SPLASH OF VODKA & PROSCIUTTO

##### RIGATONI FILETTO DI POMODORO

RIGATONI PASTA IN A LIGHT FRESH TOMATO SAUCE WITH OLIVE OIL & GARLIC

#### ENTREE

PLEASE SELECT ONE

##### CHICKEN FRANCESE

LIGHTLY BATTERED & SAUTÉED IN A LEMON, WHITE WINE BUTTER SAUCE  
SERVED WITH SAUTÉED BROCCOLI

##### EGGPLANT ROLLATINI

LIGHTLY BREADED SKINLESS EGGPLANT STUFFED WITH RICOTTA  
TOPPED WITH MARINARA SAUCE & MOZZARELLA CHEESE  
SERVED WITH ROASTED POTATOES

#### DESSERT

COFFEE

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# WHY COLEMAN AUTO GROUP?



Scott Harvey, Managing Partner/Vice President

At Coleman Auto Group, we provide a professional and quality customer service experience with two great award-winning brands, Kia and Subaru. We have been proudly serving New Jersey and Eastern Pennsylvania for over 50 years and are proud to say we are family owned and operated! We have quality new and pre-owned vehicles to fit every budget available in every make and model plus multiple options for you to finance or lease your next vehicle!

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Where We Celebrate You!

## Leasing Mistakes to Avoid

By Lauren Kolicki

### 1. Paying too much money upfront

What if something were to happen to the car in the first few months? It is suggested to put a small amount, if not nothing, down at all. This, of course, would raise the monthly payment, but if something were to happen the company does not have a large portion of your money.

### 2. Only looking at the monthly payment

Most people's concern is how much money they are paying per month. By looking only this number, you could be hit with additional fees here and there. By negotiating the full price, you are more likely to end up paying less per month.

### 3. Forgetting gap insurance

Gap insurance is what covers the gap between the amount they owe on their car and the car's actual cash value in the event of an accident. Some leases include this factor but it is always important to check to avoid having to pay out of pocket in case of an accident

### 4. Underestimating miles you've driven

Car dealership can advertise low monthly payments because of their low mileage limits. If a driver surpasses their maximum mileage, they are responsible for paying per mile at the end of the lease. This can become quite costly if not careful. Be sure to check the maximum mileage and arrange a higher distance if needed.

### 5. Car maintenance

By neglecting to take care of the car, you may face an abundance of additional fees when the end of your lease approaches. It is better to have the damage fixed prior to the car company accessing the damage themselves.

### 6. Be aware of your Credit Score

A considerable amount of your payments depends on your credit score. The better your score, the lower your payments. If you are unaware of your credit score, dealerships may just assume it is lousy, and hike up your payments.







# AUTOMOTIVE



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## New 2018 Mazda CX-5 Sport AWD

**\$139**

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Signing

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Mazda3 Sport: Money Down Lease - \$3,112 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,003/\$3,924/\$6,927/\$10,010. Lease includes \$2,660 Lease Rebate (everyone qualifies). Mazda3 Hatch: Money Down Lease - \$3,362 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,223/\$5,004/\$8,227/\$10,957. Lease includes \$1,490 Lease Rebate (everyone qualifies). Mazda CX-5: Mazda CX-5 Money Down Lease- \$4,103 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,964/\$5,004/\$8,968/\$15,591 Lease Includes \$1,750 Lease Rebate (everyone qualifies). Price(s) include(s) all cost to be paid by consumer, except for licensing costs, registration fees, and taxes. Leases are closed end and are subject to credit approval. Leases include 10,000 miles p/yr, 15¢ p/mi. thereafter \$0 Security Deposit & \$0 Bank Fee. Lessee responsible for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicle only. See dealer for details. Picture may not represent actual vehicle. Not responsible for typos. Offer expires 4/30/18.



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**AUTOMOTIVE**



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Lease A New **2018** Lincoln

## MKZ

PREMIERE

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36 mos.

**\$2,904 due at signing**

**Well Equipped Including:** 2.0L 4-Cylinder Engine, Automatic Transmission, Power Steering, ABS Brakes, Front Wheel Drive, Dual Air Bags, Power Windows, Heated Mirrors, Stability Control, Cruise Control, Rearview Camera, Rear Parking Sensors, Keyless Entry Keypad and MUCH MORE! VIN#3LJR607385, STK#J127, MSRP:\$37,065.

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L I N C O L N

Not all buyers will qualify for Lease. Lincoln MKC: \$2,920 Due at delivery includes \$0 Security Deposit and \$645 Bank fee. \$2,000 Cash Down or Trade. TOP/TCOST/LEP: \$9,900/\$12,545/\$22,014. Lease Includes \$1000 RCL Cash and \$500 Conquest Factory Rebate. Lincoln MKZ: \$2,904 Due at delivery includes \$0 Security Deposit and \$645 Bank fee. \$2,000 Cash Down or Trade. TOP/TCOST/LEP: \$9,324/\$11,969/\$21,280. Lease Includes \$2,500 RCL Cash and \$500 Conquest Factory Rebate. Lessee responsible for excess wear and mileage over 7,500 miles at \$.20 per mile. Price(s) include(s) all costs to be paid by consumer, except for licensing costs, Registration fees, and taxes. Vehicle shown may have optional equipment not included in payment, pictures for illustrative purposes only. Take new retail delivery from dealer stock by 4/30/18.





# AUTOMOTIVE



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**TIRE & SERVICE NETWORK** **Conventional Oil Change**

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**Includes a FREE Four-Tire Rotation**

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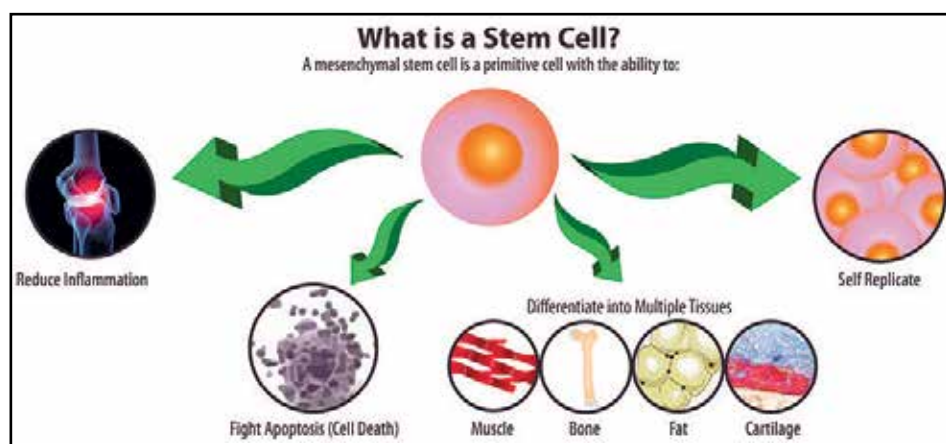
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## QUESTION:

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

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



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

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

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

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

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

#### ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

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

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

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



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## QUESTION:

### 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 antitling 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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## Blue Light Blockers

By Lauren Kolacki

Sunlight contains several different color light rays, each that affects us differently. These shades are characterized by their energy and wavelength; light rays that have relatively long wavelengths contain less energy, and those with short wavelengths have more energy. Blue light rays have the shortest wavelengths, therefore, the highest amount of energy.

The display screens of computers, electronic notebooks, smartphones and other digital devices radiate only half the amount of blue light as the sun does; but because of the time using these devices and the proximity of the screens, it has become a higher risk for long-term eye health effects. The cornea and lens of the eye, are blockers of UV rays reaching the retina but blue light passes through, becoming a cause of serious damage and/or possible vision loss.

In the US, 97% of kids under the age of four use mobile devices. 77% of Americans have smart phones and teenagers spend an approximate 6.5 hours a day staring at a screen. With these statistics being so high, it is established that Americans have a high exposure to blue light. Because of this, it is important to be aware of certain blue light filters that can protect your retina. Fortunately, there has been several productions of blockers that protect your eyes without affecting the visibility of the display screen, some even act as a screen protector from scratches or cracks. Ask your eye doctor or optician about which type of vision correction and lens features best suit your needs for viewing your computer and other digital devices and protecting your eyes from blue light.





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Dr. Sanjay Gandhi, DPM

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## All You Need to Know: Stomach Bug

**WHAT IS IT:** sickness caused by a virus which spreads from person to person or through food contamination. Symptoms usually appear 1-2 days after exposure and are mild, usually lasting 1-2 days.

### SYMPTOMS

- Upset Stomach
- Diarrhea
- Vomiting
- Fever
- Headache
- Abdominal cramps
- Dehydration

### TREATMENT

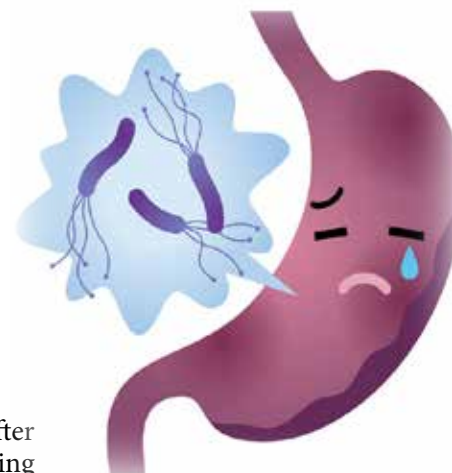
- Get plenty of rest.
- Wait about 30-60 minutes after the last vomiting to try drinking fluids.
- Sip small amounts of clear liquids frequently. Try ice chips, sips of water, flat ginger ale or 7-up, weak tea, diluted apple juice, Gatorade, clear soups, Jell-O, popsicles.
- Eat small amounts of bland food frequently for 2-3 days to prevent recurrence.
- Let your gastrointestinal tract settle by not eating for several hours. Then start with small amounts of bland, easy-to-digest food such as cooked cereals, bread or bagel (no butter or margarine), toast with jelly, crackers, plain pasta, pretzels or bread sticks, fruits (banana, apple, applesauce), cooked potatoes, cooked vegetables, eggs, rice, chicken, turkey, and baked fish.
- Avoid dairy products, greasy or spicy foods, raw vegetables, caffeine, and alcohol until recovery is complete.

### WHEN TO SEEK CARE

- Stools containing blood or black stools
- Temperature over 101.5F for more than 24 hours
- Prolonged vomiting
- Signs of dehydration
- Diarrhea that lasts more than 3 days

### PREVENTION

- Wash your hands.
- Don't share drinks.
- Do not prepare food for people if you are sick.
- Throw out refrigerated leftovers once a week to avoid eating spoiled food.
- Clean surfaces well before preparing food on them.
- Keep your meats separate from your vegetables when storing them.
- Cook meat to 160F and maintain at 140F or higher.
- Thaw meat in the refrigerator or microwave.
- Refrigerate leftovers within two hours.
- Don't put cooked meat on the plate where raw meat was held





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## Dimensions of Spirits

*Dimensions Reiki in Matawan is always looking for new ways to help you get "up close and personal" with Spirit!*

On March 10th, psychic medium and Reiki Master Jeff Carpenter hosted an amazing ghost investigation of one of the most haunted locations in New Jersey, the Burlington County Prison Museum in Mount Holly! Guests had incredible paranormal experiences such as seeing shadow figures dart through the hallways, hearing strange footsteps and unexplained cell doors creaking, and direct communication with some of the souls still wandering the prison through flashlights turning on and off by themselves! Stay tuned for future ghost tours!

Dimensions is also adding new classes and workshops, like a 2-part class to teach YOU how to give Tarot card readings for family and friends! The class will take place on consecutive Fridays, April 27 and May 4. Tarot readings are great way to tap into your own intuitive abilities!

Through healing Reiki therapy and psychic readings, Dimensions is ready to help improve your well-being, mind, body, and spirit.

**Spirit awaits in 2018; are you ready?!** Find YOUR Intention and Love Your Well-Being!

Jeff Carpenter is a Reiki Master Teacher, psychic, and spirit medium who founded Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for all events; please email [dimensionsreiki@gmail.com](mailto:dimensionsreiki@gmail.com) or call 732-832-1036 to register. Check out all of our events online at <http://dimensionsreiki.com/calendar>.

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### How it works:

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### 1. Single-Leg Step-Ups

Reps: 10-15 on each leg

Stand facing a step. Place one foot on the step and the other on the floor. With your abs braced and glutes squeezed, start the movement by pushing through the front foot on the step, driving powerfully upward to the standing position. Lower your body under control. Pause briefly at the bottom and repeat. Complete 10-15 reps on each side.

### 2. Reverse Lunge

Reps: 10-15 on each leg

Stand with feet together, place the ball of your left foot on the floor. Slide your left foot back; Right leg will bend at 90-degrees. Slide your left foot up to start position, pulling up with the glute of your right leg. (You should feel this in your glutes and some in your quads of the stationary leg). The sliding leg is just going along for the ride. Complete 10-15 reps on each side.

### 3. Two-Arm Row

Reps: 15

Keeping your feet shoulder width apart, bend your knees and lean forward until you're at a forty-five-degree angle. Pull your shoulder blades back. Now, use a rowing motion to pull the resistance band toward your stomach then lower your arms down. That's one rep. Complete 15 reps.

### 4. Planks

Get into plank position with your forearms on the floor and your feet straight back so your body and back and your head is looking straight ahead. Make sure to keep your abs tight and don't allow your hips to sink. Stay in position and breath in and out for a minimum of 60 seconds.



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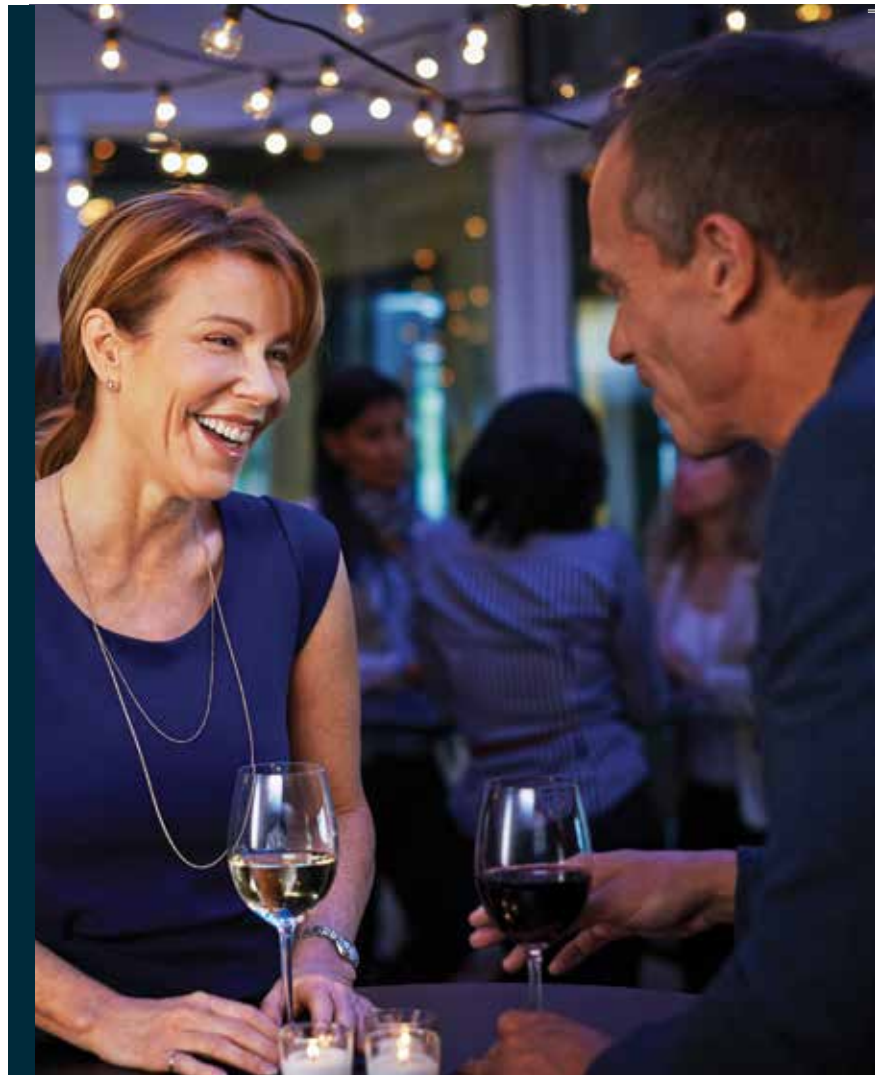
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# No Stigma Network A Vision for Survivors!

By Pam Teel

Shrabanee Shah of Millstone Township is a mother and has been the caregiver of a loved one who has dealt with psychiatric illness since the age of nine. She created the “No Stigma” Support Group with assistance from a good friend when she noticed that there was no appropriate support program available for her child after graduating from high school. To her, it almost seemed as if her child was being pulled into a “giant dark hole.”

The support groups that were available did not meet his “young adult” needs. Other young adults seemed to have the same feeling: “We want a support group that is peer run, facilitated by a caregiver who understands where we are coming from and who can bring us back on track when we go off track. We want to be ourselves with our own body language, expressions, ideas, and thoughts, and don’t want to be limited in what we can say and how we say it.”

Each of the young adults that Shrabanee spoke with had a desire to be independent and to live a healthy and productive life. They were either in school, in vocational training, working, or planning to go back to school. Each was remarkable in his or her own way and intent on being responsible for making his or her own life decisions.

Shrabanee’s dream was to create a peer support group for young adults where an “I can” attitude is encouraged and supported. The group would supply support, education, outreach, and advocacy to assist the members in achieving their goals. Shrabanee was approached by three young ladies with similar ideas who suggested the support group be named “No Stigma” since “we are constantly being stamped for our illness and yet all we want is to have a normal life.”

The “No Stigma” support group was established on November 4, 2009 as simply a self-help support group for young adults, ages 18 to 30. Six years later, the simple support group became a New Jersey nonprofit corporation, 501(c)(3) tax-exempt organization re-named “No Stigma Network, Inc.”

NSN was designed for individuals who are ready to make a positive change in their lives. The group embraces a constructive approach to the concept of “Peer Support”, including self-help practices at their meetings such as stress reduction techniques, mindfulness, effective communication and problem solving skills, and a focus on wellness and empowerment.

- Each support group is led by an experienced facilitator who provides structure and guidance to the meetings.
- NSN promotes high standards for young adults with mental health challenges by:
- Encouraging positive health and wellness practices
- Supporting healthy financial responsibility
- Maintaining a young adult support system where members are encouraged to discuss issues in a confidential, safe, and non-judgmental environment.
- Involving members in outreach to the community to increase awareness of mental health challenges, and to inform the public about resources including NSN’s programs



NSN promotes education and awareness in its members through real world experiences. The Young Adults Advisory Committee, (YAAC), plans exciting educational trips and events for the group including picnics, seasonal parties, crafting workshops, and local outings. The YAAC is made up of four young adult members who have shown commitment to NSN’s mission and vision. YAAC is chaired by an NSN Executive Board member. The YAAC provides an opportunity for the members to express their thoughts and views on NSN’s programs. YAAC members chose “survivors” as the most appropriate, meaningful and empowering name by which they would like to be called.

In addition to the young adult support group, NSN also offers peer support for those over thirty. Recently NSN developed a support group for parents who are dealing with issues brought on by the mental health challenges of their adult children. The parents seek support, guidance, and information to strengthen their families’ ability to successfully cope and thrive with these challenges.

All of NSN’s programs and activities are provided to its members free of cost. The facilitators, board members, and other support staff are all unpaid volunteers. NSN welcomes new volunteers (over 18) who are interested in working to further develop and support its programs.

More information is available on NSN’s website: [nostigmanetwork.com](http://nostigmanetwork.com), and the Meetup site: [Meetup.org/Freehold/Wellness/Meetup/](https://www.meetup.com/Freehold/Wellness/Meetup/). You may contact NSN directly by email: [nostigmanetwork@gmail.com](mailto:nostigmanetwork@gmail.com).



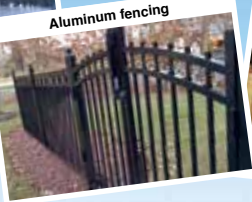
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Any organization and/or group which has not already expressed interest in participating in the parade is welcome to contact Mr. Ray Dothard, Chairman of the Millstone Veterans Memorial Council, in order to apply for registration or with any questions at dothardray@msn.com. **Registration deadline is April 28.**

*Thank you so much for your support and we look forward to seeing you at the parade!*

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# Millstone Kindergarteners Learn A Tasty Lesson

By Pam Teel

In March, the Millstone Township Kindergarten classes at the primary school were doing a unit on 'How to Do Things in Order.' To help them out were Mary Costagliola, retired Millstone grade school teacher, and her son Frank, owners of Vesuvio's Pizza and Restaurant. Not only did the children learn the step by step process of how to make a pizza, they got to enjoy the finished product as well.

The children were divided into two groups of 60 children per session. They got to feel the dough hands on as they watched the step by step demonstration of the order in which to put the ingredients on the pie before it goes into the oven. Each student received a pizza hat and a little coloring booklet to take along with them.

This is the fourth year the Costagliola's have helped out with this project. The cost per each student was \$3.00, totaling \$267.00, of which the Costagliola family donated back to the school along with an additional \$233.00 to make an even \$500.00 to help start a fund to go towards further school security.



*The children not only got an informative lesson on doing things in order but a tasty lesson one as well!*





# The Toms River Field of Dreams Mission

## *If you build it, they will come!*

By Pam Teel

Toms River High School North teacher, Christian Kane, was involved in a car accident nearly five years ago. Kane's 7-year-old son, Gavin, suffered a severe brain injury as a result of the accident. Gavin, then 19 months old, was in a car seat in the backseat of Kane's car when the vehicle was rear-ended by a fully-loaded beer truck. Gavin was hospitalized for two months, paralyzed, and is still undergoing daily therapy today. He speaks through a tablet computer and moves around with the help of a specially designed wheelchair.

Christian is an avid sports fan with an athletic background. His older son was in baseball leagues and other sports. Coming to the realization that Gavin was never going to be able to do anything that his older brother could do, Christian had an idea; an idea that steamrolled into something that would not only benefit his own son's special needs but others too. This idea would soon become his main priority, Project Field of Dreams.

The Toms River Field of Dreams (TRFOD) is a project with a mission to encourage and engage two communities (Monmouth and Ocean Counties), with a focus on those with special needs, in physical and social activity by building a community complex to provide opportunities for all individuals of all ages, all abilities, to engage, explore and socialize together. It is envisioned by parents who understand how important it is for those with special needs to have a place where they can feel normal.

It is here that they will be able to enjoy the basic fundamentals of play on a rubberized baseball field and be able to play nine holes of miniature golf on a wheelchair accessible course. Upon completion of the Park they will have the use of specially made state of the art playground, a rubberized basketball court, bocce and shuffleboard, use of a handicap equipped zip line, and a complementary snack shack. There will also be a multi sensory walking path with rehabilitative stations. When the project is finished, it will be opened to all residents of surrounding towns and counties. It will benefit individuals of all ages, abilities and needs.

The TRFOD will provide engaging inter-active areas, events for music and art appreciation, organized leagues for special needs baseball and basketball, as well as quiet spaces for observation, reflection, and reorganizing. After the completion of the complex, the hope is to increase awareness of their special needs community and provide an inclusive environment in which all can play and interact together.

"The goal is to level the playing field, to make kids who are not typical feel better for an hour, for a day," Kane stated. He wanted Gavin and other special needs children to be able to enjoy recreational experiences like other kids, whether it be playing baseball, playing miniature golf or just swinging on a swing. According to Kane, there is no park within an hour of Toms River that offers a place for kids with special needs to play and socialize. The project will be started this summer with a goal to finish the project by 2019.

Kane has already received a lot of support from members of the philanthropic and business communities in the surrounding area, as well as the Toms River Elks Lodge 1875, The Blue Claws Minor league baseball team, and others. Also through people who have heard about the project and voluntarily stepped up to help. People like Skip Bariscillo, who heard about the project through a friend, and since last Christmas Eve, has been advocating to help raise funds for the project. Skip knows what it's like to be handicapped after suffering an accident ten years ago that left him with extensive disabilities. He knows firsthand how it feels to desire to be a part of something that used to be normal for him and now he can't be a part of it because of his physical limitations. Christian's main motivation is to make everyone feel "typical". For Skip, he believes this type of facility is "necessary". He believes Toms River Field of Dreams is "necessary to make everyone feel typical". This facility will allow families to enjoy activities along with their handicapped child or adult and make them feel a part of the whole experience. Skip helps out wholeheartedly with the project because he wants to help Christian make everyone feel "typical".

You can also help make this Dream become a reality. If you are a business or an organization or just want to donate or find out more about the Toms River Field of Dreams project, go to [www.tomsriverfieldofdreams.com](http://www.tomsriverfieldofdreams.com). Check out the upcoming fundraiser events online and ways to help Field of Dreams.

**Contact Christian Kane directly at 732-998-3667, or by email at [greatdad37@yahoo.com](mailto:greatdad37@yahoo.com) Facebook: Toms River Field of Dreams.**



*Christian & Mary Kane with son Gavin*



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# The Amish and Health

By Erin Mumby

The Amish have been found to be the healthiest population in the United States. A study was conducted to see if cancer would be prevalent because they lack modern medical care. Their findings showed the opposite. As a group, the Amish have lower rates of cancer than other people. Their lifestyle choices make them so healthy.

A lot of the Amish are physically due to strenuous, physical labor. Most Amish are farmers or engage in a lot of construction or production jobs. All these occupations require a lot of physical activity. Only 3% of Amish people are obese! Compare this to the 31% of Americans that are obese. The Amish do not use cars. If they don't take their horse and buggy, they have to walk!

It's no secret that organic food is healthy. This is all the Amish eat. The Amish do not consume processed foods regularly. They enjoy home-grown food. The seeds they use aren't genetically modified. They use heirloom seeds! All their fruits and vegetables are organic. They are consumed during the season they grow in. If not, they are canned. This makes for an antioxidant rich diet. They use organic methods and consume a lot of untainted foods. Their meat and dairy products aren't tainted with hormones. Amish food is rich in living enzymes, and vitamins and nutrients. They eat a lot of healthy fats. They rely on raw dairy, butter and meat. Vitamins A, K2, and E are all found in these items. K2 is a vitamin that most Americans lack in their diet. Osteoporosis and cancer occur when people have insufficient amounts of K2 in their diet.

The Amish live very humble lives. The simplicity of their days doesn't cause them a lot of stress. Stress is a major cause of a lot of different diseases. Their lifestyle is truly unique. They must live in harmony for a successful society. They depend on their neighbors. The Amish also avoid drugs and alcohol. Alcohol and drugs are terrible for your health. The Amish avoid smoking cigarettes. We all know the negative effects smoking has on your healthy

Most modern people would look down at the lifestyle of the Amish. However, their clean eating and daily physical activity makes them a healthy group of people. They are more resistant to diseases like diabetes and cancer. Most American people have sedentary jobs where they sit in office. Fast food and processed food are wildly popular in American. We rely on pharmaceutical drugs. It makes sense that the Amish are so healthy.



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# *Did you know... SALT*

By Pam Teel

## ***Did you know that the Romans paid their workers in salt and it was actually the Phoenicians who were first involved in the trade of salt?***

The Egyptians also used this mineral in the mummification process. They would use what's called natron, a mineral that contains sodium chloride. Natron would be used to keep mummified remains from decaying. A kind of preservative if you will.

Ancient Greeks referred to salt as a divine substance, and the Romans even used it to pay workers for their services. They called it salarium, which is the original term for the word salary that is used today. The Romans regarded salt as "the spice of the Gods." As well as using salt to conserve food or to add flavor, salt played a part in sacrificial ceremonies too as it was believed the Gods liked their offerings to be seasoned. A number of European cities also owe their prosperity to a roaring salt trade during the Middle Ages.

Salt has even been used in religious rites and ceremonies due to its ability to reform after being dissolved. It's been compared to God's unchanging love.

Salt is a natural mineral that is found within rocks on Earth. Now we're not talking about table salt like you would put in your shaker. But this is the natural element sodium. Deposits may also appear above ground in the form of 'salt mountains,' or could lie deep underground so far that mines have to be dug in order to reach it.

Over long periods of time some of this salt is liquefied by the natural rain and gets carried out to sea through the rivers. Once it reaches this area it will build up into what is known as salt pans. There the sun will bake away the water leaving the salt crystals behind.

Salt Superstitions; just like anything else that has been around for such a long time, salt has formed many superstitions over time. The most common tradition of salt says it bring prosperity. This is why many times people will give it as a gift upon reaching a new year, or when moving into a new home. Another tradition of salt says it will bring fertility and some say you should give a bride salt on her wedding day.

But probably the most common superstition for salt is that it will bring you great protection and its abilities include protecting you from evil as well. Salt is also thought of as a defense against witchcraft and curses that have been brought upon by the evil eye. A simple salt-water bath can do wonders for you spiritually and emotionally. Submerging yourself in salt water removes blockages, neutralizes the evil eye, chases away negative spirits and general cleanses away all that holds us back from progress and success in life.

Everything that surrounds us has energy, people, plants, animals; the very environment in which we live and breathe is composed of energy. This energy is constantly bouncing around and leaving a residue on all that it touches. Over time this can build up and turn into "psychic sludge." It is also a sad fact that many people harbor jealousy and other negative feelings towards us that can be spiritually, emotionally and physically damaging. Remember that spiritual health and physical health are related and what is done to the soul is reflected in the body and vice versa. So, therefore it is a good idea to perform a simple spiritual cleansing at least once a month.

Start by adding an entire box of salt to a tub full of water and soak as you normally would. Salt is a great neutralizer. It takes away negativity, psychic sludge, bad luck, and even chases away chaotic or harmful spirits and energies. Many cultures and religions even use salt in exorcism rituals. Some believe you can also use salt to cleanse away spirits from your house. If you accidentally drop the saltshaker and spill salt, quickly throw some over your right shoulder to ward off bad luck.

Our bodies need salt too. Unlike sugar, we could not survive without it. However, the jury is out on exactly how much salt is actually good for us and at what point it becomes unhealthy. Since 2016, salt is one of seven ingredients that must be clearly labeled on food packaging.

Some useful tips: Spilt red wine on a white tablecloth? Scatter a handful of salt over the stain to absorb the moisture.

Kiss a hangover goodbye by eating something salty the next day. Alcohol robs the body of valuable minerals. Salt helps readjust the balance.





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