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Twin Rivers



CmPS Team at Future Problem Solving State Bowl, March 17, 2018 held at Kean University

Full story on page 13 • Front row (L to R): Jai Patel, Ethan Bailey, Max Glantzberg, Alexey Nekrasov, Rafferty Burden, Mahi Desai

Back row (L to R): Nate Benjamin, Evangeline Huey, Kyra Ahuja, Brendan DeRose, Ryan Bailey, Charlie Duffy, Thomas Maltese, Anna DePinho, Rachel Glantzberg



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

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The Millstone Times STUDENT OF THE MONTH

By Pam Teel

Thirteen year old, Laura DePinho, is in the 8th grade at the Millstone Township Middle School.

Laura likes the fact that her school is a happy place to be and that the staff create a safe environment for all students. She also likes being in school because she likes learning new things. Her teachers are a big part of her feelings as they have helped and influenced her in so many ways. School is such a great opportunity to learn and grow and Laura is so thankful to have the opportunity to go to school.

Laura's favorite subjects are science and language arts. She finds science fascinating and interesting. She loves to write because she finds it very calming and enjoyable to write both in and out of school.

Laura is a good student. She works very hard on her schoolwork and does well in her classes.

In the future, she would like to potentially take a job that would benefit others; maybe something with art, music or writing.

Laura loves reading, especially books filled with suspense. Her favorite book that she recently read was Between Shades of Gray by Ruta Sepetys.

Her favorite TV show is Trading Spaces because she thinks it's amazing how you can turn anything into something beautiful.

Her favorite song is "Meant to Be" by Bebe Rexha because she thinks it promotes a really great message.

Her hobbies are painting and drawing because she loves the idea of just being able to create emotions and a story through a picture. Music is also a hobby of hers. She plays the piano, clarinet, ukulele and guitar. She also sings in the Princeton Girl choir. Laura

feels that there is just something about music that can speak to the souls of so many people and influence them on so many ways.

Her favorite place to visit is her Grandma and Grandpa's house in Maryland. This is her favorite place because her cousins also live near there and she has so many memories ever since she was very young of holidays and fun times there.

Her family consists of her Mom, Dad, older brother Luke (age 15), and younger sister, Anna (age 11). Her Grandma and Grandpa live in Maryland. Her cousins also live in Maryland on her mom's side. Her aunt and cousins on her dad's side live here in New Jersey.

Laura has a dog named, Toby. He is a Cavachon, which is a mix of a King Charles Cavalier Spaniel and a Bichon Frise. Her family also has two aquatic frogs.

Her favorite holiday is Thanksgiving because she loves being together with her family and she thinks it is very important to be thankful for everything they have and the things people take for granted.

Her favorite sports are field hockey and track.

Laura's favorite foods to eat are fruits and vegetables, especially watermelon and green beans. She doesn't like to eat meat because she doesn't like killing animals, but she does love omelets.

If she had one wish, it would be for everyone to be kind and considerate of one another. This would be her wish because with that the world would be a much happier, peaceful, loving place, which is something everyone needs.

We wish you all the luck in the world in the future Laura. Stay the well-balanced caring person that you are. There are not doubts that you will go far in life! Keep up your good grades in school and your positive attitude toward all things.

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.

The Frances Foundation

By Lauren Kolacki



The Frances Foundation is a non-profit organization devoted to alleviating some of the suffering that coincides with a child fighting cancer. From financial assistance to special gifts, the commitment of the foundation slightly diminishes the severity of the situation, even for a moment. My admiration for this foundation provoked my curiosity, leading me to reach out to the President, Robert Heugle. By speaking with Robert, I developed a better understanding of the specifics behind the foundation and the emotions that accompany being involved in such an empowering cause.

Robert's mother, Frances Jean Nolan Heugle, passed away from colon cancer in March of 2000. Frances spent her life devoting her time to children, so what better way to honor her than an organization dedicated to enhancing the lives of children? Robert, along with his siblings, father and an assemblage of family and friends were determined to carry on her legacy. Their ambition persevered and on her birthday; July 26, 2004, they commenced The Frances Foundation.

In the last 14 years, the organization has grown to approximately 50 trustees. This includes Robert's siblings, children, Frances' sister and other individuals who have just as much passion for supporting the cause. Being a part of this community is astonishingly rewarding, however, Robert claims it has its downfalls. He went on to explain the relationship he builds with the children and their families, "You get so attached to a young boy or girl who is so full of life, then you just lose them. It is hard to deal with the emotions and try to make sense of the situation". Robert claims the only thing harder than managing his grief, is pulling himself together to console the family that just lost their child.

Building a relationship where the other half passes away is heart breaking, yet, what you can contribute to that child's life while they are still here is incredibly gratifying. The most important factor of this foundation is to make the children smile. Robert Heugle believes it is important that everyone is reminded that every penny donated is 100% for the families and the children.

In the past year, The Frances Foundation has been able to:

- Treat Young Warriors and Families to Trips to Disney
- Host Hospital Party and Present Holiday Gifts to the Children
- Serve Thanksgiving Dinner at Various Hospitals
- Pay Stressful Bills, including Back Rent, Utilities, Car Repair, Gas and Uninsured Medical
- Sends Kids and Their Families to Sporting Events
- Bring Smiles to Kids with VIP Limos, Dinners, Shows and Concerts
- Mother's Day Flowers and Father's Day Treats to the Warrior's Parents
- Host a Summer Picnic and Pool Party
- Donate Money for Pediatric Cancer Research at St. Jude's Children's Hospital
- They even sent a young boy to the Super Bowl.

Robert is a professional attorney but throughout the years he has begun to donate more of his time to the foundation. He claims he splits himself 30/70, 30% of his time to his career and 70% of his time to volunteering. He realizes how much there is to be done and he is motivated by the smiles of the children and the financial stability the foundation can provide. He believes this is his calling and everyday he embraces and loves what he does.

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There's no doubt that Americans, on average, are living longer. Advances in medical science are preventing illness, curing disease and healing wounds to the point where reaching 80 isn't a rare event anymore. Still, bodies inevitably wear out and aging baby boomers may be faced with difficult and emotional decisions. They may be faced with the reality that their lifestyles must change.

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Apple Cider Vinegar Keeps the Vet Away

By: Erin Mumby

You might be familiar with the health properties of apple cider vinegar for humans. Did you know that it can be used as a non-toxic all natural tool for dogs as well? Vinegar can be used for alleviating a myriad of symptoms in your pooch. You should be using organic, raw apple cider vinegar. Simply dilute the apple cider vinegar with water before giving it to your pet.

Apple cider vinegar can help relieve itchy skin. Your dog can have itchy skin and rashes from yeast or maybe even poison ivy. Make a 50/50 solution of water and apple cider vinegar. Pour it into a spray bottle and directly spray the itchy areas on your dog. If you're worried about yeast, you can pour a little apple cider vinegar into your dog's food or water.

You can also make a natural ear cleaner for you dog with apple cider vinegar. Use purified water and apple cider vinegar to prevent ear infection. Clean their dirty ears with cotton balls dipped in the solution. Clean ears until the cotton ball comes out clean.

Our pets love to run around in the great outdoors, especially during the nice summer months. Fleas and ticks can find a home with our pets. Apple cider vinegar is the perfect ingredient for flea and tick repellant. Before your pup goes out to play, spray him or her with the 50/50 solution of water and apple cider vinegar. The acidity in apple cider vinegar repels the fleas and ticks.

If your dog already has bites, make him a body rinse with green tea and apple cider vinegar. You don't need harsh chemicals to treat your dogs bites. You will need 1 cup of distilled water, a half cup of apple cider vinegar, and a half cup of brewed green tea. After bathing your pet, use this solution to massage your dog. Rinse well and pat dry. This will give your pet some much needed relief. You can also spot treat your dog with this solution for maximum relief.

A lot of dogs have discharge from their eyes. If it's clear and watery, your dog could have a cold. This will usually be accompanied by coughs with a liquid sound and a runny nose. Your dog could use some apple cider vinegar in his or her food. A 50 lb .dog needs no more than one teaspoon twice a day in its food. Their eyes should clear right up. Ultimately, apple cider vinegar is the perfect natural remedy for dogs and humans alike!



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By Pam Teel

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

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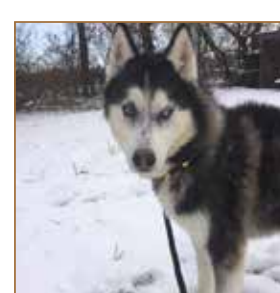
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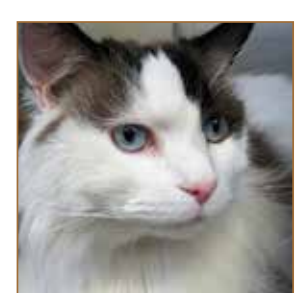
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The Hearts and Minds of Elementary Students Hard at Work in Millstone

By Pam Teel

Seven passionate Millstone Township Elementary School students decided to do something to help other children in Puerto Rico after both hurricane Irma and Maria decimated the island. The group consists of three 3rd graders, and four 5th graders.

They are a part of a Destination Imagine Group and they are doing a project called Inside Impact. Inside Impact is a challenge by which they identify a real need in a community and create a project to help fulfill their need. They were very distressed with the damage recently caused by the two hurricanes and they wanted to help its victims. They decided to concentrate their efforts on helping Puerto Rican children on their return to school by sending them school supplies. Knowing that other organizations and charities were helping with food, water and clothing, they focused on helping to get the children much needed supplies so they could have an easier time going back to school.

The seven students have reached out for help from their friends, other children, teachers in the Elementary, Middle & Primary schools, the community, and the Middlesex County Bar Association to request funding for shipping and present written proposals to local school principals and orthodontists. The children meet at present on Tuesday mornings, after school, and once every other Saturday to continue the good work.

The supplies are pouring in and now they are in need of monetary donations to help ship these items. They now officially are a non-profit charity corporation they call KINDNESS 4 KIDS, Inc., and have set up a gofundme account to collect donations for shipping and to purchase other needed items like pens, paper, pencils and backpacks.

The group has managed to collect approximately 10 large boxes of school supplies and have shipped at least 4 boxes so far to a school in a rural area in Puerto Rico. Presently there is a collection box at the Primary School and one at Relentless Fitness in Freehold. Donations can be sent to the Millstone Elementary or Middle School or contact them on facebook for a drop off address. Facebook- look under Kindness 4 kids. If you have a business and wouldn't mind the students putting one of their drop off boxes in your establishment, please feel free to facebook them.

To Krish Patel, Harry Biello and Lucas Menar Nohilly- all in third grade-Gabriella Menar,-Nohilly, Hamilton Appel, and Mya Lourenco, and Megan Connolly, all in 5th grade, keep up the good work you are all doing!!!!!! You do make a difference!

To the Community- you can also help make a difference. Visit their facebook page. Donate today!!!!!!

The Logic of Logos and Catchphrases

By Pam Teel

Companies spend millions of dollars coming up with unique and compelling logos that define their brands and make them stand out from their competitors. One can make good money in the advertising business thinking up clever logos if they have a good imagination. We see hundreds of logos everyday, but do we really get what the hidden meanings are behind the logos? Here are four logos that have hidden meanings that you might not have ever known or seen if it wasn't pointed out to you.



Baskin Robbins is an ice cream chain that has 31 different flavors of ice cream. The number 31 has been incorporated into the logo within the B and R initials. Look closely and you will see the number 31. Ever wonder what they would do if they added more flavors?

Pittsburgh Zoo has a few cleverly hidden aspects in their logo. Not only does it display a gorilla and a lion staring at each other, one can also see fish jumping around at the bottom of the logo. To see the gorilla and the lion, stare into the white space on both sides of the tree trunk. The gorilla is on the left and the lion is on the right.



Tostitos - The two T's represent two people and a pot of salsa has replaced the dot over the I. The logo is representative of people coming together to share Tortilla chips.

Toblerone - The famous chocolate company based in Bern, Switzerland, includes a silhouette of a bear in its logo, on account of the fact that Bern is sometimes called a city of bears.



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The Non-stoppable Phearless Phragmites Phighters Team

By Pam Teel

The team has been hard at work! They just launched an invasive species online teacher resource kit that you can view at PhragKit4Teachers.weebly.com. The resource kit is part of the project they will be presenting at the Future Problem Solving International Conference in La Crosse Wisconsin in June.

They also just participated in the Millstone Stream Cleanup. Bright and early on Saturday, April 14th, Millstone Township Elementary School's Phearless Phragmites Phighters joined Stony Brook - Millstone Watershed organization members for their annual Stream Clean-Up event. Before the crew launched into their clean-up efforts, the young problem-solvers enthusiastically presented their new environmental resource kit for teachers. The students handed out flyers and shared a printed copy of their eBook, "Cornelius and Betty: A Phragmites Adventure." As the students picked up trash along Perrineville Road, they observed with consternation that many cigarette butts had been tossed in close proximity to dry and flammable Phragmites stalks.

The team was pleased to hear from the Environmental Commission Chairman, Eric Davis, that the EC continues to pursue permits for managing the invasive Phragmites patch across from the Millstone Township First Aid Squad building.

The Phearless Phragmites Phighters are once again heading to the Future Problem Solving International Conference! The conference takes place this year June 6-10 in La Crosse, Wisconsin. The bright team of students in grades 3-6 participate in the Community Problem Solving Division which "encourages students to become agents of change and engages students in their communities." (FPSPI.org website) The Millstone Elementary School's problem solving team has devoted two years to their evolving project, and they earnestly strive to spread awareness and motivate other students throughout New Jersey to act against invasive Phragmites. At the International Conference, the students will enjoy connecting with problem solving students from around the globe, sharing their projects, being interviewed, collaborating on creation of a display showcasing their work, and appreciating sights along the beautiful Mississippi River.

A big shout out goes to all the conscientious students involved in the project. They will be the future guardians of our environment!!!!



Announcing Teacher Resource Kit at Stream Clean-Up: (L to R) Evangeline Huey, Anna DePinho, Mahi Desai, Brendan DeRose

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Did you know that...?

By Pam Teel

There are a lot of members in the animal world that mate for life, and in some cases of monogamous mates, both take care of their offspring. It is true though that if one partner in a monogamous pair dies, most surviving partners will go on to find a new mate. Here are ten animals that prefer, for the most part, being with the same mate!!!!!!

Beavers - Adult beavers can weigh 40 pounds or more, and they mate for life during their third year. Their babies are called kits, and typically 1 to 4 are born in the spring. Both parents care for their kits, which stay with them for about two years. The yearlings typically help care for the next litter. A beaver colony can consist of six or more individuals, including parents, yearlings, and kits.

Gibbons are the nearest relatives to humans that mate for life. They live in small, stable family groups with a monogamous mated pair and offspring under the age of 7. Gibbon families are territorial and defend their territory with morning songs sung by the breeding pair. Gibbons reach sexual maturity between 6 and 8 years of age. Females give birth to one baby at a time, and mating pairs produce an average of 5 to 6 offspring over their reproductive lifetimes.

Wolves live in packs that are typically family groups including a male and female breeding pair and their offspring of varying ages. Only the breeding pair mates, and has one litter a year. Wolves reach sexual maturity between 2 and 3 years of age, and once the youngsters are ready to mate, most leave their birth pack to start their own pack or join an existing pack.

French angelfish mate for life and fight to defend their territory against other angelfish pairs.

The Shingleback Skink is a heavily armored, blue-tongued lizard that inhabits western and southern Australia. It is mostly monogamous and has known to pair with the same mate for up to 20 years. Shingleback lizards live alone for most of the year, but get together with their partners during breeding season in September and November. In western New South Wales, shinglebacks are often seen crossing roads in pairs, the male following the female.

The Mute Swan typically mates for life, though once in awhile, mates change partners, and swans will find another mate if their partner dies. If a male swan loses his mate and finds a new, younger female, she joins him on his territory. However, if the male mates with an older female, they join up on her territory. If a female swan loses her mate, she typically finds a new, younger mate rather quickly. For the most part they stick together because time spent chasing down a new mate each year would cut into chick making time.

Albatrosses mate for life and if one partner dies, the surviving bird may search for years for a new mate. The albatross can live to be 50 years old. Albatrosses spend time on the ground only to breed, typically in large colonies on remote islands. Mating pairs produce just one egg and take turns caring for it. Young albatrosses learn to fly at from 3 to 10 months, depending on the species. Once aloft, it will be 5 to 10 years before they reach sexual maturity and return to the ground to breed.

Penguins are primarily monogamous; however, some species like the Emperor Penguin are serially monogamous, meaning they partner with one mate for a season rather than for life. Monogamous species include African and Magellanic, Gentoo, and Royal penguins. Both male and female penguins prepare the nest and take care of the chicks.

Barn Owls are usually monogamous and mate for life. After the pair forms, the male keeps the female supplied with food beginning about a month before she starts laying eggs. Female barn owls build simple nests of their own regurgitated pellets. Unlike most birds, owls may use their nest sites for roosting throughout the year and nest sites are often reused from year to year, often by different owls.

Bald Eagles spend winters and migration alone; however, they remain monogamous throughout life with their chosen mate. Bald Eagle pairs build platform nests on the tops of trees and produce offspring each year. If one of the pair dies, the surviving eagle will find a new mate for the next breeding season. Bald eagles typically lay 2 or 3 eggs, which are incubated for about 35 days.

Other monogamous mates include coyotes, golden eagles, condors, pigeons, prions, red tailed hawks, ospreys, prairie voles, and yes, even termites and American black vultures.

Of course just like with humans, there is always the chance of one mate cheating on the other. Lol!



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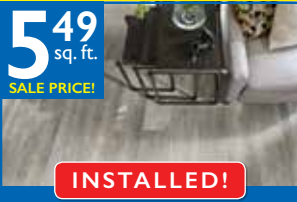
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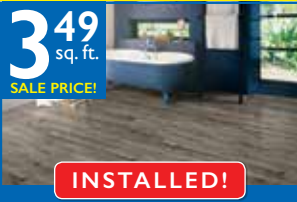
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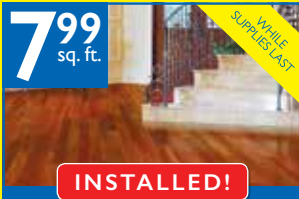


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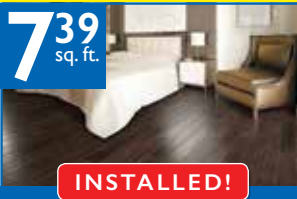
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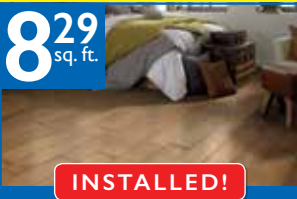
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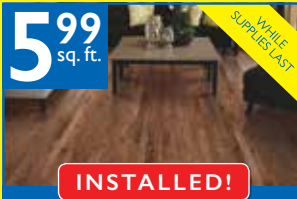
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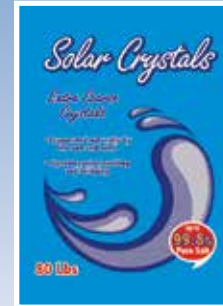
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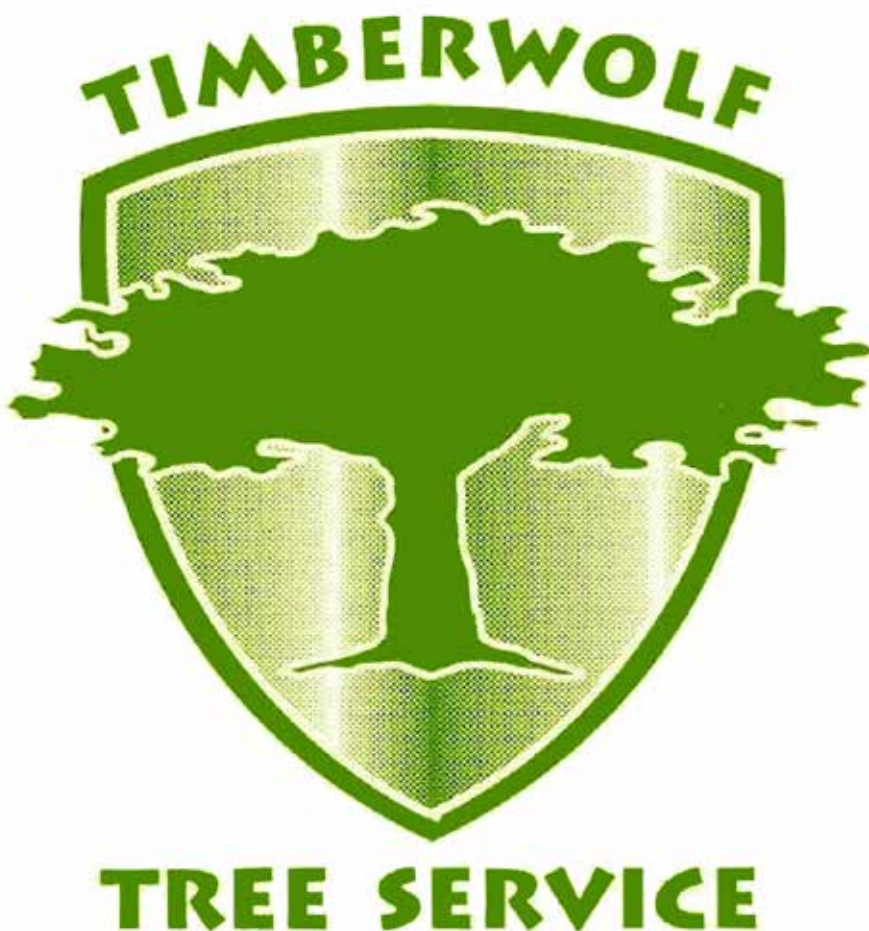
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Low Maintenance Perennials For Your Planting

By Gabriella Mancuso

Perennial Plants are plants that live more than 2 years. Compared to annual plants, perennial plants are capable of surviving all weather conditions. They are often used to help fill in gardens and add color. They are also low maintenance and low on the pricing scale. I would definitely recommend getting these flowers for your garden especially the following favorites:

- **Japanese Painted Fern:** a silver and purple shade. It fits perfectly in your garden with all kinds of plants. This flower is very neat and very tidy.
- **Achillea "Coronation Gold":** a bright, cute flower meant to stand out. This flower has also been said to keep the deer out from munching on your beautiful garden.
- **Asclepius Tuberosa:** a vibrant, pretty orange flower meant to attract butterflies. It is also drought tolerant and long lasting.
- **Astible Chinensis and Rheinland:** these flowers are extremely easy to grow. They tend to last through all weather conditions and all seasons. A very nice, easy pink addition to your garden.
- **Chelone Lyonil:** this flower is an excellent choice if your garden only receives late-day sun. It has a very tropical sort of vibe to it.

All of these flowers can be purchased at your local home improvement stores. They are without a doubt the smartest buy a garden owner could make. Easy, beautiful and the obvious smart choice. Just remember which flowers in your garden are perennial and which are annual. This way you do not dispose of the perennial flowers before their time is up considering they last longer than annuals.



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Tackling Testicular Cancer: *Win the Game with a Strong Offense*

By Troy Sukkarieh, MD

It only takes a lump the size of a pea in your testicle to signal something serious.

It's estimated that 8,850 American men will develop testicular cancer this year. It is most frequently diagnosed in men aged 20 to 34. And, like several other cancers, your best defense is a good offense in the form of self-examination.

What are the symptoms of testicular cancer?

The most common symptom is feeling a mass, which is why self-exam is so important for detection. You may feel a mass in your testicle or in the scrotal sac. Additionally, you may notice that a testicle is enlarged, experience pain in one of your testicles, or, in extreme cases, experience weight loss or night sweats or cough up blood.

What are the risk factors?

Unfortunately, testicular cancer develops fairly randomly, although having an undescended testicle may increase your risk for developing cancer in either testicle. If you were born with an undescended testicle, you can decrease your risk by having the testicle brought down surgically.

How do I perform a self-exam?

You should conduct a self-examination of your testicles monthly, so I encourage my patients to do it on the first of the month to make remembering a bit easier. You should begin performing self-exams at age 15. The optimum time is after a bath or shower, when the skin of the scrotum is relaxed.

To perform the exam:

- Hold your penis out of the way and check one testicle at a time
- Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers
- Look and feel for any hard lumps or smooth rounded bumps or any change in the size, shape or feel of the testicles

It's normal for one testicle to be slightly larger than the other and for one to hang lower than the other. And, each contains an epididymis, which can feel like a small bump on the upper or middle outer side of the testicle. This is normal.

Once you check your testicles regularly you'll learn what's normal for you and will be able to tell when something's different. If you notice anything unusual, contact your physician.

What happens if cancer is detected?

If cancer is suspected, your physician will perform an ultrasound to confirm it. If the ultrasound appears suspicious, blood will be drawn to test for tumor markers to "stage" the cancer and determine how far it has progressed. You will need a CT scan of your chest, abdomen and pelvis for staging purposes. If you're of child-bearing age, your doctor may recommend that you bank your sperm in case you wish to have children in the future, as some treatment options may affect fertility.

To treat testicle cancer, a surgeon will remove the affected testicle and implant a prosthetic silicon testicle, if desired. Your doctor also may recommend further treatment, such as chemotherapy, radiation or additional surgery.

Luckily, a testicular cancer diagnosis doesn't always equal infertility. I treated a patient in his late 20s who was diagnosed with testicular cancer a few months before his wedding. He had surgery to remove the testicle and had a prosthetic one implanted. He enjoyed his wedding and honeymoon, and began chemotherapy when he returned. Fast forward a few years, and he and his wife have two children. He has routine X-rays to check for recurrence but has been disease-free since finishing treatment. He banked sperm just in case, but by all measures is living a "normal" life.

Launch your own offensive against testicular cancer by making self-exams part of your regular routine.

Troy Sukkarieh, MD, is a board-certified urologic surgeon specializing in robotic and advanced laparoscopic surgery. He is on staff at CentraState Medical Center in Freehold and can be reached at Central Jersey Urology Associates by calling 866-CENTRA7.



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.

Weight Loss Made Simple: Starting on Thursday, May 17, at 10:30 a.m., join Caryn Alter, Registered Dietitian, and Cindy Kinsella, Certified Personal Trainer, from CentraState Medical Center, for this two-part program (May 24, too) as they explore practical ways to lose weight and strategies for keeping the weight off. Course fee: \$16 p.p., due upon registering in-person, in advance. Space limited.

Judy's Meditation: On Monday, May 21, at 2 p.m., Judy Kalman returns to provide her silent meditation session to promote calm and tranquility. Space limited. Please register in advance.

Drivers' Safety: On Tuesday, May 29, at 8:45 a.m., enhance your driving skills by taking this AARP-sponsored class. Course Fee: \$15 (AARP member); \$20 (Non-Member). For space availability, please contact Rosanna.

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. Sombros 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.

Knocking on Heavens Door: On Monday, May 21, at 2 p.m., we welcome Leslie Lagani, Medium/Intuitive, as she uses her spiritual abilities to open the veil to the other side. Open your mind to hear healing messages from loved ones. Not everyone is guaranteed a connection, but Leslie's goal is to send participants onward with hope and understanding about the afterlife. There will also be a Q&A session where your concerns about the afterlife, mediumship, etc. can be addressed. Space limited. Please register.

Michael & Ted: On Tuesday, May 22, 2 p.m., join our friends from WW-FM's THE CLASSICAL NETWORK, for an interesting look at the accomplishments of John Kander and Fred Ebb, who made magical music together from material specifically written for Liza Minnelli to their wonderful musicals like Cabaret and Chicago. Please register in advance.

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.

The Monroe Township Chorus Presents: America, the Beautiful. Join the Monroe Township Chorus on Sunday, May 20, 2018, in the Richard P. Marasco Performing Arts Center, for a FREE concert, at 2 p.m., celebrating America and the men and women who serve our country. For more information, contact Sheila Werfel, Artistic Director at 609-619-3229.

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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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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!

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No Stigma Network

Young Woman Gets Her Life Back!

By Pam Teel

Jennifer Meli was your typical high school student. You wouldn't know it by looking at her that she had any kind of problem, but just four years prior, at seventeen years old, she was diagnosed with severe depression, anxiety, and panic disorder. Her struggle and journey with mental illness stemmed from her childhood and progressively got worse as she got older.

When Jenn was eleven, she and her family moved to Manalapan. Soon after their move, Jenn started to become very self-conscious. She hated the way she looked and she refused to go out and be seen in public. She kept her feelings to herself instead of sharing them with her parents or her friends. This continued into her high school years. In order to feel better about herself, she worked extremely hard to get good grades. She was on the honor roll every marking period. Her teachers loved her. She didn't want her peers to see her as the overweight girl, but as a smart and beautiful young woman.

Although she came off as very shy and timid, Jenn was totally different around her friends and her family. She was always cracking jokes and laughing. She wanted to create the appearance of a perfect life, of which she really wasn't living. When she was 16, she lost a loving uncle. His death came as a horrible shock to the whole family and contributed to the spiraling depression that she was about to fall into.

During a Health Education class, Jenn fainted. The topic was about AIDS and HIV. She started to feel light-headed, nauseous, and sweaty. She had always had a phobia of blood but thought it was normal to experience those kinds of symptoms. When she got up to leave class, everything went black.

After that incident, she couldn't shake the feeling that she was going to faint again. No matter what she did to occupy her mind, she always thought about it until it came to the point where she wasn't able to stay in school for a full day. She started to experience daily panic attacks with body weakness, chest pains, cold sweats, heart palpitations, and loss of breath. Her depression worsened and she had a difficult time accomplishing the daily tasks of showering, sleeping, eating, and going out. She would cry constantly, often staying in bed all day. While her friends were enjoying their senior year of high school, Jenn was at home struggling just to live. After consulting with a psychiatrist, she was prescribed antidepressant medication, and she felt like she had no hope.

Her mom fought hard to get Jenn the help she desperately needed, especially after Jenn told her parents that she wanted to end her life. Scared and upset, her mom called Mobile Response, a service that helps children who are experiencing an emotional or behavioral crisis. One of the responders who came to the house told them about Shrabanee Shah and her peer support organization for young adults called, No Stigma Network (NSN).

Shortly after, Jenn and her mom met with Shrabanee. Through Shrabanee's motivation, support, and encouragement, Jen has learned that she can and will overcome her mental illness. Being involved with NSN has encouraged her to have a positive outlook on life and never to give up. With their help and support, she was able to graduate from high school, find employment, and enroll in college. This coming May, she will have earned an Associate's Degree from Brookdale Community College. Jenn currently works as an administrative assistant and as a substitute paraprofessional. In September 2018, she will continue on her journey to become a Special Education teacher at Georgian Court University.

"In my lifetime I hope to help individuals who suffer with a mental illness, just as Shrabanee encouraged and helped me. I am currently an active member of No Stigma Network's support group, the board of directors, and several committees. I was able to lay the foundation for NSN's first website, which I continue to maintain and update regularly. I also manage NSN's Facebook page. I have spoken in public about my personal story and about NSN. I am always glad to speak to new NSN members about my experiences and how participating in NSN's programs has strengthened and empowered me," Jenn stated.

"I suffer from anxiety, depression, and panic attacks, but these conditions do not define me. My life is mine, and my existence is as valid as that of any other person." Jenn's story is one of success where she learned how to control her deepest anxieties. If you are struggling with the same anxieties, symptoms and thoughts of suicide do yourself a favor and tell someone; a teacher, a parent, a professional. Your life is worth saving. With the proper help, things can only get better.

Mobile Response and Stabilization Services are available 24 hours a day, seven days a week, to help children and youth who are experiencing emotional or behavioral crises. The services are designed to defuse an immediate crisis, keep children and their families' safe, and maintain the children in their own homes or current living situation (such as a foster home, treatment home or group home) in the community. To access services call: 1-877- 652-7624

No Stigma Network: call Linda Van Melis 732-939 -2092 More information is available on NSN's website: nostigmanetwork.com, and the Meetup site: Meetup.org/Freehold/Wellness/Meetup/. You may contact NSN directly by email: nostigmanetwork@gmail.com.



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Low Calorie Spinach Pie

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Ingredients:

- 18 servings cooking spray, or enough to coat pan and dough
- 2 tsp olive oil
- 4 (10-ounce) packages chopped frozen spinach, thawed and squeezed to remove excess water
- 1 cup onions, finely chopped
- 2 tbsp. parsley, fresh, chopped
- 1/8 tsp ground nutmeg
- 8 oz. egg whites (8 egg whites)
- 4 oz. feta cheese, crumbled
- 1 tbsp. grated Parmesan cheese
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1-pound frozen phyllo dough, thawed according to package directions

Directions:

1. Coat a 9 x 13-inch baking pan with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add spinach and onion and cook until liquid is absorbed, about 5 to 7 minutes; stir in parsley and nutmeg. Remove from heat and transfer mixture to a large bowl. Add egg whites, cheeses and salt and pepper; mix well.
3. Lay 1 sheet of phyllo in and up the sides of prepared pan; coat surface lightly with cooking spray. Top with 7 more sheets of phyllo, coating each layer with cooking spray. Spread spinach mixture over dough and top with 8 more sheets of dough, coating each layer with cooking spray. Roll the overhanging sides of dough into the edges of pan, forming a border.
4. Using a sharp knife, cut into 8 squares, almost through to the bottom, but not quite or the filling will leak. Refrigerate for 30 minutes.
5. Preheat oven to 375 F. Bake until crisp and golden, about 45 minutes. Let stand 5 minutes before cutting squares all the way through to the bottom.



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---	--

Includes: tossed salad, dinner rolls, paper goods, serving spoons & chafing dishes
 20 person minimum. (deposit required)

PASTA
 Baked Ziti • Manicotti • Penne Vodka • Cavatelli & Broccoli • Linguine with Oil & Garlic
 • Stuffed Shells • Penne Prosciutto • Rigatoni Bolognese

CHICKEN
 Parmigiana • Marsala • Piccata • Rollatini • Florentine • Francese • Scarpariello
 • Bella Italia (white wine & mushroom)

MEATS
 Steak Pizzaiola • Baby Back Ribs • Meatballs • Tripe Marinara • Sliced Pork Roast
 • Pepper Steak • Sausage & Peppers • Swedish Meatballs • Roast Beef with Gravy

VEGETABLES
 Eggplant Parmigiana • String Beans • Spinach Sauté • Broccoli Rabe
 Oven Roasted Potatoes • Eggplant Rollatini • Broccoli Sauté • Escarole Sauté
 Mixed Grilled Vegetables • Stuffed Mushrooms

FISH
 Mussels Marinara • Fried Calamari • Calamari Marinara • Clams Marinara

VEAL
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The Best Way to Prevent Apples and Pears from Browning

By Lauren Kolacki

Emptying your children's lunch boxes at the end of the day and you notice they brought home their apple slices, once again. We've all been there. No matter what you do you cannot seem to figure out how to keep your child's fruit from browning. What type of kid wants brown apples? Please, what adult wants brown apples? As soon as the apple is cut into or injured it is exposed to oxygen. Then enzymes in the fruit, immediately reacts with the oxygen and the cofactor, causing a discoloration of the fruit.

Trial and error over a considerable amount of years have lead mothers to some tricks to keeping fruit fresh.

1. **Slice the fruit in water:** by doing this, the inside of the apple is never exposed to the air, therefore it stops the enzyme reaction before it even starts
2. **Dip the fruit in juice:** lemon juice, orange juice, even apple juice. The citric acid will slow down the reaction. Mixing the juice with cold water will prevent the fruit from tasting funny. Also, using apple juice, it is not as acidic but the fruit won't end up tasting like lemons.
3. **Soak cut fruit in soda:** ginger ale or sprite work the same as the fruit juice. This technique won't alter the taste of the fruit, just must be careful of the extra sugar!
4. **Soak fruit in acid powder:** In a bowl, mix fruit-fresh or citric acid powder with cold water
5. **Soak fruit in salt water.**
6. **Use a rubber band:** the newest trick moms have been using is to slice the apple then place it back together using a rubber band to hold it in place.



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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

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 Beautiful Two Bedroom Townhouse In Desirable Society Hill. Spacious Home - New Floors, New Eat In Kitchen w/Granite Counters & High End Cabinetry. Large Living Room, Dining Room & Sun Room. Huge Backyard Which Backs To Trees. Community w/Pool, Tennis Courts & Playground.



\$649,900 Upper Freehold Twp.
 Meticulously Maintained 4 Bedroom 2.5 Bath Home In Desirable Providence Estates. This Brick Front Beauty Is Move In Ready. Formal Living & Dining Rooms, Large Morning Room Off Kitchen, Spacious Family Room w/Fireplace & Large Finished Basement. Three Car Attached Garage & Paved Patio Too!

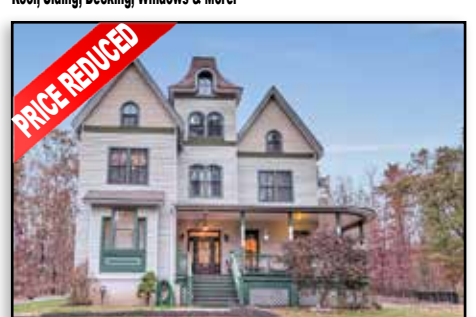


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10 Cottrell Dr, Clarksburg, N.J. 08510
\$699,900 Agent: Mindy Benesh/Mildred McCormick

This home boasts 9ft ceilings, an eat-in kitchen with a double oven and new Granite counters, 5BR/3BA PLUS bonus room on main floor, finished walk-out basement, formal dining room and living room. Oversized game/bonus room can easily be converted to 6th bedroom or in-law suite, finished walk-out basement. Great for commuter!



31 Hanover St, Pemberton, N.J. 08068
\$319,900 Agent: Mildred McCormick/Mindy Benesh

Historic Isaac Hilliard House., amazing Victorian home, fully furnished 4 bedroom, bed and breakfast has a full bath for every room, large dining area, living room, sun room and fully operational kitchen, hardwood floors throughout with private residence attached.



27 Cliffwood Dr, Allentown, N.J. 08501
\$624,900 Agent: Rhonda Golub

Spectacular estate home, close to everything! Dramatic two-story family room w/soaring windows that frame the wood burning fireplace, hand-scraped hickory floors, spacious kitchen, corian counters, island opens to a sun room, 1st floor study with built in cedar shelves and cherry hardwood floors. The yard is the perfect place for entertaining.



498 Buckelew Ave, Monroe, N.J. 08831
\$629,000 Agent: Suzanne Garfield

New construction to be built on 1 acre with 2 car side entry garage, east facing side entry door, public water and sewer. Choose from 2 models: The Maplewood with 5 bedrooms/3 bathrooms or the Birchwood with 5 bedrooms/3.5 bathrooms. Standard features include 9' ceilings on the 1st floor, 42" kitchen cabinets with granite counter tops and stainless steel appliances, hardwood floors throughout the 1st floor.



2 Orchard Dr, Cream Ridge, N.J. 08514
\$719,999 Agent: Jo Ann Stewart

Get ready to be wowed, beautifully tiled grand foyer, dramatic butterfly staircase & balcony overlooking the 2-story fam room, hardwood floors, extensive moldings, and recessed lighting. Gorgeous chef's gourmet kitchen, unique 2-story fireplace with custom tile motif, slate-stone floors, full stone wall entertainment center in the large living/recreation space w/ tray ceilings, a gym/exercise room, priced to sell.



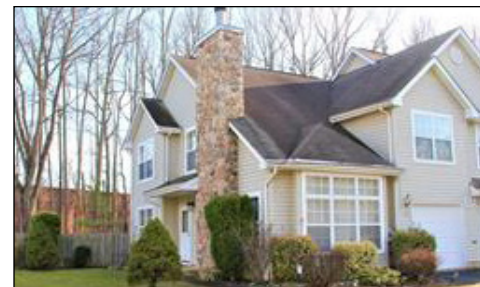
10 Jonathan Dr, Robbinsville, N.J. 08691
\$1,049,900 Agent: Jessica Leale

Stunning custom brick estate luxury home sits on a wooded lot at the end of a private cul-de-sac, "great room" that boasts 17' high ceilings, and a wood-burning fireplace with a 2-story stone surround gourmet kitchen, main floor completed with a sunroom/office. Come see it for yourself and understand why it is one of the most beautiful homes that has ever come on the market in Robbinsville!



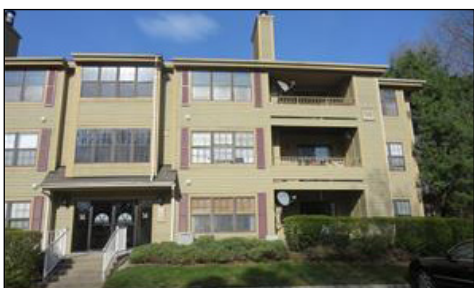
15 Randolph Dr, Robbinsville, N.J. 08691
\$829,900 Agent: Kathleen Goodwine

Master craftsmanship and extraordinary elegance abound in this custom built executive style colonial stunningly situated on a 2.67 acre lot neatly nestled on the end of a private cul-de-sac. Lush & magical gardens, a slate deck, paver patio, fencing, shed, plus backing to conservation area make this dynamic, striking home a timeless treasure in an incomparable setting reminiscent of a grand country estate.



45 Haymarket Ct, East Windsor 08512
\$300,000 Agent: Nancy Buonamassa, Anthony Rosica

Situated on a quiet cul-de-sac in East Windsor's desirable Haymarket Square, this light filled contemporary townhome is an opportunity you won't want to pass up. The upgraded kitchen offers granite counter tops and back splash, updated cabinets and newer stainless steel appliances. Sliding glass doors from the breakfast area lead to the stone paver patio and fenced in yard offering a great space for entertaining.



1402 Stoneridge Circle, Helmetta, N.J. 08828
\$175,000 Agent: Karen Meyer

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24 Feiler Ct. Lawrence, N.J. 08648
\$189,900 Agent: Veena Khanna

Very well set 3rd floor unit in the desired community, looking over the lawn area, open floor plan with wood like floors. Spacious master bedroom w/a walk-in closet & attached full bathroom. Close to local stores, station, Malls, Rt 1, the Hamilton center. Use of comm pool, playground, tennis ct & club house, end unit, spacious laundry room with washer & dryer.



266B Crosse Drive, Monroe, N.J. 08831
\$219,000 Agent: Carmen Amodol

Adult community, 2 BR, 2BA semi attached unit located in Clearbrook. This Timberline model is situated in a nice location with pretty views.

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How to Prep & Stain A Painted Deck

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WHAT YOU NEED:

- Safety glasses
- Broom
- Synthetic-bristle brush
- Extension pole
- 4" brush & brush holder
- Gloves
- Pump sprayer
- Roller
- Stain
- Bucket
- Water
- Hose
- Paint tray
- Deck wash
- Tape
- Plastic
- Deck Wash
- Exterior Deck Stain

1. PREP - Sweep away any leaves or other debris.

2. CLEAN - Apply a deck wash with pump sprayer or watering can. Wait 15 minutes. Mist cleaner with garden hose to keep wet. Scrub away remaining residue. Wash away cleaner. Let dry.

3. STAIN - Apply even coat with wood grain. Work in with brush. Wait 4 hours between coats. Wait 24-48 hours before enjoying.





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There are insufficient words to explain how amazing Jennifer was with our recent sale/purchase. A move is one of the most stressful events in a family's life (especially when you are selling and buying simultaneously) but Jennifer provided the knowledge, attention and expertise to help get us through the process as painlessly as possible. Available day or night, Jennifer was always responsive and diligent. No issue was too big or small, and Jennifer always went above and beyond our expectations... We looked at dozens of homes before finding the right one, and Jennifer knew us so well that she was able to streamline the process and hone in on what she knew we wanted. Right through to the day of closing Jennifer was both a perfect professional and a cherished friend to my whole family! They say home is where your family is and finding that perfect home is so much easier and happier with a realtor like Jennifer. If I could give her 10 stars I would, and so will you!

- Jen Burgess

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THE BUYER'S SIDE OF A REAL ESTATE TRANSACTION

By John Bazzurro

The first step in a New Jersey residential real estate transaction is the signing of the contract. When a realtor is involved, a buyer may sign the contract prepared by the realtor and then immediately have it sent to their attorney for review. Both attorneys will then discuss the terms of the contract and make appropriate changes as required. However, it is important that a buyer ensure that the realtor prepared contract is immediately forwarded to their attorney because there is a three day deadline for the attorney review period.

One concern for a buyer is how and where they are going to get the money to purchase the home. Typically, buyers will obtain their purchase money either from the sale of their existing home, a mortgage, or a combination of both. If a buyer has an existing home to sell, it is important that there is a "home to sell" contingency in their purchase contract. This means that they will not be obligated to buy the new home until their existing home is sold and they have the money from that sale. Further, it is important that any purchase contract is contingent upon the buyer actually obtaining a mortgage. Without these contingencies, a buyer can be in breach of contract if they are unable to close on the new home because they do not yet have the proceeds of the sale of their existing home or were unable to get a mortgage.

Another issue that buyers must be concerned with is the home inspection. Typically, buyers will have between 10 and 14 days from the date of the contract to have a qualified home inspector perform an inspection on the home. The home inspectors generally look for system failures (i.e.-air conditioning systems, heating systems, hot water heaters, septic systems, wells, etc.). However, they also look for potential hidden defects that could signal the existence of a bigger problem such as past or present roof leaks, water infiltration, structural defects, termites, mold or the existence of underground oil tanks. Depending upon the severity of the issues found, the buyers may be able to obtain a credit or a reduction of the sale price or, alternatively, request that the sellers repair or replace the defective items prior to the time of closing.

Finally, prior to entering into a contract, buyers must be aware of the actual amount of money they will need to close. Although the buyers may have enough money to cover the purchase price of the home, they must also take into account closing fees that must be paid at the time of closing. These include title and title insurance costs, mortgage company charges, escrows for taxes and insurance, capital contributions to homeowners' associations, surveys and attorney's fees. In an average residential real estate transaction, I typically tell my clients that they should at least have an additional \$10,000.00 available for these closing costs in order to be on the safe side. However, this is just a guidepost and may differ in each transaction depending upon the cost of the home and issues involved.

Of course, the purchase of a home is the biggest single transaction and investment that people make during the course of their lifetime. Accordingly, it is important to obtain the right attorney to insure that all of their interests are protected and the above issues are properly addressed.

If you have any questions about the legal issues involved in the purchase of a home please feel free to contact my office and I would be happy to discuss these issues with you.

JOHN T. BAZZURRO, Esq.

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Enjoy a long retirement with multiple income streams

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.



Christopher J. Estevez, Sr. CFP®

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This can be a walk down memory lane, a keepsake of well-wishes for your graduate or both! It is "picture perfect" in every way.

Directions:

- Gather your materials
- Photos
- Blank Cards (*your guests will write notes to the graduate on*)
- String (*measure the space needed*)
- Nails
- Clothespins
- Pen or Marker
- Box or Basket

Hang your string:

Place a nail in where one end of your string will be. Tie the end of your string around the nail and make sure it's sturdy and secure. Then extend your string out to about the middle, and repeat. Pull your string taut to that spot and tie around that nail.

Hang your pictures and blank cards:

Use your clothespins to hang your snapshots. Horizontal pictures can be hung with two pins to keep them straight. Vertical pictures can be hung with one pin placed in the center.

Leave a box or basket for extra blank cards and the pen/marker so your guests can write on the blank cards. You can even ask your guests to bring some of their own pictures they may have to place on the clothesline too.

Just string up a clothesline and hang up those pictures and create a time line for the Grad...everyone is going to love it.

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The Millstone Times' PHOTOS OF THE MONTH

By Pam Teel

Thank you to all those like-minded photographers who send your photos in so that I can share your creativity with others. Sometimes it might take a while to get them in, but I do mostly use them all, unless there are doubles of the same thing. So if you like taking pictures and you have some favorites that you would like to share, please send them to the following email: crescent671@gmail.com

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

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



Jeffrey Lang took this photo when he and his son were flying their RC airplane at the Warren Kruse Field at the Assunpink Wildlife Refuge in Roosevelt. The field is one of many that RC Radio Controlled Airplane clubs can utilize in NJ.



Kathy Kspurk of Millstone sent this in of the first day of spring this year and the surprise sprinkling of snow that most of us did not enjoy!



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The “Mitzvah Mentsches” of Perrineville Jewish Center's recent event at Sportika raised over \$800 and over 100 messages from the community for the children at St. Jude Children's Research Hospital to see.

Thicker Hair

By Aleena McIlvaine

A full head of thick, healthy hair is something everyone wants to have and keep as they get older. As we age though, it is harder to keep our hair looking as soft and beautiful as it once did. Some of these things may seem a bit out there, but they are all worth trying if you want to keep your locks looking young.

We'll start off with something easy, **olive oil**. Using this in a hot oil treatment will not only give your hair more volume, it will also make it stronger. Heat the oil in the microwave and apply evenly through your scalp and hair, then put on a shower cap or warm towel and let it sit for about a half hour. When the time is up just shampoo it out as you normally would. This can be done once or twice a week. Other oils like coconut, rosemary, castor, or argon also really help nourish your hair.

While it may sound a bit gross to put foods in your hair, the natural vitamins and oils in the fruits do wonders for your hair. A great mask for thickening and growing your hair is a mix of **avocado** and **banana**. Make a mixture of one mashed avocado, one mashed banana and one tablespoon of olive oil. Massage it on your scalp and leave the mixture on your hair for about a half hour, then rinse it out and shampoo your hair. Too much oil in your hair won't help the growth so this "mask" should be used once a week for the best results.

Another food item that can really help your hair is **plain yogurt**. All you need is one cup of plain yogurt and a shower cap. You have to section your hair off and apply the yogurt straight to your scalp and rinse after about twenty minutes. The acids in yogurt will exfoliate your scalp and open up the hair follicles to promote more growth. The high fat in it will also nourish and hydrate your scalp.

Your hair needs a lot of protein to stay strong, healthy, and full and something that has a lot of protein is **eggs**. While this is definitely something that isn't for everyone, an egg hair mask once a week promotes the most hair growth of anything mentioned already. Eggs are full of fats and vitamins as well that reduce hair fall/breakage and promote shine.

Thin, brittle hair is something that no one, no matter the age, wishes to have. With these few masks it is something that you won't have to worry about again! Most of the masks should not be used more than once or twice a week, because too much oil or protein could actually damage your hair more than help it. Figure out first what kind of hair you have and go from there. There is a remedy for fuller hair of any type, you just have to look for it!

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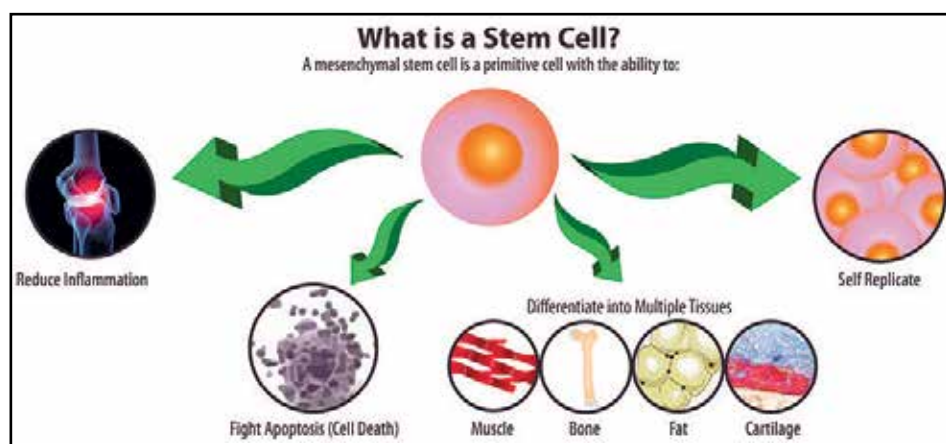
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QUESTION:

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.

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QUESTION:

How does The MonaLisa Touch counteract vaginal dryness?

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

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

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Lesser-known signs of cancer you shouldn't ignore

A constant headache that a Tylenol can't remedy, unexplained lower back or rib pain, or a nagging cough that won't quit, may not simply be signs of anxiety, stress or a cold or flu, but may indicate a more serious health concern—cancer.

According to the American Cancer Society, an estimated 1,735,350 new cancer cases will be diagnosed this year. However, thanks, in part, to the availability of new chemotherapy drugs and treatment technologies, more people are living with cancer as a chronic disease.

But, as we all know, early detection of cancer, no matter what the cancer type, is critical, yet, many symptoms of cancer don't always 'appear' the way you think they would.

So, what are some of the lesser-known signs of cancer we shouldn't ignore?

1. Changes in breast skin texture (e.g. puckering/dimpling) can indicate breast cancer
2. Swelling in the armpit or around the collar bone can signal lymphoma, a type of blood cancer
3. Hoarseness can indicate lung or vocal cord cancers
4. Persistent coughing can strongly imply lung cancer

5. Bowel changes can tip off colorectal cancers

6. Unexplained weight loss can be symptomatic of a slew of cancers, including lung, pancreatic and colon cancers

7. Lower back pain could reveal ovarian or testicular cancers

8. Rib pain can signal kidney or lung cancers

9. Recurring fever can be evidence of blood, kidney, lung and breast cancers

There are many other symptoms of cancer that are unfamiliar to most lay people, which include a rash, very heavy night sweats, persistent bloating, mouth or tongue sores that won't heal, breathlessness, excessive bruising, and chronic headaches, among others.

But, to not cause undue stress and worry, if you or a loved one experience any of these symptoms, don't panic because they don't always mean cancer, but don't ignore them either. Schedule an appointment with your physician to discuss your symptoms and medical history to rule out any chance of cancer. Again, early detection is key, and the more in tune with your own body and any changes that may take place to it, are habits of good health and can possibly lead to better outcomes if cancer is determined.

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Dear Editor,

“May is Better Hearing & Speech Month (BHSM)”, recognizing that 1 in 5 Americans have some sort of hearing loss.”

BETTER HEARING & SPEECH MONTH



**HELPING PEOPLE
COMMUNICATE**

It is certainly alarming, as we watch the next generation of Americans pump up the music on the latest set of wireless ear buds. As audiologists, this is deeply concerning because music companies encourage children and teens to “experience the music” at loud volumes.

I, too, am guilty of blasting music and attending a concert or two that left my ears ringing for days. But as a member of the New Jersey Speech-Language-Hearing Association, I feel compelled to note that once someone loses their hearing, he or she can’t get it back.

Just look at all the rock stars who are now suffering from permanent hearing loss, from Pete Townsend, to Eric Clapton, to Paul Stanley to Brian Wilson. Many of these musicians are now learning to lip-read after suffering from hearing loss and tinnitus. Tinnitus occurs when the ear perceives sound, often in the form of ringing, even when no sound is present.

When a child or teen blasts music through ear buds, it goes straight into their ears. The levels of the music they experience can be as damaging as attending concerts and can result in hearing loss and ringing in the ears. We must educate parents, teachers and children about how these earbuds can contribute to permanent hearing loss.

Bob DiSogra

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To help get the word out, Dimensions Reiki in Matawan is always looking for opportunities to partner with other businesses to connect new people with Spirit.

Dimensions was proud to participate in Mystic Night on April 20th, hosted by Café La De Da in Middletown, NJ. Psychic medium Jeff Carpenter was honored to connect guests with family, friends, and even pets from Beyond the Veil. During their readings, Jeff communicated with different Loved Ones to bring forth validation and messages to prove how our Loved Ones are always with us! It was a great night of fun and healing. We will be announcing more events soon!

We are also getting ready for an amazing weekend of meeting new people and sharing Reiki at the 10th annual One Spirit Festival in Clinton, NJ! With over 40 healers, psychic readers, and holistic vendors, there will be something for everyone looking to improve their wellness. Jeff will be providing Reiki sessions at the Dimensions booth, and he is scheduled to host a workshop on the benefits and techniques of grounding your energy for balance and healing. The Spring 2018 One Spirit Festival will take place on May 5-6 from 10am-5pm each day.

Our monthly classes and workshops are designed to help you tap into your intuitive abilities and develop your own connections to Spirit. You can also contact us to set up your personal Reiki healing sessions and psychic readings to focus on your well-being, mind, body, and spirit. 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 or call 732-832-1036 to register. Check out all of our events online at <http://dimensionsreiki.com/calendar>.

STOP SUFFERING IN SILENCE: 11 Truths About Menopause

By Helen Simigiannis, MD

For years women didn't talk much about the changes they experienced before, during and after menopause. It's just in the last 30 years or so that women have been encouraged to speak with their physicians about their symptoms. Now, women are much more in tune with their bodies and proactive about seeking treatment for the symptoms that can make life uncomfortable.

Here are 11 lesser-known facts about "the change of life."

1. Menopause is diagnosed after it's over.
2. The pre-cursor to menopause is peri-menopause.
3. Menopause is more than just hot flashes.
4. Hot flashes can affect your focus.
5. Menopause can start as early as 40 years of age.
6. Menopause can start as late as your early 60s.
7. There are several treatments for hot flashes, not just hormone therapy.
8. There's no correlation between when your period starts and when you start menopause.
9. The amount of calcium in your bones is set at age 30.
10. Not all women need both estrogen and progesterone after menopause.
11. There are several options to relieve vaginal dryness.



The most important advice I can give women is that there are a variety of effective treatments to manage the symptoms of menopause. There is no reason to suffer. Talk to your doctor about your options.

When your body stops producing estrogen, one side effect is vaginal dryness, which can make intercourse uncomfortable. Estrogen therapy can help. If you have other menopausal symptoms, your doctor may recommend oral hormone replacement. However, if your only symptom is dryness, a topical, low-dose estrogen treatment may be more appropriate. Topical estrogen comes in several forms: cream, tablet or vaginal ring. Your doctor should prescribe the lowest dose of estrogen needed to relieve dryness. Vaginal moisturizers also can be used, as well as some newer, non-hormonal FDA-approved therapies. The FDA-cleared fractional CO2 laser has been a promising new non-medication treatment as well.

A recent patient had been suffering from vaginal dryness – and painful intercourse – for nearly three years before she booked an appointment with me for guidance. Her previous ob/gyn hadn't asked about vaginal dryness during her well-woman visit and she was embarrassed to bring it up herself. We had a frank discussion about her symptoms and after an examination, I prescribed a topical vaginal treatment. Her symptoms improved significantly at her two-month follow up visit and continued so she was able to be intimate with her partner again.

The most important advice I can give women is that there are a variety of effective treatments to manage the symptoms of menopause. There is no reason to suffer. Talk to your doctor about your options.

Helen Simigiannis, MD, FACOG, is a board-certified obstetrician/gynecologist on staff at CentraState Medical Center. She is also a North American Menopause Society Certified Menopause Practitioner, and has a private practice in East Windsor. She can be reached by calling 866-CENTRA7.



Dr. Helen Simigiannis,
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Weekend Getaways

Delaware Water Gap History and Delaware Water Gap National Recreational Area

By Pam Teel

The Delaware Water Gap is a water gap on the border of New Jersey and Pennsylvania where the Delaware River cuts through a large ridge of the Appalachian Mountains. The gap constitutes the southern portion of the Delaware Water Gap National Recreation Area, which is used primarily for recreational purposes, such as rafting, canoeing, swimming, fishing, hiking, and rock climbing.

A water gap is a geological feature where a river cuts through a mountain ridge. The Delaware Water Gap began to form 500 million years ago when quartz pebbles from mountains in the area were deposited in a shallow sea. The Martinsburg Shale on the eastern side of what was to be Kittatinny Mountain was uplifted 450 million years ago when a chain of volcanic islands collided with proto-North America. These islands slid over the North American plate, and deposited rock on top of plate, forming the Highlands and Kittatinny Valley.

About 400 million years ago, a small, narrow continent collided with proto-North America. The heat from the pressure melted the quartzite, which allowed it to bend the quartz pebbles and Silurian Shawangunk Conglomerate. This layer was then uplifted and cracked over thousands of years. During this period, the Delaware River slowly cut its path down through the shattered and cracked quartzite. If the quartzite had not been cracked, the river would not have been able to cut its path through the mountain to form the gap.

The ridge of the Appalachians that the Delaware crosses is called the Blue Mountains in Pennsylvania and the Kittatinny Ridge in New Jersey. This is the first major ridge of the Appalachian Mountains. The New Jersey mountain is called Mount Tammany, named after the Native American Chief Tamanend. The Pennsylvania Mountain is Mount Minsi, named after the Native American tribe of the area. The summit of Tammany is 1,540 ft (470 m) above sea level.

There are two visitor centers, one in New Jersey near the Delaware River Bridge and the other in Dingmans' Ferry, Pennsylvania. The Headquarters is located on River Road in Pennsylvania. The New Jersey side of the gap is also protected within Worthington State Forest, a New Jersey State Forest wholly contained within the recreation area.

Hiking trails

The Red Dot Trail, NJ, is a path to the top of the Kittatinny Ridge, which has views of the entire area. This is roughly a one-hour hike, traversing over 600 vertical feet. The red dot trail is highly eroded due to weather and large numbers of hikers. The Gray Dot Trail is a very steep climber's trail that goes from I-80 to the top of the gap along the top edge of the big wall. The trail has shale and rocks, which make hiking very difficult. This trail intersects with the blue dot and red dot trail at the top. The hike up the gray dot trail and down the red dot trail takes about two hours and fifteen minutes. The blue dot also goes to the top, but is about a 3-mile hike that is less steep than the red dot. The Red Dot Trail is just one of two trails that lead to the outstanding view looking into the Delaware Water Gap from Mt. Tammany. Combining the Red Dot Trail with the Blue Blaze Trail makes a three-mile loop trail. If making a loop hike, consider hiking up the Red Dot Trail and down the Blue Blaze Trail, because most people find it easier to hike up the Red Dot Trail, rather than down the trail.

Over twenty miles of trail can be connected together in the Worthington State Forest area to fill the entire day. It's one heck of a climb but the two views are worth it! The Mohegan Outdoor Education Center has trails that are part of this recreation area as well, which is also combined with trails in the Worthington State Park. The NJ side has the rugged part, while the PA part has the charming town by rt. 611.

The Appalachian Trail crosses the Delaware River on the Route 80 Bridge and goes up Dunnfield Creek to Sunfish Pond and continues northeast to Stokes State Forest. The trail crosses Route 206 and continues along the top of Kittatinny Mountain to High Point State Park where the trail turns east and eventually goes into New York State. This part of the Appalachian Trail is maintained by the New York - New Jersey Trail Conference hiking club.

Rock climbing

The Gap is a popular place to rock-climb in New Jersey. The climbs are one hundred fifty to three hundred feet (46 to 91 meters), climbing on Silurian Shawagunk conglomerate, which is quartzite, with bands of shale from a half inch to four inches thick. Most climbing is done on the New Jersey side due to easier access. There are about one hundred climbs on the New Jersey side. Climbers follow the gray dot trail along route 80, then passing the large rock face on route 80. They then go up the path to the route they choose.

Next issue we will continue our discussion about the Delaware Water Gap and nearby places to visit making it a weekend of fun and adventure!






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Find out how to sort fact from fiction among the multiple issues involved in estate planning. This program, presented by Paul R. Daniele, Esq., addresses wills, living wills, powers of attorney, estate taxes, trusts and asset protection. Paul will cover frequently asked questions and common misconceptions regarding these topics.

Paul is a member of the Elder Law Section of the New Jersey Bar Association and a member of Lawyers with Purpose, a national organization that deals with estate planning. He has been practicing in New Jersey since 1967, served as an assistant Essex County prosecutor (1968-1976) and sat as a Judge for 27 years (1979-2006). He was the first judge to be awarded the Newark Peace Prize in 1991.



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for Your Creative Kid: Benefits Of Arts & Music Summer Camp

By Joely Phenes

Going to camp is a great way for a child to spend their summer. It allows them to stay active, make new friends, and try out many different activities and games. Specialized arts and music camps can be very beneficial experiences for children who are especially skilled in these areas or who just want to explore their passions.

Experience with the arts has often been linked with academic success. For example, the reading of dramatic plays improves a child's reading skills, especially when introduced at a young age. Research also shows that children with this type of experience do better on standardized tests such as the SATs.

Because art is a form of expression, it helps to develop children's communication skills. It also helps them work better in groups, as many of the projects are collaborative.

Art is a therapeutic form of self-expression. It allows you to express yourself, use your imagination, have fun, and feel accomplished. Unfortunately, school can be quite demanding and many children do not get to take the time to focus on artistic endeavors. Arts and music summer camps give children that time.

Arts and music camps are not for every child. Some children simply do not take an interest in the arts—and that's okay. But for children who love to write, paint, play the piano, and act, arts and music summer camp is the perfect way to spend the summer!



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- **Amusement Parks** hire young people as ticket takers, ride monitors, concession staff, maintenance workers, singers, dancers, musicians, and lifeguards.
- **Hospitality Jobs** at local restaurants as kitchen assistants help to prepare food, bussers clear tables, waiters and counter workers serve food and scoop ice cream.
- **Summer Camp Jobs** may still be available as counselors, activity staff, waterfront staff, kitchen staff, maintenance workers, and office staff.
- **Summer Jobs for Animal Lovers** would be working for a pet store, veterinary clinic, zoo, animal park, equine center, or shelter.
- **Summer Jobs for Sports Fans** at stadiums, sports teams, race tracks, and other athletic venues hire seasonal workers as ticket sellers, concession stand workers, souvenir sellers, and maintenance workers..
- **Summer Jobs at the Beach** to spend the summer by the water and in the sun. Most ocean communities hire ticket takers, beach monitors, and lifeguards to work on their beaches
- **Jobs at Resorts** for young people in cleaning, food preparation, bussing, refreshment sales, activity leadership, gift shop sales, front desk assistance, housekeeping, kids' clubs, and waterfront assistance.
- **Jobs at Stores** as retail sales clerks, stock shelves, arrange displays, tag items, return items to shelves, and assist customers. In some cases, you may be able to continue your job on a part-time basis during the school year, or even turn your experience into a retail career.



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NEW JERSEY YOUTH SOCCER EXTENDS PARTNERSHIP WITH ADIDAS

Pam Teel

New Jersey Youth Soccer, East Windsor, NJ, recently announced a multi-year extension to a partnership that names adidas as its official uniform supplier. Additionally, the partnership will create an enhanced presence for adidas through NJ Youth Soccer events and its online platforms.

Nic Rossi, Key Account Representative with adidas Soccer stated, "We're excited to extend our partnership with NJ Youth Soccer over the next four years. As the local governing body for soccer, NJ Youth Soccer has various platforms and outreach to continue to grow and develop the game at the local, state, regional and national levels. Our initiatives and collaborative approach to soccer have many synergies, and we're proud to be the official brand partner and supplier to NJYS in the years to come."

In addition to becoming its official uniform supplier, adidas will be extending the partnership even further with supplementary assets. NJYS clubs will garner access to the Generation adidas platform, which encompasses a variety of resources that are specifically designed to provide support in areas of club evolution, coach education and player development through sustainable programming. The comprehensive platform revolutionizes the youth club landscape with the ability to offer a more collaborative, less transactional approach to its strategic partnerships.

"Adidas is a world class brand that we see throughout the MLS fields," stated Evelyn Gill, President of NJ Youth Soccer. "More importantly to NJ Youth Soccer, adidas is committed to growing the game at the youth level."

Adidas is a global leader within the game of soccer, holding partnerships with FIFA, UEFA and professional clubs such as Manchester United, Real Madrid, Bayern Munich and Juventus.

To find out more information about New Jersey Youth Soccer or to contact them directly, please. Also make sure to follow them on social media: @NJYouthSoccer NJ Youth Soccer Phone: (609) 490-0725





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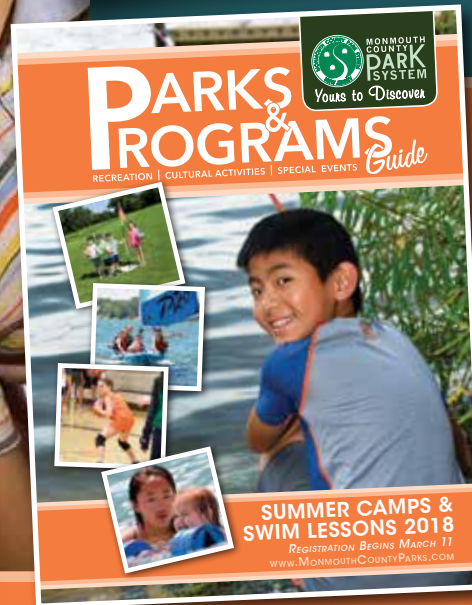


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Meningitis at College

Did you know between 100 and 125 cases occur on college campuses every year?

- 5 to 15 college students die each year as a result.
- Cases among teenagers and young adults have more than doubled since 1991.
- The frequency of outbreaks has risen at U.S. colleges and universities during the 1990's.

What is meningitis? Meningitis is a rare but potentially fatal bacterial infection.

- It can occur in two forms, as either meningococcal meningitis, an inflammation that affects the brain and spinal cord, or as meningococcemia, the presence of bacteria in the blood.
- Permanent brain damage, hearing loss, learning disability, limb amputation, kidney failure, or death can result from the infections.

Is there a vaccine to help prevent meningitis? A safe, effective vaccine is available.

- The vaccine is safe, with mild and infrequent side effects, such as redness and pain at the injection site lasting up to 2 days.
- After vaccination, immunity develops within 7 to 10 days and remains effective for approximately 3 to 5 years. As with any vaccine, vaccinations against meningitis may not protect 100% of all susceptible individuals.

Is vaccination recommended for college students?

- Certain college students, particularly freshmen who live or plan to live in dormitories or residence halls, have a 6-fold increased risk of disease.
- The American College Health Association (ACHA) has adopted

the recommendations of the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), which states that college students, particularly freshmen living in dormitories and residence halls, be educated about meningococcal meningitis and the potential benefits of vaccination.

- Other undergraduate students wishing to reduce their risk of meningitis can also choose to be vaccinated.

Early symptoms of meningitis:

- high fever
- rash
- vomiting
- severe headache
- neck stiffness
- lethargy
- nausea
- sensitivity to light

- Meningitis usually peaks in late winter and early spring, overlapping flu season, and symptoms can easily be mistaken for the flu.

- Because the infection progresses quickly, students should seek medical care immediately if 2 or more of these symptoms occur at one time.

If untreated, meningitis can lead to shock and death within hours of the first symptom. If you have more questions please speak to your trusted physician.



Baby Wipes: Reducing Your Baby's Food Allergies

By Lauren Kolacki

Food allergies affect one in thirteen children in the United States. Food allergies occur when your immune system believes that a substance is detrimental to your body causing it to overreact, triggering an allergic reaction. Peanuts are a common allergy because the body is alarmed by the protein ingredient. Allergies are brought on by a combination of the exposure to dust, food and specific chemicals. There are still so many questions about allergies and why they occur, however, researchers continue to find new discoveries every day.

In recent studies, it has been detected that baby wipes could increase the risk of a child developing a food allergy. The synthetic in baby wipes, sodium lauryl sulphate, is also found in soap and has been proven to disrupt the skin's protective fatty barrier. Even if a child has yet to ingest a food item, it may still enter their body through the skin. To reduce this risk, parents and guardians should be more aware. Always be sure to wash your hands before handling your baby, to reduce risk of exposure to unfamiliar food particles. Researchers also suggest rinsing off the area where a wipe was used to decrease the amount of sodium laurel sulphate that is absorbed by the skin.



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WHAT'S HAPPENING

By Gabriella Mancuso

MAY:

- 16- The Car Cruises at The Village Greene at Historic Smithville is for all car enthusiasts to see, show, and talk cars while enjoying 60 Shoppes, 7 eateries, carousel and train rides, paddleboats, arcade, and on site lodging at the Colonial Inn and over 26 free weekend events!
- 17- Story time at Morven- Goodnight Princeton with author Mimi Omiecinsk
- 18- Mother Goose Story Time at Ritz Theatre Company in Haddon Township
- 19- Celebrate Armed Forces Day at Monmouth Jet Center in Farmingdale, NJ to bring awareness to PTSD and high suicide rates. Enjoy live music, food truck and children activities while you watch up to 300 Aircraft land and takeoff all day long.
- 20- Step back 3.5 billion years to explore the geology of New Jersey at the New Jersey State Museum in Trenton. Learn about the evolution of turtles, fish, mammals and birds.
- 21- Taste of Somerset at The Palace at Somerset Park where you have the opportunity to sample the finest appetizers, entrees, desserts, and beverages that Somerset County and the region has to offer.
- 22- Big Bird's Adventure planetarium at the Liberty Science Center. Children learn about the Big Dipper, the North Star, the Sun and the Moon in a hi-def show. including Big Bird, Elmo and a friend from China named Hu Hu Zhu.
- 23- Somerset Patriots Baseball Game at Td Bank Ballpark in Bridgewater. All ticket proceeds benefit the Freedom House.
- 24- "The Cast of Beatlemania" a Beatles Tribute band formed in 1980 part of a summer concert series at The Oval in Waldwick, NJ. The Cast is one of longest running Beatles tribute band in the world.
- 25- The Annual Memorial Day Parade and Festival, beach front in Bradley Beach, NJ. Food, craft vendors and activities.
- 26- Jersey Shore Food Truck Festival at the Monmouth Park Race Track in Oceanport
- 27- Running in Remembrance and honoring our Veterans who have served our country with a 5K Run/Walk on the beautiful Weehawken Waterfront
- 28- Jersey Shore Food Truck Festival at the Monmouth Park Race Track in Oceanport
- 29- There's no better way to cool down after a long day in the sun. Bring a group of friends or your whole family to the Asbury Park Beach Bonfire.
- 30- Strawberry Fair at the Monmouth Park Race Track. Fairgoers take a whirl on rides, press their luck in carnival-style games and chow down on delicious strawberry shortcake. All Lions' Club proceeds will be donated to charity.

JUNE:

- 1- Shrek the Musical at the Mayo Performing Arts Center in Morristown.
- 2- Basie Summer Jazz Festival at Red Bank's Count Basie Theatre.
- 3- STOMP the Monster 5k Run, 1 mile Run/Walk, Kids' Stomp, prize money, giveaways, food and drinks, a DJ, and plenty of family fun.
- 4- A culinary feast provided by Jersey Shore Restaurateurs in Sandy Hook ft. Brian Kirl and the Jirks
- 5- Cape May Restaurant Week
- 6- Talented singers aged 10 and older are given the spotlight to showoff their vocal abilities at Hall of Records in Freehold
- 7- Bands will perform from 6:30- 8 pm at the bandstand on the waterfront every first Thursday, weather permitting at the City of Burlington Promenade Bandstand.
- 8- Bring your own wine, beer and snack and enjoy painting on a 16 x 20 canvas being led by a local artist in Brick, NJ.
- 9- NJDEP Division of Fish & Wildlife's Hooked on Fishing-Not on Drugs Program's Youth Fishing Challenge that encourages children to avoid drugs, alcohol and tobacco by pursuing fun activities such as fishing.
- 10- iPlay America's 2nd Annual Science Fair
- 11- Monday Up to 1/2 Priced Credits on pier rides at the Seaside Boardwalk
- 12- Snow White and the Seven Dwarfs at Count Basie Theatre in Redbank
- 13- Boardwalk Parade, preliminary competitions, and the finals at the Music Pier in Ocean City, NJ
- 14- A week-night music series featuring local talent in Pier Village
- 15- Street Music Performances every Friday and Saturday Night at the Downtown Freehold Gazebo



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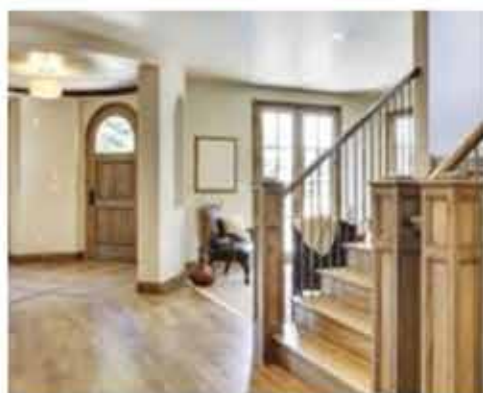
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