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**More Than Just
Millstone Township
News!**

*Millstone 6th Graders Visit
Historic Baird Homestead & Cultural Resource Center*

Full story on pg 31



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Monmouth County's ASK THE DOCTOR

The Greater Princeton Area ASK THE DOCTOR

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MEET YOUR NEIGHBOR

Kirsten Littlefield

By Pam Teel

Every now and then you come across a very special young person that you can't help but admire. Kirsten lives in Millstone and went to Allentown High School. She recently graduated this past May from the University of Mary Washington College where she was named as All America selections by the Intercollegiate Woman's Lacrosse Coaches Association. Kirsten was a three time All- American and was named as a first team All- American for the second straight year.

I have had the pleasure to have known Kirsten and her family for some years now. I know that everything she does, she gives her 100 percent to it. She is the kind of daughter every parent would be proud to have.

Kirsten has always been involved in sports. From early on, she has been a stand out player in everything she has participated in. I taught Kirsten piano lessons for seven years straight. I remember days when she had two, three, even four different games in one night, whether in softball, lacrosse, or soccer and still she found a way to make it to piano lessons. No complaining, no excuses, she did what she had to do. She never felt superior to anyone else because of her athletic abilities but had a confidence about her that made her a true leader. While busy with her own life, she also gave back to her community by helping her mom run a soccer team for handicapped children so they could experience what it was like to actually be on a team playing when normally they would just be sitting on the sidelines watching.

Kirsten was selected as CAC 2017-2018 Female Athlete of the Year. The Female Athlete of the Year Award is presented to the CAC student-athlete who garnered superior athletic recognition and achievement for all sports either individually or in conjunction with her team. She also got the CAC Lacrosse Player of the year and the CAC all conferences 3 years.

She also took the UMW Female Athlete of the Year and UMW co- female scholar Athlete of the Year for

Story Continued on page 5

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July 2018

Story Continued from page 4

a second year, the VaSID State College Division first team 3 years, VASID player of the year, first team, all-CAC, all-state, and all-region honors 3 years. She got major awards as 2018 VaSID College Division Women's Lax All- State team and the past two seasons she was an IWLCA All-American, including first team in 2017. She was tabbed a First-Team All-Chesapeake Region this season.

Academically, she graduated summa cum laude with BS major in Biology and a minor in chemistry with Departmental Honors. Her senior research project studied the effect homeopathic protocols using *Phytolacca decandra* on the cellular viability of Mouse Mammary Tumor virus infected cells. She worked in the college writing clinic.

On top of that, she has made a point of volunteering in Virginia during her college years. She volunteered at the University of Mary Washington Hospital and since she has been home she has been volunteering with the Monmouth Park Systems.

Kirsten took advantage of all the opportunities that were offered both academically and athletically and gave her all to her team and her studies. She is planning to attend Grad School next fall. She is currently pursuing a research opportunity in Costa Rica on the OSA Peninsula. She spent a few days in Berlin, Germany in June training and hosting good will clinics to promote the sport of Lacrosse, then on to Prague for the Prague Cup, which is a high level tournament.

Whatever you pursue, Kirsten I know that you will succeed because you pour your heart and your soul into everything! Best of luck to you in Grad School! Stay the superstar that you are! You make Millstone proud.

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The Millstone Times' PHOTOS OF THE MONTH

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

com

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

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



*Handsome
Young Patrick
Bayer showing
off his new
haircut from
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Millstone.*



*Donna Stoeckut-Hall sent this photo in.
Donna loves her sunsets!*

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COLONIAL AIRSTREAM & RV BUSINESS COMING TO MILLSTONE

By Pam Teel

With family and friends in attendance, a ground-breaking ceremony was held this past June for a new 50,000 square foot facility. Brothers, John and Jim Lenzo, will be moving their Lakewood business to 595 State Highway 33 in Millstone Township by early next year. The business will be situated next to Millstone's PNC Bank. Colonial RV is a family owned business that has been around for twenty-three years.

John, a thirty year resident of Millstone and already very much involved with his community, wants to do even more for his own town once their business is up and running. One way would be to help sponsor future community events. The brothers chose Millstone to build their new facility because of the beauty and love for the town and because of the close proximity to the NJ Turnpike, with easy access just four miles east of exit 8.

Colonial RV carries Airstream, Winnebago, and Roadtrek product lines as well as a large variety of preowned RV's. They are the top worldwide airstream dealer with many accolades and awards to back up their claim. They carry a large inventory enabling them to offer a vast array of RV's. They buy or trade current RV's and feature both new and used ones for sale. They focus their full attention on their customers and offer the best service around.

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John Lenzo (L) and Jim Lenzo (R) break ground for new Airstream and RV facility in Millstone.

The Friends of Millstone Township Historical Registered Properties will be hosting a Psychic Event! Come and Join us!

By Pam Teel

Do you like history? Do you like being a part of an organization that makes a difference in their community by preserving the town's heritage, maintaining the town's historic structures, and developing quality programs for their schools and community? If so, then come and be a part of the fun.

Last year the Friends of Millstone were instrumental in the completion of the restoration of the Clarksburg Methodist Episcopal Church, which they will utilize for future events. This year they've added new events to their schedule, "Trinkets or Treasure", Myths and legends of Millstone, and a new elementary school Educational program that is in the works for kindergarteners.

Although the township owns the Baird Homestead and Educational Resource Center, The Friends Of Millstone are responsible for raising the money to carry out all of their programs. They pay all operating costs and maintain the property as well. In order to leverage their funds, they write matching grants to offset operating costs and the capital improvements to the facilities. The Friends need to match and raise the same amount of money that they are granted. They are one hundred per cent funded and supported by their Board of Trustees, volunteers, and supporters; people like you who want to see these programs continue for our students and for our youth organizations such as the Boys and Girl Scouts and Future Farmers of America.

Donations, fundraising, and volunteers help the Friends reach success with their Educational programs. Such programs include the 6th grade classes' visit to the Baird Homestead every June for the past three years to learn hands on lessons that correlate to what they are learning in their classrooms. The Friends also host, lectures from George Washington, Harriet Tubman, Edgar Allen Poe, and President Roosevelt Impersonators who have presented themselves in character to the 6,7th, and 8th graders for the past few years.

The Friends of Millstone is a 501c3 non-profit organization dedicated to furthering public interest in conservation, preservation, science and environmental stewardship, knowledge, understanding and appreciation of the history of Millstone Township.

One way The Friends of Millstone make money is through their fundraising. Some of the funds go to match grants for improvements to property. Right now they need to raise money to put lightning rods up on their buildings to prevent fires. They also need to raise money for structural repairs on the Baird Homestead and to provide an accessible entry way for the handicapped at the Baird Homestead. The friends also rely on community support to keep the Educational Programs going for the schools. Donations are always welcome.

Upcoming fundraising 2018 events include:

The 1st Annual Psychic Fundraiser on Sunday, September 23rd. Mark your calendar. This will be a great event showcasing six local psychics and Reiki healers, including two of our own from town. The event will take place at the Baird Homestead from 11-5. Some of the services offered will be, Reiki energy healing, Spiritual card reading, medical intuitive reiki energy healing, Vedic palmistry mediumship readings, intuitive medium readings, health card, table tipping, medium readings or tarot card readings. You can pre-register and pre pay ahead of time. Cash Walk Ins are also welcome. To preregister go to: www.dimensionsreiki.com. There you can read about the psychics and reiki masters and what they offer and you can pre-choose one if you like. \$30.00 for 20 minutes. Fifty percent of your session fee will go to help the Friends of Millstone.

Harvest Fest- Saturday October 6th- Come and enjoy the Fall on the Lawn of the Historic Baird Homestead. Get a tour of the historic homestead; bring the kids for a hayride, entertainment, and games. Good old fashioned fun! Pumpkin picking, petting zoo, pig roast, pie eating, and more.

Holiday open House- the first Sunday of December- come ring in the Christmas Season with some hot apple cider and light faire.

Be sure to visit the annual rummage sale next year, the last week in June, at the Baird Homestead.

Please help keep these great community programs going and for the upkeep of the properties, by coming to the events, donating your time and money and volunteering to be a part of a great community Organization.

If you would like to join the Friends of Millstone Historical Registered Properties or just be a friend of the Friends, or if you would like to make a donation, please visit their website at: <http://www.mtfriendsofhistory.org/#/> Or visit them on facebook.

See all the wonderful accomplishments they have already completed on the website and the many great things yet to come!

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

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

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East Windsor Twp. E-News Updates!

Hickory Pharmacy Opens in Hickory Corner Commons, in "Wawa Center." The 1,952 square foot Hickory Pharmacy is a traditional hometown full-service pharmacy offering prescription pick-up and free delivery, immunizations, customized mixtures of medications and ingredients to create creams and ointments not commercially available, custom packaging of medications to help people follow their prescription schedules and many general products priced at only \$1.00. Hickory Pharmacy accepts all major insurances. Current hours of operation are: Monday through Friday, 9 A.M. to 6 P.M.; Saturday 9 A.M. to 2 P.M., and closed Sundays. For more information, call (609) 308-2887.

Child Passenger Safety Seat Inspection Program, Sponsored by East Windsor Township and Funded by \$7,000 Grant from the New Jersey Division of Highway Traffic Safety, Kicks Off on Saturday, June 30. The 2018 Child Passenger Safety Seat Inspection Program is designed to ensure motorists are properly securing their children in child seats as required by State law. Interested residents, at no cost, can have their child seats inspected for proper fit and installation in their vehicles and receive educational materials regarding current child restraint laws. The program kicks off on Saturday, June 30, from 12 P.M. to 4 P.M. at East Windsor Volunteer Fire Company No. 2 (69 Twin Rivers Drive). Other sessions will take place as follows: Saturday, July 7 from 4 P.M. to 9 P.M. at Disbrow Hill Park (during Independence Day celebration); Saturday, July 21 from 4 P.M. to 9 P.M. at Disbrow Hill Park (during "Family Night in Park" event); Tuesday, August 7 from 6 P.M. to 9 P.M. at East Windsor P.A.L. complex, 30 Airport Road (during National Night Out), and Thursday, September 13, from 3 P.M. to 8 P.M. at the East Windsor Police/Court Building, 80 One Mile Road.

Groups and Businesses Invited to Participate in "National Night Out" Set for Tuesday, August 7, from 6 pm to 9 pm at the East Windsor PAL Complex, 30 Airport Road. This annual fun educational Township event, sponsored by Mayor Janice Mironov and Council Members in conjunction with Chief of Police James Geary, features crime watch information, emergency services equipment, music, booths and displays by area groups and businesses with information and giveaways supporting the National Night Out theme. Area community groups and businesses who wish to participate can contact Det. Joseph Gorski at (609) 448-5678, ext. 231, or gorski@ewpd.com.

East Windsor Independence Day Celebration Will Be Held on Saturday, July 7 (rain date Saturday, July 14) at Etra Lake Park. Free entertainment begins at 6 pm with the Jerry Rife's Rhythm Kings Dixieland Jazz Band, a 6-piece band from the Delaware Valley area best known for its traditional jazz sound, followed at 7:30 pm by the Trenton Brass Quintet Plus One, a 6-piece ensemble from Central Jersey performing "Americana" and a variety of popular melodies. The spectacular Fireworks Display will commence immediately following the musical presentations, at approximately 9:30 pm. Bring your blankets and chairs and use the barbecue grills for a night of free fun at beautiful Etra Lake Park. There also will be vendors present selling refreshments. This free event is made possible through the generous contributions of many area businesses. In the event of inclement weather, call (609) 443-4000, ext. 400 for cancellation information.

East Windsor Township Will Hold Document Shredding/Recycling Day on Wednesday, July 11 from 4 pm to 8 pm, at the East Windsor Senior Center, located at 40 Lanning Boulevard. This Township event is sponsored by Mayor Janice S. Mironov and Members of Council, in conjunction with the East Windsor Clean Communities Committee. Free document shredding will be available to East Windsor residents, with a limit of ten boxes per household. No commercial drop-offs are permitted. RISE will be on-site for drop-off of shoes, clothing, blankets, working appliances, usable furniture, and housewares. NO ELECTRONICS ACCEPTED at this event (i.e. NO televisions, computers, computer accessories and non-working appliances.) For further information, call (609) 443-4000, ext. 215.

East Windsor Has Launched MySeniorCenter, an Online Information and Registration System for the East Windsor Township Senior Center. MySeniorCenter is available in the lobby of the Senior Center located at 40 Lanning Boulevard, and provides members with an automated check-in system where they can also review, register and pay for programs at the center. A companion website, MyActiveCenter, will also soon become available, providing seniors with online access at home to register for programs. Senior Center staff are available to assist and instruct members on how to use the MySeniorCenter system.

You can also contact the Township at (609) 443-4000, visit the Municipal Building at 16 Lanning Boulevard, just off Princeton-Hightstown Road (Route 571) or log onto www.east-windsor.nj.us. For Senior Citizen Program information call (609) 371-7192.



Mayor Janice S. Mironov and Council Members, joined by owner Harshav Raval and his family and friends, cut the ribbon to celebrate the grand opening of Hickory Pharmacy. Pictured (from left to right) are: Anil Patel; Council Member Peter Yeager; Harshav Raval, owner; Mayor Janice S. Mironov; Krishna Raval; Council Member Denise Daniels, and Ravi Patni.



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KIDDIE ACADEMY OF ROBBINSVILLE WELCOME RIDERS & SUPPORT STAFF FROM THE POLICE UNITY TOUR...



On Thursday, May 10th, Sgt. Thomas Egan of the Robbinsville Police Department, and the staff and children of Kiddie Academy of Robbinsville welcomed all 473 plus bicycle riders and the support staff from the Police Unity Tour Chapter 1 into Robbinsville this morning to cheer them on as they ride from NJ to the National Law Enforcement Officers Memorial in Washington D.C. The primary purpose of the Police Unity Tour is to raise awareness of Law Enforcement Officers who have died in the line of duty. The secondary purpose is to raise funds for the National Law Enforcement Officers Memorial and Musuem.



REGISTRATION IS NOW OPEN FOR THE 2018 HEWYBL FALL FLAG FOOTBALL SEASON!



The league is open to players **4-18 years old**. The registration deadline is August 15, and the season will run from early September until early November.

Flag football is a great non-contact sport for both boys and girls. Games are played at Hancock Field in East Windsor.

HEWYBL flag football typically draws players from Allentown, Cranbury, East Windsor, Hamilton, Hightstown, Millstone, Robbinsville, West Windsor and other surrounding towns.

Please register on line at **www.HEWYBL.com**. Select **REGISTER** at the upper right-hand corner of the screen and follow the instructions.

If you have any questions about HEWYBL Flag Football or the upcoming season, please contact Eric Updegraff at hewyblflag@optimum.net.

REGISTRATION DETAILS:

- **Early Bird discount offered if registered and paid by June 19**
- **Late Fee of \$20 starts on July 23 • Registration closes August 15**

DIVISIONS AND COSTS:

Freshman (4-5 years old as of August 1, 2018) -- \$85
Sophomore (6-8 years old as of August 1, 2018) -- \$145
JV (9-11 years old as of August 1, 2018) -- \$160
Varsity (12-14 years old as of August 1, 2018) -- \$160
Sr. Varsity (15-18 years old as of August 1, 2018) -- \$125

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Did you know....?

By Pam Teel

Did you know that the Royal British family changed their surname in 1917 from Saxe-Coburg-Gotha to Windsor?

George V was king of England from 1910 to 1936. Son of Edward VII, King of England, and Princess Alexandra of Denmark, he married Queen Mary of Teck (called May) in 1893. Known as the Sailor Prince, he had an active naval career and rose to the rank of vice admiral in 1903.

World War I broke out in 1914 and was in full fury in 1917. In protest, King George V renounced all the German titles belonging to him and his family and adopted the name of his castle, Windsor.

In earlier days, royalty had no use for surnames. Today's royals still don't need a last name because they are already famously recognized but technically they go by Mountbatten-Windsor, a blend of the Queen and her husband's surnames. Other royals use their family's territorial designation (like Wales or York) as a last name.

When members of the royal family need to use a last name, say when they're in school or in the military for example, they actually have a few choices.

Here's a breakdown of all their options and how it got to be this way in the first place.

Before 1917, royals didn't use last names at all. They had only their first names and the name of the house or dynasty they were part of, according to the Royal Family's official website. You've probably heard of some of these dynasty names, such as the House of Tudor and the House of York.

In 1917, when King George V had been on the throne for seven years, he decided to change the house name from Saxe-Coburg-Gotha to Windsor. He made the switch because of anti-German sentiments brewing at the start of World War I (the Saxe-Coburg-Gotha name was of German origin). "Windsor" came from Windsor Castle, one of the royal family's properties. But he wasn't just changing the dynasty name. George V also specified that Windsor was to become the royal family's official surname, too.

Today, the royal family is still known as the House of Windsor, and in a broad general sense; Windsor is still the royal's last name.

When Queen Elizabeth II came to power, she made a slight modification.

In 1947, Princess Elizabeth (George V's granddaughter) married Philip Mountbatten, a former Greek and Danish prince who had joined the British Royal Navy. Just a few years later, the young couple was thrust to the very top of the monarchy after Elizabeth's father died, making her Queen Elizabeth II. Mountbatten became Prince Philip, Duke of Edinburgh.

In 1960, Elizabeth and Philip decreed that their descendants would carry the hyphenated last name Mountbatten-Windsor.

There's one exception, though: Any royal with the title "His Royal Highness Prince" or "Her Royal Highness Princess" doesn't need to use a surname at all. They can use Mountbatten-Windsor if they need to (the Queen's daughter, Princess Anne, used it on her marriage certificate in 1973, but it's not an obligation).

Not all royals use the Mountbatten-Windsor name, though. Some members of the royal clan have used their family's territorial designation instead. For example: When Prince William and Prince Harry served in the military, they went by William Wales and Harry Wales — because their father is the Prince of Wales. And The Daily Beast reports that Princesses Eugenie and Beatrice have gone by Eugenie York and Beatrice York, since their father, Prince Andrew, is the Duke of York.

There are few other last names kicking around, too: Princess Anne's kids simply took their father's last name — Phillips. And the daughter of Prince Edward, Earl of Essex, just goes by Windsor, without the Mountbatten.

As the Royal Family's official website notes: "A proclamation on the Royal Family name [...] does not pass into the law of the land." No one's really forced to use the official surname, and newly crowned kings and queens aren't bound to follow the surname rules set by their predecessors.

The bottom line: Unsurprisingly, the complicated royal family has a buffet of acceptable surnames. Technically, their last name is Windsor, though direct descendants of the queen can use Mountbatten-Windsor if they ever need it. Some royals use territorial names, but most, including the young Prince George and Princess Charlotte stick to first names only.



Governor Murphy Toughens New Jersey's Gun Laws by Signing Safety Measures to Protect Children and Families

Governor Phil Murphy today signed a package of common-sense gun safety bills that make New Jersey among the states with the strongest and most formidable gun laws in the nation. More than 2,000 shootings occur annually in New Jersey, with around 500 firearm-related deaths each year. Firearm-related violence costs the state's economy approximately \$1.2 billion annually, and directly costs taxpayers nearly \$275 million.

"Today, I'm proud to sign this series of common-sense gun safety bills into law to protect our children and families from the reckless dangers of gun violence, something the federal government has failed to do on behalf of its residents," said Governor Murphy. "By setting these higher standards for gun safety, New Jersey continues to bolster its reputation as a national leader on this critical social and public health issue."

The six bills include:

A1181, which allows mental health practitioners and law enforcement officials to keep firearms away from mental health and therapy patients who seek to harm themselves or others. The bill amends current law to require that licensed mental health practitioners exercise their duty to warn and protect by alerting law enforcement if a patient has threatened to and intends to commit imminent, serious physical violence against themselves or others. If law enforcement determines that the patient is incapable under statute of possessing a firearm, then any firearm ID card or purchasing or carrying permit is voided and subject to revocation by the Superior Court.

Sponsors include Assembly members Patricia Egan Jones, Gabriela M. Mosquera, Shavonda E. Sumter, JoAnn Downey, Arthur Barclay and Paul D. Moriarty.

A1217, known as the Extreme Risk Protective Order Act of 2018, authorizes New Jersey courts to issue gun violence protective orders to individuals who pose a significant risk of personal injury to themselves or others by possessing or owning a firearm. The protective orders prohibit the person who the order is filed against from securing or possessing any permit or license allowing firearm possession during the protective-order period. The bill also makes it a fourth-degree crime for a person to purposely or knowingly violate any provision of an extreme risk protective order.

Sponsors include Assembly members John F. McKeon, Louis D. Greenwald, Mila M. Jasey, Tim Eustace, Andrew Zwicker, Carol A. Murphy and Paul D. Moriarty.

A2757 strengthens the safety of firearm transfers by requiring background checks on individuals who are purchasing from or being transferred firearms by private dealers. The bill amends current law to require any person who is not a licensed firearm retail dealer and who privately sells or transfers a firearm to another person to conduct the transaction through a licensed retail dealer. Licensed dealers are required to conduct a background check of the person acquiring the firearm before the transaction occurs. In addition, the legislation exempts sales and transfers between members of an immediate family; law enforcement; licensed collectors of antique firearms; or a temporary transfer from being conducted through a licensed dealer and subject to a background check.

Sponsors include Assembly members Louis D. Greenwald, Jamel C. Holley, Paul D. Moriarty and Senator Linda R. Greenstein.

A2758 amends the requirements necessary to show a justifiable need to carry a hand gun in public. This bill changes the serious threat threshold established by the previous administration by expressly defining justifiable need to require a showing of specific threats or previous attacks that demonstrate a special danger to the applicant's life and that cannot be avoided other than by issuance of a permit to carry a handgun. The bill's requirement to show specific threats tightens the qualifications for firearm carrying.

Sponsors include Assembly members Louis D. Greenwald, Jamel C. Holley, Paul D. Moriarty and Senator Linda R. Greenstein.

A2759 adds armor piercing ammunition to the list of ammunition that is prohibited in New Jersey. The bill was written to prevent civilians from legally possessing ammunition that is designed and constructed to penetrate 48 layers of Kevlar and clarifies that possession or manufacture of this ammunition is a fourth-degree crime.

Sponsors include Assembly members Louis D. Greenwald, Carol A. Murphy, Annette Quijano, Jamel C. Holley, and Paul D. Moriarty and Senators Fred H. Madden, Jr. and Linda R. Greenstein.

A2761 reduces the maximum capacity of ammunition magazines from 15 to 10 rounds. The exception is for current law enforcement who are on-duty or traveling to or from duty and retired law enforcement. Individuals who legally own a firearm with an unmodifiable fixed magazine capacity of up to 15 rounds or legally own a firearm that only accepts an unmodifiable detachable magazine of up to 15 rounds prior to the effective date of the bill must register the firearm with their local law enforcement agency. The bill makes it a fourth-degree crime for a person to knowingly possess a large capacity ammunition magazine unless a firearm such a magazine is registered as required.

Sponsors include Assembly members Louis D. Greenwald, Annette Quijano, Gordon M. Johnson, Jamel C. Holley, and Paul D. Moriarty.



Galvanizing the Heart of the Public

By: Norman Gabriel

The recent surge of the right through U.S. and Europe has reignited a longstanding debate amongst commentators and pundits. What drives political change? Culture or Economics.

The cultural determinists attribute the success of Brexit and MAGA to recent populist movements of nativism, nationalism, and lingering racism. While economists say the change is the by-product of a newfound public anxiety; The working class will soon be obsolete if the trends of Globalization and Deindustrialization continue. Much like any debate I partake in, I'll use the Socratic Method to structure my argument.

Looking at them side-by-side, the obvious answer would be both. Both thought camps indulged in divisive rhetoric, both sides gained from the advantages of fear-mongering and both take credit for swinging political sentiments. Culture dictates economics and vice versa. But I'd like to align my answer with that of Immanuel Kant, who wrote on this debate 200 years before. In his book "A Critique of Pure Reason", Kant takes a dogmatic approach to analyzing logical fallacies of political misdirection. And even after 200 years, one topic remains relevant now more than ever.

It isn't a coincidence that in the era of social media and the proverbial peak of Humanity's narcissism; these types of leaders thrive. Figureheads such as Farage, Le Penn and Trump have gained massive bases off of a sense of 'realness'. That they were the answer to politics becoming so far removed from the people they serve. And the chord they strike isn't a massive agreement of ideas and policy, but appealing to a sense of majority identity. I'll use the example of Trump's recent G7 trip to better illustrate my point.

Upon first arriving in Canada, Trump didn't wait to stir the pot amongst world leaders, demanding that Russia be readmitted into summit negotiations. This was followed by a proposal to lift all tariffs amongst G7 members (a proposal that was refused unanimously). Until finally leaving the Summit early after Justin Trudeau took a harsh stance on U.S. trade. Funny enough, Trump had left Canada with more tariffs than he arrived with. FOX news described his behavior in the G7 as "Slaying the Lions den." And praised him for his harsh stances. "Finally, a President with Bravado", they exclaimed, "True American grit...". Even in Trump's missteps, his actions indemnified what fierce, American business drive looks like, and that's all what the MAGA camp needs to keep supporting. They need Trump to remain authentic to them, but there is a subtle danger to this kind of support.

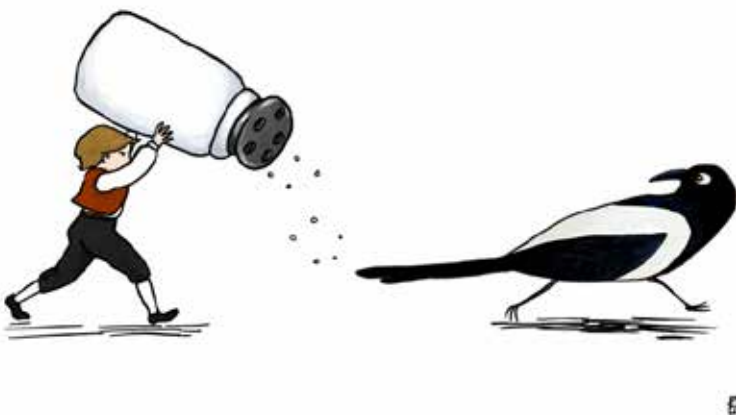
Kant wrote, that authenticity, or the idea of authenticity, remains one of the most effective and dangerous tools when galvanizing populous support. The theory in summation goes: A Politician could never be authentic, since authenticity is decided by the past experiences of each individual. To define a politician as authentic, means they have won over the relatability of the masses, but this does not mean authenticity. They have simply won over the voter's vanity, an identity projected onto a stage that they perceive in themselves. Once they remain authentic, any mistake they make won't be perceived from their base, because to accept a fault in an authentic politician is to accept a fault in themselves.

FOX has been the most notorious culprits of the fallacy, but this is an issue that both sides of the aisle suffer from. Politics and individual identity are quickly approaching synonymy, and I believe 2020 and beyond will be more about relating to certain crowds, rather than party platform. In the era of pragmatic self-interest, it isn't enough for a politician to play on voter incentives, but they must reflect voter identity.



The Logic of Logos and Catchphrases

By Pam Teel



The old saying, **"You can catch a bird by putting salt on its tail,"** has been around for generations. It's unknown how the saying began, but it appears to date back at least to the sixteenth century. So what is the thinking behind this "tail tale?" One theory suggests salting a bird's tail startles it just long enough for you to catch it before it flies away, while another school of thought believes salt contains magical properties that cast a spell over the bird. Still others think salt on the bird's tail feathers may interfere with its ability to take flight. While these are all interesting theories, it seems the answer lies within common sense. When it comes down to it, if you are close enough to get salt on a bird's tail, you are close enough to catch it. Just because this piece of avian folklore is nothing more than myth, doesn't mean there isn't value in passing it along to the next generation.



How many times have you heard this phrase, **"It's time to put ones shoulder to the wheel."** Its meaning: to make a sustained, concentrated, and vigorous effort; to work very hard and diligently. An example being; I know that the new deadline is tight, but if everyone puts his or her shoulders to the wheel, I know we can get it done in time! Figurative usage dates back to the seventeenth century. In the physical sense one puts ones shoulder to the wheel to aid horses in pulling a cart or other vehicles stuck in mud or to help them over an obstacle. When the horse required such aid, it was certain that vigorous effort was enforced.



What about the phrase, **"Why don't you put your money where your mouth is?"** Its meaning; to back up ones opinion with action. To live up to or follow through on something one talks about, threatens, or promises, especially (but not always) when it involves spending money. An example of this would be, "He promised to lower taxes if he got elected so let's see if he puts his money where his mouth is." The imagery is from betting. "Suppose I assure you that a given horse is bound to win this afternoon's race; you challenge me whether I will put my money where my mouth is - that is, am I willing to risk my own money on this horse that I am advising others to bet on?" According to Collins's Dictionary of Slang, it dates from the 1940s.



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This Valedictorian Is A Local Star

By Lauren Kolacki

Bringing a child into this world is both the most terrifying and joyous moment of our lives. We pray for our baby's health and safety and hope that one day they will find success and happiness. Unfortunately, not all parents are that lucky, but Daniel and Jennifer Domen, of Upper Freehold, seem to have hit the jackpot. Dan and Jen have three unprecedented daughters ages 14, 12 and 8, one in which has been named 2018's Valedictorian at Stone Bridge Middle School.

Dan and Jen's daughter, Melissa Domen, has exceeded all of their expectations of a daughter. Jennifer claims her, and her husband always did well in school and they always encourage their children to do the same, nevertheless, Melissa consistently goes above and beyond. Melissa successfully completed advanced math classes for the last three years at school and has plans to attend a competitive pre-college academy at The College of NJ this summer.

TCNJ's program is constructed for high-achieving high school students who want to explore careers in an intellectually stimulating environment, Melissa is honored to be accepted into such a prestigious program. At this camp, the scholars will have the opportunity to acquire information about the history of health professions, natural sciences and business. They will work with others to complete projects and presentations.

Aside from all the insight Melissa will gain from her week at TCNJ, this college is significant to her because this is where her parents met. Her father earned a computer science degree while her mother graduated with Accounting. Watching her parents work has drove Melissa to want to explore the backgrounds of both their professions.

Melissa is not just an exceptional student, she is an active girl scout who is a part of the peer leadership program at school, coding club, student council, newspaper, yearbook and a local youth group. Melissa also enjoys swimming, taking art lessons, yoga classes, sewing, Harry Potter and she is currently learning how to play golf.

Melissa came to Jennifer when she was just in second grade and asked if she could take piano lessons. Since then she has learned to play the clarinet, bass clarinet, alto saxophone, baritone saxophone and is currently learning to play the flute. She competed in a regional competition playing the bass clarinet and B Flat clarinet. She was one of the two vice presidents of the middle school band. Melissa just registered for the Allentown High School marching band and inspires to learn to play all instruments by the end of high school.

Melissa is, without question, very self-motivated but her role models continue to influence her passion. Watching her mother and her piano teacher successfully run their own business has provoked her interest in those areas and has opened her eyes to one day following in their footsteps. Whatever path Melissa chooses to follow, Jennifer is very proud of her accomplishments and will continue to support her goals and dreams.



Cheerleading, a Sport

By Lauren Kolacki

Every cheerleader gets riled up when an outsider claims that cheerleading is not a sport. This is because it questions all the sacrifices they have made to become exceptional. Competitive cheerleading is an athletic event where a team is scored subjectively based on components including, the cheer itself, dance/choreography, pyramids, stunting, and tumbling. Anyone who questions the athleticism it takes to be a cheerleader, has never experienced the hard work put in to become notably great.

Recently we spoke to Andrea Simon, the mother of Hailey and Madison, two, all-star cheerleaders who can certify that cheerleading is most definitely a sport. Hailey, age 13, is going on her 9th season at World Cup. She is currently on their Senior 5 team, the Suns, while her 11-year-old sister, Madison, cheers for the Junior 5 team, the Starlites. Maddy has been running around the gym, watching her older sister, since she was just two years old, which is what initiated her passion.

World Cup is one of the most prestigious all-star teams in the world. Their coaches and staff instill strong values, good sportsmanship and discipline in their athletes and open them up to a world of opportunities. Andrea claims that this gym has taught her girls a plethora of life lessons and has introduced them to friendships that will last a lifetime.

Andrea was a gymnast all her life, so it was shocking when her girls originally wanted to become cheerleaders. Much to her surprise, she loves every minute of being a part of this world and witnessing them grow as athletes and individuals. Undoubtedly, her favorite part of this sport is watching her girls do what they love. However, the traveling and the friends she has made along the way sure does contribute to fondness she has towards the program.

Committing to such a competitive team means making sacrifices. The girls cannot cheer for their middle school team and do not participate in other sports, simply because they do not have the time. Between practice, privates and traveling they have fully booked schedules, nevertheless, their discipline and focus helps them to maintain exceptional grades in school. Cheerleading takes up a lot of their weekends, meaning less time for the family to hang out together. The Simon's make it a point, each year, that the entire family attends the UCA competition in Florida. After the work is done, they get to spend some time in Disney World together.

Hailey and Maddy are both one of the youngest on their teams, which is a huge accomplishment. Maddy made the top 50 infinity generation next list and was also named an epic athlete of 2018. Hailey is striving to become the best cheerleader she could be, while she intends to eventually cheer for her future high school. Maddy continues to light the spark within her, being her ultimate goal to one day become a World Cup Shooting Star. Wherever this sport takes Hailey and Madison, Andrea is extremely proud of who they have become and what they have accomplished, and she will continue to support them in all their future endeavors.



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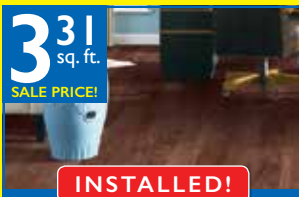
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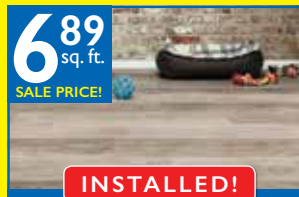
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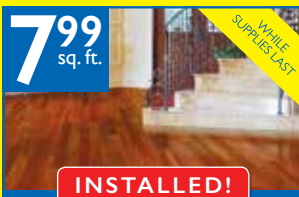


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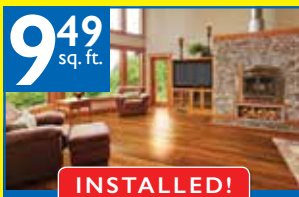


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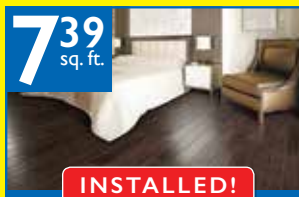
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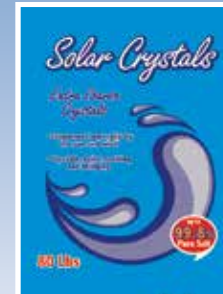
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Air Conditioning and Your Health

By Lauren Kolacki

Summer is here and in New Jersey that means temperatures sky rocket. Fortunately, it is easy to just crank up the air conditioning at the first drop of sweat but that is not always the healthiest decision. Not only does blasting the AC influence your wallet, studies show that older units could be linked to health conditions. Since air conditioning is basically everywhere now, there are precautions you can take to making sure your AC unit is not harming you.

- Air Duct Cleaning- condensation or home renovations can cause a buildup of mold, dust or unwanted debris
- Have an HVAC technician perform annual maintenance checks.
- Check the manufacturer's instructions for cleaning or changing your unit's air filters- when filters are dirty they don't stop allergens, pesticides and other outside irritants from entering your home.
- Buy a new AC unit every 10 years.
- Turn the temperature up, or turn the unit off altogether, at night or when the house is empty.
- Try using the fan-only mode on your AC unit.
- Open the windows as much as you can. Allow fresh air to circulate in your home and flush out pollutants.



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Canning is an excellent way to preserve garden produce and share it with family and friends. But it can be risky—or even deadly—if not done correctly and safely.

It's summertime and time to harvest the delicious produce you've been growing. You may be thinking about home canning as a way to preserve your garden goodies. But beware! If home canning is not done the proper way, your canned vegetables and fruits could cause botulism.

Botulism is a rare but potentially deadly illness caused by a poison most commonly produced by a germ called *Clostridium botulinum*. The germ is found in soil and can survive, grow, and produce a toxin in certain conditions, such as when food is improperly canned. The toxin can affect your nerves, paralyze you, and even cause death.

You cannot see, smell, or taste botulinum toxin—but taking even a small taste of food containing this toxin can be deadly.

Low-acid foods have a pH level greater than 4.6, which means they are not acidic enough to prevent the growth of botulinum bacteria. Examples are:

- | | | |
|---------------|-------------------|------------------|
| • Asparagus | • Potatoes | • Corn |
| • Green beans | • Some tomatoes * | • Fish & seafood |
| • Beets | • Figs | • All meats |

**Tomatoes require added acid – lemon juice or citric acid – for safe home canning.*

Botulism is a medical emergency. If you or someone you know has symptoms of foodborne botulism, see your doctor or go to the emergency room immediately. Symptoms may include the following:

- | | |
|--------------------|--------------------------|
| • Double vision | • Difficulty swallowing |
| • Blurred vision | • A thick-feeling tongue |
| • Drooping eyelids | • Dry mouth |
| • Slurred speech | • Muscle weakness |

How can I keep myself and others safe when it comes to home-canned foods?

Many cases of foodborne botulism have happened after people ate home-canned, preserved, or fermented foods that were contaminated with toxin. The foods became contaminated because they were not canned (processed) correctly.

You can take steps to protect yourself, your family, and others when it comes to home-canned foods by following these tips:

1. Use proper canning techniques. The best way to prevent foodborne botulism is by carefully following instructions for safe home canning at: http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf

2. Use the right equipment for the kind of foods that you are canning. Pressure canning is the only recommended method for canning low-acid foods. Foods with low acid content are the most common sources of home-canning related botulism cases. Low-acids foods include almost every vegetable, some fruits, milk, all meats, fish, and seafood. Do not use boiling water canners for low-acid foods because they will not protect against botulism.

3. Make your home-canned vegetables, meats safe.

- Use a recommended pressure canner that holds at least four one-quart jars sitting upright on the rack.
- Be sure the gauge of the pressure canner is accurate. Gauges may be checked at many county Cooperative Extension offices or contact the pressure canner manufacturer for other options.
- Clean lid gaskets and other parts according to the manufacturer's directions.
- Vent the pressure canner before pressurizing and follow recommended cooling steps.
- Use up-to-date process times and pressures for the kind of food, the size of jar, and the method of packing food in the jar.

4. When in doubt, throw it out!

If there is any doubt if safe canning guidelines have been followed, do not eat the food. Home-canned and store-bought food might be contaminated with toxin or another harmful germ if

- the container is leaking, bulging, or swollen;
- the container looks damaged, cracked, or abnormal;
- the container spurts liquid or foam when opened;
- the food is discolored, moldy, or smells bad.

If the container or the food inside has any signs of contamination, throw it out! If any of the food spills, wipe up the spill using a solution of 1/4 cup bleach for each 2 cups of water.

5. Never taste food to determine if it is safe. Do not taste or eat food that is discolored, moldy, or smells bad. Do not taste or eat food from cans that are leaking, have bulges or are swollen, or look damaged, cracked, or abnormal. Do not taste or eat food from a can that spurted liquid or foam when it was opened.



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Millstone 6th Graders Visit Historic Baird Homestead & Cultural Resource Center

By Pam Teel

The students at the Middle school didn't have to venture far as they marched from their school across the street to the Historic Baird Homestead. Hosted by the Friends of Millstone Township Historic Registered Properties for a 3rd year straight, the children got to partake in hands on activities that correlated with their history and science curriculum.

There were six different stations set up as the students broke into groups and visited them all throughout the day. The first three stations fell under the history category. Station one began with a guided tour of the historic 1800's house where the children learned about historic events and about objects that were in the house and how they were used in the day. The children then got to go outside on the grounds and press their own apple drinks.

The second station was the blacksmith's shop. The students learned that the blacksmith made everything people needed in those days from household items to farm equipment. The students got to try out some tools, help light up the forge, and watched as local blacksmith, Kevin Brown, bended and shaped pieces of metal.

At the third station, the children learned about the job of a milkmaid back in the 1800's. They learned how the cow gives milk, how the milk gets turned into butter, when the process of pasteurizing milk came to be, how canned milk came about and how the milkmaid sold butter and eggs on the side for extra money. The children got to sample some of the churned butter on a cracker.

Stations four, five and six fell under the science category. Station four involved the planting station in the greenhouse where the 6th graders learned about plants needs, how to care for plants, and how to cook with plants. They each got to pot and take home an eggplant and basil plant.

Also under the science category was station four, the pond study. With seining nets and cups in hand, the children got to take a water sample from the pond and test the water's PH and nitrate levels. They then went into the microscope tent and looked for plant life in the pond water. There were also sample slides to view.

Station five was the animal station where the children learned about animal husbandry and how an animal's digestive system worked. They compared a human digestive system to that of an animal to correlate with the lesson they studied in school. The kids also got to pet the goats and rabbit and ask questions about them.

Both teachers and students look forward to visiting the Homestead and learning about the past and the kids love the fact that they are able to participate in hands on activities relating to what they are learning in school. They also got to eat their lunches on the picnic tables under the shade of the large trees on the front lawn.

The Baird Homestead and Educational Center is all about bringing history into the residence's lives. Visit their library at the Homestead at 24 Baird Road, where you can find old maps of the township that date back to the 1700's, learn where boundaries once were, where stills were set up, and more. (By appointment only) For more info, visit the friends of Millstone website at: www.mtfriendsofhistory.org



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EVALUATE YOUR CHILD'S RISK OF LYME DISEASE THIS SUMMER

By Dr. Steven Dowshen

In warm weather, the threat of Lyme disease might make you think that your kids would be safer in your living room than in the great outdoors.

Though a child's risk of getting Lyme disease after being bitten by a tick is only about 1%-3%, it's important to consider the factors that affect Lyme disease risk.

It's true that Lyme disease is the leading tick-borne disease in the United States, with 20,000 to 30,000 cases reported to the Centers for Disease Control and Prevention (CDC) each year. Most cases of Lyme disease occur in the Northeast, upper Midwest, and Pacific coast areas of the United States. And Monmouth County New Jersey is one of the hardest hit states where incidences has been reported.

Most Lyme disease cases occur between April and October, particularly in June and July.

OUTDOOR ACTIVITIES AND PETS:

Besides living in one of these areas, other factors that might increase a child's tick risk include:

- Spending a lot of time outdoors in tall grass, brush, shrubs, or wooded areas
- Having pets that may carry ticks indoors
- Participating in activities such as landscaping, hiking, camping, fishing, or hunting in tick-infested areas

SAFETY TIPS:

So your teen got a job as a landscaper this summer and you're planning a family camping trip — does that mean Lyme disease is in your family's future? No, but it does mean that you should take some precautions to protect your family — such as using insect repellent and wearing light-colored clothing when outdoors to make spotting ticks easier — and know how to remove a tick, just in case.

IF YOU FIND A TICK:

Call your doctor, who may want you to save the tick after removal for identification as the type that may carry Lyme disease or another type of illness. You can put the tick in a sealed container to preserve it.

Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Pull firmly and steadily on the tick

until it lets go of the skin. If part of the tick stays in the skin, don't worry, it will eventually come out — although you should call your doctor if you notice any irritation in the area or symptoms of Lyme disease.

Swab the bite site with alcohol.

One note of caution: Don't use petroleum jelly or a lit match to kill a tick — they're not effective. These methods won't get the tick off your skin and might just cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

It's important to remove the tick as soon as possible. The longer the tick is attached, the greater the chance that Lyme disease will be transmitted. Usually, bacteria from a tick bite will enter the bloodstream only if the tick stays attached to the skin for 24-48 hours or longer. If the tick is removed within 1-2 days, it is less likely to have transmitted Lyme disease.

SEEK MEDICAL CARE IF:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, stiff neck or back, or muscle or joint aches develop.

THINK PREVENTION:

- After kids play outside, check their skin and hair — especially the scalp, behind the ears, around the neck, and under the arms.
- When playing in wooded areas, kids should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bites and stings in kids older than 2 years, always carefully following the directions for application.
- Avoid tick-infested areas.

Dr. Steven Dowshen is the Chief medical Editor of KidsHealth.gov

Keep Your Kids Safe In and Around Water This Summer

By YMCA of Western Monmouth County

There is a list of basic life skills all parents instinctively know they must teach their children to keep them safe and healthy. It includes habits like looking both ways before crossing the street, washing your hands with soap and water and eating the right amount of fruits and vegetables every day. For too many parents, safety in and around water is not on the list; and that's something we need to change.

Fatal drowning is the second-leading cause of unintentional injury-related death for children ages 1 to 14 years old. According to the CDC, about one in five drownings involve children 14 years old and younger. And, for every child who dies from drowning, another five are injured from near drownings, the CDC says.

The Y is committed to reducing water-related injuries and encourages parents to take an active role in fostering a relationship between their children and swimming—beginning with water safety. Following are safety tips to practice when in and around the water:

- **Only swim when and where there is a lifeguard on duty; never swim alone.**
- **Adults should constantly and actively watch their children.**
- **Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.**
- **Parents or guardians of young children should be within an arm's reach.**
- **Children and adults should not engage in breath holding activities.**

In addition to learning lifesaving water safety skills, swimming is a great way to increase physical activity. Swimming also motivates children to strive for self-improvement, teaches goal orientation and cultivates a positive mental attitude and high self-esteem. If children know how to stay safe in and around water, swimming can be a lifelong source of fun and exercise. Instead of keeping your children away from water, help them learn fundamental water safety skills.

As a leading nonprofit committed to youth development, the YMCA of Western Monmouth County has been a leader in providing swim lessons and water safety for more than 120 years. There are a variety of programs to choose from, including youth and adult progressive swim lessons, special needs swim lessons, and a competitive swim team. To ensure that everyone has an opportunity to participate, financial assistance is available to those in need to help cover the costs.



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Keeping Swimming Safe

Swimming is one of the most popular sports activities in the United States. Just 2.5 hours of physical activity per week, including water-based activity, has health benefits, no matter our age. As with any form of physical activity, we maximize the health benefits of swimming when we each do our part to minimize the chance of illness and injury.

Swimming is a fun and a great way to stay healthy and spend time with family and friends. However, it's important not to swim or let your kids swim if they have diarrhea. Just one diarrheal incident in the water can release millions of diarrhea-causing germs like Crypto (short for Cryptosporidium), Giardia, Shigella, norovirus, and E. coli O157:H7. This can make other swimmers sick if they swallow a mouthful of contaminated water.

Practicing healthy swimming is important to keep ourselves and our loved ones healthy. Whether in the pool, the hot tub/spa, or water playground we can all help protect ourselves and our loved ones from germs by following these simple but effective steps:

- Don't swim or let children swim when sick with diarrhea.
- Don't swallow the water.
- Take kids on bathroom breaks every hour.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Shower before you get in the water. Rinsing off in the shower for just 1 minute helps get rid of any germs that might be on your body.

Remember: Think Healthy. Swim Healthy. Be Healthy! For more info visit www.cdc.gov/safechild and follow the CDC's Steps of Healthy Swimming to protect ourselves and our loved ones from illness and injury when swimming or playing in the water.



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times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop and often makes the difference between a good orthodontic result and a great orthodontist result. Please contact our office with any questions or to schedule a complimentary first examination to determine if your child would benefit from this type of treatment.

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Storybook Land

By Pam Teel

With school out and kids at your heels, it's time to take some day trips and do some fun things to entertain the troops. One such place, where fantasy abounds, is Storybook Land. Located in Egg Harbor Township, NJ, this childhood treasure has been open since 1955, bringing a smile to young children's faces for over 60 years. It thrives on keeping the childhood spirit alive with an entertaining and educational atmosphere as kids get to walk through their all time favorite stories and nursery rhymes. It's where children's classics meld together with exciting family rides and attractions in a park like setting. Storybook Land has been built, owned and operated by the Fricano family since its inception back in 1955.

Your pay-one-price admission to Storybook Land includes unlimited rides, along with access to all of our storybook attractions! The emphasis is on fun for the entire family ... with special attention given to its youngest members.

The rides at Storybook Land and the park are impeccably maintained, with ride operators who are trained to take the time to insure your child's comfort and well being. If this is your child's first visit to an amusement park, you can be certain that it will be a very positive experience. Children get to enjoy such rides like Bubbles the Coaster, Out on a limb, the Rockin tug, zip zap racers, work zone, tick tock drop clock, Beanstalk bounce, the carousel, J & J railroad, and many more.



Check out the positive reviews on yelp. That will tell you all you need to know. You can also pack your own lunch or purchase food there.

Enjoy the seasons!

In springtime, the Easter Bunny visits storybook land. Come and join in the large Easter egg hunt.

SUMMER

Early July there is always a classic car show.

Saturday July 14th: Storybook Land's 63rd Birthday! Birthday Parade, Character Meet and Greet, Face Painting. Parade begins at 12:00PM, meet & greet, face painting runs 12:00PM - 4:00PM.

Saturday July 21st: Christmas in July! Santa & Mrs. Claus will stop in for their summer visit 12:00PM - 4:00PM.

Saturday July 28th: Pirate Adventure Day! Meet and Greet with characters. Go on a treasure hunt! Pirate costumes "arr" welcome! Available 12:00PM - 4:00PM.

Saturday August 4th: Princess Tea Party! Dress in your best princess costume and join your favorite princess for "tea" 12:00PM - 4:00PM.

Summer hours are (10- 5:30) M-S and (11-5:30) Sunday.

FALL

September 21st: Special Abilities Night! Open 4:00PM - 7:00PM. This is a Pre-sold ticketed event for Special Needs Families; visit Guest Services for details. Advance Tickets are \$17.95+tax per person.

October 4-28: Thursday, Friday, Saturday and Sunday: Join us here at Storybook Land for some Happy Halloween fun! Activities include the Happy Hayride, pumpkin decorating, and Elmer's Hay-Mazin' Maze.

October 26, 27, 28: Trick-or-Treat Weekend! With each paid child's admission kids receive a FREE Trick-or-Treat bag to collect treats throughout the park. (There will be no pumpkin decorating available 10/26, 10/27 or 10/28).

WINTER

November 17 - December 30: Christmas Fantasy with Lights! Come and experience holiday magic right before your eyes! Be here by 5:00PM when Santa Claus appears in his chimney, waves his magic wand, and lights the park with over one million lights for the holiday season! Santa is in his home and lights the park until December 23.

November 17th: Santa's Grand Arrival and Fantasy with Lights Parade! Parade start: 4:30 PM. (Rain Date November 18). Join us as we welcome Santa & Mrs. Claus to Storybook Land! See all of your favorite storybook characters on beautifully decorated floats! The parade concludes with the lighting of the park by Santa Claus!

December 1-23: Toys for Tots! During the month of December, Storybook Land will be collecting new, unwrapped toys for Toys for Tots. Receive 1 FREE hot chocolate and 1 FREE popcorn for every toy donated.

The park is located at 6415 Black Horse Pike (Routes 40/322. Egg Harbor Township - office phone- 609- 646 -0103.

Visit the website at: <http://storybookland.com>



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Ingredients:

- 1 large zucchini
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder

Preparation:

1. Preheat oven to 400°F (200°C).
2. Cut zucchini into ⅛ inch (3 mm) to ¼ inch (6 mm) slices.
3. Arrange slices on a nonstick baking sheet. Don't overlap the zucchini, or they won't dry out properly.
4. Brush slices with olive oil, then season with salt, pepper, and garlic powder. Flip slices over and repeat.
5. Bake for 25-35 minutes, flipping halfway.
6. Allow slices to cool to room temperature. Slices will continue to get crispier as they cool.

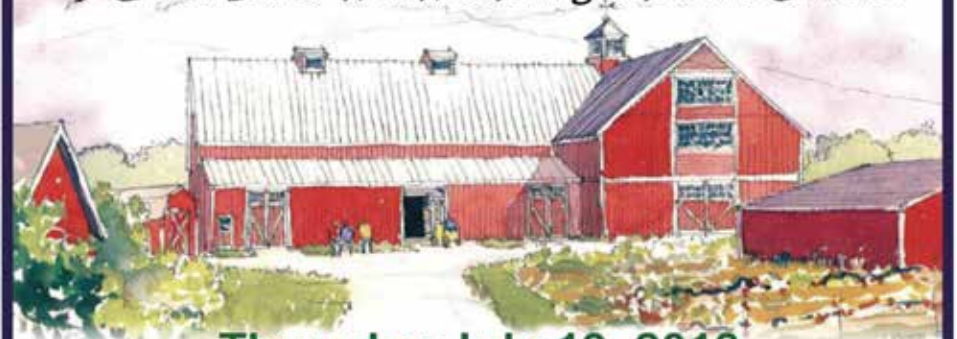


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 (choose 2 pastas, 1 vegetable, 2 entrees)
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Pastas
 Penne Vodka - Stuffed Shells - Manicotti - Baked Ziti
 Cavatelli & Broccoli - Rigatoni Bolognese

Vegetables
 Eggplant Parmigiana or Rollatini - Rosemary Potatoes
 Sautéed Broccoli Spears - Sautéed String Beans

Chicken
 Marsala - Bella Italia (White Wine/Mushrooms)
 Parmigiana - Francese - Piccata

Meats
 Sausage & Peppers - Meatballs - Steak Pizzaiola
 Roast Beef w/ Gravy - Roast Pork w/ Gravy - Baby Back Ribs



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 Marsala \$75
 Francese \$75
 Parmigiana \$75
 Piccata \$85
 Bella Italia (white wine & mushroom) \$85

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 Sausage & Peppers \$45
 Homemade Meatballs \$45
 Roast Beef with Gravy \$55
 Steak Pizzaiola \$55
 Hot or Sweet Sausage w/Broccoli Rabe \$50
 Swedish Meatballs \$45

Vegetables
 Eggplant Parmigiana \$40
 Eggplant Rollatini \$45
 Broccoli Rabe Sautéed \$50
 Sautéed String Beans w/Garlic & Oil \$30
 Stuffed Mushrooms Oreganata \$40
 Stuffed Mushrooms w/Sausage \$45
 Oven Roasted Potatoes \$35
 Sautéed Broccoli w/Garlic & Oil \$35

Appetizers
 Mini Rice Balls (20) \$25
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 Bruschetta Platter \$30...\$45
 Baby Green Salad \$25...\$35
 Caprese Salad \$30...\$40
 Caesar Salad \$25...\$35
 Shrimp Cocktail \$65...\$110



A La Carte
Half Trays Serves 10-12 People

Pasta
 Penne Vodka \$40
 Stuffed Shells \$40
 Manicotti \$40
 Tortellini Alfredo \$45
 Rigatoni Bolognese \$40
 Baked Ziti \$35
 Cavatelli & Broccoli \$40
 Vegetable Lasagna \$55
 Meat Lasagna \$55
 Cheese Lasagna \$50

Chicken
 Marsala \$50
 Bella Italia (white wine & mushroom) \$55
 Parmigiana \$50
 Francese \$50
 Piccata \$55

PARTY PACKAGE #1
 Serves 10-12 People
 One 3 Foot Hero (Italian, American or Chicken)
 1/2 Tray BBQ Ribs
 1/2 Tray Pasta Salad
 1/2 Tray Buffalo Wings
 1/2 Tray Mini Rice Balls or Potato Croquettes
\$199⁹⁵ Plus Tax

PARTY PACKAGE #2
 Serves 10-12 People
\$199⁹⁵ Plus Tax

Appetizer (Choose 1):
 Rice Balls or Potato Croquettes

Entree (Choose 1): Chicken (Francese, Marsala or Parmigiana) or Sausage & Peppers

Vegetable (Choose 1): Eggplant Rollatini or Oven Roasted Potatoes

Pasta (Choose 1): Penne Pomodoro or Stuffed Shells

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PASTA

PLEASE SELECT ONE

PENNE VODKA

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WITH A SPLASH OF VODKA & PROSCIUTTO

RIGATONI FILETTO DI POMODORO

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

ENTREE

PLEASE SELECT ONE

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Spaghetti Squash Cheese Bake

This is a creamy and cheesy dish that has a lot of flavor! It can be used as a side dish while entertaining or for the main meal. You can use your fresh squash and thyme from your garden.

Ingredients:

- 1 spaghetti squash
- 1/2 cup reduced-fat sour cream
- 1 egg, lightly beaten
- 1 tablespoon minced garlic
- 1/4 teaspoon dried Italian seasoning
- 1/4 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup reduced-fat shredded cheddar cheese

Directions:

1. Place spaghetti squash in a large pot with an inch of water. Cover and bring to a boil over high heat. Cook 25 to 30 minutes, or until a knife can be inserted into the center. Remove from pot and cool slightly. Cut squash in half lengthwise, remove seeds, and using a fork, scrape out strands of squash.
2. Preheat oven to 400 degrees F. Coat a 1-1/2-quart baking dish with cooking spray.
3. In a large bowl, combine 3 cups squash and remaining ingredients; mix well. Place mixture in baking dish.
4. Bake 35 to 40 minutes or until browned on top and heated through.



TIME LIMITATION PITFALLS

By John Bazzurro

In a previous article, I addressed various Statutes of Limitations which basically limit the time within which you are required to file a lawsuit in order to protect your legal interests under certain scenarios. In addition to Statutes of Limitations, it is important to understand that certain types of cases have either shortened Statutes of Limitations or notice requirements as a prerequisite to filing a lawsuit. Thus, under the circumstances, if you miss these time limitations, you could be forever barred from filing a lawsuit.

The first, and perhaps most important, is under New Jersey's Tort Claims Act. If you are required to sue a public entity such as the State of New Jersey or a political subdivision (such as a town, county, borough, city, or a State related entity), for personal injuries you must inform them of your claim within 90 days from the date of the incident. This notice requirement requires certain specific information so that the claim can be evaluated and investigated by the public entity. There may be certain limited instances where this 90 day restriction can be extended up to a period of one year. Another 90 day notice requirement is contained within New Jersey's Carnival Amusement Ride Safety Act which requires that notice be given where an injury occurs as a result of an amusement park ride or within an amusement park.

If you are injured as a result of the negligence of the Port Authority of New York & New Jersey or their employees, a claim must be filed with them at least within 10 months from the date of your injury and any lawsuit must be filed against them within one year from the date of your injury. This differs from the typical two-year statute of limitations for personal injury in the State of New Jersey. Another significant one year Statute of Limitations is contained within New Jersey's Conscientious Employee Protection Act (CEPA) which is basically a "whistleblower" claim against your employer. This is sometimes confusing in that other labor related statutes of limitations are typically two years.

Next is the Federal Tort Claims Act which requires that notice be given to the Federal Government within two years from the date of your injury if you are injured on a federally owned property, by a federal employee or through the actions of a federal agency. Unlike New Jersey, there is no ability to extend this time limitation.

Finally, there is a 180 day notice requirement to file a claim against New Jersey's Property-Liability Insurance Guaranty Association which provides potential additional protections if you are involved in a motor vehicle accident and your insurance company either disclaims coverage or does not provide certain coverages. Once again, there is no ability to extend this time frame and, as such, it is important that any such claims be made timely.

Of course, the above is not an exhaustive list of all of the time limitation pitfalls that one may encounter when dealing with the law. The only way to be fully protected is to contact an attorney as soon as possible after you are injured to ensure that any such time limitations are fully complied with in order to protect your legal rights.

Should you have any questions concerning any of the above, please do not hesitate to contact my office for further information.

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

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Question:

I would like to be able to have my friend or family member help with my bill-paying and banking. What are my options?

Answer:

You have several options when deciding to have someone help with your bill paying and banking. These options include opening specific types of checking accounts or creating specific legal documents that give another person the power to handle your money.

If you are still able to handle your banking and bill-paying but would like some help going through the bills and budgeting, a friend or family member can review your bills with you and help you figure out which ones to pay and when. Under this arrangement, you still sign your checks and no one else is authorized to make account transactions.

If you have no friends or family members to help you with informal money management, there are organized programs that provide trained staff members or volunteers to help. To locate a money management program in your area, try contacting your local Area Agency on Aging.

You may also be able to find a money management program along with other resources for Older Americans by contacting the Eldercare Locator or by calling 1-800-677-1116.

If you get help from a money management program, check on whether the program has insurance or bonding so your money is protected in a worst-case scenario involving mismanagement or theft by the person assisting you.

JOINT ACCOUNT

If you would like to enable a friend or family member to write checks and make deposits on your behalf, you may open a joint account. Generally, everyone whose name is on a joint account can write checks, withdraw money, and make transactions. Similarly, if one of the account holders owes money, the creditor can try to collect from money in the joint bank account.

If the money in your joint bank account belongs to you, is not meant to be a gift to the joint account holder, and is meant to be folded in with your other assets for distribution according to your will or estate plan, you may be taking some risks by opening a joint bank account because:

- Your friend or family member can withdraw money for his or her own use or mismanage your money
- Creditors of your friend or family member may use legal processes to try to satisfy their debts from your money in the account
- When you die, depending on the terms of the account and state law, money in the joint account may be distributed by the bank to the friend or family member whose name is on your account, without regard to the provisions of your will or other estate planning provisions

CONVENIENCE ACCOUNT

A “convenience account” or “agency account” enables you to designate a family member or friend to help you by depositing or withdrawing money and writing checks. A convenience account does not change the ownership of the money in the account or give your helper the right to keep the money when you die.

TIP: Ask your bank about opening a convenience account or agency account. Often bank employees don’t mention these options or may not know they exist. You may need to speak with a manager. Explain that you want an account in which the money remains yours but someone else’s name will be on the account to help you with bill paying and other transactions. Be sure to say that you don’t want the other person to have the “right of survivorship” if you don’t intend for your money to become your helper’s money upon your death.

POWER OF ATTORNEY (POA) FOR FINANCES

You can name a friend or family member to act on your behalf by creating and signing a document called a power of attorney (or “durable” power of attorney). In that case, your bank account can remain in your name only, but the person you name in your power of attorney – your “agent” – can help you with banking

Again, give considerable thought before you grant anyone power of attorney, as he or she might withdraw money from your account for reasons that you do not specify.

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Get a Salon Blow Out At Home

By Susan Heckler

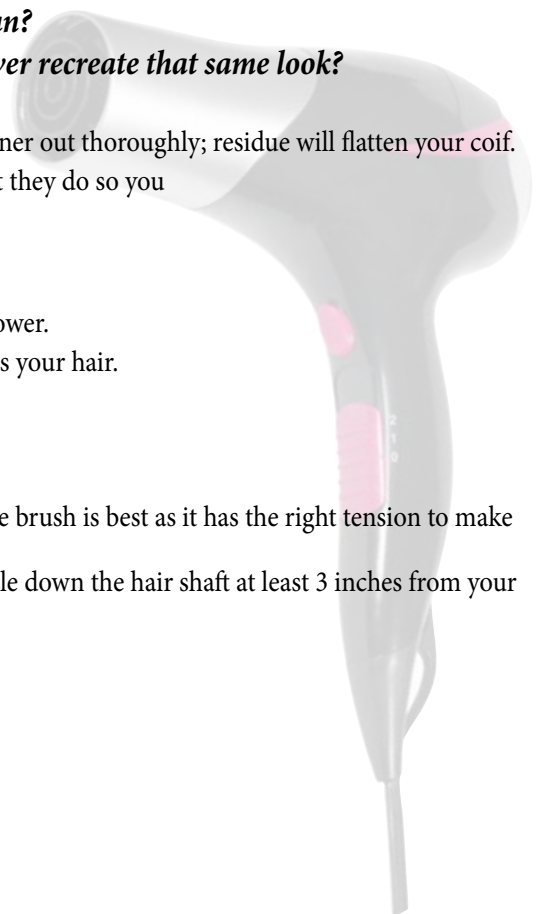
Ever wonder why you can never get your hair to do what your stylist can?

After spending all that money in the hair salon and walking out looking marvelous, you can never recreate that same look?

Well, I got annoyed enough at myself to research my failure! Here is what I found...

- If you have dry hair, condition in the shower. If you have fine hair, condition only the ends. Make sure you rinse the conditioner out thoroughly; residue will flatten your coif.
- Pay attention when your stylist blows you out. Discussing Soap Opera villains will not get you the look you want, watch what they do so you understand the results.
- Towel drying causes frizz and wrapping flattens your roots...pat your hair dry or air dry until 80% dry.
- Don't blow-dry your hair in a humid bathroom, the dampness causes frizz. Move to the bedroom or another dry spot.
- Blow dryers are not all the same, choose wisely, and invest in a professional-grade hair dryer that has at least 2600 watts of power.
- Never let a blow dryer near your head without a heat-protecting spray first. They form a film that dissipates heat and protects your hair.
- Consider using a volumizer or smoothing product if recommended but don't overdose on styling products.
- Go with your natural part line.
- Dry your roots first with your head flipped over, lift is good for most body parts!
- Use a round or oval brush that will allow you to create enough tension to give hair a smooth and polished look. A boar bristle brush is best as it has the right tension to make hair smooth and shiny.
- Start in the front of your head. Work in 2 inch sections and pull your hair, following with the dryer nozzle, pointing the nozzle down the hair shaft at least 3 inches from your hair.
- If you want straight hair, pull hair super taut as you dry. If you want body, twirl your hair with brush as you dry
- Finish the back sections of your head, holding the brush horizontally and curling the hair toward your face
- If your hair is coarse, move fast because it is likely to frizz. You may need to re-spritz
- Use your fingers to lift and position.
- The last step for each section is to pull hair taut with the brush and blast it with cool air from your dryer.
- Consider using a serum to protect the ends and finish the hair.

Now that you can look gorgeous every day, go out there and conquer the world!



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Jeff Carpenter, owner of Dimensions Reiki received The Distinguished Business Person of The Year award at the Matawan Chamber of Commerce's 50th Anniversary Gala on June 14th. Jeff has been a long-time advertiser of The Millstone Times and supports the local news and editorial on our pages every month. Our readers look forward to his articles every month and we are certain that many of our readers enjoy his help to reduce stress, sleep better and bring them inner peace and balance. Jeff also works in many of the local hospitals and charities helping and volunteering his own time to help the elderly and cancer patients here in Central New Jersey. Jeff is a great guy and most definitely deserved this award! If you are interested in seeing why Jeff is truly distinguished and the best in Reiki, please call him at 732 832 1036.



BOOST YOUR METABOLISM

By Lauren Kolacki

One of the most common conversation pieces all over America is weight loss. Everyone is interested in new diet and fitness fads that will help them look their best this summer. Who wouldn't want to do that by contributing the bare minimum? Studies have shown that there are small lifestyle changes to be made that can boost your metabolism and aid in weight loss.

- 1. Chewing slowly:** chewing is the first stage of digestion, by doing it slowly, you give your digestive system time to break down the food and help digestion. This also allows time for your stomach to communicate with your brain that you are full.
- 2. Protein:** eating plenty of protein has been shown to help you feel fuller and prevent you from overeating. Studies show that it can increase your metabolic rate by 15-30%
- 3. Drink More Water:** Drinking 17 oz. of water increases resting metabolism by 10-30% for about an hour.
- 4. High-Intensity Interval Training:** the quick and intense bursts of activity spike your metabolic rate, helping you to burn more fat even after your workout has finished.
- 5. Weight Training:** Building muscle can help increase your metabolism. Weight training will help you burn more calories each day, even at rest.
- 6. Stand up More:** Sitting for long periods results in less calories being burned, which can lead to weight gain.
- 7. Drink Green Tea or Oolong Tea:** These drinks have been shown to increase metabolism by 4-5% They also help convert some of the fat stored in your body into fatty acids, which increases your ability to burn fat.
- 8. Eat Spicy Foods:** Some spicy foods, peppers as an example, contain capsaicin, a substance that can boost your metabolism.
- 9. Get a Good Night's Sleep:** Sleep deprivation results in a speed decrease in your metabolism, which can eventually lead to obesity.
- 10. Drink Coffee:** Coffee can boost metabolism by 3-11% and like green tea, it promotes fat burning.



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The Perfect Bangs for You

By Gabriella Mancuso

Getting bangs is a haircut every girl tries once in their life. It's the type of haircut that's impulsive, new and risky....if done right. Every girl can rock bangs, but specific bangs that fit your type of face shape. If you are interested in taking the leap and changing up your style here are some helpful tips for you and your head shape.

Square face: The bangs that best fit this head shape are long bangs. Cut them across the front of your face but keep them longer. However, you should not get them heavy. Keep them more on the fringe side with a sort of separation in the middle to leave a section of your forehead just slightly peeking through.

Round face: If you have a round face your best bet is getting the original, all one length bangs. Because bangs make faces look wider, you can also spice it up and put an angle on the outer most bangs closest to your ears.

Heart Shape face: People that have heart shaped faces look best with side bangs. Bangs were created to balance your face, so by giving yourself light, "feathered" bangs you will be doing just that. Make sure to bring the bangs down to the sides of your face, almost at your jaw line, to open up your face.

Oval face: Finally, we have oval faces also known as the lucky ones. If you have an oval face you have nothing to worry about, you can rock anything. Side bangs, straight bangs, light bangs, heavy bangs, basically anything you are in the mood for. It is safe to say that we envy you oval faces!





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MMA PL COMES TO ATLANTIC CITY

Former HBO executive and pay-per view pioneer Mark Taffet has recently launched his newest project: MMA Pro League. As the founder and head of HBO's pay-per view sector, Taffet oversaw and ran over 190 pay-per view events, which generated \$3.6 billion in revenue and nearly 70 million buys. He presented marquee events such as Mayweather vs Pacquiao (2015), which grossed roughly \$410 million and 4.4 million domestic buys. At the time, this was the most watched fight of all time, and shattered all previous pay-per view event's revenue by over \$250 million.

As Taffet starts his new chapter with the MMA Pro League, he will use his decades of experience and connections to further his vision. MMA Pro League is a team-styled MMA, much different from the current fabric of the sport. Other leagues rely heavily on the star-power of individual fighters, making its success much more volatile. The league will be composed of teams from across the country, coached by MMA icons such as former UFC fighter Dan Miller and Brazilian jiu-jitsu champion Daniel Gracie of the legendary Gracie family.

MMA Pro League is set to have its first five events at the brand new Hard Rock Hotel and Casino in Atlantic City, including its premiere fight on August 17th. Not only does the current growth and rising interest in the sport bode well for Taffet's project, but the luxurious new venue that will host the first several fights is a major attraction for consumers. "The Hard Rock is going to have a lot of customers and fans coming to the casino," Taffet said. "For us to arrive at this time is very beneficial for us."





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TRANSIENT GLOBAL AMNESIA

By Lauren Kolacki

Transient Global Amnesia is a less common condition characterized by sudden onset of temporary memory loss and confusion. During an episode, an individual can become severely disoriented, forgetting where they are and how they got there. In most cases, the person experiencing this condition will remember who they are and recognize their family members but everything else becomes fuzzy. Once the person returns to a regular state of mind, their memory is usually intact, and they will have no recollection of their black out.

Researchers have yet to pinpoint a direct cause for Transient Global Amnesia, but studies have shown that the following factors may trigger the condition;

- A vascular etiology, such as venous flow abnormalities
- Hypoxia (deficiency of oxygen supply) and/or ischemia (deficiency of blood supply)
- A relation to migraine (some studies have shown that history of migraine is associated with TGA)
- Epilepsy
- Psychological factors
- Sudden immersion in cold or hot water
- Strenuous physical activity
- Sexual intercourse
- Medical procedures, such as angiography or endoscopy
- Mild head trauma
- Acute emotional distress, as might be provoked by bad news, conflict or overwork

Unfortunately, because of the lack of knowledge, there is no known prevention or treatment for this condition. Being observant of activities done before an episode could lead you to decreasing the number of triggers in your lifestyle. Talking to someone about Transient Global Amnesia can help an individual cope with the unsettling feeling that accompanies this condition.





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

QUESTION:

How does The MonaLisa Touch counteract vaginal dryness?

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

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

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

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Period Pains and Painkillers

By Lauren Kolacki

Once a month women experience their hormone levels drop and the thickened lining of their uterus shedding from their body. This is accompanied by mood swings, chocolate cravings and intense pressure in their abdomen. Life must go on, despite your lack of ambition, so it is easiest to pop a couple of Advil and proceed with your day.

Nonsteroidal anti-inflammatory drugs, commonly referred to as NSAIDs are the over-the-counter drugs such as Aspirin, Ibuprofen, Motrin, Advil, etc. that we take regularly to reduce our aches and pains. They are available at your local pharmacy so at first glance they do not have any extreme detrimental effects, however, that is not entirely true. There are several risks of overusing these medicines that you should be aware of.

- Heart attack and stroke— increased risk for heart attack and other heart problems by one third/ had a 19% higher risk of being hospitalized for heart failure compared to those who had used the drugs in the past.
- Interaction with antidepressants— make antidepressants less effective
- Liver damage
- Ulcers

Alternatives:

- Hot Compresses— placing something warm on the pelvic area
- Focusing on your diet—increase your intake of vitamins like B1
- Exercise— being active helps with pain



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QUESTION:

What can I do to protect my feet this summer?

ANSWER:

Wear shoes to protect your feet from puncture wounds and cuts caused by seashells, broken glass and other sharp objects. Don't go in the water if your skin gets cut—bacteria in oceans and lakes can cause infection. A puncture wound should be treated by a foot and ankle surgeon within 24 hours to avoid complications.

Remember that a jellyfish washed up on the beach can still sting if you step on it. If their tentacles stick to the foot or ankle, remove them, but protect your hands from getting stung too. Vinegar, meat tenderizer or baking soda reduce pain and swelling.

Feet get sunburn too. Don't forget to apply sunscreen to the tops and bottoms of your feet.

Sand, sidewalks and paved surfaces get hot in the summer sun. Wear shoes to protect your soles from getting burned, especially if you are living with diabetes.

People who are living with diabetes face serious foot safety risks at the beach. The disease causes poor blood circulation and numbness in the feet. A person living with diabetes may not feel pain from a cut, puncture wound or burn. Any type of skin break on a diabetic foot has the potential to get infected and ulcerate if it isn't noticed right away. People living with diabetes should always wear shoes to the beach and remove them regularly to check for foreign objects like sand and shells that can cause sores, ulcers and infections.



Dr. Sanjay Gandhi, DPM



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September 23: The Thomas Baird Homestead 1st Annual Psychic Fundraiser in Millstone Township, NJ

September 29-30: The 2018 Fall One Spirit Festival in Clinton, NJ

(Check out the other article in this issue about how Jeff from Dimensions was named the 2017-2018 Distinguished Business Person of the Year by the Matawan-Aberdeen Chamber of Commerce!)

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>.

Parenting Info: Difference Between a Section 504 Plan and an IEP

By Erin Mumby

The 504 Plan is a plan developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution receives accommodations that will ensure their academic success and access to the learning environment.

- Section 504 is a broad federal civil rights law that protects all individuals with a handicap.
- IDEA (the Individuals with Disabilities Education Improvement Act) only applies to students who require special education because they have one of the specified types of disabilities.
- Students who qualify under section 504 must have a 504 plan that outlines the services to be provided. Some students will also qualify under the more stringent IDEA. These students will have an IEP (Individualized Educational Plan) rather than a 504 plan.



The process for getting a 504 plan is much different, and simpler, than the process for getting an IEP. But it varies from school district to school district.

Kids don't need to get a full evaluation to get a 504 plan, although many do. In fact, schools often suggest a 504 plan if a child doesn't qualify for special education but needs support.

With 504 plans, schools look at information about a student from a few different sources. One source might be a medical diagnosis. Schools might also look at the student's grades, test scores and teacher recommendations.

Parents or schools can request a 504 plan through the school district's 504 coordinator, who may also be the IEP coordinator. (Ask the principal if you're unsure who to contact.) The request must be made in writing. The school will then hold a meeting to decide if the child qualifies and what supports are appropriate. Contact your local school for help, questions and their exact protocol for enrollment.

Henoch-Schönlein Purpura (HSP)- *What it is and How to Treat its Symptoms*

By Abigail Urban

Henoch-Schönlein Purpura (HSP) is a disease most commonly found in children between the ages of two and six that causes blood vessels to leak, which may appear as a rash with many small bruises.

The disease is caused by the immune system attacking the body's own cells. Factors that cause this abnormal condition are unknown.

Usually, early signs of HSP are any upper respiratory tract infections, such as colds.

Symptoms include rashes that look like bruises or small dots and digestive issues that range from vomiting to abdominal pain. Joint pain, blood in the urine (Hematuria) and large amounts of protein in the urine (Proteinuria) are also possible symptoms someone may have.

Most people recover from the disease, although HSP could potentially lead to kidney disease or kidney failure in adults. Other rare complications include bowels folding so that they're blocked and being at a higher risk for high blood pressure during pregnancy.

HSP diagnosis is confirmed when there are antibody deposits on the skin. This can be detected with a skin biopsy, where skin tissue is examined under a microscope. A kidney biopsy will help determine how much the kidney is affected by HSP and what treatments may be used. A urinalysis may also be needed to determine if you have hematuria or proteinuria.

There is no specific treatment for HSP. All treatments are to relieve painful symptoms.

Joint pain is often treated with aspirin or ibuprofen. Corticosteroids, medications that decrease swelling and reduce immune system activity, may also treat joint pain and abdominal pain.

If HSP affects the kidneys, treatments include immunosuppressive medications that stop the body from making antibodies.

High blood pressure caused by HSP may be treated with prescribed medications that lower blood pressure and slow the start of kidney disease. These medications may include angiotensin-converting enzyme (ACE) inhibitors and angiotensin receptor blockers (ARBs).

If you or anyone you know is experiencing symptoms associated with HSP, it is advised that you seek medical help to relieve pain and check for any kidney problems.

Health Benefits of Blending

Blending fruits and vegetables has just as many health benefits as juicing and then some. Blending is more budget conscious and you can potentially get more nutrition from what you are consuming. Why blend?

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2. On average, people need about 6 cups of fruits and vegetables per day in their diet. That alone is a mini-mountain of food. By blending these items into delicious smoothies, it makes it easier to get those essentials in your daily diet.
3. Blending allows you to introduce new food choices that you may not normally try. You may not like a certain vegetable, but hidden in a smoothie with other flavors makes it more palatable. You are also able to eat the entire fruit, peels and skins have nutritional value.
4. With a liquefied version of fruits and vegetables entering our digestive system, the body can immediately convert the food into nutritive value while there is less time to convert other items into fat cells for energy later.





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New TSRI research points to better way to treat depression

Scientists on the Florida campus of The Scripps Research Institute (TSRI) have discovered a new target for treating major depressive disorder, a disease that affects more than 16 million American adults. Their research shows that individuals with high levels of an enigmatic receptor called GPR158 may be more susceptible to depression following chronic stress.

“The next step in this process is to come up with a drug that can target this receptor,” says Kirill Martemyanov, PhD, co-chair of the TSRI Department of Neuroscience and senior author of the new study, published recently in the journal *eLife*.

The researchers say there is an urgent need for new drug targets in major depressive disorder. Current pharmacological treatments for depression can take a month to start working—and they don’t work in all patients.

“We need to know what is happening in the brain so that we can develop more efficient therapies,” says Cesare Orlandi, PhD, senior research associate at TSRI and co-first author of the study.

The researchers zeroed in on GPR158 as a player in depression after discovering that the protein is elevated in people with major depressive disorder. To better understand GPR158’s role, the scientists studied male and female mice with and without GPR158 receptors.

Behavioral tests revealed that both male and female mice with elevated GPR158 show signs of depression following chronic stress. On the flip side, suppression of GPR158 protects mice from developing depressive-like behaviors and make them resilient to stress.

Next, the researchers examined why GPR158 has these effects on depression. The team demonstrated that GPR158 affects key signaling pathways

involved in mood regulation in the region of the brain called prefrontal cortex, though the researchers emphasized that the exact mechanisms remain to be established.

Martemyanov explains that GPR158 is a so-called “orphan receptor” (which gets its name because its binding partner/partners are unknown) with a poorly understood biology and mechanism of action. GPR158 appears to work downstream from other important brain systems, such as the GABA, a major player in the brain’s inhibitory control and adrenergic system involved in stress effects.

“This is really new biology and we still need to learn a lot,” says Martemyanov.

The study also offers a potential clue to why some people are more susceptible to mental illness. Because mice without GPR158 don’t alter their behavior after chronic stress, the researchers concluded these mice were naturally more resilient against depression. Their genetics, or gene expression, offer a layer of protection.

Laurie Sutton, PhD, a research associate at TSRI and co-first author of the study, says this finding matches what doctors have noticed in people who have experienced chronic stress. “There’s always a small population that is resilient—they don’t show the depressive phenotype,” says Sutton.

As the search goes on for additional targets for depression, Martemyanov says scientists are increasingly using new tools in genome analysis to identify orphan receptors like GPR158. “Those are the untapped biology of our genomes, with significant potential for development of innovative therapeutics,” he says.

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Coffee's Jolt to Your Health

Ah, the morning cup of coffee. It shakes away our sleep and readies us for the day's challenges. Many health professionals say it also may have many health advantages. Coffee may provide protection against Parkinson's disease, type 2 diabetes and liver disease. It also appears to improve cognitive function and decrease the risk of depression, according to the Mayo Clinic.

Why the Turnaround?

Coffee hasn't always been the apple of the medical community's eye. In fact, it has a long history of being blamed for many negative health issues ranging from stunting growth to causing cancer.

But a closer look at its impact on the body has found an association between coffee consumption and decreased overall mortality. Why the apparent change of tone? Earlier studies sometimes didn't incorporate the fact that known high-risk behaviors, such as smoking and physical inactivity, tended to be more common among heavy coffee drinkers at that time.

Possible Risks

The research does, however, appear to bear out some risks. High consumption of unfiltered coffee (boiled or espresso) has been associated with mild elevations in cholesterol levels. What we add to our coffee also can negate the positive impacts of our favorite java. Some coffee drinks contain more than 500 calories, thanks to a few splashes of cream and sugar.

And some studies have found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific genetic mutation that slows the breakdown of caffeine.

Smart Tips

The Centers for Disease Control and Prevention offers these tips for your trip to the coffee shop:

- If you take milk in your coffee, request that your drink be made with fat-free or low-fat milk.
- Order the smallest size available – especially if you add milk and sugar to your drink.
- Avoid sugar-heavy flavored syrups.
- Plain, black coffee is the healthiest option.

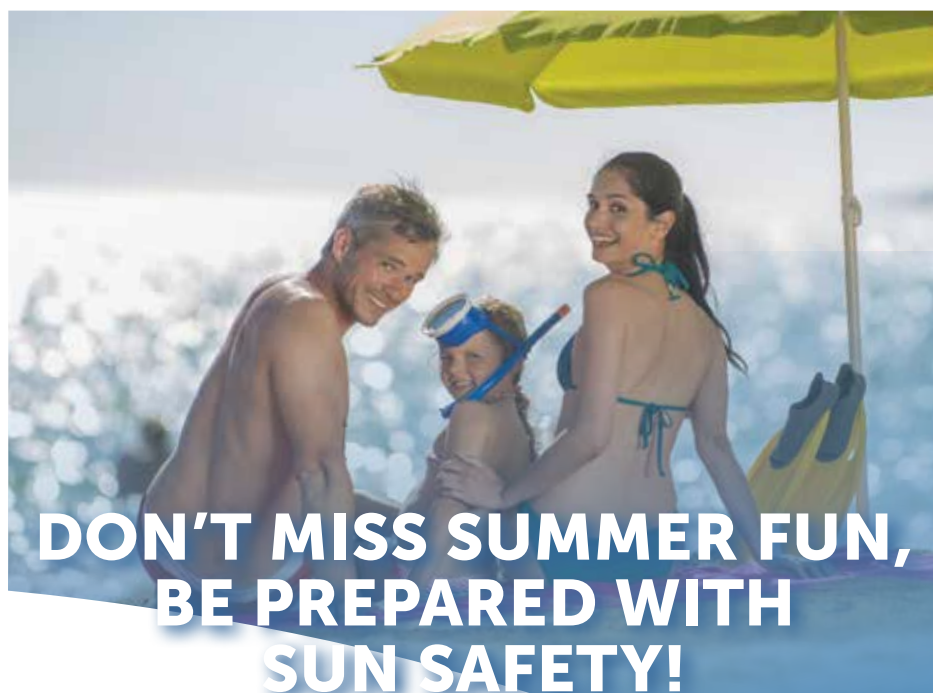


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Beat the Heat this Summer, Be Safe in the Sun!

Summertime is here, which means that more people will be spending time outdoors. However, high-heat conditions can be dangerous without proper preparation. Planning for a day in the summer heat appropriately can help prevent sunburn, sun poisoning, and dehydration.

If you are sunburned, be sure to visit an Immediate Care location as soon as possible to check for sun poisoning. Sunburns can also potentially become infected if left untreated. During your visit, a medical professional will examine your burn for blistering, swelling and discoloration. You may also feel symptoms of dizziness, pain and tingling, fever, chills, and nausea. The provider will advise on treatment for your symptoms as well as recommend or prescribe a topical cream for the burn to prevent infection and promote quick healing.

4 Tips for Beating the Summer Heat:

- **Apply and Reapply Sunscreen:** Wearing the proper SPF will help prevent sunburn and sun poisoning by reducing the harmful impact of UV rays from the sun. Apply sunscreen about 30 minutes before going outside and apply the same amount every two hours if still outside. When swimming, add extra sunscreen to your face, as the sun will reflect off the water and your face will be exposed to twice the amount of sun. After exiting the water and drying off, be sure to put on more sunscreen as well. Remember that water resistant sunscreen is not the same as waterproof.
- **Spend Time in the Shade:** While the warmer weather makes everyone want to be in the sun, especially after being cooped up all winter, be cautious of your amount of UV exposure. Stay cool and take a break from the sunlight by spending time in the shade. This will also decrease your chances of sunburn.
- **Stay Hydrated:** Simple physical activities, even walking, can be exhausting in high-heat conditions. It is important to drink water frequently to help the body sweat and cool itself down throughout the day. Try to avoid beverages high in caffeine and sugar.
- **Wear Light Colors and Fabrics:** Dark colors attract the sun and absorb more heat. Wearing lighter shades and materials that are more breathable will allow you to remain cooler and more active.

Skip the wait by checking in online to any Immediate Care facility via mobile phone, Immediate Care website or onsite kiosk. Immediate Care Medical Walk-In has locations in Brick, East Windsor, Edison, Hazlet, Lacey, Marlboro, Morganville, Red Bank and Toms River.

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The Importance of Staying Cool This Summer & Avoiding Heat Illness

Your body sweats to cool itself. As it gets warmer, your body must sweat more. As the sweat evaporates, your body gets cooler. If the weather is hot and humid, your sweat cannot evaporate well. So, as the humidity goes up, your body doesn't cool off as well. This means your internal temperature rises. When you cannot sweat enough to cool your body, you may get heat illness. Heat cramps, heat exhaustion, heat stroke and sunstroke are different heat illnesses.

SYMPTOMS

- Fatigue
- Weak Muscles, cramping muscles
- Dizziness, confusion
- Nausea/vomiting
- Headache



TREATMENT

If you have symptoms of heat illness, take off as much clothing as possible and wet yourself with cool or lukewarm water. Drink some fluids. Stay in the shade or air conditioning.

WHEN TO SEEK CARE

If you become confused, lose consciousness, vomit frequently, stop sweating or stop urinating, seek care immediately!

PREVENTION

- Stay in air conditioning if possible.
- Drink lots of water before, during and after any outdoor activity.
- Avoid drinks with caffeine or alcohol.
- Increase the amount of time you spend outdoors every day little by little.
- Take a lot of rest breaks while outdoors in hot weather.
- Avoid direct sunlight and stay in the shade when you can.
- Wear light-colored, loose-fitting, open-weave clothes.
- Avoid activities that require you to wear a helmet.
- Protect yourself from the sun by wearing a hat and sunglasses and by putting on sunscreen of SPF 15 or higher.

NEVER leave anyone—a person or animal—in a closed, parked vehicle. This is life threatening.

Try to schedule activities or workouts early in the morning or late in the evening. Avoid heavy outdoor activity between 10 a.m. and 6 p.m., when the sun is hottest.

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on infants and young children; people aged 65 or older; people who have a mental illness, and those who are physically ill, especially with heart disease or high blood pressure. Individuals with chronic respiratory illnesses such as asthma or chronic obstructive pulmonary may find that their conditions worsen during periods of high heat and humidity.

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What You Need to Know About Shingles and Its Vaccine

In the U.S., currently 1 million people get shingles every year, and about one out of every three people will get shingles in their lifetime.

Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you've had chickenpox, you are at risk of getting shingles.

One out of every three people, 60 years old or older will get shingles.

One out of six people older than 60 years who get shingles will have severe pain. The pain can last for months or even years.

The most common complication of shingles is severe pain where the shingles rash was. This pain can be debilitating. There is no treatment or cure from this pain. As people get older, they are more likely to develop long-term pain as a complication of shingles and the pain is likely to be more severe.

Shingles may also lead to serious complications involving the eye.

Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis), or death.

Adults 60 years old or older should talk to their healthcare professional about getting a one-time dose of the shingles vaccine.



QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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TERHUNE ORCHARDS HOSTS 7TH ANNUAL FARM TO TABLE FUNDRAISER DINNER WITH 5 COURSES AND WINE ON THURS. JULY 19TH

Terhune Orchards is thrilled to once again be hosting the seventh annual Farm to Table fundraiser dinner on the farm from 5-9 p.m. on Thursday July 19. . People always enjoy an evening under the stars enjoying locally grown produce showcased by talented area chefs. The dinner is a benefit for the Mercer County Sustainability Coalition.

For the fifth year, Terhune Orchards is collaborating with chef's from The Terra Momo Restaurant Group.. The well known Princeton area restaurateurs are committed to raising awareness for sustainability in the region. "At the core of our culinary philosophy is a deep appreciation for a "taste of place". All to say, we believe that food should speak eloquently of its provenance — its soil, its climate and the people who nurture it."

"Terhune Orchards is a very sustainable farm. We have worked for many years with town governments in Mercer County and throughout New Jersey on promoting a more sustainable future for our state," said Pam Mount. "Locally grown food continues to be a critical piece enabling that goal. Every year the chef's creativity at this dinner shows us how good food creates a lasting community. "

Chefs representing their restaurants Albarino, Eno Terra, Mediterra, Teresa Caffe and Terra Momo Bread Co. will prepare an exquisite five course, seasonal menu highlighting fruits and vegetables grown at Terhune Orchards and other locally produced ingredients. Each course will be paired with wines from Terhune Orchards Vineyard and Winery.

The evening begins at 5 p.m. with a cocktail hour. Terhune Orchards wines will be featured by the glass and in a frozen peach wine cocktail.

Dinner begins at 6:30 p.m. Each course will be created by a chef from Terra Momo Restaurant Group.. Chefs Terry Strong, Marco Santana, Coby Farrow, Emily Kirstein, Manny Perez, Toni Charmello, Rojelio Morales and Baker Denis Granarolo will speak to the guests about their dishes and the locally sourced ingredients including meats, dairy, grain and produce. The wine pairings will be introduced by Gary Mount of Terhune Orchards.

Throughout the evening live music will be by Ocean Country Band, a Jersey Shore-based quartet that plays a mix of country, bluegrass, and rock cover songs.

At the end of the evening each guest will go home with produce grown at Terhune Orchards and a commemorative recipe booklet that includes the menu items for this evening's special dinner.

Tickets are \$100 per person or \$150 per couple. Tickets are on sale now through the Sustainable Lawrence website, sustainablelawrence.org.

Sustainable Lawrence is a 501c3 nonprofit. Tickets are tax deductible. Donations from the event benefit the Green Teams and Sustainability Organizations of Mercer County which work together to promote sustainability in the towns of Mercer County.

Terhune Orchards is located at 330 Cold Soil Rd. The farm store is open daily, 9 a.m. – 6 p.m. The winery tasting room is open Friday 12- 8 p.m., Saturday- Sunday 12 – 6 p.m.

Find Terhune Orchards online at terhuneorchards.com, on Facebook, Twitter and Instagram.

Monroe Seniors

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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.

Wellness Workshop: On Monday, July 30, from 9:30 to 11:30 a.m., join Liz Allen, Fitness Instructor, for this lively and informative workshop on lifestyle changes for your overall well-being. Discover the six elements of wellness as you delve into chronic disease, healthy food preparation and an interactive exercise session. Please register early. Space limited.

Shakespeare's "The Taming of the Shrew": On Monday, July 16, at 1:30 p.m., we welcome back Shirley Reich as she provides an enlightening look at Shakespeare's work and answers the question: "Why is she so shrewish and why is he so bullish? Shirley helps us tame them both. Please register early.

Movie Love Affair: On Wednesday, July 18, at 2 p.m., fall in love with the movies as Francine and Joel return to perform the magical and dynamic songs from Hollywood's most memorable productions, such as: That's Entertainment, The Lion King, Cabaret, Goldfinger, and many more. Please register in advance.

Jerry's Travels: On Friday, July 20, 1:30 p.m., the journey across the country continues as Jerry has his EYES ON AMERICA. Sit back and enjoy the jewels of our nation: Yellowstone, Grand Canyon, Hoover Dam, Napa Valley, Capital Reef, Glacier National Park, and so much more! Please register in advance.

MUSIC BINGO: On Monday, July 23, at 1:30 p.m., we welcome back Tara and her special, musical twist on an old favorite. Enjoy games of BINGO featuring the songs from the 50's and 60's. Light refreshments, too! Tickets: \$3 p.p., due upon registering in-person, in advance. Space limited.

Only What You Can Carry: On Thursdays, July 19 and 26, at 1:30 p.m., Julian Davis retells the appalling chapter in American history when our government (in the early 1940's) suspended the rights of more than 100,000 (law-abiding) Japanese-American Citizens and banished them to prison camps. When registering in advance, you will be automatically enrolled in both program dates.

Pizza Plus: On Friday, July 27, at 11:30 a.m., this special addition of Pizza Plus looks at the life and career of Harrison Ford (whose birthday is on July 13th). After the brief PowerPoint presentation, enjoy a slice or two of pizza, a drink, and dessert while the movie, THE FUGITIVE (starring Mr. Ford and Tommy Lee Jones) is featured. Tickets: \$6 p.p., due upon registering in-person, in advance. No refunds after July 24th.

Samuel Morse: On Tuesday, July 31, at 2 p.m., we welcome back Jim DelGiudice as he details the life of Samuel Finley Breese Morse, who epitomized the titans of the Industrial Revolution in America with his wide-ranging accomplishments in technology and art. Please register in advance.

Boot Camp: On Friday, July 27, at 10 a.m., join Julie for this 10-session, circuit-style workout that focuses on group specific activities to enhance endurance, strength, and flexibility. (Last Class: 9/28.) Course fee: \$40 p.p., due in-person, in advance. Space limited.

Fun with Alcohol Inks: On Tuesday, July 23, at 10 a.m., join Andrea for this fun craft where you will design and decorate three beautiful ceramic coasters with alcohol ink. Be sure to wear old clothes! All supplies and instruction included. Class Fee: \$25 p.p., due upon registering in-person, before or by July 18th.

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Signs of Vitamin Deficiencies on Your Face

By Stefanie Maglio

Vitamin deficiencies are a lot more common than people seem to think. Serious health problems can stem from them and even lead to death in some cases. Vitamin D and Vitamin A deficiency have affected millions of people all over the world, and has been called an epidemic. When a person's body lacks the vitamins and other nutrients it needs to function, every part of the body can suffer. Here are some signs of vitamin deficiency you can see on your face:

- **Puffy eyes** - Puffy eyes don't only indicate a lack of sleep, but can also mean one has low iodine levels in the body.
- **Extremely Pale skin** could be a sign that you are lacking Vitamin B12. If your body isn't getting enough B12, you'll start to feel fatigued and your skin can suffer.
- **Dry hair** - If your hair has felt dry lately, or if you've had an excess of dandruff you could be lacking biotin or Vitamin B7. However, a biotin deficiency can also be the result of using antibiotics.
- **Pale Lips** - Pale lips could mean a lack of iron in the body. Iron deficiency can lead to weak immune systems. This means if you are getting sick often, it is possibly due to an iron deficiency.
- **Bleeding gums** - Bleeding gums could be caused by a lack of vitamin C. Without vitamin C, your immune system can weaken, cause muscle pain, and therefore problems with teeth.

Although these can be signs of vitamin deficiencies, it's important to remember that just because you may experience one of these signs it doesn't mean you have a deficiency. The best way to stay healthy is to drink plenty of water, keep a healthy and balanced diet, and to take vitamins daily. Multivitamins are also a beneficial, yet simple choice. As for diet, eat plenty of fruits and vegetables. They have all the right nutrients to keep you balanced and your immune system in check. Remember, the way your body reacts is all based on what you put into it and how you treat it.



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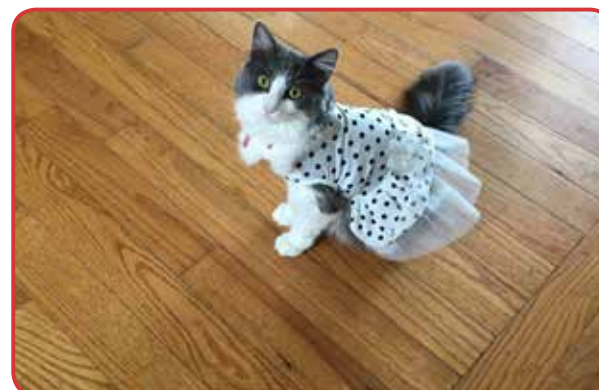
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Animal Health Hazards: Beach Edition

By Nicole Iuzzolino

Some dogs love going to the beach. It is a time for them to be free, and run around under the sun. While it may be a very relaxing place, there are still many things to watch out for. Beaches can lead to trouble, so here are the top five things to watch out for when taking your dog to the beach.

One: The Ocean

Having your dog play in the ocean water is the best way to have them cool down if the day is hot. However, there are a few things to be aware of when it comes to salt water. First, make sure your dog does not drink the salt water. If they drink too much, they will be stuck with a stomach ache and diarrhea. The next thing you should look out for is the surf conditions. Even the strongest dog can get stuck in a rip tide and be taken out to sea. So be sure you know the conditions of water before you and your dog go for a swim.

Two: Sea Creatures

Sea creatures are everywhere in the ocean, and can be hard to avoid. However, it is important to be aware of a few things when it comes to this. The first thing to look out for is dead fish. Dead fish contain parasites and could be very deadly for your dog. So it is very important to watch for where the dogs go. It is also very important to look out for jellyfish. They can give your dog a very bad sting, and should be looked out for.

Three: The Sand

There can be anything lying on the sand that you have to look out for. One of the first things is broken glass. Glass can be very dangerous for your dogs' paws, so that should be looked out for. The heat of the sand can also really hurt your dogs paws. If you want to protect your dog from this, go out and buy them a pair of booties! Litter is also a danger to dogs. It may be very tempting for dogs but make sure they do not get a hold of any!

Four: Overheating

Even with some breezes, it is easy for your dog to quickly become overheated. Make sure your dog gets lots of shade under an umbrella, and provide lots of cold water.

Five: Sunburn

Just like for people, sunburn is very dangerous for dogs as well. Dogs with short hair, are white, and have pink ears should watch out especially.



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By Pam Teel

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On their website, you can find links to the pets that are currently up for adoption, as well as pictures of pets who have been previously adopted. Please call: 732-251-3210 during morning working hours (7-10 AM Mon-Thurs, 7-4 PM Fri, 8:30-10:30 AM Sunday) only; afternoons are spent with the animals. Visitors are welcome during above business hours. Closed on Saturdays. They are also closed on Thanksgiving, Christmas, and Easter. All donations are 100 per cent tax refundable. They do not take a salary. All money goes back into the facility and is used solely for the animals.

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

Call or visit website for more information on animals and visit other animals ready for adoption. Remember, you can make an appointment to visit the pets!!!!!!!!!!!!!!



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My experience with Jennifer began over eight months ago when my family decided to sell our home and relocate to another state. From that first phone call to the closing table, she was a steadfast champion for our cause. She graced us with patience as our search for the perfect home evolved over time. Jennifer help to navigate us through uncharted waters, calming our fears and rightfully earning well deserved trust. She was our contact point of education to the new community we desired to live in. She felt our disappointment when a much desired property did not work out and she celebrated joyously with us when we found our dream home. Her negotiation skills were a wonder to behold and her ability to bring forth a successful transaction was flawless.

I highly recommend not just Jennifer's services, but Jennifer herself. She is a wonderfully caring person whose love for her job and the people she helps is more than evident in every action she takes.

- AR. Pellicano

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Boost Your Resale Value

By Lauren Kolacki

Selling your home is not always easy, especially one you have lived in for a long period of time. There are appliances and decor that need to be updated and fixed, renovations that you do not even think about that need to be done. We have compiled a list of simple, low cost tasks to help you modernize your home and boost the resale value of it today.

1. Spend an hour with a pro. This could be a relator or designer that is willing to walk through your home and provide you with tips regarding paint colors, decor and furniture placement.
2. Inspection. This allows you to become aware of what is broken in the house. How can you fix what you do not know is broken?
3. Landscape. Clean up the backyard so it looks presentable. Do not be afraid to add some flowers or a couple small trees.
4. Refresh your front door. After all it is the first thing people see when they walk up to the house.
5. Replace or get rid of worn carpets or rugs. Old carpets can be hoarding dust and odors. If you have hardwood, don't be afraid to refinish it.
6. Make your home more energy and cost efficient.
7. Update the kitchen. This is a bigger project when renovating your home but it is worth it. One of the considerable sell points in real estate is the modernization of the kitchen.
8. Refresh your bathroom. Simple decor can add so much.
9. Paint. A fresh coat of paint can change the vibe of any room. Studies show that color affects moods. Pastels can be calming, whereas bold colors can be energizing.
10. Storage is something most buyers are interested in. Make sure all closets are neatly organized to show how much can fit.



Mortgage Loan Do's and Dont's

By Lauren Kolacki

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- Federal Housing Administration (FHA) Loan- New regulations require you to keep private mortgage insurance (PMI) for the life of the loan. PMI can cost around \$100 a month per \$100,000 borrowed, and it doesn't go toward paying off your mortgage.
- Department of Veterans Affairs (VA) Loan- VA loans are backed by the Department of Veterans Affairs and allow veterans to purchase a home with practically no down payment, which can leave you owing more than the market value of your home. VA loans also have lot of fees, and interest rates are usually higher than those for conventional loans.

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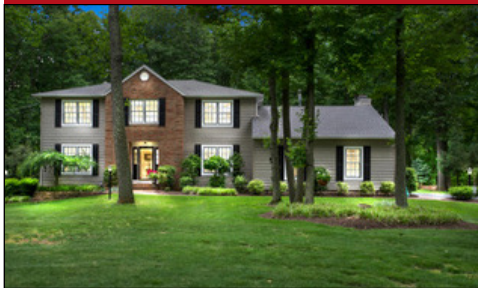
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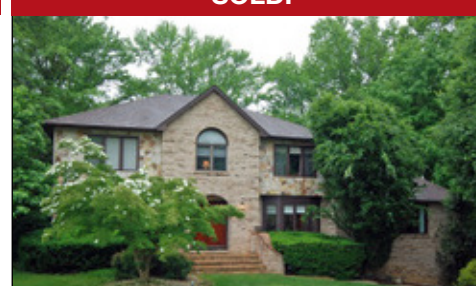
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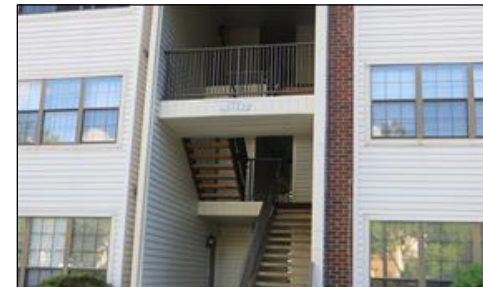
266B Crosse Drive, Monroe, N.J. 08831
\$219,000 Agent: Carmen Amodol

Adult community, two bedroom, 2 bath, one car garage, awaits its next owner! The kitchen has hardwood flooring and features GE and Kenmore brand appliances. Bedrooms are carpeted, as well as the living room and sunroom. Newer windows throughout. Call today for an appointment!



8C John Adams Ct. Monroe, N.J. 08831
\$189,999 Agent: Veena Khanna

Adult community, gorgeous, renovated with newer kitchen, new granite counters, electric stove & dishwasher, beautiful porcelain tiles throughout kitchen, foyer, wood like floors in living/dining area and bedrooms, renovated bathrooms. Bright & sunny, Carport is close to the house's front door.



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

Well set, 3rd floor unit looking over the lawn area, open floor plan with wood like floors thru out, spacious master bedroom w/a walk-in closet & attached full bathroom. Close to local stores, station, Malls, Rt 1, the Hamilton center. Use of common pool, playground, tennis ct & club house.



96A Salix Plz, Monroe, N.J. 08831
\$264,999 Agent: Veena Khanna

Spacious, freshly painted, updated with open and airy floor plan ready to move into a 55+ community, with 3 BR, 2 BA, 2 oversized car garages, wood like floors. New granite counters, back splash, appliances in kitchen.



19 Sheridan Ave. East Brunswick, N.J. 08816
\$379,500 Agent: Mildred McCormick

Look no further! Just in time for summer, spend time relaxing in the beautiful backyard oasis complete with built in pool. Well maintained, 2 new baths, newer roof, air conditioning, concrete driveway, liner and water heater.



417 Gordon Rd, Robbinsville, N.J. 08691
\$443,900 Agent: Mindy Benesh

Serenity abounds this completely renovated, meticulously maintained, 4 BR, 2 BA home, surrounded by privately owned tree farm, new septic, new HVAC, new wiring and plumbing, upgraded kitchen, H/W floors, finished basement.



101 Meirs Road, Cream Ridge, N.J. 08514
\$1,169,900 Agent: Jo Ann Stewart

Custom designed "California Inspired" Estate Home, perched up high on 3 acs of serene privacy offering outstanding amenities inside and out. Architecturally curved archways, three Juliet balconies, stylish fireplace, custom in ground pool, jacuzzi, built in gas barbecue, paver patio and a large fenced in back yard.



37 Cheryl Lane, Clarksburg, N.J. 08510
\$549,000 Agent: Debra M. Gribbin

Custom built expanded ranch, private 2.99 acre lot surrounded by nature's serene landscape, 5 BR 4.5 BA. New flooring, freshly painted, large eat in kitchen, spacious deck, sunlit family room, gas FP, finished basement with separate outside entrance and so much more. A MUST SEE!!



447 New Haven Way, Monroe, N.J. 08831
\$235,000 Agent: Donna Moskowitz

Beautifully renovated, custom kitchen, new cabinets, granite counter tops, and new appliances, new neutral carpet, new washer & dryer. Garage loaded with built ins that are great for your storage as well as garage has a pull down attic.



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

Get ready to be wowed, beautifully tiled grand foyer, dramatic butterfly staircase & balcony overlooking the 2-story fam room, H/W floors, 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.

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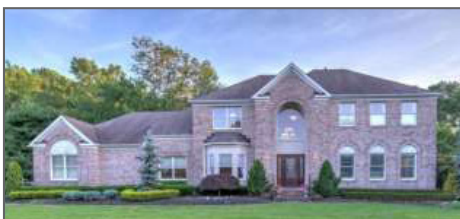
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\$824,000 Farmingdale

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\$725,000 Manalapan Twp.

Stunning 5 BR Colonial In Desirable Pine Hill Estates Features Beautiful Hardwood Floors Throughout, Custom Kitchen w/Oversized Island, Two Story Family Rm w/ Fireplace, Backyard Oasis w/Enormous Deck, Stunning Inground Pool & High End Landscaping. Just Unpack & Move In!



\$689,000 Brick Twp.

Riverfront Gem! Impeccably Maintained 4 BR, 3.5 Bath Home With Many Upgrades. Master Bedroom With Sweeping Views Of The Sunset With Private Balcony. Full Finished Basement With Outside Access. Boat Lift, 2 Jet Skis & 100 Ft Dock With Riparian Rights!



\$569,000 Freehold Twp.

Must Sought After Chatham Ridge Home With Beautiful Curb Appeal. Four BR, 2.5 Baths, Formal Living & Dining Rooms w/Oak Hardwood Flooring, Family Rm w/Fireplace, Large Kitchen w/SS Appliances & Sliders To Rear Deck, Full Basement, Newer Roof, Newer Garage Doors & More!



\$560,000 Old Bridge Twp.

Incredible 4 BR, 2.5 Bath Home With Over 50K In Upgrades. Hardwood Flooring, Kitchen w/High End Cabinets & Quartz Counters That Lead To Expansive Fully Fenced Yard w/Beautiful Paved Patio. Full Basement. This Home Has Everything - Just UnPack & Move In!



\$460,000 Englishtown

Located On A Cul De Sac This Spacious High End Open Floor Plan Colonial Home Awaits Your Personal Touch. Largest Model In The Highly Sought After Englishtown Manor. Four Bedroom 2.5 Bath With Nice Size Private Yard That Backs To Woods.



\$299,000 Millstone Twp.

Great Starter Home On 1.45 Acres. Entire Home Recently Remodeled/Updated. This Open Concept Ranch Home Features Large Family Room Flowing To The Dining Area & Kitchen, Large Basement w/High Ceilings, Two Car Detached Garage & Private Wooded Backdrop.



\$725,000 Marlboro Twp.

Beautifully Updated 4 BR Home In Desirable Ryan Meadows. Two Story Foyer Spacious Formal Living & Dining Rooms Plus Family Room w/ Hardwood Flooring. Updated Kitchen With Separate Breakfast Area That Bumps Out w/Sliders Leading To New Expansive Rear Deck w/Serenity & Privacy.



\$359,000 Barnegat Twp.

Welcome Home To This Beautiful 4 BR, 2.5 Bath Home With Great Open Floor Plan, Neutral Colors & Wood Flooring. Fully Finished Basement w/Extra High Ceilings Great For Entertaining. Outside You'll Find A Large Backyard With A Paved Patio & Newer White Privacy Fence.



\$464,900 Jackson Twp.

Move Right In & Enjoy This 4 BR 2.5 Bath Home On A Quiet Cul-De-Sac. Spacious Living & Dining Rooms, Updated Kitchen w/Granite Counters That Opens To Family Room w/Fireplace. HUGE Master BR w/Jacuzzi Tub In Master Bath, Full Finished Basement & Beautiful In-Ground Pool.



\$350,000 East Windsor Twp.

Comfortable Ranch Home Nestled In A Quiet Farm Area. Three Bedrooms, 2 Full Baths, Formal Living Room, Den With Fireplace, Finished Basement w/Bonus Room, Two Car Garage & Long Oversized Brand New Paved Driveway. Plenty Of Room For The Growing Family Seeking Privacy & Serenity.



\$625,000 Upper Freehold Twp.

Move Right Into This Meticulously Maintained Home In Desirable Providence Estates. Four Bedrooms Including Master Suite w/Large Sitting Area, Walk In Closet & Spa Like Bath. Large Morning Room Off The Spacious Kitchen w/Pantry. Spacious Family Rm w/Fireplace. Large Finished Basement Plus 3 Car Attached Garage.



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The Millstone Times

STUDENT OF THE MONTH

By Pam Teel



Seven-year-old Samarth Desai will be going into the second grade in September. He attends the Millstone Township Elementary School. He loves school because he loves to play with his friends and he loves doing math. Samarth is in the gifted and talented program in school and he always gets really good grades. He works hard and always does the best he can with his schoolwork.

Samarth's favorite subject is math, but he loves gym class too.

His favorite television show is Pokémon, and he loves singing the Pokémon songs from the show.

Samarth loves to build things. He loves playing with his Lego's. He also loves building airplanes and playing chess.

His favorite holidays are Christmas and Diwali, the Indian New Year.

His favorite places to visit are Alaska and Jamaica. He went to both places on vacations.

Samarth's favorite sport is baseball.

His favorite foods to eat are enchiladas and cheese quesadillas.

Samarth is also a member of the Boy Scouts.

If he had but one wish it would be to live forever.

Stay the Math Wiz that you are and keep up the good grades in school Samarth!!!!

Favorite books he likes to read are fiction books and comic books. He likes the comic book Dogman. Right now he is reading the Magic Tree Series.

Samarth lives with his mom and dad and nine-year-old sister Mahi.

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. Looking forward to hearing from you!!!!!!

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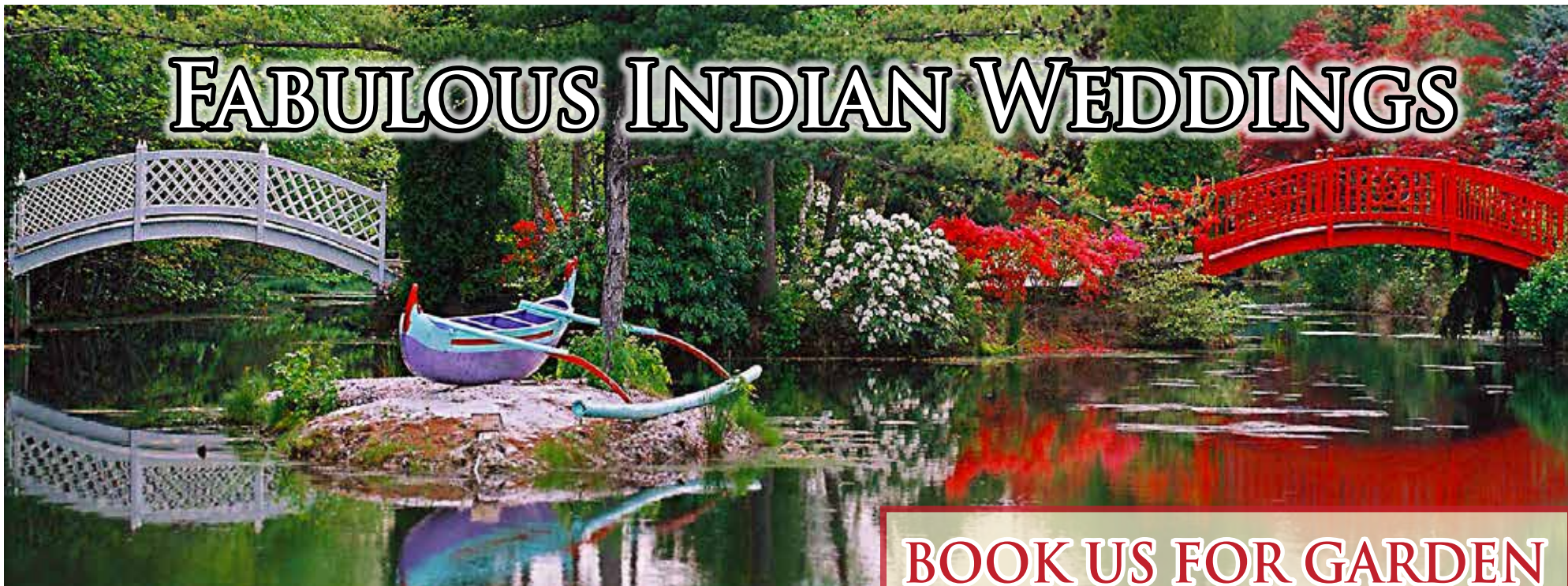
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