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IN THIS ISSUE:

East Windsor Township	10
Home Improvement.....	17
Back To School & Kids	30
Food & Dining	41
Family Matters	46
Trendsetters.....	50
Automotive	52
Health & Wellness	58
As We Age.....	68
Pet Pages.....	75
Real Estate	79



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

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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.



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Allentown Upper Freehold 8U Redbird Softball won District 2, 2nd Place in Southern NJ States and are beginning the Mid-Atlantic Regional Tournament.

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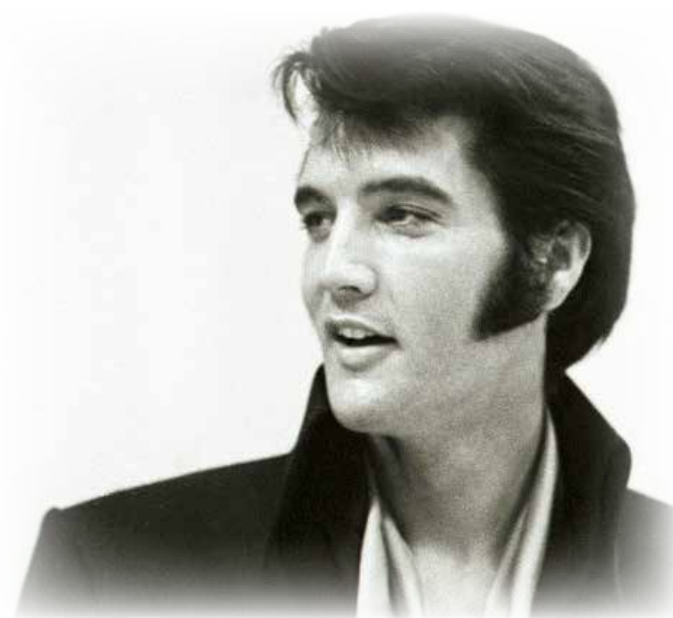
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DID YOU KNOW, OR DIDN'T YOU? *Test Your Knowledge*

How smart are you about general knowledge? Test your skills before you take a peek at the answers below.

1. Did you know Elvis's middle name was _____?
2. Did you know the smallest bones in the human body are found in your _____?
3. Did you know spiders are not insects but _____?
4. Did you know M&M's chocolate stands for the initials for its inventor's _____?
5. Did you know the only continent with no active volcanoes is _____?
6. Did you know unless food is mixed with _____ you can't taste it?
7. Did you know the average person falls asleep in _____ minutes?
8. Did you know 85% of plant life is found in the _____?
9. Did you know birds need gravity to _____?
10. Did you know the most commonly used letter in the alphabet is _____?
11. Did you know Coca-Cola originally contained _____?
12. Did you know Australia was originally called New _____?
13. Did you know your _____ is the fastest healing part of your body?
14. Did you know popcorn was invented by the _____?
15. Did you know an elephants ears are used to regulate _____?
16. Did you know your _____ is the largest organ making up the human body?
17. Did you know french fries are originally from _____?
18. 1 to 3 wrong you're pretty smart!!!! None wrong- pat yourself on the back!



Answers:
Aaron, ear, arachnids, Mars & Murrie, Australia, Saliva,
7, ocean, swallow, E, cocaine, New Holland, tongue, Aztecs,
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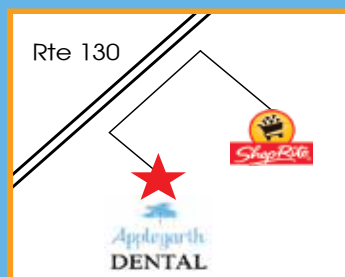
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Adventure Sports and Entertainment Complex HEADING TO JACKSON

By Pam Teel

A new sports complex is on its way to the Great Adventure Area. Adventure Sports and Entertainment (ASE) is a first of its kind sports facility that can accommodate just about any sporting event. It will have multiple playing fields and a multitude of amenities. “The play and stay”, 87 acre complex, which includes two hotels and a banquet center, is anticipated to open in early 2019.

Allan Proske, CFO of ASE stated,

“The vision is to deliver a sports entertainment experience, unparalleled in the Northeast corridor.”

Vito Cardinale, of Cardinale Enterprises, will be developing the 21 million Dollar complex with 390k of outside multi use fields, 55,000 square feet of high performance convertible hard top courts for volleyball and basketball, 50,000 square feet of high quality indoor turf for multiple sports and training activities, and 12,000 square feet of a freestanding indoor clubhouse for baseball and softball training, complete with batting cages and tunnels. In addition, there will be an 89 foot tall 117,000 square foot air dome bubble with a two story mezzanine viewing area connected to a 45k square foot facility, making it one of New Jersey’s largest Sports and Entertainment facilities. Multi level laser tag and Esports competition events will also be offered. They will also be hiring over one hundred local workers.



There will also be a sizable sports bar and grill, a 6,000 square foot Jersey Shore themed arcade, a rock climbing wall, and a multilevel laser tag facility. The facility will be adjacent to two hotels making it convenient for travel teams to stay in the area. ASE will also include multiple party rooms with space for team meetings and conferences. The facility is built to host community events with future plans to include a banquet/ convention center. The next phase will include a trampoline park, ninja course, and other recreational activities.

Cardinale enterprises will provide a unique destination for athletes’ and their families to play and enjoy sports and entertainment year round. ASE has plans on supporting nearby communities by accommodating local, recreational, and travel teams by hosting a wide variety of games, events, and tournaments.

With ASE centrally located between the New York metro area, The New Jersey Shore, and Philadelphia, it is expected to bring in a large number of visitors. According to Cardinale, this will provide a big boost to local economy.

Proske points out that they are working with multiple local and state authorities to do whatever it takes to minimize the traffic issues coming off Route 195. This is especially important since there has been an influx of Great Adventure traffic veering off at other exits and cutting through various roads in Millstone Township to avoid gridlock. It wouldn’t be a good thing for Millstone residents to see the safety of their roads or their residents compromised.

Proske stated that it is in their best interest to have as minimal traffic as possible so that the children can enjoy the complex and promised that once they get the resolution on the many road enhancements they are working on, they will keep Millstone Apprised.

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Q: What is an Endoscopic Discectomy?

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

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

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East Windsor Township News

Smashburger Has Reopened under New Ownership and Management in Windsor Center at the Intersection of Route 130 South and Route 571. Smashburger is known for its "smashed seared and seasoned" to order "craft your own" burgers, along with a varied menu which includes grilled chicken sandwiches, salads, an array of signature sides including sweet potato fries, fried pickles and crispy brussel sprouts, and hand spun Haagen-Dazs shakes. The restaurant also offers localized burgers in each market based upon regional flavors. The new owners also operate nine other locations including five in Pennsylvania and four New Jersey locations in Glassboro, Maple Shade, Marlton and now East Windsor. Smashburger joins other businesses including Aldi, Retro Fitness, Ross Dress for Less and Staples in the revitalized modernized Windsor Center, at the corner of Route 130 and 571. Current store hours are 11 A.M. to 10 P.M., daily. For more information, visit their website at www.smashburger.com.

Mayor Janice S. Mironov, joined by Smashburger owners and managers, cuts the ribbon for the grand reopening of Smashburger under new ownership in Windsor Center at the intersection of Route 130 and Route 571. Pictured (from right to left) are: Matthew Santucci, general manager; Daniel Hill, owner; Mayor Janice S. Mironov; Gene Giordano, owner, and Allie Hughes, Smashburger regional manager.

Information Hotline at (609) 443-4000, ext. 400 after 1 pm the day of the event.





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First Ever 1000 Goat Wedding

On June 16, 2018, Edwin James Dean (physician in Naples, Florida) and Katherine Kim Parker (business women from West Lafayette, Indiana) will share nuptials at THE first ever “1000 Goat Wedding”. As a couple in their fifth decade of life and with no need for wedding presents, they have requested donations be made to their favorite charity, Villages in Partnership (VIP) which aids the “poorest of the poor” in Malawi, Africa.

The event is called a “Celebration of Life” and the couple wishes to highlight not only their happy union but also the many lives VIP has touched by raising 1000 goats on their behalf. Each goat is \$50 and provides poor families with a source of income. Stephen Heinzl-Nelson will officiate the wedding. He was Ed’s college roommate at Cornell University. They met on the first day of classes when they both were at the wrong biology 101 class. Stephen and Edwin were both pre-med; however, Steve changed his major and eventually attended Princeton Seminary.

As a Presbyterian minister, he and his wife Liz took a one-year sabbatical with their four children and preached and worked in Malawi, Africa. Ed promised to visit and when he did, they helped build a preschool in one of the poorest villages. This was the birth of the nonprofit Villages in Partnership run by Stephen and Liz. The organization provides six necessities for sustainable living: food, water, healthcare, education, infrastructure, and economic development. Since 2009 VIP has drilled 40 wells, treated 40,000 patients, built 16 classrooms and nine teachers’ houses, trained farmers on best farming practices, constructed nine bridges, and distributed 91 beehives.

For more information, you can visit their wedding website at Ed-and-kathy.us or contact Carissa Rea at carissa.rea@villagesinpartnership.org or by phone 609-751-3020.



MAKE-A-WISH NEW JERSEY 35th ANNIVERSARY GALA CELEBRATION INCLUDES CELEBRITIES, SURPRISE WISHES GRANTED, AND HISTORY BEING MADE

Make-A-Wish New Jersey celebrated 35 years of wish granting in the Garden State at its annual Gala Thursday night, filled with celebrity surprises, a wish granted, and a historic first-time meeting, and musical entertainment by Max Weinberg of the E-Street Band and Friends. The celebration took place at the Samuel & Josephine Plumeri Wishing Place, a magical and whimsical castle in Monroe Township that Make-A-Wish New Jersey calls home. The event raised over \$1 Million to create life-changing wishes for children with critical illnesses in New Jersey.

The evening was filled with surprises and heartfelt moments. Early in the evening, a story was shared about one of the first 10 wishes granted by Make-A-Wish New Jersey. The wish was granted in 1983 for a young boy named Bobby to meet his hero, famed wrestler Rocky Johnson. Bobby's story was shared via video message by none other than Rocky Johnson's son, Dwayne "The Rock" Johnson, to an awe-struck crowd – including Bobby's family who were also in attendance. Dwayne Johnson is also a current wish-granter, recently meeting Emily from New Jersey on a movie set last fall.

Upon witnessing the powerful message from Dwayne Johnson, Bobby's parents shared:

"Being reunited with Make-A-Wish brought tears to our eyes and for one glorious night, brought our Bobby back to us..."

– Bev & Mike Macaluso, Clifton New Jersey

Two special guests were honored for their dedication and commitment to the Make-A-Wish mission over many years. Neil Barnett, President & COO of Fedway Associates was presented with the President's Award, and Francis X. Bolte, Chief Administration Officer of BDP International and Chairman of the Board for Make-A-Wish New Jersey was presented with the Humanitarian of the Year Award.

Other highlights included a celebration of the milestone 10,000th wish granted by Make-A-Wish New Jersey just weeks ago to Klara for an Action Track-chair, followed by a surprise wish granted for Brandon, whose wish was for his very own camper. Brandon's camper was delivered by a Monroe Township Police motorcade outside the Wishing Place via a live video feed while guests witnessed Brandon rushing out to receive his new camper with his family.

Make-A-Wish history was also made during this special night, when Linda Pauling, the "Matriarch of Make-A-Wish," met one of her son's celebrity heroes for the first time. In 1980, Linda's son, Chris Greicius, who battled leukemia, was given the experience of a lifetime when his "wish" to be a police officer was made possible by law enforcement officials in Phoenix, AZ. Chris' experience sparked a global movement that would become known as Make-A-Wish and, since that day in April 1980, over 300,000 children in the United States have experienced the hope, joy and transformation Make-A-Wish provides to children with critical illnesses. Chris' desire to become a police officer was inspired by many things, one of which was through his favorite television show CHiPs, starring Erik Estrada. On Thursday night, for the first time in Make-A-Wish history, Linda was greeted by Mr. Estrada as he and Tommy Austin, U.S. Customs Agent and Co-Founder of Make-A-Wish, made their way through an honor guard of wish families, New Jersey & Federal law enforcement officials, past and present board members, honorees and special friends of Make-A-Wish, to meet Linda on stage in a moment filled with hugs and tears of joy.

"We are humbled by the continued generosity and support of our community here in the Garden State, which has allowed us to deliver our mission to New Jersey children for the past 35 years," shared Tom Weatherall, President & CEO of Make-A-Wish New Jersey. "From sponsors and donors, to volunteers and of course our wish families, and we can't forget our special friends Dwayne 'The Rock' Johnson and Erik Estrada who truly understand the power of a wish, we thank you all. We rely 100% on the benevolence of the community, and it is because of these individuals – and many others – that we continue to advance our mission, and reach more eligible children each year. Tonight was merely a celebration of this seemingly simple yet oh-so-powerful mission."

The overall excitement of the evening was encapsulated with an inspiring speech by Megan Crowley, diagnosed with Pompe Disease, whose wish was granted in 2001 to go to Walt Disney World. Her father, John Crowley, Chairman of the Board & CEO of Amicus Therapeutics, Chairman of the Board for Make-A-Wish America 2014-2016, and the inspiration for the Major Motion Picture Extraordinary Measures, shared his pride of his daughter and all she has accomplished. Megan and her family have continued to be leaders in the Make-A-Wish community, and played an integral part in the building of the Wishing Place, as well as countless other initiatives.

"When Make-A-Wish enters your life, it never leaves," Megan shared. "I began to understand that this fantastic foundation was my passion in life – and that my mission was to help advance its mission."

Last year alone, Make-A-Wish New Jersey granted 530 wishes to New Jersey children with critical illnesses – a chapter record. Studies show that on average, roughly 700 New Jersey children are diagnosed with a qualifying medical condition each year. President & CEO Tom Weatherall declared on Thursday night that in celebration and honor of Make-A-Wish New Jersey's past 35 years, a 5-year strategic plan will work towards reaching 100% of eligible children. Inspired by this ambitious plan, the Crowley family committed to leading a significant fundraising initiative for the chapter's future growth.

A special thank you is extended to all event sponsors for the 2018 Make-A-Wish New Jersey Gala.

For more information on Make-A-Wish New Jersey or to find out how you can make life-changing wishes come true for children with critical illnesses, visit NJ.WISH.ORG.

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Meet Joy & Jake

Autism Spectrum Disorder is a developmental disorder that is prevalent in 1 in 59 children in the United States. The term “spectrum” is utilized because of the wide scope of challenges each child could face. These conditions range from social skills and communication to behaviors, reasoning and definitive strengths. In attempts to compile information more profound than a list of CDC facts, I spoke with a local mother, Joy Ryan, who's life has been affected by Autism.

Joy's 21-year-old son, Jake, was officially diagnosed with autism when he was five years old. The most obvious signs of Autism tend to appear between 2 and 3 years of age and sometimes as early as 18 months. Jake was no different, he received speech therapy but because of the lack of education on Autism 20 years ago, Jake's doctor ensured his inability to speak was nothing to worry about and the milestone would soon come.

There is a considerable difference in Autism Awareness today. According to Autism Speaks, there are signs to be conscious of at each age.

- *By 6 months: no social smiles or expressions directed at people, limited or no eye contact*
- *By 9 months: no sharing of vocal sounds, smiles or other nonverbal communication*
- *By 12 months: no babbling, no attempts to communicate, no response to name when called*
- *By 16 months: no words*
- *By 24 months: no meaningful, two-word phrases*
- *Any loss of any previously acquired speech, babbling or social skills*

Joy explains that no two children on the spectrum are the same, “You met one kid with Autism, you met one kid with Autism”. This is one of the reasons Jake attending school in his district was ineffective. The school unsuccessfully provided the proper services to Jake because of his social skills and ability to verbalize. After research, Joy decided it would be best to relocate his education. Jake then attended

The Academy Learning Center, and now, The Douglass Developmental Disabilities Center where Joy prides them both on their competency and ability to gear his learning to meet his needs.

ABA Therapy is an evidence-based practice treatment that is used to improve attention, focus, social skills, memory, academics, communication and behaviors. This type of therapy is suggested for those with Autism and Joy wishes it was more prominent when Jake was younger, however, she is pleased with the services he receives now. Jake's therapists work to help him become more independent. Together they deviate out of the house and into the community to practice job sampling and everyday activities.

Gastrointestinal disorders, seizures, sleep disturbances, attention deficit and hyperactivity disorder, anxiety and phobias are all medical and mental health issues that frequently accompany autism. One of the biggest challenges Jake experiences is his bouts of anxiety and OCD. When he cannot properly identify emotions, he becomes overwhelmed, which can result in a meltdown.

Joy finds the greatest challenge of having a son with autism is the opinions and failure of acceptance from society, which has helped her grow as a person. She claims her son's diagnosis has taught her a great deal of patience, how to live in the moment and how to celebrate every small milestone. Joy's advice to other parents who have recently discovered their child's diagnosis would be to become as educated on the topic as possible, as you have to advocate for your child. Joy has cultivated friendships with families in similar situations and she finds it provides a great support system. She finds comfort in being able to turn to another mom who can relate and share advice. Joy ended her interview with, “Having a son with autism has taught me acceptance, I realize everyone has challenges, but everyone is important, and everyone is special.”

TEEN DONATES BALLISTIC VEST TO K9

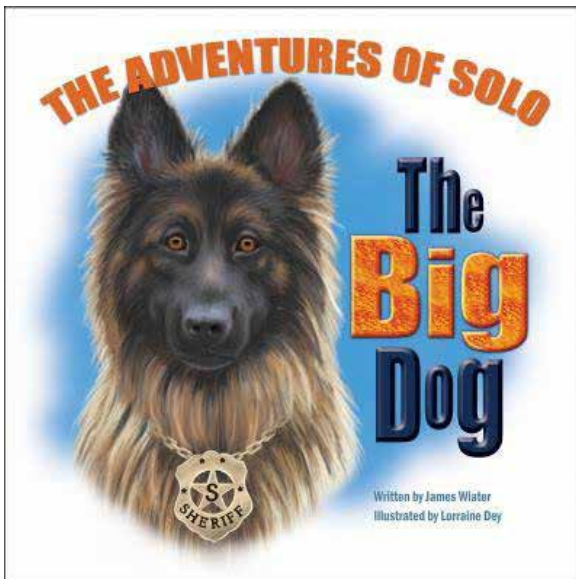
Kaci Wiater, a freshman at Burlington County Institute of Technology partnered with her father, children's book author, James Wiater of Millstone, NJ to purchase a ballistic vest for K-9 Nero of the Hawthorne Police Department. Kaci started hand making paracord dog leashes, which she sold to raise funds to contribute to the cost of the vest. Kaci, who is studying Sports Medicine at BCIT, began making the leashes last year as a hobby. After starting to make Blue Line dog leashes and finding that they were popular, she set a goal to help buy and donate a vest from the proceeds of the leashes. The father and daughter were able to split the cost and ordered the vest in December of 2017.

This past Saturday the team donated the ballistic vest to K-9 Nero and his partner, Officer Jim Hayes, at the Hawthorne Police Department. The vest is a Bark 9, threat level III from Safariland. With the cost of \$900, the vest is puncture resistant and capable of stopping a bullet from a handgun. Officer Hayes who requested the vest from Big Dog Books last fall was very happy and excited to receive the vest, knowing that his partner Nero will now have added protection while doing his job. Nero is a two year old German shepherd who specializes in narcotics detection for the Hawthorne Police Department and helps local neighboring towns when needed. Nero is a 2017 graduate of the Montclair State University K-9 class.

"The Hawthorne Police Department is extremely grateful to Kaci Wiater and James Wiater and his family for their unselfish devotion to our Law Enforcement K-9 Officers", exclaimed Captain Knepper.

This is the fifth vest for author James Wiater of Millstone, NJ who uses the proceeds from his children's book, "The Adventures of Solo, The Big Dog" to purchase vests and other safety equipment for K-9's. The book started as a simple story about a K9 officer that Wiater had made up for his daughters. The book was titled after real life "K9 Solo" who was killed in the line of duty in Bradley Beach, NJ in 1998. The publishing of this dog loving children's book is a dream come true for James Wiater. "Back in 1998, after reading the article about the police standoff and how Solo lost his life in the line of duty, I made a promise to myself that one day I would purchase a bullet proof vest for a K9 officer," Wiater said.

Since the books publishing in August of 2016, Wiater has donated four Body Armor Vests, three pet oxygen kits and three field trauma kits to K-9's throughout New Jersey and Pennsylvania from the proceeds of his book. Wiater also recently ordered his sixth and seventh vest, which will be donated to the Hudson County and Atlantic County Sheriff's K-9 Department as well as more field trauma kits for local K-9's.



TO PURCHASE A COPY OF "THE ADVENTURES OF SOLO, THE BIG DOG", PLEASE VISIT BIGDOGBOOKS.NET OR EMAIL JIM@BIGDOGBOOKS.NET. OR VISIT OUR [GOFUNDME](#) PAGE FOR ANYONE WHO MAY BE INTERESTED IN MAKING A DONATION. FRIENDS OF SOLO/K9 EQUIPMENT.

SUMMER VACATION

Not over yet!

By Pam Teel

With roughly three weeks left of summer vacation, it's easy to run out of ideas and things to do with the family. Here's a list of some of New Jersey's fun activities that can be enjoyed by the whole family!

ATLANTIC CITY AQUARIUM- located at Gardners Basin. The aquarium focuses on hands on interactive experiences with touch tanks where the kids can feel horseshoe crabs, sea stars and more. <https://www.acaquarium.com/>

COCO KEY WATER RESORT- Mt. Laurel- this is a three story indoor water park off NJ turnpike, exit 4 and Rte 73. It's one of the largest of the waterslides with a covered outdoor swish back from the top floor to the ground. There's also lazy river tubing, a rope swing, set of lily pads, 300-gallon water bucket that dumps into the pool below and more. There is an adjacent hotel that offers overnight packages. <http://www.mtlaurelcocokey.com/>

FIELD STATION DINOSAURS- Leonia- with more than 30 life sized dinosaurs, triceratops, and hadrosaurus. The animated creatures look real. (Might be too scary for toddlers) <http://fieldstationdinosaurs.com/>

JENKINSON AQUARIUM- Point Pleasant Beach- Watch the sharks gliding by in the main tank. Observe penguins frolicking about. Hands on exhibits. Pet a sting-ray and other creatures. Then when you're done, enjoy a stroll on the boardwalk or a dip in the ocean. <https://jenkinsons.com/aquarium/>

NORTHLANDZ - Flemington- see the world's largest miniature railroad up close and personal. Bring your binoculars; there's a lot to see like villages, landscapes, and more. There is also a collection of over 200 dolls, a 94-room dollhouse and an outdoor train ride. <https://www.northlandz.com/>

MEDIEVAL TIMES DINNER AND TOURNAMENT- Lyndhurst- medieval Spain comes to life inside the walls of an 11th century castle. Enjoy a two-hour jousting tournament. Six knights on horseback in armor wielding swords participate in a mock battle. And you get dinner- barbarian style- roasted chicken, corn, potatoes, tomato bisque, and a pastry. The best part of it, you get to eat it like they did back then, with your hands. <http://www.medieval-times.com/>

MATCHBOX MUSEUM- Newfield, Gloucester County -more than 55,000 miniature cars, trucks, and other vehicles from the matchbox line featured in a 2,100 square museum. rharvey.com/matchbox.htm

BIG BROOK PRESERVE- Colts Neck/ Marlboro- kids get to wade in the water and hunt for fossils, sharks teeth, oyster shells, squid fossils, and other items millions of years old. Scoop the dirt, sift through the sandy pebbles and have some fun. Suggest you read up before you go on what to wear and bring. A whole lot of fun for the whole family! <https://jerseykids.net/2016/10/09/fossil-hunting-kids-big-brook/>



THE LOGIC OF LOGOS AND CATCHPHRASES

Coffee Slogans of the Past!

By Pam Teel

Do you remember growing up all the commercials for coffee on television? Of course back then you knew every brand of coffee that was on the market. Not like today where stores like Starbucks and Dunkin Donuts have turned coffee into a trendy commodity. Supermarket brands of coffee back then were also a hit thing. A&P's Eight O' Clock coffee was a number one coffee bean seller adding to the fact that you bought it as beans and got to ground it right in the supermarket before you left, thus making it the freshest ground coffee you could get.

Advertisers used catchy jingles, memorable spokespersons, heartfelt commercials and catchy slogans that are to this day instilled in our heads.

Remember Maxwell house coffee and its slogan - Good to the last drop? This may be the single most recognizable coffee slogan of all time. Maxwell House has been in use since 1917. One of their commercials displayed actress Margaret Hamilton who played the wicked witch of the west in The Wizard of Oz. She was Cora, the proprietor of a little rural general store who only sold Maxwell house coffee. The slogan, "With Maxwell House it doesn't matter who makes the coffee, as long as it's Maxwell house." The newest slogan being used today is, "Make your house a Maxwell House," with employees singing made up lyrics to the Madness Song "Our House."

General foods coffee campaign used a warm and cozy approach for their international coffees. Their tagline for their instant Cafe Au Lait, Suisse Mocha, and Cafe Vienna was "Celebrate the Moments of your Life". The ads all featured girl get-togethers with lines like "It's like when you eat chocolate and your boyfriend eats a peppermint and you kiss!

Do you remember, "The best thing about waking up is Folgers in your cup"? In the commercials someone would replace fresh brewed coffee with Folgers instant crystals to see if people could tell the difference and of course they couldn't!!!!!! Going back even earlier, actress Virginia Christine played Mrs. Olsen. She was the face of Folgers through most of the 50's. She was the Swedish neighbor of a lot of different women who just couldn't make good coffee. Mrs. Olsen was always there to step in to help in all sorts of situations.

Remember Brim decaffeinated coffee? They were Sanka's competitors. There had a cute slogan. The commercial showed a hostess pouring coffee to a guest and the guest saying "only a half a cup for me," but the hostess explained that Brim decaf is the coffee that won't keep you up all night and the guest then goes on to say, "Then fill it to the rim with Brim!!!"

Who can forget the face of Juan Valdez, a fictional character created by the Doyle Dane Bernbach ad agency for the National Federation of Coffee growers of Colombia to distinguish 100 percent Colombian coffee from other brands that were blended with coffee beans from other countries. He typically appears with his mule Conchita, carrying sacks of harvested coffee beans. He has become an icon for Colombia as well as coffee in general.

Maxwell House

"Good to the last drop! ^_^;"



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Energy Department Announces up to \$4.45 million for Geothermal Zonal Isolation Technologies

The U.S. Department of Energy (DOE) announced in June up to \$4.45 million for early-stage development of enhanced geothermal systems (EGS) tools and technologies. The Zonal Isolation for Manmade Geothermal Reservoirs funding opportunity announcement (FOA) will seek to improve the performance and economics of EGS systems by funding research in zonal isolation.

Zonal isolation technologies can radically improve the performance and economics of EGS, or manmade geothermal reservoirs. These technologies provide the ability to target specific zones for stimulation activities, which can enable the command and control of fracture location and the economy of resources. In turn, this reduces development costs and operational risks associated with EGS development and promotes more power from fewer wellbores.

EGS has the potential to provide a stable and secure source of renewable power across the nation, while creating jobs. Investing in EGS technologies could lead to more than 100 gigawatts (GW) of economically viable, electric generating capacity in the continental U.S., which currently stands at 3.8 GW.

The projects selected from this FOA will aim to develop reliable zonal isolation tools and technologies that present low risk to wellbore integrity or the conductivity of fractures; operate at high-temperatures in corrosive, hard rock environments for extended periods of time; and withstand large pressure differentials.



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How To Avoid Spreading Germs Within Your Home

It takes just one cold or flu germ inside your home before the entire family could begin coughing, sneezing, and feeling miserable. There are simple ways to stop the spread of common germs at home.

Try these tips and keep your family healthy.

1. Take off your shoes at the door. The soles of your shoes connect with filthy floors in stores, restaurants, offices, and sidewalks. Avoid spreading those germs throughout your home's floors and carpets.
2. Twice a day, wipe down light switches, remote controls, doorknobs, the refrigerator handle, faucet handles, and everything else that the entire family touches on a daily basis. This may be impractical on a daily basis, but if your friends or family have been sick, you should take the time to sanitize these areas.
3. Clean your toothbrushes. Douse them with peroxide, then rinse with water and put them in the microwave for 10 seconds. Better yet, buy in bulk and change brushes every week.
4. If anyone in the house is already sick, use separate bath and hand towels. If possible, designate one bathroom for the sick person while the rest of the family uses another.
5. Clean counters and other surfaces with paper towels. Avoid spreading germs by wiping a contaminated sponge or kitchen towel.
6. Each day, wipe the bottom of your purse or briefcase. These items can be contaminated from touching floors, seats or tables in public areas.
7. Clean your computer keyboard and mouse every day. Desk areas can be very germey.
8. Change your pillowcases every few days and wash sheets once a week.
9. Remember to avoid touching your face, especially your nose, mouth, and eyes. Wash your hands regularly. Shower daily and launder clothing that you have worn in public places.

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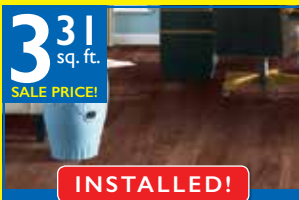
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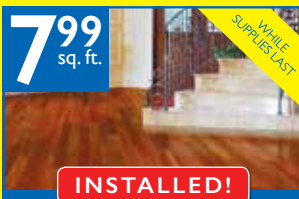


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Keeping your Home Electrically Safe

By Lauren Kolacki

According to the National Fire Protection Association, 47,700 home fires in the U.S. are caused by electrical failures or malfunctions each year. These fires result in 418 deaths, 1,570 injuries, and \$1.4 billion in property damage. Overloaded electrical circuits are a major cause of residential fires.

Help lower your risk of electrical fires by not overload-
ing your electrical system.

- Overloaded circuit warning signs:
- Flickering, blinking, or dimming lights
- Frequently tripped circuit breakers or blown fuses
- Warm or discolored wall plates
- Cracking, sizzling, or buzzing from receptacles
- Burning order coming from receptacles or wall switches
- Mild shock or tingle from appliances, receptacles, or switches

How to prevent electrical overloads:

- Never use extension cords or multi-outlet converters for appliances
- All major appliances should be plugged directly into a wall receptacle outlet. Only plug one heat producing appliance into a receptacle outlet at a time
- A heavy reliance on extension cords is an indication that you have too few outlets to address your needs. Have a qualified electrician inspect your home and add new outlets
- Power strips only add additional outlets; they do not change the amount of power being received from the outlet

Electricity is everywhere and it affects every aspect of our lives. However, it isn't until we lose power or get hurt that we realize just how much we take electricity for granted so make sure your home's electrical system is safe.

The CPSC estimates more than 50% of electrical fires that occur every year can be prevented by Arc Fault Circuit Interrupters (AFCIs)



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3 Easy Projects To Turn Your Backyard Into A Summer Oasis

Getting away for a summer vacation can be fun and relaxing, but there's no need to leave home to have fun and relax. Check out these three easy DIY projects to turn your backyard into the ultimate staycation location.

1. Cinder Block Fire Pit

Start by creating a flat, fireproof base using large bricks, then build a square pit by placing a layer of cinder blocks beside each other on the brick base with the open ends facing up. Fill the holes in the cinder blocks with dirt, sand, or rocks to help solidify the wall. Add a second layer of cinder blocks, centering them over the meeting place of the first layer, and fill them like the first layer. Add your firewood, gather some friends, and enjoy!

2. Patio Lighting

Nothing can transform your backyard or patio quite like patio lights. Grab some solar-powered string lights from your local hardware store and get creative! Hang them from trees, create a perimeter around your yard, and circle the posts on your deck, then enjoy the soft, peaceful glow!

3. Garden Pond

Creating your own garden pond doesn't have to cost a fortune. All it takes is a watertight container, a fountain pump, concrete pavers, decorative rocks, and some hardy water plants. To create your fountain, trace your watertight container in the location you want your pond, then excavate the dirt to create a hole for your container. The top should be level with the ground. Then, arrange rocks in the bottom of your container to keep it in place and add pavers around the edge to give it a more finished look. Add plants and the water pump, then fill your container with water. (Tip: Adding an algae inhibitor to your pond can prevent algae accumulation.)

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Best Tips for Dealing With Tweens

By Gabriella Mancuso

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

Build a Support Network

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

Point Out Their Good Actions and Praise Them

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

Being Involved

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

Do Not Lash Out

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



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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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The Future of School Bus Safety After a Tragic Accident in May

By Abigail Urban

Bus safety seems to be a neglected topic, especially considering there are many over-the-waist school bus seat belts that tangle up on every seat from months of being unused.

It was after a fatal school bus accident on Route 80 in May that light is now being shed on school bus safety and the need for its reform.

While on route to what would have been a class trip in Waterloo Village, a Paramus school bus driver collided with a dump truck, killing a teacher, a fifth-grade student, and injuring more than 40 passengers. The accident occurred after the bus driver allegedly attempted to do an illegal U-turn to cross a highway median.

In response to the accident, the New Jersey Senate passed legislation that requires school buses to have three-point seat belts. The bill is now sent to Governor Murphy for his approval.

According to NJ.com, other safety reforms that a surviving fifth grader is lobbying for include installing GPS devices in buses, placing cameras inside and outside buses and having stricter background checks for drivers.

Diana Elwell, a Millstone parent with children in both Millstone and UFRSD schools, believes that help with navigation on school trips, such as with a GPS or a teacher assisting the driver, could prevent possible accidents when school bus drivers trek onto unfamiliar roads. The extra assistance might prevent drivers from making illegal turns or getting lost.

Elwell also thinks that three-point seat belts are more protective than two-point seat belts. However, "unless people are making sure three-point seat belts are on, they might go to waste," she said.

Christine Burnetsky, a bus driver for Jackson Township, expresses the same concern as Elwell in regard to three-point seat belts and students

not using them at all. "Right now, the students have seatbelts across the lap to hold them in place. Students are responsible for putting them on. I remind them to put them on," Burnetsky said. She stresses that in order for seat belts to work, students must not unbuckle them while the bus is in motion. It can be difficult for drivers to monitor if seatbelts remain buckled while driving the bus.

Along with promoting the use of seatbelts, Burnetsky recognizes the importance of driving safely, abiding by the rules of the road and having a clean record.

The bus driver involved in the Paramus school bus accident has anything but a clean record, accumulating numerous tickets over the years for speeding, improper turns, careless driving, and driving a vehicle while suspended and not having insurance.

"I have no idea why he was allowed to drive. It is appalling that someone with his record is driving," Burnetsky said. "When our license is up for renewal, we need to be fingerprinted. Every year we fill out a form saying we have no violations on our license."

Elwell agrees that thorough background checks of bus drivers are an essential aspect of bus safety. "Clearly if he had a lot of points on his record, parents would feel unsafe with him driving their kids," she said. "If he has demonstrated that he doesn't abide by safety rules, he shouldn't be driving."

The lesson learned from this tragic accident is that following the rules of the road is key to making sure accidents do not happen and lives or not lost.

"With this accident I think it was poor judgment on the drivers' side," Burnetsky said as her conclusive final remark. "Be more alert for driving patterns and rules of the road. You've got to follow them."



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Bedtime & Wake-Up Time

Wake-up time and bedtime are interrelated. The longer your child stays up at night, the longer he likely will sleep in. That's why trying to get back on schedule should start with the evenings.

Talk with your child, especially if he is still relatively new to the school experience, about the benefits of school routines and how proper rest can lead to better grades and positive attitudes about school.

For younger children, make sure you pick back up on the in-school habits that may have been broken during the summer, such as pre-bed reading and no TV time. Encouraging your child to play quiet games or have conversations with you both at night and in the mornings can keep your child focused and energized for school.

Homework

When is the best time for homework? Right after school? Right before bedtime?

Many experts say neither, suggesting you give your child ample time to wind down at both times. Help your child by setting a deadline to have homework done before dinnertime. This way she can focus on clearing her mind and getting mentally prepared for the next day after she eats. This deadline also should give her a couple of hours after school to catch you up on her day or hang out with friends.

Freeze Dinners

Students aren't the only ones who will be a bit thrown off come school time. Parents also can help achieve a smooth transition by preparing dinners ahead of time.

Use a chunk of your weekend to prepare casseroles or soups that can be easily reheated for meal options during the week.

This strategy will be especially useful with all of those after school activities parents run to.



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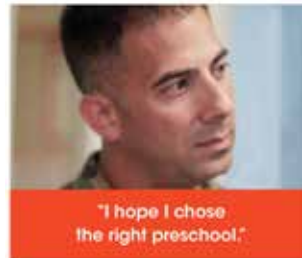
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August is Family Fun Month

By YMCA of Western Monmouth County

As August rolls on, and summer comes to a close, let's not forget that this month is 'Family Fun Month'. Whether your child spent the summer at camp, at home, or in school, always remember that quality family time is extremely important to your growing child. In today's world, where technology and screen time consume our home life, try to remember back to your childhood and the memories you had outdoors with your family. Good things happen when we unplug and go outside to play together. Kids and adults benefit from contact with nature as well as unstructured play and exploration.

While the work week may be hectic, end of the summer weather is perfect for an evening bike ride. Have a free weekend? A family trip to the beach can never be underestimated. Spending quality time with your family exploring a local park, coastline or forest is a great way to introduce your kids to the natural world and get everyone more active. As you look for and discover the strange and unfamiliar, you'll have new things to discuss, mysteries to solve and adventures to share.

One of the greatest gifts that you can give to your family is the time that you all spend together. In today's world, too many families are go, go, go all of the time resulting in too little time spent together. Spending quality time together as a family is one of the best ways to improve your family's health and well-being.



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KARATE

By Lauren Kolacki

The purpose of your comfort zone is familiarity. It is a psychological state in which an individual feels in control with low levels of stress and anxiety. Trying something for the first time forces you out of your comfort zone. It can be intimidating, in that it exposes you to the chance of failure. After speaking to Mihail Shpilevoj we learned all about stepping out of your comfort zone.

Mihail is from Latvia. He is the 2012 runner up in the Italy World Championship for Karate. He has practiced several forms of karate and has taught numerous classes.

In 2016 after visiting his sister in New Jersey, he decided it was time for him to face a new challenge. Mihail moved here on a work visa, where he's decided to share his karate expertise.

He loves the country and the people and is grateful for the opportunity he has to coach at all different levels. Shotokan Karate School where Mihail teaches at, is located on Park Avenue in Manalapan, NJ. He believes there is no limit in learning, which has resulted in his two black belts.

The most rewarding aspect of his job is watching individuals learn and improve. He has witnessed children, on their first day, unable to do a pushup or a sit up and after weeks of training, he watches them

blossom into strong, capable athletes. Mihail claims that this sport is more than athleticism though, but it challenges your mental toughness as well. Children who practice don't just improve their physical strength, they become more discipline in every area.

Some adults join, not just to learn karate, but because it is a fun way to keep in exceptional shape. He encourages all individuals, no matter their knowledge or skill level, to come join, in fact, that's how he got started. Even with no background or ability, there is always modifications to be made. Karate is good for your whole body, mentally and physically, and by pushing your body to new limits, you will begin to see changes in all aspects of life.



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Beating the "End of Camp" Blues

Camp is an action-packed adventure. Each day brings new and exciting opportunities for growth and accomplishment. At the same time, strong bonds of friendship and community are developing. It truly is a life-changing experience. And when the embers of the last campfire have cooled, and campers make their way home, often children experience a mild case of the "end of camp blues."

The blues are not uncommon — causing some children to be tired, moody, quieter than usual, or even irritable or grumpy. The American Camp Association® (ACA) recommends the following tips for families to help ease the transition from camp to home:

- Help them relax and adjust to the slower pace of non-camp life. Suggest they take a warm shower and get plenty of rest. Plan to have an "old favorite" for dinner.
- Encourage reconnecting with friends from home. Volunteer to set up play dates and get-togethers to help re-establish a sense of belonging with friends they haven't seen in a long time.
- Allow your child to write, email, or call camp friends. Many camps encourage campers to exchange e-mail and IM addresses with one another. Parents should make sure to oversee their child's online activities, and make sure that all camp policies are being followed.
- Be open and available to talk about camp. Allow your children to reflect on their friends, their favorite moment at camp, and what they miss most about camp. Sharing experiences and feelings will help them feel connected to you, and will make the transition easier.
- Organize a small "reunion." Getting together with local camp friends can help reassure your child that though his or her friends are out of sight, they are not out of mind!

If your child gets the blues, remember that they miss camp because they had fun — and they enjoyed taking healthy risks in a safe and nurturing environment. And, it is normal for them to miss their camp family the same way they missed their home family at camp. By being supportive and understanding, families can ease the sadness and help campers adjust to life at home. And, families can help campers remember that next summer is not that far away.

Contact Public Relations at 765.346.3391 or pr@ACAcamps.org to interview an ACA spokesperson or for more information about coping with camp sickness. For customizable public service announcements or article reprints, visit our Media Center at www.ACAcamps.org/press-room.

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Taking Care of Yourself at College

As a new college student, one of your responsibilities is taking care of your health. So be sure you bring to college a plan to eat well, sleep enough, continue your exercise, safer sex plan and stress management plans. All of this can prevent illness.

Here are some items that will be important to help you.

- Bring your insurance card and know your coverage.
- Know your allergies, medication doses and health history.
- Bring a copy of your immunization record.
- If you have a chronic illness from asthma to diabetes to an eating disorder, consider sending in medical records to help our providers know what treatments/ medications you've been on so that we can continue caring for you.
- If you are under 18, make sure you have sent in a parental consent so that you can receive treatment at Health Services.

Assemble a health care kit:



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- Decongestant (Sudafed)
- 1% hydrocortisone cream for itching
- Cough drops

Don't forget to manage stress. More stress can relate to more illness. It is important to find at least a few minutes every day to relax and decompress. Some students find this to be a very challenging achievement during college. However, learning what strategies work to decrease stress for you could be one of the most important skills you acquire in college! Exercise, talking to a friend and journaling are some strategies that work for many people.

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The BBQ Side Dish of The Summer: AVOCADO FRIES

INGREDIENTS

- 3 avocados, slightly firm
- 3 eggs
- 1 cup flour
- 1 cup panko breadcrumbs
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- pepper, to taste
- cooking spray

PREPARATION

1. Slice the avocados in half, and then slice lengthwise into wedges.
2. Mix the bread crumbs with the cayenne pepper and salt.
3. Roll the slices in flour, then in the whisked eggs, then in the breadcrumbs.
4. Place the slices on wax paper on a baking sheet. Spray well with cooking spray. Add a sprinkle of black pepper if desired.
5. Bake for approximately 12 minutes at 400°F. Flip all the way through and re-spray. Cook another 8-12 minutes and serve.



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INGREDIENTS

- 2 pounds New York strip steak (about 3 [1"-thick] steaks)
- 1 1/2 teaspoons kosher salt, divided, plus more
- 1 teaspoon freshly ground black pepper, plus more
- 1 pineapple, peeled, cut into 1/2" rounds, center core removed, divided
- 3 tablespoons olive oil, plus more for grill
- 2 avocados

PREPARATION

1. Season steak with 1 tsp. salt and 1 tsp. pepper. Let sit at room temperature at least 1 hour.
2. Meanwhile, purée 1 pineapple round, 1/2 tsp. salt, and 2 Tbsp. water in a blender until smooth. Add 3 Tbsp. oil and blend until smooth; set aside.
3. Prepare a grill for medium-high heat or heat a grill pan over medium-high; oil grate or pan. Grill steaks and remaining pineapple rounds, turning occasionally, until pineapple is lightly charred and an instant-read thermometer inserted into the center of steak registers 120°F, 8–10 minutes for medium-rare (pineapple may take longer to cook than steak). Transfer steak to a cutting board. Let sit at least 15 minutes, then thinly slice. Transfer pineapple to a platter and tent with foil to keep warm.
4. Cut avocados in half crosswise around pit, then carefully peel off skin with your hands. Slice each half crosswise into 1/2" rings.
5. Arrange sliced steak and avocado on platter with pineapple. Drizzle with pineapple dressing; season with salt and pepper.



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LIABILITY FOR ALCOHOL SERVED IN YOUR HOME?

By John Bazzurro

Summer is typically the time for barbecues, get-togethers and parties. Around this time, a lot of my clients ask me whether or not they can be responsible for serving alcohol to their guests. The short answer in the State of New Jersey is "yes." New Jersey has a "social host" liability statute (N.J.S.A. 2A: 15-5.6) which allows people to sue for property damage or personal injury caused by an intoxicated individual who was served alcohol at your home. Accordingly, we all must be aware of this law, its parameters and when to stop serving alcohol to our friends, relatives and guests.

Pursuant to the above referenced statute, a "social host" will be responsible for injuries or property damage caused by an intoxicated person's operation of a vehicle after the intoxicated person was served alcohol by the "social host." However, a "social host" will only be responsible for that intoxicated person's actions if it can be proven that the "social host" served alcohol to that intoxicated person at a time when that person was "visibly intoxicated." Thus, if, at one of your parties, you serve alcohol or allow the consumption of alcohol by a person who is "visibly intoxicated," you will be responsible for any injuries and/or property damage caused by that intoxicated person resulting from their operation of a motor vehicle. Accordingly, it is important to try to more readily define "visible intoxication."

Unfortunately, the term "visible intoxication" is somewhat subjective in nature and may differ from person to person. However, some signs of visible intoxication that may be offered as proof at the time of a lawsuit will include, but are not limited to, the slurring of speech, staggering, loud boisterous behavior, bloodshot eyes, inappropriate behavior, strong odor of alcohol, etc. Therefore, it is suggested that, in the event one of your guests begin exhibiting one or all of these signs at your home, you immediately stop serving them alcohol. Further, to protect yourself from liability and for the safety of the public in general, it is also recommended that any such individuals exhibiting these signs not be allowed to drive.

It should be pointed out that, although "visible intoxication" is rather subjective, the statute provides some guidance. If it is determined that an individual's blood alcohol content was less than .10% at the time you served them their last alcoholic beverage, you cannot be responsible for their behavior. Further, the statute indicates that if an individual's blood alcohol content was between .10% and .15%, there is a presumption that the "social host" did serve that person at a time that they were visibly intoxicated. However, this presumption may be overcome by the "social host" by competent evidence (i.e.-witnesses, etc.).

Please note, however, that the analysis set forth above is with respect to the service of alcohol to adults (individuals over the age of 21 years old) and does not apply to the service of alcohol to minors. The service of alcohol to minors should never be undertaken in a social setting due to the fact that it could give rise to criminal liability as well as civil liability for instances where that minor may injure someone else regardless of whether or not the use of a motor vehicle is involved.

The bottom line is that we all must pay attention to our guests when we are serving alcohol at a social event to ensure that alcohol is not provided to those who may fit one of the above referenced criteria.

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Do's and Don'ts of Party Planning

By Lauren Kolacki

Planning a party can become quite the time consumer and as the date approaches, the weight on your shoulder begins to feel heavier and heavier. To lessen that weight, we compiled a list of do's and don'ts to assist you in throwing a great, stress free party.

DO:

- Have a budget and stick to it
- Use party planners/caterers/dj's to decrease your amount of responsibilities
- Plan to avoid leaving everything until last minute
- Use to do lists to stay organize and on schedule
- Borrow tables/chairs/tents from friends to reduce costs
- Decide a theme to customize your party
- Get final head count
- Buy in bulk
- Prepare music

DON'T

- Keep your neighbors in the dark about the party, warn them ahead of time
- Wait until last minute to send out invitations, allow your guests to arrange their schedule around your date
- Forget ice, especially at this time of year
- Worry about food, unless you are a chef; leave the professional stuff to the professionals
- Forget to plan games and activities to keep your guests, especially the kids, entertained
- Forget about parking
- Cut corners, being conscience of your budget is a good thing but do not skip out on party necessities to cut costs.



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END-OF-SUMMER BEAUTY TIPS

By Mia Ingui

Although your skin may be shimmering with a deep tan or your hair may be highlighted with sun streaks, there is always room for some end-of-summer beauty tips to make the summer glow last even past August. Here are some helpful beauty pointers!

- 1. TO HELP HEAL SUNBURN:** The most effective way to heal harsh sunburn is to apply aloe straight from an aloe plant. Cutoff a piece and apply the aloe from inside the leaf to the burn. Don't have access to an actual plant? There are several varieties of aloe vera cooling gels that will do the trick and can be found at pharmacies and supermarkets everywhere. A tea-bag compress also can soothe the burn. Make a cup of green tea, take the bag, and apply it to where the burn is located.
- 2. TO HYDRATE DRY SKIN AND LIPS:** The key to healthy, smooth lips is natural lip balm. NATURAL is the key. Anything with harsh dyes or scents will just over dry your lips even more. To protect lips, try any lip balm containing SPF, and to replenish lips after the sun, try dabbing pure honey on chapped lips, and after try the Rescue collection of Baby Lips lip balm by Maybelline.
- 3. TO MOISTURIZE DRY HAIR:** The summer can be the roughest time of the year on your hair due to sun exposure and swimming in pools filled with stripping chemicals that can damage hair. The solution? Ditch those harsh hair products. Repair your hair using clarifying shampoos and conditioners, and if your hair is really damaged and dry, apply a moisture mask once or twice a week for about 10 minutes.



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SKIN PRODUCTS TO AVOID

By Lauren Kolacki

We all aspire to have clear, vibrant skin like we see on TV or in magazines. We invest in so many products to enhance our glow and minimize our wrinkles but maybe we should be focused less on what we need to use and more on what we should avoid. Dermatologists advise us to avoid certain products and ingredients to keep from clogging our own pores or irritating our own skin.

For starters, Dermatologists suggest being more meticulous when choosing this summer's UV protection. They recommend abstaining from spray-on sunscreens. More goes into the air than onto your skin. For what does make it onto your skin, does not provide a thick enough layer that equals the specified SPF. Another form of sunscreen that necessarily does not provide any good is those with chemicals. They are a tested safe product; however, they can cause irritation and are absorbed into your skin versus a zinc oxide and titanium dioxide. These physical blockers are more effective in reflecting ultraviolet radiation and they have been proven to be much gentler. An additional product dermatologists encourage you avoid are tanning oils. Not only are they insufficient in blocking high UV rays, they clog your pores which can lead to overproduction of bacteria.

Dermatologists suggest being mindful in how you choose to exfoliate your face. Although any washes that contain microbeads were banned in the U.S. in 2015, dermatologists still recommend staying away from those that contain scrubbing particles, being, despite the smooth aftermath, these can be detrimental to your skin. These physical techniques scrub the dead skin off versus a gentle chemical exfoliate that will break down dead skin and give the same results.

To limit the development of bacteria, mold and yeast in beauty products, manufacturers add parabens into their merchandise. Parabens are a preservative that have been used in beauty products for years because they are effective, inexpensive and require very low usage levels. There have been several studies regarding the detrimental effects of parabens but limited evidence to prove otherwise. Dermatologist claim that even though there is no epidemiological evidence, why take the risk of using a product that could potentially cause harm.

Last, but not least, Dermatologist bring up the usage of soap in hotels. Many do not think twice before the grabbing the cute little soap they leave wrapped up for you in your room, but maybe you should start. These soaps are heavily fragranced; therefore, they have the tendency to irritate your face and dry out your skin.



The Millstone Times' PHOTO 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

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.)

Ospreys are very large, distinctively shaped hawks. Despite their size, their bodies are slender, with long, narrow wings and long legs. Ospreys fly with a marked kink in their wings, making an M-shape when seen from below. They are smaller than a Bald Eagle but larger and longer-winged than a Red-tailed Hawk. They are brown above and white below, and overall they are whiter than most raptors. From below, the wings are mostly white with a prominent dark patch at the wrists. The head is white with a broad brown stripe through the eye. Juveniles have white spots on the back and buffy shading on the breast. Ospreys search for fish by flying on steady wingbeats and bowed wings or circling high in the sky over relatively shallow water. They often hover briefly before diving, feet first, to grab a fish. You can often clearly see an Osprey's catch in its talons as the bird carries it back to a nest or perch. Look for Ospreys around nearly any body of water: saltmarshes, rivers, ponds, reservoirs, estuaries, and even coral reefs. Their conspicuous stick nests are placed in the open on poles, channel markers, and dead trees, often over water.

This photograph of an Osprey and two chicks was taken by Anne Benedict from East Windsor, NJ. The Osprey almost became extinct because of the use of DDT. Now they are back. This picture was taken on the west side of Barnegat Bay across from Mantoloking, NJ.



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You can keep your windshield clear by filling your windshield-fluid reservoir with proper fluid. You can use an any-weather fluid. Some of these fluids offer additives such as water repellent or bug cleaner. Depending on your location, these water-repellent fluids can be a huge help during a spring filled with rain. No matter which fluid you choose, never use plain water. Water will likely grow contaminants while in the reservoir, which can clog your spray nozzles.

The American Automobile Association recommends replacing wiper blades at least once a year. Not all blades will work for all cars. You will need to pay attention to how your wiper arms connect to the wipers. Some new vehicles require special connectors rather than the traditional J-hook connectors that older vehicles used. The blade style determines how the blade hugs the slope of your windshield. The two most common types of wiper blade are a frame-style or beam blade. Ask your local auto shop to provide you with the exact-fit blade during your regular spring maintenance.

Take the time to inspect your windshield for cracks or dings. Damage to your windshield will not only depreciate the overall value of your vehicle but, in certain states, a significantly damaged windshield may be considered illegal. If you do notice damage on the surface of your windshield, it is wise to have a professional examine the severity of the damage. Repair facilities can normally repair a ding that is the size of a quarter or a crack up to 3 inches long. Repairing this damage immediately hinders the risk of these cracks spreading.





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GET TO YOUR CAR'S BELTS AND HOSES

Our vehicle relies on belts and hoses to maintain proper function. The hoses provide crucial fluids to be transported to an engine's components. Belts are used to keep pulley-driven components running smoothly. These pieces are key parts of your vehicle that require a thorough inspection as spring arrives and temperatures begin rising. Drastic weather changes can cause your hoses to expand and contract, eventually leading to cracks or small holes. Belts also are prone to developing cracks during drastic weather changes.

Most modern vehicles use a serpentine belt to operate pulley-driven components. Some of these components include the alternator, water pump, air conditioner compressor and power steering pump. Proper function of these components is crucial to keeping you safe behind the wheel.

In the past, a good indicator of a failing belt was squeaking under the hood. Most of today's belts are made of ethylene propylene diene monomer rather than its predecessor, chloroprene, and are less likely to cause noises. Instead, they begin to fail by losing material, much like a tire. Inspect your serpentine belt this spring by taking your vehicle to your local auto shop or by purchasing a belt wear gauge from a local auto parts store.

You have probably lifted your hood and noticed a maze of hoses. Some of these are easy to follow, while others seem to travel throughout your engine compartment with no destination. Each of these hoses plays a significant and important role in dispensing necessary fluids to their desired components. The AAA reports a few warning signs you shouldn't ignore:

- *A sweet burning smell may indicate a coolant leak;*
- *A smoky, burning smell could mean you have a leak in engine or transmission oil; and*
- *The smell of gasoline when your engine is running. (This should never be ignored. Turn the vehicle off immediately.)*

The life expectancy of your belts and hoses can differ. This lifetime depends on the quality of material you purchase, the number of miles they experience and the proper function of the components they control.

Under perfect conditions a belt replacement is recommended every 36,000 miles, while a radiator hose can last from 50,000 to 100,000 miles. Of course, if you notice any of the aforementioned warning signs impacting your belts or hoses, they should be replaced immediately.





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TIRE & SERVICE NETWORK **Conventional Oil Change**

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Offer expires 9/15/18. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Up to 5 quarts of conventional oil for standard oil change. Premium oil change savings off regular price and includes up to 5 quarts of synthetic blend or full synthetic oil plus a four-tire rotation. Canister/cartridge filter and diesel oil extra. Fluid/filter disposal charges may apply. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: FL - Waste oil/filter fee may apply; CA - \$2.50 fluid/filter disposal fee applies but no additional charge for shop supplies applies; PR - no fluid disposal charges apply; NY - no fluid disposal or additional charge for shop supplies applies. Cash value 1/50¢. G0217

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Offer expires 9/15/18. Must present coupon to get this offer. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Up to 5 quarts of conventional oil for standard oil change. Premium oil change savings off regular price and includes up to 5 quarts of synthetic blend or full synthetic oil plus a four-tire rotation. Canister/cartridge filter and diesel oil extra. Fluid/filter disposal charges may apply. Additional charge for shop supplies, up to 7% or \$25 maximum, may be added. Redeem at participating Goodyear Retailers only. See store for complete details. Special state exceptions: FL - Waste oil/filter fee may apply; CA - \$2.50 fluid/filter disposal fee applies but no additional charge for shop supplies applies; PR - no fluid disposal charges apply; NY - no fluid disposal or additional charge for shop supplies applies. Cash value 1/50¢. G0217



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Lease p/mo
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Not all buyers will qualify for Leases. Mazda3 Money Down Lease- \$3,155 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,006/\$5,364/\$8,370/\$10,020. Lease Includes \$1,460 Lease Rebate (everyone qualifies). Mazda6 Money Down Lease- \$3,743 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,584/\$5,724/\$9,308/\$13,140. Lease Includes \$710 Lease Rebate (everyone qualifies). Mazda CX-5 Money Down Lease- \$4,156 Due at Signing. Cash Down or Trade/TOP/TCOST/LEP: \$3,997/\$5,724/\$9,721/\$15,721. Lease Includes \$1,460 Lease Rebate (everyone qualifies). Price(s) include(s) all cost to be paid by consumer, except for licensing costs, registration fees, and taxes. Leases are closed end and are subject to credit approval. Lease includes 10,000 miles p/yr, 15¢ p/mi. thereafter \$0 Security Deposit & \$0 Bank Fee. Lessee resp for excess wear, tear, maintenance & mileage. Offer valid on advertised vehicle only. See dealer for details. Picture may not represent actual vehicle and are for illustrative purposes only. Offer expires 8/31/18.



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Lease
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Menopause and Depression

By Lauren Kolacki

Menopause is a natural biological process in a woman's life when the function of the ovaries is terminated. It is defined by the absence of menstrual periods for 12 months. The average age of menopause in America is 51, but can happen anywhere from your 30's-60's. This is a long, sometimes demanding, process where women are likely to experience a range of different symptoms such as hot flashes, irregular periods, vaginal dryness, weight gain, etc. In addition to these physical changes; mood swings, irritability and in severe cases, depression may also accompany menopause.

Women with a history of mental illness are more vulnerable to recurrent clinical depression during menopause. Clinical depression is a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. Untreated depression in older women can increase their risk of developing other serious medical conditions, including heart attack and decreased bone mineral density.

No matter the severity of your depression, there are steps you can take to learn how to deal with your emotions. It is important to reach out and stay connected. Talk to someone about your feelings, go for a walk with a friend, have somebody to confide in. Make sure to do things that make you feel good. This can be watching a funny movie, taking a long bath or meeting with an old friend. Get moving, exercise can release endorphins which enhance your mood. Most importantly, try to challenge your negative thoughts. Negative, unrealistic ways of thinking are what fuel depression.



SIGNS OF DRUG ADDICTION

By Lauren Kolacki

Speaking about addiction is walking on egg shells. Loved ones of addicts deflect the topic while addicts just avoid it all together. Society labels addiction as being weak, dangerous and selfish when in fact, suffering from addiction can make you strong, if you receive the right help. The problem with receiving help is that by the time someone realizes how badly you need it, it might be too late. It is important to recognize signs of addiction and not be afraid to point it out.

PREDISPOSED FOR ADDICTION:

- Genetics
- Other mental health disorders
- Adventurous and risk-taking
- Disconnected and cautious
- Obsessive and compulsive
- Apathetic
- Unable to self-regulate

SIGNS OF USING:

- Secrecy
- Lack of Anger Management Skills
- Risk-Taking
- Lack of Interest
- Fatigue
- Laziness
- Paranoia
- Selfishness
- Dishonesty
- Restlessness
- Manipulation
- Forgetfulness
- Impulsiveness
- Shifting blame
- Becoming abusive
- High risk behavior
- Low stress tolerance
- Frequent mood swings

If you or a loved one are experiencing any of these signs please do not be afraid to reach out for help. The Substance Abuse and Mental Health Services Administration offers a free, confidential national helpline that is open 24/7, 365 days a year. 1-800-662-HELP (4357) 1-800-487-4889.



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

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

For more information feel free to contact:

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Light the Way – Uncover History – Connect with Spirit!

The Friends of Millstone Township Historic Registered Properties present a day of spirituality and community at the beautiful Thomas Baird Homestead at the 1st Annual Psychic Fundraiser! Visit our group of gifted psychics, spirit mediums, and energy healers who will help you find insight and healing to promote your own well-being. 50% of the proceeds raised will be given to the not-for-profit organization to help them continue to maintain and preserve this wonderful landmark!

While walk-ins on the day of the event are welcome, you can guarantee the time slots of your favorite services by registering online; visit <http://dimensionsreiki.com> and click on the "Baird Homestead Psychic Fundraiser" button to see the available times for each of the services being offered:

- Denise and Kathy – Vedic Palmistry (Palm readings and messages from Spirit)
- Phyllis – Tarot Card Readings and Spirit Medium messages through Automatic Writing
- Jeff – Medical Intuitive Reiki Energy Healing
- Filomena – Intuitive Spirit Medium Readings, Runes Readings, and Health Card Readings
- Sal – Spiritual Card Readings
- Carol – Reiki Energy Healing

Our group of Lightworkers and the Friends of Millstone Township Historic Registered Properties thank you for your support and look forward to making this an event to remember! If you've read about psychic medium Jeff Carpenter's ghost walks in The Millstone Times, you are aware that you never know what spirits might join us in the Baird House!

Jeff Carpenter is a Reiki Master Teacher, psychic, and spirit medium who owns 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>.

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Broken Hearts are Real

By: Erin Mumby

It turns out that broken hearts are real! Stress cardiomyopathy, also known as broken heart syndrome, is when intense stress causes severe heart muscle weakness. It's a temporary heart condition caused by stressful situations. The stressors that cause this can be either emotional or physical. Emotional stressors include grief, fear, surprise, and anger. Physical stressors to your body include seizure, difficulty breathing, stroke or bleeding. Stress is the body's response to anything it deems abnormal. The body produces various hormones and proteins like noradrenaline and adrenaline to help cope with the stress. The body produces large amounts of adrenaline to help the person defend themselves. The heart muscle is overwhelmed by the adrenaline in stress cardiomyopathy. The exact way that adrenaline affects the heart is unknown. It seems as if the effects of adrenaline on the heart are temporary and reversible.

Those affected with stress cardiomyopathy share symptoms with someone having a heart attack. These symptoms include shortness of breath, low blood pressure, chest pain, and heart failure. These symptoms can happen anywhere from minutes to hours after the person experiences their stressful situation. The stress is usually unexpected. Broken heart syndrome can even be deathly in some cases. Patients can have congestive heart failure and shock. This can produce some life threatening abnormalities. On the bright side, patients with stress cardiomyopathy usually heal very quickly. Most people recover completely after stress cardiomyopathy. The heart muscle is not permanently damaged with this syndrome, this mean that affected patients will typically make a complete and rapid recovery.

Some people may be confused about the differences between stress cardiomyopathy and a heart attack. There are some big differences between the two. Most heart attacks stem from blockages and blood clot. Most patients with stress cardiomyopathy have normal coronary arteries without any blockages or clots.

Most people with stress cardiomyopathy have never had a history of heart disease. However, they sometimes have a history of neurological conditions. People who have had a head injury or a seizure disorder are more likely to suffer from stress cardiomyopathy. People who suffer from anxiety and depression are more likely to have broken heart syndrome. Stress cardiomyopathy primarily affects women. It is frequent in middle aged or elderly woman. The average age of a patient with stress cardiomyopathy is 60 years old. It can affect young men and women as well. However, most cases arise in postmenopausal women. The cause of this is still unknown. If you have broken heart syndrome once, it is unlikely that you will suffer from it again. If you or a love one experience any of these symptoms mentioned above consult your healthcare provider.



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The knee is the largest joint in the body, making it vulnerable to a wide range of problems. Being aware of these problems and how to prevent them can help keep your knees healthy throughout your life, says Frederick Song, MD, an orthopedist on staff at Princeton Medical Center (PMC).

OVERUSE INJURIES: In young athletes, overuse injuries are increasingly common, including patellofemoral syndrome, a dull pain caused by irritation under the knee cap. These injuries are often caused by playing the same sport year-round, which weakens muscles that protect the knee. Playing different sports during different times of the year can help prevent injuries by working different muscle groups. “The number one way to treat overuse injuries is to temporarily stop playing that sport, and work on a supervised strengthening program,” Dr. Song says. “It’s hard for parents and athletes to commit to stopping, but it can prevent more serious problems.”

TRAUMATIC INJURIES: Injuries from stopping or changing directions too quickly, or colliding with someone, are common in youth athletes as well as young and middle-aged adults. These injuries include ligament tears and tears of the meniscus, which acts as a shock absorber between knee bones. Adults who participate in sports should also vary their activities and perform exercises to strengthen the hamstrings and quadriceps — muscles that support the knee. Keeping your core muscles strong is also essential for injury prevention. For tears, treatment usually involves surgery to remove or repair the damaged meniscus or reconstruct the ligament.

DEGENERATIVE INJURIES: In adults over 50, the most common knee problem is osteoarthritis, the gradual breakdown and loss of cartilage. It’s difficult to prevent arthritis, but keeping your weight down, strengthening the muscles surrounding the knee and focusing on low-impact exercises such as swimming and biking can help. Osteoarthritis is first treated conservatively with physical therapy and anti-inflammatory medication. Second-line treatments include injections to reduce pain or improve lubrication in the knee. “If a patient exhausts these treatments and continues to have pain that affects their daily activity,” Dr. Song says, “then we discuss knee replacement.”

When to See a Doctor

Sudden pain and swelling due to injury should be evaluated as soon as possible. Swelling that comes on gradually and doesn’t improve in a matter of days with rest and ice, should also be brought to your doctor’s attention. PMC offers a full range of services to help patients return to active, comfortable living, and is rated as High Performing in hip and knee replacement by U.S. News & World Report.



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With the fall sport season about to begin, an up-to-date sports physical is required for every athlete before they can participate. A physical will ensure that each athlete meets the health guidelines mandated by the state of New Jersey and the school. During the exam, the patient's past medical records will be reviewed as well as any current conditions, medications and supplements. Immediate Care providers will also administer a full fitness exam that includes an assessment of vitals, reflexes and flexibility as well as a vision and hearing test. Be sure to bring a list of all medications, medical records including past vaccinations and any paperwork for Immediate Care providers to complete.

Top 3 reasons to receive a physical:

- **Assess Your Health:** A physical will evaluate current and future risks of health conditions and build a treatment plan, if necessary. It will also give the provider an opportunity to look over any recently healed injuries and evaluate your strength in that area to ensure you are ready to play again.
- **Beat the Rush:** Avoid the stress of making a last minute appointment or waiting until the few days before the first day of school. Complete your sports and back to school physical requirements this month, which will be accepted for up to one year by most schools and organizations.
- **Stay in the Know:** Physical exams address any pre-existing health conditions and discuss ways to prevent future medical concerns. Learning about your current health creates an opportunity to put any necessary treatment plans in place.

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7 Summertime Health Risks You May Not Know About

By Orlando F. Mills, MD, MPH

When the weather is warm and the skies are blue, road trips and outdoor fun are almost always on the agenda. But health risks abound—especially during the summer. Here are a few uncommon ways that a fun time can be interrupted by a medical issue.

1. **High-Altitude Sickness** – Hiking is a popular pastime during the warmer months. While New Jersey's mountains aren't high enough to spark an unpleasant reaction to the altitude, many popular hiking destinations, like the Rocky Mountains, are. You may begin to feel the effects of decreased oxygen in the atmosphere at altitudes over 5,000 feet above sea level, with the condition most commonly felt by those in altitudes of 8,000 to 10,000 feet above sea level. Symptoms include dizziness, headache, fatigue, shortness of breath, and, in extreme cases, facial or leg swelling or congestive heart failure. Preventive care can help prevent the effects of decreased oxygen. If you're planning a trip to a mountainous area, ask your doctor to prescribe Diamox, a diuretic and carbonic anhydrase inhibitor that can prevent illness. The medication works best when taken one day before travel and several days after. If you experience altitude sickness, try to rest while your body becomes more accustomed to the altitude. If symptoms persist, particularly if you have other chronic medical conditions, seek medical attention.
2. **Swimming Solo** – While taking a dip in the ocean after the beach has cleared out and the lifeguards have packed up may sound heavenly, it's risky to swim alone. Even mild to moderate rip currents can pull you out to sea. To stay out of harm's way, only swim at the beach when a lifeguard is on duty. The chance of drowning at a beach while a lifeguard is working is 1 in 18 million, according to the U.S. Lifesaving Association. Additionally, learn how to spot a rip current and check water conditions before going in. And, the old adage is true: eating a heavy meal before swimming can cause painful stomach cramps, so plan accordingly.
3. **Beach Chair Bruises** – That brightly colored cooler chair may be comfortable, but if you're not careful, you may injury your fingers. Be sure to read the chair's operating instructions before using and take care to keep your fingers and hands away from the hinges when opening or closing the chair. Also, be sure to place your chair on even ground to prevent a tumble.
4. **Road Trip Tightness** – Summer traffic can be brutal. If you're planning a lengthy road trip, be sure to take a break everyone and a half to two hours to stretch your back, move your legs and hips, and refocus your mind. You also may want to invest in a lumbar support pillow or back roll for the car to relieve pressure on the disks in your spine.
5. **Eye Illnesses** – You know that it's important to protect your skin from harmful UV rays but it's equally important to protect your eyes. Ultraviolet (UV) rays from the sun can cause melanoma of the eye, a form of cancer. It's important to protect your eyes, especially on sunny days when the sun's light can reflect off the sand, magnifying its impact. Protect your retinas by wearing sunglasses and a hat and staying under an umbrella when possible.
6. **Menacing Mice** – You've probably heard that ticks transmit Lyme disease after contracting the Lyme bacteria from deer, but did you know that the white-footed mouse also is a source? Knowing the symptoms of Lyme disease is important, especially in this part of the state. In fact, in 2017, Monmouth County ranked second in the state in number of new cases of Lyme disease reported. If you've been in wooded areas, check your skin for small deer ticks and see your doctor if you experience pain, aches or swelling in your joints after finding a tick on your skin. It's important to note that symptoms can take weeks or even months to develop. If you suspect that you've been bitten by a deer tick, call your doctor, who may administer a western blot test, a type of blood test. It's difficult to know if someone has Lyme disease just based on symptoms alone, so testing is a crucial step in diagnosing the condition. Left untreated, it can cause myocarditis, a type of inflammation of the heart, or nervous system inflammation.
7. **Halting Hydration** – Water, water everywhere... in the ocean, in the pool, in our drinks, but it's not uncommon to become dehydrated in the summer, when high temperatures and prolonged sun exposure can sap our bodies of the water it needs to function properly. To prevent dehydration, be sure to drink at least two additional 8-ounce glasses of water each day. Stomach illnesses like vomiting or diarrhea also may cause dehydration. The signs that your body hasn't had enough water include weakness, dry mouth, light headedness, dizziness and confusion. If you think you may be dehydrated, call your primary care physician.

Each summer, several of my patients travel to Colorado to hike and attend an annual festival. Last year, a female adult in the group experienced swelling in her legs and face, the classic signs of high-altitude sickness. She drank water and rested a bit, and the symptoms eventually subsided. This year, I prescribed Diamox to help her body better adjust to the terrain and prevent illness from sidetracking her vacation.

A little prevention goes a long way. Take the steps necessary to ensure that you and your family have a safe—and active—summer.

Orlando Mills, MD, MPH, is a board-certified family practice physician on staff at CentraState Medical Center. He can be reached by calling 866-CENTRA7.



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ATTENTION SENIORS: *Dance Your Way to Better Brain Health*

Exercise is not only good for your body, it's good for your brain! Sticking to a regular workout plan can be tough but including activity in your routine doesn't need to be boring. Scientists have found that the areas of the brain that control memory and skills such as planning and organizing improve with exercise. Dance has the added dimensions of rhythm, balance, music, and a social setting that enhances the benefits of simple movement – and can be fun!

At the University of Illinois at Chicago, through the CDC-funded Prevention Research Centers' Healthy Brain Research Network, researchers designed a Latin ballroom dance program for older sedentary adults. Participants in the program, BAILAMOS®, reported improvements in memory, attention, and focus. In a separate ballroom dance program, older people experiencing mild cognitive impairment improved their thinking and memory after a 10-month-long ballroom dancing class.

Dancing can improve your brain health. So, how can you get moving?

- Sign up for a dance class and invite your friends to join. Find classes at your local community college, YMCA, dance studio, or community center.
- Try dancing at home by following along with a DVD or videos on YouTube.
- For an extra challenge, try using small weights to build strength. Keep a 2-pound or 5-pound weight in each hand while doing your dance routine. For more ideas on strength exercises, visit www.Go4Life.com.

Help for Caregivers of People with Alzheimer's

Are you a caregiver for someone with Alzheimer's disease or a related dementia? You can help the person you care for get moving, too.

- Split dance moves and exercises into small, easy-to-follow steps. Use exercise videos and follow along with the person you're caring for.
- At first, try shorter 5- or 10-minute mini dancing sessions to slowly build endurance.
- Take breaks when needed and make sure you are both drinking plenty of water.



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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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Susan I. Wranick, MS, MA, CCC-SLP

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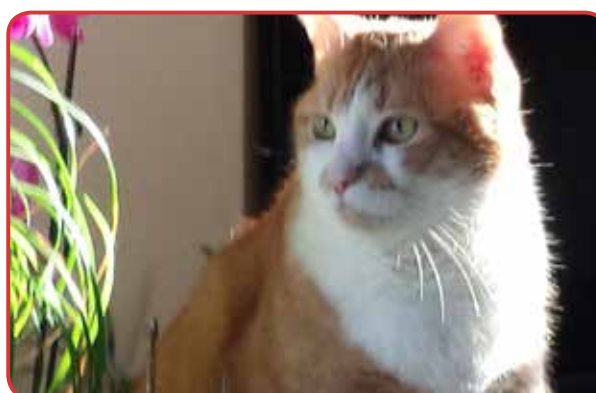
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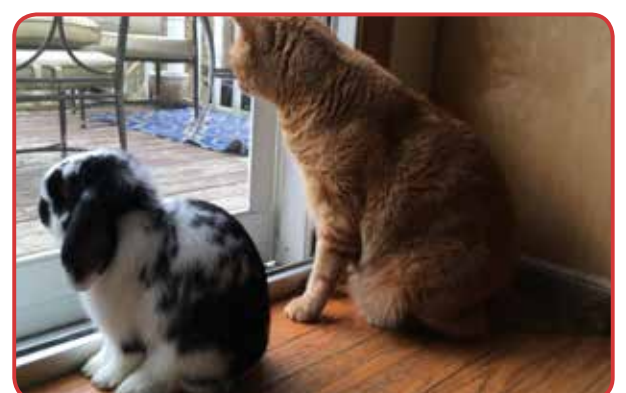
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Steps to Success With Cats

By Nicole Iuzzolino

Every year, 3.4 million cats are rescued. As stated by Kittencoalition.org, out of that 3.4 million, 1.4 million are euthanized every year. This statistic really hurts a lot of animal lovers hearts knowing that there are so many loving cats being killed. Many after hearing this will want to go and adopt one or possibly two and give them the loving home they deserve. While it is a great deed to rescue the cats and take them into your household, there are a few things one must think about beforehand. Here is a list of five do's and don'ts when it comes to adopting your next furry friend.

Do: Make sure everyone agrees on the adoption

This rule may seem like common sense but it is often overlooked. Cats and other adoptable pets are a huge commitment, and everyone has to be on board. A chorus of "yes's" and "It's fine to get it" are not sufficient enough. It must be stressed that participation from everyone in raising the animal is highly important. If the responsibility ends up falling on one person's plate, it becomes unfair to that person and to the cat. Make sure everyone knows that their regular routines will now be changed now that an animal has entered their lives.

Don't: Adopt a cat too young

Baby kittens should not be taken away from their mothers too early. They will bite and claw a lot more if taken away from their mothers, and those habits could be hard to break. They learn best when surrounded by their siblings and mother. Baby kittens should be with their mothers for 12 to 16 weeks before adoption.

Do: Take your adopted cat to the vet

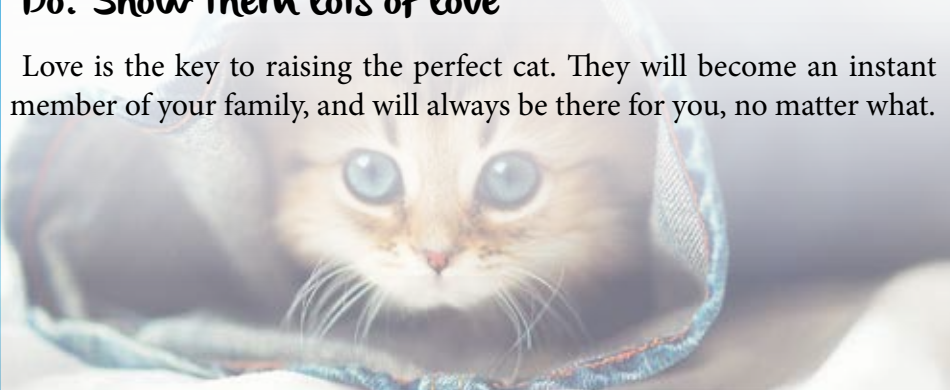
Kittens are prone to getting sick while they are young, so it is important to take them to the vet sooner rather than later. Early screening and vaccines will insure your cat being healthy.

Don't: Adopt more pets while your cat is settling in

While you are adjusting to having a new routine with now having a cat, your cat is adjusting to everything as well. They are adjusting to being in a home and having a new family. It can disrupt the process of adjustment by adding a new pet in the mix. Always make sure your cat is acclimated to your home before you adopt again.

Do: Show them lots of love

Love is the key to raising the perfect cat. They will become an instant member of your family, and will always be there for you, no matter what.





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By Pam Teel

An Animal Assistance, located at 65 Old Stagecoach Road, East Brunswick, New Jersey, since 1952, is a perpetual, lifetime animal care, pet adoption facility in a peaceful country atmosphere. their family oriented animal center has a purpose to provide homes for animals down on their luck, on a case by case basis. Animal Assistance is one of the few animal facilities in the area actually located on a farm country setting with other 60 years of experience.

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IF YOU WOULD LIKE TO FIND OUT MORE ABOUT EACH ANIMAL, PLEASE GO TO THEIR WEBSITE AND LOOK UNDER ANIMAL ASSISTANCE PETFINDER!



Swiftie



Tay



Felicia



Loki



Fitz



Lucy and Ricky



Mr. Jones



Agnes



Mavis



Ajax



Tortilenni



Yoyo and Lady Linda

Swiftie- Adult female was abandoned. Was an indoor cat Declawed. Loves other cats. Is clean and litter trained.

Tay- young female Tabby. She's good with other cats. Very playful and lively.

Felicia- young female Pit Terrier. She was left on the streets to wander. She's very clean and makes for a great watchdog.

Loki- Otterhound, adult male. Loves cats and kids.

Fitz- Longheaded Rabbit. Adult male. Used to being with cats.

Lucy and Ricky- 2 healthy female kittens, very active. Both Love to snuggle.

Mr. Jones- senior male Yorkie. Left on the streets by a cruel person. Friendly and loving and looking for someone to love him back.

Agnes- adult female Pomeranian. Good with other cats and dogs.

Mavis- adult Rottweiler. Good with other dogs.

Ajax- adult male Yorkie. Very clean and quiet.

Tortilenni- young female Tabby

Lady Linda and Yoyo- These two have bonded. They are both domestic Pot Bellied Pigs. Very clean and sweet. Can be separated but would prefer to go to a home together.

fascinating facts About Your Dog Emotions

By: Nicole Iuzzolino

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

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

Dogs are very smart and interesting animals, and when dog owners say they think their animals are people, they are not exactly wrong. Dogs have very similar emotions, and brain structures to people. Now next time you with your dog, remember that they have feelings just like you.

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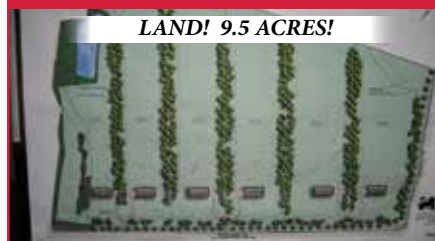
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31 Hanover St. Pemberton, N.J. 08068
\$299,900 Agent: Mildred McCormick

Reduced, Victorian home, fully furnished 4 bedroom Bed & Breakfast, full bath for every room, large dining area, living room, back sun room and fully operational kitchen, hardwood floors throughout, attached apartment includes full kitchen, living room, one bedroom and full bath. Unfinished 3rd floor walkup attic, 2 car garage, in-ground pool.



266B Crosse Drive, Monroe, N.J. 08831
\$205,000 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.



417 Gordon Rd, Robbinsville, N.J. 08691
\$429,900 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
\$1,129,000 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.



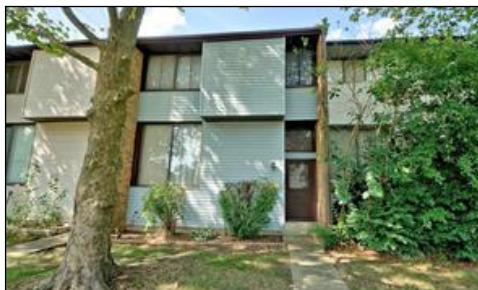
22 Babbitt Way, Allentown, NJ 08501
\$1,200,000 Agent: Susan Metzger

Secluded at the end of a cul-de-sac sits this stunning brick front colonial on 15.9 acres, features 4 BR, 3 full baths, spacious kitchen with skylights, large windows offering a large eat in area "with a view" and a home office, full basement has a wood burning stove, fenced pool area, newly built trex deck, bordered by woods this private secluded property has a 36' x 60' barn with three 12 x 12 stalls.



55 Rues Rd, Cream Ridge, NJ 08514
\$899,000 Agent: Susan Metzger

As you drive up the hill to this warm and inviting Equestrian estate, you will already feel at home. Sitting on 6 wide open acres bordered by trees in the heart of Cream Ridge horse country, this custom built colonial has a spacious floor plan, hardwood floors, basement with finished gym area, in ground Grecian pool with large trex deck, sit and relax as you watch the horses graze and wildlife wander the green pastures. A. 30' x 36' center isle barn, 3 generous size stalls, Full house generator runs the home and barn, bring the horses and come home to this amazing oasis!



107 Hooverton Pl, East Windsor, N.J. 08520
\$247,900 Agent: Donna Moskowitz

Desirable three BR split level home, renovated kitchen with newer cabinets, granite counter tops, and stainless steel appliance, updated baths, basement is a good place to entertain family and friends, home is a few steps away from the pool, tennis and bsktball courts.



312 Bolton Road, East Windsor, N.J. 08520
\$285,000 Agent: Donna Moskowitz

Looking for a spacious four bedroom, look no further, this townhouse has it all, gorgeous flooring throughout, brand new kitchen cabinets, exotic quartzite counter tops, glass backsplash stainless steel appliances, brand new air conditioning, furnace and hot water heater, updated windows, new door, bathrooms renovated, much more, come take a look, you will not be disappointed!



20 Compton Drive, East Windsor 08520
\$649,900 Agent: Donna Moskowitz

Expanded colonial, completely renovated, is waiting for the new owners, engineered wood flooring, 18 foot ceilings as well as custom moldings. Natural stone on the gas fireplace is up to the ceiling. brand new kitchen, subway tile back splash, brand new appliances with a showcase refrigerator and wine cooler. Exotic Quartzite counter tops, bedrooms have brand new plush carpets and remote controlled ceiling fans. This home is a one to see!

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IEP YOUTH SERVICES

By Lauren Kolacki

The importance of organizations that serve for in need youths is overlooked. Children who have been abused, neglected, lack a safe home, struggle with behavioral issues or addiction are underrepresented. IEP Youth Services is a non-profit charitable social service agency that is composed of individuals looking to give these adolescents a chance at a positive life. After speaking with Dawn Lenz, Director of Operations at IEP, I have a better understanding of the organization and how they operate. Aside from ensuring a safe and nurturing environment, IEP provides counseling, self-improvement resources, life skills, residential, social and psychological services.

There are numerous departments within the organization. Dawn is directly involved with Project Stepping Stone, which she began in 2006. This transitional living program is for five young adults (ages 18-21). This program is located at a semi supervised duplex house where the staff is present during the day Monday-Friday. During this time, they work with the youths on their life skills. Each person is given responsibilities in the house such as, planning menus, cooking meals and taking out the garbage or recyclables. They are to become independent enough to eventually manage their own house or apartment.

The adolescents that make up this house could potentially be from several different backgrounds. Some are aging out of the foster system, some juvenile justice and other homeless. The most rewarding thing to Dawn is watching these individuals succeed, every small milestone is important.

In addition to Project Stepping Stone, IEP has two supplementary residential programs, Project KIN and Step Ahead. Both serve as specialized therapeutic services for children. Aside from the residential programs, IEP also offers clinical services, counseling work within the community. They provide social skills groups, groups

for parents and psychological and educational evaluations for a variety of ages with an assortment of struggles.

Dawn Lenz has been working with IEP for over 18 years. She is a license social worker who dedicates her time to increasing the quality of life of adolescents. She claims the biggest challenge they face as an organization is having the appropriate funding. The residential programs are contracted through the state but that does not mean they do not struggle. Project Stepping Stone is funded by the Office of Adolescent Services, Department of Children and Families. They still receive the same budget amount as originally allocated in 2006.

The agency does not employ an individual to run fundraisers to help raise money, but fortunately there are several volunteers that contribute to make events possible. In the past, they have had a golf outing, a scotch and cigars fundraiser, a lady's night out shopping vendor event and they even had an evening with a medium.

Rebecca A. Proske, Independent Branch Leader and Financial Consultant at Charles Schwab met Dawn at an event at the Chambers of Commerce in Freehold many years ago. Since then, she has been a huge supporter. Recently, Rebecca and her Rotary Club purchased a range, washer and dryer with the assistance of Mighty Young's Appliances in Howell, to donate to Project Stepping Stone. Dawn was beyond thankful as they really needed these new appliances.

One of the main purposes of this organization is to provide stability to youths who may have never experienced that type of lifestyle. Because these kids are only eligible until they are 21 and many lacks family support, it is IEP's responsibility to think about the long term. They are always looking for business owners who want to give these adolescents an opportunity for an internship, job or just to expose them to a substantial way of life.

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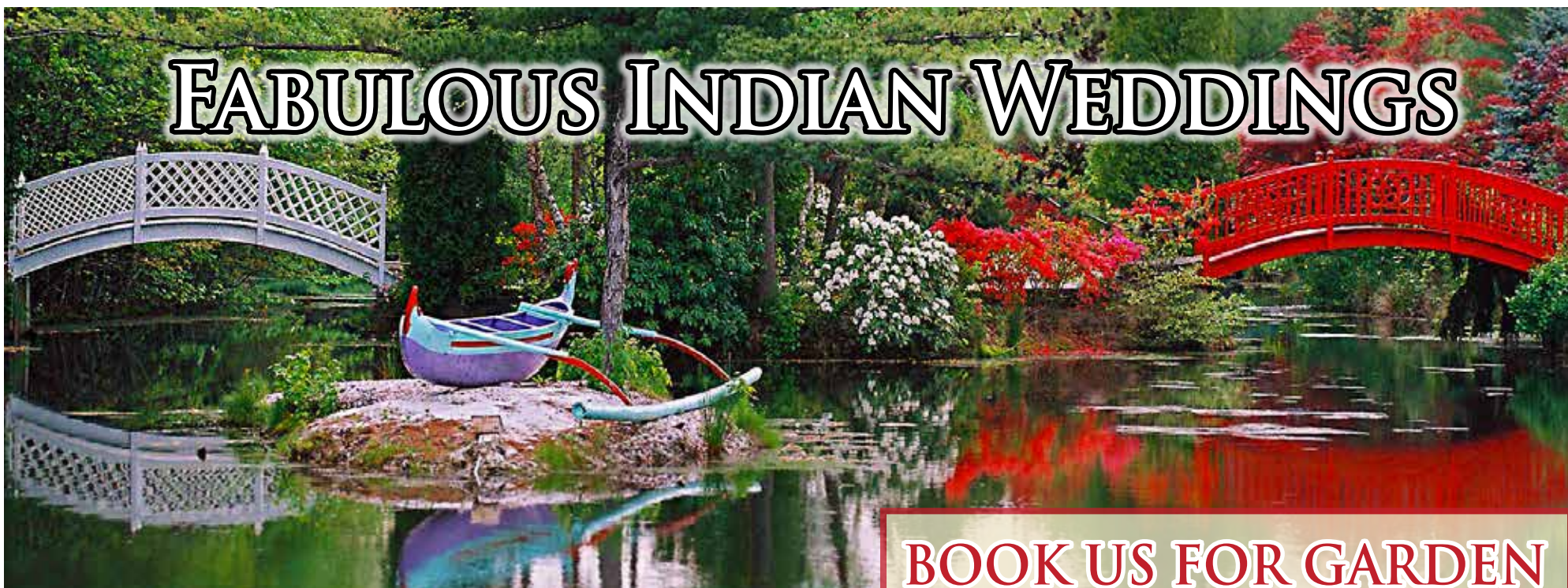
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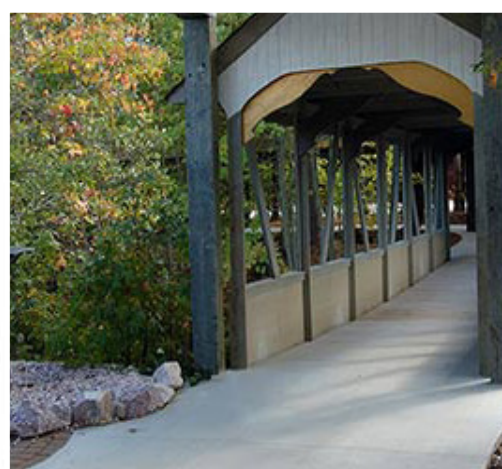
Garden Falls is completely barrier free including the 4 banquet halls, on-site parking for 400 cars and a helistop where you can arrive in style. There are 50 magnificent photo sites including 2 lakes, 10 waterfalls, 6 bridges etc. If you want a catering hall that is different, that your family, friends, and guests will never forget.... Rent Garden Falls!

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I guarantee it! - The Greek***

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