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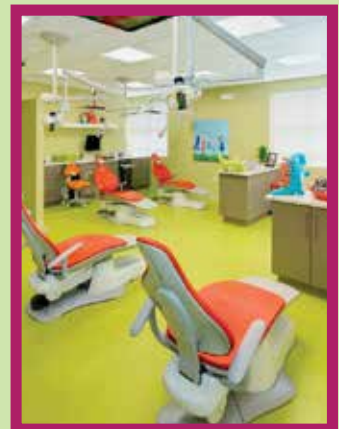
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THE MILLSTONE TIMES
Monmouth County's ASK THE DOCTOR
The Greater Princeton Area ASK THE DOCTOR

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Did you know that...?

By Pam Teel

There is a place called Hole "N" the Rock in Utah that has been a travelers resting place for over two centuries. It began in 1929 when horse teams that passed on the old Spanish trail between Santé Fe and California stopped here to bask in the abundant spring water and the shade of the mountains. This followed after the morman's started to settle in Utah.

During the 20th century, Albert and Gladys Christiansen homesteaded about 80 acres in the area where they allowed cowboys to camp beneath the mountain passes as they drove livestock toward the Colorado River. Albert Sr. wanted to make a small place for his children to stay there overnight so he decided to blast a hole in the side of the mountain and make a small cave nook for them. It took Albert Sr. about 12 years to excavate 50,000 cubic feet of sandstone from the rock. He created a small place for his family to escape to. During that time in the cave, Albert the artist, created many paintings. It was there that he completed his famous painting, "Sermon on the Mt." and carved a sculpture of Franklin D. Roosevelt's face above his cave door. Albert died in 1957 but his wife continued with his wishes to enlarge the area. She had a gift shop built and other attractions. Both Albert Sr. and Gladys are buried in a memorial cove within the rock.

In 1945, brothers Leo and Albert Christensen, expanded the cave in the side of the mountain and opened up a diner for passersby. "The Hole "N" the Rock Diner" became a watering hole for uranium miners and car tourists until 1955.

The Christensen's continued to excavate the cave in the mountain until it reached its current size of 5,000 square feet. Travelers along highway 191 in S.W. Utah are amazed to discover this 5,000 sq. foot home built in the side of a mountain. What began as a small alcove for the young Christensen boys to sleep in at night grew into a manmade engineering marvel with 20 years in the making, with a 65 foot chimney and 14 rooms that wrap around large pillars and a deep bath tub built into the rock.

Still present today, you can take a twelve minute guided tour of the cave home with its original furnishings, paintings by Albert Christensen, Gladys' doll collection, tools used to carve the home into the mountain and much more. There is also a gift shop, an exotic petting zoo featuring zebras, bison, camels and much more; a trading post, the largest collection of Lyle Nichols metal/art sculptures, Antique tools, vintage neon signs, mining equipment and unusual time era pieces, Hole N" the Rock Store: One of a kind souvenirs, t-shirts and memorabilia, The Trading Post: locally made Native American pottery, jewelry, dream catchers and unique gifts for everyone, The General Store: ice cream, drinks, and memorabilia of all types, and large statuary & metal art for sale. They also host Birthday parties. If you're ever on route 191 in S.W. Utah, stop in a take a tour of this unique cave home: 11037 South Highway 191, Moab, Utah.



2nd Annual "Kids Wish'n to Go Fish'n" Event For Special Needs Children

By Pam Teel

The second annual free "Kids Wish'n to go Fish'n" event will take place on Saturday, September 29th from 10- 2 pm at Lake Julianna on the Ponderosa Estate Farm in Millstone Township. "Making Smiles" is the theme of the event that will be open to children with special needs. Children from ages 6 to 16 years old are invited to catch and release fish at the lake. The goal of the fishing and outdoor fun day is to provide a psychological boost for special needs children and to relax at a beautiful private lake with their family caregivers.

Last year, thirty-three children had fun fishing at Lake Julianna and this year, a much larger number of attendees are expected.

Mr. Vito Cardinale, Cardinale Enterprises LCC, and owner of Lake Julianna on the Ponderosa Estate Farm stated; "Once again, I am very excited to host this worthwhile event for special needs children. Children are welcome to come and spend a day at the water's edge where they'll be fishing and enjoying fun outdoor games. Fishing at Lake Julianna is a great opportunity for children with special needs because fishing is something they can do without exhausting themselves. There is plenty of space at the Ponderosa Estate Farm to navigate for physically challenged youngsters. We have plenty of sunshine, outdoor restroom facilities, and lots of parking."

Don't worry if you don't have a fishing rod or reel. Participants are welcome to bring their own fishing equipment and bait, or they can use loaner fishing rods and reels from the Jersey Coast Anglers Association (JCAA) and Boating Education and Rescue (BEAR) loaner program.

Project Healing Waters Fly Fishing (PHWFF), Jersey Shore Chapter, Newark Bait Fly Casters, New Jersey Beach Buggy Association, Hudson River Fishermen's Association, and Vietnam Veterans of America Chapter 12 members, will volunteer and provide support for youngsters fishing and participating in outdoor activities. Mike and Debbie Bennett, BEAR Environmental Educators, will spend time teaching youngsters fun games about the environment. Volunteers from PHWFF will teach fly casting and the JCAA Youth Education Committee will have a surprise learning activity for youngsters and fishing safety tips.

Things you might want to bring to have and enjoyable time: sunglasses, fishing cap, sunscreen, pliers, fishing cloth, wet weather gear, lawn chairs, and a smile. You should also dress in layers to be more comfortable.

Mr. Cardinale is providing plenty of fun surprises for all special needs children and the event will include a hot dog and hamburger barbeque lunch for children and their guests, complements of Cardinale Enterprises, LLC.

Local merchants and contributors are providing prizes, goodie bags and tee shirts for girls and boys fishing Lake Julianna's "Kids Wish'n to go Fish'n." All children go home winners and the fish win too, as it is a catch and release program. If you would like to donate to this worthwhile event for special needs children, please contact Don Marantz, JCAA Youth Education Committee at 908-347-1434.

To register your group and receive directions for this free event, please phone Danielle @ (732-747-7846) or email:Info@cardinaleenterprises.com



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Volunteering

By Lauren Kolacki

When you think of college students, you predominantly think studying and partying. Not many students take the time out of their precious lives to contribute to benefitting others. That is not the case for 20-year-old, Matthew Geller. Matthew is currently attending The College of New Jersey where he studies Communications. In his spare time, he has gotten involved with The Trenton Animal Shelter and Trenton Animals Rock.

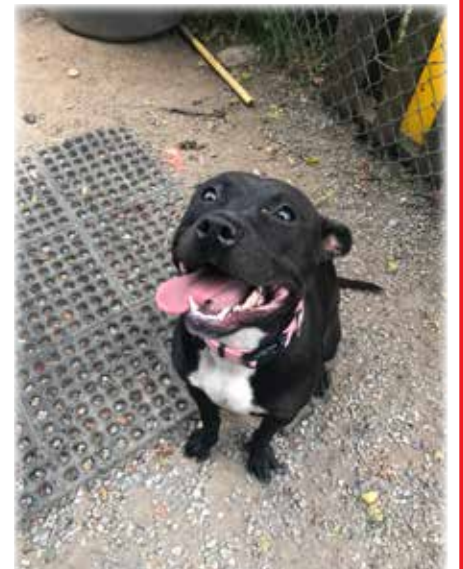
Trenton Animals Rock is a nonprofit organization who just received their 501(c)(3) approximately a month ago. The responsibilities of the board are to help out Trenton Animal Shelter in its adoption process and to find dogs seeking medical attention and make efforts to get it proper care. One of the dogs they recently helped was a Pit bull suffering from a 5-inch mass. The organization raised enough money to put the dog through a successful surgery. The main goal of this organization is to find the dogs homes before the shelter is forced to put them to sleep.

Matthew does a variety of volunteer work through this organization and for the Trenton Animal Shelter. Every week Matthew goes to the local Pet Smart where he advertises the advantages of adopting a dog. He personally takes the dogs out of the shelter to spend quality time with them and socialize them in different homes. Matthew even fosters dogs weekly, in fact, he's currently fostering the Pit bull that is recovering from surgery.

Knowing the adoption process, Matthew still suggests adopting over buying an animal because you will have the chance to influence a life that needs somebody. If you stay motivated and committed to take care of this animal, you will be approved. Currently the Trenton Animal Shelter has a lot of "special rescues". These are dogs that had a medical case or dogs that were not neutered that are free. His favorite aspect of the adoption process is the dogs thank you. You witness the dog's eyes light up when they are taken out of the shelter and you can feel their pure happiness. There is always a point during the adoption process when the dog says thank you. Matthew told a story of an unaffectionate dog who came to him to cuddle after he was adopted.

The biggest challenge of volunteering in this field is finding the dogs a home. Every time a dog is placed with a good family, another dog, in need, is found. It is terrifying to know that if they do not find the dog a place to live, they could potentially be put down.

Matthew encourages anyone who has a love for animals or is interested in helping out to come volunteer. He got involved by simply messaging The Trenton Animal Shelter on Facebook. The most rewarding part of volunteering is all of the time he gets to spend with dogs. He believes they are the happiest beings and that no matter their ailment, they are constantly spreading contagious optimism and happiness. If you want to get involved but aren't sure how, log onto www.tarnj.org for more information about volunteering or donations!



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MILLSTONE TOWNSHIP FOUNDATION FOR EDUCATIONAL EXCELLENCE TO HOST SEVENTH "FAMILY MOVIE DAY" ON SEPTEMBER 30

Millstone Township Foundation for Educational Excellence (MT-FEE) will be hosting its seventh "Family Movie Day" on September 30, at the Millstone Township Performing Arts Center (MPAC) located at the Millstone Township Middle School (5 Dawson Court). MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in the Millstone Township School District.

Pre-movie, fall-themed festivities will begin at 1:00 p.m. The movie will start at 2:30 p.m. The foundation will poll Millstone Township students on several popular family-friendly movies, to build excitement and get the students involved. Visit www.mtfee.org to find out which movie won and will be shown. Vesuvio's Family Food Truck and a concession stand also will be available.

A \$5 minimum donation per person is requested, with advance payment. \$6 per person at the door. Donations will help provide grant funding for innovative and exciting classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials that are beyond the scope of the general school budget.

To make a donation or find out about family and business sponsorship opportunities, which start at \$50, visit www.mtfee.org.



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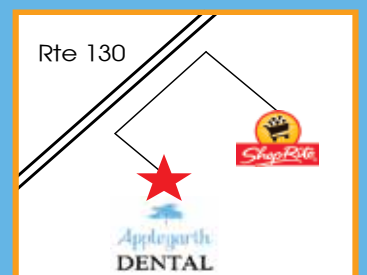
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Komen CSNJ's **MORE THAN PINK** Walk Committee Co-Chairs Lead the Way for a Meaningful, Memorable and Exciting Event

By Olivia Bonevento

As two longtime volunteers of Susan G. Komen Central and South Jersey (Komen CSNJ), Janet Marzocca and Scott Present go above and beyond in their roles, working side-by-side with staff, survivors, other volunteers and donors to make the organization's annual walk event special, memorable and meaningful.

"I have been privileged to work with so many wonderful, caring people who work at or volunteer for Komen," said Marzocca. "From survivors to co-survivors, and volunteers who have lost someone to those who just want to do something about breast cancer, they are the most dedicated group of individuals that I am proud to call my friends."

This year, Komen CSNJ will be celebrating 25 years of making an impact in its communities with the inaugural **MORE THAN PINK** Walk on Sunday, November 4 at Six Flags Great Adventure. The event is dedicated to raising funds and awareness, while celebrating survivorship and honoring those who have lost their battle with breast cancer. The **MORE THAN PINK** Walk is a fresh take on its Race for the Cure series, with a new look and experience that will energize the community around the life-saving work your support makes possible.

Marzocca and Present will be taking the lead on driving this event's success, helping to connect the community with Komen's four pillars of impact—research, care, community and action. Their reason to come together for this year's **MORE THAN PINK** Walk as co-chairs is simple: they both are dedicated to end breast cancer forever.

Janet's Journey

Janet Marzocca, of Jackson, NJ, has been an integral part of Komen CSNJ's annual walk since its early beginnings, raising funds and awareness that helped drive the fight against breast cancer in central and southern New Jersey.

Her involvement in the breast cancer community started in 2004, when she and her friends were getting a group together to walk at Johnson Park in Jackson, NJ.

"I lost my Aunt Pat to breast cancer, and I thought getting involved would be a nice way to honor her memory," said Marzocca. "I heard Nancy Healy [former executive director of Komen CSNJ] speak and I was hooked. We formed a committee and began to raise money for the Komen community."

This committee did so for 10 years and raised over \$100,000 for the Komen cause.

After being diagnosed with breast cancer in 2005 herself, Marzocca felt even more empowered to take action. As a 13-year breast cancer survivor, she has been the perfect person to help lead the survivor tent experience since 2008, ensuring that survivors and those living with metastatic breast cancer have a memorable and moving experience at Komen CSNJ's annual walk event. She has been a source of knowledge and inspiration for other women and men going through their own journeys with breast cancer.

"You need to be your own advocate; research the doctors in your area, and ask people for recommendations," said Marzocca. "Contact Komen for help if need be, and don't be afraid to ask; you aren't alone."

To celebrate her commitment to Komen CSNJ's mission, Marzocca will be the committee co-chair of this year's **MORE THAN PINK** Walk and will be the chair of the new and improved survivor experience, called Hope Village.

"I hope all of the survivors and metastatic lives will come to the new Hope Village to celebrate the 25th anniversary of Komen CSNJ," said Marzocca. "The **MORE THAN PINK** Walk is going to be very special."

Scott's Story

Scott Present, founder of Xtreme Event Group of Manalapan, NJ, has been passionate about entertaining and volunteering since his early childhood, values instilled by his parents.

"It is remarkable how something as simple as music can truly bring people together," said Present.

As a business owner and entrepreneur, Present has constantly looked for ways to give back to his community. Since being founded by Present in 2004, Xtreme Event Group has donated countless hours of time, talent and resources to local organizations that stand for a cause, including Komen CSNJ.

"It is an honor to celebrate the most important day in someone's life," said Present. "Supporting our community through giving has always been a cornerstone of our business."

Present first became involved with Komen CSNJ at its 2013 Race for the Cure event by providing music, and he wanted to help after hearing the stories of several close friends struggling with breast cancer. Since that time, his connection and contribution to the Komen cause has continued to grow, leading up to become the committee co-chair for this year's **MORE THAN PINK** Walk.

"For me, the annual walk is one of my favorite events all year to provide entertainment for," said Present. "I am not only personally inspired by the thousands of survivors that attend, but I am also so humbled that my passion for entertaining truly helps to inspire and instill hope in so many people."

Present's drive, ingenuity and passion as one of the **MORE THAN PINK** Walk's leaders will ensure that Komen CSNJ can further its vision of a world without breast cancer—all while bringing survivors, co-survivors, volunteers, sponsors and donors together through the powers of music and inspiration.

"Over the last five years I have witnessed first-hand the impact that Komen CSNJ has on the community and countless lives the organization saves," said Present. "It is extremely rewarding to know that my efforts directly make a difference, and I am grateful for the strong partnership and friendship I have forged with the Komen team."

With Marzocca and Present leading the way for the exciting **MORE THAN PINK** Walk, participants, donors, sponsors and volunteers can expect a day filled with hope, celebration and promise.

Each year, these two work tirelessly behind-the-scenes to ensure an incredible day takes place each year, honoring the tradition set in place 25 years ago, while bringing forth new and exciting experiences. **Join Janet and Scott at this year's MORE THAN PINK Walk on Sunday, November 4 at Six Flags Great Adventure and experience the excitement, energy and celebration. Visit komencsnj.org/25years and register today!**



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East Windsor Township News

Mayor Janice S. Mironov and the Township Clean Communities Committee Award Provident Bank with Certificate of Appreciation for Keeping East Windsor Township Litter Free. Provident Bank, located on Route 130 North at the corner of Dutch Neck Road, was recognized as a commercial establishment situated in a highly visible prominent location, for keeping its property and building well maintained and landscaped and free of litter thereby enhancing the municipal appearance and environment. The purpose of the award is to recognize a local business that has made special efforts to keep East Windsor Township litter free.

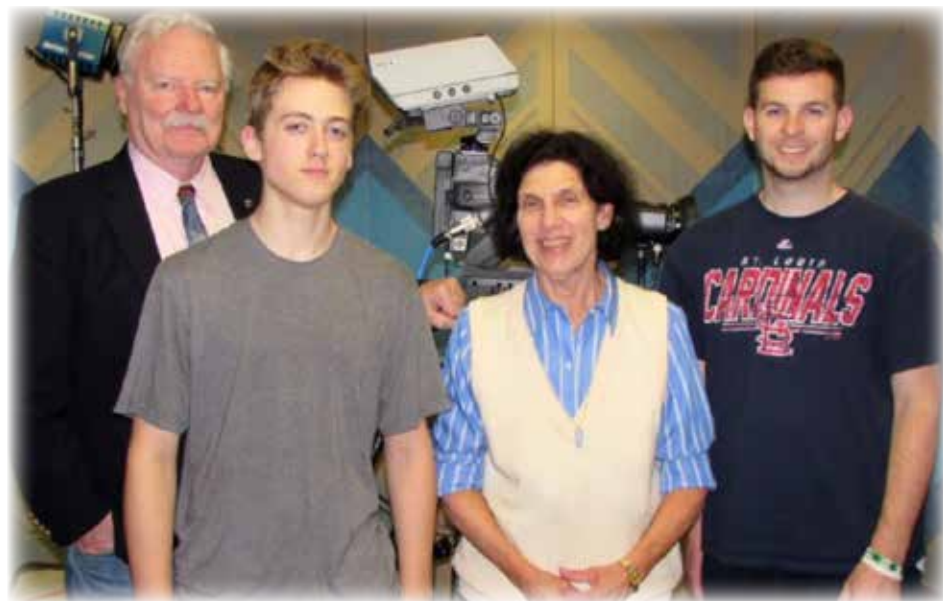
Mayor Janice S. Mironov and Clean Communities Committee members present Certificate of Appreciation to Provident Bank for Keeping East Windsor Township Litter Free. Pictured (from left to right) are: John Donnelly, Chairperson, Clean Communities Committee; Council Member Alan Rosenberg; Mayor Janice S. Mironov; Alicja Skokowska, Assistant Vice President and Banking Center Manager, Provident Bank; Darleen R. Gillsepie, First Vice President and Market Manager, Provident Bank; Abhinav Mahesh, Clean Communities Committee Student Member, and Peter Blok, Clean Communities Committee Member.



"Spotlight East Windsor": Meet the Mayor Call-in Cable Show Student Production Volunteers Recognized by Mayor Janice Mironov. The student volunteers, behind the scenes, assist in the production of the program. The student volunteers learn a great deal about the technical aspects and operations of producing a live television show. Thank you to our outstanding students: Tyler Harris; Shreya Jain; Ian Massaro; Elena Plumser; Tyler Schamper; Siddharth Sircar, and Denisse Quintanilla! "Spotlight East Windsor" will go on summer break, and return live on Wednesday, September 12 at 7 P.M.

Mayor Janice Mironov recognizes and thanks the student volunteers who assist in the production of the call-in informational television program "Spotlight East Windsor." Pictured (from left to right) are: (front row) Elena Plumser; Shreya Jain; Mayor Janice S. Mironov; Dick Cunningham, co-host; (back row) Siddharth Sircar, and Stephen St. Romain, line producer.

Mayor Janice Mironov recognizes and thanks student volunteers who assist in the production of Spotlight East Windsor. Pictured (from left to right) are: Dick Cunningham, co-host; Ian Massaro; Mayor Janice S. Mironov, and Tyler Harris.





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HURRICANE MARIA RECOVERY

By Lauren Kolacki

In September of 2017 one of the worst, on record, natural disasters hit Puerto Rico, Hurricane Maria. A category five hurricane with winds of 175 mph inflicted chaos on the island, causing a level of widespread destruction. According to CNN, there was an estimated 4,645 fatalities and thousands more left in agony and distress. In the midst of the on-the-go, busy society we live in today, it takes a special type of person to put their lifestyle on hold and ask what they could do to help.

Denise Rolon, a resident of Hazlet, NJ, grew up the oldest of five in a Puerto Rican family. Her mother left Puerto Rico when she was just sixteen years old, but in 2017, her and her husband moved back. Three months after settling in, Hurricane Maria hit.

For weeks Denise was unable to get in touch with her mother, resulting in pure panic. When Denise finally was able to reach her Mom, she spoke of all the destruction. Fortunately, her Mother and Step Father moved into Denise's grandparents' house, which was built with cement and located on the side of a mountain. They experienced minimal damage but that was most definitely not the case for the rest of the island.

Some houses are still without power, many houses in the area were completely demolished, but everyone was experiencing apprehension. Denise immediately speculated how she could help. By talking to her mother, she got a sense of what they needed and began to put together a plan.

Denise created an amazon registry ('For Yauco with (Amor)') with the hopes to compile a bag of items she could deliver. After posting the registry on her Facebook page, the response she was got was inspiring. The members of her community, her coworkers, family members all jumped at the opportunity to contribute. Her first successful trip was in November, where she brought a few suitcases filled with necessities including foods, solar lights, vitamins, first aid kits, etc. She even spoke with United Airlines about bringing along a generator but once she got to the airport, it was just too heavy.

A few months after the storm, Denise was able to start sending care packages all over the island. Because of the power outage, she collected as many batteries, candles and cans of bug spray as she could. This July, Denise made her second trip to Puerto Rico, this time bearing school supplies. Since the last time Denise was there, she noticed a lot of growth the Island was starting to make. Although there was still a lot of devastation, Denise was pleased to see progress and that mango's, corn and avocados were all started growing again.

Creating such a following over the last couple months, Denise was able to orchestrate a school supply drive in which between 20-25 families donated. With the help of her 6-year-old son and many close friends, they created care packages of 45 backpacks filled with kits, folders and notebooks. They put together 100 pencil cases filled with pencils, crayons, glue sticks, scissors, erasers, sharpeners, etc. Denise's mother drove her son and her to deliver the school supplies in the most rural areas in and around Yauco, PR.

Denise claims its human nature to want to help and she is lucky to be surrounded by people who share the same ambition. She has taught her children to pull in their resources and do what they can to help someone reduce their burden. In the future, Denise hopes to continue helping out and plans to create some type of Holiday drive. If interested in donating, feel free to contact Denise at drolon1999@gmail.com.



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Amateur photographer Alex Ostrow from Monroe took these images of butterflies at the Stony Brook Millstone Watershed - Hopewell Township.



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THE LOGIC OF LOGOS AND CATCHPHRASES

By Pam Teel

What comes to your mind when you think of logos? Do you immediately recall a brand or product? Well, that's the power of a logo. You will not find any business without a logo or trademark these days. Logos allow business owners to distinguish themselves in a world cluttered with thousands of brands.

So, how did this all get started? Logo finds its genesis in Greek etymology. It is derived from 'logos' meaning 'word'. The Greeks used to heavily rely on logos to get their concealed messages across kings and rules. Moreover, many ancient Roman and Greek coins showcase monograms (referred to as logos in the present era) of their kings. If you think only the Greeks and Romans used logos for different purposes, you might be slightly mistaken. The Assyrian, Mayan, Chinese, Egyptian and Babylonian cultures also made use of pictographs for communicating their ideas and words. Now, these pictographs can be termed as ancient logos. If we talk about the 13th or 14th century, the monograms as described above were transformed into trademarks. Farmers, goldsmiths, merchants and everyone involved in trading used trademarks. In fact, branding is centuries old. When there was no way of identifying their cattle, farmers imprinted signs on cattle using hot iron stamps.

Coming to the 18th century, the age of Industrial Revolution, logo design and branding became all the more intense. Businesses, gradually, started embracing the branding culture in one way or the other. With products being manufactured on a mass scale, merchants and businessmen had to find ways to make their products different and unique. With the advent of technology, logo design became all the more popular. The rise in visual arts and lithographic processes, further added, to the growth of logo design. Talking about the 1890s era, logos found their way into corporate branding.

The present age of logo design and branding has its roots in 1950s. The Chase Logo crafted in 1960 by Chermayeff and Geismar paved way for the modern logo design. Today, designers use latest technologies and include excellent graphics to churn out exemplary logo designs that simply take your breath away. With competition levels soaring new heights, logo designing has become indispensable for businesses. Now-a-days, you simply cannot afford to ignore the power of logo design.



Symbols have so much significance in our lives. Because symbols are such an ingrained part of our lives, most people don't even realize how many symbols they see and experience on a daily basis. All of these symbols have ancient origins but in today's modern society, most of these symbols might have lost their true meaning. And then again, symbols can be perceived in different ways, depending on the person and their culture. From hundreds of companies' logos, to television shows, to religious text, to engravings on gravestones, we run into these ancient symbols anywhere and everywhere. Let's explore the origins of the cross, spirals, knots, and more. We might then realize the importance of these symbols to our ancestors' lives and to our lives. For example spiral logos back in the ancient times meant growth and expansion; a never ending spiral of the soul. Spirals are used a lot in modern day logos. Take the famous caduceus medical symbol, a traditional symbol of Hermes, it features two snakes winding around an often winged staff. It is often mistakenly used as a symbol of medicine instead of the Rod of Asclepius, especially in the United States. The two-snake caduceus design has ancient and consistent associations with trade, eloquence, negotiation, alchemy, wisdom, and controversially, thievery, lying, and the passage into the underworld. Snakes were once regarded by Greeks as sacred and used in healing rituals.

The Pentagram was originally used by Christians to represent the five wounds of Jesus but Satan worshippers now use it in a negative connotation. The ankh represents eternal life or the key of life. Its symbol is seen on gravestones, in jewelry, and much more. Eye symbols are used all over. CBS uses one as part of its logo. The eye represents the window of our souls. The all Seeing Eye can be seen on the back of a U.S. dollar engulfed in a triangle. It was meant to mean protection and truth. The eye and triangle are also part of Masonic symbolism. Today the eye and the triangle are also associated with satanic cults. I guess how they are interpreted in modern times are up to the individual and his beliefs.



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Shanna Truffini and *You Are a Gardener*

By Lauren Kolacki

Parenting is about supporting your children in all instances; they grow up to be what you believe. When Shanna Truffini's daughter, Anna, was five years old, their family encountered an 'unforeseen' obstacle in their path. This hardship entered Anna into a state of post-traumatic stress. Knowing the necessity of getting to the root of this stress, the family tried everything from cognitive behavioral therapy to homeopathic remedies, yet they could not find a method to alleviate Anna's angst.

One day Shanna was out with a friend who compared stress and anxiety to "watering weeds," which first planted a thought in Shanna's mind. That night she sat her children down to explain to them what she had experienced that day; she went on to tell her children that they were gardeners growing the most beautiful gardens inside of them. The flowers were the happy thing like baking cookies and snuggling, while the weeds were the things that make you feel sad, scared or mad.

When she asked Anna and Aidan, her daughter (then 7) and son (then 5) if they had any weeds that day at school, she was taken back to hear them both open up about what they had experienced that day that had caused them to feel stress. Her children talked about the things that they had encountered and how it made them feel. Shanna could actually see their shoulders come down as if a weight had been lifted.

Shanna would always talk to her kids about their day at school such as who they had lunch with, an upcoming project, a song they learned in music, but they were never consistently talking about the things they experience that may cause them to feel stress. That night, after she tucked her kids in, Shanna wrote her first book, *You Are a Gardener*.

Before that night Shanna had never written any other publications. As a child, she loved poetry, especially Dr. Seuss and Shel Silverstein. She always appreciated a good rhyme, so much that *You Are a Gardener* just spilled out of her as she wrote the poem in about 15 minutes. The skills Shanna had acquired from being a General Manager and Creative Director for a women's clothing boutique for over 17 years contributed greatly to her self-publishing her own book. Shanna believed the message was too important to wait and find a publisher, so just like that she did extensive research on doing it herself. She enlisted the talents of her friend Kelsey DeLaney, and together they constructed and laid out the book.

Despite the title, this book is not literally about gardening at all. It is about planting the seeds of emotional education in children and adults alike while using child friendly vocabulary that kids of all ages can easily understand. The method is to "pull your weeds, plant new seeds and enjoy the flowers along the way." It is a systematic way to teach children to identify and recognize life's everyday challenges (the weeds) and talk about them with someone they trust like a parent, teacher or friend. It encourages open communication and problem solving (turning weeds into seeds) while taking the time to appreciate and be thankful for the bright and positive experiences (the flowers). These metaphors allow children, in a vocabulary they are comfortable with, to recognize and communicate their feelings while understanding they have the power to control the way they feel.

From that day on, the Truffini Family started to "garden." Everyday they would talk about the weeds and the flowers they experienced. Shanna found that consistency is everything when it comes to "gardening." When you introduce the gardener lifestyle into a family it is helpful to do it frequently; the more children use the vocabulary the more comfortable they become with talking about the things that may not be sitting right.

In only a few short months Shanna witnessed her daughter getting more to the root of what had been weighing her down. She was feeling lighter and more in control. As Shanna's son started using this approach in his kindergarten classroom she could see how it helped him communicate with his teacher and his peers. This drastic change is what inspired her to self-publish the book as she knew this was a faster route than looking for a publisher. She wanted the book out there and she did not want to wait.

Through this process Shanna has been meeting regularly with therapists, teachers and counselors and all are in agreement that stress levels in kids are at an all time high and they are seeing it younger and younger. Shanna has also written a *You Are a Gardener* curriculum that infuses with most elementary environments. She feels very strongly about getting this method into the school systems. If everyone begins to understand and apply this mechanism, it is encouraging for children to know we are all speaking the same language in schools and at home. Shanna is currently booking workshops and programs for schools and parenting groups for this fall.

Last summer Shanna's daughter, Anna, proposed an additional tool to add to the *You Are a Gardener* brand. She had the idea to start a YouTube series called Hello Gardeners and every episode Anna and her brother Aidan would help other children pull their weeds and finish the episode with an enjoyable DIY project. The video series is like a modern day Dear Abby for kids. The family produces one video a month and they are currently working on the 7th episode. People love the series and The Truffini's started receiving stories from all over. Hello Gardeners gives kids a voice and here they can see how the vocabulary is used and applied in a bright and positive setting.

The Truffini family would love to travel across the country and educate families, schools and therapists about their gardening method and the importance of emotional education in children and adults alike. Until then, the family will continue to spread their seeds locally through their workshops, website, newsletters and through family and friends. If you are interested in how you can help spread the seeds of *You Are a Gardener*, you can buy the book at YouAreAGardener.com. Here you can also watch the videos, schedule a workshop, download free resources and links to their social media.



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Elting Insurance LLC Is Here to Help

By Abigail Urban

“Pretty much everything Insurance, that’s what I do,” Elting Insurance LLC founder Mickey Elting said. “If you need any type of insurance, call Mickey!”

Mickey’s mission is to make sure people are properly insured for the most cost-effective price. Mickey is honest and helps clients compare prices and advises them on whether he is a less expensive option or if they are better financially staying with the insurance company they already have. Above all, he wants to help clients make smart financial choices.



As a former Optician, Mickey wanted to branch out from retail and switch careers and began selling insurance with Prudential. After 20 years of experience, Mickey decided to start his own business where he could offer a more boutique style and personalized approach to helping his clients.

“I felt like I was very patient with people and my client list was growing and growing,” Mickey said. “I knew my knowledge and integrity was priceless when helping business owners and families make important decisions.”

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Along with being a passionate adviser, Elting is also proud to be a role model and mentor for other insurance brokers. He once spent hours teaching a single mother who just lost her husband how to balance a checkbook. This act of kindness left a lasting impression on the client’s son and inspired him to become a major insurance broker himself.

Whether he is teaching someone how to balance a checkbook or advising on insurance options, Mickey always provides personal care and attention. When not advising or helping clients put through claims, Mickey enjoys traveling with his wife and being a proud grandfather. Mickey is definitely a proud family man!

Mickey welcomes anyone to visit him or contact him for a free evaluation or quote. His office is located at 63 West Main Street, Freehold in Suite K. He responds to emails quickly at mickey@eltinginsurance.com and his office phone 732-780-2400. Give Mickey a call and get to know why he is so successful at achieving his clients’ personal goals and insurance needs!!

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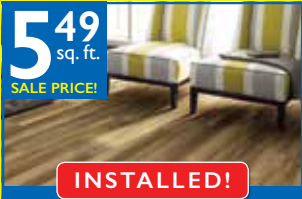
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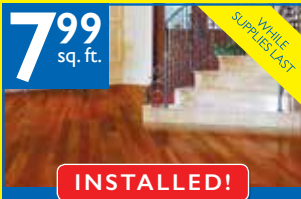


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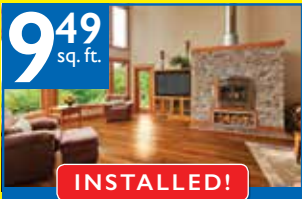
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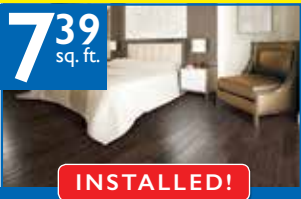
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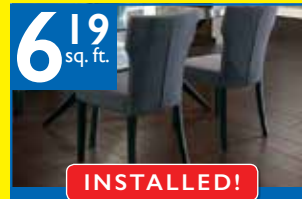
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Dwelling Fire Insurance

By, Lauren Kolacki

When purchasing a home there are millions of factors that bounce around in your head. Mortgage, decor, yard work, neighborhood, school system, property tax, insurance, etc. Some more important than others, however, all still considerable aspects. The amount of stress you experience can lead to abrupt choices just to check them off the list. When it comes to making decisions regarding your insurance, it is important that you are taking the time to become well informed on your policy, as empty-headed decisions can lead to sizable dilemmas down the line.

Unlike owning a car, when you own a home, property insurance is not required. However, many mortgage companies require it in the case of unforeseen circumstances. When dealing with an insurance company be sure to know every division of your policy. Homeowners insurance provides you with financial protection in the event of a disaster or accident involving your home and your belongings in the event of a destructive event.

Dwelling fire insurance is the part of your homeowner's policy that helps pay for the rebuilding or the repair of the physical structure of your home if it's damaged by a covered hazard. Unlike a typical home insurance policy, which covers everything except for listed exclusions, a dwelling fire policy will only cover named perils. The named perils usually include fire, hail, lightning, windstorm, theft, vandalism, etc.

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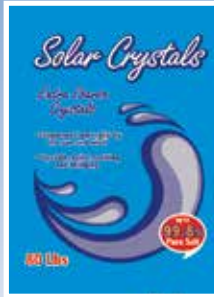
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Curb Appeal

By Lauren Kolacki

When it comes to selling your home, of course you are looking to boost your curb appeal. From small paint jobs or big remodeling projects, there are several steps to be made to increase your home's value. If you are looking for quick, low-cost upgrades, consider repainting the front door, trim or shutters. This ensures the house was well taken care of, as well as gives off a "new" impression. Planting flowers, shrubbery or trees can also contribute to the first glance appeal of the property. Installing new house numbers, a new mailbox or door knobs also give a fresh look. If your home needs bigger projects, try replacing the front door, old windows, roof, siding or garage doors.

Aside from curb appeal, the front door offers other benefits. Your choice of front door can increase the security of the home. Convicted burglars claim one of their ideal targets was a house with cheap wooden doors because they were easiest to kick in. Technology has been greatly contributing to society in infinite ways, one being front door and garage codes. Installing one of these products makes some of life's everyday tasks a little bit easier and could be just one of the selling points of your home.

Old doors and windows begin to wear out over time. You may feel the air from outside creeping through which means, the inside air could be getting out the same way. Replace old doors or windows with energy efficient ones, to control your comfort and energy bill.

If you decide to redo your old roof or siding, be sure to take the old off instead of placing the new right on top. By doing this, you will become aware of any damage underneath and be able to fix it. A roof can account for 40 percent of home's look from the curb.

Some additional, easy touches you could add to the outside of your home is porch/pathway lights. Not only does this add a safety factor but also contributes to the overall ambiance. Adding tables, chairs or porch plants boosts the style and excludes a homey feel. By making a few of these changes, big or small, you can increase your curb appeal greatly.



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If the upper jaw is too narrow, there is not enough room for all the permanent teeth to erupt, which results in crowding, crossbites, underbites, or an edge-to-edge bite. Palatal expanders will not prevent the need for braces when all the permanent teeth erupt, but often 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. As the palate begins to expand, it creates more room in the mouth for all of the teeth and the remaining teeth can begin to shift into position and will be far closer to their final position. A palate expander will reduce treatment time too. Different factors can lead to narrow upper jaw growth such as thumb-sucking, tongue thrusting or mouth breathing due to enlarged tonsils. Although these problems may look harmless, they may have serious long-term consequences on aesthetics and both dental and physical health. Palatal expanders often

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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NEW JERSEY PLAYERS NAMED TO 2018 U.S. YOUTH SOCCER NATIONAL CHAMPIONSHIPS BEST XI TEAMS

By Pam Teel

The best XI teams were announced today for the U.S. Youth Soccer National Championships with New Jersey Soccer being well represented on the roster of recipients.

The announcements took place from July 23-29 at the Toyota Soccer Center in Frisco, Texas. New Jersey Youth Soccer teams who competed at the National Championships were Real Jersey FC 14U Boys, PDA Shore 16U Girls, SJEB Rush 16U Girls and Princeton Soccer Association 18U Girls, with each being represented on the roster of Best XI recipients.

The Best XI team was first introduced at the 2011 National Championships. Similar to FIFA's All-Tournament concept, the Best XI recognizes the top 11 performers in each age group, irrespective of their position on the field, throughout the tournament as voted by coaches of the participating teams in that age group.

The Best XI joins the Golden Ball, Golden Glove and Fair Play awards given out annually at the National Championships.

2018 GOLDEN GLOVE AWARD

- Matthew Marino - Real Jersey FC (NJ)
- Alexandria Clark - SJEB Rush 02 Academy Blue (NJ)
- 2018 National Championships Best XI
- Sage Dougherty - PDA Shore Freedom (NJ)
- Alyssa Oviedo - Princeton SA (NJ)
- Naya Vialva - Princeton SA (NJ)
- Andrew Kitch - Real Jersey FC (NJ)
- Cade McGrath - Real Jersey FC (NJ)

New Jersey Youth Soccer, a 501(c) (3) organization affiliated with U.S. Youth Soccer and the U.S. Soccer Federation, is comprised of more than 100,000 players from 5 to 19-years-old; 20,000+ coaches; and thousands of volunteers. Members collectively support the sport of soccer through training, practice, competition and the spirit of good sportsmanship. The association features recreational, travel soccer programs at multiple skill levels; Olympic Development Programs (ODP); tournaments including the National Championship series; coach and referee training and certification programs; and TOPSoccer, a program for children with special needs.

To find out more information about New Jersey Youth Soccer or to contact them directly, please email communications@njyouthsoccer.com. Also make sure to follow them on social media: @NJYouthSoccer



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<https://tinyurl.com/After-School-November>

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10 Must-Have Skills to Be a Great Parent

1. **KNOW WHERE YOUR CHILD IS.** Know where they are, who they are with, who is in charge, and when they'll be home. This is critical especially for young teens.
2. **GET TO KNOW YOUR CHILDREN'S FRIENDS.** Where your child spends their time and who they spend it with will have a deep impact on them. Make sure you know your child's friends and their parents.
3. **MAKE SURE YOUR CHILD HAS A HEALTHY DIET.** Their brain is growing and needs the proper nutrition. Make it healthy and avoid overeating. Obesity is a huge issue in children today. Keep your child eating right and staying active for good health.
4. **LIMIT TELEVISION WATCHING AND VIDEO GAME PLAYING.** Children need to be active. Get the TV out of your children's room and give them other activities that will help them learn and grow. It's okay to insist that electronics be turned off and make them go outside to play.
5. **INSIST ON RESPECT.** Respect for yourself and respect for others. Teaching your children good coping skills and communication is one of the best things you can do for your child. Make sure they can handle their anger in ways that will not be verbally or physically abusive to others.
6. **BE RADICALLY CONSISTENT.** Make sure your child knows if you promise consequences for good or bad behavior that you will deliver it – every time. Just don't say it if you aren't going to do it. Expect the same from your children.
7. **TEACH YOUR CHILD ABOUT SEX.** Have open and honest communication with them about sex. Not just that it's bad and they'll get pregnant and die if they have it, but talk about the joy of waiting for that special someone, and about how to take responsibility for their own body.
8. **PREPARE YOUR CHILD FOR ADULTHOOD.** Ask them often how they feel about things and keep open discussions going about drugs, drinking, money, personal safety, and current events. Really work at finding out where your child is on all of these topics and talking to them from a place that they will understand you, not just lectures. For example "What would you do if someone at school offered you drugs?" Listen to their answer and start your discussion from there.
9. **KNOW YOUR CHILD DEEPLY.** What are their hopes, dreams, and passions? Refrain from expecting your child to adopt what you think is important to pursue in life and really get to know where their heart is. Encourage them to pursue their own passions in life, this is one of the greatest things you can do for your child.
10. **FINALLY, TAKE A LOOK AT YOUR OWN LIFE.** You need to be the person you hope your child will become. It just doesn't work to expect them to be one way if you aren't willing to do the same thing yourself. For example, if you want an honest child, you **MUST** be honest. That means with everyone. Showing them it's okay to lie to others will give them the message that it's okay to lie to you. Be really honest with your own personal inventory and make sure you are leading by example.

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THE MILLSTONE TOWNSHIP PTO & PTSA ARE GEARING UP ITS FOURTH ANNUAL **COLOR-A-THON** ON SATURDAY, OCTOBER 6, 2018!

The event will take place at the Millstone Township Middle School located at 5 Dawson Court. Participants can walk, run or dance through a 2.5 mile course and get color-blasted in safe, eco-friendly, plant based powdered dye at every zone...turning them into a moving target of fun! "There will also be a shorter course which is perfect for junior runners and the entire family, my kids are so excited to take part in this event," said Event Chair Angela Teston. Registration begins at 8am and participants can take part in free pre-race activities while they wait for the race to begin at 9am.

All the participants will line up behind a giant inflatable archway at the starting point. The 2.5 mile course was mapped out by Mr. Joseph Muni, the Middle School Athletic Director. "Part of the terrain is the middle school cross country course and part of it is a very scenic route through the woods," said Muni. "This course proves to be a lot of fun during the cross-country season and promises to be just as exciting for the upcoming Color-a-Thon."

After the race, participants can jam out to music at the After-Blast Party! We will count down to when everyone rips open their color packets to share a blast of color with family, friends and everyone around. The result is a once in a lifetime experience all while exercising and having fun running alongside classmates, teachers, administrators and members of the community. There will also be a food truck, activities for the youth and plenty of vendors.

Students will receive a pledge packet come September where they will get a chance to earn tons of free prizes to use on race day! "This is not only a great opportunity to support the children of Millstone Township but it's also a great opportunity to advertise your business. There are many other sponsorship opportunities available including prominent signage along the course and family sponsorships as well. For more information please contact Angela Teston.

The event is expected to draw hundreds of families from Millstone Township and the surrounding towns. All of the proceeds from the event will go directly to the students in grades PreK-8 of the Millstone Township School District.

The Millstone PTO/PTSA is a 501(c) (3) organization that operates independently from the school district. All donations are tax-deductible to the extent allowed by law.

For more information about the Color-a-Thon please contact Angela Teston @ 908-239-0201 or angela2805@aol.com.



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IT'S BABY SAFETY MONTH!

By Susan Heckler

Each year, children are injured by hazards in and around the home which can be prevented by using child-safety devices and reminding older children in the house to re-secure safety devices after disabling them. Most of these safety devices are easy to find and are fairly inexpensive. To be effective, they must be properly installed. Follow installation instructions carefully. Remember, too, that no device is completely childproof; determined youngsters have been known to overcome or disable them.

Here are some child safety devices that can help reduce injuries to young children. The red numbers correspond to those on the image following the text.

1. Use Safety Latches and Locks for cabinets and drawers in kitchens, bathrooms, and other areas to help prevent poisonings and other injuries can help prevent children from gaining access to medicines, household cleaners, matches, or cigarette lighters, as well as knives and other sharp objects. Look for safety latches and locks that adults can easily install and use, but are sturdy enough to withstand pulls and tugs from children.
2. Use Safety Gates to help prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers. For the top of stairs, only use gates that screw to the wall. Use safety gates that meet current safety standards. Replace older safety gates that have "V" shapes that are large enough to entrap a child's head and neck.
3. Use Door Knob Covers and Door Locks to help prevent children from entering rooms and other areas with possible dangers. Be sure the door knob cover is sturdy, and allows a door to be opened quickly by an adult in case of emergency.
4. Use Anti-Scald Devices for faucets and shower heads and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water. Anti-scald devices for regulating water temperature can help reduce the likelihood of burns.
5. Use Smoke Alarms on every level of your home, inside each bedroom, and outside sleeping areas to alert you to fires. Check smoke alarms once a month to make sure they're working and change batteries at least once a year.
6. Use Window Guards and Safety Netting to help prevent falls from windows, balconies, decks, and landings. Limit window openings to four inches or less, including the space between the window guard bars.
7. Use Corner and Edge Bumpers to help prevent injuries from falls against sharp edges of furniture and fireplaces. Be sure to look for bumpers that stay securely on furniture or hearth edges.
8. Use Outlet Covers and Outlet Plates to help prevent electrocution. Be sure outlet protectors cannot be easily removed by children and are large enough so that children cannot choke on them.
9. Use a Carbon Monoxide (CO) Alarm to help prevent CO poisoning. All consumers should install CO alarms near sleeping areas in their homes. Change batteries at least once a year.
10. CPSC recommends using Cordless Window Coverings in homes with young children, in order to help prevent strangulation. If you have window blinds from 2000 or earlier and you cannot afford new, cordless window coverings, call the Window Covering Safety Council at 800-506-4636
11. Use Anchors to Avoid Furniture and Appliance Tip-Over. Furniture, TVs and ranges can tip over and crush young children, causing deaths and injuries when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks, chests and ranges.
12. Use Layers of Protection with Pools and Spas. A barrier completely surrounding the pool or spa including a 4-foot tall fence with self-closing, self-latching gates is essential. If the house serves as a side of the barrier, doors heading to the pool should have an alarm or the pool should have a power safety cover. Pool alarms can serve as an additional layer of protection. Sliding glass doors, with locks that must be re-secured after each use, are not an effective barrier to pools.

BACK TO SCHOOL

Tips for Parents of Children with Special Needs

- 1. Organize all that paperwork:** In the world of special education, there are lots of meetings, paperwork, and documentation to keep track of. Try to keep a family calendar of school events, special education meetings, conferences, etc. Setting up a binder or folder to keep your child's special education documentation, meeting notices and IEPs in sequential order can also help you stay organized.
- 2. Start a communication log:** Keeping track of all phone calls, e-mails, notes home, meetings, and conferences is important. Create a "communication log" for yourself in a notebook that is easily accessible. Be sure to note the dates, times, and nature of the communications you have.
- 3. Review your child's current IEP:** The IEP is the cornerstone of your child's educational program, so it's important that you have a clear understanding of it. Note when the IEP expires and if your child is up for reevaluation this year. Most importantly, be sure that this IEP still "fits" your child's needs! If you're unsure, contact the school about holding an IEP review meeting.
- 4. Relieve back-to-school jitters:** Just talking about the upcoming year and changes can help reduce some of that back-to-school anxiety! Talk to your child about exciting new classes, activities, and events that they can participate in during the new school year. If attending a new school, try to schedule a visit before the first day. With older students, it is sometimes helpful to explain the services and accommodations in their IEP so that they know what to expect when school begins.
- 5. Keep everyone informed:** It's important that you and the school communicate early and often! If there is anything (concerns, changes, questions about the IEP) that you feel is important to share with the staff working with your child before school starts, or during the year, don't hesitate to contact them! The more protective and honest you are, the better the school staff will be able to meet your child's needs.
- 6. Establish before and after school routine:** Discuss and plan the changes in you and your child's daily routine that will happen once school starts. You can even begin practicing your new schedule, focusing on morning and evening routines, and begin implementing them well in advance of the first day of school.
- 7. Stay up-to-date on special education news:** Being knowledgeable about your child's IEP and their disability can help you become a better advocate for your child. Try to keep up-to-date on new special education legislation, news, and events. The more you know, the more prepared you will be to navigate the world of special education and successfully advocate for your child!
- 8. Attend school events:** Take advantage of Open House, Back-to-School Night, and parent-teacher conferences to help you and your child get a feel for the school and meet the teachers, other staff, students, and families. Share the positives about working with your child, and let the teacher know about changes, events, or IEP concerns that should be considered for children in special education.

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SEPTEMBER IS CHILDHOOD OBESITY AWARENESS MONTH

By YMCA of Western Monmouth County

September is Childhood Obesity Awareness Month, and while the dangers of childhood obesity are well chronicled, many families need support changing their families' habits with the goal of being a healthy weight. That's why the Y — a leading community-based organization dedicated to improving health—wants families to understand the dangers of childhood obesity and ways to reverse course through improved eating habits and increased physical activity.

According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity affects about 12.7 million children and adolescents. Today, obesity affects one in six children and one in three are overweight, which poses greater risks for many health problems such as type 2 diabetes, high blood pressure, high cholesterol and some cancers.

Successfully lowering obesity rates in children requires the whole family to change their eating and physical activity habits. Kids learn unhealthy habits at home, and many parents or caregivers don't realize how the choices they make affects those who look up to them.

The following tips are some great ways to incorporate healthier eating habits and more physical activity and into your daily family routine:

EAT & DRINK HEALTHY: Make water the drink of choice and encourage everyone to fill half their plates with fruits and vegetables by offering two or three colorful options at every meal. As a family choose a new fruit and veggie every week to taste together. Place a full pitcher of water on the table during meals, and allow children to pour their own water.

PLAY EVERY DAY/GO OUTSIDE: Children should have at least an hour a day of unstructured play outside (when possible) and break a sweat at least three times a week by getting 20 minutes or more of vigorous physical activity. Join your children in games that get your hearts pumping and bodies moving.

GET TOGETHER: Eat as a family as frequently as possible. Involve kids in meal planning, preparation and clean up. In addition, adults should take a break from electronics and spend one-to-one time each day with their kids, enjoying one another's company.

REDUCE RECREATIONAL SCREEN TIME: Time spent in front of a television, computer, tablet, cell phone or video games should be limited to two hours or less per day. Make a family plan to reduce screen time at home (i.e. turn off screens during meals, go for a walk after a meal, set a timer to remind you to power down the screen).

SLEEP WELL: Kids and adults need to keep a regular sleep schedule; unwind together in the evenings by reading a book or listening to soft music to ensure the body is preparing for sleep. Kids are growing and need 10-12 hours of healthy sleep per night and seven to eight hours for adults.

The YMCA of Western Monmouth County offers many options for both adults and children to increase their physical activity year-round. To learn more, visit www.ymcanj.org.



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Carb Free Cauliflower Cheese and Bacon Casserole

If you love the taste of a loaded baked potato, then you're going to love, love, love this recipe!

Replacing the starchy potatoes with some fresh cauliflower makes this recipe guilt free but still fabulous!

INGREDIENTS

- 5 cups chopped cauliflower
- 1 cup low-fat sour cream
- 1 1/2 cup reduced fat shredded Cheddar cheese, divided
- 3 scallions, chopped
- 4 slices bacon, cooked and crumbled
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

PREPARATION

1. Preheat oven to 350 degrees F.
2. In a large pot of boiling water, place cauliflower in a steamer basket; cook 8 to 10 minutes, or until tender. Drain well.
3. In a large bowl, combine cauliflower, sour cream, 1 cup cheese, half the scallions, half the bacon, and the pepper; mix well. Spoon mixture into baking dish and sprinkle with remaining cheese.
4. Bake 20 to 25 minutes, or until heated through. Sprinkle with remaining bacon and remaining scallions and serve.



THE BETTER BREAKFAST: BANANA, GINGER AND AVOCADO SMOOTHIE

This smoothie has benefits all around and it is a quick and easy breakfast for people on the go! Ginger is said to reduce muscle pain and soreness. Ginger has been shown to be effective against exercise-induced muscle pain. Bananas are a great source of magnesium and magnesium can help with muscle contraction and relaxation as well as protein synthesis, which increases lean muscle mass. Avocados are high in potassium and several studies show that having a high potassium intake is linked to reduced blood pressure, a major risk factor for heart attacks, strokes and kidney failure.

INGREDIENTS:

- 1 Medium sized ripe avocado
- 2 small ripe bananas
- 1-inch fresh ginger
- ½ cup yogurt or milk
- ¼ cup cold water
- 2 teaspoons of flax seeds
- 1 teaspoon lemon juice
- 1 Tablespoon raw honey

DIRECTIONS:

1. Blend all the ingredients in a blender under smooth.

Optional: add crushed almonds or cashews to the top to eat with a spoon.





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COUPLE'S CAFFEINE SMOOTHIE TO GO

Black tea has many health benefits. It contains polyphenols, which are also antioxidants that help block DNA damage associated with tobacco or other toxic chemicals. These antioxidants are different from those obtained from fruits and vegetables and therefore as a regular part of our diet they can provide additional benefits towards a healthy lifestyle. Research shows that individuals who consume 3 or more cups of tea had a 21% lower risk of a stroke than people who consume less than 1 cup of green or black tea per day. Research also shows that antioxidants like polyphenol and catechins in tea may help prevent some types of cancer. It has been suggested that women who drink black tea regularly have a lower chance of ovarian cancer than their counterparts.



INGREDIENTS

- 1 cup (240 mL) black tea
- ½ cup (120 mL) almond milk
- 1 tablespoon vanilla protein powder
- ½ cup (120 g) plain yogurt
- 1 banana, sliced
- 1 cup (100 g) blueberry
- 2 cups (280 g) ice
- sliced almond, for serving

PREPARATION

1. Add the black tea, almond milk, protein powder, yogurt, banana, blueberries, and ice to a blender.
2. Blend until smooth.
3. Serve in a glass topped with sliced almonds.

APPLE DAYS HARVEST FESTIVALS AT TERHUNE ORCHARDS

7 Fun Filled Weekends Sept. 15 - Oct. 28, 10 am-5-pm

For over 40 seasons, Terhune Orchards has held festivals to celebrate our abundant apple harvest. Over the years as our family continues to grow, we also have planted new varieties in the apple orchards. Our enthusiasm for everything apples continues to grow bigger and stronger! Join us on weekends, from September 15 through October 28 to experience the joy of fall on our farm for Apple Days Harvest Festivals, 10 a.m. - 5 p.m. every Saturday and Sunday.

During these seven fall weekends, a full day of fun on the farm awaits the entire family. Enjoy the view of trees laden with red, golden and green apples during a tractor-pulled wagon ride around our preserved farmland. Explore our corn stalk maze. Sit a while and listen to some good old-fashioned country music. Inhale the aroma of fragrant apple pies wafting in from our bakery. Warm up with a cup of our freshly pressed apple cider and famous donuts. Stroll on the Farm Trail to get up close and personal with nature. Pumpkin picking and apple picking are always a favorite pastime here at the farm.

Children's activities include scavenger hunts, rubber duck races, pumpkin painting and many more ways for children to interact with nature here on the farm. Our Adventure Barn is decorated differently each year and tells the story of life on a farm. This year our theme will be Corn. Be sure to stop by the barnyard to visit the animals. Kids can take a pony ride or have their faces painted, too.

Every Saturday and Sunday during the seven fall weeks, Terhune Orchards features live music played by some of the area's best local talent. Most bands are returning by popular demand.

Pam's Food Tent is always adding new seasonal delights to the lunch menu. Indulge in pulled pork sandwiches, hot dogs, BBQ chicken, vegetarian chili and soups

and other traditional fare. Pam cooks up apple goodies for the Apple Buffet. Treat yourself to a taste of our very own apples in cider donuts, pies, muffins, salads, and much more.

The winery tasting room is open for a place to pause and overlook the farmyard. Enjoy a tasting or a glass of our award winning red, white and fruit based wines. Seasonal favorite, Apple Wine, is made with our own apple cider.

Stop in front of the farm store where the display of colorful mums, Indian corn, pumpkins and apples are perfect for pausing to take a family photo and for choosing fall decorations for your home.

Apple Days Harvest Festivals are 10 a.m. to 5 p.m. Saturdays and Sundays.
Sept. 15 - Oct. 28. Three day festival for Columbus Day Weekend.

Admission on festival days is \$8, ages 3 and up. Parking and access to the farm store and winery is free. More details online: <http://terhuneorchards.com/fall-family-fun-weekends/>

PICK-YOUR-OWN APPLES EVERY DAY

Beginning Labor Day weekend, Terhune Orchards' Van Kirk Road orchard will be open every day for apple picking from 9 a.m. to 5 p.m., weather permitting, through October.

Terhune Orchards is located at 330 Cold Soil Rd., Princeton. The farm store is open daily. Wine bottles are available in the store daily.

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Roasted Vegetables & Lentil Lunch

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INGREDIENTS

- 2 cups butternut squash, cubed
- 2 cups brussels sprout, quartered
- 1 red onion, cut into wedges
- 1 tablespoon olive oil
- 1 salt, to taste
- 1 pepper, to taste
- 1 cup green lentil, rinsed
- 3 cups water, or vegetable broth
- 3 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1 salt, to taste
- 1 pepper, to taste

PREPARATION

1. Preheat oven to 400°F (200°C).
2. Add butternut squash, Brussels sprouts, and red onion to a parchment paper-lined baking sheet. Season with olive oil, salt, and pepper, and use hands to mix until seasoning is fully distributed.
3. Bake for 20 minutes, flipping halfway through.
4. In a medium saucepan, add lentils and water, and bring to a boil.
5. Reduce heat to a simmer and cover for 20-25 minutes or until lentils are tender. Drain excess water if necessary.
6. When vegetables are finished roasting, transfer to a mixing bowl and add lentils.
7. For the dressing, combine balsamic vinegar, maple syrup, salt, and pepper in liquid measuring cup and whisk until combined.
8. Pour dressing over lentils and vegetables and toss until fully coated.
9. Transfer lentil salad to two containers and refrigerate for up to 5 days.

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DO YOU HAVE THE RIGHT AUTOMOBILE INSURANCE?

By John Bazzurro

In my day-to-day practice, I generally see two or three new clients per week that have been involved in automobile accidents. Unfortunately, about 90% of these people carry a policy of automobile insurance that does not allow them to sue for personal injury resulting from a motor vehicle accident. The purpose of this article is to educate the public with respect to its rights as they relate to automobile insurance policies and to inform the public of its options with regard to what type of car insurance they should obtain.

The State of New Jersey is one of many states that have a “no-fault” system of automobile insurance. This basically means that your own automobile insurance company pays your medical bills arising out of a motor vehicle accident regardless of who was at fault in causing the accident. In many states that have a “no-fault” system, there is generally a “tort threshold” in insurance policies or within the state’s statutes. New Jersey is a state that contains a “tort threshold” in its statute. This is generally called the “verbal threshold” or the “limitation on lawsuit” threshold.

What does this “threshold” term mean as it relates to your rights as a citizen? Basically, because of this statute, in order to obtain damages for an injury from an injury sustained in a car accident, you must prove that your injury fits into one of several categories. Generally, in such cases which involve spinal injuries, an injured person must prove that they have a permanent injury to an organ or body part that “has not healed to function normally and will not heal to function normally with further medical treatment” before they will be entitled to money damages.

Insurance companies use the above statutory language in an attempt to convince a judge or jury that such injuries are not related to an accident and, even if such an injury was related to the accident, the spine now “functions normally.” Oftentimes, juries “buy into” these arguments and refuse to find that a permanent injury has occurred. Once a jury reaches that conclusion, the injured party is not entitled to receive a monetary award even where the injured party has sustained rather significant life-changing injuries.

What can you do to protect yourself and your family against such a unfair outcome? Fortunately, in the State of New Jersey, you have a choice as to whether or not you want this “limitation on lawsuit” option to apply to your policy. Of course, it is better if this limitation does not apply to your policy. Unfortunately, you must pay an extra insurance premium to have this limitation taken off of your insurance policy. Once you pay the extra premium, the limitation described above will not apply to you or any family members living in your household.

If you do not know whether or not the “limitation on lawsuit” applies to your automobile insurance policy, please feel free to contact us so that we may advise you appropriately. If you do have this limiting option on your car insurance policy, we suggest that you immediately contact your insurance company or agent to have the limitation removed. Generally, the increased premium will be no more than a few dollars per month but will provide you with an unlimited right to sue in the event you are injured in an accident.

Should you have any questions with regard to the above or other questions concerning automobile insurance as it relates to personal injury law, please feel free to contact our office.

JOHN T. BAZZURRO, Esq.

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The 2018 Closet Purge

By Nicole Iuzzolino

One: Faux Leather Bags

Everyone is guilty of buying those cheap leather bags that they sell at any clothing store in the mall. However these bags begin cracking and falling apart so quickly. It is time to purge of these bags and take on the saying "quality over quantity". One quality bag will last you a lifetime, so you do not have to buy twenty more fake ones.

Two: Free T-Shirts

We all know those t-shirts that you get at local fundraisers and events. They really hold no value but for some reason we always keep them around. These shirts are the perfect thing to remove from your closets this season. It will make room for everything else that you buy throughout the new year.

Three: Uncomfortable Shoes

Everyone has those pairs of shoes that we never wear because of the blisters they cause. These are the shoes that must go this 2018. They are sitting there, collecting dust, and never being worn. It is time to get rid of those, and replace them with shoes that are actually comfortable.

Four: Dirty White Sneakers

As much as we try to wash them, there are times where the shoes refuse to come clean. While it may break your heart to get rid of them, you can always invest in a brand new pair.

Five: Corset Belts

If this was something purchased during the 2017 craze for these, it's time for them to go. It is a trend that is short lived, and should not be part of your 2018 wardrobe.

FROGBRIDGE DAY CAMP CONTINUES TO MAKE A DIFFERENCE IN THE LIVES OF CHILDREN

If you or a friend or neighbor have ever spent a summer at Frogbridge Day Camp, you know that they are not only known for their incredible facility, amazing programs, and mature and enthusiastic staff. They have also, through the years, become very well known for their work within our communities.

Owner Frank Pugliese and his son, camp director J. R. have worked tirelessly to teach the importance of giving back to those in need throughout our towns and schools. They call this program "Campers Helping Kids" and over their 20-year history have raised well over \$50,000 for various organizations including the Pediatric Cancer Foundation, Juvenile Diabetes Research Foundation, the Lymphoma and Leukemia Society, the Jar of Hope Foundation, Our Special Place, and even the Food Bank of Monmouth and Ocean Counties where they filled an entire school bus with food following Hurricane Sandy.

This summer's fundraising efforts were a little more heartfelt than most others, due in part that 2 of their team members received unsettling news as camp began this summer. A young member of the Shapiro family, 2-year-old Jordyn was diagnosed with Acute Megakaryoblastic Leukemia (AMKL) and Frank and J.R. knew the need was there and it was time to act. They chose the Children's Hospital of Philadelphia, the very hospital caring for young Jordyn as this summer's recipient.

Calling this summer's fundraising event, Jordyn's Journey, the Frogbridge campers, team members and families gathered together and raised a 20 year record \$16,550 for children in need just like Jordyn at the Children's Hospital of Philadelphia.

Frank and J.R. purchased Jordyn's Journey T shirts for many generous participants, and the Shapiro family donated bracelets as well. Next up for the Camper's Helping Kids campaign is their annual Halloween toy drive which they call the Frogtoberfest. To date, Frogbridge has delivered over 8,000 toys to children's hospitals and children in need throughout our communities.



Jordyn's in CHOP and her mom, Jenna is holding her brother Jax, Sue Shapiro is her grandmother and Aunt Marissa are in the picture with JR, director of Frogbridge.

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Best Time To Buy a Car

You may not know this, but there are better times to shop for vehicles than others to save the most money. Do your research, find out how the dealerships operate, know the best time to strike, and get the best deals. You will know when the dealerships are anxious to finalize deals just to move more vehicles.

Time of day: You will notice that a lot of dealers seem to be more willing to negotiate later in the evening. That's because most sales professionals want to go home and relax. Even if you get a good deal, remember that you don't have to make the decision right there. Be sure that you are confident about the vehicle before you make up your mind. Dealerships are willing to let you take your time and hold the offer for a couple of days, especially if it's on the weekend as most financial institutions are not open.

Time of month: Most dealerships have monthly quotas that are set every month. If you wait until close to the end of the month, there is a chance that dealers will work very hard to negotiate lower prices. They do this to avoid losing a potential customer.

Time of year: It may sound strange but even the time of year can affect how dealers negotiate pricing. It is said that the best time of year is early fall. The dealerships are getting ready for new models to come in and want to make room for the new inventory, so they will really try to negotiate many areas of the purchase to move the cars out.

CHECK THE CAR'S HISTORY

The history of the vehicle is important, so be sure to get the vehicle history report. Remember to have the vehicle inspected before you buy it. Sometimes there are unseen damages that might have occurred. Having the vehicle history and inspection reports will provide information on major damage

and maintenance work that the vehicle has had. Some dealerships offer a free vehicle report, or you can obtain one for a relatively low price. This report can help save you from expensive repair bills in the future.

DON'T BRING UP YOUR TRADE-IN

Remember you do not have to have a trade-in to get the best deal on a vehicle purchase. It is best to not discuss putting down any money or your trade-in until a final price of your new vehicle has been settled on. Be sure to have your own vehicle inspected and research the value of your car both the one you are trading in and the one you want to buy. Typically, you get a better price for your car by selling it yourself. Dealerships often try to get vehicles for less because they have to resell it and they will need to make a profit.

TELL THE DEALERSHIP YOU'RE SHOPPING AROUND

Be sure that the salesperson understands that you are comparing prices with other dealerships. The sales people will try to convince you that they have the lower price. If you come in with a list of quotes, spreadsheets, or even checklists, the dealership may be willing to make a deal at a lower price instead of risking that you may take your business somewhere else.

TAKE YOUR TIME

Remember that you are in control; not the dealership. Do not let them try to make you buy something that exceeds your budget. Most sales people are there to help you and take your needs into consideration, not just to make a sale. Do not be pushed or pressured into something you cannot afford. Remember to stick to your budget.



WHY SHOP COLEMAN KIA AND SUBARU?

By Lauren Kolacki

When buying a new car there is a list of guidelines to follow. Set your budget, choose the right car, check the reliability, but most importantly, you must pick the right dealer. A great dealership has the right attitude, is knowledgeable about their products and is affordable. After talking to the Vice President and Managing Partner of Coleman Kia and Subaru, Scott Harvey, we got a better idea of why Ewing's Coleman Kia and Subaru is the best place to make your next purchase.

Scott began working with cars when he was just a teenager. He started off detailing them and from there he learned how to install accessories such as stereos, alarm systems, window tints and sun roofs. After 25 years of climbing the ladder, he worked as management at other dealerships until 2015, when he finally had the opportunity to buy into Coleman Kia and Subaru.

Scott likes people and he likes cars, so what better profession than this? Alongside Harvey is his wife Robin, his son who works in the Service Department and his son-in-law who runs the Collision Center. But Scott claims that all of the staff is part of their family, in fact, many of those in managerial rolls are people who have previously worked with Scott. He claims that everyone at Coleman Kia and Subaru is great to work with, in fact, they make it a point to continue their friendships outside of work with dinners and BBQ's.

Coleman Kia and Subaru runs things a bit differently than other dealerships. Scott is there every day to ensure that customers feel comfortable and his personal cell phone number is printed on every business card. Scott and the rest of the staff realize that they are nothing without their customers, therefore, every individual that steps foot into Coleman Kia and Subaru gets treated like guests in their home. They continue to be kind and supportive, in which their tag line is, "We celebrate you!" The staff gets excited for a customer when they purchase a new automobile. Their goal is to make sure that you are so satisfied, you will never want to shop elsewhere.

Coleman Kia and Subaru are transparent in pricing, both buying and leasing are incredibly favorable. Kia and Subaru both are award winning brands that are constantly being recognized by third party sources, such as, J.D. Power and Associates, Kelley Blue Book and the National Institute of Highway Safety.

Scott mentions his favorite car in the parking lot is currently the brand-new Kia stinger. He adds, "Kia really knocked it out of the park with this car." It is the hottest four-door sedan on the market right now, in fact, it has been on the cover of every car magazine for the last several months. He believes that in the future, Kia will outsell some of the most popular brands in its class. His second favorite car in the parking lot is the Subaru Ascent. In the past, Subaru has lost business due to an absent third row, but not anymore. This new 8 passenger SUV has a 5,000 lb. towing capacity and guarantees satisfaction.

Coleman Kia and Subaru are 51 years in business at the same location. It is the oldest Subaru and Kia dealership in New Jersey. Scott claims a lot of their success is a result of their accessible location, 1710 N Olden Ave in Ewing Township.

The most rewarding thing about working with Coleman Kia and Subaru is the ability to show pride in the company. He is proud of the two award winning brands they represent, and the appreciativeness customers display. When asked of a challenge Scott faces, he was stumped. He is excited to be a part of this every day and all the challenges are overshadowed by gratitude. Why should people shop with Kia and Subaru over other dealerships? Award-winning brands at an award-winning dealership dealing with an award-winning staff. No games and gimmicks, Kia and Subaru take the stress and aggravation out of buying cars.



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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

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HOW AND WHEN TO TALK TO YOUR FRIENDS ABOUT THEIR MENTAL HEALTH

By: Anupa Mohan

When you log onto social media, chances are you'll see quiet a few posts sharing a suicide helpline number, followed by statuses encouraging people to reach out to their friends instead of posting a number to a helpline. While mental health help lines are amazing resources, they aren't the only resource. We, as friends and family members, can also play a key role in helping our loved one cope with suicidal thoughts, ideation, and tendencies.

BUT HOW?

Before you decide to have this conversation, ask yourself the following questions: Am I scared, angry, or resentful right now?

- Am I at risk of triggering my own mental unrest?
- Am I unwilling to set aside my biases and personal opinions?

If you answered yes to any of those questions, then it is not time to have the conversation with your loved one. Your own mental health is incredibly important, after all you cannot pour from an empty cup – as the well-loved analogy goes. Additionally, harboring strong emotions and biases can create stressful tension when we dive into having such serious conversations.

Once you move past these minor roadblocks and you feel like you're ready to have this conversation, it's time to prepare yourself.

Preparation? I know, I know. It seems like a huge task now that I used the word "prepare". Hear me out, when you ground and balance yourself, you'll find it much easier to connect with your loved one. You'll also create a sense of serenity and peace.

GROUND AND CENTER YOURSELF.

Before you do anything else, make sure you're grounded. Spend a few minutes deep breathing or listening to a guided meditation. Even spending a few minutes strolling through nature can be very grounding.

Remember that their pain is not your responsibility.

This is an important thing to remember, because it's an easy thing to forget. When we are with our loved ones, it feels natural to shoulder their pain. Once we attach ourselves to others' pain, it wears us down and reduces our ability to be a present, healing force in their life.

It's alright to sympathize and understand. We can be empathetic to their pain as well but take a moment for yourself to remind yourself that this pain is not yours. It does not need to consume you or bring you down. If you choose to offer yourself as support for your friend, remember that they need your strength to heal.

Get comfortable saying the words suicide, death, depression, and anxiety.

Calling something by its name eliminates fear of the thing itself. This is not to diagnose or assess your friend, no, but more so to let your friend know that they can say what they want. Shying away from the words that describe mental unrest stigmatize it, creating a more uncomfortable situation. Ask your friend, directly, if they are suicidal or depressed. Ask them what makes them anxious or trigger any dark thoughts.

If you're not scared of their feelings, it will give them an opportunity to be less scared of their own feelings and thoughts.

FIGHT TO REMOVE STIGMA

Remove stigma within yourself first by making yourself aware of every assumption you have about mental health. The more you focus on clearing your inner biases, the easier it will be for you to spread positivity and remove stigma in your own community.

What to look for

How do you know that your friend is struggling with their mental health? Focus on non-verbal cues. It's very easy to say "I'm fine" but our body tells a different story. Look for these subtle, but telling signs:

Neglecting personal hygiene; ie not showering, brushing teeth, or keeping their environment clean. Neglecting simple grooming; ie unkempt finger nails, unbrushed hair, any changes in grooming. Mood swings.

Changes in speech patterns; not what they say but how they say it.

Developing a poor relationship with food.

Frequent complaints about stomach aches.

Loss of interest in activities and previous interests.

Changes in social responsibility; ie showing up later than usual, cancelling plans last minute, etc.

WHAT TO DO

Be direct, yet kind. Let your friend know that you think about them and worry about their wellbeing. Offer yourself as a sounding board, a shoulder to cry on. Then listen as they talk, avoid adding your opinion or perspective. When you ask a question, leave it open ended and avoid "yes" or "no" questions. Allow them to talk, to process, to feel whatever it is that they need to.

What if they stay silent? Offer your love and warmth, but make sure your compassion is genuine. Forced compassion can be uncomfortable. Joke around, be light hearted and casual but remind them that you are there to listen if they feel like talking about their mental unrest.

When the moment seems right, suggest therapy, mindfulness coaching, holistic medicine; whatever you believe they will be receptive to. Long term care and constant treatment can do wonders for an individual's mental health.



Use Your Brain

Learning and experiencing new things is a great way to challenge your brain. Whether you are 25 or 75, it's always a good time to think about ways to keep your mind healthy. This means being curious about the world around you and learning new things. Keeping your mind sharp has also been proven help you be more successful in your career and overall happiness.

Learning to play a musical instrument, experiencing a new art form and studying a foreign language doesn't require talent, just an interest to learn and use your brain. Try using your less dominant hand for simple tasks like eating or writing. Did you know that changing hands really stimulates the brain?

People with strong minds live a richer and more fulfilling life. A healthy mind-set incorporates plenty of mental, physical, and nutritional ways to keep your mind sharp throughout your lifetime.



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Dimensions of Messages

How often do you really just sit peacefully and experience the world around you? You may be surprised by the messages you receive!

We all have a connection to the intuition and spiritual energies around us. We have all had that moment of déjà vu that we cannot explain. Many of us have had unexpected thoughts pop into our minds that somehow resonate with us and turn out to be true. The more you learn how to “tune in” to these frequencies of intuitive messages, the more you can use them to help guide your decisions.

At Dimensions, we offer a variety of services and events to balance your energy and provide guidance and healing. Everyone had a great time at Mystic Night in July, and we were honored to help our guests connect with Loved Ones who have passed on who are looking to share messages of insight and love. Every month, we host training classes and workshops designed to help you learn how to receive and process the messages around you. In September, we are proud to join other talented healers and readers at the Thomas Baird Homestead's 1st Annual Psychic Fundraiser. We will also be hosting a booth at the Fall One Spirit Festival and hosting lectures on the history of paranormal research. Just wait until you see what we have in store for you in the spooky month of October!

Contact us to schedule your private healing or reading session, and visit us at one of our upcoming events:

- **September 23: The Baird Homestead's 1st Annual Psychic Fundraiser in Millstone Twp, NJ**
- **September 29-30: The 2-day Fall 2018 One Spirit Festival in Clinton, NJ**
- **October 28: The LIVE paranormal investigation at the Murray Grove Retreat in Lacey Township, NJ**

Jeff Carpenter is a Reiki Master Teacher, psychic, spiritual cleanser, and psychic 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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You Need Enzymes For Your Post Work-Out

Products with enzymes can be a good move that will help you gain additional muscle mass. The latest research shows that enzymes play an important role in the recovery after an intense workout, and therefore enzymes are considered as primary accessories for serious bodybuilders.

Enzymes are proteins that act as catalysts in the body, enabling easier and faster development of metabolic processes. Enzymes accelerate, or catalyze, chemical reactions. The proteins and carbohydrates that we consume, before they can be used as building blocks or energy, they need to be broken down and digested by our digestive system. This is where enzymes come in.

There are three main enzymes that decompose food: Amylase – breaks down carbohydrates, lipase – breaks down fats and protease – breaks down proteins. Although these enzymes are naturally produced and found in the body, we can also consume them with different foods or supplements.

Athletes that are in a quest for more muscle mass are using supplements that contain enzymes. This is how they use as many calories as they possibly can: The more enzymes they have, the more (and faster) food will be digested, the more nutrients will reach the muscles.

Knowing the fact that bodybuilders are most concerned about dietary protein than other athletes, it is logical that the enzyme protease occupies the first place as the most needed enzyme. Latest research has confirmed the beneficial role of the enzyme protease. So, a special blend of enzymes added to whey protein powders, dramatically increases the amount of amino acids in the blood.

This fact illustrates that, if such an enzyme is included in a protein supplement, the absorption and utilization of whey protein is increased, thus allowing the entry of more amino acids in the blood, from where they are delivered to the muscles.

Choose a product that contains all or some of these enzymes: tripsin, kimotripsin, pepsin, pancreatin, bromelain and papain. Bromelain can also be found in fresh pineapple fruits, papain can be found in fresh papaya. Some supplements include amylase or lipase, which can only be a bonus, knowing that they break down carbohydrates and fats. Lately, manufacturers of supplements sell protein powders which contain the enzyme protease by default.



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QUESTION:

What can I do to protect my feet this summer?

ANSWER:

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

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

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

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

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



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MUSCLE-STRENGTHENING ACTIVITIES ARE NECESSARY FOR SENIORS

By Lauren, Kolacki

At least 2 days a week, older adults should do muscle-strengthening activities that involve all the major muscle groups. These are the muscles of the legs, hips, chest, back, abdomen, shoulders, and arms.

Muscle-strengthening activities make muscles do more work than they are accustomed to during activities of daily life. Examples of muscle-strengthening activities include lifting weights, working with resistance bands, doing calisthenics using body weight for resistance (such as push-ups, pull-ups, and sit-ups), climbing stairs, carrying heavy loads, and heavy gardening.

Muscle-strengthening activities count if they involve a moderate to high level of intensity, or effort, and work the major muscle groups of the body. Whatever the reason for doing it, any muscle-strengthening activity counts toward meeting the guidelines. For example, muscle-strengthening activity done as part of a therapy or rehabilitation program can count.

No specific amount of time is recommended for muscle strengthening, but muscle-strengthening exercises should be performed to the point at which it would be difficult to do another repetition without help. When resistance training is used to enhance muscle strength, one set of 8 to 12 repetitions of each exercise is effective, although two or three sets may be more effective. Development of muscle strength and endurance is progressive over time. This means that gradual increases in the amount of weight or the days per week of exercise will result in stronger muscles.



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QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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iPhone Basics: On Fridays, September 21 and 28 at 2 p.m., expand your iPhone know-how, with the help of Joel and Arthur, during this hands-on, interactive 2-day workshop. Learn how to get the most out of this powerful handheld computer. Gain confidence using your iPhone or iPad and learn some new techniques. Please be sure to bring your iPhone each day! (Not intended for Android users.) Space limited! Course fee: \$10 p.p., due upon registering, in-person, in advance.

Sound Healing: On Monday, September 24, at 10:30 a.m., enjoy a journey to getting calm, collected, and connected through the natural healing power of music and vibration. Please register in advance. Space limited.

AARP Drivers Safety Program: On Tuesday, September 25, at 8:45 a.m., enhance your driving skills during this AARP-sponsored class. For class availability and AARP member/non-member fees, please contact Rosanna at the Office: 609-448-7140.

Ted's Classic Matinee: On Monday, September 17, at 10:30 a.m., join Ted as he brings us his classic films to the Senior Center. This month enjoy JOSEPH & HIS TECHNICOLOR DREAMCOAT. Please register in advance.

Trans-American Train Ride: On Wednesday, September 19, at 1 p.m., take an 85-minute DVD train ride as you travel from "Sea to Shining Sea" aboard the greatest passenger trains of the USA. (No Subtitles.) Please register in advance.

International Cooking Demo: On Thursday, September 20, at 2 p.m., join Chef Lori, from Brandywine Assisted Living, as she takes us on a sweet journey. Our first stop is Austria with a sampling of apple strudel. The second stop is Mexico where we will enjoy an autumn twist on the traditional "Mexican Wedding Cookie" - that is flavored with pumpkin and pecan. Space limited. Please be sure to register in advance.

David Aaron Presents: On Monday, September 24, at 1:30 p.m., learn about the life and career of Itzak Perlman, as Mr. Aaron explores his background and music. Please register.

Music of Irving Berlin: On Tuesday, September 25, at 1:30 p.m., Marvin Fischer shares the life and career of Irving Berlin with historical anecdotes and the songs that you know best played on the piano. Please register in advance.

The Bronx: On Wednesday, September 26, at 1:30 p.m., we welcome back Marty Schneit as he presents a nostalgic look at the Bronx, his hometown. From egg creams to stickball, to the Paradise Theater to Orchard Beach, this lecture will bring you back to a simpler time. Please register in advance.

The British Invasion: On Friday, September 28, at 1 p.m., Vinnie Bruno returns to focus on the British pop and rock phenomenon of the 1960's. From pop groups (The Beatles, The Kinks) to psychedelic bands (The Who, Pink Floyd) explore highlights that clearly define this British pop era. Please register in advance.

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Christopher Kellogg, LSW

Chris is a Board certified Licensed Social Worker with more than 15 years of experience. He earned his MSW from Boston University with a concentration in Gerontology.



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Consider prearranging a funeral to reduce the emotional and financial worry to your family. In addition to spelling out your wishes you can also prepay for the arrangement which will guarantee your price. Our Funeral Directors have many years of experience and can ease your decision making with their knowledge. We are experts in Medicaid spenddowns as well.

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|---|------------|-----------|
| Do long conversations make you tired? | YES | NO |
| Do people seem to mumble or speak softly? | YES | NO |
| Do you need people to repeat things? | YES | NO |
| Is it difficult to hear on the phone or cell phone? | YES | NO |
| Do you hear better with one ear than the other? | YES | NO |
| Is it easier to understand men's voices than women's? | YES | NO |
| Do you often misunderstand what others say? | YES | NO |

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How to Stop A Dog Digging

According to some surveys, around 80% of dogs dig holes. This is probably not surprising as digging is a natural adaptive behavior from the wild. However, since dogs now live in homes, this behavior can mess up your garden. This article explains why dogs dig holes and how to stop them from doing so.

Why Dogs Dig

Your dog can be digging for one or more of the reasons below.

- The dogs are suffering from boredom. Puppies or younger dogs who have high energies just love digging. Digging up holes seem like a fun activity for them. In addition, yanking plant roots can be an interesting challenge for them.
- The dogs hunting instinct is kicking in. They can smell bunnies, moles, or other ground dwelling animals. Hence, they dig to track down these animals. It is also a good supply of fresh food.
- Burying food. Most people know dogs bury bones in holes. This behavior is a legacy from the dogs' ancestors who store food in holes. Sometimes, they change the safety spot and bury it in another hole. As a result, you end up with more holes!
- To get cool and comfortable. This can happen during summer or a particular hot day. The soil is cool and moist after removing the warm top layer.
- To search for freedom and adventure. Dogs sometimes like to hang outside without their owner's permission. To this end, they will dig a tunnel bordering your property in a bid to escape outside.
- Symptom of separation anxiety. Digging is one-way dogs relieve their pent-up stress when their owners' leave. The dogs could also possibly be digging a tunnel to go outside and find you.
- Sign of nesting. This is an indication that your female dog is about to give birth. She digs to find a place to protect her puppies from predators.



How to Stop Your Dog from Digging

Once you identify the reason why your dog digs, choose the appropriate methods below.

- Find ways to release your dog's energy. Take your dog for walks or for a swim. If you are already doing that, do it for longer periods of time. Put backpacks on your dogs to intensify their exercises, if it is not possible to increase the exercise duration.
- Give them an area to dig. You can give your dogs a specific place in your garden to dig. Start the initial hole. You can also choose to get a sand box. Either way, bury their toys or treats there to inspire them to dig there.
- Bury dog poop. Scoop your dog poop and put in the hole before you fill it back. Dogs don't like to dig up their own feces. Take note, this might not fully work as the dogs can choose to create another hole.
- Spray the area with paprika or cayenne pepper. These spices smell deter most dogs. This method is also not full proof as the dog can dig another area.
- If you believe your dog digs to cool off, provide some of the items below.
 1. An insulated dog house
 2. A shallow wading pool
 3. A fan (air blowing over ice feels just like air conditioning)
 4. A bed that allows air to circulate underneath
- Be a pack leader. You need to do this if your dog has separation anxiety issues. Only then, will your dog be able to fully relax while you are away. Furthermore, been a pack leader will solve other behavior problems. I recommend checking the link below to understand how to become the pack leader.

<https://dogsunlimitedguide.com/Packleader>

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By Pam Teel

There is a way that you can help a pet in need if you can't physically take care of one yourself. You can go to the Animal Assistance site and sponsor an animal of your choice right on the site. You can also be updated on that animal's progress. Many people help out in this way; sponsoring by giving donations. Donations don't always have to be money. People drop off food, toys, blankets to the shelter for certain animals. This shelter is just on the other side of Jamesburg. It's a country ride away. You can contact Linda between the hours posted and let her know you will be dropping items off.

Animal Assistance, located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated, trained and socialized. To read up more about Animals Assistance and their policies for adoption, go to: animalassistance.org.

To view their pets for adoption on petfinder -please visit them at PetFinder.com: a link is on the animal assistance website. If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732-251-3210.

Phones are answered during open doors hours or email: linda@animalassistance.org. Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel do not take salaries. To read more about a specific pet go to website.



Speedy



Wiggles



Baby Tortellini



Tortellini



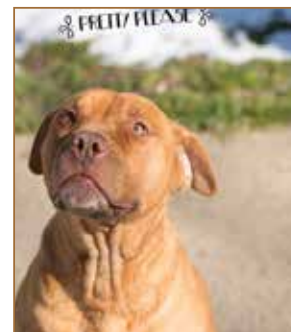
Banjo



Jewel



Teagan



Senator Brown



Lady Linda



Yoyo



Speedy- young oriental shorthair 12 week old kitten who loves to be with other cats

Wiggles- young shorthair female- house trained- loves other cats

Baby Tortellini- female domestic short haired kitten - house trained. Tortellini is her mother

Tortellini- young female tabby brought into the shelter pregnant. See baby tortellini

Banjo- young male Welch terrier mix

Jewel- female German shorthaired pointer. - Hunting dog. Loves the outdoors

Teagan- calico adult female. Loves other cats

Senator Brown- lab retriever. Senior male- red chestnut color. Very easy going. Was due to be put to sleep but was rescued. Had cataracts' but they were treated. She can see again. Needs a loving, caring home. Been in the shelter way to long but not giving up on her being adopted. There is nothing wrong with her that love can't fix.

Lady Linda- domestic healthy pig- very sweet. Please if you have a farm, give her a good home.

Yoyo- small pot bellied adult male very clean and smart. Loves to be with Lady Linda.

Get Your Kitty Moving

By: Nicole Iuzzolino

Some cats are very active by nature. Others may require special treats or cat toys to spark that playful spirit. Here are a few ideas to get your cat moving.

1. Leave out paper bags, tissue paper, and cardboard boxes to inspire play.
2. Provide fresh catnip.
3. Encourage your cat to chase toys, balls, sticks with feathers, or flashlight pointers. Be careful not to shine the pointer in your pet's eyes – or anyone else's.
4. Inspire climbing with a cat tree or cat condo.
5. Provide a scratching post or pad.
6. Encourage play with other pets. Set up play-dates with a friend or relative's pet. You may even want to consider adopting another cat.
7. Train your cat to perform tricks for low-calorie treats. For example, teach your cat to run to you from across the house, or climb up her cat tree when you shake the box of treats.
8. Get your cat a food puzzle. Specially designed cat toys require your cat to work to remove treats inside.

Be sure to choose toys for your cat carefully, avoiding toys with string or small pieces that your cat may try to swallow, and don't leave toys out for cats to play with unattended.

It's important to consult your vet before introducing a new exercise program. If your cat has any health issues, ask your veterinarian to recommend activities that fit your cat's individual needs.



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\$415,000 Jackson Twp.

Meticulously Maintained Colonial On Prime Cul De Sac 1.27 Acre Lot Features Hardwood Floors Throughout, Formal Living Rm, Dining Rm, Updated Kitchen w/Newer Appliances, Family Rm w/Fireplace, High Basement, 2 Car Garage & Tastefully Landscaped Lot w/Deck & Paved Patio.



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

Reduced, Victorian home, 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.



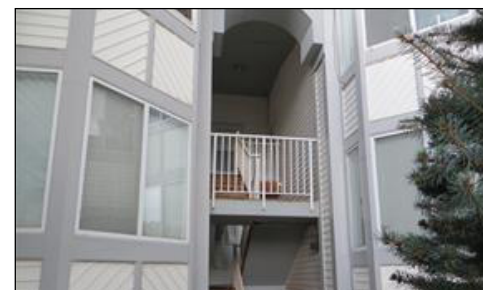
266B Crosse Drive, Monroe, N.J. 08831
\$205,000 Agent: Carmen Amodol

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!



417 Gordon Rd, Robbinsville, N.J. 08691
\$439,000 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.



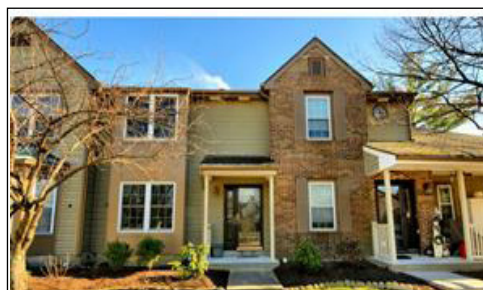
1706 Amanda Ct, Piscataway
\$233,500 Agent: Veena Khanna

Light & bright living room with sky lights, vaulted ceilings, fireplace and slider door to balcony, eat in kitchen, granite counter tops, newer appliances, beautiful wood floors, two carports, affordable living at its best!



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.



2 Hopkinson Ct, East Windsor
\$224,500 Agent: Donna Moskowitz

Great location! Totally renovated, kitchen remodeled, granite counter tops, wood burning fireplace, remodeled bathrooms, large walk in closet in the master bedroom, newer neutral carpeting throughout, Sliding glass door leads onto a poured cement patio yard that is great for entertaining. This home has it all.. Nothing for your buyer to do but move right in.



222 Monmouth St. Hightstown
\$249,900 Agent: Suzanne Garfield

Commuter's dream, well maintained 3 BR, 1.5 and a half-bath Colonial, updated kitchen, stainless steel appliances, updated bathrooms, finished basement, located on a deep, park-like lot with mature landscaping. Walk to Hightstown retail stores, restaurants as well as parks, lakes, walking trails and township sponsored events. Don't miss out on this exciting lifestyle!



84 Danbury Ct, East Windsor
\$232,000 Agent: Rhonda Golub

Spacious townhome in a perfect location. Living room with 3 large windows flows into the dining room, kitchen features plenty of cabinets and a brand-new dishwasher and refrigerator along with a convenient built-in table, fenced in yard, three bedrooms, finished basement is the perfect place for a den and rec room with 2 finished areas and a separate laundry room.



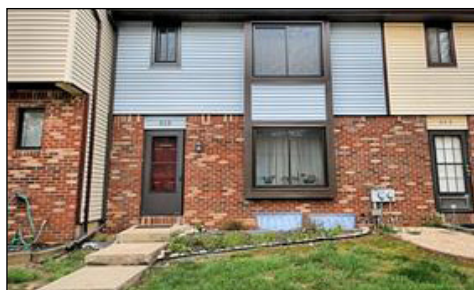
496 Bucklelew Avenue, Monroe, N.J. 08831
\$689,900 Agent: Cynthia Duvin

New construction, home to-be-built on 3 acre lot with 2 car side entry garage, east facing side entry door, public water and sewer. Standard features include 9' ceilings on the 1st floor, 42" kitchen cabinets with granite counter tops and stainless steel appliances, hardwood floors throughout the 1st floor. Many more standard features, photos depict Maplewood Model Home. Features and upgrades will vary.



505 Middle Ln, Howell
\$259,900 Agent: Donna Moskowitz

This adorable cape, situated on a quiet street off of route 9, this four bedroom, two bath home is priced to sell, wood flooring in the living room and dining room areas.. Kitchen has renovated cabinets and stainless steel appliances, enjoy your winter evenings as you relax by the fireplace, Neutral throughout.



613 Edison Dr, East Windsor
\$224,500 Agent: Donna Moskowitz

Location! Location! Location! This three bedroom townhouse offers a beautiful lake view. Completely upgraded kitchen, granite countertops, a tile floor and new appliances, newer carpeting and an updated half bath, unfinished full basement. Owner is negotiable with price.

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THE BAYARD RUSTIN CENTER WELCOMES ALL FOR RESPECT AND ACCEPTANCE

By Abigail Urban

The Bayard Rustin Center for Social Justice (BRCSJ) is a non-profit dedicated to providing a safe environment and educational space for people of every background. Chief Activist Robt Seda-Schreiber and his colleagues make it their goal to protect and respect all people, from the LGBTQIA community, to immigrants and to those of different races, economic statuses, cultures and religious affiliations.

"Through focused and dynamic programs, concentrating on civics, community activism, personal advocacy and cultural instruction, both in-house and on the road, the BRCSJ will educate, enlighten and empower, finally bringing all our folks and all our diversity under one roof," Seda-Schreiber said, "We need to teach in the classroom, inspire in the streets & be a force in our communities."

After teaching for 25 years and winning the NEA Social Justice Activist of the Year, Seda-Schreiber knew that he wanted to take his service to the next level and make it his mission to create a place where people feel safe, respected, and loved. Thus, the Bayard Rustin Center for Social Justice was born.

Seda-Schreiber works with a diverse group at the BRCSJ, including volunteers, Community Liaisons, and a Board of Directors. Each member brings their own expertise to the table with their unique and impressive backgrounds in activism and service.

The center's namesake comes from Bayard Rustin, a leader of the March on Washington in the 1960s who advocated for non-violence within the civil rights movement. Seda-Schreiber explained that although he was a key figure for civil rights, he was shunned and forgotten in history for being gay.

"Not only was he not given his due respect, but he was not even given the basic kindness that we all deserve. This cannot & will not happen again. So, swears The Bayard Rustin Center for Social Justice," Seda-Schreiber said.

The chief activist was also inspired to start the Bayard Rustin Center after helping a transgender student transfer to his school district, which provided a safe space for her to be her true self. The student was previously bullied to the point where she had to be homeschooled.

"Our school's first transgender student became a symbol of hope and strength for all," he said. "A concrete example of the power of outreach... That is why the BRCSJ will always do what we do, and that is why we will never stop."

Among the Seda-Schreiber's many accomplishments with the BRCSJ include holding a "Families Belong Together" rally in Princeton with 800 people in attendance and representing the BRCSJ at Governor Murphy's residence.

"I am most proud of this journey that has allowed me to learn to listen," he said, "to truly hear the sadness, the fear, the pride, the strength, the individuality, indeed the spirit of all our communities, all our people."

The BRCSJ is housed virtually on their website www.RustinCenter.org. You can also follow, friend, and like it on all social media platforms. A physical headquarters is opening soon.

"I envision our Center being a wonderful meeting place, an extraordinary and welcoming space wherein all can visit and find the solace, the strength, the knowledge, the inspiration and the love and respect they need and they deserve, but I also see our BRCSJ volunteers, liaisons and representatives out on the road~ Wherever folks need us, we will be, locally, nationally and internationally," Seda-Schreiber said.

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PSYCHIC EVENT COMING TO MILLSTONE TOWNSHIP

SAVE THE DATE: SUNDAY SEPTEMBER 23RD, JUST AROUND THE CORNER!!!!!!!!!!

By Pam Teel

The first annual psychic fundraiser is being held at the Baird Homestead at 24 Baird Road, Millstone Township. It is being hosted by the Friends of Millstone Registered Historical Properties. The time is 11:00 am to 5:00 pm. Please join us and help us make this a day to remember!!!!!!

You can read up about the event, see the psychics' photos and info, and pre-register ahead of time at www.dimensionsreiki.com or just come to the Baird House on September 23rd between 11:00 and 5:00 and bring a friend or two with you!!!!!! Please note: WALK INS will be cash only. The price per session is \$30.00 for 20 minutes. We hope you come and visit with a few of our gifted psychics.

Light the Way, Uncover history, Connect with Spirit, receive guidance, hear from a deceased loved one, have your questions answered, energy healings, palmistry, table tipping, and more. Your choices for sessions are as follows:

- **DENISE AND KATHY**- offer Vedic Palmistry, Palm reading and messages from spirit
- **PHYLLIS**- automatic writing medium reading and tarot card readings
- **JEFF**- medical intuitive, reiki energy healing
- **FILAMENA**- Intuitive medium readings, runes readings, health card readings, table tipping
- **CAROL**- reiki energy healings
- **SAL**- Tarot card readings

There will also be a holistic vendor on site selling bracelets, crystals, gems, etc.

All psychics are local to the surrounding area and will donate 50 percent of their profits to the Friends of Millstone to be used to further such educational programs as the 6th grade field trip to the Baird Homestead, the 7th grade school visit by a Franklin D. Roosevelt impersonator, the 6th grade school visit by a Harriet Tubman impersonator, and the 8th grade school visit by an Edgar Allen Poe impersonator. Other Baird Homestead activities include, Harvest Fest, Weekend in Old Monmouth, Group Youth Activities, FFA and Boy Scout Eagle Projects and the sponsoring of a 4-H Club on site.

A nonprofit organization, the Friends are dedicated to furthering public interest in conservation, preservation, science and environmental stewardship as well as knowledge, understanding and appreciation of the history of Millstone Township. (All profits from this fund raiser will go to help offset costs of the programs held at the Thomas Baird Cultural Resource Center and Agricultural Museum.)

What better place to hold a psychic event then in an old 1830 Greek revival farmhouse once owned by the Thomas Baird family. The Friends and the psychics are hoping for a great turnout; one that will greatly profit the children of Millstone and the surrounding area. Help us spread the word, "The Psychics are coming!"

We hope to see you there! Rain or shine. This is an indoor event! For more info about or to donate to the Friends of Millstone Township Historical Registered Properties, visit their website at: mtfriendsofhistory.org.

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

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

The top three sponsors were:

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

Other sponsors included:

- Castle Consulting (Hightstown)
- Clayton & McGirr Funeral Home/ Robert McGirr (Freehold Twp)
- Cobra Power Systems (Millstone Township)
- Colonial Air Stream (Lakewood and Millstone Township)
- DeRose Family (Millstone Township)
- Dunkin Donuts (Howell)
- Edison Pizza/The Mandrucci Family (Millstone Township)
- Griggs Family (Millstone Township)
- Hill Wallack Attorneys at Law LLP (Princeton, Cedar Knolls and Yardley, PA)
- Knob Hill Golf Club (Manalapan)
- Normand Family (Millstone Township)
- Pallante Designs (Red Bank)
- Reid Malvin Financial Group (Tinton Falls)
- South Brunswick Animal Hospital
- Thrive/Level/La Rocca Family (Millstone Township)
- Total Warehouse Solutions (East Brunswick)
- Vesuvios Family Restaurant (Millstone Township)
- Windsor Dermatology (East Windsor)

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

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

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SUNFLOWER CRAZE HITS NEW JERSEY

Thousands of Sunflowers Planted as Johnson's Locust Hall Farm Prepares for a Sunflower Celebration in September Jobstown, NJ. Beginning Saturday September 8th and continuing through September 30th Farmer Johnson of Johnson's Locust Hall Farm in Northern Burlington County, will be harvesting fields upon fields of beautiful sunflowers with the public.

With over 15 acres of 15 different varieties, the public will have an opportunity to celebrate the harvest with Sunflower Photo Trails, Cut Your Own, Wrapping Stations, Butterfly Release and Hayrides around the 325 acre preserved farm. "There is a major sunflower craze underway across the region" explains business manager and 4th generation family farmer, William Johnson. "Our customers and friends of the farm continue to ask for larger fields and more varieties for picking and photographing" Johnson adds. The craze is happening with both young families and couples who are interested in picking and photographing sunflowers for framing or posting selfies on Instagram or their Facebook page.

Regardless of the interest, farmers are responding to the demand in New Jersey. The farm is equally busy preparing for the harvest of both apples and pumpkins for the fall season. With over 5 acres and 7 varieties of apples in their orchards and over 10 acres of pumpkins planted, there is the promise of harvesting family fun crops in both September and October.

In addition to hayrides to the fields there is a family friendly Corn Maze, an Animal Farm to visit and a Market filled with fresh baked seasonal pies and apple cider donuts. Tomasello Winery is present with wine tasting and a grill is open with something for everyone to enjoy for lunch or an afternoon snack. Picnic tables, graced with old jars of field flowers, are located close to the bandstand where live music is performed on the weekends.

In addition to harvesting crops with the public, Johnson's Locust Hall Farm host special events from elegant weddings to afternoon baby and showers. Allie Johnson, Events Coordinator for the family farm, is preparing for the fall weddings that will be hosted on the family's 325 acre historic farm. "There is nothing like a fall wedding ceremony overlooking our pastoral fields followed by an evening of dining and dancing in the stone barns." With a soft smile and twinkle in her eyes she add, "It's simply magical".

Johnson's Locust Hall Farm is located at 2691 Monmouth Road, Jobstown NJ 08041. The farm is just off Rt. 206, near Columbus NJ, easily accessed by both Rt 295 and the NJ Turnpike. For more information on crop picking or events, visit Johnson's Locust Hall Farm at www.JohnsonsLocustHallFarm.com or call 609.353.9000

WEEKEND GETAWAY: HISTORIC MORRISTOWN

By Pam Teel

Morristown is rich in history. Centered on its historic green; a park in the middle of the town which was once an 18th century courthouse square, it is still a gathering place for people to come and meet up. Morristown offers a wide range of amenities to residents and visitors. A state-designated “regional center,” Morristown is the County Seat of Morris County and the home of both Morristown Memorial Hospital and a wide range of cultural facilities.

Yes, George Washington really did sleep here for Morristown served as his headquarters for two different winter encampments during the Revolutionary War. Morristown’s historic district features many Victorian- era homes, including that of famed political cartoonist Thomas Nast.

In and around Morristown are a wide number of historic attractions and museums like Washington’s Headquarters. The Headquarters museum is located at the Ford Mansion Preserves. The 18th century home was taken over by Washington and his aides in the winter of 1779-1780. Jockey Hollow features an 18th century farmhouse and soldiers huts. Make sure you visit the Morristown National Historical Park and Revolutionary War sites like Fort Non-sense and the N. J. Brigade. You can easily spend more than a day taking in the historical sites and shopping in their trendy downtown area. Morristown Green has both Revolutionary War and Civil War monuments. Another place worth visiting is the 18th century Presbyterian Church; the old Methodist and Episcopalian churches are also worth viewing.

East of the center is Acorn Hall, an 1853 Victorian Italianate Mansion with original furnishings, an octagonal tower and formal gardens. The Morris Museum features 19th century mechanical musical instruments, a native American gallery, and a large collection of rocks and minerals. The Frelinghuysen Arboretum features a late 1800 mansion surrounded by meadows and theme gardens. There is the Macculloch Hall Historical Museum, the Wick House at Morristown National Museum, and the Fosterfields living Historical Farm, which is great for nature lovers. It’s a 200 acre farm where you can feed the chickens, collect eggs, use washboards and husk corn, all using turn of the century methods. There are farm animals, picnic tables and the Willows, an 1854 Gothic Revival house built by Paul Revere’s grandson, General Joseph Revere. Visit the Shuyler Hamilton House, Willow Hall, and Speedwell Park. There is so much more to see and do while in Morristown. If you’re planning a visit, check out The Morris County Historic Tourism Bureau and Visitor’s Center which can provide you with more details.

In addition to its historical sites, Morristown is rich in the arts. Arts and culture lovers should check out the Mayo Performing Arts Center, which pulls global talent to its stage. And there’s the Morris Museum, home to the world-renowned Murdoch D. Guinness Collection of finely crafted, animated mechanical musical instruments and automata. The museum also houses the Bickford Theatre and presents award-winning performances for all ages. The Famers market is open from Monday to Saturday. Enjoy free concerts on the green daily as you shop the many eclectic downtown boutiques. Some stores include antiques, jewelry, consignment shops, specialty stores, clothes stores, a tea room, bakeries, and more. Don’t forget to check out the overhead sidewalk for more shops.

Dine at some of the finest dining establishments in town. With many eateries to choose from, check out some of the finer dining at Rods Steak and Seafood Grill, Hibiscus Restaurant, South and Pine American Eatery, The Committed Pig, Roots Steakhouse, GKS Red Dog Tower, Chef Freddy’s Table, The Famished Frog, and the Office Tavern and Grill.

Places to stay for the night in Morristown include, The Madison Hotel and the Hyatt Regency, with many more in the area. For more info visit- <https://downtown.Morristown.city>. See the city via drone at: <https://www.youtube.com/watch?v=-SkofcRWqYM>



Think Vaping is Safer than Smoking? 10 Reasons to Reconsider

By Robert Pedowitz, DO

When a patient asks if vaping is safer than smoking, I tell them that neither is safe, potentially pose health risks, and that both habits should be broken. While vapes—also called vapor cigarettes, electronic cigarettes, or e-cigarettes—have been marketed as a safer alternative to smoking traditional cigarettes, there hasn't been enough research for me to safely tell my patients that it is indeed safer.

A CLOSER LOOK AT VAPING

A vape is an electronic device that simulates the feeling of smoking tobacco by heating a liquid to generate an aerosol, called a “vapor,” that the user inhales. The liquid in the vape, called e-liquid or e-juice, is usually made of nicotine, propylene glycol, glycerin, and flavorings.

The U.S. Food and Drug Administration has yet to regulate e-liquid ingredients, study the safety of inhaling these products, or deem that e-cigarettes are a safer alternative to smoking cigarettes. While the agency is expected to release guidelines, they are a few years off. Because there isn't data on how these substances can affect your body, it's difficult for me to advise my patients about their use.

What I do know is that several aspects of these products have been proven unsafe in other uses:

1. **Nicotine:** Most e-juice formulations include nicotine, which we know is harmful and addictive. It can cause delays in brain development if used at a young age, leading to attention deficiency, learning, and mood issues.
2. **Propylene glycol:** We know that this chemical—even if a person is only exposed occasionally—can cause throat or eye irritation, and inflammation of the lung.
3. **Flavors:** With tasty-sounding flavors like cotton candy, butterscotch, and blueberry cheesecake, many e-cigarette companies are aiming to attract teens, whose bodies are still developing. Because vaping businesses aren't required to reveal the chemicals in these flavors, we simply don't know what our children are inhaling—and the long-term effects of their use. While the Flavor and Extract Manufacturers Association have regarded some of the chemicals in flavors as “safe,” the majority of data doesn't look at how the body reacts when the chemical is inhaled, as opposed to ingested in a less-intense quantity in a food product.
4. **Aldehydes:** Some flavors contain aldehydes, a compound of carbon, hydrogen, and oxygen. The most common compound in this group is formaldehyde. Most versions cause inflammation of the respiratory tract and, with exposure over time, have been linked to cancer.
5. **Diacetyl:** The use of this chemical, which simulates the taste and smell of butter, has been linked to a condition called popcorn lung. It has been found to cause damage to the lung, particularly inflammation of the lining of the lungs, causing them to look like popcorn. Despite being outlawed for use in microwave popcorn, diacetyl is still used in many e-cigarette flavors, including vanilla, maple, and coconut, as well as alcohol-flavored, candy-flavored, and fruit-flavored varieties.
6. **Cannabis use:** Some flavors can include cannabis oil, which is derived from the cannabis plant, the same source as marijuana. The use of cannabis oil in vapes is not yet regulated. Aside from the addictive properties of cannabis, there's also a danger if the plants have been grown using herbicides and pesticides, which can become concentrated when inhaled, increasing cancer risk.
7. **Addictive properties:** The flavors used in vapes can alter the rate of nicotine absorption due to the pH balance of the liquid. For example, strawberry e-juice has higher pH level, so the rate of nicotine absorption is accelerated. If your goal is to ween yourself off of nicotine, you could be inhaling more nicotine while vaping, not less.
8. **Secondhand affects:** The aerosol generated by vapes can contain droplets of nicotine and other toxins that have been linked to cancer.
9. **Liquid dangers:** e-cigarette juice can cause poisoning when ingested, so it's important to keep them away from young children. They also can damage the skin.
10. **Explosion risk:** Vapes have the potential to explode, since the devices feature condensed air (think of an aerosol spray can) and a heating element.

KIDS AND VAPING

More than 25 percent of children and teens in middle school and high school have admitted to trying vaping, according to the U.S. Surgeon General. Is vaping a gateway product to stronger drugs? Maybe. There is evidence that cannabis use in all forms is on the rise among this impressionable age group.

Further, a study published in the Journal of the American Medical Association in 2016 found that of adolescents who said they vaped, the activity was associated with a higher risk of more frequent and heavy smoking among study participants six months later.

The bottom line is that smoking—whether cigarettes, vapes, hookah, recreational marijuana, or cigars—is bad for your health. At least with traditional smoking I have a solid body of evidence I can use to guide care and prescribe tools to quit. There is no body of knowledge on vaping, so my ability to care for its side effects is limited.

If you think you have a smoking-related medical condition or are interested in quitting, contact your primary care physician.

Dr. Robert Pedowitz is board-certified in family medicine and is a doctor of osteopathic medicine. He is the medical director of Family Practice of CentraState, which has offices in Freehold, Jackson, East Windsor, Colts Neck, Marlboro and Monroe. He can be reached by calling 866-CENTRA7.





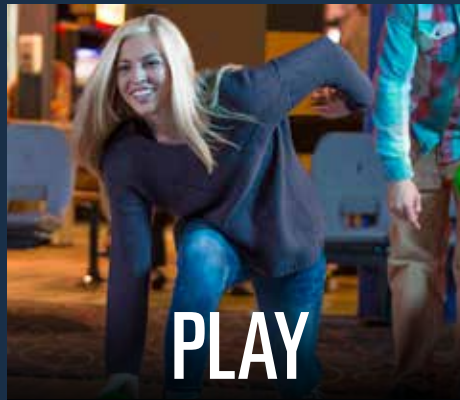
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The Teal Tea Foundation Spreads Ovarian Cancer Awareness One Fundraiser at a Time

By Abigail Urban

Have you ever spotted teal ribbons tied around trees in your local town during September? These decorations might have been placed by the Teal Tea Foundation, a foundation that raises awareness of ovarian cancer and raises money for research to find a cure.

This New Jersey-based nonprofit participates in various activities to raise awareness of ovarian cancer, such as working with the Turn the Towns Teal organization, a group that ties ribbons around trees during ovarian cancer awareness month.

"For most women, ovarian cancer just isn't on their radars. Breast cancer is. Everyone knows about breast cancer and self-examinations." Executive Director of the Teal Tea Foundation Jean Shipos said. "According to national statistics (American Cancer Society), ovarian cancer is one of the top five causes of female deaths each year. Through our awareness efforts, we're able to reach out to women nation-wide and share our message of awareness through distribution of free bookmarks, and/or staffing tables at public health and women's events. If we can save the life of one woman, we've made a difference."

The Teal Tea Foundation also has a program called Give Women a Lift that provides gynecological cancer patients in New Jersey and seven counties in Pennsylvania transportation to their treatment appointments, President of the Teal Foundation Janice Swierczek said.

Women diagnosed with ovarian cancer or other types of gynecological cancer are supported through the FIGHT (Friendly Inspirational Greetings and Heartfelt Thoughts) program where the Teal Tea Foundation sends cards of encouragement to a patient whose address is given by family or friends.

As for research funds, the foundation is currently offering a \$20,000 research grant to a researcher working toward early detection advances for ovarian cancer patients.

In order to raise money for these services and to fund research, the Teal Tea Foundation holds two major fundraising events as well as multiple smaller events per year. One event on Sept. 16, 2018, the Tealicious Fashion Show, will be held at the Trenton Country Club and will offer lunch, door prizes and a fashion show for a \$60 ticket.

"I am most proud of how the Teal Tea Foundation brings together a diverse group of women and men who devote precious resources - their time and their talents to raise awareness of ovarian cancer and to fight for a cure," Swierczek said. "Their commitment gives me hope that we will be able to find an early detection for ovarian cancer; that we will be able to increase awareness of the symptoms of ovarian cancer so that more women will recognize the symptoms of ovarian cancer and get treatment."



SUPER-AGERS

By Lauren Kolacki

Erik Erikson was a Psychologist known for his theory of psychosocial development. This is an eight-step theory that analyzes situations that happen to us at certain ages, that contribute to the person we eventually become. “Ego Integrity vs. Despair” is the eighth and final stage of Erikson’s theory, where an individual reflects and asks themselves, “Did I live a meaningful life?” He claims that a person enters this stage at age 65 and remains in it until death. However, super-agers invalidate this theory.

A super-ager is characterized as an energetic individual, exhibiting robust health who highlights optimism, resilience and perseverance, contrary to other people their age. This type of person says the last stage of your life doesn’t have to start at 65, in fact, it is an opportunity for your life to really begin.

As we get older, our bodies experience pronounced declines. Some people can’t move as quick or think as sharply, but studies show, embracing new challenges may be the key to preserving both physical and psychological function. Changing your life approach can be done by adding specific habits in to your everyday routine. These qualities can be learned and developed by anyone.

You mustn’t feel bad about your life. Social media has inflamed our infatuation with comparing our lives to others, which only results in negative emotions. Reflecting on Erikson’s theory, at this age you begin to look back at your life, you may experience feelings of pride or regret. Let these feelings fuel you, this is a contingency to accomplish tasks you said you would years ago. A chance to finish that novel or finally plant that garden.

Move out of your comfort zone, don’t be afraid to cut toxic people out of your life and meet new friends. Just because they have been around for a long period of time doesn’t mean they are positive influences. Letting people in can be intimidating, especially at an older age, but the joy that can come from it is encouraging. Super-agers don’t limit themselves to just people their own age, this opens doors to finding those with similar interest and hobbies.

Find a passion, like I said, finish that novel or plant a garden. Reading contributes to your mental capacity, gardening to your mobility, game night to your social life, etc. Filling your day with joyous activities inevitably, adds joy to your life

As you age, many will remind you to slow down a bit, but that doesn’t mean you have to stop all together. Continuing to exercise has substantial benefits. “If you don’t use it, you’ll lose it”. The less you activate your muscles, the weaker they become. This can result in more falls or accidents. As metabolism naturally slows with age, exercise helps you to maintain your weight, decreasing your risk of health issues.

Don’t believe that you have surpassed the age to learn new things. Super-agers refuse to accept the idea of sitting home all day. Say ‘yes’ more, volunteer more, make active choices to change your life. By getting out of the house, you open yourself to the possibility to connect with new people and learn new things, this is what keeps the brain active and your mind young, you never know what you will learn about yourself.

Continue to present yourself. Just because you are old, doesn’t mean you have to dress like it. By putting yourself together you will feel more confident and attract similar energy. When you do have those days when you are feeling down, be open to the idea of seeing a therapist. Psychotherapy wasn’t as common as it is now, so very few elders are intrigued by it. This can help you to process thoughts and feelings, as well as, give you healthy coping mechanisms for any problems you may be experiencing.

By implementing some of these beneficial habits into your everyday routine, you open yourself up though the possibility of becoming a super-ager. Aging is inevitable, but how you age is up to you.



Floored by Flooring at East Windsor Flooring

By Susan Heckler

I don't know about you but when I go in to those big box home improvement stores, I am like a rat in a maze. I can't find anything, including someone to help me, and there are projects that I need more advice than help.

My latest issue is flooring. My 1971 home has 20-year-old carpet and I am at a loss of where to go and what to do. I visited the orange aprons and walked out dazed and more confused than when I entered. I am also a big advocate of shopping local and supporting small businesses so the big box is never a draw for me. A friend suggested I visit East Windsor Flooring as she had a great experience.

This place is huge! The selection was astounding. This family owned business is older than I am, begun in 1957. They opened in East Windsor in 1971 and the current owner is the 3rd generation in the business. I find when someone owns and operates a family legacy, they take extreme pride in what they do (kind of like Grandpa looking over your shoulder). In speaking to Jonathan and Samantha, the family owner and cousin I had the pleasure to work with, they are proud of their customer service.

What I loved was in the short time I waited for help, I observed a young couple with kids in baby seats and strollers selecting flooring for their first home. I overheard them telling Jonathan that they are the 3rd generation of customers in their family and they were laughing how Jonathan's grandfather helped Steven's grandmother many years ago. Call me sentimental!

They guarantee their installations and their installers are their own employees, not a subcontractor. The plus of that is one party takes responsibility for your job. Great plus.

So even though they are not a huge publicly traded corporation, their 20,000-sq. foot showroom and impeccable reputation has allowed them to buy in bulk and get great competitive pricing which gets handed down to you. They keep a very large inventory which allows for quicker installation (and immediate satisfaction!) Jonathan asked a bunch of lifestyle questions which led him to my taste and what type of flooring best suits my home and family. They carry a wide array of carpet, ceramic, hardwood including the exotic woods, laminates, vinyl, cork & bamboo.

And once your new flooring is down, check out their Hunter Douglas window treatments to add the finishing touch to your new look.

So, meet my new best friend Jonathan Block, my go-to for flooring and design advice. Not to worry, I will share. He can be found at 405 Route 130 in East Windsor (609)443-6999 <http://eastwindsoflooring.com/>



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