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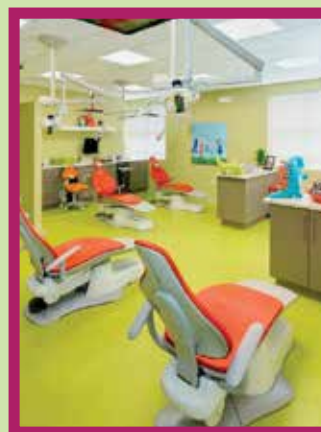
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THE MILLSTONE TIMES
Monmouth County's ASK THE DOCTOR
The Greater Princeton Area ASK THE DOCTOR

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2018 MOVIE SCHEDULE

Who doesn't enjoy a great movie? Going to the movies is fun! Movies allows us to experience a life that we may never really get to experience by placing ourselves in the shoes of the characters on the movie being watched. Movies are an escape from reality. Here are some hitting theaters soon.

FRIDAY, OCTOBER 12

First Man
Bad Times at the El Royale
Goosebumps 2: Haunted Halloween
Beautiful Boy (limited)

FRIDAY, OCTOBER 19

Mid90s
Halloween (2018)
Can You Ever Forgive Me?
The Hate U Give
What They Had (limited)

FRIDAY, OCTOBER 26

Hunter Killer

FRIDAY, NOVEMBER 2

Bohemian Rhapsody
The Nutcracker and the Four Realms
Suspiria
Boy Erased (limited)
Nobody's Fool
Bodied

WEDNESDAY, NOVEMBER 7

The Front Runner

FRIDAY, NOVEMBER 9

Dr. Seuss' The Grinch
The Girl in the Spider's Web
Overlord
Peterloo (limited)

FRIDAY, NOVEMBER 16

Fantastic Beasts:
The Crimes of Grindelwald
Widows
Instant Family

WEDNESDAY, NOVEMBER 21

Ralph Breaks the Internet
Creed 2
Robin Hood (2018)
Green Book

FRIDAY, NOVEMBER 23

The Favourite

FRIDAY, NOVEMBER 30

Anna and the Apocalypse
If Beale Street Could Talk

TUESDAY, DECEMBER 4

Capernaum
Friday, December 7
Mary, Queen of Scots (limited)
Under the Silver Lake (limited)

FRIDAY, DECEMBER 14

Spider-Man: Into the Spider-Verse
Mortal Engines
Untitled Adam McKay Dick Ch
(limited)

WEDNESDAY, DECEMBER 19

Mary Poppins Returns

FRIDAY, DECEMBER 21

Aquaman
Bumblebee
Cold War (limited)
Holmes & Watson
Alita: Battle Angel
Welcome to Marwen

TUESDAY, DECEMBER 25

On the Basis of Sex
(limited)



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Young Entrepreneurs

By Lauren Kolacki

From the first day of school until the day our children turn 18, our main goal is getting them through the awkward stages of puberty and the challenges that accompany high school. We expect good grades and even better decisions regarding peer pressure and their future. That is not necessarily the case for Joe and Lora Hudicka, whose children Joey (16) and Heidi (11) are the creativity and innovation behind, "Launch", a board game which introduces young people to the art of entrepreneurship.

Joey and Heidi have had a different childhood than most kids their age. By the time Joey was eight, he created an iPhone app. Their father, Joe, says he and his wife, Lora, were (and still are) very supportive and encouraging of their children's creative ambitiousness. Joe claims he was even a little competitive with his children, despite Lora's reluctance. The way they encourage and challenge their children is the reason behind their 'sky is the limit' attitude.

Joe tells a story of his son being just five years old and a big hockey fan. He would come home from practice and sit on the carpet and mimic the game with playing cards. One day, Joe sat down and when he asked him to teach him, he found that Joey had an entire set of rules to this game. That night, Joe stayed up all night creating a board, and in the morning, before he took Joey to Kindergarten, he challenged his son to a game. Joey beat his father two games in a row. He didn't just have rules to this game, he had strategies that went beyond what he had taught his dad. That is when Joe first realized his son had a special spark within him.

One day in January of 2015, the Hudicka's went to pick up their kids from school. When the children got in the car, they spoke about their classmates not sharing the same enthusiastic curiosity for entrepreneurship as they did. They thought there had to be a fun way to get their peers to understand and get as excited about business.

After that day, the family came together and thought up the idea of 'Launch'. The game has five levels and kids are taught dozens of business terms and strategies as they progress through each level. There is an accompanying Young Entrepreneur's Dictionary to help them play and understand the game while learning the language of business. 'Launch' earned Joey and Heidi the 2016 Amazing Kids in Business Award from the Hunterdon County Chamber of Commerce.

This is an untold story because they are not media experts, however, that does not stop the children from being ambitious. When asked what Joey and Heidi's goals for the future were, Joe responded that they are both extremely focused. They want to reach as many young people as possible and continue working with NASA to make a social impact on humanity. If children all over, could connect their creativity to their potential, they will begin to see all the resources surrounding them. People, of all ages, need to jump into this event series and find the spark within them.

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SpiritWeek! with Dimensions Reiki

Dimensions Reiki brings you up close and personal with Spirit in October!

Halloween is coming fast, and Dimensions is ready to show you the REAL THING this month! Beginning our own celebrations last month, we were excited to join the gifted group of psychic readers and energy healers on September 23rd at the Thomas Baird Homestead for the 1st Annual Psychic Fundraiser. It was great meeting everyone who came out to the psychic fair, and we are proud to have contributed 50% of the proceeds to the continuing upkeep of the historic Baird House. In October, we will be taking things to the next level!

At Dimensions, this month is full of exciting and spooky events to get you ready for Halloween! Our classes and workshops will help you develop your own connections to Spirit, and our personalized Reiki and psychic sessions will bring you stress relief and insight. With special events from psychic fairs to LIVE ghost investigations, Dimensions has something for everyone in "Spiritober," including:

October 19: Mystic Night in Red Bank, NJ, connecting people with Loved Ones from Beyond the Veil

October 21: 1st paranormal investigation at the Murray Grove Retreat in Lanoka Harbor, NJ

October 25: Reiki guided meditation and healing circle

October 26: Paranormal Contact! evidence Review workshop

October 28: 2nd paranormal investigation at the Murray Grove Retreat in Lanoka Harbor, NJ

Spirit is waiting; are you ready?!!

Check out all of our events online at <http://dimensionsreiki.com/calendar>. 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.

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, which is 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 was held at the Trenton Country Club and offered 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."



History of Halloween

By Gabriella Mancuso

Halloween is a time filled with magic, the supernatural and the gathering of many delicious treats. Now, Halloween is fun for people of all different ages, but is that the way it has always been? Halloween can be traced back generations and generations to a society called the Celts. The Celts celebrated a holiday similar to Halloween called Samhain.

The literal definition of Samhain translates to “summers end.” During this day, usually around November 1st, tribes would collect their crops and gather their cattle in preparation for winter. However, many scholars believe Samhain to have been a time of communicating with the dead. In contrast, other scholars believe that Samhain had nothing to do with contacting the dead. Instead they waited for the reveal of the underworld, and paid tribute to their past victories. Although these beliefs seem harmless Christians thought otherwise. Christians believed Halloween's roots were evil and satanic. They made many attempts in wiping out Samhain but failed to do so. Christians did everything in their power to try and turn Samhain beliefs holy. They created days like All Saints Day and All Souls Day to replace Samhain. Despite their attempts Christians were unsuccessful. The practices celebrated on Samhain became tradition and influenced many throughout the world.

Mumming and begging were one of the traditions originated from Samhain with then done in several places. Mumming, dressing as monsters and spooky creatures in exchange for food and beverages, was a common tactic used by people to go door to door in search for food. In England, those struck with poverty would beg people for prayers instead of food. As well as begging came other traditions. Many believers left their doors open to welcome a loved one's ghost into their home. Although Halloween was not celebrated in America until after WWII, Irish immigrants were the first to celebrate this holiday and the concept of the afterlife in North America. As time progressed pleading for meals and treats became an annual event on October 31st. By this time multiple young adults took it upon themselves to make sure tricking became a crucial part of Halloween. Farmers would wake up to their outhouses tipped over, eggs cracked on their doors and opened gates. As an alternative to this people encouraged everyone of all ages to dress up as anything they wanted. Superheroes, Fairies and Princesses joined the mix, and soon everything and everyone became a part of Halloween.

Halloween may not have started out the way we know it now, but the thrill of celebrating the unknown has been around for ages. Halloween grants a safe way for people of all ages to explore the darkest parts of their imagination and enjoy it. Many different supernatural beings and non-supernatural beings are now in association with it. Halloween, a time for treats and scares, is now beloved by millions, and will forever be one of the most important holidays of the year.



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MAKE MONEY FROM A HOME BUSINESS

By Lauren Kolacki

If an unforeseen circumstance arose, would you be financially secure? If an economic depression hit or a natural disaster occurred, would you have a backup plan? Mark Evans, Executive Director for Stream, can finally say he would be prepared, but his situation hasn't always been that way.

For twelve years Mark worked as a Computer Programmer/Analyst at Burlington County College in New Jersey. He wrote programs that expedited the efficiency in which the college was run. These programs contributed to the administrative side of the College. Registration, Admissions, Financial Aid, Accounting, Payroll, Community Service and all departments that made the college run were his responsibility. Mark's contribution was in demand; however, something didn't feel right. He dreaded going to work and he despised the lack of flexibility in his schedule. He knew it was time for a change.

In 1997, Mark began his own Computer Consulting business where he worked out of his home. He went out and recruited his own clients, who he would write programs that would adhere to their needs. It wasn't long before he realized this wasn't going to be as profitable as necessary, resulting in a decision to shift gears.

Mark became aware of how lucrative the wireless business was after he wrote a book keeping software for an AT&T wireless store in Cherry Hill. After becoming familiar with this field, Mark opened his first Verizon Wireless franchise store called Wireless Zone in this area. He proceeded to open two more, resulting in three locations, one in New Jersey and two in Pennsylvania. He found much success in this business until the early 2000's when "family plans" came about. The family plan was a deal that Verizon developed, where the customer would receive a free phone with the purchase of a phone. Verizon paid Mark \$175 for each phone "given away", however, he was paying \$225 for each one of those. In order to compensate for the money being lost, Mark started selling a third-party phone insurance in his stores. This plan was very profitable and sustained them for the time being.

In early 2003, Mark was in Buzz's Tavern in Mount Holly when he was informed of a potential sale of the establishment. Ever since Mark was in High School, he longed of owning a restaurant. As he sat there, listening, he knew this was an opportunity he couldn't pass up. He sold his franchise stores and decided to go into business with a really close friend despite what he heard about going into business with a really close friend. After three months, they no longer got along. Mark became the Managing Partner, while his friend became the Silent Partner. Within the next three years, the Tavern tripled the revenue.

Buzz's Tavern was a fun joint with live music and a friendly crowd. In 2006, they had a business consultant come in to assess the establishment and determine how much it was worth. After that visit, Mark was experiencing such success that he decided to buy his partner out. In 2008, when the economy fell apart, so did Buzz's Tavern. Mark did everything he could to keep his head above water. He held on for as long as he could, but options quickly dwindled, and he ultimately had to close the doors to the restaurant in November 2011.

Mark was 52 years old, flat broke, scared to death and didn't know what to do. In December of 2011, as he sat in his apartment above the restaurant, with all of the utilities shut off, he realized his childhood nightmare of being old and broke was coming true.

After a month of living with unfamiliar hopelessness and fear, one of the regulars from Buzz's Tavern came to inform Mark about a plan that would change his life. That was the day Mark was introduced to Stream. It was only \$329 to get started back then (now it is only \$199), but even that seemed like a stretch. Mark sold the stove out of the restaurant on Craigslist for \$400. He took that money and went to Walgreens to purchase a Visa gift card, because all of his bank accounts had been closed. Stream made so much sense to him and he got started in early January of 2012.

Mark didn't have his usual, stable and ambitious state of mind, considering his last couple years. He had a difficult time convincing people to go into business with him, even his friends wouldn't join because he was a mess. After 9 months of struggling, he finally began to get the hang of it. Following his one-year mark, he became a Manager Director and within 3 more months he earned the position of Senior Director.

Mark is now one of 200 Executive Directors out of the hundreds of thousands of people involved with Stream. He has over 700 people on his team. Everyone is involved for the same reason, they want to help people and they want to make money. In turn, when the people on his team make money, Mark also makes money.

In 2005 Stream was the first Network Marketing Company to marry Life Essential Services with Relationship Marketing. Mark compares Stream's business model to many other companies that are household names. Avon, Mary K, Tupperware, Pampered Chef all use the same business model except for a very important difference, you aren't selling product, and you are helping people save on services they pay for every month. Stream's goal is to save you money.

Stream is a Wireless Company and a Third-Party Energy Provider. They also have Protective and Home Services. Stream Independent Associates help Residential and Commercial customers take a discount on their Electric and Gas and on their Wireless phone service. Stream's Virtual MD delivers the care you need when you need it most from U.S. Board Certified doctors 24 hours a day, 365 days a year. No stress, no co pays, no more wasting time in a waiting room. Just quality healthcare, made easy. Stream offers home services that adapt to fit your lifestyle, keeping you connected to your home, wherever you are.

Mark is always looking to help people start their own home business. If you are looking to learn more, you can call him directly: (609) 200-0573. He also does a weekly Informational Presentation on how to start your own Home Business every Monday, 7PM at Dadz Bar and Grill in Lumberton, NJ. People come to see how they can save and/or make money. In addition to that presentation, there is one at Surf Taco in Jackson, NJ every other Tuesday night. Mark explains the security he feels working with this company and all the other benefits that accompany that and how you can benefit as well. Mark also has no problem coming and meeting you for a cup of coffee to show you everything starting a Home business can provide for you and your family!!



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LIABILITY FOR ALCOHOL SERVED IN YOUR HOME?

By John Bazzurro

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

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

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

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

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

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

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

IF YOU'RE A FAMILY CAREGIVER: CONSIDERATIONS BEFORE TALKING TO AN OLDER DRIVER

Getting older does not necessarily mean a person's driving days are over. But it's important to plan ahead and take steps to ensure the safety of your loved ones on the road. NHTSA offers free material to help you learn more about how to recognize and discuss changes in your older loved one's driving.

If you think you need to have a conversation with an older driver about his or her driving abilities, remember that many older drivers look at driving as a form of independence. Bringing up the subject of their driving abilities can make some drivers defensive. So, be prepared with your observations and questions, and—if necessary—provide possible transportation alternatives.

Answering the following questions may help you decide if you need to initiate a conversation with an older driver about driving safely:

- Getting lost on routes that should be familiar?
- Noticing new dents or scratches to the vehicle?
- Receiving a ticket for a driving violation?
- Experiencing a near-miss or crash recently?
- Being advised to limit/stop driving due to a health reason?
- Overwhelmed by road signs and markings while driving?
- Taking any medication that might affect driving safely?
- Speeding or driving too slowly for no reason?
- Suffering from any illnesses that may affect driving skills?

If you answered "yes" to any of these questions, you might need to talk with your loved one about safe driving.



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TEEN DATING

How do kids learn about relationships?

Kids learn about relationships from the adults around them. When you taught your child to say “please” and “thank you” as a toddler, you were teaching respect and kindness.

Your own relationships also teach your kids how to treat others. When you treat your kids, partner, and friends in healthy and supportive ways, your kids learn from your choices.

Children learn from unhealthy experiences, too. If they experience violence at home or in the community, they are more likely to be in unhealthy relationships later on.

WHEN SHOULD I START TALKING ABOUT DATING?

It's best to start talking about healthy relationships before your child starts dating. Start conversations about what to look for in a romantic partner. For example, you could ask your child:

- How do you want to be treated?
- How do you want to feel about yourself when you are with that person?

WHAT MAKES A RELATIONSHIP HEALTHY?

In a healthy relationship:

- Both people feel respected, supported, and valued
- Both people make decisions together
- Both people have friends and interests outside of the relationship
- Both people settle disagreements with open and honest communication
- Both people respect each other's privacy and space

WHAT MAKES A RELATIONSHIP UNHEALTHY?

In an unhealthy relationship:

- One or both people try to change the other
- One person makes most or all of the decisions
- One or both people drop friends and interests outside of the relationship
- One or both people yell, threaten, hit, or throw things during arguments
- One or both people make fun of the other's opinions or interests
- One or both people keep track of the other all the time by calling, texting, or checking in with friends

Teens may think it's okay to act in these ways, but these behaviors can develop into violence. If you see any of these signs, talk to your teen.

WHAT IS DATING VIOLENCE?

Dating violence is when one person in a romantic relationship is physically or emotionally harmful to the other person. It can happen in any relationship, whether it's an opposite-sex (straight) or same-sex (gay) relationship.

Dating violence can include:

- Stalking, like watching or following a partner, or sending repeated, unwanted phone calls or texts
- Controlling behavior, like telling a partner how to dress or who to spend time with
- Emotional abuse, like embarrassing a partner or keeping that person away from family and friends
- Physical abuse, like pushing, hitting, or throwing things
- Sexual abuse, like forcing or trying to force someone to have sex

Dating violence can happen in person, online, or with other technology (like cell phones). It can also keep happening after the relationship has ended.

Both boys and girls can experience unhealthy or unsafe relationships. Sometimes both partners act in unhealthy or unsafe ways, but using violence is never okay. It's important to talk to all kids about how to have respectful, healthy relationships. For more info visit: https://www.cdc.gov/ViolencePrevention/intimatepartnerviolence/teen_dating_violence.html



HOME IMPROVEMENT

HOW TO BUY A SOFA

By Lauren Kolacki

When it comes time to making decisions regarding the decor in your home, we all can become a little on edge. Where do you even start? We have put together a list of some of the most important questions you should ask yourself before making this big purchase.

For starters, what is your budget? Buying a car, renting a house; these aren't good investments; however, your sofa is. So, don't be afraid to splurge a little. Additionally, don't worry if you don't have the extra money, there are various options out there.

Once you have decided how much money you are willing to spend, it is time to measure out the space it will be occupying. You wouldn't want to buy a sofa and come home and realize it doesn't fit. Furthermore, be sure to take note and measure any doors or hallways the couch needs to travel through in order to reach its destination.

Next is the fun part, finding your inspiration. Look through magazines, on Pinterest, etc. to get an idea of what you want. Do you have a color scheme, a particular material, a shape that you are looking for? Even if you want to buy online, taking trips to furniture stores can open your mind to a style you haven't thought of before.

Write a list of details that are important in your sofa search. How many people are you looking to fit? Do you want a pull-out bed? A sectional couch? Will people be sleeping on it? Or maybe this sofa is just for show. Do you have young children and pets they may damage the couch? You don't want to go through a process of buying a sofa than realizing you forgot critical factors.

As you shop, be sure to sign up for email newsletters. In these letters you could find discounts and additional sales. This could be a big help if you are just moving into a new home and have exhausted your funds...or just because we all love a good discount!



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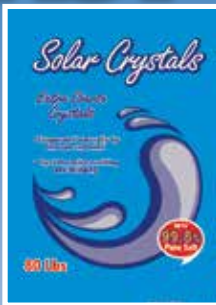
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5 Ways You Can Make A Difference During Down Syndrome Awareness Month

It seems impossible now, but before my son was born, my knowledge of Down syndrome was limited to a few volunteer experiences in high school and the 1980s drama “Life Goes On.” Fast forward eight years, and it seems half of my friends are connected in some way to Down syndrome. Everywhere I go, I notice children and adults with the characteristic features of Trisomy 21 (an extra copy of the 21st chromosome). People with Down syndrome are in almost every community, thriving and going about their lives. How did I not notice before?

The month of October is Down Syndrome Awareness Month and it’s a great opportunity to clear up misconceptions about the condition and show others how special and valuable our children are – as well as how normal they are. No, they aren’t angels sent from Heaven who are happy all the time. They’re individuals who have feelings and moods just like anyone else (although most are pretty darned charming). As a special needs parent, you’re an ambassador for your child 365 days a year. But here are some ways you can make even more of a difference during Down Syndrome Awareness month.



1. SPREAD FACTS FAR AND WIDE

Roughly 400,000 Americans have Down syndrome and about 6,000 babies with Down syndrome are born in the U.S. each year, according to the National Down Syndrome Society. That makes Down syndrome the most common genetic condition in the U.S. Even so, there are still a lot of myths and misinformation surrounding it.

If you’re active on social media, consider pulling together 31 different facts about Down syndrome and sharing one each day along with a brief explanation of your family’s personal experiences. If you don’t indulge in social media, consider adding a single fact to your email signature line at work. You may change your fact daily, or perhaps once a week. Either way, you’re spreading awareness. You might be surprised by the number of conversations you can start simply by sharing a fact with friends and colleagues.

2. CELEBRATE YOUR CHILD

Nothing makes a bigger impact on people than meeting our kids and getting to know them. That isn’t always possible in real life, but you can make a video about life with Down syndrome: what it is, what it means for your child and your family, and some of the special experiences you’ve had. Consider letting your child take over your social media for the month, posting funny pictures or moments with a quick explanation. Overshare milestones such as sleeping more regularly, healing from a surgery, or new communication skills. By sharing these moments with others, you are not only helping to spread awareness, but you are also creating a digital memory book that will allow you to look back on these moments and remember the feelings that you had at that exact time.

3. SHARE YOUR STORY

If you have a child with Down syndrome, you probably didn’t make it too far through your child’s first year before you received the dreaded question: “How did you feel when you found out your child had Down syndrome?” There are no easy answers to that; feelings are expectedly complex and fully textured. However, when you tell your story to others instead of passing it off with a quick comment, you’re giving them a small window into your experiences – what you thought then and how you feel now. Parents of a child with disabilities don’t want pity. Instead, we want others to see our kids as we do, celebrate their small victories, mourn their setbacks, and ultimately be a cheerleader for them. As you share your story, you are building compassion for kids and adults with Down syndrome that can have a lasting ripple effect.

4. WORDS AND LANGUAGE MATTER

Few things get me more riled up than the “r” word. Retarded is a loaded and offensive term, especially when it’s bandied about like an insult or joke. I know most people “don’t mean anything by it,” but for those of us who love someone with an intellectual disability, it’s the equivalent of other words that offend people of a certain cultures, races, or sexual orientations. The “r” word is a slap in the face to children and adults who have to work twice as hard every day to learn, grow, and master skills that others take for granted. People with Down syndrome just want to fit in and be treated like everyone else. There is a national campaign called “Spread the Word to End the Word.” Start under your own roof and work outward from there.

Also, try to use “people first” language when talking about your child. People have Down syndrome. They don’t “suffer” from it. My son is not a “Down’s kid.” He’s a kid who happens to have Down syndrome. Individuals with disabilities are people first, so we should always talk about them that way. The emphasis should be on the individual, not the disability.

CORRECT: A BABY OR CHILD WITH DOWN SYNDROME • INCORRECT: A ‘DOWN SYNDROME CHILD’ OR ‘DOWN’S BABY’

5. TELL PEOPLE HOW THEY CAN HELP

Let your friends and family know how they can help. They can volunteer with Special Olympics or local organizations that provide support and activities for people with Down syndrome. They can attend performances and support businesses by young people with Down syndrome. They can also donate to the National Down Syndrome Society, where contributions help to fund ongoing research into Down syndrome. Have questions about the charity to which you’re donating? Check out CharityNavigator.org for facts such as the impact of individual nonprofits.

Helping others see the challenges and beauty that come with Down syndrome can be an everyday affair. But Down Syndrome Awareness Month is a great opportunity to amp up your outreach and add your voice to the chorus of parents making a difference for their children.

For more info, visit www.wondermoms.org



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DO YOU HAVE A TEENAGE DRIVER AND ARE WORRIED? IF SO, YOU MUST GET THIS APP.

Life360, the world's leading family location app, Life360 Driver Protect, a new subscription service that uses your smartphone to automatically detect if you are in a serious accident and immediately contacts emergency responders and your family members. The service also delivers Safe Drive Reviews to subscribers, providing them with actionable safety insights about their driving habits.



Comprehensive driver safety services used to only be available via in-vehicle hardware diagnostic systems. Now, through a partnership with Zendrive, the leading safety analytics company, Life360 is democratizing access to driver safety features through the company's proprietary mobile technology.

Life360 Driver Protect covers every member of the Family Circle in a single subscription, and the features travel with everyone on their smartphones, providing peace of mind to families when their loved ones are on the road.

Among the services included with a Life360 Driver Protect subscription:

- Automatic Crash Detection and Emergency Response
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The Life360 Driver Protect subscription is currently available in the U.S. and covers all members of the Family Circle for \$7.99 per month or \$69.99 per year. This is less than half the price of existing, comprehensive driving safety services.

Life360 has also added to its suite of free features the option to view trip details after each drive. When "drive detection" is turned on within the app, family members can view the duration, route, miles traveled and top speed reached for every drive completed during the past two days. A trip detail push notification can also be sent when each drive is completed.

Life360 expects both its detailed subscription-based Safe Drive Reviews and also its freemium version of trip details to be especially helpful for parents of teens. According to a recent survey conducted by Life360 among its users, 82% of parents with teenagers worry about their teen's safety when driving without a parent. The same survey found that 94% of parents of teens say they regularly talk about driving safety with their teen.* Life360's new Safe Drive Reviews will help families have more focused conversations to review specific driving habits they can improve."

Life360 has always been focused on delivering peace of mind to families with technology that can save lives, so the addition of driving safety features is a natural expansion of our app's capabilities," said Alex Haro, co-founder and president of Life360. "Millions of families already use our app to communicate and look out for each other. We know families will appreciate using our newest features to help each other be safer drivers while gaining peace of mind that loved ones are safe while on the road."

To power crash detection and driving analysis, Life360 partnered with Zendrive, which leverages the power and ubiquity of mobile for its technology to provide actionable insights and analytics at scale. To date, Zendrive has collected and analyzed 1 billion miles of driving data giving it unrivaled visibility into driver behavior and modern transportation patterns. Through the partnership with Life360, Zendrive's data will grow exponentially by billions of miles a month giving them unmatched data set and insights.

Life360's proprietary location-based technology has enabled families to privately share their locations and communicate with ease within the app since 2008. Families can see loved ones' locations on a map and can opt to receive automatic alerts when they arrive or depart designated places, like school, work or sports practice. Now, with the addition of driving safety features, Life360 also provides peace of mind that loved ones are traveling safely to each destination throughout the day.

For more information about Life360 Driver Protect and to download the app, please visit <https://www.life360.com/driverprotect/> *Survey was conducted online in September 2016 among 671 Life360 users who have teenage children in their home.

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RAISING AWARENESS ABOUT BREAST CANCER



By YMCA of Western Monmouth County

October is Breast Cancer Awareness month and the Y is reminding all women in the community of the importance of having an annual mammogram and talking to your doctor about the proper method of self-examination to increase the chances of early detection. Getting screened for breast cancer is one of the best things you can do for your health, and the best way to find cancer is with a mammogram.

Simply being a woman and getting older puts you at an increased risk for breast cancer. Experts estimate that 1 in 8 women alive today will get breast cancer. That's a scary figure, but it shouldn't leave you feeling helpless. Instead, take time to learn more about breast cancer and the steps you can take to protect yourself.

In addition to aging, other factors are known to put a woman at higher-than-average risk for breast cancer. You may be at higher risk if you have any of the following risk factors and should discuss them with your doctor:

- A personal history of breast cancer. If you've had breast cancer once, you're more likely to get it again than someone who's never had it.
- A family history of breast cancer, especially in a mother, sister, or daughter.
- Certain benign breast conditions, such as atypical hyperplasia.
- Changes in certain genes (BRCA1 or BRCA2), which can be found with genetic testing.
- No full-term pregnancies or first full-term pregnancy after age 30.
- Starting your period before age 12.
- Going through menopause after age 55.
- Taking hormones after menopause.
- White women are at higher risk than Asian, Latina, or African-American women.
- Radiation therapy to the chest before age 30.
- Having dense breasts.
- Having taken DES (diethylstilbestrol). This drug was prescribed in the 1940s through 1960s to help prevent miscarriage. Women whose mothers took this drug may also be at higher risk of breast cancer.
- Being overweight after menopause.
- Not being physically active.
- Drinking alcohol. The more you drink, the higher your risk.

The CentraState Mobile Wellness Van will be in the Freehold Y parking lot on October 17, 9:00am-11:00am to offer Breast Cancer, Blood Pressure & Glucose Screening. The Freehold Y is located at 470 East Freehold Road in Freehold, NJ.

FOR MORE INFORMATION ABOUT THE YMCA OF WESTERN MONMOUTH COUNTY, VISIT WWW.YMCANJ.ORG.





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MILLSTONE TWP FOUNDATION FOR EDUCATIONAL EXCELLENCE ANNOUNCES 180 DAY CLUB KICK OFF

Millstone Twp Foundation for Educational Excellence (MTFEE) is kicking off its "180 Day Club" for the 2018-19 school year. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget.

The "180 Day Club" asks for contributions of \$1.00 a day for each of the 180 days of school. Families who contribute will have their name displayed on an acorn. The acorns will be hung on the MTFEE oak tree murals, which are displayed in the lobbies of the primary, elementary and middle schools.

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$560,000 in grants to Millstone Township schools, since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEAM enrichment programs, learning labs, book rooms, professional development, fitness equipment, vision screener, SMARTBoards®, and mobile computer and iPad™ labs, in addition to rock climbing and LEGO® walls.

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).

For more information about the "180 Day Club," becoming a trustee or its fundraising efforts, please e-mail info@mtfee.org, visit www.mtfee.org and Like Us on Facebook.

KIDS FOR PRIVACY

By Lauren Kolacki

In today's society it is encouraged to post your children all over social media. Family members and friends love being able watch your kids grow, since it happens so quickly. Parents post innocent pictures of their children playing in the park, bathing, laying on the beach and without thinking they hashtag something cute and catchy. The issue with these hashtags is that it gives a direct route to the picture of your 3-year-old daughter exposed on the beach. David Angelo, the Chairman of the Child Rescue Coalition admits pedophiles search for hashtags such as; #BathTime, #NakedKids #BikiniKids and #NakedKidsInaTub #ToiletTraining to easily access pictures with this content.

April is National Child Abuse Prevention month and this year the Child Rescue Coalition also launched its Kids for Privacy Campaign. The reason being, parents are naive, they do not realize how easy it is for these pictures to be saved, downloaded and reposted by the wrong people. The Child Rescue Coalition mentions how research has found that by age 2, 90 percent of children already have a presence on social media.

The importance of spreading awareness on this topic is imperative. Child predators exist everywhere and they are doing more than distributing pornography. The internet has made stalking and communicating way too easy for people with the wrong intentions. Pedophiles can stalk children, share information and trade tips and techniques on how to seduce and lure them into sexual encounters.

The campaign was successful in educating parents on the potential dangers of exhibiting the vulnerability of their children. Despite the privacy of your account, the campaign suggests asking yourself a few questions before posting a picture. "Why am I sharing this?", "Would I want someone else to share an image like this of me?", "Would I want this image of my child viewed and downloaded by predators on the Dark Web?" and "Is this something I want to be part of my child's digital life?" Once a photo is uploaded, it is out of your control. It is time to become more conscious and continue to spread awareness on this topic.

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Special Needs Transition Back to School

By Lauren Kolacki

Getting your child ready for back to school can be difficult no matter their age. School clothes, supplies and getting them back into a routine after a summer of sleeping in and play dates. This can be challenging for any child, but especially one with special needs. Specialists suggest a series of steps to take in the weeks before the first day of school to assure an easier adjustment.

In the weeks leading up to the first day of school, try getting your child back on a fixed sleep schedule. Each night has your child start going to bed a little earlier until they are used to their regular bed time. If your child takes specific medicine during the school year, speak to your doctor about having them start that back up again. Be sure to start reintroducing any part of your school year routine that may have been lost in the summer haze.

Remind your child what they like about school; certain subjects, certain people. Be mindful of the worries they may have and assure them that you will resolve them together. Have your child reconnect with some of their friends or children that will be in their class. This will give them something to look forward too as the school year approaches.

Most teachers will begin the school year reminiscing on the summer. Help your child to be ready. Discuss some of the best adventures they went on, meals they ate, friends they saw. Then when the topic is brought up in the classroom, they will feel more confident to speak about it.

The best way to ease your child's anxiety is to let them know what to expect. Go over their fall schedule with them. School days, events, extracurricular activities, family outings. Once they know what the months ahead look like, they can mentally prepare themselves.

When it comes to school work, if you are unable to efficiently aid, find somebody who can. And most importantly, make sure your child knows that they can always come to you. Always give them the chance to discuss how they are feeling or what they worry about.



★ BACK TO SCHOOL & KIDS ★

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HOW TO SAVE FOR COLLEGE

By Bryan Kudera

Anyone who's ever been to a toddler's first birthday can relate to a few common themes... a clown or superhero, crying babies (especially if Mom and Dad picked the clown), a Smash Cake, and someone offering up a college fund. This gift from Grandma or your Brother-In-Law that works at the bank might be the most boring, but any recent college grad will agree it's one awesome gift.

In today's day and age, it's not uncommon for a 4-year college tuition to cost over \$100k, and that's not including room and board! If you have more than one child, just start multiplying that 6-figure bill. So as the price of attending college continues to skyrocket, averaging about an 8% increase per year and in some years being as high as 6.5x the general inflation rate, how does a family plan ahead?

The most common and heavily marketed savings vehicles is the 529 College Savings Plan. Each state sponsors their own plan. There is a "Prepaid Tuition" variety, that some in-state and public colleges offer, which allows an account holder to buy credits at the participating college and lock in today's cost of tuition. However, if the beneficiary does not attend that college, the account holder will receive his/her money back with a small return. The more common "Education Savings Plan" provides investments in mutual funds or ETF's with tax-deferred growth and tax-free distribution if used for Qualified Higher Education Expenses. Savers should notice each individual state's potential matching grants or income-tax deductions. Beware, any withdrawals not used for higher education will be subject to income taxes and a 10% penalty on earnings, and these accounts may impact financial aid.

The less popular Coverdell Education Savings Account (commonly called an "ESA") only allows a saver to contribute up to \$2,000 per year, offering similar tax advantages as the 529. The draw here used to be that funds could be used for college OR K-12 expenses. However, since the Tax Cuts and Jobs Act of 2017, 529 plans may now be used for K-12 as well. These accounts do permit much more investment options, including stocks, than the 529 counterpart. As ESA's go by the wayside, they are now allowed to be rolled over to 529 Plan's to simplify things.

The third often looked at option is an UGMA (Uniform Gifts to Minors Act) or UTMA (Uniform Transfer to Minors Act), typically called a custodial account. These investment or cash accounts are funded by irrevocable contributions to a beneficiary that can never be changed. Once the child reaches age of majority in their state (typically 18-21) they have full access to the account. Parents need to be aware of potential tax implications as investment earnings over \$2,100 will be taxed at their rate (the Kiddie Tax). The other drawback is that for college financial aid, a custodial account is considered an asset of the child and will be more heavily weighted.

Some other frequently used, but rarely planned for, vehicles of college funding include real estate. More and more parents are taking out 2nd mortgages or Home Equity Lines of Credit (HELOC's) to tap their biggest asset on a tax-free basis to pay for education. The family home and any of its secured debt is not considered for FAFSA. Another tool not included in financial aid formulas is Cash Value Life Insurance. Such policies can provide self-completion in the event of death or disability, tax-favored access to cash values, parental control to any age, guaranteed growth, and usable for any goal. Roth IRA's also provide multiple solutions, typically used as a tax-free retirement investment account, contributions can also be withdrawn for higher education tax and penalty-free.

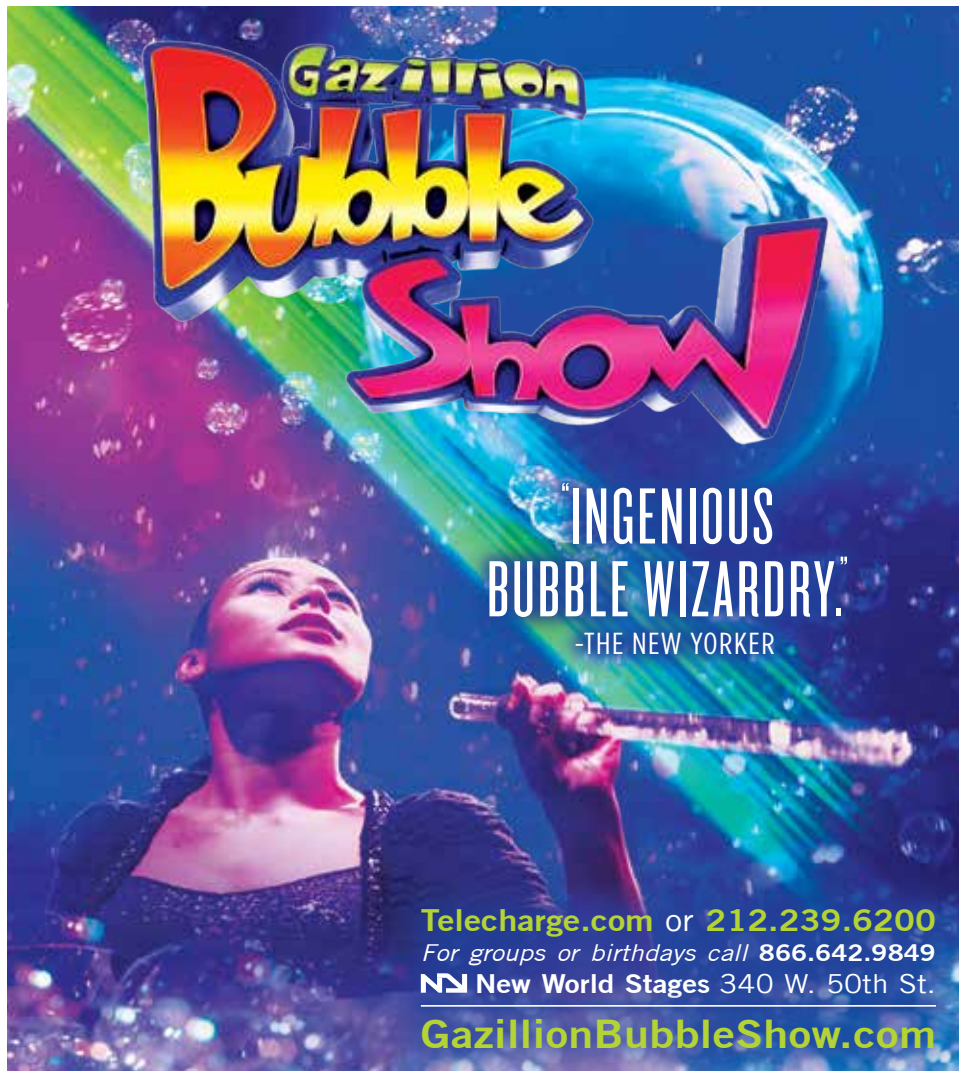
Hopefully this snapshot will help you start saving for your kids' or grandkid's education and put an end to the rampant student loan epidemic.

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The Millstone Times STUDENT OF THE MONTH

By Pam Teel

Ten-year- old Kyra Ahuja is in fifth grade at the Millstone Elementary School. She loves school and loves seeing her friends in school. Her friends always make her laugh.

Her favorite subject is math because her teacher, Mr. Miller, is a lot of fun. She also likes reading.

Kyra keeps up her grades and always studies hard for her tests.

Kyra likes to read Harry Potter books and comic books. Wonder, a book by RJ Palacio & the Percy Jackson Series are also her favorites.

Her favorite televisions show is 'Girl meets World' and her favorite songs are 'Closer' by the Chainsmokers, Annie songs, and the Sound of Music songs.

Her favorite hobbies are gymnastics, dance, and playing lacrosse.

Her favorite place to visit is Hawaii.

Kyra lives with her parents and her younger brother Ares. She loves her grandparents and her cousins very much and is very close to them. She also has one super cute dog, named Milly.

Kyra's favorite holidays are Christmas and her Birthday.

Her favorite sport is gymnastics and her favorite activities to do are school plays.

Her favorite foods are Spaghetti and Maggie.

When she grows up, she would like to be a veterinarian or an actress.

If she had but one wish, it would be to get a horse.

Good luck in school this year Kyra, and keep studying hard for those tests!!!!!!



Attention Allentown, Hightstown, East Windsor, Millstone, Etc, if you have a child that you feel deserves a shout out for Student of the Month please email me at: Crescent671@gmail.com and I'll send you a form. Your child doesn't have to get straight A's but does have to show a genuine love for learning.

Get to know YOUR MILLSTONE PTO

By Pam Teel

For those who may not know, the PTO is an organization made up of parents of students that are enrolled in the Millstone Primary and Millstone Elementary schools. The PTO's goal is to foster a nurturing and caring environment that strives for continued parent involvement in helping to build a better educational environment for our children. We also try to promote a school community where teachers and administrators can do their best work with the resources we can provide to help make school fun. Through membership dues and fundraising efforts, the PTO is able to donate funds to purchase educational materials, special author readings, and equipment for the school, as well as being involved in efforts to help raise a sense of local community.

For the PTO to be effective and truly representative of the school, it is essential to have parental involvement from as many parents as possible. Many working parents feel that they cannot be included in the PTO because they cannot come to every meeting or be on campus during the day. There are endless possibilities in ways you can help. Whatever your own level of flexibility, Millstone Township PTO always appreciates their parent volunteers, as does our teachers and staff. Keep in mind that by volunteering, you will get to enjoy interacting with the kids, become friends with other parents, and accomplish things that truly make a difference.

We have so many fun things planned for this school year such as our 4th Annual Color Run, Trunk or Treat, Holiday Bazaar, Ice Cream Socials, and so much more. We hope you can join us for fun times ahead.

About the Board (ALL WORKING MOTHERS)

PAULA SOUSA-ARSLANYAN, IS THE PTO PRESIDENT

Paula and her husband Chris have lived in Millstone for 6 years. She is the mother to three wonderful children, Mya, who is in 4th grade, Natalie, who is in 2nd grade, and Owen, in first grade. Paula has worked in Sales Management for over 16 years.

NICOLE DAVIS, EXECUTIVE VICE PRESIDENT

Nicole is a Professional School Counselor & Adjunct Professor. She is married to Brian and has lived in Millstone for seven years. She is the mother of three: RJ, who is in 4th grade, Brielle- Kindergarten, and Jake- preschool. Nicole enjoys spending time with her family, working out and coaching the youngest team for the A&M cheerleaders. In her spare time she enjoys listening to country music.

ANGELA TESTON, VICE PRESIDENT OF FUNDRAISING

For the past 11 years Angela has been an Ultrasound Tech specializing in Urology. She just recently started helping as a teacher/lunch assistant at her daughter's preschool. When she has free time she enjoys working out, reading a good book and spending time with her family on their boat. Her whole world revolves around her husband and her two beautiful children.

MELISSA CORTINA, VICE PRESIDENT OF VOLUNTEERS

Melissa has been a teacher for 13 years. She is mom to Quinn, age 7, and Reese, age 6. She and her husband Michael enjoy family time at the beach. She is currently taking classes to complete her Master's Degree and she also volunteers as a Daisy leader.

LISA ROMEO, RECORDING SECRETARY

Lisa does billing and collections in a medical facility. She and her husband Nick have been Millstone residents for 8 years. She is Mom to two boys, Nicholas- 9, and James- 4. Working part time gives her the opportunity to volunteer and help with her children activities. She enjoys fitness, music, and family time with her husband and children.

RACHEL VERGARI, CORRESPONDING SECRETARY

Rachel and her husband Shane have lived in Millstone for five years. She is mom to: Sophia- 8, Grace- 7, and Charlie- 4. Rachel has built a career in financial services the last 16 years helping people make smart sound financial decisions. She is an avid volunteer and supporter of Make a Wish Foundation, NJ. As a family, the Vergari's love camping, vacationing and spending time with friends and family.

JENNIFER PEPE, TREASURER

Jennifer recently celebrated 14 years as the Director of Human Resources for Leidos. She's a busy mom to Livia and wife to Paul. She enjoys spending time at the beach. Jennifer also likes bike riding and yoga.



Left to Right- Nicole Davis, Lisa Romeo, Paula Sousa-Arslanyan, Rachel Vergari, Jennifer Pepe, Angela Teston, Melissa Cortina

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TERHUNE ORCHARDS RECEIVES THE NEW JERSEY FARM TO SCHOOL AWARD

Terhune Orchards and the Mount family were awarded the first annual Farm-to-School Farmer Recognition Award by the New Jersey Secretary of Agriculture, Doug Fisher, Senator Turner of the New Jersey State Senate and Senator Bateman praised the Mounts.

The Farm to School Farmer Recognition Award acknowledges Terhune Orchards' outstanding contributions to educating children about the importance of farming and the environment, and their educational initiatives for students of all ages and abilities. On school tours, children can explore the farm, learn how a farm operates, discover gardens, interact with animals, and participate in hands-on activities while learning about crops, pollinators, the importance of water, and the life cycle of insects.

The Mounts are well known for the many community activities held at the farm. Since they started farming in 1975, they have hosted thousands of school children on educational farm tours.

For the last 13 years, Tannwen Mount has organized Red & Pick programs for preschoolers where the Terhune Orchards staff leads education programs and reads stories related to farm produce and activities, then the children and parents pick the fruit and vegetables. These programs are so successful that they are now held year-round as Read & Explore and Read & Discover programs.

Five weeks of Summer Camp on the farm have inspired many young people to cherish the land and become lifelong stewards of the environment.

Terhune Orchards is a 200-acre fruit and vegetable farm in Lawrence Township, Mercer County and is open year-round. It has a farm market, winery, bakery, Pick Your Own fruit and vegetables, and Seasonal farm festivals, including the Fall Harvest festival. All Terhune Orchard's activities are geared toward welcoming families equally, especially children.

Daughter Reuwai Hanewald, a former science teacher, has participated in many farm-to-school programs in local schools where she joins local chefs and provides Terhune Orchards' fresh fruits and vegetables, introducing the children to the wonders of growing, cooking and eating New Jersey fresh farm produce.

Pictured left to right are: NJ Department of Agriculture Secretary Fisher, Pam Mount, Tannwen Washburn, Reuwai Hanewald, Patricia Dombroski, USDA



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INGREDIENTS

- nonstick cooking spray
- 1 large head cauliflower
- 6 large eggs separated
- 1 ½ cups (145 g) almond flour
- ¼ cup (25 g) grated parmesan cheese, optional
- 5 cloves garlic minced
- 1 tablespoon baking powder
- 5 tablespoons butter melted
- 1 pinch salt
- 1 teaspoon Italian seasoning
- white sesame seeds, for garnish
- fresh parsley, chopped, for garnish
- fresh rosemary, chopped, for garnish

PREPARATION

1. Preheat the oven to 350°F (180°C). Grease a 9x5-inch (23x13-cm) loaf pan with non-stick spray.
2. Cut the cauliflower into florets and add to a food processor. Pulse until the cauliflower reaches a "rice"-like consistency. You should have 3-4 cups. (900 g)
3. Transfer the riced cauliflower to a large microwave-safe bowl and microwave for 4 minutes to steam the cauliflower and release its liquid. Let sit until cool enough to handle.
4. Transfer the riced cauliflower to a bowl lined with cheesecloth or a tea towel. Tightly wrap the cauliflower and squeeze out all of the liquid, until it is dry and crumbles between your fingers. Set aside.
5. Separate the yolks and whites of the eggs into two large bowls. Beat the whites with an electric hand mixer until stiff peaks form.
6. Add about ¼ of the beaten whites to the bowl of yolks. Then, add the almond flour, Parmesan, if using, garlic, baking powder, butter, and salt. Gently mix with a rubber spatula until combined.
7. Add the remaining egg whites, dried cauliflower, and Italian seasoning. Gently fold the ingredients together until just combined. Do not overmix, as this will break down the egg whites.
8. Transfer the mixture to the prepared loaf pan and sprinkle the top with sesame seeds, parsley, and rosemary.
9. Bake for 45-50 minutes, or until the bread is golden brown.
10. Let cool, then slice and serve as desired.

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35 CALORIE CHOCOLATEY OATMEAL PANCAKES

Recipe makes about 20 small pancakes.

INGREDIENTS

3/4 cup plus 1 tbsp spelt flour
6 tbsp rolled oats (30g)
1/2 tsp salt
2 tsp baking powder
1 tsp cinnamon
4 stevia packs or 3 tbsp pure maple syrup
1 cup plus 2 tbsp milk of choice
(minus 3 tbsp if using pure maple syrup)
2 tbsp oil (20g)
2 tsp pure vanilla extract
1/2 tsp pure almond extract (omit if desired)
optional: handful chocolate chips or raisins



DIRECTIONS

In a small bowl, combine all dry ingredients and stir very well. In a separate bowl, whisk together all liquid ingredients. Pour dry into wet, and stir together to form a batter. (Note: if the batter is too thin—which might be the case especially if using cup measurements of ww pastry flour—just add a little more flour until you get a pancake-esque batter.) For fluffiest pancakes, let the batter sit in the fridge for 10-15 minutes. Lightly grease a medium skillet, then place over medium heat. When pan is hot drop small ladelfuls of batter onto the skillet. Flip pancakes, using a spatula, when the edges begin to look dry. Allow to cook one minute longer, then remove from heat. Serve with your favorite pancake toppings.

TIP: Test the heat of your skillet by throwing a few drops of water onto the surface. When the water sizzles, the pan is ready for the pancake batter.



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By Pam Teel

Bella Italia Pork Store and Catering of Jackson is a premiere family owned food market bringing a little bit of Italy and a little bit of Brooklyn to Jackson NJ and the surrounding communities. Walking through the doors of this Italian Specialty store you are immediately hit with the aroma of fresh baked breads and the daily abundance of their homemade prepared foods. The store features a gourmet deli; you can stop by for a lunchtime meal like a hot sub, sandwich, Panini, salad or wrap, or pick up a prepared meal to go. They also have a full line butcher department that carries certified Angus Beef, Bell and Evans Chicken, pork chops, homemade sausage, NY strip steaks, Prime Ribeye, London broil, and more. Every morning owner, Salvatore Sgroi, is busy making his homemade mozzarella and homemade sausage. Sgroi was raised in the business. He began working in his father's butcher shop in Brooklyn, NY at the age of nine. This is where he learned the art of being a butcher. At home, he was surrounded in Italian tradition and developed a love for homemade Italian food.

Bella Italia also carries imported Italian products such as pasta, groceries, cheeses, top quality olive oil and vinegar, Italian pastries, and cookies. They are most known for their hot and cold catering for parties of all sizes. Their extensive menu was created with an eye towards offering the widest range of Italian options. Whether it's catering for a neighboring business, family party, or private event, they deliver to all areas of Middlesex, Monmouth, and Ocean Counties.

Bella Italia also takes the stress out of holiday cooking, offering Bell & Evans fresh turkeys (cooked or uncooked) with many sides to choose from. There is also a special holiday menu available at Christmas and Easter.

In 2019, Bella Italia will be celebrating their 10th anniversary. Their mission is to provide their customers with exceptional Italian Specialties and exceptional customer service. Sal and the staff make it a point to get to know everyone who comes through the door by their name, making them feel like part of their extended family!

Want to be a part of the family? Check the place out for yourself. The store is located at 180 North County Line Road in Jackson, between Bartley and Harmony Roads. Store hours are Monday to Friday 9 am to 7 pm, Saturday, 9 am to 6 pm and Sunday 9 am to 4 pm. You can visit their website at www.bellaitaliajackson.com or call to order at 732-942-1151 or fax 732-942-1153.

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Promoting physical activity for older adults is especially important because this population is the least physically active of any age group.

For adults aged 65 and older who are fit and have no limiting chronic conditions, the guidelines are the same as those for all adults.

AVOID INACTIVITY

Some physical activity is better than none — and any amount has health benefits.

DO AEROBIC ACTIVITY

For substantial health benefits, do one of the following:

- 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or gardening)
- 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)
- An equivalent combination of moderate- and vigorous-intensity aerobic physical activity
- Do aerobic physical activity in episodes of at least 10 minutes and, if possible, spread it out through the week.

FOR EVEN GREATER HEALTH BENEFITS, DO ONE OF THE FOLLOWING:

- Increase moderate-intensity aerobic physical activity to 300 minutes (5 hours) each week
- Increase vigorous-intensity aerobic activity for 150 minutes (2 hours and 30 minutes) each week
- Doing more will lead to even greater health benefits.

STRENGTHEN MUSCLES

Do muscle-strengthening activities (such as lifting weights or using resistance bands) that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.

GUIDELINES JUST FOR OLDER ADULTS

- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow
- Older adults should do exercises that maintain or improve balance if they are at risk of falling
- Older adults should determine their level of effort for physical activity relative to their level of fitness
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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!

Dr. Scott Paris using precision fluoroscopy guidance to ensure the best results possible.



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MONROE TOWNSHIP CHORUS PRESENTS THE BRIGHT SIDE OF LIFE

ON SUNDAY, NOVEMBER 18TH, THE MONROE TOWNSHIP CHORUS WILL PERFORM AN UPLIFTING, JOYOUS, FUN FILLED CONCERT FOR EVERYONE.

We will look at, and sing about, the bright side of our lives. This performance will look back at our yesterdays and sing its way into your hearts today. You will be surprised to realize how many of the heartwarming words you know. Joyful images will fill your heads and hearts. You will be flooded with memories and will most likely know the songs and the celebrities who first sung them.

The Chorus together with Sheila Werfel, Director and Conductor, and David Schlossberg, Music Director, will look at the bright side of life. This performance is not to be missed and when you exit the theatre, you will be humming and singing the tunes.

We look forward to seeing you at the Richard P. Marasco Center for the Performing Arts at 1629 Perrineville Rd. (Monroe Township Middle School), Monroe Township when the doors open at 1:15 PM on Sunday, November 18. The Performance will begin at 2:00 p.m.

**THIS IS A FREE CONCERT, NO TICKETS REQUIRED
EVERYONE IS WELCOME!!**

Losing a loved one is heart wrenching. Unfortunately, major decisions must be made in the midst of shock and grief. Many people are making these decisions in advance, so their loved ones are not left trying to sort it all out. Pre-planning can save your family tremendous stress.

Prearranging a funeral allows your family to be part of the decision making, where every important detail is according to your wishes. Your personal records are organized, and your family does not bear the burden during this emotionally stressful time.

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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For more information about our services reach out to our preplanning director Sue Batko at 732-446-4242.



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8 WAYS WOMEN ARE HARMING THEIR HEARTS

By Sangeeta Garg, MD

Most women are natural caregivers—quick to nurture children, make medical appointments for their spouses, and pitch in when a friend needs help. The last person many women care for are themselves. However, this self-neglect can be harmful to your heart.

Here are 8 ways you may be harming your heart.

1. **PUTTING YOUR NEEDS LAST:** While studies have found that women are better at multitasking than men, this “juggling act” that many women perform often means putting themselves last. When your needs—whether physical, emotional, or psychological—take a back seat, your health can suffer, leading to conditions like high blood pressure, fatigue, stress and more.
2. **SKIPPING EXERCISE:** Exercise isn’t just a tool for weight loss; being active can boost your mood and make you feel happier. It’s also beneficial for your muscles, bones, skin, brain, and memory, and can make you feel more energetic. Studies also have shown that regular exercise can help improve the quality of your sleep and deepen your sense of relaxation. However, running after your children or grandchildren isn’t enough. Look to get 20 to 30 minutes of movement into your day.
3. **DRINKING DIET SODA:** While diet soda is a lower-calorie drink option, the artificial sweeteners used in most diet beverages have been linked to a host of medical conditions, including type 2 diabetes, metabolic syndrome, heart attack, stroke, depression, and pre-term delivery. Sugar is being replaced by chemicals that are still being researched. This is not a healthy way to reduce your calorie intake.
4. **OVEREMPHASIZING YOUR LEVEL OF STRESS:** Twenty years ago, we barely used the word “stress” to describe our lives. Now, we’re often quick to label things as “stressful,” but they are really just natural occurrences in life. Kids, relationships, work, financial issues and more can cause stress, but that’s life. Don’t fixate on your stress. Rather, see the bigger picture and remind yourself that you’re strong and you’ve gotten through things like this before. Do the best you can, and don’t stress the small things. Work on changing your mindset by saying, “I’m not going to let my mind affect my body.” If needed, help manage feelings of stress through activities like yoga, meditation, or journaling.
5. **RELYING ON SUPPLEMENTS FOR SUPPORT:** Many of my patients take supposedly “heart healthy” herbal supplements and vitamins that they probably don’t need. At best, these products are ineffective; at worse, they are harmful or interact adversely with prescription medications. If you do take supplements, always tell your doctor what you’re taking and the dosage.
6. **RUNNING ON CAFFEINE:** It’s important for women to understand that everyone’s body reacts differently to caffeine, and often, you’re really just dehydrated when you feel sluggish. Avoid supplementing good sleep with coffee, tea, or caffeine-packed shakes and energy drinks that may give you heart palpitations. I treated a patient recently who drank so many high-caffeine coffees that she developed atrial fibrillation, a type of irregular heartbeat that can lead to stroke. Adjust your sleep schedule to ensure you’re getting enough sleep to feel restored naturally.
7. **TOO MUCH WINE TIME:** While studies have found a correlation between red wine and heart health, if you drink alcohol, do so in moderation. The American Heart Association defines “moderation” as an average of one drink (one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits) per day for women. Drinking more alcohol increases your risk of alcoholism, high blood pressure, obesity, stroke, and breast cancer. Ask your doctor about your specific benefits—and risks—of consuming alcohol.
8. **EXPECTING OVERNIGHT RESULTS:** You’ve heard it before: Making lifestyle changes—and seeing or feeling the results—is a marathon, not a sprint. Being more aware of unhealthy habits is the first step toward making lasting changes that will improve your heart health and overall wellbeing. Be consistent and persistent. The results won’t be instantaneous, but they will be worth it.

Dr. Sangeeta Garg is board-certified in cardiology and internal medicine and is on staff at CentraState Medical Center. She can be reached by calling 866-CENTRA7.



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MONROE SENIORS

Fall Super-Foods: On Thursday, November 15, at 10:30 a.m., we welcome Mary Myers, MS, RDN, for this tasty discussion on the nutritional benefits of fall foods, such as apple, pumpkin, squash, and more. Enjoy a special take-home autumn treat, too.

Holiday Blues: On Friday, November 16, at 10:30 a.m., join our very own Susan Schwartz, CSW, Supervisor of Social Services, as she shares different ways to chase away those holiday blues and tips on how to deal with triggers that cause sadness and anxiety.

Drivers Safety Program: On Monday, November 19, at 8:45 a.m., enhance your driving skills with the help of this AARP-sponsored program. For space availability and pricing, please the office.

Healthy Ageless Brain Habits: On Monday, November 26, at 10:30 a.m., discover which parts of the brain you must exercise in order to make it work better, faster, and stronger. Marilyn Abrahamson, MA, CCC-SLP, CentraState Medical Center, shares how to expand your brain's volume via new lifestyle habits.

Standing Tall: On Thursday, November 29, at 10:30 a.m., learn about common postural changes and exercises to prevent neck and back pain. Presented by CentraState.

Patty's Tribute: On Friday, November 16, at 2 p.m., Patty Carver pays tribute to the music of Rodgers and Hammerstein, singing their top hits, such as Oklahoma, Shall We Dance, and more.

The Pilgrims: On Wednesday, November 21, at 10:30 a.m., sit back and witness the true story of a small group of English Separatists, who sought religious freedom, planted the seeds of the American dream. DVD presentation with subtitles. (2 hours.)

Musical Journey: On Tuesday, November 27, at 1:30 p.m., Marvin Fischer circles the globe during this musical adventure that covers over 12 countries, in story and song.

Broadway Deconstructed: On Thursday, November 29, at 1:30 p.m., join Sam and Candy Caponegro as they dissect and explain clips of opening numbers, main character's signature songs, blockbusters, supporting character songs, and the ten o'clock numbers from some famous (and not-so-famous) shows.

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IN THE GARAGE

Regular inspections make your tires last longer, save you money and protect you on the road. Get the most out of your tires with these tips from:



Keeping your tires properly inflated can save you up to **\$0.11 per gallon.**

Only **19%** of consumers properly check and inflate their tires. Vehicles made after 2007 have a **Tire Pressure Monitoring System (TPMS)** that will alert drivers when tire pressure is significantly low – about 25% below where it should be for safe operation.

TIRE SAFETY
ABOUT **700** PEOPLE DIE EVERY YEAR IN TIRE-RELATED CRASHES. Follow these tips to help drive that number down.

Have your tires checked annually for rubber breakdown, which is accelerated by sunlight and heat.

Tires lose about **1 psi** (pound per square inch) of pressure each month, so be sure to check your tires monthly.

1 in 4 cars have at least one tire that is significantly underinflated. Be sure to check your tires regularly for other wear and tear, like cuts and abrasions.

Underinflated tires lower gas mileage by **0.3%** for every 1 pound per square inch (psi) drop in pressure.

Most vehicles should have a tire rotation done every **5,000–8,000 miles**



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- Properly restrain your children in car seats or seat belts to prevent them from accidentally activating power windows and sunroofs.
- Look and make sure your kids' hands, feet, and head, are clear of windows before raising the windows.
- Never leave the key in the ignition or in the "on" or "accessory" position when you walk away from your car.
- If available, activate the power window lock switch so that your children cannot play with the windows.

WHAT YOU NEED TO KNOW, NOW.

- Your car may have child safety settings for power windows, but that doesn't mean your child will not find a way to test the system. Never leave your children alone in a vehicle for any reason.
- All model year 2010 vehicles and newer will have "pull to close" switches, which require you to pull up on them to close the window. Older vehicles may have window switches that a child can accidentally step or put weight on, easily causing a window to close.
- Some vehicles have power windows that automatically reverse when an object (such as your child's arm or neck) is in the path of a closing window. Check both the individual vehicle rating pages on nhtsa.gov and your owner's manual to see if a vehicle is equipped with this safety technology.





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

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How does The MonaLisa Touch counteract vaginal dryness?

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

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

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Say NO to the Cheese

By Nicole Iuzzolino

Camembert, mascarpone, provolone, pepper jack and all the other cheeses you can think of have two things in common. They are extremely delicious and could be dangerous to your health. Healthline.com states that, "...you're getting about 100 calories per ounce and about 6 to 9 grams of fat...". It even states that it is mostly saturated fat and it is loaded with sodium. Besides the fact that cheese does not help in the weight department, it is also a silent killer. A study was done that analyzes middle age people and their diets. Middle aged individuals who had a meat and cheese diet could double their risk of death. Even scarier, they could quadruple their chances of dying due to cancer.

These health effects are not just with cheese, it is a problem with a lot of dairy products. Milk from animals is littered with bacteria and it can grow rapidly in your body. Children who do not drink milk from animals are less likely to get sick. Another negative affect from dairy products is consuming something called Casein. Casein is a protein that is found in milk, and 80% of it is found in cow milk. This protein can produce in a large number of children's throats, nasal cavities, and paranasal sinuses. The problem with this is that swelling and inflamed tissues will become more prevalent in these areas, making it very hard for children to breathe.

Now it may be hard to cut out dairy altogether from your diet, but there are so many nondairy options to replace some of the food items that do contain it. Milk is one of the easiest items to replace. There are a plethora of options to choose from such, almond milk, soy milk, coconut milk, and many others. Another dairy item that can be substituted is cheese. Specifically for soft cheeses, there are many replaceable options that can be found in any of your local supermarkets. There are soy and nut based versions of cream cheese. If you are looking for a substitute for soft, crumbly, cheese to put on top of salads, they are some made out of cashews, macadamia nuts, Brazil nuts, or almonds. Crumbly tofu is also a great replacement for ricotta cheese.

At the end of the day, it is all about limiting how much you eat. A couple cubes of cheddar cheese and sprinkle of goat cheese on a salad will not hurt you. But eating fries regularly drenched with cheese sauce may not be the healthiest option. In conclusion, the key is moderation.



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A Clever Way to Limit Your Child's Candy

By: Mia Ingui

Scenario: you have succeeded in keeping your New Year's resolution of making healthier lifestyle choices and eating clean, healthy foods. That isn't easy as is! But throw in a house full of kids committed to their own diets of sugar and salt, and it can be tough trying to run a healthy household. Then that dreaded candy filled holiday comes around, and your kids come inside after trick or treating and dump a pillowcase full of candy onto the counter.

How can you keep them from overdosing on sugary sweets? There are some clever ways to monitor the candy intake in the house by you and your kids.

First, the candy could become a reward and incentive for the kids. Keep it all stored away, and when the kids are on their best behaviors and are doing a good job of keeping organized and responsible, then they can indulge in their Halloween stash a bit. Or, maybe let your kids make a swap with you for some of their candy. Make a trade-off. If they give you some candy, give them a small toy or an allowance. Or, let them keep their favorite candies, but you could get rid of the excess so that there isn't any unneeded temptation in the house. Ultimately, Halloween is a night to have some fun and enjoy the huge amounts of candy, so let your child enjoy themselves, but monitoring the amount of candy they eat is key to keep them healthy.

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Dr. Sanjay Gandhi, DPM

ANSWER:

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Komen CSNJ Volunteer Melanie Gibson Shares Passion to be *MORE THAN PINK*

By Megan Romanczuk

Volunteers at Susan G. Komen Central and South Jersey (Komen CSNJ) play a vital role in our community, dedicating countless of hours and commitment to raise funds and awareness for breast cancer. Without the efforts of their passionate hearts, we would not be able to accomplish all we do.

Today, we are shining our spotlight on Melanie Gibson, star volunteer for the fight against breast cancer. She helps manage LOLA's in Manalapan, New Jersey, and began her journey with Komen CSNJ through this role.

"LOLA's styled the fashion show at the 2016 Pink Power Party at iPlay America with Komen CSNJ," said Gibson. "This is where I fell in love with the mission along with the staff and other volunteers, and of course the survivors."

Since then, Melanie has continued volunteering for Komen CSNJ and enthusiastically lends a hand whenever she can. She has continued to model for the fashion show at the Pink Power Party each year, while helping with event publicity and promotion on social media.

One of Melanie's favorite volunteer memories has been working the 2017 Race for the Cure, where she used her sales skills and bubbly personality to help sell Komen CSNJ swag on event day with her co-worker Jeanine.

Seeing the survivors and those living with metastatic breast cancer at the event "gleaming with hope" as they walked together in the survivor procession was an incredible moment for Melanie, one that still resonates with her.

"It made me feel like no matter what happens in life there's always a light at the end of the tunnel, and although the path to get to it may be rough, the outcome is all worth the while," said Melanie.

Being a Komen CSNJ volunteer has been an amazing experience for Melanie, allowing her to meet new people while helping those who've been through the most unimaginable struggle—breast cancer.

"Volunteering for Komen CSNJ makes me feel like I am contributing as much as I can in the fight to end breast cancer," said Melanie. "By volunteering, it makes me feel like we can all do a small part in trying to raise awareness and end this disease forever."

Melanie is looking forward to being part of the MORE THAN PINK Walk as a volunteer on Sunday, November 4 at Six Flags Great Adventure. You'll see her big smile at the Komen CSNJ merchandise tent once again!

She is looking forward to seeing the Komen CSNJ staff and event participants, while celebrating the "sea of survivors and their family surrounding them with love and support on a day that we honor them and fight for those who lost their battle to the disease."

For those interested in getting involved, Melanie wants you to know that your time, effort and dedication make a true difference.

"At the end of the day after a long event, it feels amazing knowing that I could have possibly made a small impact on the fight to end breast cancer," said Melanie.

The Komen CSNJ team is thankful for Melanie's incredible dedication and passion. Join Melanie and other volunteers at this year's MORE THAN PINK Walk on Sunday, November 4 at Six Flags Great Adventure. Learn more: komencsnj.org/25years





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What Every Middle School Boy Needs Most From His Parents

By Gabriella Mancuso

Middle School is a difficult time for children, especially boys. They are confused, immature and just typical young boys. From grades 6-8 boys tend to have behavior changes. Typically, they choose to show this towards their parents more than anyone else. As a parent, only you know how to handle your child, however if you are struggling here are some things you might need to start considering.

ENCOURAGEMENT

Every middle school boy needs encouragement from both of his parents. Both mom and dad need to encourage their child to do great, and motivate him to act to the best of his ability. Show him that you are proud, but there is always room for improvement.

Pride

Be proud of your son. Show him that you love him and all he does. Build up his self confidence and self esteem by pointing out success, rewarding his good efforts and supporting him at all of his games and or interest. He needs his parents to support him more than anyone else.

ATTENTION

All young men need attention. They need their parents to pay attention to them, their lives, preferences, mood etc. You need to show your child you care about them and their well being. What you should not do is get too much involved, but just enough so that your son feels wanted and loved.

TRUST

Give your son the chance to become independent. Although this may be hard for some parents, especially moms, you must let them grow and develop their own beliefs and mindsets. Allow them to figure certain situations out by themselves so they can learn and develop maturely. Although it may be hard not to intervene, you can always assure your child they can confide in you whenever they need to.



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Cold, flu, or allergy? **Know the Difference for Best Treatment**

Each year, millions of Americans suffer from one or more episodes of the common cold, flu, or allergies. If you have a runny nose, a stuffy head, and generally feel under the weather, how do you know whether it's allergies making you feel miserable, a cold, or the more serious flu virus?

Although you may opt to try to fight the sickness with hot tea and bed rest, it's best to know which ailment is plaguing you so it can be treated accordingly—especially if it's contagious.

See the difference between flu, cold and allergy symptoms with this easy comparison chart from the National Institute of Health.

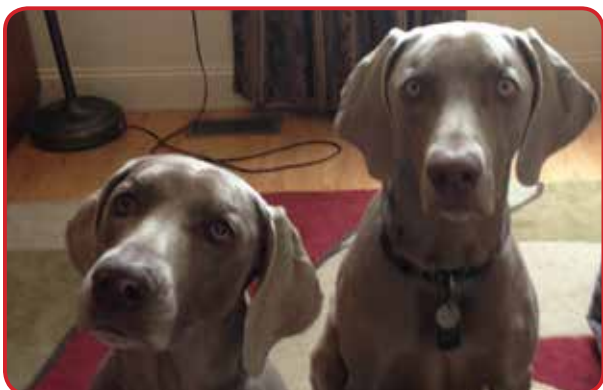
Symptoms	Cold	Flu	Airborne Allergy
Fever	Rare	Usual, high (100-102 °F), sometimes higher, especially in young children; lasts 3-4 days	Never
Headache	Uncommon	Common	Uncommon
General Aches, Pains	Slight	Usual; often severe	Never
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never
Stuffy, Runny Nose	Common	Sometimes	Common
Sneezing	Usual	Sometimes	Usual
Sore Throat	Common	Sometimes	Sometimes
Cough	Common	Common, can become severe	Sometimes
Treatment	Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains	Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever. Antiviral medicines (see your doctor)	Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants
Prevention	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.
Complications	Sinus infection, middle ear infection, asthma	Bronchitis, pneumonia; can be life-threatening	Sinus infection, middle ear infection, asthma

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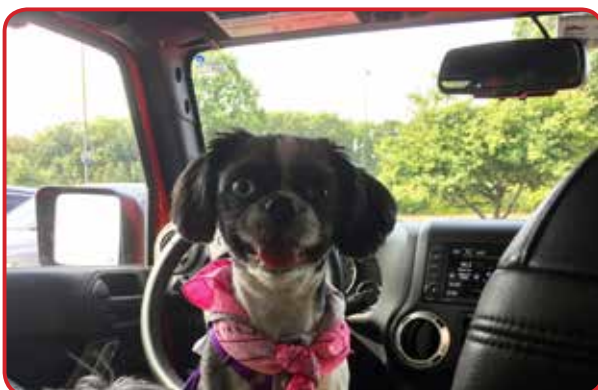
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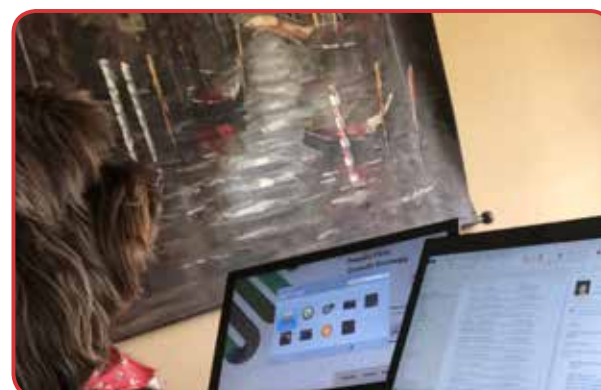
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Marty's Place Howl-O-Ween Family Fest Set for Sunday, October 21st

Submitted by Doreen Jakubcak, Executive Director

Get ready, it's almost time for the annual Howl-O-Ween Family Fest at Marty's Place Senior Dog Sanctuary. This fun-filled event is open to the public and anyone can come with children of all ages and dogs of all sizes. There promises to be something for everyone from 11 am – 4 pm.

One of the most unique activities of the day is the Ruff Mudder Canine Obstacle Course. Last year more than 50 dogs and their families participated on the ½ mile course, which featured spooky friends hiding out amongst the rope, tunnel, jump bar, walking trail, see-saw and hay mountain challenges! Dogs of all skill levels are welcome to participate with their owners.

Would your dog love to dress up for Howl-O-Ween? Why not enter them into the Marty's Place costume contest? Imagine what a blast to watch your dog compete in costume or to participate in selecting the best costume winners. And if that's not enough, how fun does a family and dog friendly hayride sound?

There will be many more activities including photo booths, face painting, raffles, food, vendors and music by Buntopia. So, plan to spend the day out on the grounds of Marty's Place at 118 Route 526 in Upper Freehold. A fun time is guaranteed for all, even if you come to the Howl-O-Ween Family Fest at Marty's Place without a dog!

At Marty's Place we all come together as one family and do what we do because we share the passion that senior dogs' lives matter. **More information about Marty's Place and the Howl-O-Ween event can be found at <http://www.martysplace.org>, or <https://www.facebook.com/martysplaceseniordogsanctuary/>.**



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On their website you can also view other nearby pets that need homes that are being held at other local facilities. Read up about Animal Assistance's affiliated Pet Sanctuary in PA. You can also purchase home-made organic certified non chocolate dog brownies. All proceeds go to help the animals. Visit them on facebook at: Brownie the Plain Brown Dog.

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

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Downsizing Your Home

By Gabriella Mancuso

Downsizing your home is a common activity done by people who are leaving or moving out of their current house. Many times, the “downsizing” process is done prior to the “resetting the furniture to make your house look more appealing to buyers” process.

Downsizing is the elimination of old junk and unnecessary items you felt the need to keep around all these years. From the first tooth of your youngest kid to the piece of cloth you used to wipe your tears at your daughter’s wedding, these items surround us and take up space every day.

Although it is hard to get rid of the little things kept over the years it will provide you with amazing results in the end; less boxed, less clutter, less stress. Reducing clutter can take away stress and relax your mind and nerves. 70% of homeowner’s stress over excessive clutter in their homes. Not only will it ease your nerves, but it will also give your home a cleaner look.

You can always keep the little things you hold close to your heart, but everything else has got to go. There are many different options you can choose from such as donating to charity, passing it down to your younger family members/friends or putting it up for sale and making a profit!

People will buy anything now-a-days so don’t hesitate to sell your clutter. You will probably doubt it, have trouble letting it go, and try to convince yourself to keep it anyways, but the undeniable truth is if you don’t use you don’t need it.





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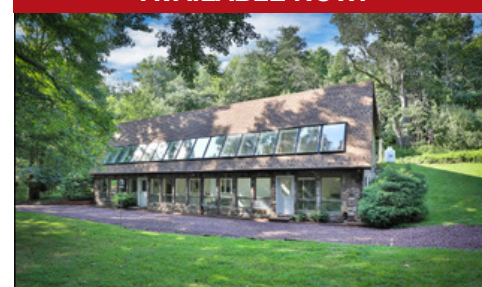
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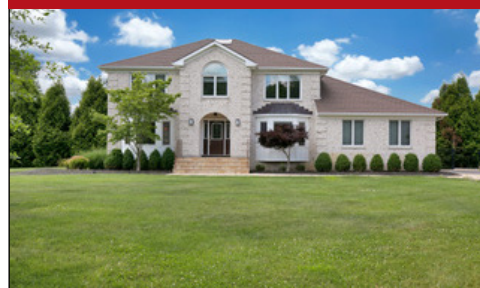
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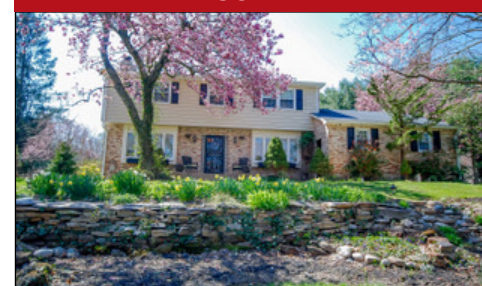
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266B Crosse Drive, Monroe, N.J. 08831
\$205,000 Agent: Carmen Amodol

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!



684 Windsor Perrineville Rd, Hightstown
\$365,000 Agent: Rhonda Golub

This charming home has so much to offer, hardwood flooring, wood burning stove, kitchen boasts granite counters, stainless steel appliances, stone fireplace, sunroom. The yard is private and provides room for the pool and patio. Freshly painted, central vac, finished basement, salt water above ground pool, attached 2-car garage and so much more.



310 Valencia Drive, Monroe
\$420,000 Agent: Kimberly Garbrandt

A Must See! Byron model in Renaissance, adult gated community. Beautiful entry, two car temp controlled garage, H/W floors, double sided gas fireplace, tiled sunroom, upgraded kitchen, granite and ss appliances.



90 Hawkin Road, Tabernacle
\$315,900 Agent: Mildred McCormick

Low taxes, spacious home, huge backyard. Situated on a quiet street, close to everything, with a park like setting, possible subdivision, H/W floors, updated kitchen, new appliances, beautiful deck, endless possibilities.



259A Monroe Road, Monroe
\$199,976 Agent: Carmen Amodol

Adult community, detached Timberline model, upgraded kitchen and baths, spacious rooms. Exit the dining room sliding glass doors to your own peaceful oasis with a beautiful pond view. Great location!



101 Meirs Road, Cream Ridge, N.J. 08514
\$1,090,000 Agent: Jo Ann Stewart

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



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

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



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

Drive up the hill to this warm and inviting Equestrian estate, 6 wide open acres bordered by trees, custom built colonial, basement with finished gym area, inground Grecian pool with large trex deck, sit and relax as you watch the horses graze and wildlife wander the green pastures. A 30' x 36' center isle barn, 3 generous size stalls, full house generator runs the home and barn.



4 Roberts Ct, Allentown
\$639,999 Agent: Rhonda Golub

Situated on a 2-plus-acre cul-de-sac, this home is the perfect blend of efficiency with updated functional space & location that will amaze. An array of solar panels power highly efficient heat pumps for heating/cooling, kitchen totally remodeled, wood burning fireplace, fully insulated & finished basement, spacious rec room and media room w/wet bar, wired for surround sound & projection TV.



2 Harding Ct, East Windsor, N.J. 08520
\$559,900 Agent: Donna Moskowitz

Grand foyer, hardwood flooring, elegant staircase, newer kitchen, granite counter tops, wood burning fireplace, additional 5th bedroom on the main level can be used as an office, upper level offers four spacious bedrooms, full basement is great for additional storage, inground pool, full fenced in yard



500 Buckelew Ave, Monroe
\$659,000 Agent: Suzanne Garfield

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LEE TURKEY FARM CELEBRATES 150 YEARS

By Pam Teel

The Lee Turkey Farm is rich in history. The farmhouse dates back to 1802 and all the original barns are still standing today. The Lee family has farmed the land for six generations, since 1868. Located in East Windsor, its just 2.5 miles south west of Hightstown.

Nestled on 54 acres in suburbia East Windsor, the farm raises over 5,000 turkeys annually. For over 60 years, the Lee Farm has been producing turkeys of the finest quality. The turkeys are fed a natural feed mix made by them and are raised without medications and hormones. You can purchase oven ready turkeys, turkey parts, and turkey burgers year round. They also take advance orders for oven ready turkeys for Thanksgiving, Christmas, and other holidays.

The farm also has acres and acres of fruit trees and acres of vegetables of all kinds for the picking, and for those that are not interested in picking your own, you can chose fresh picked fruits and vegetables direct from their farm market. Vegetables and fruits on hand include string beans, broccoli, sweet peppers, tomatoes, eggplant, Italian flat beans, cabbage, sweet corn, cucumbers, zucchini, watermelon, cantaloupes, blackberries, raspberries, strawberries, cherries, tomatoes, peach cider, pure honey, turkey and turkey parts, turkey burgers, cut flowers, and more.

The Lee family welcomes both new patrons from the tri state area and patrons that frequent the farm on a daily basis. If you check on their facebook site, you can get farm operation hours and you can see what's ready to pick.

Ronnie and Janet Lee currently own the farm, which was originally purchased by Ron's great- great- great grandfather in 1868. The original farmhouse, built by Aaron Forman in 1802, is still on the property and is now home to Ron's family.

The Lee family ancestry was lucky to have survived through hard economic times such as the Great Depression, but they can successfully boast that they have managed to farm their land for six generations, weathering both bad times and good times. Today Ron and his son Dylan work side by side planting and maintaining the farm. You can find Ron's wife Janet working at the farm market on the property.

To say it's a family affair is something of an understatement. Ron's parents, Dick and Ruth, still live in a small farmhouse on the property and Ron's Dad still helps out around the farm. Dylan's two siblings also help out in other ways. No matter how far apart they are, their heart is all about the continuation of their farm.

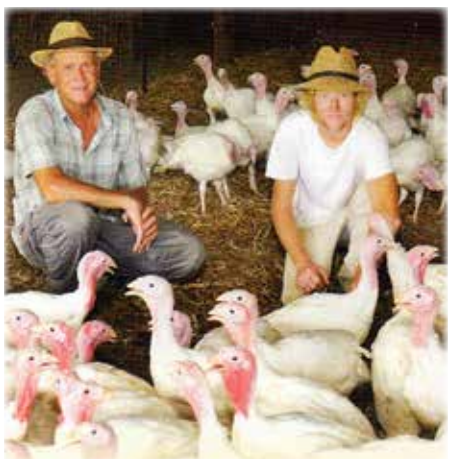
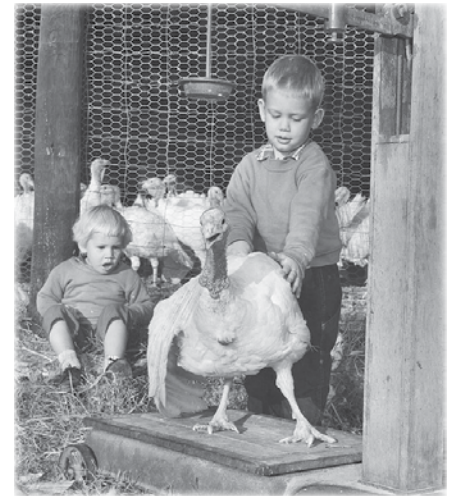
Toward the beginning of the 19th century, Ron's ancestors focused on planting fruit orchards. Half the farm was apples and the other half were assorted fruits. Ron's great grandfather, Charles and his son Levi, ran a successful farm until the great depression hit but somehow they managed to scrape by. It was actually Levi's son, Dick, who at eleven years old, joined the 4-H club and asked if he could try to raise some turkeys, thus the beginning of the turkey business. He started out with 100 turkeys and lost many of them to disease, but eventually found a way to stop the spread of the disease and successfully raise his turkeys.

Dick eventually went into the army and when he got out, he found out that his dad owed the bank a lot of money due to the depression, and that he was thinking of selling the place to pay the bank back. Dick suggested that instead of raising a few hundred turkeys, they should raise thousands of them. So they did. When processing plants were subjected to so many different rules, the Lee's decided to process the turkeys themselves. They eventually built retail routes to supply turkeys to the locals. They also supplied chickens, eggs, fruit, and vegetables.

In 1964, Ron's parents started the first "pick you own" farm in New Jersey, which was a big success. Ron went into a partnership with his parents in 1984.

Ron loves to meet new people and greet the frequent patrons that come by the farm. Since the 1960's, busloads of school children come to visit the farm and are given the grand tour by Ron himself. To date, Ron is the only guide on the property. He has the personality for the job and no one knows every inch of this farm better than him, except perhaps his son Dylan! To date, Ron does not sell his turkeys to any markets. If you want a fresh turkey, you can come and pick one up or order one.

Ron and his son Dylan are up with the roosters and work all day, picking fresh fruits and vegetables for their market, planting, and making sure everything they grow is the best in quality. They use minimum chemicals on their products, only when necessary. Ron also likes to give back to the community and donates a lot of his produce and fruits to the NJ Farmers against Hunger Organization.





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IS THE PUBLIC LIBRARY OBSOLETE?

Renee B Swartz, Chair of the Monmouth County Library Commission, asked if it would be possible to print this excerpt from a New York Times editorial as an editorial in your newspaper. At a time when the Monmouth County library system is such an integral part of the communities its headquarters, branches and member libraries serve, the article should be of great interest to your readers. Thank you very much, and thanks so much for your continuing support of all Monmouth County Library news.

An excerpt from an editorial which appeared in the New York Times Sept 9, 2018, written by Eric Klinenberg, professor of sociology and director of the Institute for Public Knowledge at New York University. The essay is an adaptation from his book, “Palaces for the People: How Social Infrastructure Can Help Fight Inequality, Polarization, and the Decline of Civic Life.

A lot of powerful forces in society seem to think so. In recent years, declines in the circulation of bound books in some parts of the country have led prominent critics to argue that libraries are no longer serving their historical function. Countless elected officials insist that in the 21st century — when so many books are digitized, so much public culture exists online and so often people interact virtually — libraries no longer need the support they once commanded.

But the problem that libraries face today isn’t irrelevance. The real problem that libraries face is that so many people are using them, and for such a wide variety of purposes, that library systems and their employees are overwhelmed. According to a 2016 survey conducted by the Pew Research Center, about half of all Americans ages 16 and over used a public library in the past year, and two-thirds say that closing their local branch would have a “major impact on their community.”

Libraries are being disparaged and neglected at precisely the moment when they are most valued and necessary. Why the disconnect? In part it’s because the founding principle of the public library — that all people deserve free, open access to our shared culture and heritage — is out of sync with the market logic that dominates our world. But it’s also because so few influential people understand the expansive role that libraries play in modern communities.

Libraries are an example of what I call “social infrastructure”: the physical spaces and organizations that shape the way people interact. Libraries don’t just provide free access to books and other cultural materials, they also offer things like companionship for older adults, de facto child care for busy parents, language instruction for immigrants and welcoming public spaces for the poor, the homeless and young people.

For older people, especially widows, widowers and those who live alone, libraries are places for culture and company, through book clubs, movie nights, sewing circles and classes in art, current events and computing. For many, the library is the main place they interact with people from other generations.

For children and teenagers, libraries help instill an ethic of responsibility, to themselves and to their neighbors, by teaching them what it means to borrow and take care of something public, and to return it so others can have it too. For new parents, grandparents and caretakers who feel overwhelmed when watching an infant or a toddler by themselves, libraries are a godsend.

In many neighborhoods, particularly those where young people aren’t hyper-scheduled in formal after-school programs, libraries are highly popular among adolescents and teenagers who want to spend time with other people their age. One reason is that they’re open, accessible and free. Another is that the library staff members welcome them; in many branches, they even assign areas for teenagers to be with one another.

To appreciate why this matters, compare the social space of the library with the social space of commercial establishments like Starbucks or McDonald’s. These are valuable parts of the social infrastructure, but not everyone can afford to frequent them, and not all paying customers are welcome to stay for long.

The openness and diversity that flourish in neighborhood libraries were once a hallmark of urban culture. But that has changed. Though American cities are growing more ethnically, racially and culturally diverse, they too often remain divided and unequal, with some neighborhoods cutting themselves off from difference — sometimes intentionally, sometimes just by dint of rising costs — particularly when it comes to race and social class.

Libraries are the kinds of places where people with different backgrounds, passions and interests can take part in a living democratic culture. They are the kinds of places where the public, private and philanthropic sectors can work together to reach for something higher than the bottom line.

We should take heed. Today, as cities and suburbs continue to reinvent themselves, and as cynics claim that government has nothing good to contribute to that process, it’s important that institutions like libraries get the recognition they deserve. It’s worth noting that “liber,” the Latin root of the word “library,” means both “book” and “free.” Libraries stand for and exemplify something that needs defending: the public institutions that — even in an age of atomization, polarization and inequality — serve as the bedrock of civil society.



ALLENTOWN PUBLIC LIBRARY HOSTS “WHAT’S IT WORTH”

Fans of the popular “Antique Road Show” on PBS will have the chance to have their own treasures assessed at the “What’s it Worth” event at the Allentown Public Library on Sunday, October 28th, 1 to 4 pm, conducted by Joe Bodnar of Bodnar Auction House in Edison, NJ.

Those who attended last fall were entertained and informed by Mr. Bodnar about the value of dolls, furniture, costumes, fine jewelry, toys, art works and much more. Don’t miss this opportunity to learn the value of your own treasures and tips to protect the value of objects, and to learn what is “hot” in the market, and why!

Mr. Bodnar has over 25 years as an auctioneer and is past president of the NJ Auction Society and is affiliated with the National Auction Association. He is happy to be returning to the Allentown Library for this “friend/fund raiser” as an expression of his philosophy. “Auctioneers don’t buy anything. They are in the business to support people who are downsizing, to help with an estate, or to provide knowledge of family possessions.”

Tickets are \$20 per item to be appraised and are on sale at the Library. All proceeds benefit the Allentown Public Library. Only 100 tickets (items to be appraised) will be sold.

Contact: Joan Ruddiman • 609-529-6701 • jr Ruddiman@aol.com

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DID YOU KNOW...?

Author Mark Twain was one of the first people to purchase the early typewriter and is probably the first author to submit a typed manuscript to his publisher.

The QWERTY keyboard layout was devised and created in the 1860s by the creator of the first modern typewriter, Christopher Sholes, a newspaper editor who lived in Milwaukee. Originally, the characters on the typewriters he invented were arranged alphabetically, set on the end of a metal bar which struck the paper when its key was pressed. However, once an operator had learned to type at speed, the bars attached to letters that lay close together on the keyboard became entangled with one another, forcing the typist to manually unstick the typebars, and also frequently blotting the document. A business associate of Sholes, James Densmore, suggested splitting up keys for letters commonly used together to speed up typing by preventing common pairs of typebars from striking the platen at the same time and sticking together. When a key was struck, the typebar would swing up and hit the ink-coated tape, which would transfer the image onto paper.

Someone who mastered this new key arrangement would actually be able to type faster because the keys wouldn’t jam. This was the beginning of the QWERTY keyboard, which first appeared in 1872 and is still used today on modern day computer keyboards.

The first typewriter machine found its way on the market in 1874 through E. Remington & Sons. The device was called the Remington No. 1. It wasn’t a very big hit. People just weren’t ready for mechanical writing. E. Remington and Sons were also well known for their firearms.

Four years later after some modifications to the arrangement of the keyboard, Remington and Sons produced the new Remington No. 2 model, which included the arrangement we use today, but it now had the ability to type both upper and lower case letters thanks to the shift key. Although the original shift key caused the carriage to shift positions, the term is still applied today to modern day shift keys on the computer keyboards even though they do not move.

After the Remington 2 typewriter came out, the typewriter started to rise in popularity, especially in businesses. There were other attempts at replacement keyboards but the QWERTY keyboard prevailed. In case you haven’t noticed, the name QWERTY comes from the first six letters of the first row of keys on a standard keyboard.

Frank McGurrin, a court stenographer from Utah is considered to be the first person to memorize the QWERTY keyboard and master touch typing. He rose to fame by participating in many typing contests and is credited for sparking people’s interest in purchasing typewriters.

We’ve come a long way from fixing ribbons on typewriters, using carbon paper to make copies, unjamming keys, and using liquid white out, but the good old QWERTY keyboard is still around!





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MANALAPAN'S NICK MARA BREAKS INTO MUSIC STARDOM WITH PRETTYMUCH

By Abigail Urban

Performing at the 2018 MTV Video Music Awards and garnering over 215 million global streams on Spotify are only a few of the accomplishments Manalapan native Nick Mara has achieved with his band PRETTYMUCH.

In just a year after Simon Cowell and Syco Music's former president, Sonny Takhar, formed PRETTYMUCH, the music group performed their newly released single Would You Mind at the 2017 Teen Choice Awards and at the 2017 MTV Video Music Awards. Mara and the band's other members, Austin Porter, Brandon Arreaga, Zion Kuwunu and Edwin Honoret, now live in Los Angeles, California, where they work on their recordings and practice their dancing skills for these high-profile performances. The hard work certainly paid off with the band releasing an EP and their fun-in-the-sun single Summer on You this past year.

"Success doesn't come easy," Mara said. "You have to believe in yourself, you have to love what you do and you should never get too comfortable. This journey has already been the greatest experience of my life and will continue to be because I love what I do."

The 20-year-old singer and dancer has embraced hard work for years, previously competing with the famous dance group ICONic Boyz on MTV's America's Best Dance Crew in 2011, as well as appearing as a dancer on the television shows Shake It Up and Saturday Night Live.

Along with his impressive resume, many of his favorite memories these past two years were with PRETTYMUCH. "I think my proudest moments have to be when we were nominated for a VMA, when we performed on James Corden's show and when we performed in Toronto in the pouring rain. Despite the bad weather, we still put on a great show for the fans. That was just a surreal moment and a moment I will hold with me forever."

Now, Mara and the rest of PRETTYMUCH are preparing for their nationwide tour, "The Funktion Tour."

The band's music style can best be described as Urban Pop, according to Mara. However, the band likes to dabble in styles outside their own. "We like to think outside the box and not limit ourselves to one specific genre," he said.



INTERESTED IN CHECKING OUT PRETTYMUCH'S MUSIC OR SEEING THEM PERFORM? PRETTYMUCH WILL BE PERFORMING LOCALLY IN NEW YORK CITY AT THE IRVING PLAZA ON NOVEMBER 4, 2018. YOU CAN CHECK OUT THEIR WEBSITE AT [HTTPS://WWW.PRETTYMUCH.COM](https://www.prettymuch.com).



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Vesuvio's Restaurant Welcomes Nick's Place Bar and Italian Bistro

A PLACE WHERE EVERYBODY KNOWS YOUR NAME!

By Pam Teel

Mayor Gary Dorfman had the pleasure of cutting the ribbon on a beautiful Saturday afternoon in late September, welcoming the opening of the new additions to Vesuvio's Restaurant in Millstone Township. Nick's Place Bar and Italian Bistro features two newly renovated rooms; a bar room and a fine dining area.

Those who frequent Vesuvio's often, know of the loss the Costagliola family suffered not so long ago when owner and patriarch, Nick, passed away. His dream was to one day expand his restaurant and add a bar room. Sadly he didn't get to see it happen. His family would have felt like they let him down if they didn't make an effort to see that his dream became a reality. "I wanted to finish things right for my dad," Nick's son Frank stated. "We all wanted to find a way to honor him."

Nick's Place Bar and Italian Bistro does just that. Continuing in their father's legacy, Vesuvio's has always been there for their community. In times of need, during storms and loss of power, they remained open serving food, letting people use the bathrooms, recharging phones, or any other way that they could help out their friends and neighbors. The family restaurant has always been the hub of Millstone since its inception some thirty years ago. They have always made you feel like you are not just a patron but also a big part of their big extended family. Even more so now! Nick's Place is a place where people can gather, hang their hat for a while, have a great meal, pizza, or just a drink among friends. It's just what Millstone needed, a place to socialize. A place where everybody knows your name!

With an extensive new menu featuring main Italian specialties and weekly specials from Chef Kevin White, there's always something fresh and new on the menu. They now also offer burgers and bar food. Last seating for dinner is: Sunday through Thursday 9:00 pm, Friday and Saturdays 10:00 pm.

The new bar room is open 11am-11pm Sunday through Thursday and 11am-12am Friday and Saturday. The restaurant is open for all kinds of parties and can hold 50-55 people. They also do off premises catering. You can check out all services offered on their facebook page at: Vesuvios Restaurant, Millstone Township. You will find the weekly specials on there too.

In wanting to give back to the very same people who frequent their restaurant and allow them to make a living, the Costagliola family would like to personally thank the local contractors that brought Nick's Place to life. Tony Ciacciotti- Casa Plumbing, James Smith- Jas Construction and Stonework, Mark Primerino- Prims Electric, Paul Palladino- Preferred Electric, and Homegrown Construction- George and Jeremy Truzkowski. A great big thank you for all of your wonderful work!

Stop in, check out the new rooms. Come and be a part of Vesuvio's extended family. There's a seat waiting for you! Nick's Place and Italian Bistro, a great homage to a man who was a friend to all!



NJ HALL OF FAME BREAKS GROUND FOR HOME AT AMERICAN DREAM PERMANENT MUSEUM TO OPEN IN SUMMER OF 2020 AT THE MEADOWLANDS

The New Jersey Hall of Fame took a big step toward establishing a permanent home of its own on Wednesday. That's when the Hall of Fame family, New Jersey elected officials, executives from American Dream and Triple Five Worldwide and other dignitaries took part in the ceremonial groundbreaking for a museum that will honor many of the Garden State's best and brightest.

"The New Jersey Hall of Fame has an exciting vision," said Jon F. Hanson, chairman of the NJHOF, "and ultimately this museum will be a very proud attraction for New Jerseyans of all ages and families around the world that will be able to experience it in all its greatness."

The Hall of Fame, which celebrated its 10th anniversary with a gala induction ceremony in May, to date has used a mobile museum as its home (850 square feet). To be located on the lower level of the American Dream retail and entertainment complex, the permanent museum will cover 16,000 square feet and feature attractions such as a virtual reality theater and hologram theater. It's planned opening is to take place in the summer of 2020.

"This is a great day for all New Jerseyans, said Steve Edwards, Hall of Fame president. "The New Jersey Hall of Fame at American Dream will be an exciting museum where we can take great pride in who we are as a people, and have a learning center that will inspire the next generation of Jersey leaders."

The state-of-the-art museum is expected to cost \$10 million, of which the Hall of Fame has raised \$5.775 million. The cost of admission to the museum is to be determined.

The NJHOF home will be located within several minutes of many attractions at American Dream, including Legoland Discovery Center and Sealife Aquarium, a DreamWorks Water Park, a Nickelodeon Universe Theme Park, Cirque de Soleil and KidZania. An estimated 40 million are expected to visit the American Dream complex annually. The Hall of Fame has entered into a long-term lease at American Dream. Terms were not disclosed.

ABOUT THE NJHOF: The Foundation for New Jersey Hall of Fame is a non-profit organization honoring citizens who have made invaluable contributions to society, the State of New Jersey, and the world beyond. Since 2008, the NJHOF has hosted 10 ceremonies for over 140 notable individuals and groups in recognition of their induction into the Hall of Fame. The NJHOF endeavors to present school children with significant and impactful role models to show that they can, and should, strive for excellence. The NJHOF is thankful for the support of its many sponsors, without which none of its endeavors would be possible. For more information on the NJHOF, its mission and inductees, go to www.njhalloffame.org.



LIVING IN THE FUTURE'S PAST

By Lauren Kolacki

Living in the Future's Past is an eye-opening documentary intended to expand individual's perspective on concepts about ourselves and our past. It allows us to explore humanity and our past to look towards a better future. Jeff Bridges, Academy Award Winner, contributes his ideas as a Humanitarian alongside many other scientists and profound thinkers to dig deeper than politics and borders to look under the hood of humanity.

To get a better understanding of the film, I spoke with Amy Jacobson, who has been a resident of Millstone for 16 years. Amy was teaching at Rutgers when she first met Susan Kucera. Susan was in the post-production stage of editing Breath of Life at that time. Breath of life is a documentary that reveals why we modern humans are in denial about catastrophes of our own making that could come to pass sooner than we think. The movie provides insightful commentary from the world's greatest evolutionary biologists, one being Robert Trivers.

Robert Trivers is an evolutionary biologist who has revolutionized both the natural and social sciences, and who happened to be Amy Jacobson's PhD advisor. While Susan visited Rutgers, getting more insight on Robert, she found herself spending a lot of time in Amy's lab. When working on Living in the Future's Past, she felt the need for more female voices, Susan knew exactly who to contact and that's when Amy became involved in Living in the Future's Past.

Amy's role in the movie is to expand people's perspective. She says, "Were so busy with what's going on in our daily lives, we need to look deep and wide. As an Evolutionary Anthropologist, it's informative when you're looking at a topic, to look across cultures." We have the ability to take the information we discover and apply it to inform public policy. Living in the Future's Past discusses how energy takes many forms as it moves through and animates everything. How, as we come to understand our true connection to all there is, we will need to redefine our expectations, not as what we will lose, but what we might gain by preparing for something different.

Amy has lived in Millstone for 16 years with her husband, Michael Normand, and their four children; Arthur, Emily, Jacob and Gavin. Amy has coached field hockey here in town, served as a den leader for two cub scout dens and has served on the Millstone Board of Education for 10 years and the Upper Freehold Regional Board of Education as a Millstone Rep for 6. It's heartening to watch a local resident be a part of something so informative and inspiring. The movie can be seen in theaters on October 9, 2018 with additional screenings in select locations. For more information visit the website at <https://www.livinginthefuturespastfilm.com>



THE LOGIC OF LOGOS AND CATCHPHRASES

By Pam Teel

IDIOMS THAT INCLUDE THE NAME MARY IN IT.

MARY CELESTE

A place, location, or high-occupancy vehicle (especially a ship) that is inexplicably deserted or abandoned. An allusion to the Mary Celeste, an American merchant brigantine that was discovered floating off the Azores Islands in 1872 with no one on board and still in seaworthy condition. Example, "We came upon a house in the woods, empty as the Mary Celeste, but left otherwise untouched."

MARY SUE

In film and literature, an idealized female character who is exceptionally talented in a number of areas despite not having had the training or experience to realistically acquire such talents. The use of such a character is often seen as a method of author wish-fulfillment. The term was first used in this way by writer Paula Smith in 1973. Whether Rey from Star Wars is a Mary Sue has been a topic of debate.

TYPHOID MARY

A carrier or spreader of misfortune, as in "I swear he's a Typhoid Mary; everything at the office has gone wrong since he was hired." This expression alludes to a real person, Mary Manson, who died in 1938. An Irish-born servant, she was a cook who transmitted typhoid fever to several hospitals she worked in and was referred to as "typhoid Mary" from the early 1900s. The term was broadened to other carriers of calamity in the mid-1900s. You can describe someone as Typhoid Mary if they bring bad luck or harm to other people. Example - "After the relationship ended, she became a Typhoid Mary, spoiling the romantic lives of everyone around her."

MARY JANE

Mary J. or Mary Jane is a slang term for marijuana. Could be the English translation of the Mexican word Mari-Juana.

Also the name can be described as a plain-looking girl. Example- "She's just a Mary Jane and will never be a glamour girl."

A BUNCH OF MARY'S OR MARY ANN'S

A slang term for men meaning they are a bunch of sissies. Recently used in a movie called U571 with Matthew McConaughey, the movie was about WWII.

One of the U.S. Navy sailors described the Nazi's as just a bunch of Mary's. The word Mary Ann has also been used to describe a group of sissies. "He's just a Mary Ann."

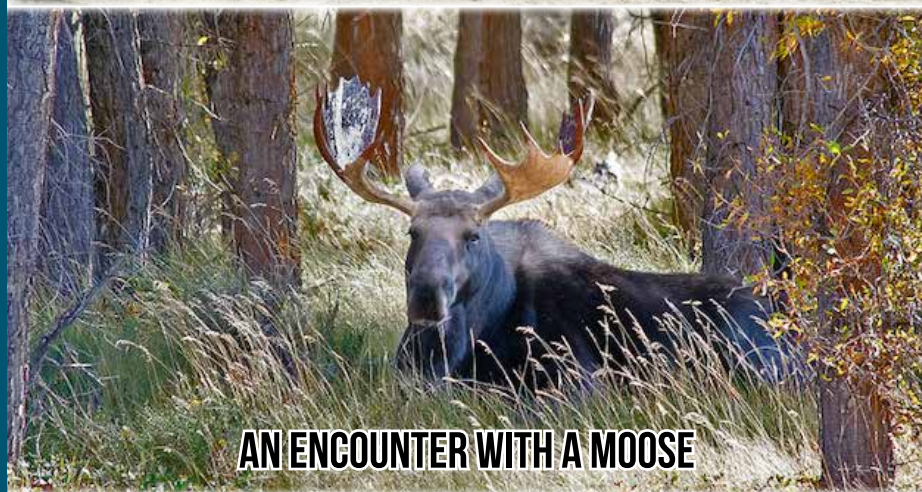
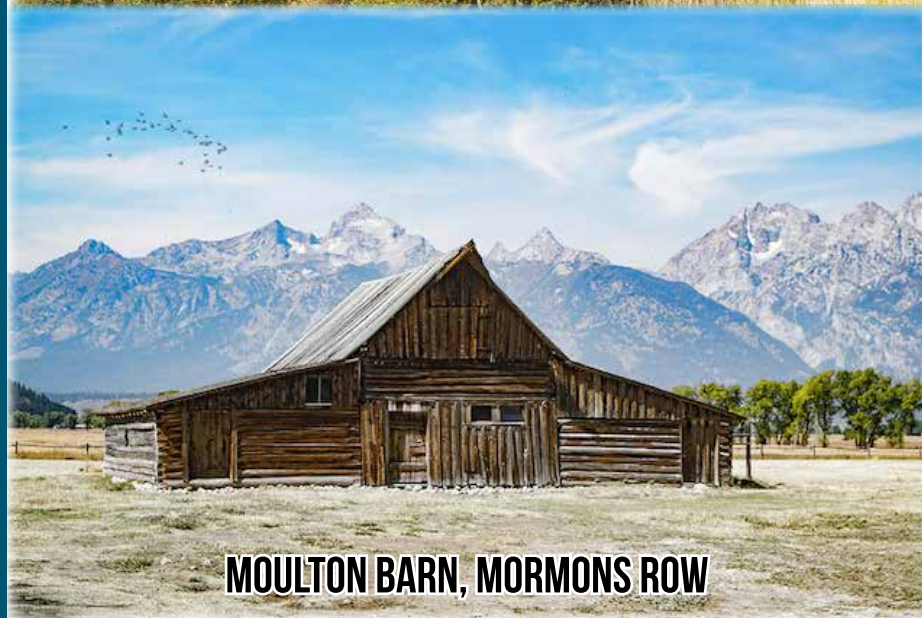
BLOODY MARY

Standing in front of a mirror in a darkened room with a candle, chanting "Bloody Mary, Bloody Mary" won't cause a cocktail to appear (as much as some people might hope!). However, according to legend, the ritual might cause a ghastly apparition to materialize. Are you brave enough to try it yourself? Many a girl at a slumber party has played the Bloody Mary game, or at least heard of it. Nobody really knows how long people have been telling the story of Bloody Mary. Do you dare to say it three times as you glare into the mirror!

The Millstone Times' PHOTO OF THE MONTH

Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: crescent671@gmail.com. Include your name and a description of the photo. If you have a brief story that goes with it, send that too. You may send photos more than one time. (If you prefer to send anonymously, we will leave your name out.)

Terry Goldstein From East Windsor is an Amateur photographer. She took these photos on a recent trip to the Grand Tetons and Yellowstone National Park. You can't take a bad picture in the Grand Tetons!!!!!!!!!!



Weekend Getaway

THE BEST PLACES TO SEE THE FALL FOLIAGE IN NEW JERSEY

By Pam Teel

Fall is a great time to discover the State's great outdoors as the palette of colors transforms all of New Jersey with vibrant, vivid Fall Foliage with vibrant hues of copper, red, yellow, and deep crimson. Here are some of the best places in New Jersey to view the foliage and some things to do while you're there. Don't forget to take your cameras with you!!!!!!

EARLY OCTOBER

Mountain Tour: Travel to Stokes State Forest in Branchville, brimming with hiking paths, scenic overlooks and picnic facilities. Nearby is the 70,000-acre Delaware Water Gap National Recreation Area, one of the most beautiful locations in New Jersey. Enjoy boating along the majestic Delaware River, flowing between New Jersey and Pennsylvania. Hike through autumn's fiery colors, or continue on to High Point Golf Club in Montague for a round of golf on the verdant course surrounded by lush trees.

For those looking to explore some trails, High Point State Park in Sussex, home to the highest elevation in New Jersey (1,803 feet), offers dramatic views, as well as hiking and biking paths. On a clear autumn day, you can see 80 miles of spectacular fall colors. Spend the night at nearby High Point Country Inn in Wantage, touting seven scenic acres of grounds in a country setting, or continue on to Hamburg to stay in the luxurious Crystal Springs Resort and to visit Cava Winery & Vineyard, the perfect place to have lunch and sip a glass of wine while enjoying sweeping views of vineyards.

Next stop is Franklin and the Franklin Mineral Museum, where minerals from New Jersey and around the world are displayed. After Franklin, head south through Ogdensburg and tour the underground mines and historic buildings at Sterling Hill Mining Museum. Continue on to Sparta, which abounds with mountain lakes and picture-perfect vistas. From Sparta, return to Newton.

MID-OCTOBER

Woodlands Tour: Begin in Riverdale and travel through Wanaque and Midvale, past the commanding Wanaque Reservoir. Continue to Ringwood, full of numerous stops to hold your interest. Ringwood State Park, which includes Norvin Green Forest and Shepherd Lake, is a spectacular sight in the fall. Walk the hiking and nature trails, rent a canoe or just sit and enjoy the scenery. Tour Ringwood Manor, a 51-room mansion with period furniture that was home to early ironmasters in the 1700s. The New Jersey Botanical Gardens is in full bloom at Skylands Manor, brimming with 90 acres of gardens and natural areas.

Continue past Hewitt, the site of several natural points of interest, including Greenwood Lake, Wanaque Wildlife Management Area and Abram S. Hewitt State Forest. There, visitors can hike, picnic or pack their binoculars for bird watching. Next, travel to Newfoundland, where the hills will be awash in autumn splendor. Echo Lake Stables offers guided horseback rides along wooded trails flanked by dazzling red and gold foliage. Continue on to Rockaway's Farny State Park for a hike beneath canopies of oak trees. From there, return to Riverdale.

MID/LATE OCTOBER

Historic Tour: This varied tour will take you through New Jersey's beautiful copper-covered scenery, as well as to historic sites and a castle with a theater. Begin your trip in Netcong, near New Jersey's largest lake, Lake Hopatcong, to view the magnificent foliage. Nearby is Waterloo Village in Stanhope, a restored 19th-century village featuring unique shops, historic tours and festivals. Travel to Andover and enjoy the beautiful fall scenery in Allamuchy Mountain State Park. Stop and walk the park's hiking trails, or enjoy a family picnic. The park is also a great place to camp and fish.

From Allamuchy, visit the village of Hope, replete with its array of preserved historic buildings. The 18th-century Moravian village offers walking tours of the church, gristmill and cemetery. Nearby is scenic Jenny Jump

State Forest, with more hiking, camping and picnic facilities. From Hope head into Hackettstown to tour the Pequest Trout Hatchery and Natural Resource Center. Learn about the nurturing of New Jersey trout and the importance of protecting our natural resources. After the hatchery, travel back to Netcong.

Colonial Tour: Begin in Titusville at Washington Crossing State Park, where Gen. George Washington made his famous Christmas Day crossing of the Delaware River in 1776. The park brims with bridle paths, hiking and nature trails, a nature center and playground, all dotted along the Delaware River. From Titusville, head east to Pennington, a quaint town with lovely shops. Take Rt. 31 North past several scenic wildlife management areas to Ringoes, where the Black River and Western Railroad offers a scenic train ride. While you're there, sip and sample wines while taking in the charming views of vineyards and farmland at Old York Cellars Winery or Unionville Vineyards. From Ringoes, go through Sergeantsville and drive on the state's oldest covered bridge, the Green Sergeants Bridge.

Next visit Stockton, a lovely historic town with fine restaurants and antique shops. Here, the Bull's Island section of the Delaware and Raritan Canal State Park offers fishing, canoeing, boating, hiking and nature trails. Then, head south and follow along the scenic Delaware River through Lambertville. Stop here to enjoy the many antique shops, flea markets, art galleries and fine restaurants. From Lambertville, travel south back to Titusville.

LATE OCTOBER/EARLY NOVEMBER

Pinelands Tour: Begin at Red Lion Circle (intersection of Rts. 206 & 70) and travel south through Atsion to Atsion Recreation Area, great for boating, camping, fishing and swimming. Near Hammonton, head east to Wharton State Forest, the largest in the state. Wharton is the ideal place for boating, canoeing, fishing, hiking, nature walks, hunting, camping and horseback riding. The foliage is breathtaking!

Continue on to Batsto Village, a historic iron-making town that was a principal source of ammunition for the Continental Army, and be sure not to miss the very popular Batsto Mansion. The town continued to be a major iron producer until the late 1800s. Today, many of the buildings have been preserved and modern craftspeople still ply their trades. Head to Green Bank, and along Rt. 563 N., you'll find numerous places to rent canoes. Continue through Speedwell to Chatsworth, a historic cranberry town.

Farmlands Tour: The Farmlands tour begins in Buena Vista. From there, head southeast through Estell Manor to Tuckahoe, and then through the beautiful Belleplain State Forest, where serene Lake Nummy captures reflections of the surrounding oak, cranberry, red maple and gum trees bursting into an array of brilliant colors. Nearby is Mauricetown, a historic sea captain's village that is popular for its many antique shops. Then head north to Millville, site of Wheaton Arts and Cultural Center, a historic attraction that showcases New Jersey's glass making heritage. The Museum of American Glass is the largest glass museum in the country. And the village also features demonstrations, crafts, shops and special events.

From Millville, head north and visit nearby Bridgeton, the site of the state's largest historic district with more than 2,000 preserved Victorian, Colonial and Federalists buildings, a zoo and a Swedish farmstead. Guided tours are available. Travel through Centerton and Olivet to nearby Elmer, the site of picturesque Parvin State Park, where you can walk along the shoreline of Parvin Lake and take in sprawling views of the surrounding red and orange trees. Nearby, the Appel Farm Arts and Music Center features year-round concerts and theatrical performances. From there, return to Buena Vista.



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Allentown High School Student Raising Money For National Competition

By Pam Teel

Allentown High School student Rebecca Hopkins' FFA team won a state level competition for their knowledge about nursery plants and landscaping, and now they are on their way to the National FFA Convention. They've been studying hard, learning about landscaping tools, plants, grasses, flowers, and more after school in their agricultural building on the grounds of the High School. The team of four were picked to represent New Jersey for what they learned about the plants and landscaping. Teams from forty-eight states will be competing in just the Nursery/Landscape competition alone.

Rebecca could use your help. She's raising her own funds for the October 24-27th trip to Indianapolis. She wants to pay her own way, and has been having bake sales in various places around town to raise enough money. Rebecca doesn't want anything for free. She is willing to bake for you in repayment for your donations. If you send a donation, she wishes to give something back to you. Her mom has a shop in building 49 at the New Egypt Flea Market called Jersey Girls Produce & Seasonal Items. Rebecca has been selling fudge, brownies, breads, cakes, and cookies there on Wednesdays and Sundays from 8AM-2PM. If you are willing to help her with donations for her trip, please contact her at jerseygirlsproduce@yahoo.com.

She would be happy to bake for you!!!! Please help her get to Indianapolis for the competition!



Garden State Trampoline Academy Turns out Winners!

By Pam Teel

The Garden State Trampoline Academy would like to congratulate all Garden State Trampoline Team athletes that attended 2018 Nationals in Greensboro, NC. For trampoline, double mini and synchronized trampoline, everyone did an amazing job. The academy would like to recognize Matthew Tocci, Reilly Lichtman, and Leah Garafalo for working hard all season and bringing home GOLD medals and becoming 2018 National Champions!

At the Nationals, two of their athletes from the academy qualified to go to WAGS (world age group) competition in Russia the week of November 12th, 2018. Congratulations to Reilly Lichtman and Matthew Tocci as they will be going on to the World championship in November. They will be traveling with Coach Natasha to represent USA! Two of their other athletes, Leah Garafalo and Vivian Schanely will travel as backups!

Matthew Tocci had this to say about his experience, "I've worked so hard this year, I won State and Regional Championships but really wanted to prove to myself I could win at Nationals. It feels great to say I am a National Champion!!! My goal was to do well enough at Nationals so they would choose me to represent Team USA at this year's World Age Championships in Russia. Not only was I chosen but my teammate Reilly Lichtman was too. We will be competing in individual trampoline as well as synchronized trampoline in St. Petersburg, Russia this November. I can't wait to go and meet all the other athletes from around the world."

Leah came in first place for synchronized trampoline with her partner for the girl's youth elite 11-12 age group. She came in first place for double mini for level 10 girls 11-12. She came in fourth place for girl's youth elite 11-12 age group, which made her an alternate for the World Age Group Competition. Leah stated, "I learned not to be nervous and to trust my coaches. It was a lot of fun and one my best competitions yet!"

The Trampoline Academy teaches recreational classes for boys and girls ages 2-17. The kids get to enjoy after school gymnastics. They learn how to tumble, flip and have fun.

They also have the travel trampoline team where the kids get to go to competitions. They have athletes from small levels all the way to elites, ages 4-17. They have had many national regional and state champions as well as world champions. The academy is located at Black Bear Lake Day Camp on Stagecoach Road in Millstone Township. It is open year-round for classes.



3 GOLD MEDALISTS

Reilly Lichtman, Matthew Tocci,
Coach Natalia Karpenkova,
Leah Garafalo

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