10 Doctor-Recommended New Year’s Resolutions

(StatePoint) With the new year upon us, you may be looking for resolutions that will help to keep you and your loved ones healthy and happy in the year ahead.

“This is the perfect time of year to consider your personal goals, and how you can make positive health choices in the coming year,” says American Medical Association (AMA) President Barbara L. McAneny, M.D. “Small lifestyle changes today can have a lasting effect in improving your health.”

To help you start the year off on the right foot, Dr. McAneny and the experts at the AMA are offering 10 recommendations to help you determine where you can make the most impactful, long-lasting improvements to your health.

1. Learn your risk for type 2 diabetes by taking the self-screening test at DoIHavPrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.

2. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

3. Know your blood pressure numbers. Visit LowerYourHBP.org to better understand your numbers and take necessary steps to get your high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

4. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

5. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

6. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

7. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

8. Pain medication is personal. If you are taking prescription opioids, follow your doctor’s instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

9. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age six months or older.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don’t hesitate to ask for help from a friend or mental health professional when you need it.

The lifestyle choices you make now will have long-lasting impacts. So, this new year, prioritize your long-term health by forming good habits.

PHOTO SOURCE: (c) Rawpixel.com / stock.Adobe.com

Last-Minute Holiday Gift Ideas

(StatePoint) We’ve all been there before. Procrastinated or overscheduled our holiday season to the point where we leave ourselves little to no time to shop for loved ones. But great gifts don’t necessarily need to be planned months in advance.

These last-minute ideas will bring cheer to the season for gift-givers and recipients alike.

• A Gift Basket: A gift basket is easy to prepare and, if created by you, won’t feel last-minute at all. With a few customizations for an individual’s preferences, this is an extremely thoughtful gift. Shopping for a person with a sweet tooth? Hit up the candy aisle and get most of your items from there. Shopping for a foodie? Prepare a basket of interesting herbs and spices from around the world. The possibilities are endless. After you’ve arranged the items nicely, spiff it up with a few bows and flourish in your gift recipient’s favorite colors.

• A Timepiece: If you’re stumped for a gift for that pragmatic, stylish someone that will be appreciated for both its beauty and its functionality, consider a great timepiece in a classic design that will complement a variety of styles, such as those from Casio’s Vintage Timepiece Collection. Featuring stainless steel bands in such different metallic color combinations as gold and black, and rose gold and silver, they are equipped with an LED-lit display face, a countdown timer, a 1/100th second stopwatch, as well as a daily alarm, hourly time signal and auto-calendar. This throwback accessory is both useful and fashionable, adding a bold, retro-inspired look to any outfit.

• Movie Night: Everyone loves a trip to the movies, and these days, it’s easier than ever to send a loved one to the theater again and again. With a MoviePass membership of just $9.95 a month, you can give the gift of unlimited theater-going to your favorite cinephile.

This holiday season, don’t show up empty-handed or re-gift something generic lying around the house. There are plenty of thoughtful gifts that can be prepared at the last minute and your recipient will be none the wiser.

PHOTO SOURCE: (c) evgeniykleymenov / stock.Adobe.com
Eating healthy, eating safe

(BPT) - You try to eat healthy, but the one thing you can’t control is who has been handling your food and whether they are practicing adequate food safety. Each year, foodborne ill-

December is typically the height of the flu season and holiday (BPT) - Is influenza on your gift list this year?

Hum bug: The flu is the holiday gift no one wants to receive

-nesses sicken close to 50 million Americans and lead to more than 130,000 hospitalizations and 3,000 deaths. A lot of these illnesses are caused by simple things like restaurant employ-

Foodborne illnesses present a greater challenge to certain groups of people with reduced immunity, such as children younger than age 4 and people older than age 50. Food can also become compromised much earlier in the production pro-

One approach uses the concept of hurdle technology in which a variety of mild steps (hurdles) are used to limit microbial growth at each stage of production. These include combina-

“Must be approved by an FAA Manager before submission to the Center News for print.”

NAFEC Association Website...For information on NAFEC Association activities, discounts, and the Center News go to http://nafec-association.org/

Foodborne illnesses present a greater challenge to certain groups of people with reduced immunity, such as children younger than age 4 and people older than age 50. Food can also become compromised much earlier in the production process, and for this reason food producers are using a variety of means to keep our food safe.

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Other technologies include the addition of antimicrobial agents such as enzymes and other natural compounds that inhibit the growth of bacteria or prevent oxidation. Salt too is a very effective anti-bacterial in food. In fact, it is the oldest known food preserver. Salt is widely used in the production of all cheeses, cured meats and many fish dishes.

Salt preservation works by influencing the amount of wa-

ter that all microorganisms require to survive and grow. The use of salt in controlling water means that the levels of other preservatives or processes can be reduced. This means that microbiological safety can be achieved with reduced heat, acidity and other preservatives. This results in a product of vastly improved taste and nutritional quality because of the improved retention of other nutrients.

Fortunately, food safety is a leading concern of the Food and Drug Administration and its Commissioner, Scott Gottlieb, and the newly appointed Deputy Commissioner, Frank Yi-

An announcement from all Employees

World.

Food safety is an ongoing challenge for an enormous and complex food system, and although challenges continually arise, exercising caution and attention in food purchasing, storage and preparation will minimize the risks. Remember to not only eat healthy but to also eat safely.

1. Hand hygiene. Wash often and thoroughly with antibacterial soap. Also use hand sanitizer frequently and avoid touching your mouth, nose and eyes.

2. Get a flu shot. Be aware that flu vaccines may take up to two weeks to be effective, so be inoculated well before the holiday parties begin.

3. Be careful of high-touch hot zones. Some surfaces (kitchen counters, doorknobs, bathroom faucets, etc.) are touched by lots of people. Flu viruses can survive on hard surfaces for days, some bacteria for weeks! If you are hosting an event, clean hard sur-

faces thoroughly with a disinfectant cleaner. If you are attending an event, be aware of what you touch and practice hand hygiene.

4. Avoid close encounters. Flu pathogens can be spread by air-

borne water droplets. A flu-carrier in close proximity can make you ill. Keep your distance. If you are sneezing and coughing, consider staying home. If you sneeze or cough while attending an event, use “cough etiquette” - cover your mouth and nose, and use disposable tissues that you throw away immediately.

5. Drinking-glass roulette. Cups and glasses sometimes get mis-

placed or confused at parties. If you are unsure, get a new cup.

6. Toys and games are not always fun. Toys can be teeming with pathogens if handled by people who are ill. Hand hygiene is es-

sential if you or your kids are passing around toys, games or gift items.

7. Mistletoe. Forget about it! Blow them a kiss instead. Be aware of these seven hygiene tips and you’ll likely have a much happier, healthier holiday season.

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The Center News

Email submissions to the Center News Editor - Cathy Jaggard catjaggard@usa.net

The Center News wants to ensure the information being published in the Center News is up to date and accurate. Our policy is: Any articles submitted for publication that address any and all FAA issues i.e., building enhancements, Certifications, FAA ATC systems, etc.:

“Must be approved by an FAA Manager before submission to the Center News for print.”

Receive the paper electronically each week, contact Cathy Jaggard at catjaggard@usa.net with the email of choice.

Announcement to all Employees

All submissions to the Center News are to be in electronic format and be submitted to Cathy Jaggard at catjaggard@usa.net
5 Water-Saving New Year’s Resolutions

(StatePoint) It’s that time of year to start setting New Year’s resolutions: work out more; get a new job; save money. While these are admirable goals, have you considered how your resolutions might make a bigger impact?

Protecting our water is one of the biggest challenges facing the planet, but many of us don’t realize how much water flows through our lives every day. According to the EPA, the average US household wastes nearly 10,000 gallons of water each year—roughly enough to fill a residential-sized swimming pool. Talk about a reality check.

This year, resolve to care for our most precious resource with a few simple eco-conscious tricks and swaps that will reduce water waste and keep our water clean—not to mention help out your wallet, too.

• Implement meatless Mondays: A single pound of beef requires more than 1,800 gallons of water to produce, compared to tofu, which only takes approximately 300 gallons, according to the Water Footprint Network. So, once a week, plan a meat alternative for a meal or head to a vegan restaurant (they’re all the rage right now).

• Reuse excess water: Your leftover cooking water is liquid gold. Save water remaining from boiling pasta and steaming vegetables and recycle it by nourishing your houseplants or outdoor garden with the surplus. Plus, your plants will love the extra nutrients.

• Replace your showerhead: A great way to conserve water is by installing a low-flow showerhead. With an Eco-Performance showerhead, like the Velocity rainshower showerhead from Moen, you can conserve water and still have plenty of pressure to lather, rinse and repeat.

• Invest in a reusable water bottle: Whether you’re chugging water after SoulCycle or casually sipping throughout the day, reusable water bottles are convenient and eco-friendly. With the growing problem of plastic pollution in our water supply (see ya, straws!), utilizing a reusable water bottle can make a big difference, with the possibility to save an average of 156 plastic bottles each year, according to EarthDay.org.

• Try a waterless facial cleanser: The secret is out: rinse-free cleansers are taking over. These detergent-free liquids will purify skin of dirt, oil and makeup. Simply apply a few drops to a cotton pad, swipe it across your skin and you’re done. These cleansers will get your complexion squeaky clean—no water necessary.

As you pledge to improve yourself in the year ahead, these great water-saving ideas can help you be more conscientious when it comes to protecting this limited resource—and will ensure you’ll get a hearty pat-on-the-back from Mother Earth.
WE'RE LOOKING TO HIRE TELECOM & NETWORK ENGINEERS AT THE TECH CENTER!

As a part of our team, you will contribute to the design, engineering, and testing of the FAA's foundational communications infrastructure that supports the National Airspace System (NAS) and business operations of the FAA.

JOIN OUR AWARD-WINNING COMPANY: careers.noblis.org/featured/airtransportation

Five Tips For Safety

(NAPS)—For many of us, this season is a time to celebrate the holidays with family and friends. Unfortunately, thieves take advantage of the holidays to steal packages containing gifts for loved ones or supplies needed for holiday celebrations.

The Postal Service® looks forward to delivering a great deal of holiday cheer along with more than 15 billion mail pieces. The United States Postal Inspection Service®, the federal law enforcement arm of the Postal Service, is working around-the-clock to keep your important shipments safe and prevent mail and package theft.

What can you do to ensure your gifts and cards are safe? Postal Inspectors are offering FIVE tips to help ensure your important packages reach their destination, and brighten the lives of friends and loved ones this holiday season.

1. Don’t leave delivered mail and packages unattended. Just as you would not leave your wallets and purses on the front seat of an unlocked car overnight, mail and packages should not be left sitting in mailboxes or on front porches for any length of time.

2. Going out of town? Hold Mail at the local Post Office®. If you plan on going out of town or know you won’t be able to check your mail for a few days, consider using the Request Hold Mail service on USPS.com®. Letters and packages will be held securely at the local Post Office until you pick them up or request delivery.

3. Plan ahead. Ship using Hold for Pickup. When shipping packages, you can choose the Hold for Pickup option and the recipients can collect the packages at their local Post Office. If you are expecting a package, you can redirect it to your local Post Office by selecting Hold for Pickup using USPS Package Intercept®.

4. Customize the delivery. If you know the package will not fit in your mailbox and you won’t be home to receive it, you can authorize the carrier to leave it in a specified location. Visit usps.com, enter the tracking number and select Delivery Instructions.

5. Secure the shipment using USPS Special Services. Signature Confirmation helps ensure the package ends up in the right hands by requiring a signature at the time of delivery. For your most valuable packages, you can opt for Registered Mail® service. Registered Mail receives special handling from the time it’s mailed until the time it’s delivered, with documentation every step of the way.

The 2018 U.S. Marine Corps Reserve Toys for Tots (TfT) Program has kicked off its annual campaign to collect new, unwrapped toys for the less fortunate children of local communities. The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters.

Those wishing to contribute can donate a toy in the Toys for Tots collection boxes located at Building # 27/28, 270, 275, 284, 296, 300, 301, 305, 315, and 316 until COB December 14, 2018.

For more information, visit the Toys for Tots website at www.toysfortots.org.

WHTC TfT Coordinators: Mike Denisi x-4928 or Rich Reiken x-6965.
Jersey Shore Federal Credit Union is collecting gifts for their Starfish Angel Tree to benefit the children, ages 16 and under, staying at the Atlantic City Rescue Mission. Stop by the Credit Union at 1434 New Road in Northfield, 326 Jimmie Leeds Road in Galloway or at the William J. Hughes Technical Center (restricted access) and select a starfish tag from the tree in the lobby starting Saturday, November 24, 2018. New gifts should be returned unwrapped in a gift bag with the tag by Wednesday, December 19, 2018.

For more information about the gift drive to benefit the Atlantic City Rescue Mission or information regarding Jersey Shore Federal Credit Union, please call (609) 646-382-4356 or visit us online at www.jerseyshorefcu.org.
TECH Center Announcements

PROPER DISPLAY OF ID MEDIA

FAA Order 1600.69. FAA Facility Security Management Program and DOT Order 1661.2B. Admittance to the U.S. Department of Transportation (DOT) Headquarters Buildings require that...

All personnel assigned to FAA facilities with 10 or more employees will display their issued ID media on outer clothing, above the waistline, below the neck, and on the front of their person at all times while in or on FAA property.

INCORRECT DISPLAY OF ID MEDIA

VISITORS MUST BE ESCORTED AT ALL TIMES

Visitors will be granted escorted access to FAA facilities after they provide a sanctioned reason for visiting the facility, produce a valid and current government-issued ID that portrays an accurate picture of themselves and has an expiration date, and are validated by their sponsor (visited person(s)).

Office of Security and Hazardous Materials Safety

What’s the Number For...

There are many commonly called numbers that Tech Center employees may need to call throughout the day to get their work done. Here is a list of some frequently called numbers, in an effort to make the job easier and boost productivity.

Air Shuttle 5-9812  Conference Room Scheduler 5-5555
Credit Union 646-3339  Mailroom 5 - 5425
Security Operations Center 5-5303  Bus Shuttle 5-4888
Customer Support Store 5-5232  Operations Center (OPS Center) 5-6482
Motor Fleet 5-7812  Trouble Desk 5-4122

REMINDER

EMERGENCIES & SUSPICIOUS PACKAGES!

This security awareness message is to remind all FAA personnel, contractors and military personnel assigned to FAA facilities that we must exercise continued vigilance and be on alert for all types of suspicious activity, to include suspicious packages. If you have any questions regarding safe mail handling procedures or the identification of suspicious packages, or as with any emergency situation, call the FAA Technical Center established emergency response contact by dialing 911, this will connect you with security.

The recognition of suspicious letters and parcels is the first defense against their effectiveness. It is equally important to be prepared when a suspicious package/envelope has been identified. Some of the typical characteristics of suspicious packages and letters include the following:

- No return address or a return address is not consistent with the State where postmarked
- Handwriting on envelope is distorted or typewritten
- Envelope is uneven, rigid or appears to contain no correspondence
- Excessive postage
- Addressee’s name misspelled or title listed incorrectly
- Oily stains, powdery substances, peculiar odors, or unusual sounds coming from the item
- Packages marked “confidential”, “personal” or “rush”
- Delivered by unexplained or unusual means
- Evidence of electrical wires or tin foil
- Excessive wrapping materials, such as masking tape, strapping tape, or string

If you receive a package/envelope like this:
- Do not open the package/envelope. Leave the package/envelope on a desk or in an area where it can be monitored and left undisturbed.
- Call your established emergency response contact (ie., building guards, municipal police, airport police, etc.), per established facility procedures.

Focus on Safety

Watch Your Step:

- Did you know that the Number 1 mishap that occurs on the Center is a slip, trip, or fall? The majority of the time the mishap is due to human error, the person was either not paying attention to their surroundings or to what they were doing. For instance, wearing high heels when there is ice/snow on the ground, or not paying attention to uneven walking surfaces and adjusting your stride accordingly. The Safety Office wishes to remind everyone to be mindful of their surroundings and avoid engaging in behavior such as talking or texting that can lead to a slip, trip, or fall.

Drive with Caution:

The second major mishap around the Center is driving accidents. There have been a number of fender benders resulting from backing into parked cars or side-swinging cars in the parking lots. A secondary problem is excessive speed on Center roadways that has resulted in a couple of single-car accidents. The majority of driving mishaps at the Center result from driver error. Safe driving includes situational awareness, recognizing road conditions, and applying defensive driving techniques. The bottom line is to slow down, take your time, and be cautious as you drive at the Center.

MISHAPS CAN BE REDUCED

BUT ONLY WITH YOUR HELP! BE PROACTIVE TO INCREASE YOUR SAFETY AWARENESS WHEN WALKING AND DRIVING.
Wednesday, December 5, 2018

Dear Colleagues:

It’s time to Show Some Love! This year’s Combined Federal Campaign (CFC) Kickoff at the FAA William J. Hughes Technical Center is on October 30, 2018 at 10am in the Atrium, and we invite you to join us! Just like last year, you can contribute financially to your favorite cause or charity through the CFC.

Now is not only the right time to donate but it also is the perfect time to pledge (non-duty) volunteer hours (see https://chcoc.gov/content/implementation-volunteerism-combined-feder- al-campaign) and efforts to support your community directly, in a hands-on fashion.

Here’s what we have planned for the 2018 CFC:

<table>
<thead>
<tr>
<th>WHAT</th>
<th>FAA WIHTC Non Profit Fair &amp; Kick Off</th>
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<tr>
<td>WHEN</td>
<td>November 14, 2018 Giving Tuesday</td>
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<td>November 27, 2018  *Free Pretzels or Donuts</td>
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<td>January 10, 2019  *Compliments of NAFEC Association</td>
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In addition to the events listed above, please join us at the CFC Awareness table during the Veteran’s Day Event on November 8, 2018 & the Health Benefits Fair on November 14, 2018.

You won’t want to miss our events, because we will be giving away free chances to win a free parking spot raffle, but you must be present to enter!

Ready yourself to Show Some Love and join in the fun—for a cause that means most to you!

Sincerely,

Richard Reiken
WJHTC CFC Chairman

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Richard Reiken
WJHTC CFC Chairman
https://www.opm.gov/combined-federal-campaign/
https://my.faa.gov/employee_services/campaigns/cfc.html
https://cfczone30.org/

WJHTC CFC Co-Campaign Managers
Steve Malitsky x5385  Nathan Jackson x6697

The donor portal is now open, so please visit https://cfczone30.org to make your donation today (ensure that you use 08405 for your profile’s primary work location ZIP)!

The CFC is your chance to join your colleagues, community, and beyond; to Show You Care and have some fun along the way! The CFC enables us to find and support the causes that matter most to us personally with the opportunity to support any of the thousands of local, national, and international charities participating in the campaign. But it’s about more than simply “giving to charity”–the CFC gives us the opportunity to celebrate who we are as public servants in fun and creative ways.
House Favorites - Breakfast

**Eggs Benedict**
- Two Basted Eggs Aipta Country Ham and Toasted English Muffin, Finished with Rich Hollandaise, Includes Home Fries. $9.50

**Homemade Breakfast Soup**
- Freshly Prepared Soup, Served with Buttermilk Biscuits and Grilled Jalapeño. $5.50

**Soup**
-龟甲鱼汤

**Village Scramble Bowl**
- Choice of Ham, Bacon, and Swiss Cheese. $8.95

**Bagel**
- Freshly Made Bagel, with Cream Cheese and Smoked Salmon. $5.50

**Breakfast Sandwich**
- Sliced Turkey or Ham, Cheese, Lettuce, and Tomato on a Toasted Roll. $6.95

**Sandwiches**
- Turkey and Asparagus Envelope. $8.50

**Soup**
-龟甲鱼汤

**Tuscan Turkey Envelope**
- House-made Turkey, Asparagus, Provolone Cheese, Tomato, and Roasted Red Peppers. $9.50

**Omelettes**
- Florentine Omelette. $8.95

**Farmer's Omelette**
- A Local Favorite. Smokey Bacon, Onions, American Cheese and Home Fries Tucked Inside, Instead of On The Side. Choice of Toast. $7.95

**Create Your Own Omelettes & Breakfast Sandwiches**

**Bistro Burgers**
- Garden Burger Supreme. $8.50

**Large Fresh Salads**
- Sliced Chicken Breast Salad. $9.50

**Tuscan Turkey Panini**
- Over Baked Turkey, Roasted Red Pepper, Provolone Cheese, Romaine Lettuce, Smoked Bacon and Riced Tomatoes. $9.50

**Sausages/Sandwiches/Cheesesteaks • Desserts**
- Cheese steak. $9.50

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**American Diabetes Association**

(NAPS)—For 30 million Americans, diabetes is an everyday reality. Diabetes can affect every decision, including what they eat, wear and do. Yet the 24/7 management of diabetes is often misunderstood, carrying a social burden, as too many Americans wrongly assume the disease is the result of poor choices.

The American Diabetes Association is setting the record straight. Here’s what’s real and what’s not when it comes to diabetes:

- **Myth:** Being overweight causes diabetes.
  - **Fact:** Being overweight is a risk factor for developing type 2 diabetes but it’s not the only one. Family history, ethnicity and age also play a significant role. In fact, people with type 2 diabetes are often at a normal weight or only moderately overweight.

- **Myth:** Diabetes is caused by eating sugar.
  - **Fact:** Type 1 diabetes is a disease, in which the immune system attacks insulin-producing beta cells. Type 2 diabetes is caused by the body’s inability to use the insulin it produces and progresses so that less insulin is produced over time. Eating sugar doesn’t cause either type, though a diet high in calories can contribute to weight gain, which increases one’s risk of developing type 2 diabetes.

- **Myth:** Taking insulin means you have failed to manage your diabetes properly.
  - **Fact:** Type 2 diabetes is a progressive disease. Over time, the body gradually produces less and less of its own insulin to keep blood glucose levels in a healthy range, so insulin is needed. People with type 1 diabetes require insulin to survive.

- **Myth:** People with diabetes need to eat special foods and can’t eat sweets.
  - **Fact:** A healthy meal plan for people with diabetes is generally the same as a healthy eating plan for anyone: low in saturated fat and moderate in salt and sugar, with meals based on lean protein, monounsaturated vegetables, whole grains, healthy fats and fruit. People with diabetes can eat sweets and desserts. The key to sweets for everyone is small portions.

- **Myth:** Diabetes isn’t that serious.
  - **Fact:** Diabetes causes more deaths per year than breast cancer and AIDS combined, and nearly doubles your chance of having a heart attack. The good news is that managing diabetes can reduce your risk of such complications.

For more information, go to www.diabetes.org/everydayreality.
Savor Simplicity

Holiday recipes worth sharing

Rustic Minestrone

1. 3 tablespoons Bertolli Extra Virgin Olive Oil
2. 1 small zucchini, sliced in 1/2-inch half moons
3. 2 cups tightly packed, thinly sliced Tuscan kale leaves
4. 1 jar (23 ounces) Bertolli Rustic Cut Three Cheese Parmesan Sauce with Aged Asiago, Romano and Rustic Cut Three Cheese
5. 1 cup (15 ounces) cannellini beans, rinsed
6. 1/3 cup shaved Parmesan cheese

In 6-quart pot over medium-high heat, heat 2 tablespoons olive oil. Add zucchini and kale; cook, stirring frequently, about 1-2 minutes, or until kale begins to wilt. Reduce heat to medium; add sauce, broth and beans. Simmer 5-7 minutes, or until heated. Top with shaved cheese before serving.

Tip: Substitute garnish beans, kidney beans, pinto beans or tri-bean blend for cannellini beans. For heartier soup, add 1 cup (9 ounces) refrigerated tortellini pasta with broth and beans. Summer soup 8-10 minutes more, or until pasta is cooked through.

Chocolate Chunk Banana Bread

Recipe courtesy of Justin Schuble on behalf of Bertolli Olive Oil

3/4 cup Bertolli Olive Oil, plus additional for coating pan
2 cups medium bananas, divided
1/2 cup all-purpose flour
1 large egg
1 tablespoon vanilla extract
1/2 cup granulated sugar
1/2 cup unsweetened applesauce
1 teaspoon baking soda
1/2 cup semi-sweet chocolate chunks or chips
1/4 cup nut spread

Heat oven to 350 F. Coat 8- x 8-inch loaf pan with olive oil. In mixing bowl, mash 2 bananas. Add applesauce, egg, egg white and vanilla to bananas and whisk. In separate bowl, combine flour, sugar, baking soda and cinnamon. Slowly add wet ingredients to dry ingredients and mix. Stir in 1/4 cup Bertolli Olive Oil. Add remaining ingredients and mix but do not overmix. Fold in chocolate chunks. Pour batter into loaf pan.

Heat nut spread in microwave until it reaches possible consistency. Swirl spread into top of batter. Thistle slice long, flat strips of banana. Add slices to top of batter for decoration. Place loaf pan in oven and bake 1 hour. Remove bread and cool before slicing.

Cranberry Riesling Brined Turkey

1 quart water
6 bay leaves
2 tablespoons whole black peppercorns
1 tablespoon mustard seeds
1/2 cup kosher salt
1 bottle (750 milliliters) Riesling wine
2 large shallots, thinly sliced, divided
8 cloves garlic, crushed, but left in skins
1 bunch fresh thyme, divided
1 turkey (16 pounds), giblet package and neck removed

Rinse and dry turkey, leaving skin on. Place turkey in pot. In pot, bring water, bay leaves, peppercorns, mustard seeds and kosher salt to boil. Stir until salt is dissolved. Cool to room temperature. Pour ice water into pot to cover turkey. Place lid on pot and refrigerate at least 24 hours. Remove turkey from brine, pat dry and stuff turkey. Place turkey in roasting pan. Pour ice water into pot to cover turkey. Place lid on pot and refrigerate at least 24 hours. Heat oven to 500 F. Remove turkey from brine, pat dry and stuff with reserved shallots, thyme and cranberries. Place turkey in roasting pan. Generously measure olive oil into skin of turkey. Sprinkle with salt and pepper, to taste. Use kitchen twine to tie legs together so turkey will keep its shape. Place in roasting pan and roast 20-25 minutes. Lightly brush skin again with olive oil; reduce heat to 350 F and roast until internal temperature reaches 155-160 F on meat thermometer. Allow turkey to rest, loosely covered with foil, 30 minutes before carving.

FAMILY FEATURES

After a long day of checking items off your holiday shopping list, there’s almost nothing better than a warm bowl of quick and easy Rustic Minestrone. This vegetarian classic is the perfect mix of marinara blended with and beans, kale, zucchini and beans. For heartier soup, add or tri-bean blend for cannellini beans. Once cooked through, add Parmesan Sauce and beans. Simmer 5-7 minutes, meaning less time cooking and more time spent enjoying holiday lights with family.

If you’re looking for a simple way to put a new twist on your turkey, take it to the next level with a seasonal rinse made with sweet Riesling, garlic cloves, thyme, fresh cranberries and olive oil. It’s a hands-off way to make a brined turkey that’s a little more special. Turkey is a rich source of protein and is a delight paired by bringing back a classic dessert: chocolate chip banana bread. Served slightly warm with a side of fresh whipped cream or vanilla bean ice cream, it’s a sweet treat to any gathering that family and friends are sure to love. Find more simple recipes to enjoy during the holidays at Bertolli.com.

Did you know that nearly 80 percent of your immune system is based in your gut? Ensure your gut stays healthy to help boost your immunity and maximize your vitamin absorption. Opt for probiotic-rich foods like yogurt, kombucha and pickled vegetables.

Whether you’re looking to keep your immune system strong or get a head-start on establishing habits for a healthy 2019, look to incorporate these simple hacks - and Welch’s 100% Grape Juice - into your daily routine.


With cold and flu season in full effect, you should get a flu shot if you can safely do so. Beyond that, you can help keep your immune system strong by making simple tweaks to your daily routine, like adding Welch’s 100% Grape Juice to meet your daily vitamin C needs.

Check out these four simple things to keep you feeling strong and healthy this flu season:

1. Get your zzz’s

Did you know that most healthy adults need between 7-9 hours of sleep? More than ever, you want to do enough sleep and establish a morning routine so you can acclimate and regenerate this winter. With colder temps and less daylight, it becomes more difficult to get up and going, so begin your morning with an upbeat playlist or mindful meditation to start the day off energized.

2. Add tough antioxidants

Kicking your day off on the right foot should also mean starting with a glass of Welch’s 100% Grape Juice. Packed with antioxidants, it’s a great source of vitamin C, which helps support a healthy immune system. One 8-ounce glass contains more than 40 Concord grapes and two servings of fruit, without any added sugars, colors or flavors. Welch’s Concord grape juice also contains more antioxidants than acai or blueberry and can serve as that super fuel to help you stay tough this winter.

3. Eat seasonally

Keep your diet healthy and seasonal. Need something to warm you up and keep you feeling good? Seek out foods like soups, stews and stir-fry that incorporate lean meats, dark leafy greens and legumes, all of which are high in iron, which helps increase vitamin C absorption and may help maintain energy.

4. Protect your gut

Did you know nearly 80 percent of your immune system is based in your gut? Ensure your gut stays healthy to help bolster your immunity and maximize your vitamin absorption. Opt for probiotic-rich foods like yogurt, kombucha and pickled vegetables.

(PBT) - With never-ending holiday gatherings, travel, Sunday football tailgates and early morning snow-shoveling, everyone’s looking to stay strong and healthy this winter season. Along with colder temperatures, winter also brings a host of preventable sicknesses. In fact, the CDC estimates that there were over 49.7 million cases of the flu in the United States between 2017 and 2018, with a major spike occurring from November through February.

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**Holiday Cauliflower Rice and Beans**

Recipe courtesy of Chris Scott on behalf of Anolon Cookware

Yield: 4 servings

**Cauliflower Rice**

- 1 cip peeled and diced butternut squash
- 2 Tbsp olive oil
- 1 Tbsp mustard seeds
- Kosher salt, to taste
- Pepper, to taste

**Beans**

- 1 black-eyed pea, peeled and rinsed
- 1 tablespoon Cajun seasoning
- 1 tablespoon parley, minced
- 3/4 cup dried cranberries
- 1 1/2 cups corn, rinsed and drained

**Accolade Skillet**

Large Anolon ($179.95)

**Method**

1. Season squash with mustard seeds, salt, pepper and oil. Place in skillet and sear on all sides until golden brown.
2. Stir in dried cranberries and squash; remove all greens. Serve and enjoy.

**Accolade Cookware**

To the next level, and these dishes can take your holiday hosting to the next level, and these recipes from chef Chris Scott of soul food restaurant Butterfunk, you can try:

**Holiday Cauliflower Rice and Beans**

- 2 cups milk
- 2 tablespoons olive oil
- 1 pork tenderloin (8 ounces), cleaned and cut into pieces
- 3 carrots, peeled and cut into pieces
- 4 baby Yukon potatoes, halved
- 1 leek, cleaned and halved
- 1 Tbsp fresh sage leaves, chopped
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 Tbsp fresh lime juice
- Salt, black pepper, to taste

**Method**

1. Place the cauliflower rice and beans in a pot and boil until tender. Drain and set aside.
2. In a medium skillet, add the oil and heat over medium heat. Add the pork tenderloin and cook until golden brown on all sides.
3. Add the carrots, potatoes, leek, sage, vinegar, brown sugar and lime juice to the skillet. Cook until the vegetables are tender and the pork is cooked through.
4. Serve the cauliflower rice and beans as a side dish with the pork tenderloin and vegetables. Enjoy!

**Pan-Roasted Pork Tenderloin with Roasted Vegetables and Apples**

Recipe courtesy of Chris Scott of soul food restaurant Butterfunk

Yield: 4 servings

**Pan-Roasted Pork Tenderloin**

- 1 pork tenderloin (8 ounces), cleaned and cut into pieces
- 1/2 cup olive oil
- 1/2 cup dried cranberries
- 1/4 cup butter
- 1/2 cup brown sugar
- 1 1/2 cups corn, rinsed and drained

**Roasted Vegetables and Apples**

- 3 carrots, peeled and cut into pieces
- 4 baby Yukon potatoes, halved
- 1 leek, cleaned and halved
- 1 Tbsp fresh sage leaves, chopped
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 Tbsp fresh lime juice
- Salt, black pepper, to taste

**Method**

1. In a large skillet, heat the oil over medium heat. Add the pork tenderloin and cook until golden brown on all sides.
2. Add the carrots, potatoes, leek, sage, vinegar, brown sugar and lime juice to the skillet. Cook until the vegetables are tender and the pork is cooked through.
3. Serve the pan-roasted pork tenderloin with the roasted vegetables and apples. Enjoy!

**Cinnamon Rolls with Dried Cranberries and Pecans**

Recipe courtesy of Chris Scott on behalf of Anolon Cookware

Yield: 24 cinnamon rolls

**Recipe**

- 2 c cups flour
- 2 Tbsp sugar
- 2 Tbsp baking powder
- 1/2 tsp salt
- 1/2 cup butter
- 1/2 cup water
- 7 cups all-purpose flour, divided
- 2 packages (4 1/2 teaspoons) active dry yeast
- 2 eggs
- 2 cups packed brown sugar
- 1/2 cup butter
- 1 cup chopped pecans
- 2 tablespoons ground cinnamon
- 1/2 cup sugar
- 1 cup chopped pecans

**Method**

1. In a large bowl, combine the flour, sugar, baking powder and salt. Add the butter and water and mix until smooth. Place in greased form soft dough.
2. In a separate bowl, combine 2 cups flour, sugar, baking powder and salt. Add the eggs and yeast. Add cooled cornmeal mixture aside to cool to 120-130 F.
3. To make cinnamon rolls: In saucepan, combine milk, water, butter, cornmeal and water. Bring to a boil and remove from heat.
4. Remove from oven and let cool about 1 hour.
5. To make filling: Punch dough down, and, using mixer, beat on low until smooth. Place in greased baking pan. Cover and let rise until nearly doubled in size, about 30 minutes.
6. Remove from oven and let cool about 1 hour.
7. To make filling: Punch dough down, and, using mixer, beat on low until smooth. Place in greased baking pan. Cover and let rise until nearly doubled in size, about 30 minutes.
8. Bake 25 minutes, or until golden brown.

**Holiday Foods with Heightened Flavor**

**FAMILY'S FEAST**

Holiday hosting is all about providing guests a cozy atmosphere, spread that’s just as good as it looks. While mixing and matching quality ingredients for dishes that appeal to the crowd is key to achieving successful seasonal flavors, you can take it a step further with the kitchen equipment used to craft those crave-worthy dishes. The right tools can enhance the flavor profiles of holiday dishes can take your holiday hosting to the next level, and these recipes from chef Chris Scott of soul food restaurant Butterfunk Kitchen highlight the importance of the tools you use.

Serve as the main course, Pan-Roasted Pork Tenderloin with Roasted Vegetables and Apples combines the savory taste of pork with sweet apples for classic complementary flavors. Paired with Scott’s Cauliflower Rice and Beans, this menu offers flavors that both comfort and surprise. That enjoyment can be heightened by the cook’s experience when he or she uses equipment like Anolon Cookware to bring the dishes to life. Made with metal nonstick coating inside and out translates to easy food release and cleanup, ensuring the delight lasts from cooking to clean-up.

With Cinnamon Rolls with Dried Cranberries and Pecans serve up a combination of soft, warm dough with a pecan crunch to satisfy each guest’s sweet tooth. But the fun doesn’t stop there. Whether enjoyed as dessert or a morning treat, these warm and gooey layers can be offered a step further with the kitchen equipment used to craft those crave-worthy dishes. The right tools can enhance the flavor profiles of holiday dishes and, using mixer, beat on low until smooth. Place in greased baking pan. Cover and let rise until nearly doubled in size, about 30 minutes.

For those holiday delights that require time in the oven, an option like the Anolon Eminence Bakeware line provides heavy-duty steel construction and rolled rims for even heating, durability and easy maintenance for an elegant and sophisticated touch that is as practical as it is appealing.

Find more holiday recipes and kitchen solutions at anolon.com.

**Holiday Gift Ideas**

**The Best Gifts Do Great Things**

(NAPS)—Some of the best gifts around deliver great features and functionality but use less energy, which means they save money on energy bills and help protect the environment.

Products that earn the Environment Protection Agency’s ENERGY STAR label are just such gifts. Everything from TVs, laptops, tablets and other electronics, smart thermostats, appliances and even lighting. Products displaying it have been independently certified to save energy, save money and help reduce greenhouse gas emissions.

**Accolade Skillet**

Large Anolon ($179.95)

**Method**

1. Add cauliflower rice and cook until soft, about 5 minutes. Add dried cranberries at the end. Serve and enjoy.

**The PNC Financial Service Index**

According to one quirky and fun annual economic indicator, the cost of holiday shopping is on the rise this year, at least according to an analyst to the classic holiday song, it will cost 1.2 percent more than it did in 2017, according to the PNC Christmas Price Index, the 35th annual holiday economic analysis by The PNC Financial Services Group. The 2018 price tag for all the gifts was calculated at $39,094.93, approximately $450 more than last year’s cost. For the full report, visit www.pnc.com.

**“True loves” everywhere take note, you’ll need a bit more money on-hand to fill the stockings on the mantle this holiday season.**

**The 12 Days of Christmas.** To purchase all the gifts mentioned in the classic holiday song, it will cost 1.2 percent more than it did in 2017, according to the PNC Christmas Price Index, the 35th annual holiday economic analysis by The PNC Financial Services Group. The 2018 price tag for all the gifts was calculated at $39,094.93, approximately $450 more than last year’s cost. For the full report, visit www.pnc.com.
BREAKFAST WITH SANTA

DATE: SATURDAY, DECEMBER 15, 2018
PLACE: ST. NICHOLAS SCHOOL HALL CAFETERIA
526 CHICAGO AVE. (entrance via 9th Terrace)
EGG HARBOR CITY, NJ 08215
TIME: 9:00 AM TO 11:00 AM
PRICE: $5.00 ADULTS AND CHILDREN OVER 7
(CHILDREN 7 AND UNDER – FREE)
RESERVATIONS: CALL JANINE CAUDO 609-705-5914

*RRESERVATIONS MUST BE MADE AND PRE-PAIRED BY 12/8/18
YOU CANNOT PAY AT THE DOOR WITHOUT RESERVATIONS*

NAME ____________________________
ADULTS __________ CHILDREN ___________
PHONE NUMBER _______________________

SPONSORED BY: KIWANIS CLUB OF EGG HARBOR CITY AND
KNIGHTS OF COLUMBUS COUNCIL #3500
The Risks And Rewards Of Multilevel Marketing

(NAPS)—Many retirees and others looking for extra income consider what’s known as multilevel marketing (MLM) or network marketing. It’s a type of direct selling where products are purchased from a company and sold through independent contractors. These contractors make commissions from what they sell, and from sales made by people they recruit.

It doesn’t always work out the way they hope, however, according to a new survey from AARP Foundation, the affiliated charity of AARP. A few facts and limits may help:

- Among the more than 20 million Americans who have participated in MLM organizations, 90 percent got involved to make money.
- Nearly half lost money.
- A quarter made no money.
- Two-thirds would not join the same or another MLM organization again.
- 9 percent stopped participating because it felt awkward to pitch to friends and family.
- Four out of 10 say the company misled them about their chances for financial success.
- MLM participants are primarily women with college degrees.
- One-third were recruited by a family friend and 12 percent by a family member.

“We have witnessed many of our constituents joining these organizations, sometimes to their financial detriment. We want consumers to become better educated about MLMs before they invest valuable time and resources,” said Amy Nefziger, Program Director with AARP Foundation.

To help, AARP Foundation suggests these four things:

1. Set your expectations and understand the costs. Recognize that MLMs require patience, persistence, and an investment of time and money. Make sure you’re clear on what you expect to get out of participating, and what’s expected of you from the MLM.
2. Do your research. Thoroughly investigate the company. Visit the websites of the Better Business Bureau and Federal Trade Commission to see if there are any complaints about the company. Speak to current representatives and recent participants. Conduct an online search of the company name featuring keywords such as “work hours” and “incentives” to see what others are saying.
3. Get comfortable with selling. How do you feel about having business conversations with close friends and family?
4. Can you afford startup costs? Are you OK taking risks with your money? Learn More

For further tips, resources and educational videos, and to download the toolkit “Multilevel Marketing: The Research, Risks and Rewards,” visit www.aarp.org/MLMware.

Steel Magnolias

February 8, 2019 @ 7:30PM
Stockton Performing Arts Center
Galloway, NJ

“Steel Magnolias” remains one of the great stories of female empowerment and resilience. The L.A. Theatre Works national tour features a diverse cast of six extraordinary women who will bring this tour de force production to life.

Within the walls of Truvy’s beauty shop, set in the deep Bayou of Louisiana, are six women whose lives increasingly hinge on the existence of one another. Together, they absorb the passing seasons, just like the weathered wooden structure of the salon “home” that they share. At turns both laugh-out-loud funny and deeply touching, “Steel Magnolias” reveals the strength of the human condition and our shared need for companionship.

Bay Atlantic Symphony:
Mozart & Verdi
Stockton Performing Arts Center
Galloway, NJ
Sun Jan 20, 2019 | 2:00PM
Conversation with the Conductor at 1:00pm

Mozart——
Adagio and Fugue
• Mozart——
Concerto, Piano, No.23, K.488, A major (Juho Pohjonen, piano) • Finzi——
Romance • Verdi——Symphony for Strings, E minor

Mozart and Verdi = opera, and surely this concert is brimming with drama and lyricism — wait till you hear the Finzi! — yet without a single word sung. Juho Pohjonen brings a rare intensity and conviction to this spectacularly layered concerto.
Six-Point Vehicle Check: A Gift That Keeps On Giving

(NAPS)—A six-point vehicle check is a gift that will keep on giving, both in better vehicle performance and fewer unexpected repairs, says the Car Care Council.

"Why not wrap up the holiday season with a gift for you and your car? Inspecting six key systems ahead of time can save you the headaches and cost of an emergency breakdown later," said Rich White, executive director, Car Care Council. "Regular vehicle maintenance is always more convenient when you're doing it on your own schedule. By taking a few easy preventive maintenance steps now, you can have more confidence when driving in severe winter weather."

The Car Care Council recommends this vehicle check:

1. **Battery**—Keep the battery connections clean, tight and corrosion-free. Cold weather is hard on batteries, so it's wise to check the battery and charging system for optimum performance. Batteries don't always give warning signs before they fail, so it is advisable to replace batteries that are more than three years old.

2. **Antifreeze**—Antifreeze (coolant) should be flushed and refilled at least every two years in most vehicles. Don't add 100 percent antifreeze, however, as full-strength antifreeze actually has a lower freeze point than when mixed with water.

3. **Brakes**—Have the brake system checked. Brakes are critical to vehicle safety and particularly important when driving on icy or snow-covered roads.

4. **Tires**—Check the tire tread depth and tire pressure. If snow and ice are a problem where you'll be driving, consider special tires designed to grip slick roads. Check tire pressure weekly, as tires lose pressure when temperatures drop.

5. **Oil**—Be diligent about changing the oil at recommended intervals and check the fuel, air and transmission filters at the same time. Consider changing to low-viscosity oil in winter, as it will flow more easily between moving parts when cold. In subzero driving temperatures, drop oil weight from 10W-30 to 5W-30, as thickened oil can make it hard to start the car.

6. **Wiper Blades**—Cold weather can affect the life of windshield wipers, making the rubber hard and brittle and increasing the potential for cracks. Wiper blades that are torn, cracked or don't properly clean your windshield should be replaced. Some manufacturers offer special winter blades that have a rubber boot covering the arm assembly to keep snow and ice out. When changing the blades, have the windshield wiper system nozzles cleaned and adjusted if necessary, and check the fluid level in the windshield washer reservoir.

During the cold months, keep your vehicle's gas tank at least half full as this decreases the chance of moisture forming in the gas lines and possibly freezing. Finally, if you're due for a tune-up, consider having it done soon. Winter magnifies existing problems such as pings, hard starts, sluggish performance or rough idling.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For more information or for a free "Car Care Guide," visit www.carcare.org.

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http://www.margateterrapinrescue.com
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**THEME: POPULAR PASTIMES**

ACROSS

1. Smoothing tool
5. Fireplace mess
8. *Make a scarf, then a sweater
12. Nasal input
13. Crunched info
14. Like a snicker
15. Cautionary offering
16. *Caddie's offering
17. Ringworm
18. *Current game
20. Bookkeeping entry
21. Express November sentiments
22. Big bang maker
23. Beach Boys: "Be True to Your ____"
26. Deducible
30. COI, OSS, SSU, CIG, ____
31. *Interlocking challenge
34. ____ of the game
35. Legal excuse
37. Acorn maker
38. Poet Nash
39. Spanish surrealist Joan
40. Tolkien's "The Two ____"
42. Denotes financial loss
43. Kickbacks
45. Ducks with valued down
47. Ornamental carp
48. Harvest helper
50. Chalupa alternative
52. Virginia Slim, e.g.
56. *What football and baseball have in common, pl.
57. "Put a lid ____ ____!
58. *Hang out on the ocean or online
59. Lock horns
60. Eyeball
61. Hissy fit
62. Michael Myers' move
63. "To Kill a Mockingbird" author
64. Thanksgiving tubers

DOWN

1. Campus drillers
2. Month before Nisan
3. Stag
4. Faster than allegro
5. Hammerin' Hank
6. Delivery bird?
7. 3rd H in 4-H, sing.
8. *Needlecraft
9. *Half a round
10. Footnote word
11. *Afternoon's high
13. Hindu Festival of Lights
14. The Police lead singer
19. Japanese room divider
22. Parker's angst
23. Little rascal
24. Locomotive hair
25. Like Bigfoot
26. *You fly fish in it
27. Core of personnel
28. Independent African ruler
29. Gives a helping hand
31. Horror movie franchise
32. Messy substances
33. Hindi movie franchise
34. "Bibliophiles' get-together"
35. Willow twig
36. *Black and White Chi
37. Make a connection
40. Opposite of tea bag
41. Black-tie
42. *Watch a season in a week, e.g.
43. Catlike
44. Queen of Hearts' pastry
45. Aquatic plant
46. Fairly cold
47. Blackfin or Yellowfin
48. Barbershop request
49. Newts in terrestrial stage
50. Art degrees
2014 Nissan Altima Tinted windows, blue tooth, and power everything. Remote start and runs great. 107,000 miles, $7,200 or best offer Call Brian 609-225-7919 (43)

1995 2 DR Red Chevy Corvette. 83,900 miles. Good condition. $12,000. 609-515-5240 (38)

2003 GT MUSTANG ZINK COLOR BLACK TOP CONVERTIBLE-LOADED 27,000 ORIGINAL MILES. MUST SEE TO BELIEVE IT! ASKING $17,000 (ONE OWNER) MUST NEED TO CALL LARRY, 609-641-6219 CELL: 609-705-1485 (36)

2001 Sea Ray Weekender. $15,000. Great price and she is in great condition. Low hours - 340. Includes a boat slip on the Mullica River. This boat is very clean, all maintenance records available. Can seat 6 comfortably, sleeps 2 adults. For pictures, please call very clean at 609-204-2561. (30)

4 Subaru Floor/Floor mats: For 2015 – 2019 Subaru Legacy sedan and Subaru Outback. New 2 New WeatherTech Brand molded (molded to fit floor for specific car – not generic floor mats) front floor mats (Driver and Passenger side) WeatherTech Black https://www.weather tech.com/subaru/2015/outback/ floorliner-digitalfit? cost (129.00 with Shipping) & New 2 New OEM factory black mats $70.00 or Best Offer for all 4. Contact Laurie at x7776 or 609-760-2155 (34)


For Rent: 1 Bedroom 2 Bath Condo 17A, CA, New Kitchen, Washer/Dryer, Hardwood Floors, Basement, Large Yard and off street parking. No smokers or pets. $1,400/month. (609) 457-3750 (47)

Winter Rental - Ventnor Studio on Boardwalk-Nov to May.fully furnished, includes all utilities, included:parking pool and walk to casinos.$1000/month. Contact: Tom 609-485-4586. (45)

WANTED

ANTIQUE VINTAGE GLASS KIT - No your conventional stained glass kit. Kit does not require solder and is used to dress up existing glass. Kit contains instructions, colored plastic, lead, templates and glue. Easy way to dress up a nontoxic xmas. $19. Call or text Sue at 609-353-1111 (45)

Thermoelectric cooler. Holds up to six 12 ounce cans. Cools to 45 degrees or hotter. $300. Call Tom 485-4685 (46)

STAIN GLASS KIT - Not your conventional stained glass kit. Kit does not require solder and is used to dress up existing glass. Kit contains instructions, colored plastic, lead, templates and glue. Easy way to dress up a nontoxic xmas. $19. Call or text Sue at 609-353-1111 (45)

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Free:

EXTERIOR GRADE PAINT for PAINTING HONEYCOMB BOXES. Any used or office color accepted. Lighten shade preferred. I will accept paint with a hard skin on surface, as long as some use. Call Jay x817 at 609-204-9750 (25)

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2014 TOURING Power Retractable Hard Top (PRHT) - $13,500. 10K miles. Excellent condition. Phone: 609-204-2561 (30)

For Sale:

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Leave Donor Program

Employees interested in donating leave may submit their donations through the Online VLTP Intranet site located at: https://ahrweb1.faa.gov/ovltp/

In order to donate, you must click on the “Online Leave Donor Application” NOTE: Donors must use an FAA computer with Intranet access to donate leave through this process. The donation process is not available through the Internet.

This IS THE FASTEST AND PREFERRED METHOD OF SUBMITTING DONATIONS. Manual submissions must be submitted on FAA Form 3600-25, “FAA Voluntary Leave Transfer Program Donor’s Annual Leave and/or Sick Leave

If you wish to donate leave, you can go on-line to: https://ahrweb1.faa.gov/ovltp or contact Tara Price 609-485-4669. This site also contains a complete listing of participants in the VLTP.

Sheila Mathis, Computer Specialist, AJM-2550, has been approved for the Voluntary Leave Transfer Program. Employees interested in donating leave may submit their donations through the On-line VLTP Intranet site located at https://ahrweb1.faa.gov/ovltp/

Please consider a donation of either Sick or Annual leave to Sheila. The donations would be very much appreciated!

7 ways to help manage ADHD without medication

(BPT) - If you have ADHD, you know life can be an adventure. The journey of getting the diagnosis to trying to manage it every day is unique to each person. Prescription medication is a common part of a treatment plan, but it’s not the only answer to your condition.

“There are several alternative methods that dramatically help people thrive with ADHD, whether they were diagnosed as a child or are managing their condition as an adult,” says Robin Livings-Richter, a licensed psychotherapist for more than 25 years and an ADHD Life Coach.

Livings-Richter knows the struggle people with ADHD face, as she was diagnosed as an adult at age 34. She also has two children and a husband with ADHD, so she understands the concerns of parents and partners.

“Some people prefer to avoid medication altogether, while others want alternatives that can be useful in addition to prescriptions.” Livings-Richter says. “No matter your personal belief, I recommend considering these all-natural ways to help manage ADHD.”

Exercise

Exercise releases endorphins, the “feeling good” chemicals needed to regulate mood and pleasure. Endorphins also increase attention and focus, and can make a big impact. If you live in a climate that mimics natural daylight to impact mood and energy levels.

When outside or with your therapy light, try this: Shut your eyes, take a deep breath, and slowly release it. Continue this while going through each of the five senses - taste, smell, sight, hearing, and touch - noting how you experience each sense. This instantly calms the body and mind while helping you focus.

Music

Music can provide a dopamine boost that the busy ADHD brain craves. Dopamine is a brain neurotransmitter that helps with focus, so turn up the tunes and take in the rhythm.

While cooking dinner, turn on some music. Put together an upbeat playlist of your favorite songs to play while you get ready for work or school. In the evening, play some instrument music to calm your brain and create inner peace.

Gratitude

People with ADHD often experience high levels of self-doubt and a negative inner-dialogue. To help your brain forget about its worries, try practicing gratitude.

For example, start your day by talking about what you “get to do” instead of what you “have to do.” This changes the conversation positively. Before heading out the door, pause, then think about or even write down three things you are grateful for.

When problems arise, instead of thinking, “Why is this happening to me?” think, “What can I learn from this?”

Nutrition

A healthy diet of whole foods packed with nutrients is beneficial for people with ADHD because what you eat can impact how your mind functions.

The fresh air, green surroundings and sunshine you can make a big impact. If you live in a climate where sunshine and/or the ability to go outside is limited during parts of the year, consider purchasing a happy light that mimics natural day light to impact mood and energy levels.

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Mindfulness

Mindfulness helps improve self-control, impulsivity and attention. Plus, it’s something that can be done anywhere at any time, making it accessible to anyone.

Mindfulness is all about “paying attention with intention.”

Practice mindfulness by pausing and increasing awareness in the present moment. Pay attention by calm the mind’s thoughts and focusing on breathing slowly in and out. Notice how your body and mind feel, without judgment.

Couching

An ADHD Life Coach provides the necessary support to make a positive difference in ADHD management. By improving understanding of how your ADHD mind works and providing effective strategies and tactics, an ADHD Life Coach will set you up for success, and help you shift your mindset from “What’s wrong with me?” to “What is right about me?”

For more information on ADHD Life Coaching for adults or children, visit www.stigma2success.com or call 952-913-7805 for a one-on-one consultation. While health insurance doesn’t cover the cost of ADHD Life Coaching, you can use a health-savings account (HSA) to cover fees.
For avid cooks, seasoned hosts and busy families, the kitchen is likely the center of daily life and a place where both form and function are of utmost importance. This high-traffic space generally influences the design of the rest of the house, especially if the home has more of an open-concept layout. The colors and materials used in the kitchen normally set the tone for the rest of the home.

When it comes to considerations like finish and materials, kitchen cabinetry trends are shifting toward colored cabinetry and a mixture of exposed textures and materials.

**Colorful allure**

White kitchen cabinets have dominated the market for years; white is constant, safe and classic. While white kitchens are likely to remain a popular option for homeowners, buying trends are showing a shift in painted cabinetry design from classic white to eye-catching colors.

Natural colors, burnt orange, shades of gray, blue hues and green tones are likely to be the leaders in painted cabinetry colors in 2019, and all are offered through an option like Wellborn’s ColorScape program.

For those with a visionary and creative approach to design, the blue tones for cabinetry reach atmospheric waves of color and capture the unique space between technology and spirituality. The unbridled adventurer may use burnt orange to soak in the blue of endless horizon and the subtle earthy colors of the high plains and desert.

For the naturalist, green earthy tones can bring the wonder of the world into your kitchen. For the cozy home-body, dark warm tones of gray on cabinetry add a rich and modern scope that spans space and time.

**Focus on Function**

A beautiful kitchen may please the eye, but when it comes down to it, a kitchen’s function is its greatest value. Integrate these ideas for a kitchen that offers maximum function for one of your home’s most-used spaces.

**Declutter the countertops.** Consider incorporating pull-out and roll-out trays into your cabinetry to maximize your storage space, as well as dressing your cabinets with appropriate inserts and organizational bins. Eliminate wasted space by adding corner cabinets to utilize all available space.

In addition, an option like Wellborn Cabinet’s Aspire Full Access Frameless cabinetry makes it simple to create diverse design styles with better storage options than traditional cabinet framing allows. Without a face frame on the front of the cabinet box, this style provides more room for storage and easier accessibility. You can create a modernistic kitchen, a rustic farmhouse kitchen or a nature-inspired kitchen.

**Determine the island’s function.** The island is often the visual centerpiece of the kitchen, but determining its function can maximize its appeal. Fully functional cabinetry around the island can provide additional storage space. For example, custom cabinetry appliance panels let you not only conceal bulky appliances, they also give your wall cabinetry more space and functionality.

**Make recycling easy.** Place the recycle and garbage bins in a drawer near the sink to allow for easier accessibility and keep them out of sight.

**Trends in texture**

From classic to modern and from farmhouse to high-tech modernistic styling, designers work to make surfaces make a statement. With cabinetry, there’s no shortage of options: matte and glossy, dark and light, with and without handles.

Technology has played a major role in the improved quality of laminates in the kitchen; many of today’s laminate options have a more realistic appearance and texture than their ancestors. For a more authentic wood look, an option like Wellborn Cabinet’s Decorative Laminate Veneer Door Collection is filled with color choices in a range of materials spanning embossed and textured melamine, acrylic, laminates, metal and more.

Another option is cabinetry featuring timber with exposed grain for a balance between embracing nature and achieving sophistication. This trend celebrates imperfections and allows you to bring nature into your home. Defined or rustic woods are made from materials such as walnut, oak and cherry. For nature enthusiasts or those seeking the rustic farmhouse style, you can find beautiful organic finishes in Wellborn’s Aspire Full Access Framed line. The standout feature is heavy graining. Hand sanding, along with hand-rubbed finishes, provide a quality product with varied textures that minimizes the need for a lot of color.

Explore more trendy looks for your new kitchen at Wellborn.com.