

# HEIGHTS LIVING

MARCH 2022



## Hanging in Heights with Anna, Tom & Anthony

### *Also inside:*

- Spring Landscaping Tips
- What You Need to Know About Cataracts
- Summer Camp: The Hot Ticket for 2022!
- New in Town: Tonewood Brewery



**PUBLISHER'S NOTE**



**Dear Heights Readers!**

We hope you enjoy our March issue which features residents Anna, Tom and Anthony who share their story about their love for each other as well as the Haddon Heights community :)

We hear from expert Tom McAnany with **4 Seasons Landscaping** regarding spring landscaping tips. Additionally, **Kresloff Eye Associates** gives the 411 on what you need to know about cataracts.

**Andy Pritikin** weighs in on why summer camp is more important now for our youth than it's ever been.

Lastly we feature your local real estate listings, pets, sports and also had the opportunity to take the publication team on a field trip to **TONewood** to sample some incredible beer and mingle with other beverage enthusiasts.

We hope you enjoy this issue and we look forward to seeing you around town!

*Grace & Kristen*

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# HEIGHTSLIVING

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## ACCOUNTING | JOHN POJAWIS, CPA | FREEDOM FINANCIAL



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John Pajawis, born and raised in Camden, has been a self employed financial adviser since 2002, as owner of Freedom Financial he helps families and individuals with advice in investments, taxes, and other key money matters. Helping others is not an option for John, but an obligation.

## AUDIOLOGY | JONATHAN S. AYES | HEARING ASSOCIATES, LLC



d/b/a Associates in Hearing HealthCare | 502 Sheppard Road  
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Jon Ayes joined Associates in Hearing HealthCare in July of 2014 as Director of Operations. He became practice owner in November 2018. Jon brings 25 years of experience in managing health care practices in a manner that enhances patient experiences. When not working, Jon enjoys family time and a good golf game.

## CHILD DEVELOPMENT | HADDON SPOT



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Alison Abay, M.S. CCC-SLP, Allison Smith, OTR/L, and Lauren Pryzbylowski, M.B.A. are the co-founders of Haddon SPOT, a child development center that provides services grounded within the domains of Speech, Physical and Occupational Therapy. The Haddon SPOT team

is dedicated to helping children grow and gain independence by building caring relationships and engaging experiences with each child and their family. They bring this passion to life through individual therapeutic services, small group socialization and skill building classes, special events and community activities, and parent coaching and workshops.

## DENTISTRY | ANDREW DIETZ



The Haddon Dentist | (856)-547-8664 | 101 White Horse Pike  
Haddon Heights, New Jersey 08035

Originally from Youngstown, Ohio, Dr. Dietz received his Doctor in Dental Surgery degree from Case Western Reserve and his Certificate in Prosthodontics from Temple University. In 1999, he started his solo practice in Haddon Heights. Remaining in Haddon Heights, in

2019 he opened a new state-of-the art facility where he practices general dentistry and prosthodontics. Dr. Dietz and his team take pride in providing personalized quality dental care. He holds leadership positions in organized dentistry on the local, state, and national level as he is committed to ensuring that patients continue to receive quality dental care and the advancement of the dental profession. In his spare time, Dr. Dietz enjoys competitive amateur golf and traveling with his family.

## DERMATOLOGY AND COSMETIC SKINCARE | DR. ANAMARIA NEWPORT, DMS, DMD\*, MHS, PAC



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Owner of the Family Skin Care Center in Haddon Heights, NJ, Dr. Newport is a highly sought after professional with extensive

experience in dermatology, skincare, and cosmetic procedures using the latest technology and her own homeopathic style. A renowned public speaker, Dr. Newport is regarded as an "artist" in her industry working with patients of all ages and skin colors.

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[kirkpopiolek@gmail.com](mailto:kirkpopiolek@gmail.com)

Kirk Popiolek was raised in the Erial section of Gloucester Township, NJ. He is a 1994 graduate of Paul VI High School. After graduating from high school, Kirk attended the Philadelphia College of Textiles & Science, but later transferred to Mercer County College, majoring in Mortuary Science and Business Administration. In 1998, Kirk graduated from college and was licensed by the State of New Jersey as a Practitioner of Mortuary Science. During his career, Kirk has worked in some of the areas largest and culturally diverse funeral homes. In 2003, Kirk purchased the Metts-Davis Funeral Home in Barrington, NJ renaming it the Popiolek Funeral Home. Kirk and his wife Rebecca, along with their children Noah, Abigail Aaron and Emily reside above the funeral home.

## HEATING & AIR | DAN JAKUBOWSKI | JAKUBOWSKI HEATING & AIR



111 Bewley Rd | Haddonfield, Camden County 08033  
856-745-4820 | [Jakubowskiheatingandair@gmail.com](mailto:Jakubowskiheatingandair@gmail.com)

As Owner/Operator of Jakubowski Heating & Air, Daniel has been providing outstanding service in South Jersey for the last 12 years. Jakubowski Heating & Air takes care of all your HVAC needs including new installation, preventative maintenance, and system repairs. Daniel takes great pride in quality workmanship, affordable pricing, and building long lasting relationships with his customers.

## INSURANCE | DAN MILLER | STATE FARM INSURANCE AGENT



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Dan Miller is a married (23 years) father of 2 sons who has been a NJ resident for over 15 years. His office boasts 55 years of Insurance experience and has advised thousands of NJ drivers and homeowners with their most valued investment. Dan Miller agency is a small office that prides itself in a hands on approach to your insurance needs. Dan is a State Farm Legion of Honor recipient and Small Business Leader.

## LANDSCAPING | THOMAS McANANY | 4 SEASONS LANDSCAPING AND LAWN CARE



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Thomas McAnany, Owner at 4 Seasons Landscaping and Lawn Care

Thomas his wife Shannon (Owner-Salon Social), and daughter Sutton moved to Haddon Heights in 2020 after years of working in the the town. The beautiful town, shops, restaurants and people drew us in. We wanted to be close to family and friends. 4 Seasons has been servicing Haddon Heights for 15 years, offering complete maintenance for your property. At 4 Seasons we believe that your property is where family, and friends make memories. Our goal is to create a beautiful property, while maintaining it to keep it looking its best. Here at 4 Seasons we offer services for both the residential homeowner and for bigger commercial properties. The best part is that every customer is treated extremely personal by providing quality service with a passion.

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Dr Michael Kresloff, MD is a board certified ophthalmologist, a fellow of the American Academy of Ophthalmology and a member of the American Society of Cataract and Refractive Surgeons. He is a Wills Eye affiliated surgeon specializing in laser cataract and refractive surgery. His goal is to reduce or eliminate his patients' need for glasses through the use of specialized lenses that correct for prescriptions including astigmatism. He has been recognized by many online, local and national publications as a top doctor for his work and compassion.

**PLUMBING & HEATING | MICHAEL NEEL**



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**REAL ESTATE | KATHRYN MULLAN, REALTOR-ASSOCIATE\***



C. 609.970.3078 | O. 856.685.5600 | KMullan@cbpref.com | KathrynMullanMovesSouthJersey.com

As a top-producing, award-winning real estate agent, Kathryn Mullan's business is built on relationships. A lifelong Southern New Jersey resident who has lived in Haddon Heights since 1999, she is well-versed in the area and also excels at helping locals buy or sell at the Jersey shore.

Kathryn enjoys living in Haddon Heights with her husband, two children and two dogs and spending time at their beach house in Wildwood Crest. Contact her today for your real estate needs—she would be honored to serve you!

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**WEALTH MANAGEMENT | WILLIAM "BILL" WALTERS**



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William "Bill" Walters is an agent for New York Life Insurance. Bill grew up in Haddon Heights, New Jersey. New York Life has 176 years of documented success. Please let Bill protect your family so you can focus on creating memories. Bill will serve you with personalized, effective,

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# SUMMER CAMP

## The Hot Ticket for 2022!

BY ANDY PRITIKIN | PHOTOS OWNED BY LIBERTY LAKE DAY CAMP

**T**oo much screen time over the past decade and its residual effects on young people have been exacerbated by the pandemic response of “educating by isolating.” Relegated to their bedrooms, basements, kitchens, and college dorms, most socially distanced students were FORCED to stare at their screens from March 2020 until May/June 2021. This extended time of keeping students from physically interacting with peers and teachers has resulted in **a mental health crisis we will be feeling for a very long time.**

After 15 months of semi-seclusion, missed social opportunities, and frayed friendships, young people were acting out: antisocial behaviors, fights, emotional breakdowns, defiance, anxiety, and depression. Summer camps, however, offered an oasis of sorts—a reset, an antidote, a social-emotional vaccine. Campers, staff, and even school teachers had a magical and energizing experience being outside, socializing, playing, and interacting again!

**The past two summers affirmed unequivocally that there’s no better place for children and young adults to learn and regain their social and emotional equilibrium than at Summer Camp. Here’s what we observed:**



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**2. Kids naturally make friends.** Thousands of new campers arrived at camps the past two summers, and it was amazing to see how they were drawn towards one another; quickly building friendships, with their saved up love and empathy.



**3. Kids love being outdoors.** Always have. But after being forced indoors for so long, kids cared less about the bugs, the dirt and mud, the liquid sunshine, and even the heat! At Liberty Lake, we embrace the opportunity to jump into a lake, just like kids have done for thousands of years!

**4. Kids don't need screens to enjoy themselves.** Liberty Lake has been a screen-free haven since day one in 2002, from drop-off to pick-up. You'd think that after so much screen time, that kids would be jonesing for their phones/tablets/TVs... Nope. Playing outside with their friends is WAY more engaging. Older campers and staff actually THANK US for providing an electronic-free, stress-free utopia!

**And there's more good news.** Thousands of parents who never went to camp, and never sent their children to camp before, have reassessed the summer camp cost/benefit analysis and are flooding American Camp Association accredited camps with registrations like never before. **The pandemic has suddenly made Summer Camp as important as it should be.** So if you're interested in Camp for your kids this summer, don't delay—because many of the best camps out there have already started waiting lists!

*Andy Pritikin is the Owner/Director of Liberty Lake Day Camp in Mansfield Township, NJ, and partner of Everwood Day Camp in Sharon, MA, and Camp Southwoods in Paradox, NY. He's the past president of the American Camp Association, NY/NJ, and host of the Day Camp Podcast.*

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*Expert Contributor*

# Spring Landscaping Tips

THOMAS McANANY, OWNER | 4 SEASONS LANDSCAPING AND LAWN CARE



### CLEAN UP

The Spring brings warm weather, sunny sky's, and spring rain showers. Your grass grows at a faster pace, flowers produce colorful blooms. Plants and trees in your landscape sprout new green foliage. After a cold winter in Haddon Heights NJ, your landscape needs important nutrients to jump-start strong root systems and healthy new growth.

When the winter frost is gone, you should focus on cleaning up your landscape to get rid of winter debris. It's important to rake up dead, dry leaves and remove any debris in your landscape like fallen twigs, branches and tree limbs. The leaves can smother your grass and prevent necessary oxygen for new growth. Wet leaves, especially in shady or overgrown areas, can also harbor plant diseases and invite outdoor insects and pests.

### LAWN FERTILIZATION

Early spring is a great time to fertilize your lawn. Proper lawn fertilization will provide nutrients like nitrogen, phosphorus, potassium, and iron for strong roots and healthy new growth. It's also important to choose the right type of fertilizer for your lawn. A light, slow-release type fertilizer is best.

### SPRING PRUNING

Prune spring-flowering plants in late spring immediately after blooms fade. They typically produce flowers only on old growth from the previous season, so pruning soon after blooms fade will maximize flower production the next year. Prune summer-flowering plants and trees in late spring or early summer before they start to bloom.



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### Resident Feature

# Hanging in Heights with Anna, Tom & Anthony

BY KRISTEN JORGENSEN | PHOTOS BY CARRIE LOPEZ

**T**his March, Heights Living magazine was invited into the home of Anna Fielding and Tom Madden to talk about their life here in town as a couple, while also raising Anna's adorable son Anthony. Anna and Tom have been living together in their current apartment since 2021, when Tom officially moved in with Anna and her son, after spending a few years in Pennsylvania.

Anna, a South Jersey native grew up a town away in Haddonfield, New Jersey with her parents and two older siblings. She graduated from Haddonfield High School in 2003 and went on to attend college at Saint Joseph's University where she graduated in 2007 with a double major in Elementary and Special Education. After graduating college, Anna had taken a few local teaching jobs before getting the itch to spread her wings and try something new. "When I was in college, I studied abroad for a bit in Italy, and it really opened my eyes up to the fact that there's a whole world out

there, full of different cultures and people. After college, I was just feeling uninspired, and I needed a change."

Fortunately for Anna, her high school friend Lindsay, not only supported her dream to relocate, but she also felt the same way. With a bit of wanderlust in their system, the two decided to pack up and move to Hawaii in the summer of 2010. "Another one of my friends had a sister who was currently living out there. She told me that they were in desperate need of teachers and looking to hire, so I started applying to positions before we even left." Even without the confirmation of a teaching position, Anna and Lindsay packed their bags and headed west to Maui.

After arriving, Anna quickly realized that even though the state was in desperate need of teachers, she was going to have to be more proactive in her job hunting. "I heard from many people that lived there that the hiring system was just a mess and that I would be better off just walking into the offices I



had applied for in person, which is basically what I did. My name was put on a list that was distributed out to principals and schools on the island and eventually I did get a call for a few interviews and eventually received a job offer.” Anna explains.

**A**nna, who was then fully immersed in living and teaching in Maui, decided to come home to visit in the summer of 2011. It was during this trip home; Anna would meet her son’s father. “I met him at a bar, but obviously he lived here in Philly, and I lived in Hawaii. Every time I would come home to visit throughout the year, we would hang out. One day, he suggested that he would move out to Hawaii with me. To be honest, I wasn’t totally sold on the idea, but my friends were optimistic about it, so I went with it.” Anna recalls.

Things started out on a good note for a few months, but unfortunately, the relationship gradually started to go south. “He just started lying and becoming extremely controlling and manipulative. I’m a teacher, so naturally I have a lot of empathy and I tried to overlook the toxic behaviors by giving him the benefit of the doubt, thinking he struggled with the relocation. During this time, I also found out I was pregnant, so I was obviously afraid and scared. I was so far away from my family and support system, and I was sort of embarrassed to ask for help” explains Anna.

In September of 2013, Anna gave birth to her beautiful son Anthony, but things with his father only worsened and within a few months, Anna had to file for a restraining order. Anna recalls “That’s when things got really bad. From January through April, it got volatile and even hostile at times. He would threaten to never leave the island or threaten that I would ever be able to leave with Anthony. And then sometime in July of 2014, he just up and left and went to Oregon. I tried a few times for Anthony’s sake to stay in touch and he would just berate me, so eventually I just cut ties and severed all forms of communication.”

After spending four years in Maui, with significant high and low moments, Anna, now a single mother, wanted the creature comforts of home and the security of family. With having to prove to the courts in Hawaii that she could give her son a better life back on the east coast, she started job hunting again, but this time for jobs in New Jersey. With the help of a family friend, Anna was able to secure a job at a Charter School in Camden from 2014 to 2015 before landing her current position in 2015 at North Hanover public school in Wrightstown, New Jersey. She moved back to the area with Anthony and stayed at

a friend’s house for a few months while she apartment hunted for somewhere they could call home.

Growing up in Haddonfield, Anna was already familiar with the Haddon Heights area and knew the town would be a fantastic place to live and raise her son. “I wanted Anthony to be close to my family and all his cousins, plus I wanted to be close to my support system.” So, she moved into a quaint apartment right off Station and 7th avenue in 2014. “It was a great location being so close to the walkability of Station Avenue, the school and the playground. I really loved it. And then the pandemic started and that’s when I realized we needed something more spacious.” Explains Anna. “During the pandemic I was in graduate school, and it was nearly

impossible trying to teach my classes remotely and studying while Anthony was taking his classes remotely. So, in the summer of 2020, for much needed space, we moved into our current apartment.”

Prior to her recent move and the start of the pandemic, Anna was invited by her good friend Cait to the Haddon Township Woodstock festival in the summer of 2019. “Cait called me and invited me to come hang out with her and her fiancé, Glen at the Woodstock Festival. I initially declined but had a change of heart and called my babysitter to come watch Anthony. I got changed pretty quickly and headed over to meet up with them.” Little did Anna know, the main reason for the invite, was Cait’s attempt at setting up Anna on a makeshift blind date with Glen’s longtime friend Tom. Also in the dark about the couple’s master plan was Tom himself. “Everyone hates blind dates. They’re just super awkward. It wasn’t my ideal time or place to meet Anna either.” Tom jokingly explains.

Tom Madden is the fourth generation of his family to grow up in the area, and great grandson to Chief Federal Justice, Judge Madden, an appointed judge by President Truman in the 1960’s. Tom grew up in Haddon Township and was quite the accomplished athlete playing baseball while also holding the title of captain for the soccer team. He graduated from Haddon Township High School in 2003 and went on to attend college at York College of Pennsylvania, where he continued to play soccer during his four-year attendance. After college, Tom stayed in Pennsylvania and started working in sales at a car dealership in the Bucks County area. Tom quickly advanced to sales manager before eventually leaving after five years with the company. In January of 2017, Tom’s mother suddenly passed away due to the complications of diabetes. A few short years



*continued on page 12*



in the beginning to get to do “new couple” things and enjoy life fully, so we’re looking forward to making up for lost time,” Tom explains. Anna also recently completed her master’s degree in Reading last year. “In addition to the craziness of the pandemic, I was working on getting my master’s degree from Rowan University at the time. It was extremely difficult, and I wanted to quit almost every day. I finally conquered it in May of 2021, so now I just want to get back to enjoying life and bringing adventures back into our lives again.”

later, his stepfather passed from pancreatic cancer. After losing both his mother and stepfather, Tom decided it was time to start a new chapter and move back to the area he considered home to be close to friends and his large family. It was during this transition he met Anna and Anthony in August of 2019.

**A**s awkward as blind dates may be, the couple hit it off after that first encounter and Tom started to spend time getting to know both Anna and her son. Prior to the pandemic, the couple spent a lot of time dining at all the local restaurants in town and in neighboring towns. But perhaps, most importantly was the relationship that developed between Tom and Anthony. “Anthony loves Tom. They have a great relationship, and he really looks up to him. It was so funny, he started introducing him to people as ‘my friend Tom’ and would tell people “My friend Tom is going to come live with us”, it was really cute.” Anna laughs. Tom spends a lot of time with Anthony and walks him to school every day. He also passes along soccer tips and even coached Anthony’s soccer team. The family also have family Friday pajama parties, a tradition that started during the pandemic, but is now one they’ve adopted as a new family tradition.

The family is hoping to get back to traveling and enjoying more adventures together. “It was hard for a while with the pandemic. I met Anna and Anthony in the summer of 2019, and then everything shut down. We didn’t have a lot of time

You can find the couple in the Poconos, hanging at the beach or grabbing a bite at a local hot spot like Bistro di Marino. They are hoping to travel more in the future and to eventually purchase a home together in Haddon Heights. “We would love to stay in the area, it’s a great town if you have a family. It’s safe, close to everything and there’s always something to do. Both Tom and I feel like it’s a really great place to be.”

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PHOTOS AND STORY BY KRISTEN JORGENSEN

**L**ess than six years ago, brothers Eli and Taylor Facchinei opened the first brewery in Oaklyn—one that grew in size and following to become one of the most respected craft beer spots in the region. *Heights Living* recently popped into their newest location in Barrington, New Jersey.

Tonewood Brewery opened its newest facility on Clements Bridge Road, and offers a much larger brewing and tasting room space that still has the same welcoming and warm atmosphere as the original.

With a beautiful and extensive remodel of the original building, the large indoor wood storage warehouse area now makes up the core of the brewery operations. The tall ceilings are perfect for housing the extra large brewery equipment and tanks needed for the fast growing brewery operations.

Industrial, cool and with an adult treehouse vibe—it's definitely a spot worth checking out! The bartenders were super friendly and extremely helpful in explaining and selecting the beers. Every brew was cold, aromatic and absolutely delicious. The place was hopping and not just with the star ingredient but with lots of locals, even the ones with fur!

Outstanding selections from smoked lagers to pilsners—Tonewood Brewery by far one of the best breweries in town!

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*Expert Contributor*

# What You Need to Know About Cataracts

BY DR. MICHAEL KRESLOFF, M.D. | KRESLOFF EYE ASSOCIATES

**C**ataracts develop with age and are the leading cause of preventable blindness in the U.S. They form when proteins and fibers in the eyes break down and clump together in the lens.

As the clumping proteins gradually become more extensive, they start to distort and block your vision. Thankfully, if you are a candidate for cataract surgery, you don't have to live with less than perfect vision.

Once cataracts begin interfering with your sight and making it impossible to perform daily tasks it is time to consider cataract surgery. It is important to discuss your options for surgery with your Ophthalmologist and to assess if you are a candidate. We have compiled a list of the top 9 signs that indicate that it is time to discuss cataract surgery with your Ophthalmologist.

## 1. You're No Longer Able to Enjoy Your Favorite Pastimes

Deteriorating vision can get in the way of enjoying your hobbies. It becomes difficult to see if you have cloudy or blurry vision because of cataracts.

Also, cataracts can reduce your ability to distinguish contrast, making it harder to enjoy everyday activities. This may include simple everyday things like cooking, doing laundry, and even watching television.

## 2. Performing Up Close Tasks Has Become Impossible

Cataract formation is a relatively slow process. Typically, most age-related cataracts develop over a span of years, and they only become a problem when they begin interfering with your everyday life.

If you are having a hard time with up-close tasks, it's likely you have cataracts and require surgery. This might include activities like texting on your phone, sewing, and reading a book before you go to sleep at night.

## 3. Difficulty Driving at Night

To many people, driving means independence. But it can become dangerous with cataracts, and even more so when you're driving at night.

Cataracts create halos around lights, making it hard to see when you're driving in the evening. If you don't feel confident while driving, see your Ophthalmologist as soon as possible.

Driving at night with cataracts can endanger your life and others. For your safety and others on the road, have a friend or family member bring you where you need to go at night until you can have cataract surgery.

## 4. Everything Has a Brown Tint or Looks Yellow

When you have cataracts, it can appear as though you're looking through a dirty window all the time. Colors may look muddy and faded instead of vibrant.

Another thing you might experience is things that you know are white may look yellow or even brown. This is due to the color of your cataract as it develops and grows bigger.

This can make it much more challenging to perceive fine details or distinguish colors. For most, the solution is cataract surgery to remove the natural lens and replace it with an artificial lens.

This will enable you to see more clearly and allow you to enjoy every beautiful, vivid color the world has to offer once more.

## 5. You Suddenly Start Having Double Vision

Although it sounds unusual, you may start experiencing something called double vision when you have cataracts. It's essential to see your eye care professional as soon as possible to determine what's causing your double vision.

Most cataract patients report double vision in one eye. If you have double vision, it becomes almost impossible to complete any activity. Until you have cataract surgery, avoid activities like lifting, driving, or cooking.



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— Jacqueline M. on Facebook

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## 6. Your Prescription Keeps Changing

As a result of aging, it's normal for any prescriptions for your contact lenses or glasses to change over time. But if you find that these

prescriptions keep changing more and more, this could be a sign of having cataracts.

One of the problems with having a cataract is that you will eventually get to a point where glasses and contacts will no longer improve your eyesight. When that happens, you'll need cataract surgery to have your vision corrected.

## 7. Your Vision Gets Blurry

Having blurry vision makes moving around challenging. It also increases your likelihood of falling and injuring yourself and makes it much harder to keep your independence.

If your vision seems blurrier than usual, you need to see your eye doctor for an appointment right away. Though blurry vision can be a sign of cataracts, it's also a sign of other more serious eye conditions.

Seeing your eye doctor is the only way to know the cause of your blurry vision, and if you do have cataracts, determine when you should have cataract surgery.

## 8. You Experience Light Sensitivity

Research shows that one of the early symptoms of cataracts is sensitivity to light, and it can be quite painful. If you experience light sensitivity, your eye doctor can use that to diagnose cataracts before you have more advanced vision changes.

Schedule an appointment if you find headlights glare from oncoming traffic or the sun bothersome.

## 9. You Start Seeing What's Known as Second Sight

Some patients with cataracts may experience a phenomenon that's known as second sight. Your vision temporarily improves with second sight, especially if you have nuclear cataracts that form in the center of your lens.

The sudden improvement in vision is short-lived and results in worsened vision later. If you see more clearly suddenly after having poor eyesight because of cataracts, it might be time for surgery.

## How to Protect Your Vision Against Cataracts

There is no way to guarantee that you'll never develop cataracts, as they are simply part of life. But there are some things you can do to try to reduce your chances of developing them earlier in life. You can try some of these lifestyle changes, including:

- Seeing your eye doctor for regular eye exams
- Eating a healthy diet that's rich in vegetables and fruits
- Quitting smoking if you're a smoker
- Limiting your consumption of alcohol as much as possible
- Wearing polarized sunglasses to prevent unnecessary exposure to the sun's harmful UV rays
- Properly managing diabetes, which can cause cataracts

## World-Class Cataract Treatment

It's important not to ignore the warning signs of cataracts, even when your symptoms seem like only minor inconveniences. Cataracts progressively become worse with time, eventually resulting in complete blindness that only cataract surgery can correct.

Are you worried that it may be time to think about having cataract surgery? Schedule a cataract evaluation at Kresloff Eye Associates by calling 856-854-4242 or by visiting our website [www.kresloffeye.com](http://www.kresloffeye.com). We believe in our slogans "see well, live well" and "better sight through better life". We are here to care for the health of your eyes!

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# HEIGHTS SPORTS

BY KRISTEN JORGENSEN | PHOTOS SUBMITTED BY HIGH SCHOOL SPORTS DIRECTORS



**Maddy Clark** as the impact player for the Colonial Conference at the halfway mark. Well deserved. Impacts the game in so many ways and most importantly by her drive and hustle. *Congrats Mads!*



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## Merry Covid Christmas!

BY SPENCER ZALKIND (4TH GRADE)

It was 2021 and the Zalkind family was going through tough times. There were three days until Christmas and my brother Jackson had Covid 19! To add on to that, Spencer and Jackson's parents are divorced. "Oh yeah!" That's me, Spencer. Anyway, Jackson and I were at our dad's house when Jackson tested positive for Covid! We had to go to our mom's house along with Emma, Matt, and Mike. It was frustrating to leave knowing we might not be able to see them for Christmas. We felt sad and confused. Mom came up with ways to be creative with our time apart. Honestly though, all I wanted was a normal Christmas with my dad and mom. Tomorrow we were all going to get tested for covid to see how this Christmas was really going to go.

We waited in the car for hours before getting tested. They took everyone's temperature and stuck a swab up everyone's nose. My eyes started to water. We got our results—everybody was negative (except Jackson, which we already knew from his at-home test).

Emma set an alarm for 5:08am on Christmas morning, don't ask me why. We went upstairs to wake up our parents, but we only got halfway up the stairs and heard, "Give us another 20 minutes!" Mom said Mike was sick and taking a COVID test. We weren't allowed upstairs until the results came back. Finally, it came back positive. "NOT THIS AGAIN!" Now we have two people stuck in the basement. I thought, "GGRREEAATT." We opened presents and loved our gifts, but because of Covid, things just weren't the same.

The next day, mom didn't feel well. She was going to get a COVID test. I was scared. My dad came to pick me up to spend the night

with him. We were watching the Chiefs game, and Byron Pringle had just scored. Anyway, mom texted me to say she was negative! Suddenly, I lost focus on the game and had a sigh of relief that she was ok!

The next day, my throat hurt a little bit, too, so I took an at-home test. POSITIVE! Now I had to go into the basement, too, and couldn't see my dad for weeks!

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# Pet Corner



## Meet Daisy! A Golden Goddess

By Kristen Jorgensen

**Daisy** is a four year old f1b Goldendoodle (75% poodle, 25% golden) who has lived her whole life in Haddon Heights! She lives with her mom, dad and one (soon to be two) little brothers on 11th Avenue. Daisy's favorite activity is a walk in park with her family, or getting a slice of bacon while eating

outside at Trouble Brewing, or a cool cup of whipped cream at Cabana in the summer! She loves meeting new friends, people and dogs alike, and will never turn down the opportunity for a good pet or scratch. She would love a dog park in heights, but for now gets her energy out from time to time at 'doggy daycare'!

If you would like to submit your pet to be featured as the next "Pet of the Month", please send a few pictures and brief description of your furry friend to our publisher Grace Hopper at [ghopper@bestversionmedia.com](mailto:ghopper@bestversionmedia.com).

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