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The Hypnosis Examiner

Feature Article:
"MARVELS OF THE HUMAN BODY: The Brain"

The brain is the most complex part of the human body. This three-pound organ is the seat of intelligence, interpreter of the senses, initiator of body movement and controller of behavior. Lying in its bony shell and washed by protective fluid, the brain is the source of all the qualities that define our humanity. The brain is the crown jewel of the human body.

For centuries, scientists and philosophers have been fascinated by the brain but until recently they viewed the brain as nearly incomprehensible. Now, however, the brain is beginning to relinquish its secrets. Scientists have learned more about the brain in the last 10 years than in all previous centuries because of the accelerating pace of research in neurological and behavioral science and the development of new research techniques.

The brain is like a committee of experts. All the parts of the brain work together, but each part has its own special properties. The brain can be divided into three basic units: the forebrain, the midbrain, and the hindbrain.

The hindbrain includes the upper part of the spinal cord, the brain stem, and a wrinkled ball of tissue called the cerebellum. The hindbrain controls the body's vital functions such as respiration and heart rate. The cerebellum coordinates movement *(See page 2, The Brain)*

Great American Smokeout 2020

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The Brain *(from front page)*

and is involved in learned rote movements. When you play the piano or hit a tennis ball you are activating the cerebellum. The uppermost part of the brainstem is the midbrain, which controls some reflex actions and is part of the circuit involved in the control of eye movements and other voluntary movements. The forebrain is the largest and most highly developed part of the human brain: it consists primarily of the cerebrum and the structures hidden beneath it.

When people see pictures of the brain it is usually the cerebrum that they notice. The cerebrum sits at the topmost part of the brain and is the source of intellectual activities. It holds your memories, allows you to plan, enables you to imagine and think. It allows you to recognize friends, read books, and play games.

The cerebrum is split into two halves (*hemispheres*) by a deep fissure. Despite the split, the two cerebral hemispheres communicate with each other through a thick tract of nerve fibers that lies at the base of this fissure. Although the two hemispheres seem to be mirror images of each other, they are different. For instance, the ability to form words seems to lie primarily in the left hemisphere, while the right hemisphere seems to control many abstract reasoning skills.

For some as-yet-unknown reason, nearly all of the signals from the brain to the body and vice-versa cross over on their way to and from the brain. This means that the right cerebral hemisphere primarily controls the left side of the body and the left hemisphere primarily controls the right side. When one side of the brain is damaged, the opposite side of the body is affected. For example, a stroke in the right hemisphere of the brain can leave the left arm and leg paralyzed.

Each cerebral hemisphere can be divided into sections, or lobes, each of which specializes in different functions. To understand each lobe and its specialty we will take a tour of the cerebral hemispheres, starting with the two frontal lobes, which lie directly behind the forehead. When you plan a schedule, imagine the future, or use reasoned arguments, these two lobes do much of the work. One of the ways the frontal lobes seem to do these things is by acting as short-term storage sites, allowing one idea to be kept in mind while other ideas are considered. In the rearmost portion of each frontal lobe is a motor area, which helps control voluntary movement. A nearby place on the left frontal lobe called Broca's area allows thoughts to be transformed into words.

When you enjoy a good meal—the taste, aroma, and texture of the food—two sections behind the frontal lobes called the parietal lobes are at work. The forward parts of these lobes, just behind the motor areas, are the primary sensory areas. These areas receive information about temperature, taste, touch, and movement from the rest of the body. Reading and arithmetic are also functions in the repertoire of each parietal lobe.

As you look at the words and pictures on this page, two areas at the back of the brain are at work. These lobes, called the occipital lobes, process images from the eyes and link that information with images stored in memory. Damage to the occipital lobes can cause blindness.

The last lobes on our tour of the cerebral hemispheres are the temporal lobes, which lie in front of the visual areas and nest under the parietal and frontal lobes. Whether you appreciate symphonies or rock music, your brain responds through the activity of these lobes. At the top of each temporal lobe is an area responsible for receiving information from the ears. The underside of each temporal lobe plays a crucial role in forming and retrieving memories, including those associated with music. Other parts of this lobe seem to integrate memories and sensations of taste, sound, sight, and touch.

Coating the surface of the cerebrum and the cerebellum is a vital layer of tissue the thickness of a stack of two or three dimes. It is called the cortex, from the Latin word for bark. Most of the actual information processing in the brain takes place in the cerebral cortex. When people talk about "gray matter" in the brain they are talking about this thin rind. The cortex is gray because nerves in this area lack the insulation that makes most other parts of the brain appear to be white. The folds in the brain add to its surface area and therefore increase the amount of gray matter and the quantity of information that can be processed.

Deep within the brain, hidden from view, lie structures that are the gatekeepers between the spinal cord and the cerebral hemispheres. These structures not only determine our emotional state, they also modify our perceptions and responses depending on that state, and allow us to initiate movements that you make without thinking about them. Like the lobes in the cerebral hemispheres, the structures described below come in pairs: each is duplicated in the opposite half of the brain.

The hypothalamus, about the size of a pearl, directs a multitude of important functions. It wakes you up in the morning, and gets the adrenaline flowing during a test or job interview. *(cont. page 6)*

Sports Page

"OBSTACLES TO SPORTS SUCCESS: COVID-19 Novel Coronavirus"

Apart from the millions of infections and hundreds of thousands of deaths, Covid-19 has caused business closures, job losses and made people live anxiety-filled lives. Its arrival also brought about an abrupt cessation of sporting competitions around the globe.

This in turn resulted in billions in losses in gate receipts, advertising dollars and the cessation of other revenue earners such as concessions and merchandise sales. At its soul, the pandemic also threatened fan engagement. Consequently, the future of sporting competition hung in the balance for months. Here is how each sport fared with Covid-19.

NBA – On the 11th of March, just a month after the 2020 All-Star break, NBA commissioner Adam Silver suspended the season indefinitely while the league held discussions on the way forward. This was brand new territory for sports in general. A best-case scenario cast doubt on any fan attendance for the remainder of the season. The worst-case scenario saw the remainder of the season being canceled, a possibility that no one wanted. In the end, the first option was the best. On July 5th, the NBA announced all competition would be moved to Disney World in Orlando where a 22-team bubble would keep players and staff quarantined. As lines.com pointed out, the bubble needs improving. However, it was decided that teams would play eight games to determine playoff seeding. All games are being played without audiences and players will undergo rigorous testing for the remainder of the season. However, players also have the ability to opt-out if they fear for their health or the health of those around them.

NFL – While the NFL had already concluded its season just over a month before Covid-19 impacted the sports world, there was still much to decide about how the new season would look. The first order of business involved moving the draft online and away from its thousands of screaming fans. The NFL also made the decision to postpone the beginning of training camps until a plan for the pandemic was in place. Additionally, the regular four-game preseason was halved and Organized Team Activities (OTAs) and minicamps were banned. Players are also expected to be tested for the virus every day. However, if for any reason a player decides that the risk of playing poses too great a risk to himself or his family, he has the right to opt-out of the season and receive a stipend in lieu of a salary.

MLB – While Major League Baseball was lucky not to have its season upended by the coronavirus, details for its upcoming 2020 season still needed ironing out. With baseball boasting of the most game-heavy season of all major sports, much was at stake and the contentious negotiations between MLB executives and the Major League Baseball Players association revealed exactly that. Unfortunately, agreement between the two parties was impossible and instead, the MLB resorted to imposing a 60-game schedule in which games are to be played without fans attending and with a rigorous testing schedule.

NHL – Having paused its season on March 12th due to Covid-19 concerns, the NHL announced it's Return to Play plan on May 26th. In this plan, the league's remaining 189 games would be abandoned and instead, the season would continue with only 24 of the 31 teams. On August 1st, the season resumed with the Stanley Cup Qualifiers in which 16 teams will compete in 8 best-of-five tournaments. The other 4 teams from each conference, and with better records, will play a round-robin tournament to determine seed placings for the playoffs. Making it clear that the health of their players, coaches, staff, and fans were of paramount importance, The NHL also disclosed their plans for playing games without fans as well as for a rigorous testing regimen among players, coaches, and staff. The NHL also limited the number of individuals each team allows to travel to 52, inclusive of players.

Soccer – Various European soccer leagues also became casualties of the pandemic's march across the globe. With major leagues such as the English Premier League, *(see SPORTS page 7)*

Mind over matter is a phrase that has been used in several contexts, such as mind-centric spiritual doctrines, parapsychology and philosophy.

The phrase also relates to the ability to control the perception of pain that one may or may not be experiencing.

Drugs are very good at getting rid of pain but they often have unpleasant and even serious, side effects when used for a long time. If you have backache, fibromyalgia, arthritis or other chronic pain that interferes with your daily life, you may be looking for a way to relieve discomfort that doesn't involve drugs. Some age-old techniques—including meditation and yoga—as well as newer variations may help reduce your need for pain medication.

Research suggests that because pain involves both the mind and the body, mind-body therapies may have the capacity to alleviate pain by changing the way you perceive it. How you feel pain is influenced by your genetic makeup, emotions, personality and lifestyle. It's also influenced by past experience. If you've been in pain for a while, your brain may have rewired itself to perceive pain signals even after the signals aren't being sent anymore.

The Benson-Henry Institute for Mind-Body Medicine at Harvard-affiliated Massachusetts General Hospital specializes in helping people learn techniques to alleviate stress, anxiety and pain. Dr. Ellen Slawsby, an assistant clinical professor of psychiatry at Harvard Medical School who works with patients at the Benson-Henry Institute, suggests learning several techniques so that you can settle on the ones that work best for you. "I tend to think of these techniques as similar to flavors in an ice cream store. Depending on your mood, you might want a different flavor of ice cream—or a different technique," Dr. Slawsby says. "Practicing a combination of mind-body skills increases the effectiveness of pain relief."

The following techniques can help you take your mind off the pain and may help to override established pain signals.

1. Deep breathing. It's central to all the techniques, so deep breathing is the one to learn first. Inhale deeply, hold for a few seconds, and exhale. To help you focus, you can use a word or phrase to guide you. For example, you may want to breathe in "peace" and breathe out "tension." There are also several apps for smartphones and tablets that use sound and images to help you maintain breathing rhythms.

2. Eliciting the relaxation response. An antidote to the stress response, which pumps up heart rate and puts the body's systems on high alert, the relaxation response turns down your body's reactions. After closing your eyes and relaxing all your muscles, concentrate on deep breathing. When thoughts break through, say "refresh," and return to the breathing repetition. Continue doing this for 10 to 20 minutes. Afterward, sit quietly for a minute or two while your thoughts return. Then open your eyes and sit quietly for another minute.

3. Meditation with guided imagery. Begin deep breathing, paying attention to each breath. Then listen to calming music or imagine being in a restful environment. If you find your mind wandering, say "refresh," and call the image back into focus.

4. Mindfulness. Pick any activity you enjoy—reading poetry, walking in nature, gardening or cooking—and become fully immersed in it. Notice every detail of what you are doing and how your senses and emotions are responding. Practice bringing mindfulness to all aspects of your life.

5. Yoga and tai chi. These mind-body exercises incorporate breath control, meditation and movements to stretch and strengthen muscles. Videos and apps can help you get started. If you enroll in a yoga or tai chi class at a gym or health club, your health insurance may subsidize the cost.

6. Positive thinking. "When we're ill, we often tend to become fixated on what we aren't able to do. Retraining your focus on what you can do instead of what you can't will give you a more accurate view of yourself and the world at large," says Dr. Slawsby. She advises keeping a journal in which you list all the things you are thankful for each day. "We may have limitations, but that does not mean we aren't still whole human beings."

The Blog Post

"WHY HYPNOSIS IS SO EFFECTIVE AT BREAKING THE SMOKING HABIT"

Posted on August 14, 2017

This Blog Post is a contribution by Ara Trembly, a Board Certified Hypnotherapist and Licensed Professional Counselor based in St. Marys, GA. He maintains a web site at www.10-10hypnosis.com and a blog at www.10-10hypnosis.com/blog.

For readers of this blog, it is certainly no secret that hypnotherapy is a highly effective tool for changing lives, enhancing health, and breaking bad habits. That goes especially for the odious habit of smoking cigarettes.

In fact, when it comes to methods for stopping smoking, a study of 6,000 smokers found hypnosis to be the method with the highest success rate, according to an article in the Mirror, a British publication. But why is hypnotherapy more effective than nicotine gum or patches or drugs?

The key to answering this question lies in the idea that while many refer to smoking as an "addiction," it is actually a habit. According to the American Psychiatric Association, "People with addiction (severe substance use disorder) have an intense focus on using a certain substance(s), such as alcohol or drugs, to the point that it takes over their life." Smokers may certainly feel like their lives are ruled by a need for cigarettes at a certain time or in a certain situation, but the problem is not nearly as severe as for those who are truly addicted to alcohol, for example, which is known to cause delirium, tremors, hallucinations, liver disease, and possibly death.

On the other hand, a habit, in psychology, is "any regularly repeated behavior that requires little or no thought and is learned rather than innate. A habit—which can be part of any activity, ranging from eating and sleeping to thinking and reacting—is developed through reinforcement and repetition," says the Encyclopedia Britannica. . This certainly better describes what happens to smokers.

Consider some of the feedback I have gotten from literally hundreds of smokers with whom I have worked over the years. Almost no one–even among long-term smokers–says they smoke because it "tastes good." Instead, they (mistakenly) believe that it will help reduce stress–while in fact in may actually aggravate such stress. Most smokers will habitually reach for a cigarette at a particular time (in the morning, or after a meal), in a particular place (visiting a bar is often a trigger), or in a particular situation (at work, or while reading or having a glass of wine, for example).

These habits become ingrained to the point where there is a psychological need, especially if the smoker thinks having a cigarette is beneficial. While some claim there is a physical addiction to nicotine taking place, others–including E-Cigarette Politics, point out that "No clinical trial specifically to examine the potential of nicotine to create dependence in people who have never consumed tobacco has ever been published."

The truth is that hypnosis is highly effective for smoking cessation because it is highly effective in helping people to change their habits–or to substitute a new habit for the old one. A number of my patients have substituted drinking a bottle of water for having a cigarette, for example. One patient I worked with just wanted to have a cigarette burning next to him in the ash tray as he worked. He rarely bothered to even take a drag. Some are satisfied just to have a pencil between their fingers instead of a cigarette.

Hypnosis is also very effective at psychologically linking smoking to something the patient finds disgusting or distasteful, such as dog food or a "plate of hair." Obviously, this aversion is helpful in avoiding cigarettes.

Do you or does someone you know have a problem with the deadly habit of smoking? If so, we invite you to try hypnotherapy.

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Brain *(from page 2)*

The hypothalamus is also an important emotional center, controlling the molecules that make you feel exhilarated, angry or unhappy. Near the hypothalamus lies the thalamus, a major clearinghouse for information going to and from the spinal cord and the cerebrum.

An arching tract of nerve cells leads from the hypothalamus and the thalamus to the hippocampus. This tiny nub acts as a memory indexer—sending memories out to the appropriate part of the cerebral hemisphere for long-term storage and retrieving them when necessary. The basal ganglia are clusters of nerve cells surrounding the thalamus. They are responsible for initiating and integrating movements. Parkinson's disease, which results in tremors, rigidity and a stiff, shuffling walk, is a disease of nerve cells that lead into the basal ganglia.

The brain and the rest of the nervous system are composed of many different types of cells but the primary functional unit is a cell called the neuron. All sensations, movements, thoughts, memories and feelings are the result of signals that pass through neurons. Neurons consist of three parts. The cell body contains the nucleus, where most of the molecules that the neuron needs to survive and function are manufactured. Dendrites extend out from the cell body like the branches of a tree and receive messages from other nerve cells. Signals then pass from the dendrites through the cell body and may travel away from the cell body down an axon to another neuron, a muscle cell or cells in some other organ. The neuron is usually surrounded by many support cells. Some types of cells wrap around the axon to form an insulating sheath. This sheath can include a fatty molecule called myelin, which provides insulation for the axon and helps nerve signals travel faster and farther. Axons may be very short, such as those that carry signals from one cell in the cortex to another cell less than a hair's width away. Or axons may be very long, such as those that carry messages from the brain all the way down the spinal cord.

Scientists have learned a great deal about neurons by studying the synapse—the place where a signal passes from the neuron to another cell. When the signal reaches the end of the axon it stimulates the release of tiny sacs. These sacs release chemicals known as neurotransmitters into the synapse. The neurotransmitters cross the synapse and attach to receptors on the neighboring cell. These receptors can change the properties of the receiving cell. If the receiving cell is also a neuron, the signal can continue the transmission to the next cell.

Neurotransmitters are chemicals that brain cells use to talk to each other. Some neurotransmitters make cells more active (*called excitatory*) while others block or dampen a cell's activity (*called inhibitory*).

Acetylcholine is an excitatory neurotransmitter because it generally makes cells more excitable. It governs muscle contractions and causes glands to secrete hormones. Alzheimer's disease, which initially affects memory formation, is associated with a shortage of acetylcholine.

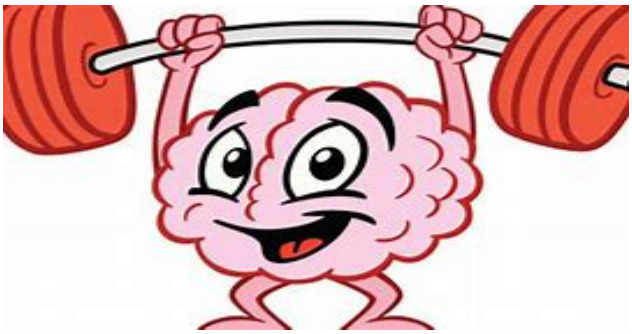
Glutamate is a major excitatory neurotransmitter. Too much glutamate can kill or damage neurons and has been linked to disorders including Parkinson's disease, stroke, seizures, and increased sensitivity to pain.

GABA (*gamma-aminobutyric acid*) is an inhibitory neurotransmitter that helps control muscle activity and is an important part of the visual system. Drugs that increase GABA levels in the brain are used to treat epileptic seizures and tremors in patients with Huntington's disease.

Serotonin is a neurotransmitter that constricts blood vessels and brings on sleep. It is also involved in temperature regulation. Low levels of serotonin may cause sleep problems and depression, while too much serotonin can lead to seizures.

Dopamine is an inhibitory neurotransmitter involved in mood and the control of complex movements. The loss of dopamine activity in some portions of the brain leads to the muscular rigidity of Parkinson's disease. Many medications used to treat behavioral disorders work by modifying the action of dopamine in the brain.

The brain is one of the hardest working organs in the body. When the brain is healthy it functions quickly and automatically. But when problems occur, the results can be devastating. Some 100 million Americans suffer from devastating brain disorders at some point in their lives.



SPORTS *(from page 3)*

Serie A in Italy, League One in France, La Liga in Spain, the Bundesliga in Germany and the UEFA Champions League, among other national leagues, the unrestrained advancement of the novel coronavirus meant that all these leagues were put on hold until their various administrative bodies could decide a way forward. In the end, each league decided to resume competition with the goal of protecting managers, players, and staff from becoming infected. With pressure from fans, broadcast partners and vested interests alike, all major leagues were restarted and have since concluded or are near conclusion, albeit with a few rules such as rigorous testing for players and staff, games being played behind closed doors and a ban on spitting on the pitch.

Olympics – From early, concerns had been raised about the likelihood of the Olympics being held despite the pandemic. The International Olympic Committee worked overtime as it attempted to allay fears about the games future, announcing on March 2nd that preparations for the Olympics were proceeding as scheduled. However, when on March 23rd Canada, Australia, and Great Britain announced decisions to withdraw from the games citing Covid-19 concerns, the writing on the wall became clear. The decision to postpone the 2020 Olympics for one year was announced the very next day. This is the first time the event was ever postponed instead of canceled, having been canceled three times in the past, once during World War I and twice during World War II. Whether or not the games will come off in 2021 is unclear as some experts expressed doubt about the possibility of carrying on such a large event in the absence of a working vaccine.

It may be years before the true impact of the novel coronavirus is fully understood. However, there is good reason to believe the impact will be greater than anyone can as yet appreciate. It is also unknown how long these major sports would take to return to their former glory once fears of the pandemic diminish. One thing is sure however, it will take more than a pandemic to dull fans' desire for athletic competition.

THE FATHER OF HYPNOSIS

Historians credit James Braid (1795-1860) as both the first researcher of psychosomatic medicine and the father of modern theories of hypnotherapy.

Braid's work marked the end of Mesmerism, which held that a hypnotist emanated magnetic fluids to invoke trance. Braid debunked Franz Anton Mesmer's theory by utilizing a simple ocular fix as an induction technique. He had subjects stare at common, household objects and within minutes, they entered a trance state. His studies proved that hypnosis occurs naturally within the subject and wasn't dependent on the showmanship of the hypnotist. He wrote, "The whole (of the induction) depended on the physical and psychical condition of the patient… and not at all on the volition or passes of the operator".

Milton Erickson often echoed this theme, "Once you really know…that you don't do it, your subject does it, you can have unlimited confidence…that your patient is going to go into a trance".

Braid asserted that everyone can be hypnotized, assuring his contemporaries that, "success is almost certain." He described trance as a "universal phenomenon" and "a law of our species". Erickson was later to concur, stating, "As long as your subject is alive, you can expect some developed trance state."

In 1843, Braid conceptualized trance as a shift of the nervous system into a new condition marked by excitement and the mind's fascination with a single idea. It is this very principle, of over-exciting the attention, by keeping it riveted to one subject or idea which is not of itself of an exciting nature and general repose which excites in the brain and whole nervous system that peculiar state which is called "hypnotism."

Similarly, Braid characterized psychopathology as a mind fascinated with a single, negative idea.

"Abnormal phenomenon is due entirely to this influence of dominant ideas over physical action and point to the importance of combining the study of psychology with that of physiology, and vice versa." He added that "all the natural functions may be either excited or depressed… according to the dominant idea existing in the mind of man… whether that has arisen spontaneously, had been the result of previous associations, or the suggestion of others."

Braid regarded hypnotism as a "valuable addition to our curative means," describing it as "a powerful and extraordinary agent in the healing art," while cautioning that it wasn't a "universal remedy." About hypnotherapy, he believed that "the imagination has never been so much under our control or capable of being made to act in the same beneficial and uniform manner by any other mode of management hitherto known."

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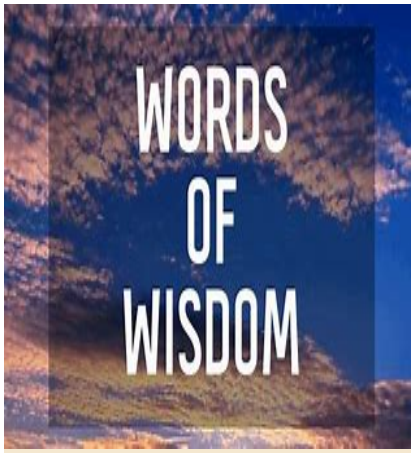

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COMEDY CORNER

This little corner is designated for helping you get through your day with a bit of a smile on your face.

A new medical facility with several different specialists opened in a trendy part of the city. Wanting to be different and creative, the administration decided that each doctor's office door would, in some way, be representative of his practice. So, when construction was completed, the eye doctor's door had a peep hole, the orthopedist's door had a broken hinge, the psychiatrist's door was painted all kinds of crazy colors and the proctologist's door was left open - just a crack!

NOSOCOMEPHOBIA

It's perfectly understandable why many people feel the way they do about a hospital stay especially with the onset of COVID-19. You have total control of your life until you're admitted to a hospital.

Many people who have hospital phobia are also afraid of doctors (*or suffer "white coat syndrome," during which blood pressure actually rises at the doctor's office*). However, nosocomephobia can also occur alone.

Since it's pretty normal to feel nervous before visiting a hospital, it can be difficult to tell whether your symptoms constitute a full-blown phobia. Only a qualified mental health professional can make this determination.

In general, however, someone with nosocomephobia may simply refuse to go to or enter a hospital, even in the case of major life-threatening conditions or events. In addition, they'll realize the fear is irrational but feel quite powerless to overcome it. Other signs that may signify a fear of hospitals include: obsessive worrying; a full-blown panic attack at the sight or thought of a hospital; feeling nauseated; elevated heart rate; shallow android breathing; excessive sweating; avoidance behavior or refusing to go to the hospital and feelings of uncontrollable anxiety.

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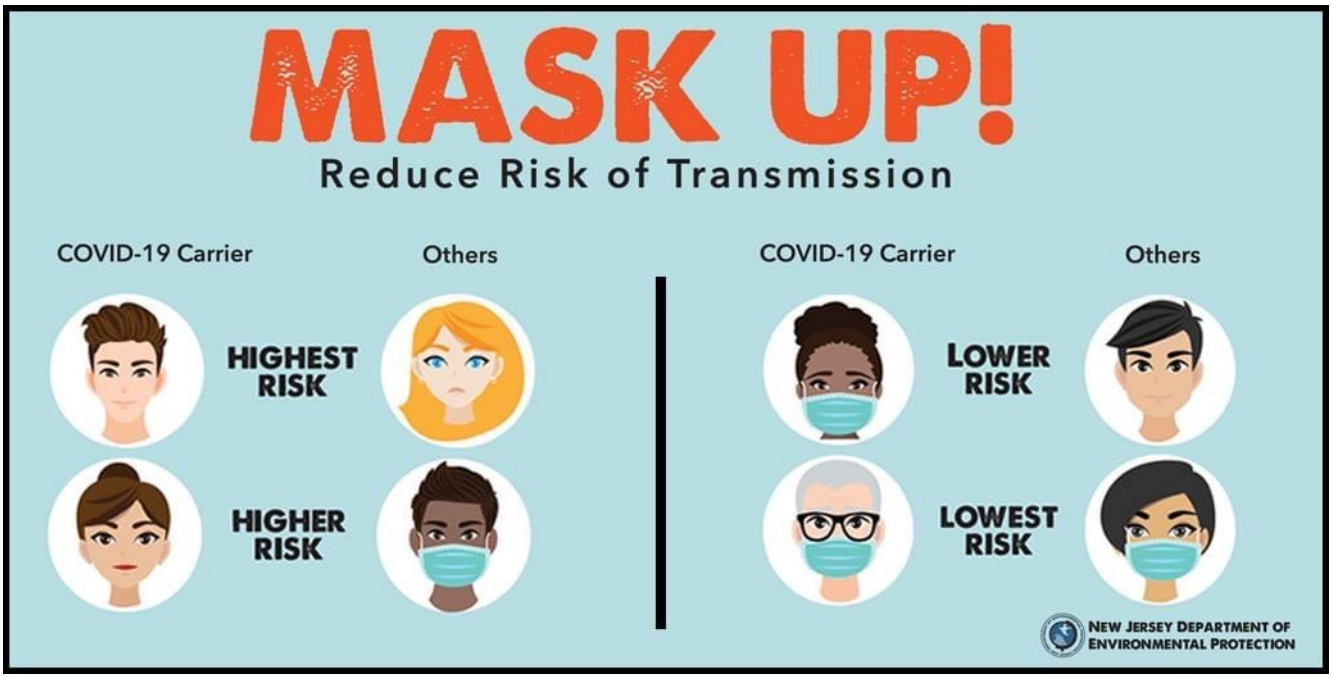

FACE MASK QUIZ

Answer True or False to these 10 questions to find out what your knowledge level is about masks due to the pandemic. *(Answers below)*

1. You should wear a face mask in public only if you feel sick.
2. Everyone should wear a medical-grade mask.
3. The point of a cloth face mask is to reduce the likelihood that you unknowingly transmit the coronavirus to someone else.
4. When you have a face mask on, you are protected from the virus and don't have to stay at least 6 feet away from others.
5. Children under the age of 2 and anyone who has trouble breathing or is unable to remove the mask without assistance should not wear a cloth face covering.
6. If you head to the pool or beach this summer, you should wear a face mask - even in the water while you swim.
7. Your face mask really needs to cover only your mouth. That's where the virus enters and exists in your body.
8. There's a proper way to remove a face mask.
9. You should wash your cloth face covering often.
10. Wearing a face mask can give you carbon dioxide poisoning.

Answers: 1-False 2-False 3-True 4-False 5-True 6-False 7-False 8-True 9-True 10-False

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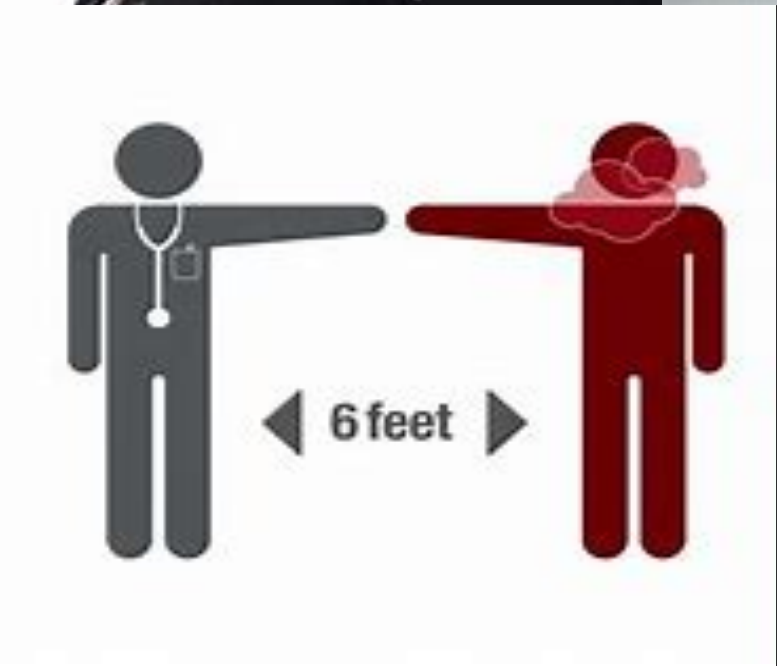
WE ARE ALL IN THIS

"TOGETHER!"



GET TESTED

TESTING IS LOW TO NO-COST FOR EVERYONE IN MANY LOCATIONS

ANSWER THE CALL FOR CONTACT TRACING

ARE YOU REGISTERED IN NJ TO VOTE IN NOVEMBER?

Don't guess about it! Find out <u>everything</u> you need to know about the November 3, 2020 General Election!

Go to:

nj.gov/state/elections

At this web site you can:
*Register to Vote
*Confirm that you are registered to vote
*Set up an account and <u>track</u> your mail-in ballot all the way to the registrar's office

DO IT ***<u>BEFORE</u>*** THE DEADLINE:
OCTOBER 13, 2020

Ways that you can then **<u>choose</u>** to vote:
*Mail in your ballot
*Return your ballot through a secure dropbox
*Hand your ballot directly to a poll worker at a polling place on Election Day
*Vote in-person