

The Millstone Times™

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Roosevelt Preschooler's Class Trip

STORY ON PAGE 45

Preschoolers enjoy putting the toppings on the pizza


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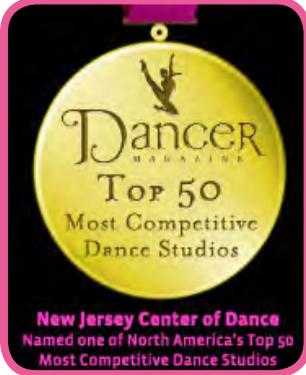
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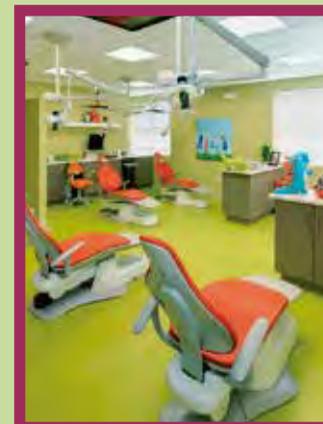


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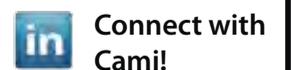
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Plumsted Youth for Nature and the Environment



BLUE JEANS GO GREEN DENIM RECYCLING

Plumsted Youth for Nature and the Environment (PYNE) is collecting denim apparel for the Blue Jeans Go Green™ Program. The denim is recycled and used for home insulation by Habitat for Humanity affiliates around the United States.

To date, the Blue Jeans Go Green™ denim recycling program has collected more than 1 million pieces of denim. These efforts have diverted over 600 tons of waste out of landfills and will generate approximately 2 million square feet of insulation to assist with building efforts.

The recycled denim is converted into UltraTouch™ Denim Insulation and then given to building organizations such as Habitat for Humanity to help communities in need.

The program not only helps local communities, but the environment as well.

** What type of denim can be recycled? **

You can contribute any type of denim apparel item. It can be colored, embellished, printed, it can have buttons, zippers, etc. All the details are taken care of during the recycling process.

** Collection Bins will be located at: **

- ⇒ Plumsted Township Municipal Building — 121 Evergreen Rd. New Egypt
- ⇒ Dr. Gerald H. Woehr Elementary School — 44 N. Main St. New Egypt
- ⇒ We will also be collecting at New Egypt Day on May 9th

** Denim will be collected through June 19, 2015 **

For more information or to arrange for pick-up, please contact
James Sunday at jsunday24@gmail.com or 609.947.5556



Animals to be Removed from Millstone Koi Farm

By Susan Heckler

According to the Old Testament story of creation, animals were created on the fifth day. Man was created the following day and instructed to care for the animals.

Many Millstone residents would drive by the Millstone Koi on Stillhouse Road and see noticeable neglect from the road. Animals could be seen wandering the roadway, freed by broken fences. The farm property was run down and in poor condition and was home to about 100 goats, 80 sheep, 6 miniature donkeys, a miniature horse, a full-size horse, chickens, turkeys, peacocks, dogs and cats. According to reports from February 2014, the animals were living in deplorable conditions and those that did not survive were left to rot. There were visible signs of suffering.

The farm owner, Christopher Vaccarro and his girlfriend Tina Pema pleaded guilty to neglect and failure to provide care to his animals in 2014. He was sentenced to a \$2,000 fine with \$1,500 of it deferred awaiting an animal remediation and care plan ordered within thirty days. Additional conditions were enacted as part of the plan and no other animals are allowed to be brought to the property. The Monmouth County SPCA could inspect the property without giving notice as part of the bargain.

There were problems again in September when animals were found tangled in wire and suffering needlessly.

One year later, the owners were once again sited for 30 counts of animal cruelty. February 14 the MSPCA inspected after receiving calls and found that animals at the farm were in jeopardy. They went to the farm and found more than 65 four week old baby goats and sheep. Water troughs were frozen over, leaving no drinking water for the animals kept outside. The MSPCA workers helped put out straw and water in shelter areas.

In addition to the charges by the MSPCA, on February 27, Stuart Goldman, former Monmouth County ASPCA Chief filed for an Order of Protection as a private citizen. The civil suit is pending.

Judge Nicole Sonnenblick also ordered that Vaccarro and Pema submit an animal removal plan by April 7 and have the animals off the property within 30 days. A removal plan was submitted but details were not available.

As a private citizen, if you are aware of any neglect or abuse of farm animals or pets, please call the authorities.

COUNTY HISTORIC PRESERVATION GRANTS PRESENTED

13 projects share in \$60,160 grant money

The Monmouth County Historical Commission awarded preservation grants recently for 13 restoration projects that totaled \$60,160.

“Most people are not simply satisfied to read about Monmouth County’s history; they want to experience history and visit our many sites,” said Freeholder Lillian G. Burry, liaison to the County Historical Commission. “I am proud to say that the County strives to preserve historic structures that help remind us that we must treasure and remember our roots and the people who built our communities.”

The Historical Commission is dedicated to preserving the past and creating a living history. The types of projects eligible for funding are preservation, restoration or rehabilitation of historic structures, usually 50 years or older, and which are accessible to the public. The program covers essentially structural work for projects commonly known as “bricks and mortar” undertakings.



The Friends of Millstone Historic Properties received a \$5,920 grant for Allen Barns Cedar siding at the Monmouth County Historical Preservation Awards ceremony on March 23 in Freehold, NJ. From left to right: Pat Butch, President, Friends of Millstone Historic Properties, Freeholder Lillian G. Burry, Debbie Novellino, Vice-President, Friends of Millstone Historic Properties, Joann Kely, Trustee, Friends of Millstone Historic Properties and Ellen Terry, Monmouth County Historical Commissioner.

“The on-going preservation and restoration of meeting halls, offices, churches and former homes helps make history real and present in our daily lives,” Burry said. “It is important to maintain and restore these landmarks to their glory and interpret their importance for generations to come.”

The Monmouth County Historical Commission was created by the Board of Chosen Freeholders for the preservation and conservation of Monmouth County history. Established in August 1988, its principal program is the preservation grants, an undertaking that recognizes the acute need for funds to preserve Monmouth County’s rich and diverse historic legacy. The commission grants matching funds on a competitive basis to municipalities and nonprofit organizations needing financial help in the preservation or restoration of historic structures.

“The Historical Commission provides both sustained support and an open door for new projects,” said John Fabiano, executive director of the Historical Commission. “Once again, we have an interesting mix of grantees that are moving these great preservation projects forward.”

Each grant application must include a description of the mission, its meaning to history and the significance and the audience it serves. It must also include a detailed budget, a source of funding available for the applicant’s dollar-for-dollar contribution, detailed quotations for the work, the materials to be used and a time frame for completion.

There is a \$500 minimum per applicant in any year. The program is competitive and the commission requires proof of the availability of matching funds.

Each grantee is required to submit interim and final reports. The interim report is due when 50 percent of the work is completed. The final report, due at completion, must show evidence of completion and a canceled check to document payment to the contractor.

The deadline for applying for the preservation grants is Nov. 1 of every year. Information about the Historical Commission grant program can be found at www.visitmonmouth.com.

For information about the County’s Historical Commission, contact the Hall of Records, Room 201, Freehold, NJ 07728, call 732-431-7460, ext. 7413, or visit the County’s website at www.visitmonmouth.com.

The 2015 Preservation Grant recipients are:

Allentown Public Library Association – Steeple restoration.....	\$6,000
Atlantic Highlands Historical Society – Strauss Mansion, Third floor peak restoration	\$6,000
Township of Howell – MacKenzie Museum and Library exterior restoration	\$4,500
Borough of Little Silver – Parker Homestead interior renovation	\$4,356
Borough of Matawan - Burrowes Mansion Cedar shake roof.....	\$4,500
All Saints’ Memorial Landmark Trust (Middletown) – Church & Rectory – gutter, leaders and lighting.....	\$4,800
Monmouth County Historical Association (Middletown) – Marlpit Hall exterior restoration	\$4,500
Friends of Millstone Historic Properties – Allen Barns Cedar siding.....	\$5,920
Ocean Grove Historic Preservation Society (Neptune) – Jersey Shore Arts Center basement windows	\$4,500
Township of Ocean Historical Museum – Stucile Farms water tower windows.....	\$1,250
Shrewsbury Monthly Meeting – North east windows and doors	\$4,000
Friends of the Old Yellow Meeting House (Upper Freehold Township) Exterior painting.....	\$5,834
Old Wall Historical Association (Wall) – Blansingburg School house exterior painting.....	\$5,000



Monmouth County Historical Commissioner Ellen Terry and Freeholder Lillian G. Burry congratulate Steve Satran of the Allentown Public Library Association Board at the Monmouth County Historical Preservation Awards ceremony on March 23 in Freehold, NJ. Allentown Public Library Association was given a \$6,000 grant for Steeple restoration.



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7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ www.frogbridge.com

The Millstone Times SEND US YOUR PHOTOS

By Pam Teel

Are you a photo buff?

Do you like taking pictures everywhere that you go? Perhaps you have a favorite one that you would like to share. We want your photo for our photo of the month section. You can send your photo to the following email address: crescent671@yahoo.com. You can send more than one at any time.

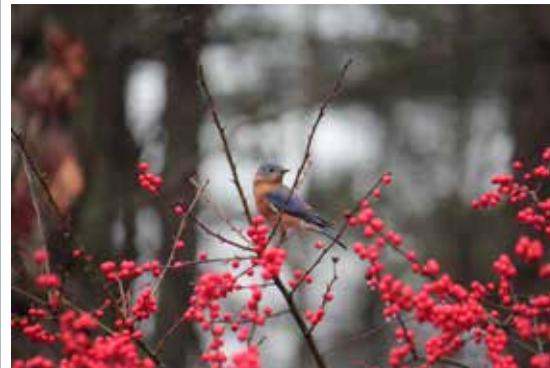
Please include your name and a brief description of the photo. If you have a brief story that goes with it, please send it along.



The Millstone Times PHOTO OF THE MONTH

By Pam Teel

George Zanetakos of Millstone Township took this image of a bluebird feeding on winterberries in early January. As many as eight bluebirds would feed at a time on the winterberries until they were all gone. George took the picture with his Canon 60Da DSLR and a 640 mm telescope. George's camera is designed for his other hobby, astrophotography. The second photo of space was taken from George's observing site here in Millstone.



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STUDENT OF THE MONTH

By Pam Teel

Fourteen-year-old Victor Cappuzzo is in the eighth grade at the Middle School in Millstone Township. Victor loves hanging around with all of his close friends but realizes that he will be going to a different high school come next fall and, sadly, he will miss his friends. With all the modern technology available, it will be a lot easier for Victor to stay in touch, but he will definitely miss the camaraderie they shared during school hours.

Victor's favorite subject is science. He really likes studying about chemical reactions and stem activities. He would love to one day become an inventor, engineer, or have a job that deals with robotics or 3D printing. He's excited because the high school he will be going to has a new building for 3D printing and fabrication. He likes the idea that one day he might be able to make something that will help someone. Victor feels that the abilities that new technology can accomplish are amazing. Since he was five, he loved to build things with Lego and to make gadgets out of paper.

Victor likes reading action books such as, *The Hunger Games* and *The Escape* from Furnace Series. His favorite television show is *The Walking Dead* because each new episode has even more action and suspense than the last one.

He likes to play video games like 'Call of Duty' and 'Far Cry' and also plays the drum set in the jazz and concert band.

Victor's favorite places to visit are Woodloch Pines and the Outer Banks. He likes going there in the warmer weather with his family. Victor has one sister, Natalie. He also lives with his mom, Lisamarie, and his dad, Rob. He looks forward to being in the same high school with his sister next year. Victor also has twenty cousins. He and his cousin Tommy share a special bond. They get along just like brothers and share many of the same interests.

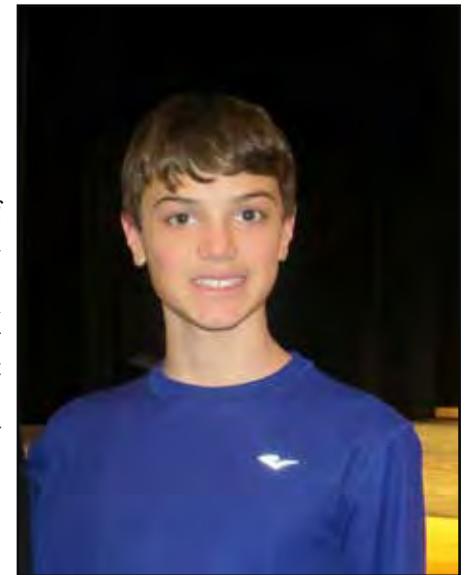
Victor's favorite holiday is Christmas. Every year they have a Cappuzzo Christmas and celebrate with one side of the family and then the next day they celebrate with the other side. Victor loves soccer and is hoping to try out for golf and football when he joins the Peddie School in Hightstown in the fall. His favorite foods to eat are meatballs, lasagna, French fries, burgers, soda, and chocolate.

If Victor could have but one wish, he would wish that he would be able to bring someone back to life so that no one would have to experience the pain of losing someone that they love.

Victor keeps busy in the eighth grade with his extra school activities. He is in the National Junior Honor Society, Science Club, in the Wind Ensemble, Jazz Band, Drama Club, and he is on the Student Council. He is a high Honor Roll student. He recently won 2nd place in the Asbury Park Press Essay Contest. He has been performing in Community Ed and Middle School Productions since first grade. He also stage managed three Community Ed Productions and is helping out with the upcoming production of *Beauty and the Beast*.

Victor is also involved in Church and a volunteer helper for Vacation Bible School. He likes to perform in the bible story skits. He is also in the Boy Scouts and loves to go camping. He likes to put down his electronics for a weekend and enjoy the outdoors.

Good luck at your new school Victor. Study hard and don't forget to have some fun too. We here at The Millstone Times wish you nothing but the best.



Attention Millstone, Creamridge and Allentown Parents

If you know of a student, friend, child, who deserves a nod for their hard work in school, please email me at: crescent671@yahoo.com. Millstone, Allentown, Creamridge, we'd love to hear from you!

Local Student Named to Dean's List at University of Rochester



Noah Daniel Gorstein, a freshman majoring in optical engineering at the University of Rochester, has been named to the Dean's List for academic achievement for the fall 2014 semester.

Gorstein, a resident of Millstone, NJ, is the child of Rosanne Gorstein, and a graduate of Communications High School - Monmouth County in Wall, NJ.

The University of Rochester, founded in 1850, is a private research university located in Rochester, NY, (pop. 212,000) on the south shore of Lake Ontario. The University offers a unique undergraduate curriculum, with no required courses, that emphasizes a broad liberal education through majors, minors, and course "clusters"—a Rochester innovation—in the three main areas of knowledge: humanities, social sciences, and physical sciences/engineering. The University (on the Web at www.rochester.edu) is also home to the world-renowned Eastman School of Music as well as graduate professional schools of business, education, medicine, and nursing.

Plumsted Branch May's Upcoming Events



Cinco de Mayo

Tuesday, May 5, 2015 @ 1:30 PM

Bilingual games, a craft and a treat will make this a fiesta to remember.

Ages 3 - 6



Pajama Story Time

Wednesday, May 6, 2015 @ 6:30 PM

Come join TAB teens for a night of stories and a craft. Wear your PJ's and bring your favorite stuffed animal.

Ages 3-8.

Please stop in, call the branch at 609-758-7888, or check our website: www.theoceancountylibrary.org to register and find out about all of our monthly programs.



The Jersey Fresh International Three-Day Event Presented by B.W. Furlong & Associates

*Fédération Equestre Internationale (FEI) level competition to take place May 6th – May 10th
at the Horse Park of New Jersey*

Now in its 13th year, JFI has become one of the most important international three-day events on the competition calendar. Having helped determine both United States and Canadian Olympic and World Equestrian Games Teams, this year JFI will be a qualifying selection trials for the United States' Pan Am Games Eventing Team that will compete in Toronto, Canada, this coming July.

Eventing is best described as an “equestrian triathlon” and is considered the ultimate test of both equine and human athlete. Over the course of several days, three distinct disciplines are on display in each of the Dressage, Cross-Country, and Show Jumping phases of the competition, where horse and rider combinations must work completely in sync at the highest and most demanding levels of the sport.

Each year, JFI takes place at the Horse Park of New Jersey, a premier equestrian venue located amidst some of New Jersey's most beautiful countryside. JFI draws more than 100 competitors from across this country and around the world, many who are international medalists and represent Eventing's and equestrian sports' topmost echelons. Witnessing – up close – these talented and tenacious riders and their beautiful and bold mounts take on the delicacy of the Dressage test, the breathlessness of the Cross-Country course, and the intricacy of a Show Jumping round is a rare opportunity for anyone – equine-affiliated or not.

But that's not all there is to JFI. In addition to experiencing world-class competition, a trade fair, tailgating, and numerous special events and exhibitions offer something to appeal to every interest or member of the family. And this year, we are excited to feature hugely popular Shetland Pony Races as a highlight of JFI's Sunday, May 10th, Mother's Day festivities.

For more information and ticketing options, visit <http://www.jfi3d.com/>.

Earlier this year, The Jersey Fresh International Organizing Committee announced that B.W. Furlong & Associates Equine Veterinarians, P.A., will be the Presenting Sponsor of JFI 2015's FEI- level competition, encompassing CCI Three- and Two-Star divisions, and CIC Three- and Two- Star divisions. We look forward to our partnership with B.W. Furlong & Associates, whose veterinarians have provided more than 35 years of world-class service to its clients and over 20 years of veterinary services at World Championships, Pan-Am and Olympic Games, across multiple disciplines. For more information, visit <http://www.bwfurlong.com/>.

Lisa Mackintosh

Press Officer, Jersey Fresh International Three-Day Event

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Calling all Parents!!!

By Susan Heckler

By now, we have all established that Millstone Township and our surrounding towns are amazing places to call home and raise a family. We live on fertile ground for farming, lush landscapes and the growth of our children and future leaders.

Our school districts are putting forth an amazing effort to give your children the best education and school experience. They have opened a world of opportunities to the students.

The dilemma is finding out about all of the great news and programs available throughout all of the schools in all of the districts. We are in touch with school administration but would like to hear from the parents of the great students the schools are privileged to be educating and molding.

If you have or know of a special student who has made an impact to the community or awarded an honor...please share with me! If you hear of a great program available to the students, spread the word through us.

I welcome contact from parents and students to help keep our readers informed. Please email me at SusanHeckler@aol.com with your news and full contact information. Sometimes it takes a village to inform a village.

Thanks and I look forward to hearing from you!

Susan



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ESPN Films Special at Green Leaf Pet Resort

By Susan Heckler

Anyone who is a baseball fan and follows The Trenton Thunders has fallen in love with their mascot.

Chase or "Chase That Golden Thunder" spent 10 seasons entertaining fans. He has been featured worldwide on CNN and Japanese Television, nationally on ESPN, FOX and the YES Network and regionally on FOX-29, KYW-3, UPN-9, News 12 NJ, Today in New York on WNBC-4 plus his picture has appeared in Sports Illustrated and newspapers all over the country.

Chase's son Derby or "Home Run Derby" went into the family business in 2008 as a puppy. From 2010 to 2012 the father and son worked the fields together, sharing the duties of Bat Dog. Chase passed to puppy heaven in July of 2013, after suffering from arthritis and blood cancer. Poor Derby was left to command the field alone.

When Derby's son was born last year, Fans of the Thunders, the New York Yankees minor-league affiliate, voted on the puppy's name, submitting 1,100-plus different names. This year Rookie made his debut on April 16, following in the footsteps of his Father and Grandfather. He is the third generation Bat Dog to grace the fields of Arm & Hammer Park. Derby's brother, Ollie, is the bat dog for the New Hampshire Fisher Cats Baseball Club.

These beautiful and brilliant dogs were trained by none other than our very own Shelly Leibowitz, owner of Shelly's School for Dogs at The Green Leaf Pet Resort. Located on Burnt Tavern Road in Millstone, this state of the art dog training facility has received acclaim for the skills of Shelly Leibowitz and his group of professional trainers, handpicked and trained by him.

The story of Chase, Derby and Rookie has fascinated sports enthusiasts and pet lovers world-wide. ESPN visited the facility on April 15 with a full camera crew to film a show to be aired on their network, all about the Trenton Thunder mascots and their impressive training.

The air date is not set yet, stay tuned for details!



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Aging and Smell Loss

By, Krusha Vaiyda

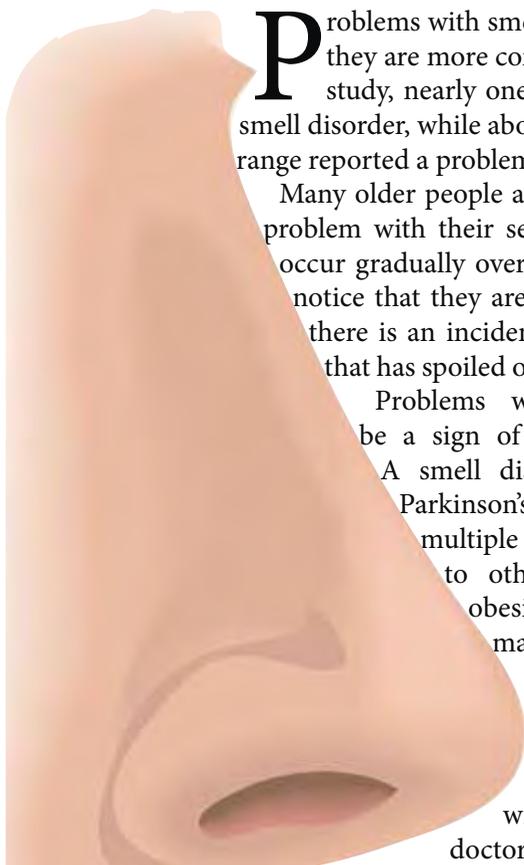
Problems with smell increase as people get older, and they are more common in men than women. In one study, nearly one-quarter of men ages 60–69 had a smell disorder, while about 11 percent of women in that age range reported a problem.

Many older people are not even aware that they have a problem with their sense of smell because the changes occur gradually over several years. They may not even notice that they are experiencing a loss of smell until there is an incident in which they don't detect food that has spoiled or the presence of dangerous smoke.

Problems with our chemical senses may be a sign of other serious health conditions. A smell disorder can be an early sign of Parkinson's disease, Alzheimer's disease, or multiple sclerosis. It can also be related to other medical conditions, such as obesity, diabetes, hypertension, and malnutrition.

Getting a diagnosis early will help an individual deal better with the underlying condition or disease.

If you think you have a problem with your sense of smell, see your doctor.



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Acupuncture for Seniors

By Brianna Sicilian

Acupuncture is an organic process where insertion of needles in the specific points of the body help the body's energy flow and correct imbalances. As a senior, one of the best investments you can ever make is improving your health and well-being. Investing in acupuncture can be the best investment yet.

The benefits of acupuncture are outstanding. Treatments can help numerous injuries and illnesses, including: pain management, back pain, shoulder pain, anxiety, addictions, depression, migraines, neck pain, arthritis, respiratory illness, chronic fatigue, tendonitis, dental pain, etcetera. As a senior, you want nothing more but good health and painless days, and with acupuncture treatments, your dreams of better health can come true.

Acupuncture is great for people of all ages, especially seniors. The acupuncture points are placed at certain points to simulate muscles, simulate nerves, muscles, and connective tissues, which work together to increase the body's natural painkillers and improve blood flow, thus lowering (and possibly eliminating) medications needed to get through daily tasks painlessly. For seniors, the best outcomes of acupuncture treatments are the boosting of energy and the relief of specific pain symptoms. Once a senior's treatments are completed and the benefits of the treatment hit him or her, the senior will forget all about the pain that he or she used to suffer from when doing tasks such as climbing the stairs, getting out of bed, walking for a long period of time, etcetera.

Life is so much more enjoyable without pain, so why let yourself suffer? If you are willing to give acupuncture treatments a try, do not hesitate to look into the best licensed acupuncturists near you.





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Long Term Care Options

By Susan Heckler

With the improvements in medical care and nutrition, our longevity is increasing. Parents and Grandparents are aging and unable to live without assistance. Whereas previous generations took their aging parents in to live with them, the lifestyle today may not be conducive with couples depending on two wages and less home-bound routines.

You have a few options available without turning your home and life upside down. According to the National Care Planning Council, long-term care services may be provided in any of the following settings:

- In the home of the recipient
- In the home of a family member or friend of the recipient
- At an adult day-services location
- In an assisted living facility or board-and-care home
- In a hospice facility
- In a nursing home

When a person requires someone else to help with physical or emotional needs over an extended period of time, this is long-term care. The need for long-term care help may be due to a terminal condition, disability, illness, injury or the frailty of old age. Estimates by experts are that at least 60% of all individuals will need extended help in one or more of the areas above during their lifetime. The need for long-term care may only last for a few weeks or months, or it may go on for years. It all depends on the underlying reasons for needing care.

Temporary long-term care (need for care for only weeks or months) would be for rehabilitation from a hospital stay, recovery from illness, injury or surgery or a terminal medical condition.

Ongoing long-term care (need for care for many months or years) may be needed with a chronic medical condition, chronic severe pain, permanent disabilities, dementia, ongoing need for help with activities of daily living and the need for supervision.

When considering the options available to those who are no longer capable of independent living, it is critical to evaluate options in order from least to most restrictive after consideration is given to the person's physical and cognitive limitations. Family members should seek the advice of their physicians or a qualified geriatric care manager to help determine where the loved one is best placed.

An assisted living facility is a "home away from home" designed to provide custodial care in a setting that resembles a personal residence rather than a medical facility. Some assisted living facilities offer secured living areas to prevent the wandering that often accompanies certain types of dementia. In most cases, residents of assisted living facilities maintain a higher functional capacity than those of long-term nursing care facilities.

A long-term nursing care facility (nursing home) is designed to provide intermediate advanced custodial care as well as skilled care to those whose needs are beyond simple custodial care. It may be unsafe and inappropriate for a person to remain in an assisted living facility if more than general custodial care is needed.



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OLDER ADULTS & SHINGLES

Almost 1 out of 3 people in America will develop shingles during their lifetime. Your risk of shingles increases as you get older. About half of all shingles cases occur in people age 60 years or older.

Shingles is also known as herpes zoster. It causes a painful, blistering skin rash that can last 2 to 4 weeks. The pain can last for months or even years after the rash goes away. This is called postherpetic neuralgia or PHN. It is the most common complication of shingles. The risk of shingles and PHN increases as a person gets older.

People have described pain from shingles as excruciating, aching, burning, stabbing, and shock-like. This pain can cause depression, anxiety, difficulty concentrating, loss of appetite, and weight loss. Shingles can interfere with activities of daily living like dressing, bathing, eating, cooking, shopping, and travel. Shingles can lead to other serious complications, including eye complications that can result in vision loss.

Vaccination is the only way to reduce your risk of shingles. CDC recommends adults age 60 years or older receive a single dose of shingles vaccine. Zostavax® is the only shingles vaccine currently available. It is available by prescription from a healthcare professional. Talk with your doctor or pharmacist if you have questions about shingles vaccine.

People who have a weakened immune system may have to wait to get vaccinated, or should not get vaccinated at all. See Who Should NOT Get the Vaccine on www.cdc.gov/shingles.

CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old. However, the vaccine is approved by FDA for people 50 and older.





to Introduce Solar Power

By Susan Heckler

Like many homeowners, Six Flags Great Adventure is looking to reduce its utility costs and be a bit more environmentally friendly. It is for this reason that they have introduced the state's largest solar net metering project. The project will begin construction in May and should take 16-18 months to complete. It is expected to be operational for the second half of 2016.

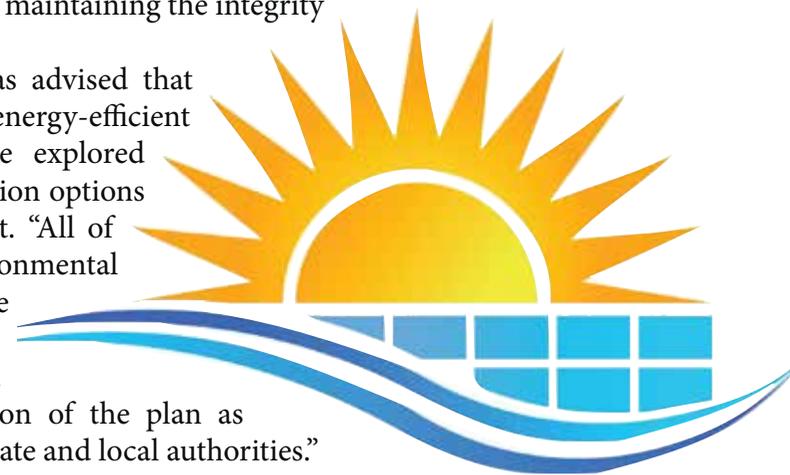
According to their press release, "As conservationists for the past 40 years, Six Flags Great Adventure has cared for more than 70 different species of animals, including some that are endangered and even extinct in the wild. The Jackson theme park recycles more than 60 percent of its annual waste, including manure, paper, plastic, wood and mixed garbage. The theme park eliminated the use of paper towels in favor of energy-efficient hand dryers, and is firmly committed to other energy-saving programs."

The solar facility will produce 98% of the existing electric needs of the park on an annual basis. It will often generate more power than the park consumes,

especially in the offseason. As with homeowners who have gone solar, the excess energy will be available to the larger community on the electrical grid. When the facility does not generate enough power needed to operate the park, they will pull power from the grid.

There has been some talk in our community about the destruction of 18,000 trees to make way for the solar field. According to Kristin Siebeneicher, Communications Manager for Six Flags Great Adventure & Safari and Hurricane Harbor, "Approximately 90 acres of trees will be removed, the majority of which are deemed to be in "poor" or "very poor" condition. However, we will plant significantly more trees than we remove (approx. 8,000 more). We employ a forester who will oversee the project, and will be responsible for maintaining the integrity of the forest."

Six Flags has advised that all other energy-efficient programs were explored as well as location options for this project. "All of those environmental concerns were addressed and mitigated in the final version of the plan as submitted to state and local authorities."



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United Presbyterian Church of Millstone Planning an Organic Community Garden and More!

By Pam Teel

The United Presbyterian Church is looking forward to a lot of exciting things going on in the next few months. Their spring project included the planning of an eighty by eighty foot organic garden with twenty five to thirty plots available to the community, whether you are a church member or not. The plots will run both 8 x 10 and 10 x 10. The fee to buy a plot is only \$25.00 per year; a small price to pay to raise pesticide free vegetables. It's a great alternative if you don't have the space or the sun on your property and you always wanted to grow your own vegetables. The garden will be protected by a deer fence and water will be supplied by the church. There will also be five plots set aside to be used to grow fresh food for the Jackson Food Pantry.

The church has a lot going on for members, nonmembers and those who are interested in becoming new members! You do not need to be a member of the church to purchase a plot in the garden or attend any of the many events that have been planned. If you are a part of the surrounding community, you are welcome!

The garden layout is being planned out by local town resident Anne Haines, who has a BS in Horticulture in plant science, and a Masters in Entomology. The garden committee consists of all volunteer church members. Ms.

Haines has worked at various local nurseries throughout the area. Being that this will be the first year for the community garden, Ms. Haines expertise in the field will be greatly appreciated.

Ms. Haines has recently set her sights on focusing on deer resistant plants and last month she gave a lecture at the church about different plants and shrubs that deer tend to stay away from. To find out more about deer resistant plants to grow in this area, or if you are interested in purchasing a plot in the community garden, contact Ms. Haines at Syringa12@aol.com or visit the Deer Country Gardens website at www.deercountrygardens.com.

In other Church news: The Outreach Committee has initiated a "Teach me Thursday" night where special speakers are invited to the church. On April 16th, former millstone Native and Author, Jolene Hart, gave a lecture about her book; Eat Pretty, Looking Beautiful One Bite at a Time.

On May 21st, Cathy Summer and Amy Weltner will show you how to decorate and serve a cake pop, a popular bite size treat, where each participant will make and take home their own cake pop. (Costs of material - \$10.00 for the class.) For more information about guest speakers, or if you would like to be a guest speaker, please visit www.upcm.org.

Every month church members help supply the Jackson food pantry with specific items that the pantry is unable to give to their clients. In April, dried spices were collected. You can check out the UPCM website for specialty items collected each month. There is a bin in the back of the church for all donations. The Jackson Pantry feeds over two hundred families. Whatever food items that you can donate is most appreciated.

Come and join in the Thursday morning prayer at 11:30 in the Sanctuary. Again, you don't have to be a church member. If you would like a prayer request, please contact Joan at JRudderow@aol.com or 609-259-2619. There is also a prayer network. Prayer requests can be sent via email to Suzy Bullock at: Bullooba@gmail.com.

Are you interested in meeting new friends? Come and join in on the next Dine Around where we explore great food and great friends. Info at www.upcm.org.

Do you like to read? Members and non members enjoy meeting once every four to six weeks to discuss books that they picked out to read. The Book Club meets at the church on Monday nights. The next meet up is on May 4th at 7:00 pm. The book to be discussed is, The Kitchen House, by Kathleen Grissom.

Come and join us. Contact Patti for details at: pattif131@aol.com.

Come join the Breakfast club -we meet every Thursday morning at 9:00 am at Gus's Diner on Route 33 in Manalapan.

Bible study is on Tuesday mornings at 11:00 at the church. Also, coming in May, we are looking forward to the new evening Adult Bible study group.

Come and join our Family Movie night. May 8th, we will be watching A Dolphin Tale, and June 12th, Daddy Day Camp. The movie starts at 7:00 pm. Admission to every movie is free. All are welcome to join. Popcorn and drinks provided.

May 17th, from 9:00am to 12:00pm, is the Annual Clothing Drive. You may drop off items in sealed plastic bags by the front church steps. Items accepted are: clothing, shoes, handbags, linens stuffed animals, hard toys, belts hats, etc.

Save the date. This year's Vacation Bible School will be held from June 22- 26 from 9:00am to 1pm everyday. Vacation Bible school is open to all children regardless of being a church member or not.

To find out more about upcoming monthly events: got to www.upcm.org! Come and join us!



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PET PAGES

The Benefits of Dog Adoption

When wanting to bring a new dog home to become a part of the family, many people go to a pet store or breeder to pick out a puppy.

While that works fine for some families, a more heartwarming option can be choosing to adopt your new pet from an animal shelter or rescue organization.

Dog adoptions are a popular, affordable way to bring a new pet home, and they also help to solve a big problem in America: pet overpopulation. Whether because of abuse, neglect or simply the changing life circumstances of their owners, a huge number of dogs find themselves without a home at some point in their lives.

It's a sad problem, but it's one you can help solve.

VISIT THE SHELTER

A trip to your local animal shelter can be a great place to start. You'll quickly see whether they have any dogs that would be a good fit for your family.

Obviously, you'll want a dog that you'll fall in love with. Their size, behaviors and personality quirks should all be compatible with you.

Beyond that, you have to ask yourself an important question: are you compatible with the dog?

Consider where you live and whether you'll have the space, resources and temperament to take care of your new pet for many years to come.

After all, you want to provide the dog's "forever home," helping it never experience the misfortune of abandonment again. And that's a huge commitment.

Some pets at the shelter will be fully house-trained and well-behaved. Most, though, will require some patient training over time and perhaps even ongoing medical care. You should find out as much as possible about the dog before you make the commitment to adopt.

While some people assume shelters are filled with "problem dogs" that will be difficult to retrain, that's simply not the case. In fact, compared to buying a puppy — complete with all the months of gnawing on furniture and house-training accidents — adopting an adult dog can make for a much easier adjustment process.

RESCUE GROUPS

An increasingly popular option is turning to an animal rescue group to adopt your next pet.

There are all kinds of rescue organizations available to help match you with your future pet. Some are similar to public animal shelters with their own building to house dogs waiting for adoption, although most have a strict "no-kill" policy to avoid euthanization.

Many of them use a foster-care system to take care of the animals. Volunteers will take abandoned dogs into their homes until a permanent owner can be found, which can be a huge advantage if you want to know more about your future pet.

There's only so much you can learn by seeing a pet in a shelter environment, but seeing how it behaves in an actual home environment — and being able to talk to the foster parents in detail — gives you a much better picture about what to expect from the dog in your own home.

And if you have a specific breed of dog in mind, some rescue groups specialize in just one type of dog. There are rescue organizations for all kinds of dog breeds, although you may have to travel to find one that focuses on the breed you're interested in adopting. A quick online search can help you find where they're located.

One of the most popular types of single-breed rescue groups helps find homes for greyhounds. There are hundreds of greyhounds used in racing that need to find new homes once their career on the track comes to an end, and these organizations help place them with loving families that will care for them into their old age.

Overall, there are plenty of benefits to pet adoption. When you adopt an adult dog, you avoid many of the problems that can occur when raising a puppy, and with some research, you'll know what to expect when you bring the dog home with you.

And, of course, there's the satisfaction of knowing you're providing a loving home to an animal that deserves it.





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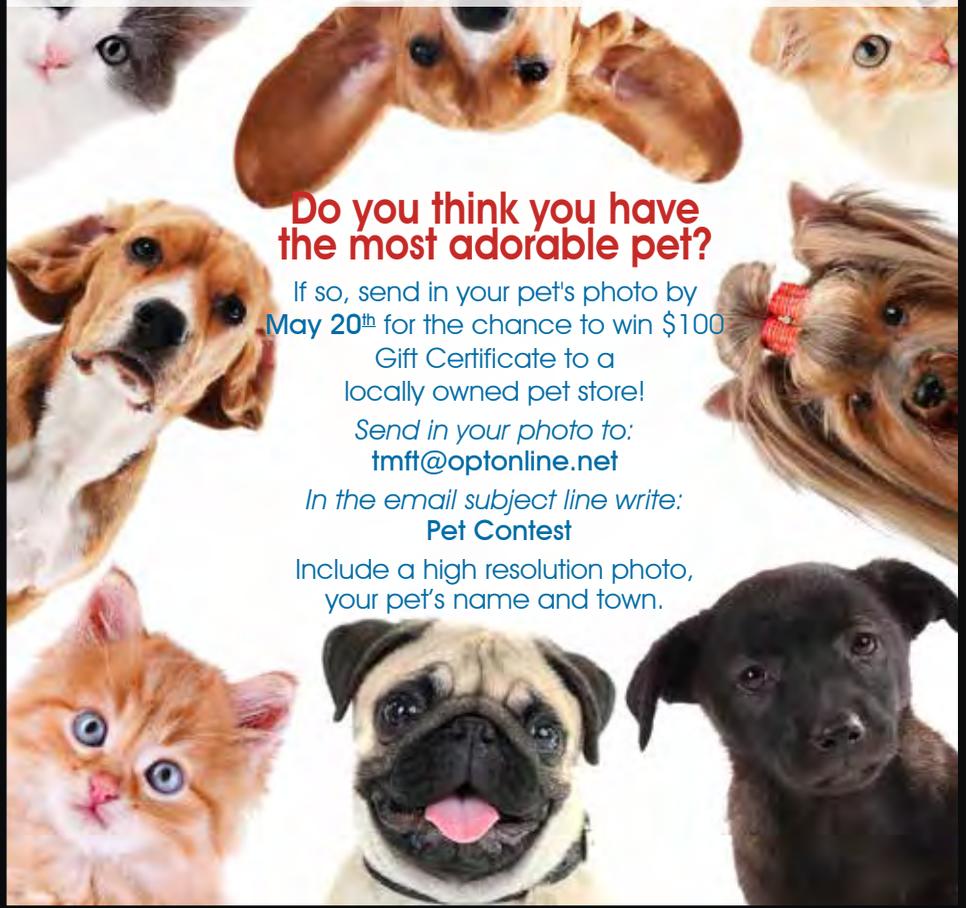
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The Millstone Times

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Caring For an Elderly Pet

By Gina M Schnell

Pets give us comfort and undeniable loyalty throughout their lives. Whether they are cats, dogs, horses, birds or even pigs it is our job to care for them throughout their lives, including old age. Thankfully, pets are living longer these days due to huge leaps and bounds in technology, veterinary care, the availability for owner education through the internet, advances in medications and further research and development in pet nutrition. A dog or cat is considered "geriatric" by the age of seven in human years. It is hard to imagine that in reality their body is that of a forty to fifty year old.

Common illnesses that can afflict elderly pets include cancer, heart disease, kidney/urinary tract disorders, liver disease, diabetes, arthritis and dementia. With age come additional responsibilities for the pet owner in order to ensure our beloved pets receive the appropriate medical guidance, early detection and follow up care.

It is always recommended that animals see their vet at least one time per year; however, as their bodies age and begin to change the physical exam may change slightly as well. Just as we see changes in our bodies with age, vets can see changes in our pets that can throw up a red flag warranting further tests to rule out sicknesses that would otherwise not be detected by the owner. For example the vet looks specifically for muscle deterioration, heart murmurs, mouth odor, lameness, coat health and weight loss to name a few. Additional tests that may be recommended include blood work, x – rays, aspirations or biopsies of abnormal growths or even ultra sounds.

Vets can not only help our pets through exams and tests but further educate us as well. Let's face it, we need guidance sometimes and seeking the advice from a professional is the key. Many pet owners do not realize the importance of their pet's dental care. Cleanings can prevent sickness and infection that lead to serious health issues. According to Millstone resident and Equine Vet, Dr. Elden Klaymen

of Colt's Head Veterinary Services, "In the 80's, twenty years of age was considered ancient but now we are able to help them live longer and more active lives. It has been an amazing ride for me, to think of how much better things are now in veterinary medicine, it makes me so happy!" Just as in small animals dental care is vital to horse health and is a big part of a thorough physical exam in elderly horses. Animals cannot speak to us and say they have a toothache. When a horse loses their appetite or is acting off, examining the teeth could be the first clue.

Proper diet and nutrition is important for our aging furry friends. Senior formulas are now available and provide our pets with easily digestible food with different calorie levels and specific nutrients. In senior horses, a diet should be higher in protein and fat and hay should be of a softer variety. The main objectives in feeding an older dog should be to maintain health and optimum body weight, slow or prevent the development of chronic disease, and minimize or improve clinical signs of diseases that may already be present. Proper weight control may also be a topic your vet will bring up at an annual exam. Each pet is unique so asking what food or diet is appropriate for your pet is important. Along with weight changes comes parasite control and testing. Intestinal parasites are often undetected but can cause significant health damage lowering your pet's immunity.

Lastly, an active pet is a healthy pet. They should participate in age appropriate exercise approved by a vet. Not only does this help maintain muscle and control weight but it has mental benefits as well. Older pets can get confused and even develop symptoms of dementia. They need to be mentally stimulated with human interaction, car rides, walks and scenery changes. Take them out for fresh air and sunshine. Some changes in the home may be needed as they get older adding ramps, gates to steps or increasing the amount of potty breaks. Behavioral changes should also be mentioned to your vet as they are often the first signs of illness.

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And it is a competitive industry to enter. There are 30 veterinary schools accredited by the American Veterinary Medical Association in the United States. In 2013, there were nearly 6,800 applicants competing for 2,700 openings.

If you notice your child displaying an interest in animal science from a young age, it is important to encourage all of the mathematics, chemistry, biology and physics courses that are available in junior high and high school. The more your child is ahead of the competition, the better his or her chances of becoming a veterinarian.

Undergraduate degree program

When it's time to start thinking about college, it will be important to select an undergraduate degree focused in the biological and physical sciences.

There are various options for undergraduate degrees prior to vet school, so a crucial step will be visiting universities to find one that offers the best environment. Make a list of degree programs at universities of choice, and find the one that best suits your needs.

While in college, students will be urged to volunteer or intern with a local veterinarian. Doing so will provide an insight into the animal and clinical experience, and will hopefully advance a student's passion for the field of veterinary science.

As a student accruing volunteer or internship experience, it is a great idea to collect letters of recommendation from veterinarians and office managers, as well as college advisors and professors.

Vet school requirements

Because of the varying requirements for vet schools, it is recommended that you check in with your institutions of choice to fully understand what is required for a successful application.

Most United States schools follow the centralized application service operated by the American Association of Veterinary Medical Colleges. The service accepts and distributes your application and letters of evaluation to each school you choose.



Water & Heat Safety

Summertime and swimming go hand in hand, and your pet may be the biggest fan of the fun-filled combination. Whether your pooch is paddling in the ocean or your family pool, there are specific and simple tips you can follow to guarantee safe summer activities.

Be sure to teach all of your water rules to your children, family friends, dog-sitters and any other parties who may care for your dog around the water. A consistent, comprehensive approach will help your dog understand and comprehend the rules.

First-Time Swimmer

Some dogs are scared of the water. Others are not skilled swimmers. It is important to be conscious of your dog's preferences and comfort level.

The American Kennel Club offers a collection of tips for helping your dog enjoy an easy water transition.

- Never throw your dog into the water.
- If your dog begins to paddle with its front legs, lift its hind legs and help it float.
- Don't let your dog overdo it.
- If swimming in the ocean, be mindful of strong tides.
- If you have your own pool, make sure your dog knows where the stairs or ladder are located.
- Be sure pool covers are firmly in place
- Never leave your dog unattended in water.

Heat Safety

Any dog can become afflicted with sunburn if not properly cared for on a hot summer day. Dogs with short hair, white fur and pink skin are at the greatest risk of sunburn. Apply sunscreen to the ears and nose of dogs that fall into these categories, especially if you will be outside for large blocks of time.

If your dog begins to exhibit signs of heatstroke, you should immediately try to cool the dog down and help him or her with the following actions, according to the American Kennel Club:

- Apply rubbing alcohol to the dog's paw pads.
- Apply ice packs to the groin area.
- Hose down with water.
- Allow the dog to lick ice chips or drink a small amount of water.
- Offer Pedialyte to restore electrolytes.



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Disney's BEAUTY AND THE BEAST

Presented by the Millstone Community Education Program



By Pam Teel

On April 23rd and 24th, the Community Education Program presented Beauty and the Beast, Jr. The show was the Disney Jr. version. The version was modified for the younger actors but still contained all the wonderful songs and colorful characters in both the film and the Broadway version.

MPAC Managing Director, Gina Whalen directed and choreographed the show with Joanne Figurelli and Joanne Schiumo as Assistant Directors. The cast included fifty-eight Millstone children ranging from grades 1st through 5th.

The story was about a young woman named Belle who is considered an outsider in her little hometown of France. Belle's father is captured by a beast and Belle decides to save him by offering to take his place as the prisoner. The beast is really a prince who had a spell put on him and his entire castle because of his cruel and insensitive ways. As Belle remains his prisoner, she gets to know the Beast better and learns to love him. The story was about friendship, forgiveness, hopes, and dreams, and of course, had a happy ending.

The role of Belle was played by six young ladies. Emma Morris (5th grade), Christina Riviello (5th grade), Maura Whalen (4th grade), Gianna Noto (5th grade), Maeve Touhey (5th grade), Emma Bogusz (5th grade). The role of the Beast/Prince was played by Alex Stillwell (5th grade) and Evan DeRose (5th grade). Gaston was played by Giuseppe Scibila (5th grade) and Aidan McGovern (4th grade). Other notable roles were Lumiere (Ellie Mascovitch (5th grade) and Brielle Peerboom (5th grade); Cogsworth, Cassandra Leach (5th grade) and Alexa Oliviera (5th grade). Mrs. Potts was being played by Laura DePinho (5th grade), Isabel Tonielli (3rd grade), and Angelina Vilalva (4th grade).

According to Ms. Whalen, the show was probably their biggest challenge to date because it is complex in its characters and musical numbers. The sets and costumes are also very elaborate. As always, the parents of the children generously came forth to volunteer to help make the costumes. Jaime Allaire of Jackson designed and built the sets.

The cast had been rehearsing since late January, every Wednesday and Friday after school. The children did an amazing job rehearsing and learning all their lines and the songs. Ms. Whalen is very proud of the work all of the children have put forward. Even after directing four musicals for the Community Education Program, she is still blown away by the talent and energy of these students.

You can check out the Community Education website for upcoming plays and events.

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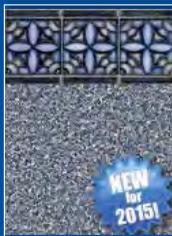
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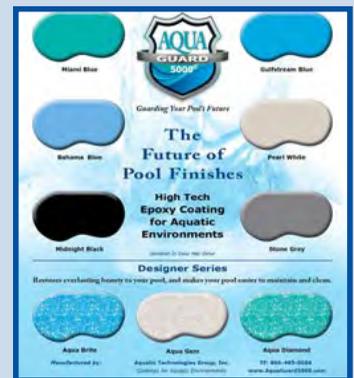


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PRECISE COOKING

The great thing about a barbecue grill is that it gives you far more control over your cooking than a traditional stove. You can control the cooking of steaks, chops and other meats more precisely, ensuring that everyone in your party gets a meal cooked to their exact specifications.

Whether you want to quickly sear a tuna steak or cook a filet mignon to medium rare perfection, you can do it all without ever setting foot inside your kitchen.

MONEY SAVER

You may think that a top-of-the-line gas or charcoal grill is an indulgence, but in fact the purchase can save you thousands of dollars over the lifetime of the appliance.

Just take a few minutes to add up all the money you have been spending on meals out at your local restaurant. Chances are a good steak dinner for your family at your local eatery carries a tab of \$100 or more.

You can cook those same steaks at home for a fraction of the price, even if you indulge in a fine bottle of wine to go with that premium beef. Over the years those savings can really add up, giving you more than enough to pay for the cost of that grill.

FAMILY FUN

Having a grill in the back yard also promotes family togetherness, encouraging family members to gather together and enjoy a healthy meal every night.

In this age of cell phones, text messages and endless distractions, getting the family together is no mean feat, but you can do it if you take the time to fire up the barbecue grill and call everyone to supper.

Barbecue grills are also perfect for cookouts, pool parties and other summer get-togethers.

Whether you are celebrating a birthday, a holiday, an anniversary or just a sunny day, you can fire up the grill, invite a few good friends over and talk long into the night. Your grill can literally transform your patio or deck into the favorite room of the house.

But you do not have to put your favorite appliance away when the weather turns cold. With a covered patio or deck, you can cook outdoors, then bring that great food right into the kitchen.

Cooking on the grill can be a great alternative to firing up the oven, even in the wintertime.

No matter what the season, grilling is the perfect way to create healthy and delicious meals your whole family will love.

SIDEBAR: Grill Safety Tips

- Never leave your grill unattended while you are cooking.
- Cover the grill when not in use.
- Never store propane tanks indoors or in areas prone to excessive heat.
- Supervise children when they are near the grill.
- Tie your hair back while you are cooking.



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Millstone Township Hosts County Wide Mass Casualty Incident Training Drill for First Responders

By Pam Teel

You might have seen an excess amount of Fire trucks, Ambulances, and other first responder vehicles on the roads in Millstone Township on Saturday, March 21st. That's because, seventeen year old James Collins, a volunteer firefighter and Emergency Medical Technician in Millstone Township was recently selected nationwide out of a vigorous application process through FEMA's youth preparedness council, to conduct a county wide mass casualty incident training drill to better prepare first responders in the case of a monstrous accident such as a plane crash. There were over forty agencies from many different towns participating in this drill; some even at the Federal and State levels.



Helicopter from Monoc Hospital Corporation

The drill took place at the Millstone Middle School and also included local Boy Scout troops, Teen CERT, Explorer programs, and the JROTC. The job of the first responders was to search and rescue the victims of the simulated plane crash and triage them based on their wounds. It would involve 50-65 victims that they had to rescue throughout the fields and wooded areas. Victims would have to be loaded up on a stretcher or other rescue device and brought to designated areas based on their injuries. There were also helicopters landing for the drill to simulate a MEDEVAC. The helicopters were from the MONOC Hospital Corporation and the New Jersey State Police. Mr. Collins plans on meeting with all of the command staff in the next coming weeks to evaluate how the drill went and critique what could have gone better, in order to be best prepared for when disaster strikes.

The purpose of such drills is to better prepare for when a disaster actually does happen. The drill was sponsored by the Millstone Township Office of Emergency Management but was directed by Mr. Collins and the Fema Youth Preparedness Council in hopes of sparking interests to youth across the nation about disaster preparedness. Also in showing them that just because they are young, it doesn't mean that they can't make an impact. Mr. Collins has been responding to emergencies with the fire department since he was 14 years old as an explorer/ junior firefighter and then as a certified EMT. At 16 he was dealing with emergencies ranging from house fires, CPR calls, serious motor vehicle accidents, rescue assignments and other various emergencies.



Three of Millstones Finest Firefighters!

The Fema Youth Preparedness Council was developed by Fema and is a council of nationally selected members under the age of 18 who promote the importance of youth as well as national emergency preparedness. Each year, 12 people get selected nationwide to represent the council. Mr. Collins represents region 11, which makes up New York, New Jersey, Puerto Rico and the U.S. Virgin Islands. The selected ones go to Washington DC each summer and are required to conduct a legacy project that will make an impact on the emergency preparedness community or other aspects. As a



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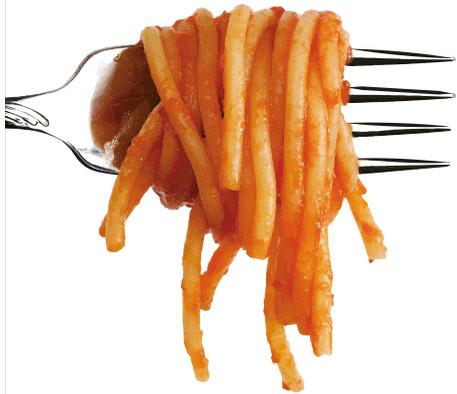
first responder, James wanted his project to benefit his community, the youth in the county, as well as the local first responders who work around the clock keeping our communities safe.

Keep up the great work James. The people of Millstone Township are very fortunate to have a first responder like you who go above and beyond your call to keep our community safe.

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History of Mother's Day

It's hard to imagine that there was ever a time people didn't devote the second Sunday of May to celebrating their mothers. But that was exactly the case before May 9, 1914.

Enter Woodrow Wilson. On that day, the nation's president signed a bill recognizing Mother's Day as a national holiday. Flash forward 100 years later, and the special day has become ingrained into our society as a positive affirmation of love and appreciation for moms everywhere.

How exactly did Mother's Day get its start? What led to the calling for Wilson to mark the day with an official holiday?

The History

According to the National Women's History Project, writer Julia Ward Howe first suggested the need for a Mother's Day to be implemented into the United States' culture.

She did so in 1872, calling for mothers to rally together for peace. She even put together an annual Mother's Day meeting in Boston for moms everywhere to gather.

A few decades later, Anna Jarvis began a nationwide campaign for observance of Mother's Day. Jarvis was interested in honoring her late mother, who was a community health advocate.

Mothers' Day Today

The holiday has gradually become one of the nation's most popular holidays, and one to which retailers look forward every year.

The National Retail Federation estimated that American consumers spent more than \$20 billion on Mother's Day in 2013. Here's how that massive number breaks down, according to the NRF:

- 141 million Mother's Day cards are exchanged annually in the U.S.
- Each consumer purchases an average of 2.8 Mother's Day cards.
- Approximately 65 percent of card sales occur in the five days before Mother's Day.
- More people purchase fresh flowers and plants for Mother's Day than for any other holiday except Christmas.
- Mother's Day accounts for one-fourth of all holiday sales of flowers and plants.
- The average American spends \$168 per year on Mother's Day.





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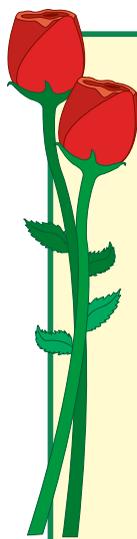
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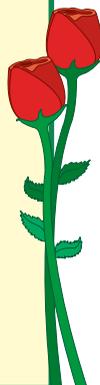
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COVER STORY

Roosevelt Preschoolers Have a Delicious Class Trip

By Pam Teel

The Roosevelt preschoolers got to make their own pizza on Tuesday, March 24th, as they visited Vesuvio's Restaurant in Millstone Township. They also got to take a tour of the kitchen area where they saw the big blender that makes the homemade pizza dough and the tomato press used to press fresh tomatoes for homemade sauce.

This is the second year Ms. Weber's class has come to Vesuvio's. "The children were really excited. They couldn't wait to come," Ms. Weber stated. They were all given baker's hats and their own aluminum pan where Vesuvio's owner, Mary Costagliola and her son Frank, gave the children step by step instructions on how to make a pizza. The best part of the trip was when they got to eat their own pies that they made.

The Preschool is a part of the Roosevelt public school, but they are open to all residents, whether living in Roosevelt or not. The preschool tuition is \$325 for Roosevelt residents and \$400 for children from out of town. The day starts at 8:20 am and ends at 12:30. The preschool also provides before and aftercare from 7 am to 6 pm.

The preschool's goal is to provide a developmentally appropriate program based on knowledge about how children learn and develop, variations in development that may occur, and how to best support children's learning and development. Children learn through hands on experiences with adults and other children, objects, ideas, and the environment. The teachers offer guidance and support so the children learn to the best of their abilities to become successful learners in future years.

The instructional program is provided through the use of individual, small, and large group activities and projects. The area's essential to the program to develop emergent skills for kindergarten include: Social and Emotional development, Creative Arts, Health, Safety and Physical Education, Language Arts and Literacy, Mathematics, Science, Social Studies, and World languages.

All areas are covered using a different theme, letter, and number each week. There are different activities for three year olds and four year olds based on ability. The children participate in the physical education, art, music, and Spanish programs as well. They learn how to use computers in the computer lab, and they get to take books out of the library every week.

transition into the upper grades when the time comes.

Ms. Weber has been with the preschool since the inception of the program in 2006. She previously was the Director/head teacher of the Roosevelt Community Nursery School for ten years.



Ms. Weber looks on as her preschool class indulges in their own handmade pies.

The preschoolers also get to go on class trips during the year. They go on hayrides, pumpkin picking, the post office, Vesuvio's, Etra Park, and more. They get to participate in special school activities such as field day, an ice cream social, thanksgiving feasts, concerts, and class parties, to name a few. With the upper grades right there at the school, the students have an advantage to be a part of all of their activities making it easier to

If you would like to find out more about the preschool, please contact the RPS main office at 609- 448-2798 or stop by the school. Registration for the fall is now in progress. There will be an orientation for new students in May.

It's a great school with a lot of loving and nurturing. Check it out!

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ENJOY A NIGHT ON THE TOWN

You May Be Surprised at the Local Nightlife

If you are bored and looking for something fun to do, why not look in your own back yard and see what your own home town has to offer?

You might think that there is not much to do in your neck of the woods, but chances are there are bars, restaurants and movie theaters all around you.

If you can look at your home town with the eyes of an outsider, you just might find that there is more nightlife all around you than you realize.

THINK LIKE A TOURIST

Start by thinking about the kinds of places you would take a visiting friend. If you had a friend coming in from out of town to spend a week with you, where would you take your buddy?

Make a list of the restaurants you would go to, the bars where you could knock back a few beers, the theaters and clubs where you could see some live music and the movie theaters where you could take in the latest blockbuster.

Once you have your list in hand, you can start to explore your home town with the eyes of an outsider.

Head down to that local nightclub and catch the latest hot band. Seek out an eclectic movie theater and enjoy a few art films. Stroll the local art galleries and museums. Eat in that great local restaurant you heard so much about.

If you take the time to look, chances are you can find something to keep you busy and entertained every night of the week.

ASK THE LOCALS

You can do the same thing when you go on vacation. In fact, exploring new places can be even more fun when you do not have to worry about getting up for work the next day or meeting a rigid schedule.

When you travel, talk to the locals and ask them for their recommendations. If you rely on the guidebooks alone, you could miss out on the best the place has to offer.

By seeking the recommendations of locals, you can find some truly hidden gems, places the guidebook writers might not even know about.

From the theater showing the latest avant-garde play to the concert hall featuring the best in classical music and ballet, you can discover some real hidden treasures on your next vacation if you know where to look.

So whether you are vacationing across the country or spending time in your own home town, open your eyes and look at the world around you.

Chances are you will discover a whole new world — one that was previously hidden but is now revealed in all its nighttime glory.





DON'T GET BURNED

Owning your home mortgage free can be a liberating experience, both mentally and financially. And it's happening more often than you may think.

The National Association of Realtors estimates that roughly 30 percent of U.S. homebuyers are now making their purchases 100 percent in cash, compared with only 15 percent in 2008.

Even if you're in great financial shape, it is still wise to consult with a finance professional to evaluate the potential transaction. There are many aspects to consider, including tax impacts that you may overlook.

Know Your Situation

Besides the obvious savings of not having to pay interest on a mortgage, you also can save money on closing costs and may even win a better negotiation if a seller knows you're buying in cash.

It is still smart to assess your personal circumstances before buying a house with cash. The National Association of Realtors recommends that you consider the following questions before spending a major portion of your cash reserves:

- Will you still have plenty of funds set aside for retirement?
- Will you still have at least six months of emergency funds in a savings account?
- Do you possess sufficient health, life and disability insurance?

Set Some Goals

Having a clear financial goal for the future of your family can help you decide if buying a house is worth the depletion of a large amount of your savings.

In most cases, owning a home free and clear is the ideal situation, considering how much money you will save on interest and closing costs. You also can count on being able to rapidly accrue savings without a mortgage payment, depending on your income level.

In the case of an illness in your immediate family, you will have more of your monthly income available to pay for medical bills or related charges because none of your earnings will be going toward a mortgage payment.





Spring is here - Time is Money!



With warmer weather on the horizon, there are a lot of buyers in the market place and very low inventory.

Now is a great time to think about a plan to put your house on the market, especially with the end of school just around the corner.

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SELL YOUR HOUSE QUICKLY

The peak home buying season is in the spring, but you may not be in a position to list your property during that time. Just because you miss this window doesn't mean your home can't still sell quickly. It all comes down to strategy — and whether you're willing to compromise on your ideal price to make the sale happen.

Price It Right

We all want a return on our investment, but don't get attached to the idea of making back every penny you've put into your home during your ownership period. There are likely improvements that won't necessarily pay for themselves, such as certain cosmetic renovations you may have performed without considering their value to the next owner.

One of the first steps you should take is sitting down with your Realtor to discuss a comparable analysis of other homes in your area. Get an understanding of the selling price for homes that are comparable to your home's size, location and number of bedrooms.

If your home has been on the market for longer than a month or two without any real offers, this could be your first clue that your price is too

high. Work with your Realtor to choose a new price that is more in line with the market.

Curb Appeal

Curb appeal is defined as what a person can see of your home from the street. It's amazing how much of an impact a fresh coat of paint or a well-landscaped lawn can make on a prospective buyer.

To make sure you're setting the right first impression, it is important to consider some basic factors, starting with landscaping. Is your yard well manicured? Are your flower beds maintained and full of live, blooming flowers? The key to getting a buyer in the front door is catching their attention with your yard and landscaping.

Also consider your trees. Are they planted a

safe distance away from the home, as to not pose a threat for fire or roof damage in the case of a storm? Are there weak or old branches hanging loosely from the tree? Take care of these issues before putting your home on the market if you want to quickly sell your home.





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Mortgage Capital Partners, Inc. (MCP), a local direct lender, has proudly assisted homeowners with residential home loans in excess of \$1 billion funded annually and is a full-service mortgage banker. MCP's honesty, integrity, and outstanding customer service have helped it achieve the status as one of the nation's top lenders and private mortgage bankers they continually maintain an A Rating with the Better Business Bureau.

MCP understands the choices its customers have when seeking a loan provider in an overwhelming landscape of lenders; the reason clients are choosing Mortgage Capital Partners, Inc. is simple, said Jason Levine, Managing Director "We offer value in the mortgage industry with extremely competitive rates, low fees, along with customer service second to none. We have a team from receptionist to funding manager that operates as a cohesive unit to provide unsurpassed communication with all parties involved in the transaction.

MCP has an innovative approach to the mortgage process, keeping all parties involved throughout the transaction so there are is no lag time in the process. "We are always here to answer any questions agents may have, and if our loan officers can't answer them, one of our underwriters are always available to lend a hand," Elizabeth Eckman, coordinator of MCP said. "I continually keep the clients, real estate agents, and attorneys in the loop through the transaction and each milestone hit. It is about clients loans closing on time and smoothly, and keeping them and our referral partners happy."

"I was hesitant about referring my clients to Mortgage Capital Partners, Inc. at first," said Melissa DeSantis of ReMax Central. "I saw their rates and fees were lower than everyone else's but had not done business with them. That was 10 years ago and I have been using Jason Levine and the Mortgage Capital team ever since." When I refer a client to Jason and MCP, I know I have nothing to worry about, as they constantly keep me updated on status of my client without me having to call, which is big in my industry as it allows me to move on to my next transaction with 100% confidence.

With mortgage rates being the lowest they have been since the inception of the rate table, homeowners are saving thousands a year on their mortgage payments by refinancing, and people that are in the market to purchase a new home have more buying power with the new low mortgage rates.

For more information Mortgage Capital Partners rates and programs, contact MCP's Freehold Branch at 732-972-8800 or visit www.MCPMortgage.com

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Homelessness Assistance

The real estate industry is often synonymous with development, investment and renovation.

But what about those who are homeless? Where do they fit in to the discussion? The federal government has many programs in place designed to help homeless people, including youth, veterans and the chronically homeless.

These programs can help people find rental, homebuyer and homeowner assistance, opening the door to opportunities they may not find elsewhere.

Homelessness: By the Numbers

The United States Department of Housing and Urban Development (HUD) reports that in January 2014, there were more than 578,000 people experiencing homelessness on any given night in the United States. Of that number, more than 216,000 were people in families.

About 15 percent of the homeless population are considered chronically homeless individuals, meaning they have experienced homelessness for a year or longer, HUD states, while about 9 percent of homeless people — 49,933 — are veterans.

HUD Programming

HUD oversees home mortgage lending practices and also operates the Office of Special Needs Assistance Programs (SNAPS).

The office supports the nationwide commitment to ending homelessness by offering funding opportunities to nonprofit organizations to rehouse homeless individuals and families. SNAPS also advocates self-sufficiency

and promotes the effective utilization of mainstream resources available to individuals and families experiencing homelessness.

The Programs

More than 1 million people are served in HUD-supported emergency, transitional and permanent housing programs each year. The total number of people who experience homelessness may be twice as high.

There are four federally defined categories under which individuals and families may qualify as homeless, as defined by HUD:

- Literally homeless;
- Imminent risk of homelessness;
- Homeless under other federal statutes; and
- Fleeing or attempting to flee domestic violence.

For more information on HUD's programming or how you can become involved in helping someone you love find help, click on the "Homeless Assistance" tab at www.hud.gov.





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MORTGAGES: Shop Around

Especially if you are a first-time homebuyer, knowing where to start looking for a qualified, reputable mortgage lender can be a challenge.

Home loans are available from several types of lenders, including commercial banks, mortgage companies and credit unions. Different lenders may quote you different prices, so be sure to contact several potential lenders to make sure you're getting a fair shake.

Do Your Homework

When compiling total costs for a home loan, don't forget the fees associated with a loan, including loan origination, underwriting, broker, transaction, settlement and closing costs. These can add up in a hurry, so be ready to add them to your total budgeted amount.

What many lenders won't tell you is that many of these fees are negotiable. Some fees are paid when you apply for a loan, and others are paid at closing. If you can't barter your way down to a lower rate on some of the charges, you may be able to add them to your overall mortgage cost. Be mindful, though, that doing so will increase your loan amount and the total interest you end up paying in the long run.

Shop for the Right Rates

The U. S. Department of Housing and Urban Development (HUD) recommends the following tips when trying to track down a mortgage interest rate that's right for you:

- Ask each lender and broker for a list of its current mortgage interest rates and whether the rates being quoted are the lowest for that day or week;
- Ask whether the rate is fixed or adjustable, and keep in mind that your monthly payment on an adjustable-rate loan will rise with interest rates; and
- If the rate quoted is for an adjustable-rate loan, ask how your rate and loan payment will vary.

Consider a Broker

You also can get a home loan through a mortgage broker, who coordinates transactions instead of actually lending you money directly. A broker has access to several lenders and can help you find the best loan terms.

Brokers generally will contact several lenders regarding your application and can help optimize your deal if you have contracted them to do so. Just like shopping around for a mortgage, be sure to ask a few different brokers how much they charge for their services.



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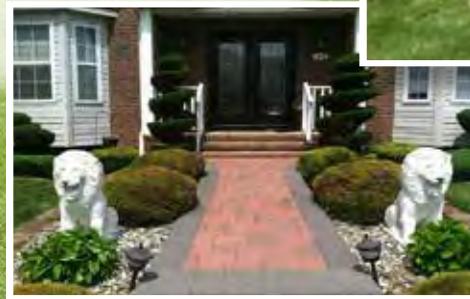
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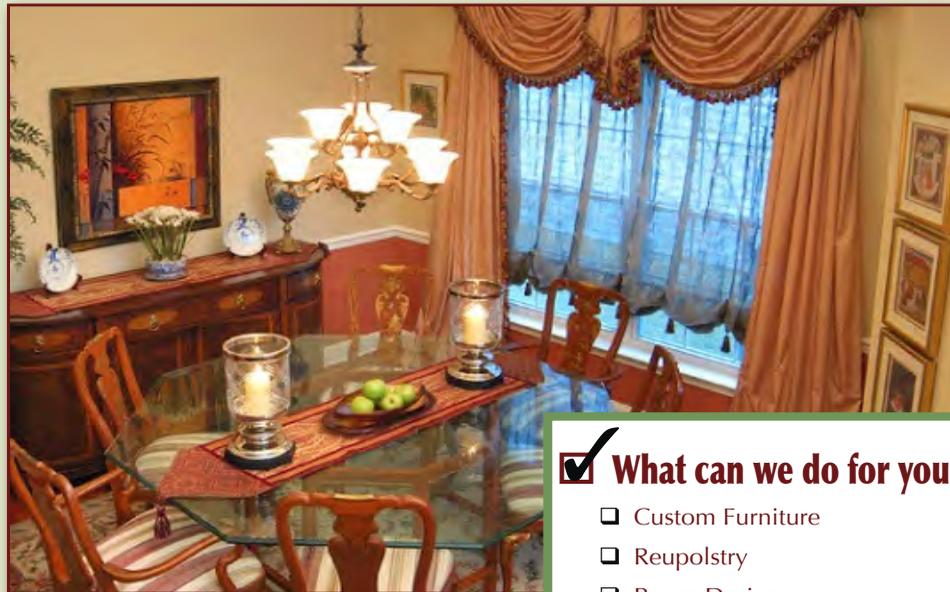


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LIFESAVING HOME IMPROVEMENTS

By Vincent G. Cerio

As we say goodbye to frigid temperatures and snow, many of us are turning our attention to sprucing up our homes. If you are considering a home improvement project this spring, think about the dual function of beautifying your home while also adding security. There is no better time to make your home stronger and safer for you, your family and your keepsakes all at the same time!

What if the safest room in your house could also be a beautiful room where your family watches TV every day or you entertain guests?

When most people think of a storm room or safe room, a bunker usually comes to mind. Bunkers weren't visually appealing, but times have changed. New technology now makes it possible for a beautiful TV room, home office, game room or wine cellar to be the safest room in your home - providing protection where you spend the most time. After all, the best safe room should function just like any other space in your home - until you need it.

Having this added safety provides peace of mind and shelter when disaster strikes - from severe weather events or other dangerous conditions like a home invasion, fire or burglary. In addition to adding safety, installing a safe room during your project could increase the value of your home, creating additional resale value.

Hurricane season begins on June 1, so why not plan ahead? Make sure you have a safe, protected place to go during a severe weather event, or a safe place to store your valuables if you have to evacuate - or when you go on vacation.

Here are a few things to consider when incorporating a safe room into your home improvement project:

CHOOSING A PLACE IN YOUR HOME

The beauty of adding a safe room to your home improvement project is the ease in which you can incorporate it into your plan to finish a basement or add a room. In order to ensure your safe room is sturdy to withstand any and all disasters, the room should be windowless and securely anchored to a concrete foundation or slab. Make sure your shelter is installed by a trained and licensed installer.

AVAILABLE AMENITIES

To get the biggest bang for your buck, a safe room should function just like any other room in your house, and accommodate heating, cooling and electrical outlets. A storm shelter like the DuPont™ StormRoom™ with Kevlar® can do just that - increasing the room's functionality.

Consider what activities will occur in the room, and what valuables you wish to protect to determine a size that

works best for you. Room sizes typically range from 4' x 4' to 12' x 12'.

You should also consider avoiding a storm room that has a step, or other barrier that would make it difficult for someone with special needs to enter. When an emergency presents itself, the speed in which you can access the room is critical.

COMMUNICATION

Many storm shelters are made of steel, and impede cell phone and WiFi signals. But, what good is your safe room if you can't stay connected with the outside world in an emergency? A DuPont™ StormRoom™ with Kevlar® does not interfere with radio, phone or WiFi signals, so you can be sure to stay in touch if disaster strikes.

ADDED PROTECTION

Are you only seeking to protect against natural disasters, or are manmade storms something else to consider? Aside from keeping you safe inside an entry-proof room, storm rooms can be treated to protect against ballistics and fire, and be fitted with an electronic keypad that can even be concealed with a decoration such as a framed picture. Combined, these layers of protection can keep you - and what matters most to you - safe in virtually any type of emergency.



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Did you know that...

By Pam Teel

Did you know that only 13 percent of the population is left handed? In fact, in medieval times people who were left-handed couldn't become knights for they were thought to be descendants of the devil. Even spiral staircases in castles ran clockwise to allow knights who were all right handed to battle intruders more easily.

The word for left-handers in French is *gauche*, which means lacking grace or social polish; awkward or tactless. In Latin it means *sinister*. In German, it's called *linkisch*, which means awkward and clumsy. Did you know that Eskimo's once viewed left-handers as sorcerers? Many Islamic countries forbid people to eat with their left hand. They considered it to be unclean. Those who practiced witchcraft were said to place curses and spells on people with their left hands. The Jewish and Catholic traditions use their right hand in nature and in their practices. A Priest would present the communion with his right hand only to imitate the strong right hand of the Lord. In the English Anglo Saxton Dictionary, it's spelled *lyft* and means broken and weak. In Italian, it's called *Mancino*, which means cooked or maimed. On a good note, the Inca's thought left-handed people were capable of healing and possessed magical power. Did you know that animals could be left or right handed too? Polar bears are all left-handed.

Doctor Oz was even quoted as saying that in a way lefthanders are smarter than right-handers. "Left-handed people can deal with more incoming information that doesn't come in an organized way. This is because of the way the brain develops when a baby is in its mother's womb. The left brain normally controls your right side, which is really powerful," he says. [In left-handed people], it allows the other side, the right brain, to become an equal partner.

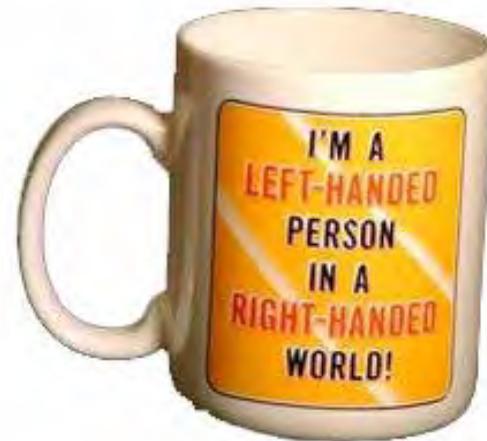
Because left-handed people can use both sides of their brain more readily, they can process information coming into their brain in different ways more easily. That's why athletes do so well when they're left-handed. And there are a lot of Presidents who have been left-handed, and there are a lot of folks who, because they can deal with a lot of complicated issues at once, work pretty effectively.

Is being left handed due to heredity? Depends on the research you read. Some studies say genetics certainly does play a factor in determining which hand is more dominant and other studies say it has nothing to do with heredity.

There is even a certain day set aside around the world for left-handed awareness! August 13th is International Lefthanders Day where lefties can talk about the struggles of living in a right-handed world. You can check it out at <http://www.lefthandersday.com/>

Are you ready to take the left handed test? Read the questions over thoroughly before you answer. Jot them L or R to the right. (Answer guide-0-1 Strongly RH, 2-4 moderately RH, 5-6 weakly RH, 7 -ambidextrous, 8-10 weakly LH, 11-13 moderately LH, 14 strongly LH)

1. Which hand do you hold the pencil in when you write? _____
2. Which hand do you throw a baseball with? _____
3. Which hand holds the bread when you spread on the butter? _____
4. Which hand is the lowest when digging a hole with a shovel _____
5. Which hand holds the brush when brushing your hair? _____
6. Which hand do you throw the bowling ball with? _____
7. Which hand holds the Tupperware container when you open it _____
8. Which hand moves when you tie thread to a needle? _____
9. Which hand holds the tennis racket when you play tennis?
10. Which hand holds the deck of cards when you are dealing in poker? _____
11. Which hand would you use to strike a match? _____
12. Which hand holds a nail when you hammer? _____
13. Which hand holds the pot handle when stirring? _____
14. Which hand do you use to turn pages in a book? _____



Romance on Mother's Day

As much fun as it is to involve the kids on Mother's Day, every mom deserves a little romance from her special someone. Pampering Mom can be the best way to celebrate all of the work your loved one does for your family.

So after the breakfast in bed and the day filled with fun family time, save your romantic gift for after the kids are tucked in.

Resort Package

Many resorts will offer specials on Mother's Day, which is generally a slow time when many people stay close to home to celebrate the holiday.

Start planning now for next year's resort getaway, and you could save big bucks. Be sure to coordinate everything from the travel plans to who's watching the kids. This will help keep the stress off Mom and make it a Mother's Day to remember.

Charm Bracelets

Jewelry is usually a surefire way to earn some serious romance points. Charm bracelets are nifty jewelry options that offer a great way to truly personalize a gift.

Charms exist for nearly every interest and mood, and are relatively inexpensive ways to help Mom show off her individuality. You can start by buying a bracelet with only a 'Mom' charm attached and add more charms as the years go by.

The Simple Things

Romance doesn't always require exotic travel or fancy bling. Sometimes, simply staying put can do the trick. Coordinate a dinner by candlelight or write a poem.

You could also spread out a blanket by the fireplace or even the outdoor fire pit and enjoy some of your favorite snacks together. Quality time together can trump all other gifts and help reconnect you to your spouse.



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GOOD MORNING! STORYTIME - Ages 3 and under
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Thursdays from 10:30 - 10:50 am

PRESCHOOL STORYTIME PROGRAM - Ages 3½ - 5
Thursdays from 11:15 - 11:45 am

FAMILY STORYTIME PROGRAM - All Ages
Thursdays from 2:15 - 2:45 pm

SPECIAL PROGRAMS

Celebrate Children's Book Week with illustrator/author Debbie Ridpath Ohi! All ages

Thursday, May 7 at 4:15 pm

Discover the art of creating a picture book with acclaimed children's illustrator Debbie Ridpath Ohi as she kicks off her new publication, *WHERE ARE MY BOOKS?*, in which a young boy plots to catch the culprit who is making his favorite bedtime tales disappear.

Ms. Ohi has also illustrated two popular books by Michael Ian Black, *I'm Bored!* and *Naked!*, as well as the covers of classic Judy Blume novels.

Join in an interactive art activity and take home a "bored" potato!

Visit her online at: www.debbieohi.com

Books will be available to purchase and personalize!



Make-It and Take-It Ages 5 and up

Thursday, May 14 at 4:00 pm

Stop by the library to make a seasonal craft: May Flowers



LEGO® Connection - Ages 5 and up

Thursday, May 21 at 4:00 pm

LEGO® fans, get creative by building with the library's LEGO®s!

Read to a Certified Therapy Dog! Ages 5 and up

Thursday, May 28 at 4:00 pm

Improve your reading skills and make a new friend by reading aloud to a therapy dog.



ALLENTOWN PUBLIC LIBRARY SPONSORS A DIGITAL PRESERVATION EVENT TO HELP PATRONS MAINTAIN PERSONAL COLLECTIONS OF PRINT, PHOTOS AND OTHER MEDIA MATERIALS.

The Allentown Public Library announced today that they will sponsor a digital preservation event on Saturday, May 23rd to help library patrons preserve personal collections of print, photographs, slides and audio-visual material including VHS videos, 8mm and 16mm movies. Allentown Library has partnered with Digital Memory Media, a Division of Innovative Document Imaging LLP, a leading provider of digital imaging services to provide digital preservation services to patrons. Once exclusive to industry, Digital Memory Media brings secure, professional preservation services to individuals at an affordable price. Twenty percent of all proceeds from the program will be credited to the library.

Digital Memory Media advisors will be on hand on May 23rd from 11: am until 1: pm to counsel patrons on the best way to digitally preserve their collections. Materials can be brought to the library the day of the session. Once scanned and digitized, patrons will be notified of a date and time to retrieve their material from the Library. "As librarians we understand just how difficult and expensive it can be to keep vital records and family photographs intact. Aging, humidity, not to mention accidental damage can ruin a lifetime of memories. That's why we are delighted to be working with Digital Memory Media to help patrons preserve their personal collections".

Celebrity Mom Quiz

From Carol Brady to Clair Huxtable, TV moms have almost become a second mother to families throughout the years. We get to know them as they work through some of the same challenges as us.

We laugh with them and cry with them. We feel an unbreakable connection with them, even though they are merely pixels on our TV sets. And though they may be fictional characters, their ups, downs and in-betweens are real to us.

Test your knowledge below by guessing the name of both the TV mom and TV show she starred in. Then check your answers at the bottom of the page to check your motherly knowledge.

1. She was the voice of reason in keeping things together for Archie, Gloria and Mike.
2. Six kids and an always-perfect hairstyle...where did she find the time?
3. A true career woman, she balanced her motherly duties with her work as a partner in a law firm.
4. A more "modern" twist to the others on this list, she keeps three kids and Phil on track.
5. This traditional homemaker cared for Richie, Joanie and Howard.

1. Edith Bunker, "All in the Family"
2. Carol Brady, "The Brady Bunch"
3. Clair Huxtable, "The Cosby Show"
4. Claire Dunphy, "Modern Family"
5. Marion Cunningham, "Happy Days"

ANSWERS:





Jewish Heritage Museum of Monmouth County Welcomes Back



The National Yiddish Theatre Folksbiene Troupe in Makht a Tsimes (Make a Fuss)

By Grace Toy

The Jewish Heritage Museum of Monmouth County welcomes back The National Yiddish Theatre Folksbiene Troupe in Makht a Tsimes (Make a Fuss), on Sunday, May 31, 2015 at 2 PM. This event will be held at the Freehold Jewish Center at 59 Broad & Stokes Streets in Freehold, New Jersey, 07728. It is a 90-minute musical revue featuring new and classic Yiddish comedy and music performed in Yiddish with English translation sub-titles. The performers are Leizer Burko, Motl Didner, Richard "Ruvn" Kass, Rebecca Keren, and Miryem-Khaye Seigel. It is under the Musical Direction of Dmitri Zisl Slepovitch, who is also at the piano, and Stage Direction by Motl Didner. General Admission is \$25, \$20 for a group of six or more, and \$10 for students. Tickets will be available at the door.

The Drama Desk Award-winning National Yiddish Theatre Folksbiene, which celebrates its centennial in 2015, is the longest continuously performing Yiddish theatre company in the world. Its repertoire consists of plays, concerts,

literary events, and workshops in English and Yiddish, which celebrate the Jewish experience. They bridge diverse communities through multicultural programming and partnerships with schools and community organizations.

The Folksbiene Troupe (or Di Trupe) is a group of young people in their twenties and thirties who have embraced Yiddish and are passionate about artistic presentations in this language.

This production is co-sponsored by The Jewish Heritage Museum of Monmouth County and the Freehold Jewish Center, and is partially funded by a grant from The Jewish Federation in the Heart of New Jersey.

For more information or to make a reservation, call the Museum at 732-252-6990 or visit www.jhmomc.org. Prepaid tickets will be held at the door and they are non-refundable. The Jewish Heritage Museum is located at 310 Mounts Corner Drive in Freehold. It is a 501 (c)(3) tax-exempt organization and handicapped accessible.

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