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Let Me Shake Your Hand – PJC Hey Class

By Susan Heckler

Generally speaking, when Jewish youth get to the age of their Bar or Bat Mitzvah, it means they have had a certain amount of Jewish education and are ready to be considered an adult. With that adulthood comes certain responsibilities.

This year's graduating class, at The Perrineville Jewish Center, has taken on a project to show themselves and their community just what being an adult means to them. These soon-to-be teens have put their collective heads together, rather than working separately, and decided to host a Mitzvah Market to raise money for two chosen charities.

According to the Mitzvah Project Mom for this year, Jen Rosh, The Mitzvah Market will be a community yard sale in the synagogue parking lot on May 4 from 9am-2pm. The rain date is June 1st. Ten or more families will be displaying their offerings, including home baked goods. All of the funds raised by the



From left to right: Rabbi Schevelowitz, Logan Rosh, Jordan Watson, Mackenzie Jones, Jared Aftel, Max Gluck and Max Klienwaks

event will be donated to two charities.

Each student put their favorite charity into a 'hat' and two were drawn. The Helmetta Animal Shelter and the Juvenile Diabetes Research Foundation were the lucky winners of the hard work and good hearts of this year's Hebrew School graduating class.

The team spirit and community consciousness has not gone

unnoticed. Many congratulations and thanks go to Jared Aftel, Sydney Brewer, Delaney Engel, Sarah Fradkin, Max Gluck, Mackenzie Jones, Gabrielle Josephson, Max Kleinwaks, Logan Rosh, Rachel Schnack, and Jordan Watson and their families. We hope you will come to the

continued on page 40

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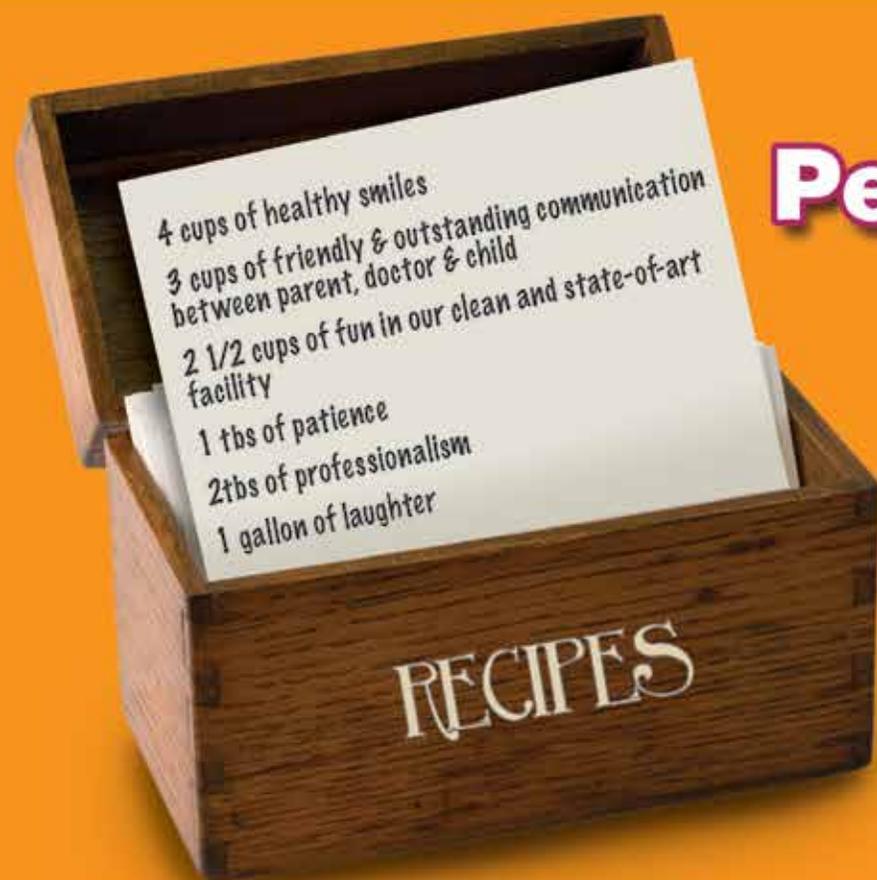
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A growing concern is the effects of this on children. This incorrect posture while playing games can lead to increased ear infections and sinus problems due to poor draining issues in the neck.

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Protecting Our Loved Ones from Senior Scams



Seniors make easy targets for scams because they are available; they are retired, they're home, they read their mail and answer their phones. They are more likely to have a nest egg and less likely to report they were scammed and if they do report it, their memory may prevent them from providing detailed information.

The National Crime Prevention Center (NCPC) reports that seniors over age 60 are targets of 49% of telemarketing scams involving medical care services and products, 41% involving sweepstakes and prizes and 40% involving magazine sales. The NCPC reports each victim of sweepstakes fraud lost an average of \$7,000. Although my mother in law had very little money when she passed away, we did find several thousand dollars in bogus sweepstakes tickets that she had purchased.

To prevent this, you can monitor your loved ones' mail. Look for stacks of unsolicited mail with various offers for money or prizes. See if they have received packages of cheap costume jewelry or other gifts. Offer to help balance their checkbook and look for any unusual large withdrawals or checks to companies you never heard of and check credit card statements, as well.

As you can see, when someone we love becomes vulnerable, there are many people ready to take advantage. Sometimes the solution is to take control of their affairs as a trustee or conservator. But often, all that is necessary is a Power of Attorney or simply a heart to heart talk. ■

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Another Night on Broadway Wows the Crowd

By Pam Teel



Millstone's Gina Whalen belts out a song at *Another Night on Broadway*

The Council of the Millstone Township Performing Arts Center proudly presented *Another Night on Broadway* at the Millstone Middle School Auditorium on Saturday, February 8. The production was produced and directed by Millstone Township's own talented singer and actress, Gina Whalen. Ms. Whalen, a seasoned veteran of the arts, has traveled the world performing in many various musicals and has even hosted her own one woman show in New York City.

This is the third Broadway Production presented at the Per-

forming Arts Center during the past seven years. Ms. Whalen performed in the first two productions, but the latest one was her baby. After producing and directing last year's successful Holiday Concert, Ms. Whalen was aiming at something even bigger. After coming up with the idea of *Another Night on Broadway*, she held auditions in early December. Her music director, Amy Fredericks, whom she has worked with in the past, helped her to come up with a list of Broadway songs based on the talent that they had to work with. Ms. Fredericks also had some contacts regarding the Broadway singers, which helped them to assemble a diverse group of talented people for the show. Auditions were open to anyone ages eight years old and up. Some children performing in the production were from other schools, as well as students from Millstone.

Aside from producing and directing the event, Ms. Whalen also performed a few numbers herself. Singing along with Millstone resident and veteran Cabaret singer, Rose Shargo, the two sang "I Know Him So Well" from the musical *Chess*. Ms. Whalen also sang "Meadowlark" from the musical *The Baker's Wife*.

Other adult performers included Broadway actress and singer, Kristin Carbone,

who performed a *Mary Poppins* medley that made you forget that you were sitting in an auditorium at a middle school. There were many other talented artists who performed a various array of songs from musicals, which included, *Rent*, *The Sound of Music*, *Peter Pan*, *Gypsy*, *Wicked*, *Matilda*, *Les Miserables*, and more.

Middle School students from the upcoming cast of *Oliver* also lent their talents to the event giving the audience a quick sneak peek into their March performance of *Oliver*, directed and produced by Lisa Marie Cappuzzo. The young actors and other Millstone participants, including teacher Vincent D'Aniello and recently retired teacher Joanne Schiumo, sang and performed in various scenes throughout the evening.

Millstone Township students are very lucky to have Ms. Whalen and Ms. Cappuzzo, two very talented professionals guiding them through their school productions and teaching them, along the way, about the art of performing.

Much credit also goes to the production staff who kept the production running along very smoothly. Those people behind the scenes working the sets, lighting, costumes, sound, and all the other tasks, whether big or small, helped to make this the success that it was.

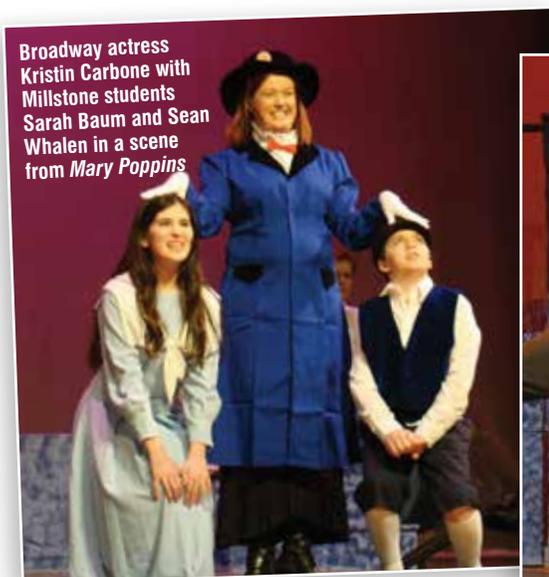
"I'm hoping that this show has given the residents of Millstone and the surrounding area the idea that they can find quality affordable entertainment right here in Millstone. This is one of our goals," stated Ms. Whalen. "We have a beautiful facility and it should be utilized as much as possible."

Ms. Whalen, you have certainly succeeded in bringing Broadway to the people of Millstone. The performers were incredible. They left the audience begging for more. Twenty dollars for a ticket and less for seniors and students, was more than a bargain! It leaves us all in anticipation of your next big production.

Thank you to all involved in bringing us this wonderful entertaining night and for making us feel like we were actually at a Broadway play somewhere in a NYC theatre, with the added convenience of being so close to home!

To all the young Millstone Thespians—you get better and better with each performance. All of your hard work has certainly paid off!

Don't forget to check the www.millstoneperformingarts.com website for upcoming events at the Millstone Middle School. ■



Broadway actress Kristin Carbone with Millstone students Sarah Baum and Sean Whalen in a scene from *Mary Poppins*

Jessica Turk of Howell with an array of young Millstone actors performing "I Won't Grow Up"



Millstone resident Rose Shargo singing "What I Did for Love"

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Little Known Facts About Some of the World's Most Famous Foods

By Pam Teel

Most famous foods usually have some kind of a story behind them as to how they were made. Some foods were even made mistakenly, like chocolate chip cookies and potato chips. Some of these stories have been handed down through the generations, and some, well let's just say, some might be that of urban legends like the Snapple brand soft drink. The original Snapple drink was said to explode when opened; the apple juice inside fermented. The name is a combination of the word snap and apple.

Potato chips were said to be made by an irate chef in 1853 at the diner, the Moon Lodge, in Saratoga Springs, NY. The chef's name was George Crum. When a customer complained that his fried potatoes were cut too thick, Crum cut the potatoes paper thin out of spite, fried them, and served them to the customer. Guess what, the customer loved them and so did everyone else.

During a day at the fair, a vender ran out of ice cream cups to serve the ice cream in and a quick thinking attendant used large rolled up waffles to hold the ice cream. The waffle ice cream became a big hit. This led to the making of the waffle cone.

Did you know that Doritos were first sold in the 1950's at a little place called Casa De Fritos in the Frontierland section of the park in Disneyland?

Flaming hot Cheetos were developed by a janitor, Richard Montanez, at a California Frito Lay Plant. He took some Fritos home and added his own seasonings to them, took them back to work to see what his co workers thought of them, and when the response was a positive one, he pitched the idea of hot cheetos to his boss. Before long, they were up on the shelves. Wonder if Richard remained a janitor after that!

Think about the irony of this. The Cotton Candy machine was developed by a former Tennessee State Dental Association President named William J. Morrison and was first called Fairy Floss.

Who didn't have a Pez candy dispenser as a kid? Do you remember what character you had? The candy was first developed as a smoking alternative by a German company. The dispensers were made to look like a lighter.

The White Castle burger Franchise was founded by a couple of guys in response to author Upton Sinclair's book, *The Jungle*, which exposed Americans to the horrific conditions of urban slaughterhouses. The white in White Castle was supposed to convey purity.

Chocolate chip cookies were improved by Ruth Graves Wakefield and her husband. They owned the Toll House Inn in Massachusetts. One day when making cookies for her guests, Ruth ran out of baking chocolate and substituted the chocolate with semi sweet chocolate instead. She noticed that the chocolate didn't break down and fully melt like the other chocolate they used and when she served them to her guests, they loved them. Did you ever hear of Toll House cookies?

Popsicles were actually a mistake. Eleven-year-old Frank Epperson was mixing powdered sugar and water to make a soda pop. He left the mixing bucket outside with the wooden stick in it on a very chilly night. The next morning he noticed the whole thing was frozen. When he licked it, it tasted great. He started selling the Epperson icesicles for five cents and later changed the name to popsicles, a new cool treat.

German chocolate cake isn't really German. It is named after Samuel German, developer of the baking chocolate that goes in the cake.

The Snickers Bar was named after the Mars Family's favorite horse called Snickers in the 1930s.

Some creations were made that were originally intended to be medicine like Pepsi Cola. John Pemberton made up a batch of what he thought would be a cure for dyspepsia. When his assistant tasted it, he raved at the taste so they decided to mix it up with carbonated water and sell it as a soft drink. The name Pepsi came from the word dyspepsia.

7-up originally contained a mood altering inhibiting drug called lithium citrate. It was a popular mood stabilizer in the nineteen and twentieth century.

The soda, Fanta, was a product of Germany, during the Nazi period. Due to a loss of supplies during World War II, Coca Cola's German CEO Max Keith, had to come up with a replacement soda. Fanta was made out of mixing up leftover ingredients.

Coca Cola originally contained coke in its syrup. The coke was removed in 1903.

Corn Flakes were developed by brothers John Harvey and William Kelly in the 1800's. It was purposely made to be plain and starch free and a healthy source of nutrition to feed John Harvey's patients. He was Chief of Medicine at the Battle Creek Health Clinic. The brothers attempted to put together healthy starch free bread that had some taste to it. The first batches didn't work out. They were too mushy. The Kelly brothers were called away for a few days and when they came back the wheat hardened and William for some reason put it through the rollers and noticed that the wheat didn't stick and even better than that, the individual morsels tasted good. They made up another batch of wheat grains and perfected the cereal. The plainness of the cereal was also meant to calm down ones libido.

Graham Crackers were invented by Sylvester Graham, a Presbyterian Minister. It was aimed at getting people to control their libido. When they had amoral thoughts, they would reach for a graham cracker instead. Wonder how well that really worked? ■



The Snickers Bar was named after the Mars Family's favorite horse called Snickers in the 1930s.



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Millstone Welcomes Thunder

By Susan Heckler

Did you hear about the Thunder on Super Bowl weekend? There is Thunder and then there is Thunder. Both teams competing in the Super Bowl had mascots named Thunder. The Seattle Seahawks is a hawk named Taima which means "thunder." The Denver Bronco's mascot is a beautiful pure-bred Arabian gelding named Thunder.

When Thunder the horse needs to come to New Jersey to represent his team, it is not an easy chore. It is a very long drive in a horse trailer for this majestic animal, even without factoring in the winter weather, and he certainly can't fly coach. Thunder was shipped to Newark airport by Federal Express and was accompanied by a few humans. Needless to say, they did not book a suite at the local Holiday Inn for him.

Thunder was a guest at a local horse farm for the big weekend. Golden Gait Farm, located at 323 Sweetmans Lane in Millstone Township was the chosen location. The owners of the horse, Sharon Magness Blake and Ernie Blake chose the farm from viewing it on the website. They chose Millstone Township as it is roughly 45 minutes away



from the stadium, the same commute he has in Colorado.

Thunder was busy doing appearances in New York City, and arrived by a chauffeur driven trailer from Golden Gait Farm. He was seen showing up on the "Today Show," "Fox & Friends" and other morning shows to promote his team. You would think a country boy would be bothered by Manhattan crowds and traffic, but not this young man. Thunder was not disturbed by the ruckus and did his 'thing' like a true professional.

While not on the job and on his down time, he got to enjoy the beautiful surroundings Millstone offers. He got to ride the trails at scenic Halka Nursery with Golden Gait owner Jacki Hundertpfund and the mascot rider Ann Judge-Wegener.

Having such a famous visitor demanded some special treatment. Security cameras were installed so Thunder could be supervised 24/7. According to the owner of the farm, Thunder was quite the gentleman and is welcome to come back and stay anytime. ■

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Looking Forward to Robocalls

By Susan Heckler

Parents up and down the East Coast, stretching all the way to the West Coast, have been moaning and groaning about those early morning wake-up calls announcing delayed openings and school closings. Mother Nature has been keeping us guessing, making for last minute decisions that require contact in the wee hours of the morning. When possible, school administrations do try and advise parents the evening before to make for better planning for the families.

This winter has been so precipitously precipitative; so many calls have gone out day and night with many delayed openings and snow days. Millstone Township School District Superintendent Scott Feder decided to add a little levity to the robocalls that went out prior to the recent storms. Superintendent Feder broke into song in a revised version of a tune from Willy Wonka and The Chocolate Factory, to advise his students of a 2-hour delayed opening. On another weather event, he humored parents and students with the weather report of Honolulu. Yet again, he flexed his rhyming muscles to advise he is keeping his job as there are not any openings for bingo callers on cruise ships.

Kudos go to Superintendent Feder for his humorous delivery to often redundant and unwanted news of school day changes. Snow days and delays throw up cheers from the children, but parents then have to scramble to make arrangements. The Student Handbook needs to add that it is forbidden for students to put toothpaste on their noses and wear their PJ's inside out to attract snow days. ■



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**In the
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**What's Happening
at the
West Windsor
Arts Center**

By Susan Heckler

The West Windsor Arts Center opened its doors Sept. 25, 2010 and has been a welcome addition to the communities nearby. Housed in a renovated Fire House, the organization brings arts programs to the community. They successfully collaborate with several West Windsor-based community and arts and cultural groups including the West Windsor Historical Society, The Bike and Pedestrian Alliance, Shakespeare 70, The New Jersey Jazz Society as well as the West Windsor Community Farmers' Market, where they regularly arrange for interactive art events. What all of this means is that it is a happening place!

The WWAC is located at The West Windsor Arts Center at 952 Alexander Road in the historic Princeton Junction Firehouse in West Windsor. In addition to hosting their own events, the beautiful building is available for private rental.

Their calendar of events is jam-packed with exhibits and festivals year-round. Some of the events require an admission fee, although many are free to the public. Their schedule is very well rounded with activities for all ages. They offer camps and classes for adults and children, a free summer concert series followed by two free fall arts festivals, 7 art exhibits, a film series, open mike nights as well as a much needed programming for teens.

They are always looking for great talent, whether it is in performing arts, teaching arts, or visual arts. They love to highlight local artists and talent from the surrounding states too. There is plenty of opportunity to volunteer at various levels of time and talent and they offer student internships. Donations are greatly appreciated as this organization is a not-for-profit.

Check out the upcoming events for this month and mark your calendars.

| | |
|---|--|
| <p>Open Mic Series First Friday of the Month April 4, 7-9pm, \$5</p> | <p>Open Mic Series First Friday of the Month May 2, 7-9pm, \$5</p> |
| <p>Saturday FILM Series Pink Ribbon Inc [2011] April 12, 7:30pm \$8, Members \$7</p> | <p>WW33 Opening Reception May 4, 4-6pm</p> |
| <p>Two Minute Memoir-Writing Workshop: Putting Grit into Our Stories April 27, 12:30-2:30pm \$20, Members \$15</p> | <p>Saturday FILM Series Frozen River [2008] May 10, 7:30 pm \$8, Members \$7</p> |
| <p>Two Minute Memoir-Writing Competition: Putting Grit into Our Stories April 27, 3-4:30pm \$6, Members \$5</p> | <p>Get Jazzed An Evening with American Jazz Drummer Winard Harper May 17, 8pm, \$20</p> |

For more information, check out their website at www.westwindsorarts.org or call 609-716-1931. Tell them Susan sent you!!

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Hats Off to the Horses

By Susan Heckler

The Horse Park of New Jersey, at Stone Tavern in Allentown, is host to the Jersey Fresh International Three-Day Event this coming May. This event attracts some of the best riders in

the world as the competition is a key part to qualify for upcoming Olympics.

From May 8-11, there will be three events where these professional riders challenge their skill, all using the same horse. Throughout the competition, the horses are inspected and monitored by veterinarians to be sure they are safe to compete for each leg of the competition.

The first test is called a "dressage" test. This test of obedience and skill comprises a set series of intricate actions executed in an enclosed arena.

The second test is the four mile cross-country test. This will prove the speed, endurance and jumping ability of the horse when he is well trained and brought to peak condition while navigating twenty-four to thirty-six fixed and solid varied obstacles.

The test on the third day is a show jumping competition, which entails very precise riding; it consists of between twelve and fifteen show jumping obstacles, which normally include at least one combination, two spread fences, and in some cases a ditch or water jump.

There will be a contest for the best hat. Categories will be: Best Single Hat, Best Group of Hats and Horsiest Hat. Entries will be judged on creativity, interpretation of a theme and presentation. Admission fee is a fundraiser for the Horse Park of New Jersey.

Break out your creativity, pack up your hat and your family and enjoy a great weekend event! Check out www.horseparkofnewjersey.com for more details as the date gets closer. ■



**Saturday, April 5 • 8am-2pm
at The Millstone Township Fire House
461 Stage Coach Road, Millstone Twp.**

They are looking for household items, linens, toys, tools clothing, books, electronics, sports equipment, etc. Please no computers, exercise equipment, TVs, baby car seats or baby cribs.

Donations gratefully accepted at the Fire House from April 1-4, 9am-6pm.

Sponsored by The Millstone Township Fire Company Ladies' Auxliary, a non-profit organization. All proceeds to benefit the Millstone Township Fire Company.

For more information, please contact Theresa Gesualdo, 609-685-5335 or Geryl Hickey, 609-658-6386.

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Practice begins August 1. We practice 4 nights a week, Monday through Thursday, through the last full week before school starts. The first game is usually the first Sunday in August.

Once school starts, practice drops down to 3 nights a week, Tuesday, Thursday and Friday. There is a game every Sunday, with a total season of 7 games. All home games are played at the Wagner Farm Complex.

The playoffs follow immediately afterwards. This, being the 11th season as a member of Pop Warner, they continue the Millstone Eagles tradition of having fun, learning the values of team work, and good sportsmanship. Along with fun, the Eagles have put together competitive, winning teams at all levels. Thanks to all the parents, players, and coaches who make it possible.

All home games are played at Wagner Farm Park Athletic Complex, 4 Baird Road and Woodville Road.

Register now at: www.millstoneeaglespopwarner.com



MRLL Golf Outing, Lunch, Auction Slated

The Millstone Little League (MRLL) will host a golf outing and lunch auction May 5, 2014 at the Battleground Country Club, Manalapan Township.

The golf package—which includes a breakfast, practice facilities, greens fees, cart, bag attendants, club cleaning service, locker room, barbecue lunch, awards and a raffle and silent auction—is \$195. A lunch package is available for \$35 for non-golfers. Please see the MRLL website, www.mr-ll.org, for more details.

MRLL is a nonprofit organization devoted to funding childhood experiences in baseball and softball which will foster adjusted, strong and happy children who will grow to be good, decent, healthy and trustworthy citizens. ■

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Don't Let Your Money Go Down the Drain

By John T. Lee,
Chief Operations Officer, Drainage and More

Every year homeowners spend thousands of dollars investing in and protecting their most precious investment, their property and home. As spring rolls around many are planning on ways to improve their home and yard. New flower beds, irrigation, landscape, pavers, and other home improvements are in the planning stages. Sadly though, many homeowners watch their investments go down the drain literally. Any investor wants to protect his investment the best they can, but all too often they simply don't realize these investments are exposed to an overlooked danger, water.

Hurricane Sandy illustrated how devastating water can be.



Estimates show that 80% of the damage caused to your home and property is caused by poor drainage. Hurricane Sandy illustrated how devastating water can be and how exposed we are to these damages. The fact is these damages are occurring all the time to your home and property in the form of poor drainage. These damages are often overlooked by professionals and homeowners. It is our mission to bring these damages to the forefront and empower people with the ability to protect their investments to their home and property.

The leading culprit is rainwater dispersion from existing down spouts. If you walk around your house and property it will become evident that many of your investments are washing away. Rain water dispersion systems immediately disperse water away from your home to areas where the water will not cause damage. The quicker the water gets away from your home the less damage will be caused to your foundation and landscape. Many times these systems can reduce or in some cases eliminate water entering your basement during rain events.

There is another drainage issue that many homeowners have been dealing with for years. Wet, soggy areas on their properties that never seem to dry. These areas are often unusable and become a breeding ground for mosquitoes and other insects. Year after year homeowners have tried to seed, grade, and remediate these areas only to be disappointed the next time it rains.

Drainage is a key part of ensuring your property investments are protected. Water not dealt with properly can and does cause damage to your home and property. Before you invest in your spring project make sure you speak to a qualified drainage consultant that can assist you in making sure your money does not go down the drain.

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As a Mother, Strong Is Not a Choice, It Is Simply Necessary...

By Lynn Regan

I aimlessly walked out of the emergency room in Palm Springs, California, stumbling to find the ground beneath my feet? I think I was in shock, I was disconnected from my own skin. I sat on the curb trying to regain some sense of breath and consciousness. I stared up at the most beautiful mountain that appeared to be looking back at me with angry eyes. I screamed a gut-wrenching scream at the top of my lungs, "WHY? What have I done? What do I do? Help me!" I couldn't breathe or swallow. I stood alone, trembling uncontrollably. I had never cried so hard in my life. A security guard, whom I will never forget, came up behind me and put his hand on my shoulder, offered me a box of tissues, and handed me a coin. He had witnessed my son being carried into the hospital in a strait-jacket, 100 pounds, third-degree burns, bloody head bound in gauze and tied down to a gurney, screaming abusively at the hospital staff and everyone that was helping him. They had to approach him in haz-mat suits. He spit on them and attempted to kick them as they tried to sew his eyebrow back in place. He acted less than human...where had my son gone? My son was addicted to heroin and crystal meth.

Our journey was painful and dark with many twists and turns. Dreams were banished, expectations diminished, goals were non-existent. These moments will never leave me and they have affected our family immensely. Addiction causes the entire family to become ill, the perspectives of each family member become twisted and tangled in the daily disorder and chaos. Hours, days and years pass in a creepy high-speed tunnel.

I can gratefully say today that my son Daniel is two years sober, after a long journey through addiction and through our treatment system. The creepy tunnel is gone, and the hours, days and years are being enjoyed and cherished.

Our very personal experiences through this battle have caused us to take a stand and become educated about the treatment system, addiction, our community, and to be physically involved in the entire process so that we may help other people through the hell of addiction. We have been forced to overcome trauma, to heal our other children, to mend a bruised marriage, and to rebuild Daniel's life filled with passion and hope. We have analyzed, studied and met the most amazing knowledgeable, intuitive souls throughout this journey.

There is hope—it's actually all about hope!

Daniel's last in-patient treatment center changed him. It actually saved his life. I honor their approach and I believe in it. When he returned home from this treatment, we decided to create our own home-based program, using the model of hope and inspiration, not fear based and dis-empowering. I refused to trust anyone else with his life, I was too scared to loose him. In the past every time he completed a treatment program he learned how to do more drugs, different drugs and different ways to get higher? I would ask...Why is this happening? He would fail drug screens and I would not be informed, even with consent. The system was baffling and cunning just like the disease. Relapse after relapse!

I continued to ask questions, where there seemed such obvious short-comings? What happens when a person new to recovery goes home after treatment or during an outpatient program? It's only the beginning of the treatment process. Who do they socialize with? Can they get a job? Can they go back to school? What do they do with all the extra time while trying to remain clean and sober? What occupies their day? Is their home the best place for them?

This is a very fragile time and needs to be understood and recognized as a very important aspect of treatment. Aftercare is necessary for successful long term

continued on page 44



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May I ask? What happens when a person new to recovery goes home after treatment or during an outpatient program? It's only the beginning of the treatment process. Who do they socialize with? Can they get a job? Can they go back to school? What do they do with all the extra time while trying to remain clean & sober? What occupies their day? Is their home the best place for them? This is a very fragile time and needs to be understood & recognized as a very important aspect of treatment. Aftercare is necessary for successful long term recovery. Our program fills in these very important gaps. Socialization / Self Awareness / Redefining lost passion... & so much more



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From left to right: Eric Danze, Cody Ponzio, Rafferty Burden, John Paul Lubonty, Sean McCafferty, Stephen Sharpe, John Breslin, Josh Matchlin, Thomas Maltese, with Scout Leader, Phil Danze



Tiger Scouts Learn About the Newspaper Business

By Pam Teel

The boys in Tiger Den #4, Pack 116, Millstone Township, learned a little about the newspaper business and about all the people involved in putting out a newspaper on a daily basis when a member of the Millstone Times staff came to talk to them during one of their meetings. The boys learned about all of the people that worked at the paper and about certain job functions that they perform, such as the editor, the writers, the advertising sales team, the graphic artists, etc.

They learned how the blank pages get set up with advertisements, pictures, and articles that are placed in them and then how the finished product is sent to a printing house where many papers are printed out before getting sent to the post office and mailed to their homes.

They also learned how a reporter/writer goes about doing their job by talking and interviewing people. When they were asked about what they liked about being a tiger cub, John Breslin stated that it was a lot of fun. They got to do a lot of cool things like archery.

Rafferty Burden likes to go hiking. Sean McCaffery likes making a campfire. Cody Ponzio likes manning the food stands. Josh Matchin likes when they get to go to different places and likes winning trophies. John Lubonty thinks it's a lot of fun and likes meeting new friends.

The boys were working on a requirement that would earn them a bead towards earning their Tiger Badge. Good luck Boys on earning that Tiger Badge. Thanks for being such good listeners! ■



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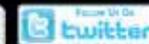
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Millstone Township PTSA and PTO Sponsoring Scholarship Program

The Millstone Township PTSA and PTO, two non-profit groups of parents, students, educators and community members who work together to support the schools and offer educational opportunities for our students, will once again be sponsoring a scholarship program. The PTSA and PTO will be providing a \$1,000 scholarship each. The scholarship award will go to deserving high school senior(s) who reside in Millstone Township and have graduated from Millstone Township Middle School.

The scholarships are based on personal interviews, community service and an essay on the topic "What challenges I have experienced in my life and how I have overcome them?"

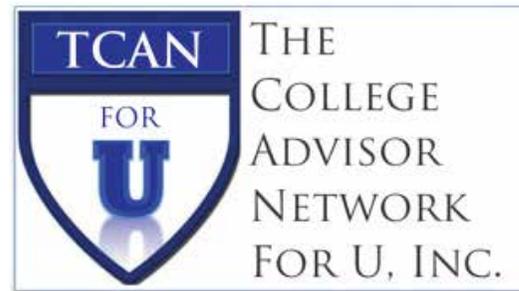
Any high school senior who resides in Millstone, has graduated from Millstone Township Middle School and is enrolling in a two-year or four-year educational program (including community college, nursing, vocational or business program) is eligible to apply.



Applications are available on the Millstone Township School District website at www.millstone.k12.nj.us under the middle school tab, as well as on the PTSA website at www.mtmsptsa.com. Click on the scholarship link to access it there.

Applications should be completed and mailed to Millstone Township PTSA Scholarship, 5 Dawson Court, Millstone Township, New Jersey 08535, by April 1, 2014. Qualifying applicants will be notified of an interview date and time.

Awards will be announced at the Millstone Township Middle School Eighth Grade Graduation ceremonies on June 19, 2014. ■



PRESENTS...

THE MILLSTONE TIMES' STUDENT OF THE MONTH

ALISSA DE FELICE

By Pam Teel



We are happy to honor Alissa De Felice from Clarksburg as our Millstone Times' Student of the Month recipient. Thirteen-year-old Alissa is a seventh grader at the Millstone Middle school. Alissa studies hard and loves learning. Her high academic standing is proof of that.

When asked what she liked about being in the middle school, Alissa stated that she loves all of her classes and all of her teachers and she loves being able to see her friends at school on a daily basis. She also loves to be involved in many of the after school activities. Alissa's favorite subject is language arts. She loves to write both fiction and non-fiction stories. She also loves to write personal essays. Alissa loves that her language arts teacher encourages her and helps her with her writing. Just recently, she read an essay out loud to her classmates and to some of the parents called, "I Believe in Fire Breathing Dragons," which was about using your imagination when writing. "It was a little nerve wracking reading it out loud," she stated, "but we presented it like we were on a radio show and we were behind a curtain, which made it easier for me to read

it to an audience." Alissa also likes social studies and found the history of World War II a very interesting topic. She learned a lot about that time period. She would love to become a book editor in the future and plans on going to college to pursue that goal.

Alissa likes to read mystery books and paranormal romance such as the *Twilight* series. Currently, her favorite television show is "Teen Wolf." She likes to listen to all genres of music but likes the popular songs the best. She likes to play popular songs that she knows on her piano. Right now she is really into John Legend's songs. Her two main hobbies are writing and sports. After school sports and weekend sports keep her very busy.

Alissa lives with her mom and dad, her older sister Rachel, and her younger brother Neil. Her favorite place to visit is Myrtle Beach where she meets up with her cousins in the summer. She loves when they all get together to play volleyball at a nearby court. Alissa has a dog named Pepper. He's a Lab-Newfoundland mix. Her favorite holiday is Christmas but she says it's not because of the gifts. She loves it because she gets to see both sides of the family, which include her cousins and grandparents.

Alissa's favorite sports are basketball, softball, and soccer. She plays basketball on the school team. She also loves to play soccer on the weekends. Her favorite foods to eat are steak and potatoes!

When asked if she could have one wish, what would it be," Alissa wished that children her own age would act more responsible when it came to drinking alcohol, doing drugs and bullying other children. "Think before you act," she stated. Alissa is a very sweet young lady with a great personality. She is easy to talk to and is very mature for her age. We wish you nothing but the best in all of your future endeavors Alissa. Keep up the straight As in school and thank you for being our Student of the Month! ■

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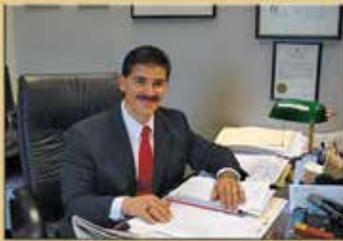
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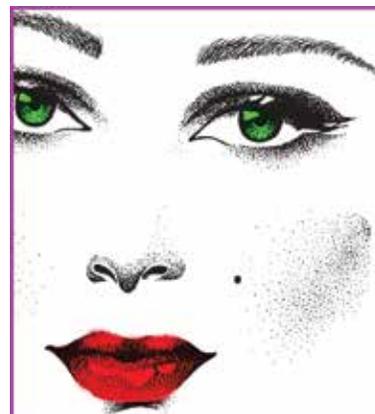
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County Presents Historic Preservation Grants

13 Projects Share \$64,411

The Monmouth County Historical Commission awarded preservation grants recently for 13 restoration projects that totaled \$64,411.

“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.”

Debbie Novellino and Patricia Butch accepted a \$5,000 grant for roof repair at the Baird House in Millstone.



From left to right: Commissioner Ellen Tracy, Friends of Millstone Township Historic Properties Vice President Debbie Novellino, Freeholder Director Lillian G. Burry and Friends of Millstone Township Historic Properties President Patricia Butch attended the Monmouth County Historical Commission’s preservation grant award ceremony on February 24 in Freehold, NJ.

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 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.

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.

The Historical Commission's Annual Preservation Awards ceremony was held Feb. 24 at the Hall of Records in Freehold where recipients received checks for the first half of their award.

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 2014 Preservation Grant Recipients:

| | |
|---|---------|
| Battleground Historical Society (Englishtown) Village Inn Porch roof restoration | \$4,000 |
| Borough of Fair Haven Bicentennial Hall front entry restoration | \$3,713 |
| Friends of Monmouth Battlefield (Freehold) Craig House window replacement | \$2,915 |
| Whale Pond Brook Watershed Association (Long Branch) Ross Island Stone Hut | \$4,000 |
| Long Branch Historical Museum Association Church of Presidents, west gable siding restoration | \$7,444 |
| Borough of Matawan Burrowes Mansion Cedar shake roof | \$7,000 |
| Monmouth County Historical Association (Holmdel & Shrewsbury) Holmes-Hendrickson & Allen House Exterior Restoration | \$7,500 |
| Old Tennent Church (Manalapan) Restoration of exterior doors | \$4,357 |
| Friends of Millstone Historic Properties Baird House roof repair | \$5,000 |
| Shrewsbury Monthly Meeting Cedar Shakes on the north and west sides | \$7,500 |
| Christ Church (Shrewsbury) Clock face painting | \$925 |
| Borough of Tinton Falls Crawford House first floor ceiling | \$5,057 |
| Old Wall Historical Association (Wall) Farm house exterior painting | \$5,000 |

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By Susan Heckler

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Mom on a Mission

By Susan Heckler

Every day we are barraged with the news of unfortunate events happening across the globe. Some of them we relate to, and some we don't.

Back in July 2012, Manalapan resident Robin Nowicki dropped her children off at a local movie theater for a day with their friends. Shortly after, she learned of the shooting in a movie theater in Aurora Colorado. This brought to mind the parallel that her children were in similar circumstances and a tragedy can happen anywhere at any time. Shortly afterwards, in December of 2012, the shooting in the school in Newtown, Connecticut pushed her to look for an outlet for change.



On December 15, 2012, Shannon Watts launched a Facebook page to vent her sadness and anger over what happened at Sandy Hook Elementary School. She started Moms Demand Action for Gun Sense in America, a grassroots Mom-grown movement for gun reform. 140,000 members in 40 states and growing, these are women on a mission to get our government to implement background checks for all firearms purchases, ban certain firearms that are termed assault weapons, ban ammunition magazines that hold more than 10 rounds and initiate a system to track the sale of large quantities of ammunition. Monmouth County has roughly 50 members to date.

Robin said that New Jersey has a very effective system for background checks in place, but they are asking for every state to do the same. 75% of New Jersey gun violence were guns here illegally and not registered. Our state ranks #1 for trafficking illegal guns. Background checks here mean those who may not pass the check will go to other states to purchase their guns and bring them here. They will not be registered. If we have a national law, that hole in the system will be filled.

These ladies are not against gun ownership and many of their members are gun owners themselves. They respect the second amendment but also know that 40% of all guns sold are in states where there is no background check done. Legal gun owners in New Jersey would not be impacted if Congress passed a National standard of Universal Background Checks. A person with a criminal record or mental health issues should not own a gun as they would not pass the check.

In the United States, 100 people are shot each day, 33 of them die, 8 of them are kids. In the last 15 months since Newtown, there have been 43 school shootings. Many of these guns were owned illegally. Had a universal background check been in place, how many lives may have been saved?

In December 2013, Mayors Against Illegal Guns and Moms Demand Action for Gun Sense in America announced their merger into a nationwide movement of Americans working together to end gun violence. Now more than 1,000 mayors and more than 1.5 million Americans from big cities, small towns, and all different walks of life are working together.

What can you do? Call or email your representatives in Congress and demand that they support common-sense measures like background checks to curb gun violence. Spread the word and lend your support. ■

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Let Me Shake Your Hand

continued from page 1

Mitzvah Market to make it an astounding success. There is nothing like putting yourself 'out there' to help and to see a wonderful result as an inspiration to do other community service acts. Handshakes, hugs and a great big Mazel Tov from The Millstone Times!

If you have any questions or would like to contribute, you can contact Jen Rosh at (732) 778-8390. ■

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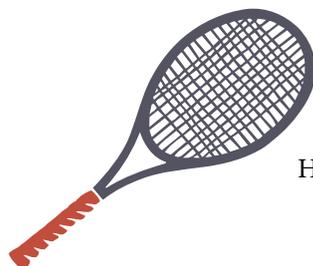
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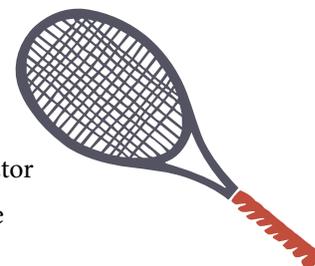
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Strong Is Not a Choice

continued from page 29

recovery. Filling in the gaps within the treatment system is vital to dissolving the existing relapse rate of 80%.

Daniel and I worked relentlessly finding amazing professionals and resources, navigating different areas of therapy, creating a balanced hopeful approach to addiction and most importantly aftercare.

We have formed a non-profit organization called CFC Loud N Clear, 501c3. We are an after treatment support program that helps those seeking recovery find their worth and happiness in their new found life. We strive to increase awareness in our community and to share hope and help for families and individuals that are still suffering. Please Join the conversation at www.cfcloudnclear.com. ■

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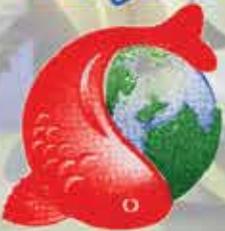


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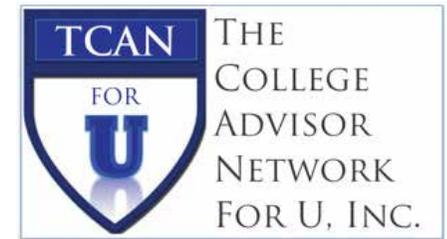
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Making the College Application Process an Exciting and Positive Adventure

By D. I. Green

Starting the college application journey no doubt brings on a sea of change, emotion and anxiety for all involved. Whether this is your first time or the last, there are resources at your fingertips to help make this time around a pleasant and rewarding experience.

Imagine a structured process with mutually agreed on expectations and goals between parents and children, minus the chaos. Not so crazy—with a market of Certified College Advisors available to you and your children you need not imagine. Applying to college has become harder and harder from both a process and requirements viewpoint. With a Certified College Advisor navigating these waters, you can avoid the choppiness throughout the course.

So where to start? Well that's easy, but you MUST consider a few things first:

• Is the Advisor Certified?

Is your college advisor a self-professed expert or have they become certified through an accredited university? Those who get certified are not only proud of their education, but simply better understand the process and foster a stronger partnership with you and your child.

• Ethics and Networks

One size does fit all. Beware of individuals who profess they know it all. An experienced advisor will have access to other professionals to help you with financial planning, tutoring, interviewing, resume writing and more. The experienced advisor above and beyond all else, subscribes to an ethical policy that is beyond reproach.

• References, References, References!

In a world of six degrees of separation or less, simply ask for recommendations and check them out yourself. We have found that in the area of protecting our precious youth, people are more than willing to recommend excellence, and point out disappointments.

Nadine S. Green Certified College Advisor, MA, SLP-CCC and Industry Executive understands the process both as a parent and advisor. Having not worked as a Speech Pathologist for years, but missing the joy of helping young adults succeed in their everyday lives Nadine set out on a journey and started *The College Advisor Network For U*. As the owner and founder, Nadine studied to become a Certified College Advisor through University of California-San Diego Extension Campus. Immediately following her certification Nadine started *The College Advisor Network For U* and is now enjoying with her students the success of weighing

multiple acceptance options to their top pick schools and scholarship packages. With new sophomores, juniors, seniors and postgraduate students joining *The College Advisor Network For U* family and starting their journey, Nadine is not stopping there. *The College Advisor Network For U* networks of professionals are working with their young clientele in a host of other educational and pre-professional offerings:

- Financial Planning
- Summer Internship alignment
- Interview training and workshops
- Resume Writing
- Tutoring for College Placement Testing

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- We have developed a well thought out process to match the right schools to each students needs (academically, financially, culturally)
- Our processes were specifically designed for students and can be tailored accordingly
- We have developed a comprehensive directory of schools offering various levels of programs for students that may require additional resources once accepted to a college
- For those interested in pre-professional studies or wishing to pursue a special talent (athletes, musicians, etc.) we are ready to frame your personal journey
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Millstone Youth Helps Other Children Less Fortunate

By Pam Teel

Twelve year old Fabrizzio Bagatoli from Millstone Township has been working hard at obtaining his Black Belt in Karate. Ever since 2006, Breez, as his friends call him, has been taking karate lessons at Art Beins Karate School in Freehold. There are many things that Breez must do to work his way up to obtaining a black belt. He will be taking a five hour test that will include a lot of physical activities such as pushups, sit ups, running a mile, writing essays and answering a book of questions. He also has to do some type of a community service.

As his community service, this seventh grader chose to help children less fortunate than himself. He wanted to help foster children who were in the care of Social Services, so he got in touch with the Director of Marketing of the Children's Home Society in Trenton.

As part of the Global Youth Services Day, held this year on April 11-13, Breez started a project called "Cuddle Me Mine" in which he will be collecting brand new stuffed animals, new children's blankets, toys, and new and gently used books for the foster children. He will also be collecting donations in which he and his brothers will personally deliver to the Children's Home Society in Trenton.

The Global Youth Service Day is the world's largest event and the only one dedicated to recognizing the contributions that young people make to their communities every day of the year. The Global Youth Service Day grows

more popular every year and is observed in all 50 states and in more than 135 countries and on six continents. The goal of the Youth Service Day is to mobilize youth to identify and address the needs of their communities through service, to celebrate the power of young people to improve themselves and their communities, to create change through services to others, and to educate the public, media, and policymakers about the urgency and power of engaging young people as community leaders.

Helping Breez set up collection sites are his two brothers, eleven year old Renzo and nine year old Francesco along with a few close friends; Rami Ben Flah, Cadence Ben Flah, Lucas Beck, Johnny Raos, Bruno Battaglia, Bianca Battaglia, and Michael Duran.



From left to right, Renzo (age 11), Fabrizzio (age 12) and Francesco Bagatoli (age 9)

If you would like to donate brand new stuffed animals, blankets, toys, hats, new and gently used books, you can drop off the items in boxes located at the Millstone Township Middle and Primary schools, Art Beins Karate School in Freehold, Ivy League Preschool in Manalapan, Parks Martial Arts Academy in Jackson from now until April 13th and at St. Josephs Church on the weekends of March 29/30th and April 5/6th.

Please help Fabrizzio and his friends in their endeavor to help ease the transition these foster children are going through. Good luck to you Breez and keep up the good work helping those in need! ■

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New Restaurant, Barndooore, Opening in Millstone Late Summer/Early Fall

By Susan Heckler



Everywhere I go I hear the same question...When is the Barndooore opening? With one successful location in New Brunswick, the restaurant's arrival in our community is highly anticipated.

Many people don't realize that they have already tasted Barndooore's fine food as they are already opened for outside catering. They have participated in some charity events; the St. Joe's Food & Wine tasting, Millstone Day at Frogbridge, the Allentown High School Soup Sale, the Millstone Roosevelt Little League, IEP Youth Service of Freehold Girls Night Out at Knob Hill Golf Club, and Centrastate Taste of the Town where Barndooore Catering and their Executive Chef Richie Zukowski have been featured for the past two years.



If you haven't been to any of these functions, The Taste of the Town is coming up soon on Monday, March 31st at the Radisson Hotel in Freehold.

Their produce will be coming from local farms when available. Everything is made from scratch. Their menu features appetizers such as our Garlic Shoestring Fries and Fusion Korean Tacos as well as award winning New England clam chowder. There are 8" tall Burgers Stax, grilled and tempura battered chicken sandwiches, salads with house made dressings, rib-eye cheese steaks and sandwiches on delicious pretzel rolls.

The Millstone location will be opening late summer/early fall. The delay was caused by some changes in the design of the building and the necessary permits to accomplish the construction of it. Owner and local realtor Morgan Tracey has been a real estate person at the Prudential Real Estate office on Millstone Road, right in front of the restaurant site, for the last five years. She can't wait to add Barndooore in Millstone to the list of great businesses in her beautiful and friendly community! ■

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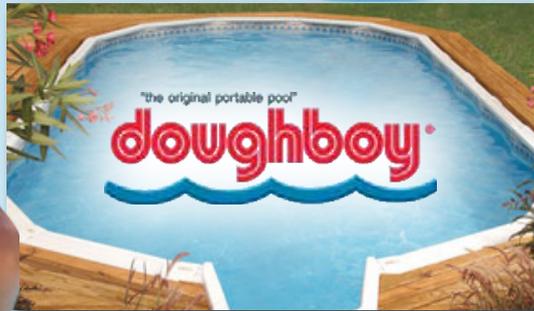
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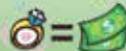
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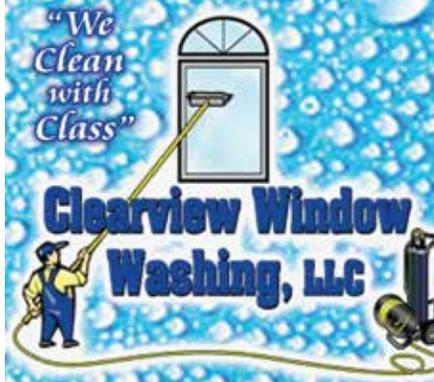
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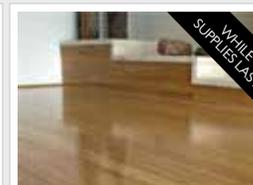
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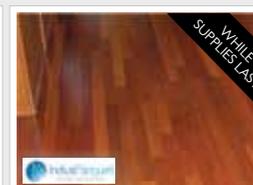
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