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## Millstone Eagles Cheer Team Competes in Disney World for National Title



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Dedication, hard work, and commitment are evident in this winning team. They started out on August 4th as a group of girls looking forward to a new cheer season and ended it on December 8th as National Champions.

The Millstone Eagles Jr. Pee Wee Cheer team competed in Disney World on December 8, 2014, for the national cheer title. The girls took home the third place trophy after competing against 16 teams in their division nationwide.

Earlier in the season, they earned the titles of Central Jersey Champions and Eastern Region Champions.

Congratulations to the girls on all of their victories! ■

From left to right, top row: Allison Casale, Samantha Alster, Lizzy Miick, Stephanie Costello, Isabella Albarella, Georgia Kuchar, Olivia Porzio; bottom row: Emily Pellegrino, Emma Whitney, Ashley Lotruglio, Devyn Bernstein, Misha Verma, Francesca Abaro



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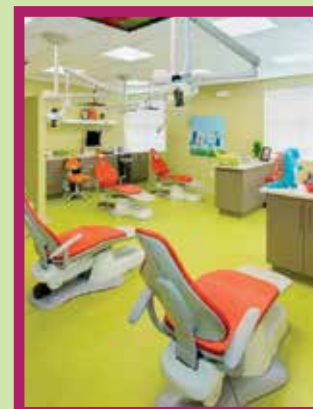


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## THE MILLSTONE TIMES' STUDENT OF THE MONTH ABIGAIL URBAN

By Pam Teel

**S**eventeen year-old Abigail Urban is a junior at Allentown High School. Abigail lives in Millstone Township.

Abigail finds many of the subjects that she is learning in school very interesting. She currently enjoys her AP U.S. History class. She loves participating in extra-curricular activities, such as the Allentown Redbird Marching Band, Half and Half (the chamber choir ensemble), the musicals and the plays, and the school newspaper. She is also one of the drum majors in the marching band. The best part of the day is that she gets to see and spend time with many of her friends who share the same interests as her. Her favorite subject right now is English.

Abigail claims to be a diehard Harry Potter fan since the fourth grade. Although she doesn't watch a lot of TV, she loves to listen to music. Abigail loves so many different genres of music that it's hard for her to pick a favorite song from among them. Aside from listening to music, Abigail also enjoys singing and playing the clarinet.

Abigail lives with her parents, Rob and Kathleen, and her two younger sisters Rebecca and Vanessa Urban. Her family pets include two turtles. Her favorite holiday is Christmas. When asked if she could have one wish, Abigail wished that everyone in the World could be happy.

Abigail is considering pursuing a career in the field of communications and film because she has always loved writing, (journalism) and making her own movies. She has also considered a career in music education because she loves participating in band and choir.

Abigail is a well-rounded young woman who manages to keep a high academic standing, even with all the extracurricular activity she is involved in. We wish you the best of luck in all of your future endeavors Abigail. We hope that you continue to enjoy everything that high school has to offer! ■

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# New Millstone Author Sets Her Sights on Teaching Children to Do Good Deeds

By Pam Teel

Retired Millstone resident, M. Lyman, is a new author. Her genre is writing children's fiction. Ms. Lyman presently has a five-part series book out called, Bailey's Good Deeds. The series is about a New Jersey Squirrel named Bailey Bean. Bailey is happy to do good deeds for his dad, mom, friends, neighbors, and at his school. Bailey's goal is to do good deeds and to be a good citizen.

Ms. Lyman's books are aimed at sending out positive messages to the children, emphasizing that kindness and compassion for others needs to be introduced early into a child's life to help mold them into responsible human beings. Children love to read and what better way to introduce morals and values than by capturing their attention in a book. "Books speak to children in their own language," Ms. Lyman stated. Her books stress the importance of getting an early start on doing good deeds for others. Ms. Lyman believes that good deeds are the foundation to building cohesive communities that reach out to help each other in times of need. Good deed actions can be spread by word of mouth and become the building blocks to better humanity.

Ms. Lyman was always interested in writing. She remembers her mother being a prolific writer and storyteller who always took the time to read the short stories that

she would write to her daughter. Ms. Lyman credits her mother for giving her the basic foundation of storytelling. With the gift of an imagination and a purpose behind the books, Ms. Lyman will continue to spread the word about doing good deeds for others through Bailey. There is no doubt that there will be many more books to come as she draws her material from the environment around her. She has never had any trouble coming up with ideas. "It's like a light going off in my head, and before I know it I have a book idea," she stated.

Her brother, R. David, who draws as a hobby, does her illustrations for her as he brings Bailey to life on a piece of paper. Book One- Baileys Good Deeds includes part one- Bird Watching Assignment at School, and part two- The Big Storm. Part three is due out in late fall and the topic deals with bullying. You can purchase Baileys Good Deeds, part one and two, now on Amazon.com or at [wwwcreatespace.com4174437](http://wwwcreatespace.com4174437).

Ms. Lyman has traveled to different preschools introducing her book to the students and giving thirty-minute presentations that include questions from the audience, a drawing for a free book, and a drawing for a free poster. If you would like to schedule an event for your school, library, etc, you can contact her at: [thebookzoneprlm@gmail.com](mailto:thebookzoneprlm@gmail.com).

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# Millstone Township PTSA Gifts More Than \$37,300 to Its Middle School

*Organization Also Raised More Than \$9,600 in Scholastic Book Credit*

The Millstone Township PTSA, a non-profit group of parents, students, educators and community members who work together to support the schools and offer educational opportunities for its students, announced today that it gifted more than \$37,300 to the Millstone Township Middle School during the 2013-2014 school year. The organization also raised more than \$9,600, in Scholastic book credit from its book fairs last school year. This will not only be used for the middle school library, but also the classroom libraries in that school.

The \$37,300 has been used to purchase 2 indoor Rower Black Model D with PM5 monitor from Concept2; Smart SPNL-6065 interactive flat panel mount on flat wall for the media center; Elmo TT-121 Document Camera; 20 iPads with cart & accessories; Camp Fairview trip 2014/15; school planners; awards for graduation; 8th grade "Diversity" day trip and presenter; 12 iPad covers with wireless keyboard; iTunes cards; 8th grade trip shirts and NJ Ask breakfast.

The PTSA would like to thank everyone who supported them last year. "We have a fun and exciting school year planned for our students, from dances to holiday door decorating contests," said Michele Stillwell, co-president, PTSA. "We need your help

to make our PTSA even stronger! Joining the PTSA is a great way to stay connected to your middle school child, without interfering with his/her growing independence. We are always looking for new members including parents, teachers, staff and students to chair the events the PTSA has planned for this year."

The current PTSA executive board consists of Co-Presidents Michele Stillwell and Kristen Saker. Michele Bomba as Vice President; Jody Dona as Treasurer; Lisa Pado as the Recording Secretary and Candace Colonna-Borgese as the Corresponding Secretary.

For more information about PTSA, how to donate or its fundraising efforts, please e-mail at [mtmspts@gmail.com](mailto:mtmspts@gmail.com), visit [mtmspts.com](http://mtmspts.com) and Like Us on Facebook. ■



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## MTFEE Raises More Than \$3,900 at Fourth Annual “Family Movie Day”

Millstone Township Foundation for Educational Excellence (MTFEE) raised more than \$3,900 from its Fourth Annual “Family Movie Day” held on November 16 at the Millstone Township Performing Arts Center (MPAC). Proceeds will help provide grant funding for innovative classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials that are beyond the scope of the general school budget to enrich education for the district’s public school students.

The event opened with an hour and a half of children’s activities including minute-to-win-it games with prizes, face painting, crafts and temporary tattoos.

The activities were followed by a screening of “The Lego Movie”—a movie that won a school township wide student vote.

The following served as sponsors:

- Event Sponsor – Saker ShopRites, Inc.
- Movie Sponsor – Cobra Power Systems Inc.
- Concession Sponsors – Ace Home Improvements; Admiral Water LLC/The Buffa Family; Caravaglio Self Defense & Fitness Training Center; The DeRose Family; The Dorfman Family; Dunkin Donuts & Baskin Robbins, Howell; Gunther Publications–The Millstone Times, The Family Times, Monmouth County’s Ask The Doctor Magazine; Wendy Litten, EA Tax and Accounting Services; South Brunswick Animal Hospital, Dr. Douglas Cotler DVM; The Stillwell Family; Strength and Sole Fitness, LLC/The Lombardi Family and Vesuvio’s Pizzeria & Family Restaurant
- General Sponsors – The Alves Family; The Cotler Family; The Griggs Family; Elizabeth B. Kuhns, MetLife; Michael L. Kuhns, Esquire; The Nazzaro Family; The Pratt Family; The Pyhel Family; The Raccuglia Family and The Saker Family

Additionally, Vesuvio’s Pizzeria & Family Restaurant donated 10 percent of each dining check that day and then matched that amount, for a total donation of \$250.

The foundation also collected non-perishable food items and ShopRite gift cards that day for Millstone Township families in need.

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$486,670 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included a book room, STEAM enrichment programs, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall.

There are currently more than 60 MTFEE-funded grant programs running. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant. MTFEE is a member of New Jersey Education Foundation Partnership and The National Consortium of State and Local Education Foundations (NCEFS). ■







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# Millstone Township Schools Cite Student Achievements

By Susan Heckler



In recent years, the State of NJ and the rest of the Nation have associated “Achievement” and “Success” with varied measures; most being related to standardized testing of one sort or another. With that said, Millstone Township is interested in taking a different approach to this question. Rather than letting a set of test scores be the only defining moment, they are choosing to look with both a deeper and a wider lens.

On December 15th, The Millstone Board of Education, at its regularly scheduled meeting, honored the “Successes” and “Achievements” of their incredible student body. They have reached out to identify the many other ways our students “achieve” and “succeed” and included the wonderful artists, athletes, thinkers and others who just have a gift of giving.

According to Superintendent of Schools Scott Feder, “The night was a huge success as we honored over 100 perfect scores on the NJASK. The MPAC was filled with families of students all being honored for their perfect scores, or for contests they have won, or just for incredible performances in all kinds of areas from our National Ranked Cheerleaders to a student who won a championship on his travel hockey squad. Group after group were called to the stage to be acknowledged and congratulated on their achievements. The buzz since has been fantastic as I believe the community truly enjoys seeing the great accomplishments of our students.”

They are planning to do this two more times this year and then one night for their teachers as well. ■

## MIDDLE SCHOOL STUDENTS

### Perfect Njask Math Scores 2014

Alexander Anthony  
Aidan Byrne  
Allison Casale  
Vincent Datello  
Aspen Kientzler  
Eric Krasinets  
Kelly Lew  
Jack Martinek  
Noah Meier  
Daniel Merkel  
Alyssa Pugliese  
Natalie Rivera  
George Schmidt  
Aubrey Silverman  
Gabrielle Skowronski  
Kyle Sullivan  
Jose Acevedo Deniz  
Chrisanna Bertuccio  
Julianna Conforti  
Tonimarie Crowe  
Cady Delacruz  
Ayla Dlugosz  
Christoph Forte  
Megan Gray  
Benjamin Hahn  
Dennis Krasinets  
Nuri Kwon  
Tara Magee  
Michael Maizel  
Robert Mcquade  
Sean Mulligan  
Matthew Paglia  
Samuel Parker  
Priscilla Pitiaik  
Armaan Pruthi  
Nathaniel Somers  
Ryan Whitney

Srinidhi Baile  
Lucas Beck  
Kaitlyn Bergen  
Victoria Cagnetta  
Dante Disilvestro  
Timothy Foo Siam  
Galina Gordon  
Maansi Jain  
Benjamin Kokot  
Brendon Ludden  
Ayaan Memon  
Jacob Mendelsohn  
Michael Pugliese  
Gianna Scott  
Kyle Sikkema  
Sarah Soliman  
William Zhao

### Perfect NJASK LA Score

Christina Morris  
Sarah Soliman  
Erica Urich

### American Girl Fashion Show Fundraiser

Sophia Schindel

### Fencing Acknowledgment

Galina Gordon

### Avid Reader Awards

Luke Depinho  
Sarah Rainford

### Undefeated in Travel Lacrosse

Ava Scudillo

### Shore Intermediate Band Selection

Nuri Kwon

### Asbury Park Essay Winners

Bianca Battaglia (1st Place)  
Galina Gordon (2nd Place)  
Paul Moyer (3rd Place)

## ELEMENTARY SCHOOL

### Perfect NJASK Math Scores 2014

Abhilash Bodala  
Gavin Elwell  
Tyler Kowal  
Anthony Lotruglio  
Kenneth Wines  
Madeline Branin  
Michael Doran  
Charles Hackett  
Zak Kheder  
Cassandra Leach  
Morgan Lentino  
Julianna Luizza  
Lana Maizel  
Laila Martinez  
Ellie Mashkevich  
Diego Ortiz Miskimen  
Andrew Paglia  
Zoe Pruthi  
Jake Sacco  
Giuseppe Scibilia  
Josie Shapiro  
Olivia Stauder  
Zachary Taylor  
Misha Verma  
Drew Warfel

### Perfect NJASK Science Scores

Zak Kheder  
David Ludden  
Julianna Luizza  
Lana Maizel  
Jacob Normand  
Diego Ortiz Miskimen  
Zoe Pruthi  
Tessa Sain  
Josie Shapiro  
Misha Verma

## Millstone Jr. Pee Wee Cheerleaders (ES/MS)

### Eastern Regional 3rd Place National Champions

Isabella Albarella  
Allison Casale  
Ashley Lotruglio  
Misha Verma  
Devyn Bernstein  
Emily Pellegrino  
Emma Whitney  
Francesca Abarno  
Stephanie Costello  
Georgia Kuchar  
Elizabeth Miick  
Samantha Alster

### Presidential Active Lifestyle Award

Francesco Bagatoli

### 1st Place Travel Ice Hockey Tourn.

Charles Pallitto

### American Youth Football, State Champs

John & Matthew Defelice (ES/MS)

### Fall Harvest Art Contest

Emma Bogusz,  
Maddy Branin,  
Anthony Latruglio,  
Liam Kilcomons,  
Radhika Manvar,  
Olivia Stauder,  
Emma Whitney,  
Sofiya Rizzo,  
Ava Depalma, (Overall Grand Prize Winner)  
Alexandra Sullivan  
Talía Hanson





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# Toss Your Tree, Boost a Dune

*Recycle your Christmas tree and help rebuild the sand dunes of Bradley Beach.*

Please join Plumsted Youth for Nature and the Environment (PYNE) for its 3rd annual tree recycling program.

Old Christmas trees are being recycled as part of coastal dune restoration and protection in Bradley Beach. Dunes are the first line of defense against beach erosion and coastal storms like Hurricane Sandy. By recycling used Christmas trees along the sand dunes, the branches of the trees bind the sand together, helping to prevent beach and dune erosion. As the trees decompose, they also provide nutrients for the dune grasses as well.

If you would like to recycle your Christmas tree, please bring it to the Plumsted Township Maintenance Building parking lot, located at the end of Pine Street (off of Magnolia Avenue) in New Egypt, on January 3rd from 9am to 1pm, January 4th from 1pm to 4pm, January 10th from 9am to 1pm, and January 11th from 9am to 11am. Volunteers will be on hand to help unload your tree.

Please remove all tinsel, lights, ornaments, and other adornments from your tree.

If you have any questions or would like to volunteer, please contact Dominic Esposito at [pyne.vicepresident@gmail.com](mailto:pyne.vicepresident@gmail.com), or 609-758-1848, or Mitchell Mann at [pyne.president@gmail.com](mailto:pyne.president@gmail.com). They can also provide local curbside pick-up if you cannot deliver your tree to Pine Street. ■

*Give your Christmas tree a second act!  
Show your commitment to the Jersey shore  
by helping to protect the shoreline.*



Plumsted Youth for Nature and the Environment (PYNE) is organizing its 3rd annual Christmas tree collection, trying to beat last year's collection of 171 trees to help rebuild the dunes at Bradley Beach.

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- Iron Out Treatment in All Toilet Tanks
- “Res Up” Treatment for All Resin Beds
- Test Tap Water for Iron, Hardness, pH & TDS
- Inspect Well Cap Seal for Damage
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## REIGELSVILLE

### *Last Stop Along the Delaware Canal for Bucks County*

By Pam Teel

Although the river and canal continue on toward Easton, PA, Riegelsville is the last stop in Bucks County. It's here you will find the most unique of bridges crossing over the river. It is one of the few remaining multi-span highway suspension bridges with continuous cables around. The bridge was built in 1904 and designed by John A. Roebling and Sons of Trenton. The Roeblings also designed the Brooklyn and Golden Gate Bridges and the aqueduct at Lackawaxen where the Delaware and Hudson Canal crosses the Delaware River between Pennsylvania and New Jersey. Riegelsville has easy access ramps for paddlers and canoers and many bike paths. The village is registered as a National Historic District. It has a collection of both residential and commercial buildings, since it was at one time a busy manufacturing town. In the 1830's it was one of the largest industrial manufacturing centers in America with easy access throughout the counties through use of the canals and later through use of the railroads. It was founded by Benjamin Reigel, whose family established a paper mill company close to the town. Reigel built an Inn for travelers visiting the area. The Inn is still in operation today, over one hundred and sixty years later. You can still see the impressive mansions that were built by wealthy local industrialists, mostly executives of the Paper Company. Many have been recently restored. You will also find The Reigel Tavern. It's a great place to stop and get a beer and a burger or a five-course dinner.



Riegelsville Bridge designed  
by J. Roebling & Sons in  
Trenton, NJ.

The town is said to be haunted in many different areas from the graveyards, to the old homesteads and Inns. It was once an Indian settlement of the Pechoqueolin tribe before the building began. It was said to be sacred Shamanic grounds where the Indians would come to have their souls cleansed. Riegelsville was built upon burial grounds and the bones of these people. If you like to learn more about the hauntings that go on there, there are two books available on kindle: *Ghosts in the Ville* by Jeffrey Wargo and *More Ghosts in the Ville*. Both interesting to read. You can also join the yearly ghost walk around Halloween.

Places around Riegelsville that are of interest include the Durham Historic District, where you can get information about the Durham furnace and Iron works and the history of the early settlers to that area. The Erwin Stover House, an 1800 Federal style home built by The Erwin Family, which is now used as a welcome center for the Tinicum Township Region of the Route 113 Heritage Tour. The nearby village of Erwinna is named after the family.

The Erwinna Historic District includes Erwinna Village and other historic resources located on the river. Also nearby is the 5, 283 acre Nockamixon State

*Continued on page 44*



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# Embrace Your Beautiful Curls



## by Using Ouidad's Perfect Products

By Brianna Siciliano

Many hair stylists and hair salons promote hair straightening products and techniques, and without knowing it, these stylists and salons are lowering the confidence levels of many curly and wavy headed clients. Thankfully, in 1984, Ouidad (the curl experts) opened the first salon in the country exclusively for curly hair. Known as the "Queen of Curl," Ouidad decided to develop products specifically for curly and wavy hair. She believes that curly hair is beautiful and an art; clients with curly hair should feel sexy, gorgeous, and confident, and in order for that to happen, these clients need to embrace their beautiful head of hair!

Every Ouidad product is gentle, water-soluble, and moisturizing. After using Ouidad products, curly and wavy headed clients have healthy, manageable, and frizz-free hair. All Ouidad products and stylists are committed to delivering the best results for all different kinds of curly hair.

If you are looking to repair damaged curls, tame unruly locks, preserve your hair's color, fight humidity and heat, or moisturize your head of hair, then you need to shop for Ouidad hair products. As a matter of fact, if you are looking to do just about anything to improve and embrace your curly hair, then Ouidad products are perfect for you!

Every Ouidad specialist has undergone extensive training to focus on important aspects of curl care. Ouidad stylists are masters of the Carving & Slicing method, which is an Ouidad unique haircut created specially for curly and wavy hair, and the Rake & Shake styling method, which is designed to create perfect curls every time.

It is time to embrace, nourish, and celebrate your gorgeous curls. Trusting Ouidad products to take great care of your hair will change your life forever for the better! ■

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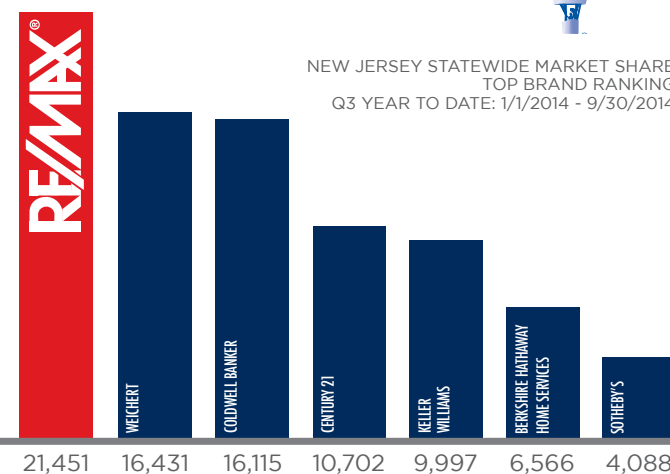
## Homeland WEST is on the way!

This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/14 – 9/30/14. It includes which listings were sold by such organization itself, or with the aid of a cooperating broker for the state of NJ and time period indicated, according to the data by the following Multiple Listings Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data Maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.

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# Third Annual Holiday Jingle Jammie Drive to Help Children in Need

By Pam Teel

Eleven year old, Emilia Cunningham, collecting new pajamas during Jingle Jammie at Blue Waters Boutique



Vesuvio's Pizza and Restaurant and Blue Waters Boutique in Millstone Township once again opened up their doors to help sisters, 11 year old Emilia and 15 year old Juliet Cunningham, collect new pajamas for the Family and Children's Services of Monmouth County. Operation Sleighbells, run by (FCSMC), delivers Christmas gifts to families in need. The two sisters also collect for One Simple Wish, an organization that grants wishes to foster care children. So far the Cunningham family has collected over 80 pairs of pajamas, which will be divided between the two organizations. The pj's will be given to the children to make them feel comfortable on their first night in foster care.

The Woodwind Quintet, a very talented group of seniors at Allentown High School, played for the patrons inside Vesuvio's Restaurant. Also on hand from Allentown High School were the Half and Half Choir, who serenaded the outside crowd for over an hour and a half with favorite Holiday songs despite the cold rain. Both youth groups brought such holiday spirit to the Plaza making it a fun time for all.

There were homemade Christmas cookies given out at Vesuvio's and a homemade cupcake tower at Blue Waters Boutique. The cupcakes were made and donated by Joanne Kaba. Owner Kathi Greene also gave out Advent calendars and one lucky customer won a drawing for a beautiful warm wrap. Hot chocolate was passed out to the crowd with the help of friends of the two sisters.

With the help of good friends and generous storeowners, the Jingle Jammie was a successful event made possible thanks to the generosity of the community. If you would like to donate to the Cunningham sister's cause, you can drop off new pajamas anytime at 8 Giant Maple Court or at Blue Waters Boutique. The girls are also collecting for the Thrift Store in Long Branch (FCSMC) and prom dresses for Cinderella's Closet after the holidays.

It's great to see children at this young age learning that life isn't always about getting. Their devotion and enthusiasm to help another child in need is catching and making an impact on the other children around them who volunteer their time and efforts graciously to help others who are less fortunate.

You're never too young to learn how to be kind and compassionate to others. Keep up the good work girls! If you or someone you know are collecting items and doing a good deed to help others in need, please tell me about it. Contact me at: Crescent671@yahoo.com. ■



The Half and Half Choir from Allentown High School singing Christmas carols in front of Vesuvio's Restaurant



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# Carnival Time – January 23

By Susan Heckler

Mark your calendars in ink with fluorescent highlighters so you remember to attend the Millstone Township PTO’s annual carnival.

Always a family favorite, this year’s new PTO board has combined the great ideas from the previous carnivals with some new spins. All ages are welcome and encouraged to attend this great community event. It offers something for everyone and a great time for all.

Admission is free; tickets are sold for rides and games. This year, they will feature sand art, air brushed tee-shirts, a candy table, bounce houses, carnival games built by volunteers at the Home Depot in East Windsor, face painting, glitter tattoos, a fortune teller and they will be bringing back everyone’s favorite game, the racing pigs.

Great prizes have been donated by Six Flags Great Adventure. Great Adventure also donated a door prize of a 4-pack for park admission.

The carnival foods we all love will be there!!

Attendees can try their luck with raffles and the 50/50. All proceeds of the event get put back toward benefiting the schools.

Also new this year is a corporate sponsor, Cobra Power Systems Inc.

For information or involvement, contact Natalie Biello at natalie.biello@gmail.com. Don’t miss out on being one of the over 300 families that come and enjoy! ■

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# January Events at the Plumsted Branch of the Ocean County Library

## County Connection Mobile Service Center

**Monday, January 5 @ 1-3 PM**

The mobile service center will be in the Plumsted Library parking lot. Services provided are senior and veteran services, consumer affairs, voter registration and parks and tourism information. (Fees are required for some services.)

## Toddler Time

**Tuesday, January 6 @ 10:30 AM**

Toddlers ages 18-36 months and their caregivers are welcome to join us for stories, songs, and a craft.

## Book Discussion – The Rosie Project

**Wednesday, January 7 @ 6 PM**

Please pick up the book at the circulation desk prior to discussion date.

## Teen Board Game Night

**Wednesday, January 7 @ 7-8:30 PM**

Come and play board games provided by the library, or bring your favorite ones. Grades 6-12.

## Children's Story Time

**Thursday, January 8 @ 1:30 PM**

Stories and craft. Ages 3-6.

## Curious Kids Science Lab

**Monday, January 12 @ 1:30 PM**

**or 6:30 PM**

Stories, experiments and learning stations for children and caregivers. Ages 3-6.

## Martin Luther King Jr. Day of Service

**Wednesday, January 14 @ 7-8 PM**

Come join Teens and celebrate Martin Luther King Jr. Day of Service. Work together on a community service project. Drop in.

## Book Café With Special Guest Author – Christine F. Tomalin

**Monday, January 19 @ 3 PM**

Meet local author, Christine F. Tomalin. She will have copies of her novel, *An Even Exchange*, available for purchase. Light refreshments served. Registrations accepted; not required.

## Movie Night

**Monday, January 19 @ 6 PM**

Celebrate Dr. Martin Luther King Jr.'s legacy by viewing a film about two women, black and white, in 1955 Montgomery Alabama and their response to the famous bus boycott led by Dr. King. Rated PG.

## Friends Meeting

**Wednesday, January 21 @ 6 PM**

The Friends welcome new members. Join us!

## Toddler Time

**Tuesday, January 23 @ 10:30 AM**

Toddlers ages 18-36 months and their caregivers are welcome to join us for stories, songs, and a craft.

## Family Picture Book Discussion

**Tuesday, January 27 @ 3:30 PM**

*Stand Straight, Ella Kate* and *Thank You, Mr. Falker*.

Please register and pick up your books at the circulation desk beginning 1/6/15.

Best suited for grades 1-3.

## Anime Club

**Wednesday, January 28 @ 6-7:30 PM**

Join other teen fans to screen anime DVDs. Grades 6-12.

## Teen Advisory Board (TAB) Meeting

**Wednesday, January 28 @ 7:30-8:30 PM**

If you are a teen in grades 7-12 join us to see what TAB is all about.

## OCL Puppet Players Present Storytime Theater: Those Darn Squirrels by Adam Rubin

**Thursday, January 29 @ 1:30 PM**

Old Man Fookwire has a plan. He'll build some birdfeeders and fill them with yummy seeds and berries so the birds he loves so much will stick around for the winter—instead of flying south. But there are other hungry creatures in the forest and they have plans too...and when those darn squirrels match wits with a grumpy old man the results are hilarious! Ages 2-8.

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

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# Ways to Maximize Family Time

By Brianna Siciliano

Day by day we spend hours in traffic and in the company of co-workers, and sometimes it feels like we never get to spend any time with our family. We say 'family comes first,' but there is hardly any time in our busy days to spend with the most important people in our lives: our family. There are many ways to maximize family time, and here are a few!

A great way to spend more time together as a family is to cook as a team! Everyone needs to eat, and food needs to be prepared and cooked in order to eat. Well, preparing and cooking meals with your spouse and/or children might be a fun thing to do! Leave the chopping, knife skills, and appliance use to the adults, and allow the kids to help gather all the ingredients and (safe) tools necessary. While making your meals, everyone involved will be able to have conversations that would not be possible if everyone in your household were preoccupied by different activities.

Another great way to spend more time together is by reserving a day in the week, preferably a day like a Sunday, for family time. Turn off the technology for at least a few hours and enjoy your day together. You'll be able to catch up on everyone's lives, interact in conversations, and make memorable memories. Family days do not have to be spent on the couch; they can be spent doing various activities. You might want to spend your family days by creating different crafts--and as each week comes by, your family can dedicate your valuable time and energy on a certain craft.



It might also be fun to make family time active time! It is very important to get active and move your body, therefore bonding while exercising is a great way to pass time. Does someone in your family excel in a certain sport? Set aside time for everyone to come together and play that sport--for example, if your son loves basketball, gather up some family members and play a few games against one another. If no sports stand out to your family, go on walks together a few times a week. These walks can be anywhere, for example in the mall, at a local park, around your neighborhood, in a nearby city, or on a track (indoor or outdoor). While bonding as a family, you will get everyone's heart pumping and blood flowing.

Making a family bucket list could be beneficial for family time as well! Sit down with your spouse and children and list activities and goals that your family would love to participate in and achieve. While making this list, include realistic short-term and long-term goals, like for example going on vacation to a certain destination, going on a picnic and watching the sunset, or swimming with dolphins. After creating your bucket list as a team, start planning out ways to achieve your goals item by item.

No matter what you do throughout your days, make sure you spend some time with the people who matter most: your family. Every second counts, so spend your seconds wisely! ■

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# Snowy Activities that Everyone Will Love

By Brianna Siciliano

Now only falls a few times a year, some years more than others. Sometimes we look at snow as a setback from our daily lives, as if snow is taking away excitement from our plans. In reality, it's the total opposite! Spending a day in the snow can (and will) bring joy, adventure, and playful fun. Make this winter a rememberable one by making new snow traditions that everyone in your family will love!

It's always fun to do things like sledding, building snow angels, building snowmen, and having snowball fights. It would be even more fun if your family took the time to build their own forts in the snow and have snowball fights from there! Everyone involved will feel notice their competitive sides bursting out from within, and your family will fight a snow battle that they'll never forget.

Another fun activity to complete in the snow is creating and running through snow mazes and/or snow obstacle courses. Have someone shovel a path as a snow maze, and set some fake traps, and let the kids run loose through the maze to see who finishes first. The winner can have a warm mug of hot chocolate with extra marshmallows! If mazes are not your family's cup of

tea, create an obstacle course with different aspects of snow. Create the course as creative as possible! An

example obstacle course could start out with participants sledding down a hill, then making five snow angels in a row, and finishing off the course with a snowman!

A cute idea for kids to play in the snow is a game of tic-tac-snow! With a stick (or a finger), create the tic-tac-toe layout in the snow, and give the two players different objects to use. Your daughter can use rocks as her symbols and your son can use sticks, for example. The more creative you are, the more memorable the experience will be!

Snowy days can be filled with joy if you spend the day the right way! Enjoy all the snow days to come, and remember to have fun! ■



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# Buyer Beware: The Benefits of Cut Resistant Gloves

By Pam Teel

No matter how careful I am when using my Mandolin slicer, I always manage to slice off a tip of my finger. I put my slicer up on the top shelf of the pantry, citing it as a risk to use, until a friend told me about their no-cut kitchen gloves that they use whenever they have to slice anything. So for a reasonable price of \$9, I decided to buy a pair. I did a little research and found the NoCry cut resistant gloves had a good rating and generally good reviews from the public. They seem small when you first see them but they do stretch and are not bulky to use. They are of high quality and are very comfortable and to some extent do offer protection from mandolin slicers and sharp knives. The gloves are highly durable and ergonomically crafted with an elastic design for maximum comfort. They are made from an ultra high molecular weight polyethylene that is combined with edge silica based fibers. They are safe to use with food and do drastically reduce the risk of accidents when handling sharp blades. That's not to say that you still can't get cut, but the glove should take the brunt of it. This brand has been awarded the highest cut resistant rating available, making it, so they say, four times stronger than leather. You can throw them in the washer too and hang them to drip dry. Make sure that you keep them on while washing the mandolin or sharp knives.

I do feel more confident and safer now when using my mandolin. I put the gloves on even before I

get it out of the pantry. I've had a time or two where my glove finger touched the blade, but luckily the glove did its job.

I had the same problem when using my gas powered hedge trimmer outside, always fearful of cutting a finger off when I trimmed, so I bought another pair for outdoors. These gloves are essential for people who have workshops, people who operate cutting or abrasion machinery and also for those who cut and handle glass. They make for a good gift for the handyman.

If you like to slice and dice anything other than your fingers, I would highly recommend getting a pair of these gloves. **I give the NoCry Cut Resistant Gloves a big thumbs up.** Everyone should have a pair in their kitchen drawers.

Of course, there are many different brands to choose from. Check them out and make sure they aren't too bulky, especially at the fingertips. The NoCry glove is skin tight and not as bulky as some the others I reviewed.

These gloves range anywhere from \$7.00 to \$14.00. Do a little research before you make your choice. I read the reviews of many of the competitor's gloves before I settled on this one. Make sure they have a level 5 cut protection rating and breathe easy when slicing! ■



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# Millstone United Rockets Coach Proud of Team's Accomplishment

By Pam Teel

The Millstone Rockets finished another successful season in 2014, especially after starting off with a rocky start due to many early injuries. The Rockets, teammates that were together for the past five years, managed to soar to new heights this year. They made it to the finals and won both New Jersey Shore Champion cups and the Marlboro Mega Blast Competition. They also made it to the semi finals of the Ukrainian National Cups in Pennsylvania. They played in the finals for their Jag league and took a big step in the State by making it to the final four of the NJYS State Cup tournament.

"This was the season we got to really see the girls play at a very high level, and we witnessed their 'Never say die' attitudes. We also witnessed, as a group, a lot of team leaders emerge both vocally and by their play on the field," stated Coach Scott Bernstiel. In their first tournament of the season, they won the Jersey Shore Champions Cup. After one win, the Rockets had to beat a strong team from Western Pennsylvania in their 2nd game and

played their best game of the tournament beating them with a score of 4-0, even though it was closer than it seemed. The Rockets were Jersey Shore Champions and their season was off to a good start.

Labor Day came and once again the Rockets were in a tournament, but yet again missing a few players due to injuries. The beauty of the team was that the other players stepped in nicely and after an opening tie in which they played really well, they went on to win the next 3 games, winning 3-0, which was the turning point of the tournament.

In the following weeks JAGS league play started, in which the girls got to play teams from all over the State and a few NY teams. "In those games we look at them as high level training games and we work on fundamentals and style of play," Coach Bernstiel stated. "We continued to see nice progression from all the girls." The Rockets continued the winning ways in JAGS beating teams from all over the state. Their final game of JAGS was in the finals in NY against Monroe NY, which ended



Back row: Alivia Caba, Tara Bernstiel, Sofia Micklovic, Taylor Wysokowski, Morgan Bell, Olivia Denney, Hallie Conaghan, Stephanie Alves, Kayla Denney, Bella Denney.  
Front row: Sydney McLvaine, MK Conaghan, Alexa Abbate, Nicole Winouski, Christina Zeleznik, Kaila Bernstiel and Madi Keefe.

*Continued on opposite page*

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Millstone United Rockets, *continued*

in a tie but the Rockets completely dominated them on a day where it snowed and the conditions were not ideal. It was a great way to end their regular season on a high note. Unfortunately they ended up in 2nd place due to tiebreakers.

The real excitement this season came from a tremendous run in the State cup in which they needed to get 6 straight wins against very good competition. The Rockets made it all the way to the Final Four before bowing out. After a first round 2-0 win, they were able to beat a tough Washington Township team that had knocked them out the previous year in the 2nd round. It was a great team effort winning 3-1 and maybe the most complete game played in the state tournament by the Rockets.

The following week against West Morris Academy, the Rockets played their most exciting game of the season, a double overtime penalty kick shootout. In one game the Rockets gave up two early goals but they came roaring back with two huge goals. The game went to penalty kicks and after 5 shooters they were still tied, even though the Rockets could have won with their final pk. In sudden death, Hallie Conaghan buried her penalty kick and Morgan Bell made her third stop of PKs to advance the Rockets to the elite 8. The Rockets returned home for their elite 8 game against Burlington Academy and over 100 fans turned out from the club to see the Rockets play. The Rockets didn't disappoint winning and dominating for over 70 minutes at home. Everyone played a great game. The Rockets were onto the final four. In the final four, the Rockets bowed out to the NJ Rush team 2-0, but were in the game the whole way and unfortunately missed some opportunities.

"The coaching staff couldn't be happier about the progression of the girls and how much they have grown as a group on and off the field," boasts Coach Bernstiel. "We couldn't be prouder of the Rockets and we look forward to getting them to the next level over the winter. We thank them for all the excitement they provide. Congratulations Rockets! ■



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# Flash Mob Brings the Holiday Spirit to Freehold Mall

By Susan Heckler

So there you are, shopping at your local mall a few weeks before the holidays and out of nowhere you hear the shrill sound of a ram's horn being blown. You look around, trying to find the source and before you can find it, you hear voices in harmony, singing Hanukkah Oh Hanukkah.

At first it was a few voices and then more and more joined in. It seemed like the entire mall was in unison by the time Jingle Bell Rock began. What started out as a hit and run shopping trip for holiday errands became a highly spirited, mood lifting, infectious, smile forming and wonderful time! Who can we thank?

In an interview with Michael Shernicoff, board member of Congregation Kol Am, he explained it as a way to express good will to all during this holiday season. As event coordinators, wife Victoria and Michael claim the purpose of the event was to express the congregation's appreciation for the community support it has received the past 12 years as "wandering Jews, a congregation without walls or a home." The flash mob was a gift to celebrate that they now have a footprint within the community at 59 Broad Street in Freehold Borough.

Mall management was more than willing to host the event. Victoria has connections with choruses as she is a member of

the Sweet Adelines International. Michael contacted college A Capella groups and Howell High School. When all was said and done, there were 200 voices throughout the center of the mall. Six singers began the tunes, which were shortly doubled than tripled etc. until all 200 were in full throttle harmony. The joyous sing-a-long was graciously provided by the members of the Congregation Kol Am Choir, the Liberty Oak Chorus, Heart of New Jersey Chorus and Jersey Harmony Chorus chapters of Sweet Adeline International; the Red Bank Area Chapter of Barbershop Harmony

Society; Sweet Adeline registered quartets, "Synergy," "Impulse!," "Balancing Act" and "Match 4"; and Howell High School's A Capella groups "Rebel Yell," "The Rebelettes" and "Rebelation," under the direction of Mr. Joseph Cantaffa. All of the arrangements and correspondents were via email, the group never rehearsed together.

Ten videographers were stationed around and the film was edited by Gary Gellman of Gellman Images. The shofar blower was Rabbi Brooks Susman.

You can view the flash mob on You Tube "Chanukah Flash Mob in Freehold" which now reports over 31,288 views!

Way to go to bring holiday spirit to an entire mall! Thanks to all. Stay tuned to see what is planned next! ■



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# The Unique Gift of Boudoir Photography

By Susan Heckler

Photography on its own is a gift to all who share the joy of the image. Ladies of all ages and backgrounds are embracing a new twist on photography. Boudoir (bedroom) photography is all the rage among women who want to give a gift that is both seductive and timeless. LoBoudoir Photography in Red Bank, is a unique company that is providing women with a personalized experience that allows women to express their own style and beauty in a classy, comfortable and safe environment.



Fawn Nocera, a photographer with LoBoudoir Photography explains, "We listen to each client's needs, wants and dislikes to help her create her own story. This is not about what I want; it's about what she imagines and what he loves about her. We are her coach, walking her through all the steps from preparation to modeling and even choosing her photos. In the end, we want our clients to have an experience that provides her with mind-blowing photos but also something personal like new found confidence, a boost in self-esteem or empowerment."



According to Chris LoBue at LoBoudoir Photography in Redbank; "Our clients are the soccer mom living in sweat pants, the busy executive unable to spend quality time with her husband, the stay at home wife who's husband has enough watches, motorcycle and golf clubs and does not know what to wow him with as a gift, the adventurous couple looking for experiences to add to their bucket list."

Your photo shoot with LoBoudoir Photography takes place in their private studio. You'll enjoy your make-over by one of New Jersey's prestige stylists in your own private room. Their goal is to provide a contemporary fashion shoot, which is stylized to suit comfort, style and the taste of their clients. Everything is conceptually

planned; they pride themselves to be non-cookie cutter. Your photographs will be as individual and unique as you are.

For more information, call Chris and Fawn 732.266.8168 or check photo examples on their website [www.loboudoir.com](http://www.loboudoir.com). ■

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## Winter Golf Starts Soon at Local Monmouth County Golf Courses

Don't pack away those golf clubs just yet! Our regular golf season might be winding down, but it's not over yet. We're keeping three courses—Bel-Aire, Charleston Springs North and Shark River Golf Courses—open for play through the winter, weather permitting.

Here's what you need to know about the winter golf season:

- Winter golf rates will be in effect from January 1-February 28.
- The Tee Time Reservation System will be available to those with Golf Cards.
- Golf Cards will continue to be sold at 2014 rates until 2015 rates are established.
- FootGolf will be available at Bel-Aire Golf Course.
- Shark River and Charleston Springs North Courses will offer an additional discount for 9-holes after 2 p.m.

The highlight of the season is sure to be our brand-new Polar Bear Tournament. Held on Saturday, January 17 at Shark River Golf Course, Neptune, this 18-hole individual stroke play event is open to all golfers age 12 and up. The cost is \$40 per golfer (power carts available for an additional fee). Registration is available online or by calling 732-842-4000, ext. 1.

For updates on golf course conditions or golf related questions, please call the course golf centers. The Park System can also be contacted through email at: [info@monmouthcountyparks.com](mailto:info@monmouthcountyparks.com). ■



## Start the New Year in Monmouth County!

*Comedy, Music and Theater*  
*Fill the Schedule*

The holiday season has come to an end, but there is plenty to see and do in Monmouth County in January!

"Stay warm in one of the great theaters in Monmouth County," said Freeholder Thomas A. Arnone. "With comedians, poets, orchestras and an Elvis Birthday Bash, there is something for everyone in the family to enjoy!"

### At Count Basie Theatre in Red Bank:

- Jim Gaffigan will perform at two shows on Jan. 8 and 9 at 7 p.m. and 9:30 p.m.
- See Wild Kratts LIVE! On Jan. 10 at 1 p.m. and 5 p.m.
- Dancing with the Stars will perform at 4 p.m. and 8 p.m. on Jan. 11
- Dave Mason's Traffic Jam performs on Jan. 15 at 8 p.m.
- Don't miss The Elvis Birthday Bash on Jan. 16 at 8 p.m.
- Superstar violinist Sarah Chang performs Jan. 17 at 8 p.m.
- Catch The Buddy Holly Story Live on Stage on Jan. 25 at 7 p.m.
- Enjoy Mummenschanz, visual theater with no sound, on Jan. 31 at 8 p.m.

Don't miss "Swimming at the Ritz" at the NJ Repertory Company in Long Branch select dates between Jan. 8 through Feb. 1. Filled with laughter, Absurd Person Singular can be seen at Two River Theater in Red Bank Jan. 10 through Feb. 1.

### Pollak Theatre at Monmouth University does not disappoint with their January schedule:

- If you love opera, streaming live in HD from the Metropolitan Opera in New York City, The Merry Widow is on Jan. 17 at 1 p.m. and Les Contes D'Hoffmann on Jan. 31 at 1 p.m.
- Watch Bolshoi Ballet: Swan Lake streaming live in HD on Jan. 29 at 7 p.m.
- David Lindley performs an incredible array of stringed instruments along with John Hammond on Jan. 30 at 8 p.m.

Make sure to take in one of the great restaurants in Monmouth County. Immediate seating and special menus are available.

Thinking about renovating your home? Start planning that home renovation or home improvement project you've dreamed of at the 25th Annual Jersey Shore Home Show will be at Brookdale Community College Jan. 9 through 11.

As always, Monmouth County's Calendar of Events will provide you with even more January entertainment. For a complete listing of events, go to [www.visitmonmouth.com](http://www.visitmonmouth.com) and click on the Tourism tab to find the Calendar of Events. Compiled by the Monmouth County Department of Public Information and Tourism, it is a comprehensive source for things to do and places to go and is updated regularly. You can also call 1-800-523-2587 to have a packet of information mailed to you, or stop by 1 East Main St., Freehold to browse the extensive literature between 8:30 a.m. and 4:30 p.m. weekdays.

The next time you are on Facebook be sure to "like" the Monmouth County Tourism page. If you use Twitter, follow us on there, too. ■



## Parker at Monroe, Long-Term Living Community, Opens Doors to First Residents

On the morning of December 15th, the staff of Parker at Monroe happily welcomed their first residents to Parker Home's newest long-term living residence. The intimate Ribbon Cutting ceremony included welcome and remarks by Doreen Illis, Administrator, and Roberto Muñoz, President and CEO. The ribbon cutting was followed by a celebratory luncheon with first Residents, family and staff.

Parker Home® is a leader in the transformation of traditional long-term care practices to person-directed living, where residents have choice, dignity, self-determination and purposeful lives. Parker at Monroe takes this philosophy a step further. It is a uniquely designed long-term living community that blends an environment similar to assisted living with the best practices of skilled nursing care.



Parker at Monroe ribbon cutting ceremony. From left to right: John Cerminaro, CFO, Donna Silbert, Sr. Director Strategy and Services, Roberto Muñoz, President and CEO, Doreen Illis, Administrator, Donna Lazartic, COO, and Chip Ross, Chief Talent Officer (Photo by Fern Marder)

Next month, Parker celebrates the eighth anniversary of Parker at Stonegate, an assisted living residence in Highland Park, NJ, and today is expanding services with the opening of a new long-term living campus in Monroe Township, NJ.

Parker at Monroe, located at 395 Schoolhouse Road in Monroe Township, will be home to 96 residents. The campus consists of three two-story buildings connected to a community center with a formal dining room, a café, a health and wellness center, enclosed gardens, roof-top terrace and a great room for activities and socializing. Each building contains two Small Homes, one on each floor, where sixteen residents with similar needs will live together. Every Small Home includes a living room, sunroom, a kitchen and dining area. Each comfortable private and semi-private bedroom suite has a fully-accessible bathroom with a large shower.

"Our staff invested significant time studying the success of our Evergreen Way 'small home' memory care model and teamed with our architects, engineers and builder to construct a new level of excellence in long-term living environments," said Donna Lazartic, Parker's Chief Operating Officer.

"Parker at Monroe has four distinct programs to meet a variety of individual needs," said Doreen Illis, "These different programs are designed to serve individuals who have no cognitive impairments and are physically dependent, those who have early stage memory loss and are physically active, people who require traditional long-term care services, and those who have behavioral expressions which may be difficult to manage at times."

"Our newest community is another means of fulfilling our mission of serving more individuals in central New Jersey who are seeking affordable long-term care services," said Roberto Muñoz. "Parker Home's legacy continues to represent exceptional quality and an organization that is viewed as a state and national leader in the delivery of person-directed eldercare," he added.

Since 1907, Parker Home has a long-standing reputation of providing the ultimate in personalized, affordable high quality long-term care services in a home-like setting for over 100 years. Guided by the principles of the Eden Alternative®, Parker embraces and nurtures aging as a natural stage of life to be celebrated with compassion and enthusiasm. Parker Home is accepting applications for admissions to their continuum of care services, including Parker at Monroe. For more information, refer to [www.FrancisEParker.com](http://www.FrancisEParker.com), 732.902.4200. ■



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#### WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyaluronic acid which is normally found in high levels in healthy joints. Replacing the hyaluronic acid with Hyalgan lubricates the joint and reduces pain. Hyalgan has been administered over 40 million times and has been proven to provide long-lasting relief of knee pain from osteoarthritis.

#### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

If you have had injections like this in the past and experienced poor results, there is still hope! Many doctors in this area offer similar injections, but very few use precision fluoroscopy guidance. Fluoroscopy guidance ensures that the pain relieving Hyalgan reaches the knee capsule where it bonds with the joint fluid to create a lubricating and cushioning layer. Without fluoroscopy, it is estimated that doctors "miss" the capsule over 30% of the time resulting in poor results. We want each and every one of our patients to have the greatest chance of success, so every injection is done with precision fluoroscopy guidance to ensure that the Hyalgan gets into the capsule 100% of the time. Because of this, patients who previously felt little to no relief with non-fluoroscopy guided injection are now getting excellent results.

The other "big difference" in our results is the multitude of other supportive care options that we have available to enhance the effectiveness of the Hyalgan procedure. These options include state of the art medical laser treatment, physical therapy, manipulation, corrective osteoarthritis bracing (takes pressure off the damaged section of the knee), and natural anti-inflammatory products. The combination of these treatments offers you what we feel is the most comprehensive non-surgical knee treatment program available.

#### DOES IT HURT?

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from

pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

#### WILL MY INSURANCE COVER HYALGAN?

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#### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

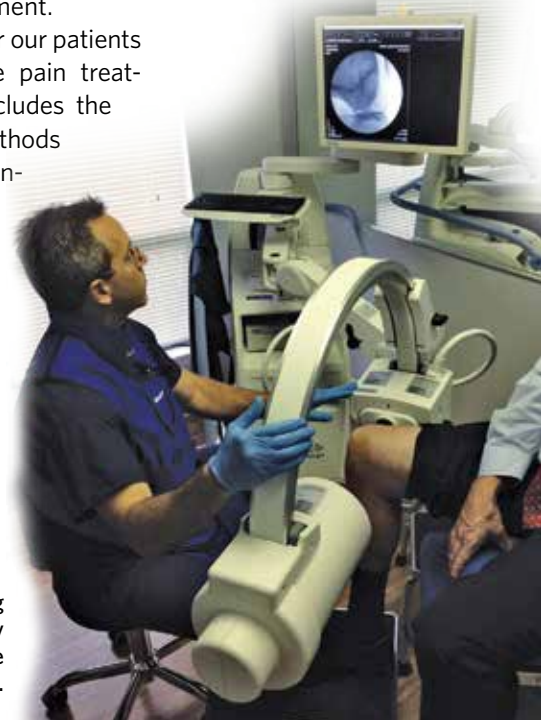
Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy guided Hyalgan injections.

#### SO HOW DO I KNOW IF YOUR KNEE PAIN TREATMENT PROGRAM WILL HELP ME?

If you are tired of suffering with painful arthritis of the knee, and you want to see if the latest advances in non-surgical treatment can help, all you have to do is call 732-683-1800 to set up a risk free consultation. During the consultation all of your questions will be answered in a warm and friendly environment. Knee replacement surgery is a very extreme measure to take without considering all of your other options first. Once it's done there is no turning back. For that reason we encourage you to schedule an appointment to see if you are a candidate for Hyalgan treatment.

We are proud to offer our patients a comprehensive knee pain treatment program that includes the best non-surgical methods to relieve pain all under one roof. We look forward to having the opportunity to help you feel better. Take the first step in ending your knee pain and call to schedule an appointment today! ■

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# Fun Indoor Activities for Winter

By Brianna Siciliano

The winter weather tends to trap us indoors time after time, and when this happens, most of us are frustrated and annoyed. Being trapped indoors might not have been fun in the past, but it will be fun from now on! Here are a number of engaging, entertaining activities to do inside to keep your family busy.

## Make an awesome breakfast

Everyday we rush our breakfast to get to school or work on-time. There's no need to rush on an indoor day. Days indoors are the perfect days to make big breakfasts with all your favorite foods; treat yourself and your family to foods such as French toast, bacon, eggs, sausage, waffles, or pancakes with a side of hot chocolate. By the time your family is finished eating the breakfast, you'll be wishing for weather to trap you indoors more often!

## Make an indoor fort

With your kids' creativity and imagination, your living room (or any other room in your home) can be transformed into an indoor fort! Use chairs and blankets to make a cozy hideout for the day.

## Spend the day with movies and popcorn

This is pretty self explanatory; who doesn't love a good movie with some popcorn?



## Camp out by your fireplace

If you have a fireplace in your home, grab some pillows and blankets and lay down together, as a family, nearby to warm up. While you're laying there, it could be fun to eat some snacks, play a few games, tell stories, or read a good book. Make sure no one gets too close to the fireplace!

## Create an indoor obstacle course

If your kids need to burn off some energy, setting up a safe obstacle course might be the perfect way to spend a portion of your day. Use objects such as pillows, hula hoops, bench chairs, and string to create an exciting adventure for your kids to conquer.

## Story time

Turn off all electronics and bring your entire family together for some old-fashioned story time. Read a few stories aloud, and when you run out of stories to read, make up some of your own!

Winter days can be fun no matter what! Fun activities put the win in winter, and these indoor activities do just that. Keep warm and enjoy your everything that winter has to offer! ■

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# Perrineville Lake Memoirs, *Part One*

By Pam Teel

If you weren't brought up in Millstone Township, you would have never known that a mere sixty or so years ago the Perrineville Lake was once a popular Jewish resort area. During the summer months, people from all over New Jersey and New York City would come and vacation by the lake, residing in the cottages, boarding homes, and rooms for rent in private homes. Some vacationers would stay for days, some weeks, and others for the whole length of the summer.

They would attend the Jewish Synagogue, frequent the three General stores, all within walking distance, for all their needs, and get whatever else they needed from local farmers. Whether it was fresh vegetables or chickens, they didn't want for anything. It's interesting to note that in 1910, the first Hebrew Farmers Association of Perrineville was founded by Jacob Grudin. He helped to provide a place for the Jewish farmers in the area to gather for religious services and instruction. The religious activities were held in varying homes until 1926 when a synagogue was constructed on land donated by Abraham and Rose Grudin. In 1937, another building known as the Jewish Center was constructed on the same lot just north of the synagogue. The synagogue is still in use today and lies directly across from Albivi's Restaurant.

It was most likely word of mouth about the lake that brought an entourage of family, friends, and others there during the summer months. Husbands would leave their wives and children at the Lake for the summer, only to return on the weekends to join in the festivities. When summer ended, they would reluctantly pack up their belongings, taking back with them the fond memories of a summer past.

Longtime residents and relatives, Emma Palmer and Marie Ugi, also have fond memories of the lake and of the frequent clashes that they had with the young vacationers. Emma and Marie admit to feeling like the lake was theirs; after all they were the locals. They resented the out-of-towners flocking there in the summer. They look back at it now and laugh as they remember their great big raft in the middle of the lake and how they shooed away the outsiders as they tried to climb up on it. The raft was only for the locals. That went for their private rope swing too. When they were at the lake, they made the rules. Emma recalls how her Uncle Danny, who worked for a cable company in Dayton, tied

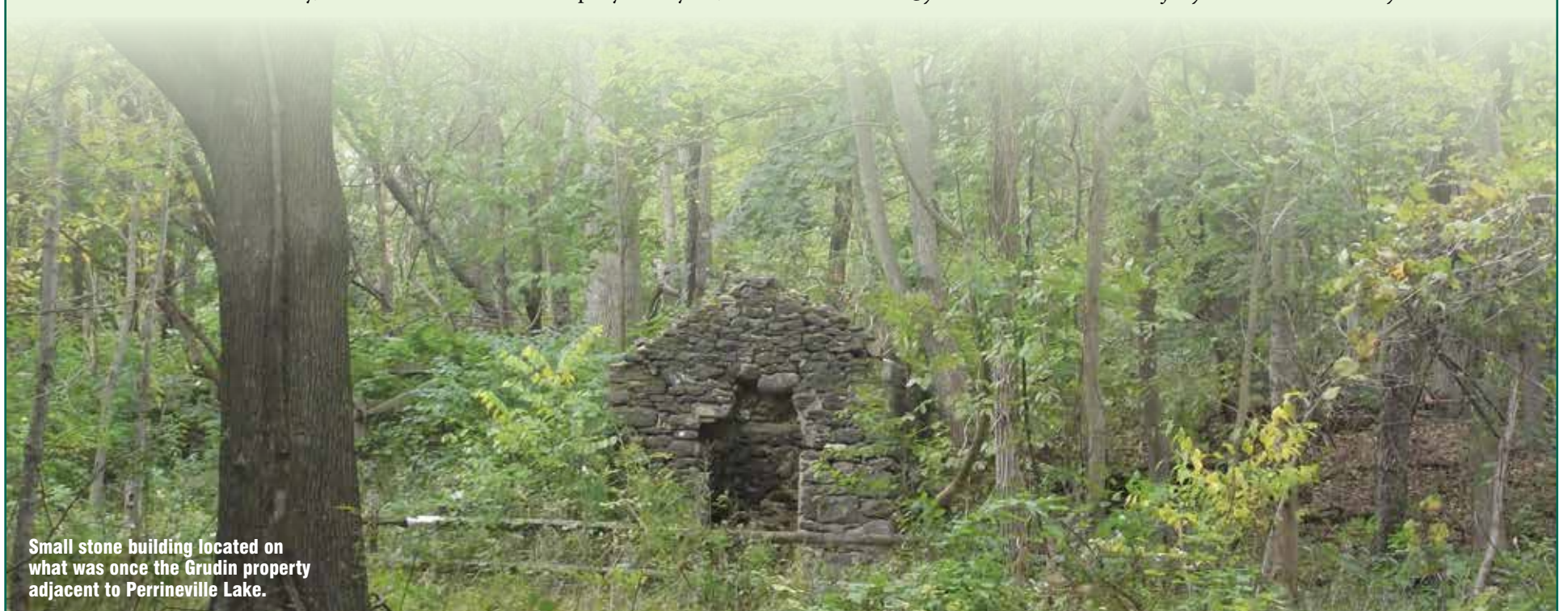
a large cable wire onto a huge tree on the far side of the lake behind the Grudin property. The girls would swing over the lake and drop off ten to fifteen feet into it at its deepest point. Marie recalls poles stationed throughout the lake telling you how deep it was in certain areas. The girls spent many a day swinging from that rope. Of course while they were there, the swing was off limits to the outsiders, though they didn't care what they did when they weren't at the lake. Both women recall the two large farmhouses on the right side of the road just before the dam and the bridge. One was the Grudin house. The Grudins had a grassy blanket area adjacent to the lake where renters stretched out enjoying the sun. The house is long gone now and the field behind the house has been taken over by the woods, but there is still a small stone building that was once part of the Grudin property on the premises. Marie also recalls that the other farmhouse next to the Grudin's property was eventually removed and relocated nearby. Emma remembers her eighth grade graduation being held at the Jewish Community Center back in the 1950's.

Crossing over the bridge and to the left was a large Victorian home with big pillars and a front porch. The Tolins owned the home and used some of the rooms for renters in the summer. There was also a bar to the right of the home. During the 1950's, the Tolins would also rent out their small cottages that were directly across from the lake. Adjacent to the lake was a snack bar and a dock where the Tolins rented rowboats. The Tolin house eventually burned down and the property was bought by Jimmy Hall who built a large rectangular house that was used as a bar and a reception hall.

Both Emma and Marie would either ride their bikes to the lake or get a ride from their fathers. Before they could frequent the lake by themselves, they had to pass a swimming test given by their Aunt Alma Zanchuk. Aunt Alma was a strong swimmer who taught most of the little ones in the family how to swim. If you didn't pass her test, you didn't go into the lake on your own. Marie remembers the long swim to the point and back. That was just one of Aunt Alma's tests. Stay tuned for more past memoirs with Marie and Emma in our next edition. ■

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*If you have a past memory of your town and the people in it, please email me at: Crescent671@yahoo.com. We would love for you to share the history!*



Small stone building located on what was once the Grudin property adjacent to Perrineville Lake.



# January Is National Eye Care Month

By Brianna Siciliano

Start the new year off the right way by visiting your optometrist or ophthalmologist and making sure your eyes are getting the best care that they need. Our eyes are very valuable, and sometimes we take our eye sight for granted. Imagine participating in all of your activities without seeing a thing; imagine a day where you couldn't see what you were cooking, what your children looked like, what activities your children were participating in, or what clothes you were picking out for the day. Life would be completely different, wouldn't it? Making sure that your eyesight and your children's eyesight is the best it can be is very, very important.



Children should have their eyes checked from the day that they're born by their pediatrician or family doctor. As a parent, it is important to look out for signs that might mean your child may have vision problems. These signs include:

- constant eye rubbing
- extreme light sensitivity
- poor focusing
- trouble following an object with their eyes
- chronic redness of the eyes
- chronic tearing of the eyes
- a white pupil instead of black
- abnormal alignment or movement of the eyes (after 6 months of age)
- unable to see objects from a distance
- having trouble reading the blackboard/whiteboard
- squinting
- difficulty reading
- sitting too close to the television

If you notice any eye problems in your child (or in yourself!), have your child examined right away so that the problem does not become permanent. When caught earlier, eye conditions can often be corrected.

It doesn't hurt to get your eyes—or your children's eyes—checked periodically. Eye care is not something to put off; make sure your eyes, and your family members' eyes, are getting the best possible care that they deserve. ■

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## Teaching by Example

*Continued from page 12*

How does Dr. Wisniewski feel about the impact on students? "I cannot believe how much excitement this has brought to the school community. Every day I talk to parents, teachers, and students who tell me how excited they were to pick a style, and most of them laugh saying they picked the funniest one. Students are telling me that they feel so connected to helping others, especially during the Thanksgiving holiday season. Students are taking dollars from their own money to help support the cause. I have heard of birthday money and tooth fairy money going to the cause."

How does Mr. LaBella feel? "I was so proud to be part of a bigger cause to help raise awareness. In fact, outside of school I have been asked by people if I was supporting No-Shave November with my beard, and I was proud to tell them I was supporting cancer research."

How does Mr. Miller feel? "It was certainly worth having to deal with the itch that comes with growing a new beard to help support a great cause."

How does Mr. Gruber feel? "This was such a great way to raise money for a worthy cause." Job well done!

For more information, visit [www.no-shave.org](http://www.no-shave.org). ■

## Reigelsville

*Continued from page 22*

Park that surrounds a rather large lake and the Sand Castle Winery, which is a 72 acre estate with a 17 mile view of the Delaware River. A great place to stop in and pick up some bottles to go!

In this upper portion of the Delaware, there are three bridges that you can cross over to get back to the New Jersey side. From Reigelsville, you can take the three span bridge across. Follow route 627, to route 619, to Milford-Frenchtown Road. You can also head back to the Upper Black Eddy area via route 32 and cross over to Milford NJ, or continue south on route 32 until you get to the Uhlerstown-Frenchtown Bridge. After crossing, it will dump you out into the heart of Frenchtown's Main Street. Join us again next month as we explore the wonders of Frenchtown, NJ! ■



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Boys in 2nd-8th grades

Program Runs: March-June

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\$100, Payable to Millstone Lacrosse Club, Inc.

A \$30 late fee will be charged on each registration received  
beginning January 19, 2015

#### 2015 GIRLS LACROSSE

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A maximum of 24 players will be accepted for all divisions,

except U-9 will only be accepting 14 players.

After the maximum has been reached, all players will be waitlisted.

Program Offered to Millstone Township

Girls: 2nd-8th grades

Program Runs: March-June

Registration Fees: \$40, Payable to Millstone Twp. Recreation;

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