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Let Me Shake Your Hand Mattea Medvin

story on page 21

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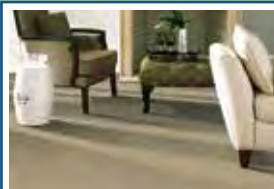
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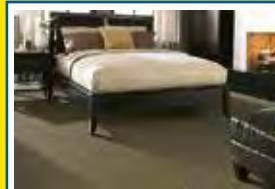
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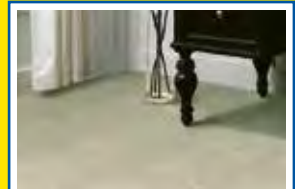
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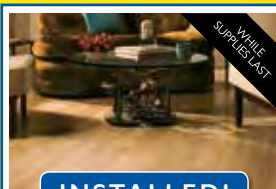


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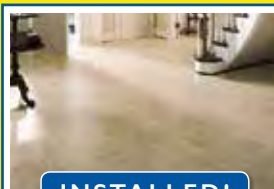
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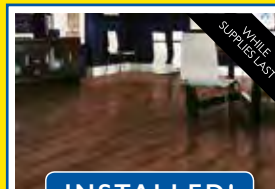
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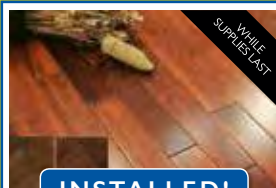
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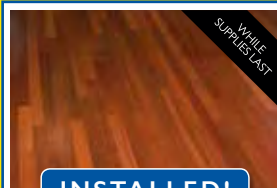
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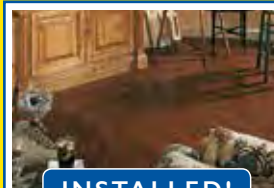
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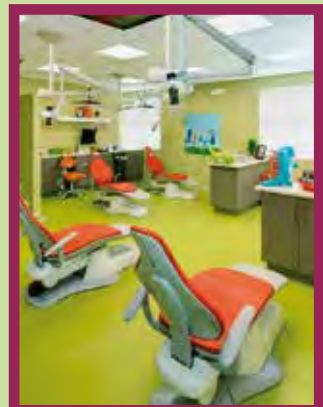


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Millstone Teacher Recognition Awards

By Susan Heckler

When you look back on your childhood or even as a young adult, was there a teacher who had a profound impact on your life? It could be someone who taught you skills, gave you special attention, inspired you to reach for the stars or any number of life changing possibilities.

In Millstone Township, any teacher nominated for Teacher of the Year is scored on the following criteria as stated on the Teacher of the Year nomination form:

- ✓ Have a superior ability to inspire students of all background and abilities
- ✓ Be an exceptionally skilled and dedicated educator in a public or charter school
- ✓ Anticipate actively continuing in his/her teaching status for at least five more years
- ✓ Have the respect and admiration of students, parents, and colleagues
- ✓ Demonstrate a strong ability to foster excellence in education as evidenced by ongoing contributions to the improvement of student learning and the learning environment

This year, Millstone Township School District has awarded Teacher Recognition to four individuals who were nominated; Jason Miller Elementary School 3rd Grade teacher, Donna Romano Primary School 2nd Grade teacher, Michal Friedman Middle School Mathematics teacher, and Jason Suleski Primary School Educations Specialist of the Year. These people have touched your children's lives somehow.

According to Jason Miller, third grade teacher, who has been teaching in the district since 1999, "it is an honor."

Donna Romano has been teaching for 30 years, 22 of them in Millstone. "I am very honored to receive The Teacher of the Year Award. It is my job to inspire my students to develop an excitement for school and become lifelong learners. When students are taught to believe in themselves, work hard and always do their best, they will have the motivation to reach their fullest potential."

This is Michal Friedman's 11th year in the district. "I absolutely love what I do. Watching things come together and click for a student in their own time and at their own pace is the most rewarding experience. It is those moments coupled with the daily interactions and innocence of my students that make the difficulties of teaching completely worthwhile."

Jason Suleski is not a teacher; his award was for the one person in the district representing areas such as guidance counselors, nurses, Child Study Team members. "I was honored as an Education Specialist of the Year for the district. It has been a great seven years at the Millstone Primary School and district. The families of Millstone are wonderful and our staff is top notch. We have excellent leadership at all levels and our program strives to be the best it can be every day. I couldn't think of a better place to work!"

Congratulations to all of them and a big thanks for helping parents to mold their children!

Millstone Township Middle School Performers to Present

The High School Musical Production

By Pam Teel

Under the guidance of Director Lisamarie Capuzzo, Millstone Township Middle School's Eagle Productions will present Disney's High School Musical on stage at the Performing Arts Center on March 27th and 28th at 7:00 pm. Tickets will be available online at www.millstoneperformingarts.com beginning on March 16th. Ticket prices are \$8.00 for students and \$9.00 for adults, or they can be purchased at the door for \$10.00.

High School Musical is based on the Disney Channel original movie written by Peter Baroschinni. It's a modern day Romeo and Juliet story but instead of feuding families, love blooms between the basketball team captain Troy Bolton and Brainiac, Gabriella Montez, who find a connection through singing. The main thing keeping them apart are the rivaling cliques such as Sharpay Evans, Diva extraordinaire and president of the drama club. Watch as the brainiacs and the jocks rally together to try to keep the athlete and the star student apart. Will Sharpay and her evil twin brother Ryan be able to prevent Troy and Gabriella from ruining their streak of being the lead in every production they were in since kindergarten? You'll have to come and see for yourself if Troy and Gabriella will be able to break free!

The cast is made up of 60 amazingly talented Millstone students from grades 6, 7, and 8th; many who have performed previously in other productions that Ms. Capuzzo directed. Some students will also be performing for the very first time in this musical. Ms. Capuzzo chose the show because she felt it was fun and upbeat and somewhat different from what they did before. She also liked the fact that it could support a larger cast. Thinking it was going to be a cute Disney musical, as they got more and more into rehearsals, Ms. Capuzzo has come to see how much truth there is in the show, in friendships, and in the relationships between parent and child. "The characters who, at first, seem so cartoonlike and stereotypical have fears and dreams that we can all relate to, especially the fear of not fitting in

and the dreams of breaking free; the struggle between wanting to please others and needing to follow your heart's desire. Most of all, what the characters ultimately figure out is that although we are all unique with our own special talents, we're all in this together. And it shows when we stand hand in hand and make our dreams come true."

This will be lead actor's Victor Capuzzo's last play at the middle school, but he plans to continue acting in High School. Victor enjoys being on stage and transforming into different characters. What makes it even more special is that his best friend, Jack May, will be playing his best friend, Chad Danforth, in the performance alongside of him. This will also be Jack's last play at the middle school. He's especially grateful to Ms. Capuzzo for going over everything with him that he needs to do to become a better performer. Gianna Pallante, also an eighth grader, is playing the lead role of Gabriella Montez. Gianna loves sharing her talents with other people who have the same passions as she does. Those passions include music, singing and acting. Christine De Leon will be playing the lead of Taylor Mckessie. Christine also likes performing and practices her lines diligently at night with her mother. Delaney Bogusz will be playing Sharpay Evans, Ben Hahn -Ryan Evans, Kelsi Neilson- Dana DeVestern, Coach Bolton- Mike Raguso, and Ms. Darbus- Julianna Conforti.

The music in this production includes popular movie favorites such as, Get Your Head out of the Game, We're All in this Together, Bop to the Top, Cellular Fusion, and Counting on You. It all comes together with the help of Assistant Director, Spanish teacher, Vincent D'Aniello, Musical Director, Michael Gilch, Scenery, Art teacher Frank Iglesias and the middle school art club, and Jaime Allaire. Stage managers include, Taylor Eng, Manny Papaertou, Andrew Raccuglia, and Carlo Scibilia. Choreographers include Rachel Masci and Katie Toth. Understudies are Jamison Gould, Kaitlyn Bergen, Joe Pallante, Jacquelyn Conforti, Jacob Mendelsohn, Colette Wisniewski, Jared Skidmore, and Angela Bernieri.

Ms. Capuzzo would like to thank everyone involved in putting this production together and a special thanks to all of the parents who helped out with props, costumes, playbills, and more.

The Best of luck to all of the Middle School Performers, and to all of those who helped out behind the scenes. The children put their hearts into their performances. Come on out and support them on March 27th and 28th!!!!



Victor Capuzzo and Gianna Pallante play lead roles of Troy Bolton and Gabriella Montez.



Christine DeLeon and Jack May play lead roles of Taylor Mckessie and Chad Danforth.



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The Millstone Times

BEST PET PHOTO CONTEST



Send Us Your Photo

By Pam Teel

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

Please include your name and a description of the photo. If you have a brief story that goes with it, send that too. You may send more than one photo at a time. Make sure you put Millstone Times Photo in the subject area when emailing.



Marie Brown from Creamridge is sharing her photo with us this month. It was taken while on vacation at the beach near Dana Point, California.

"This snowy Egret seemed to enjoy the beach just as much as we did. We were having a fun time just watching this bird go from rock to rock looking for food and enjoying the scenery," Maria stated.

Thank you for sharing the photo with us Maria. Readers, please keep those photos coming!

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STUDENT OF THE MONTH

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By Pam Teel

This month we are proud to present Angelina Scotto as The Millstone Times' Student of the Month. Angelina lives in the Clarksburg section of Millstone and attends the Millstone Township Middle School. She is in the sixth grade and loves being involved in school activities. She loved her sixth grade class trip to Camp Fairview and thought that it was a fun experience. This was her first year trying out for a sport. She chose Cross Country, and according to her Cross Country Team Coach, Mr. Muni, she is one of the top ten girls on the Cross Country Team. Angelina can't wait for spring track to come around.

Angelina's favorite subjects are gym and science. She absolutely loves science and she loves her teacher Ms. George. Her teacher really inspires her to want to learn more. Her favorite books to read are, Neptune's Children, and The Face on the Milk Carton. Her favorite Television shows are, Girl Meets World, and Thundermanns. Her favorite music groups right now are, 5 Seconds to Summer, One Direction, and Taylor Swift. Angelina also loves to read and write. She gives 100 percent to everything that she does. She is a very caring and compassionate child who doesn't shy away from a challenge. She isn't afraid to try new things or experiences. She loves to meet new friends, and she loves to help others. Her dreams right now are to either become a famous singer or a pediatrician.

Angelina has three siblings. Gabriella is ten, Dominic is eight, and Katarina is two years old. Angelina is very nurturing towards her siblings, and being the oldest, she watches over them protectively.

Her favorite place to visit is Wildwood. She looks forward to going there every year the week after school lets out. She loves going to the beach and to Harry Wright Lake in Manchester Township. She loves walking on the boardwalk, going to Great Adventure, and going to Breakwater Park in Seaside Heights.

Some of her hobbies include, running, dancing, gymnastics, bicycling, roller-skating, swimming, and arts and crafts.

Angelina's favorite foods are Dole Fruit cups, Tacos and Cannolis! She is a typical eleven year-old who loves spending time with her family and friends. She also loves eating smores and roasting marshmallows over the fire pit. She loves playing flash light tag, talking and instagramming on the phone, and playing outdoors. Her two favorite holidays are, the Fourth of July and Christmas. Her Birthday is July 7th. If she could have but one wish, she would wish that everything were free and that there were no homeless people.

Both of Angelina's grandfathers, Louis Scotto and James Toporek, grew up in Millstone Township and both went to the Millstone Schools. Her father, Frank Scotto, and her mother, Suzanne Toporek Scotto, were both born in Millstone Township.

Angelina has a great love and compassion for others. She will be the first to volunteer to help those around her, whether it is a friend in need or a teacher. She is doing very well in all of her classes and works hard to keep up her high academic standing. She recently received a letter for Student of the Month from her Spanish Teacher, Mrs. Passero, praising her for her great interest in learning Spanish and for her leadership. "Angelina's willingness to speak and assist others shows her wonderful character and her sweet personality. She always has a smile on her face and her level of comprehension and speaking is evident," her teacher quoted.

Keep up the good work Angelina and always keep that beautiful smile on your face! You are an exceptional young lady!



Attention Millstone, Creamridge and Allentown Parents

Do you have a child who excels in their academics? Attention Students, do you have a friend that you would like to nominate for Student of the Month? Email me at crescent671@yahoo.com. I would love to highlight them in one of our Student of the Month features.

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Superintendent Feder Does it Again; Weather Announcements to Smile Over

By Susan Heckler

The weather outside is frightful with blizzard warnings all over the news. Residents are scrambling to ready their homes and families for up to two feet of the white stuff. Tension is building and everyone is in survival mode until...

The phone rings with a robo-call from The Millstone School District. Superintendent Scott Feder's voice comes through with an announcement that your child has been such a great kid and working so hard, they will have the following day off! January 27th the school would be closed for a celebratory day off (blizzard). As he sighted suggestions of what to do with the free time, an electronic sounding voice responded with reality comments.

Superintendent Feder had the help of Dr. Chris Huss who came up with the concept and Karen Barry who was the computer voice chiming in with comment. Delaney Bogusz belted out "Do you want to build a snowman" lyrics from Frozen. This idea was from Jennifer Feder.

Being it was the blizzard that never was; the kids got a day off to play in a few inches of snow and hopefully got to build that snowman.

Thanks Superintendent Feder, for the well needed levity in what had been a stressful day.

Rabies Awareness

Keep your pet's vaccination up to date

EATONTOWN, NJ – The Monmouth County Health Department (MCHD) reminds residents that rabies in wildlife continues to pose a risk to pets and people.

“Protecting your pets by keeping them current on their rabies vaccine is an important buffer between wildlife rabies and human exposure,” said Freeholder John P. Curley, liaison to the County Health Department. “Not only does the vaccine keep your pet safe, but it can help keep you and your family safe as well.”

“An altercation between an Eatontown resident's dog and a raccoon has resulted in the resident and the dog receiving rabies post exposure treatment following an incident with a rabid raccoon earlier this month,” said Christopher Merkel, Monmouth County's Public Health Coordinator.

While trying to remove the pet from the situation, the raccoon bit the resident. Subsequently, the State Department of Health Public Health Laboratory has confirmed that the raccoon tested positive for rabies.

Both the resident and the dog are receiving Rabies Post Exposure Prophylaxis. The resident's dog has been administered rabies booster shots and is being observed for any signs of the illness.

“Fortunately this dog was up to date with his vaccinations,” said Merkel. “This is a reminder to all other residents to check your pet's vaccination and health records and make sure they are current. Indoor animals should also be vaccinated.”

Over the past five years, MCDH has confirmed 10 cats and no dogs with rabies in Monmouth County.

In addition to vaccinating your pets for rabies, there are several things residents can do to protect themselves and their pets:

- Avoid wildlife and animals you do not know.
- Keep your pet on a leash. Do not allow your pet to roam; it can come in contact with rabid wildlife.
- Never feed or touch wild or stray animals, especially stray cats, bats, skunks, raccoons, foxes or groundhogs.
- Teach your children that they should tell you if they were bitten or scratched by an animal.
- Call your doctor and the local health department if bitten or exposed to saliva or blood.
- Contact your veterinarian if your pet was exposed to a bat, raccoon, skunk or other wild carnivore.

“It is important to remember that cats, as well as dogs, should be vaccinated for rabies,” said Merkel. “According to the latest published data by the CDC, cats continue to be the number one domestic animal confirmed with rabies: 303 cats confirmed in 2010 compared to 69 dogs.

Dogs and cats who receive an initial rabies vaccination are not considered immunized until 28 days after the vaccine has been administered, therefore it is strongly recommended that any animal newly vaccinated or those too young to receive the vaccine (less than three months) not be left outdoors unattended.

“If you are bitten by an animal, wash the wound immediately with soap and water and seek medical attention,” said Merkel.

According to the CDC, rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the CDC each year from New Jersey occur in wild animals like raccoons, skunks and bats.

CDC explains that the rabies virus infects the central nervous system, ultimately causing disease in the brain and death. The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache and general weakness or discomfort. As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation (increase in saliva), difficulty swallowing and hydrophobia (fear of water). Death usually occurs within days of the onset of these symptoms.

Monmouth County residents can bring their cats and dogs to the rabies clinics offered on these dates :

- Wednesday, March 4 from 6 to 7 p.m. – Neptune City Public Works Building, TFH Way
- Saturday, March 14 from 9 to 11 a.m. – Allentown, Public Works Garage, Church Street
- Thursday, March 19 from 6:30 to 7:30 p.m. – Atlantic Highlands, Firehouse at First and East Mount Avenues
- Wednesday, March 25 from 6 to 7 p.m. – Lake Como, Firehouse at 1730 Main St.

No appointments are necessary, but vaccines are given on a first-come, first-served basis. For more information, call the County Health Department at 732-431-7456.





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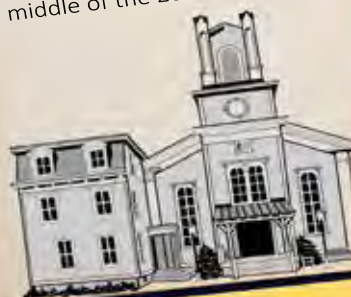
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Freehold, NJ — iPlay America recently introduced new birthday packages allowing more guests, more value and more fun, to give kids of all ages the "Best Birthday Party Ever!"

"Our new features make them better than ever — and no one gives you more!" said Jessica Schwartz, director of marketing for iPlay America. "We're especially excited about the new princess, superhero and glow party upgrades that allow kids to personalize their parties."

All packages include 2.5 hours with a party host; a 15-guest minimum with the birthday guest free; VIP check in; coat check; secure gift storage; invitations; a private party suite; pizzas, soda, and a cupcake for each guest; and party supplies, iPlay America balloons and "Happy Birthday" displayed on a 40" monitor. The party hosts go through extensive training to ensure that each party runs seamlessly to deliver the most enjoyable and memorable party experience for everyone.

Theme upgrades add to the fun. The glow theme adds flashing cups, glow sticks, glow necklaces, black lights and more for an additional \$9.95 per guest. The super hero theme adds masks, tattoos, certificates, balloons and more for an additional \$5.95 per guest. The princess theme adds a birthday princess sash, wands, princess tattoos, fairy dust, princess balloon and more for an additional \$5.95 per guest.

When popular children's performer Laurie Berkner appeared at iPlay in June 2014, she had such a great time she decided to book her daughter's party there.

"Lucy's party was a huge success. All the kids loved it and Lucy proclaimed it her best party ever," Berkner said. "I'm sure we will come back soon, lots of great memories from this weekend."

For more information or to book a party, please contact a reservations specialist at 732-577-8200

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From Landfill to Hallowed Ground

The Largest Crime Scene in America

By Pam Teel

September 11, 2001 was a day that changed all Americans lives forever. A day when the security of our nation was taken away from us, bringing us to the realization of just how vulnerable America was in the face of terrorism. We all watched, glued to our television sets with what seemed like a movie unfolding; none of us wanting to believe that this was real life and this act of terror was happening right here on American soil.

This book, "From Landfill to Hallowed Ground" is a firsthand account of the actions of the first responders who jumped to duty just after the South Tower of the World Trade Center was hit, and the realization by then Sergeant Frank Marra of the NYPD, and millions of others after the second plane crashed into the North Tower, that this was no misfortunate accident.

Beautifully written with the help of family friend Maria Bellia Abbate, the book is Mr. Marra's tribute to all those victims who had fallen that fateful day, and to all who still carry and forever will the memories of 9/11. It's also a tribute to those who made it out of the two towers and for all the others in nearby buildings, running for their lives, as debris came down around them. The streets were full of chaos and it was up to the NYPD to try to keep it all together as best they could.

Mr. Marra recalls how he helped load the ferries with people who were covered from head to toe in white cement dust, some too shocked to speak, many on their cell phones calling home. Some were even nursing minor wounds. A few stayed on to go back to look for friends or relatives who were also caught in the attack, who might still be boarding other ferries. Each one that boarded had a story of his or her own to tell. Mr. Marra spoke to one woman who was covered with jet fuel. She told him she was in the lobby waiting for the elevator when they heard a loud boom and then it sounded like thunder coming closer to them. The jets fuel tanks split open upon impact, sending the fuel down

the elevator shaft, buckling the elevator doors, and sending a blast of fire, (like a bomb going off), that shattered all the glass in the South Tower lobby. She was one of the lucky ones who escaped. Had she had been on the elevator, she wouldn't have been there to talk about it.

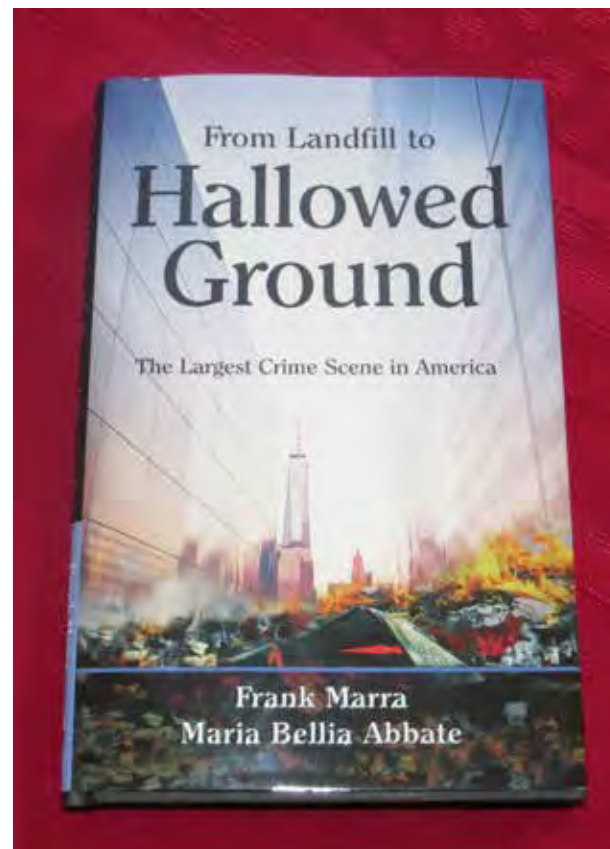
Makeshift morgues were set up in sports stadiums and elsewhere, but after a while it was clearly evident that there were few bodies to

could be identified by their DNA were presented to the victims' families. There were sections for victim's cars and a section where all the crushed fire trucks, police cars, ambulances, and other emergency vehicles were piled onto each other. It became known as Fire Truck Row and became a frequent place where other rescue fighters went to pay their respects to their fallen comrades.

Every police officer in the NYPD eventually ended up working at the landfill sifting through the rubble looking for any human remains they could find. Sadly, with all of the hard work of the NYPD and other private companies hired to help with the search and recovery effort, they weren't able to recover nearly enough to help many families find closure. As for Mr. Marra, "Even after writing this book, I will never have closure. The book was therapy for me, but I don't go a day without thinking about the things I witnessed and the people that were lost. The landfill doesn't look like the same place that we worked in years ago. The tents are all gone and the cars and vehicles all crushed and removed, but there are still unidentifiable remains mixed in with the soil of what now has become a park, double the size of Central Park. I would like to see some kind of a monument put up on this site to pay respect to those whose final resting place was right here at the landfill. I no longer see a dump when I pass by; I see a holy ground, a hallowed ground."

Retired lieutenant Frank Marra and Ms. Abbate, both Millstone Township residents, will be holding a book signing at McGinns Bar and Restaurant on Route 537 in Jackson, on February 28th, at 8:00 pm. The book release is scheduled for March 10th. You can preorder the book directly from Amazon.com.

To all those NYPD Officers who went above and beyond their duties sacrificing countless hours sifting through the rubble in unsafe conditions and in helping to restore some sort of sense of balance back to the City, we thank you. NYPD, you truly are the best!



find. Everything was pulverized. It quickly went from a search and rescue to search and recovery. A decision was made to take the debris by barge and truck to the then closed Staten Island landfill where Mr. Marra spent the next six months helping to sift through the debris. Tents were set up as the large sifting machines helped them sort plane parts, personal effects such as jewelry, wallets, etc., and most importantly, human remains. There were over 4,500 human remains recovered by the NYPD. Those that

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Explore the giving page for more ideas at www.rmh-cnj.org or call 732-222-8755.

Did You Know That ...

By Pam Teel

Did you know that humans can distinguish about ten million different colors and that if the human eye were a digital camera it would have 576 megapixels? Some women have a genetic mutation that causes them to see millions of more colors than others.

All blue-eyed people can be traced back to one person who lived near the black sea almost 10,000 years ago. Blue-eyed people also have a higher alcohol tolerance and are more sensitive to light. They can also see better in the dark.

Night vision goggles are green because a person can differentiate more shades of green than any other color. Humans can also distinguish over 500 shades of the color gray. The color that your eyes see in total darkness is called Eigen Grau (Brain Gray). Did you know that the space between your eyebrows is called Nasion?

Humans and dogs are the only two species known to speak visual cues from another's eyes. Dogs only do it with humans. It's impossible to sneeze with your eyes open. Go ahead, try it and see for yourself!

Ommatophobia is the fear of eyes. We spend ten percent of our waking hours with our eyes closed blinking. The eye muscles are the most active in the body! Your eyes can get sunburned.

And here are some animal facts. An ostrich's eyes are bigger than their brain. Goldfish can't close their eyes because they don't have eyelids. Giant squid's eyes can measure the same as a volleyball. Dolphins always sleep with one eye open. Cats have three eyelids. The black lemurs are thought to be the only primates besides humans that have blue eyes. Bees have five eyes.

Now here's an optical illusion for you. Stare at the center of the image for a good thirty to forty seconds, then close your eyes and look up toward a light or window with light coming through (Keep your eyes closed). You will see a white circle starting to appear in your mind's eye. You will then see an image of a person appearing in the circle. If you don't get it the first time, try again and stare at the picture a little longer. Try not to blink.

Here's how the illusion works: You have microscopic rods and cones in your eyes. The cones are used to looking around and can become overworked when you force your eyes to stare at the same object. When you look away from the image, the tired cone cells are worn out so they don't tell your brain what the new color you are seeing is. Your brain is still interpreting the old information since it hasn't received a new strong, fresh signal. After a few moments, the effect will wear out.

Lastly, eye color is genetic. Your eye color is like your fingerprints, one-hundred-percent unique to you. Eye color comes from a combination of genes passed through many generations of mixing and matching genes, and is more complicated than simply a 'dominant' or 'recessive' trait. Your eye color may change slightly over time as a result of old age, but will be relatively constant according to your genetics.





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The Fresh Air Fund

Providing Summer Vacations for Inner City Children

By Pam Teel

Every summer for the past four years, the Wagner family of Millstone Township hosts two Fresh Air Fund Children. The Program helps inner city children vacation in a safe and healthy environment outside of their less than ideal situations in the city. The FAF, a nonprofit organization, has been around since 1877 and has provided free summer experiences to more than 1.8 million children in the New York City area. These children come from low-income communities. The goal is to let them experience life outside of the city.

The children in the program come from families who want better for their children. They are well-loved children living with a parent or parents who are doing the best that they can for them. They are not neglected or abused children, yet they come from homes that are very much different than ours. Imagine if your child never had a chance to ride a bike, roller skate, go to Great Adventure for a day, or even just hang around the back yard playing catch with a friend. Imagine a child who has never experienced the joy of being around a family pet before, like a dog or cat. You could provide this experience to a child with little money involved. All that is asked for is your time and compassion.

The duration of the child's vacation usually last from seven to ten days. The children are sent to the homes on a scheduled bus, which the organization arranges. The host families are all screened. "The process is fairly easy," host Erin Wagner stated. "Our contact with the biological family is what we make of it. I send photo's via text while the children are in my care." The sending/biological families are also all screened. The ages range from 6 to sixteen. Host families can specify the sex and a two-year age span in which they are comfortable with having in their home. It's a learning experience for all involved.

Erin and Jeff's FAF son, Cornell, lives with his mom in a rented room. They share a bathroom, kitchen and family room with other tenants. He and his mom sleep in a bunk bed. At nine years old, he takes three trains to school by himself every day. Cornell strives hard to make something of himself. He has learned to swim, ride a bike, roller skate, and do many other things that other children take for granted while with the Wagner family. This coming summer will be Cornell's fourth visit with the family.

Nanya is also nine years old. She has spent two summers with the family. She is one of five children living in a two-bedroom apartment in the City. She has also visited the family on other occasions other than her summer visit. Both of her parent's work, so she is left in the care of the city camps, or watched after by her older siblings over most of the summer months. Super sweet and somewhat shy, her parents wanted her to be able to experience living in the country and to be able to run around and play and not have to worry about the safety of her surroundings. Nanya likes to play house and loves to take her dolls outside for a walk; something she can't do where she lives.

Erin's father was actually a child within the program. When he grew up, his family became a host family. Erin and Jeff have been hosting children for four years now. As for the Wagner children, all five of them, they love having Cornell and Nanya come stay with them. It's like an extended play date. They love being able to share their lives and home with them and to be a part of their new experiences. Both FAF children are treated like extended family. They do chores and participate with the day-to-day activities just like the other five children do.

Do you think this might be something that you might be interested in one week over the summer? To find out more about hosting a child go to: www.freshair.org/contactus, or call 1800-367-0003. You can contact Erin directly at: ekwagner232323@gmail.com with any questions that you might have about the program and on hosting a child. Remember it doesn't take a lot of money to host a child. They are grateful just to spend some time with you at your home.

If hosting isn't for you, there are other ways that you can help out the Fresh Air Fund. You could send in a donation, become a tutor/mentor, or help raise money by holding a fundraising event that will help send inner city children to camp in the summer.

Have a heart and open up your home this summer. Give a child an experience they will never forget!



Latrell 14, Katlyn 13, Molly 8, Addison 6, Tyler 5 with Cornell to the left of Donald Duck

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COVER STORY

Let Me Shake Your Hand Mattea Medvin

By Susan Heckler

Those of you old enough to remember will know the show Kids Say the Darndest Things. In one Colts Neck family, their eight year old said something outstanding!

Mattea Medvin approached her parents, Jen and Keith a few months ago with the idea of helping underprivileged children with the help of her classmates. The idea came from a project she did in preschool. She approached her second grade teacher and the Principal at Conover Road Primary School in Colts Neck who gave her the thumbs up to present her idea.

Mattea shared her wonderful idea with her school at an assembly on December 19 and they collected money for the entire month of January. Mattea wrote her own speech and amazed her family when she got up and spoke to the assembly.

Thanks to Mattea and the generosity of her fellow students, \$622.07 is going to No Kid Hungry. According to their website, 16 million children come from families who struggle to put food on their table. That is one out of every five kids. "We're ending childhood hunger by connecting kids to effective nutrition programs like school breakfast and summer meals. This work is accomplished through the No Kid Hungry network, made up of private citizens, government officials, nonprofit organizations, business leaders, and others providing innovative hunger solutions in their communities. These partners work together, implementing solutions that break down the barriers that keep kids from healthy food." They provide access, education and promote awareness of the problem.

Thanks Mattea, for showing everyone what one young girl with a kind heart can accomplish!

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You and Your Planner

One of the most significant non-family relationships in your life may be the bond you share with your financial planner. After all, your money can be just as important to you as it is to them. You both want to see your money grow as quickly and safely as possible. And you both need to be on the same page to achieve this.

If you have a financial planner, how would you describe your relationship? Collaborative? Non-existent? If you lean more toward the latter, it is probably time to take your money, time and business elsewhere.

STAY LOCAL

A frustrating aspect of a bad advisor relationship is not being able to get in touch with him or her when you need help the most. That's why it may be best to find a representative on a local level — one who can help you with the next big investment wave or guide you through smart savings adjustments.

Local financial advisors who are backed by national firms are likely to be invested in your community, both financially and emotionally. They want to see you be successful with your financial planning goals and will reinvest a portion of their time, resources or monetary support into local causes.

DEFINE YOUR EXPECTATIONS

A strong advisor relationship will require input by you, even if you aren't an expert in finance. You should keep your advisor updated on any changes that happen with your life that may require an adjustment in investment or savings strategies. Also, if you decide to become more aggressive in the investment portion of your portfolio, you should feel comfortable in discussing the pros and cons of doing so with your advisor. If he or she doesn't know your strategy behind changing your approach, you may not get the most effective counsel.



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Handling an Inheritance

An inheritance brings with it a range of emotions and responsibility.

Along with the pain of losing someone you love, you also may be experiencing an influx of cash that you feel overwhelmed in handling. Americans lose 90 percent of inherited wealth by the third generation, according to a recent report in the Wall Street Journal. You can avoid suffering the same financial fate by remaining disciplined in your spending and smart in your investments.

Start a Savings Plan

Depending on the size of your inheritance, there are options for short-term accounts with larger interest rates than a regular savings account.

Keeping the money separate from your checking account will help you in avoiding irresponsible spending – the main reason for the previously mentioned wealth loss statistic. Create a little distance between you and your new money by finding safe, interest-friendly havens for it.

Consult a Planner

You may be able to find free financial counsel in your area through events like Financial Planning Days – a collaborative effort between financial planning organizations, government agencies and schools, municipal buildings and libraries that delivers free financial counsel.

Keep Your Job

“Take this Job and Shove It” may be a song that comes to mind if you inherit a large sum of money. But you may want to reconsider singing that tune to your boss. Some people treat their windfall of money as an opportunity to rapidly improve their lifestyle by buying a bigger home, a new car and other luxuries all at once.

People may want to spread out their spending over the years while still maintaining employment to pad their savings or retirement account. Set a plan in place to limit your monthly spending – and stick to it.



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Plan Your Estate Carefully

By Krusha Vaidya

Developing an estate plan can be the most important aspect of your end-of-life planning process. A solid estate plan can help eliminate the chance for family fights when it comes to dispersing your property, money and possessions. You'll need to consider many things when creating an estate plan, including deciding what will be given to which beneficiary, and how to properly plan for expenses like funeral costs.

FINDING AN ATTORNEY

Once you have decided to seriously pursue putting together an estate plan, it's time to choose a credible attorney to guide you through the process. Reach out to family members or friends who may have recently developed their estate plans and find referrals for accredited, reputable attorneys. Different legal professionals have varying specialties, so find one with extensive experience in estate planning. It is important that you trust your attorney 100 percent, as you will be divulging highly sensitive information to properly structure your estate plan.

FINANCIAL BURDENS

One of the first steps your attorney will walk you through in building your estate plan is assembling a list of your current assets and liabilities. Doing so will help calculate your net worth and determine if you already have a taxable estate, as well as indicating if your loved ones will find difficulty paying the estate tax and other debts after your death.

CHOOSING AN EXECUTOR

Who can you trust to act in your best interests in the case of you becoming disabled or after your death? Selecting one or more executors doesn't have to be a complex decision. You can set up multiple options, each with different functions in different situations. The key is discussing your needs with your potential executors to make sure they are up to the task. Consider their needs and living situations before asking them to take on the responsibility of making major decisions on your behalf.



Raise Money-Wise Children

While school is a great place to become educated about math, science and English, the art of savings and maintaining good credit are lessons that generally are taught at home. As a parent, it is up to you to devise unique ways to teach your children to be smart money managers. The values you instill in them from an early age are ones that can carry over into lifelong principles and lead to excellent financial health. Depending on the age of your child, there are many ways to teach smart financial sense, even from as young as two years old.

GIVE THEM CONTROL

An allowance is the first interaction your child will have with earning money. It may seem minor to you — probably only a few dollars a week — but the most important aspect of receiving an allowance is deciding how to spend it.

With only light guidance from you, let your child have the power of spending his or her allowance. Teach your children about the importance of savings and also buying for others. Having the responsibility of money management gives children opportunity to feel both the positives and challenges of making financial decisions.

SMART SHOPPING

One of the best ways to guide your budding finance enthusiast is to engage them in shopping. Before you even head out the door for your groceries, sit down with your child and clip coupons. Give them a stack of coupons you won't be using and teach them how to find great deals and compare product prices. Once you arrive at the store, build in a few game-like activities that your child can take the lead on. Make a contest out of finding the products that correlate with the best coupon deals. Show your enthusiasm as you rack up the savings, and be sure to give your children plenty of positive reinforcement while they help you cut your grocery costs.

TEACH TEAMWORK

Teamwork is a paramount value of smart money management that your children need to learn early on. By providing them responsibilities and giving them choices, you are automatically offering them a voice at the family's financial table.

Remember that they are probably going to make financial mistakes as they age. Even a decision as small as spending their entire allowance instead of saving a dollar or two from it can be addressed by you. By working together, you can help raise a child who respects money and the responsibilities that come with it.



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What is an HOA?

By ALEX MASON | Green Shoot Media

Buying a condo is a great way to save some dough on a new home purchase.

Condos are generally priced well below single family homes and require minimal upkeep and reaching into your wallet. Spacious and nearly maintenance free, a condo lifestyle may be the right choice for many first-time buyers or those who enjoy carefree living.

However, living in a condo means that the resident agrees to live by the rules, terms and conditions set forth by the homeowner's association (HOA). A document of terms and conditions must be reviewed, and a monthly HOA fee is required to ensure smooth sailing in the condo community.

HOW MUCH? The amount that a condo resident pays for monthly HOA fees will vary according to many factors.

Condos that are chock full of amenities, such as swimming pools, tennis courts and a golf course, will charge a higher monthly fee for maintenance. Condo units that do not offer recreation and activities to their residents tend to require a lower monthly fee applied to the basics, such as painting, landscaping and home repairs.

Before purchasing a piece of property, be sure you are able to handle the additional HOA fees along with your mortgage payment.

In contrast to owning a single family residence, the yearly cost of condo ownership should be less when you factor in the low property taxes for the unit. When you do the math, be sure to get a yearly total for what you are responsible for, then break that number down into a 12-month period.

WHO SETS FEES? The HOA fees are usually decided by a board of directors for a single condo community or a multiple property chain.

In some cases, the board may consist of the property residents who have a voice and say over how much they should pay. The fees factor in monthly services such as trash collection, plumbing costs and reasonable other mandatory services to make life easier for the residents.

The fees may be adjusted annually as the cost of living increases or remain at the same dollar amount that you initially agreed upon.

However, the HOA fees rarely go down, so it is essential that the monthly fee fit with your overall budget for lifestyle and housing.

RESTRICTIONS In addition to paying a monthly fee, prospective buyers also must read the HOA terms and conditions and be in agreement with the community rules.

There may be pet restrictions decided by the number of animals in the home or by their height and weight limitations.

In addition, HOA rules in a senior community may have restrictions with children staying overnight or keeping a house guest under the age of 55 for a long-term stay. The HOA rules must be obeyed, so if certain criteria do not fit with your lifestyle, you may wish to start your condo search anew.

Buying a condo has many advantage, including the sense of security that they provide. You may choose a gated community that requires a key or code for entry or pay a premium HOA fee for a complex providing a guarded gate with a security officer.

Condos surrounded by a high block wall tend to deter burglary and limit the pillage to what can be carried over the wall.

For some savvy home buyers, this feature is worth its weight in gold for peace of mind and a sense that they are well protected within a private community.



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We welcome Betty to RE/MAX Homeland WEST and we invite you to stop in and visit her at 494 Monmouth Road (Route 537) in Millstone Twp. Betty can be reached directly at **(908) 216-7667** or at the office: (609) 208-1800.

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Spring Cleaning Tips to Sell Your Home

By Susan Heckler

You have decided to put your house on the market and would like to get the best selling price possible. One of the easiest ways is to make your home ready for viewing. You want to make it as attractive as possible to the most potential buyers.

Your home is a reflection of yourself and your family. When a buyer comes in to see it, you want them to imagine themselves living there...not you. Too many personal touches and mementos make it hard for them to see it as theirs. Take away photos and your 'stuff' as much as possible.

If your house is crowded with personal items, it appears smaller than it is. Purge your home of all unneeded things that are not coming with you. The rooms will appear more spacious and more attractive to potential buyers. You may even consider taking packed boxes and excess to a storage facility so they are not in the way. Many people choose to remove some furniture so the rooms look bigger. Counters



should be clear, closets organized, trash emptied at all times. Remove all small appliances that are not used daily, don't let the mail and newspapers pile up.

Now for the cleaning part...this is a lot easier now that you have gotten rid of the clutter. Look at each room as if you were the buyer. Each room needs to be cleaned top to bottom, corner to corner. A messy house looks unloved and neglected. Kitchens and bathrooms should shine and smell clean. Empty the trash, use room fresheners or even bake a cookie before a showing. A washed window looks great and lets the sun shine in. Have your carpets and drapes cleaned so they look their best and always keep them vacuumed. Touch up the paint where needed or just sponge off the surfaces to get off the grime. You don't want buyers to get the impression your home has been neglected.

Assume a realtor can come at any time and always have your home looking its best.

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Wise Words to Home Buyers

By Susan Heckler

Purchasing your first home is very exciting, yet at the same time can be a daunting task. First time buyers should consider the value of using a realtor to walk them through the process as well as having an experienced real estate attorney. Buying a For Sale by Owner is risky if you are inexperienced.

This is a mix of emotions and business acumen. You are buying a place to live and raise a family, so it needs to feel like someplace you will be happy and comfortable. You should sit together, everyone who will be living there, and make a wish list of what you are looking for in a home. The list should be by priority in case you can't afford or find the exact match. What are your goals for the short and long term? Sort your list by have-to-have, would-like-to-have, don't want to have. You will be spending a lot of time there so you really do want to love it.

Buy with your head, not your heart. You are also making a major investment. Speak to a bank or mortgage broker to find out what you can qualify for, to be certain you don't aim too high and find out you can't purchase that dream home. Rates vary, so shop around. You need to factor in what your monthly payment is along with how much down payment you can afford, how high the property taxes are, how much homeowners insurance will cost, estimated spending to maintain or improve the house, and how much your closing costs will be. You will also need to factor in the



monthly utilities and association fees. Don't anticipate increases in salary; go based on today and be conservative. Look into any incentive programs offered.

Your first option to consider is the type of home. Do you want a traditional single-family home, a townhouse, a condo, or a multi-family building? Will your family be expanding? Will in-laws eventually live with you? How long do you think you will live there? How is the school district?

Do you want a home in move-in condition or a fixer upper? Sweat Equity can save you money if you can do home improvements on your own without involving a contractor. Don't pay attention to paint colors and cosmetics, they are easy fixes. You want a home with good bones and a workable floor-plan for you.

Find a home inspector that is very thorough. You want to know every possible defect because these will cost you money down the road.

Given the economy, there are many Short Sales available. These may be money savers but they can also be a paperwork nightmare and lost time.

As with all major decisions, there is a lot of legwork and paperwork involved. The more research you do, the wiser you will be. It will all be worth it when you are in your dream home!



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Perrineville Lake Memoirs Part 3

By Pam Teel

Cousins, Emma Palmer and Marie Bahm Ugi, grew up in Millstone Township when the town was filled with farms and farmers. Others had small businesses in town or in surrounding towns such as Freehold. Some migrant workers even came during the growing season to work on the farms. There were a few migrant camps in the township that housed the workers coming from the south. Marie remembers whole families coming north in old cars and trucks from as far south as Florida to work at the larger farms throughout the area. Millstone Township was rich in agriculture and had many large tomato, asparagus, and potato farms, as well as other seasonally grown vegetables. They also had apple and peach orchards that needed seasonal help. Most of the workers that came north stayed until November when the last of the fall crops were to be had. Marie can remember back in the 1940's, the workers picking the apples in the orchard across from the Millstone Little League facility. The children of the migrant workers would attend school in Millstone during their family's duration in town.



Grudins Hotel and General Store sat across from the Perrineville Lake next to the bridge.

"Back in those days, everyone got along," both women told me. Riffs with the Perrineville Lake vacationer's children were all about the lake, nothing else. They didn't really know prejudice back then. When someone needed help, people pitched in and helped. Marie remembers her aunt Alma often going over to her Jewish neighbors to light their stove for them because they weren't allowed to light their stoves on certain Jewish holidays. "We played and had fun with the children who were bused to school from the migrant camps. Everyone played together regardless of race or religion," Emma stated.

Both women recall the Bealasons migrant camp near Bergen Mills Road and Indian Path Road. Harry Forman had another camp near Woodville Road in the area of Raceway Gas and Silvi's Cement. "There also was another migrant camp on route 537," Emma recalls, but she can't remember exactly where it was. The Bealason camp and the Forman camp used old barracks to house all the migrant workers for the growing season.

There were barracks set up on land in Millstone, Manalapan, Freehold and Upper Freehold. The migrant workers were bused to their work locations on buses owned by their employers. The barracks back in the day were referred to as primitive shacks; some long in length that housed two or three families living together under one roof and some were smaller structures. They were usually devoid of all modern conveniences and heated by portable oil-fired space heaters. They were referred to as shack colonies; not at all decent enough to house workers and their families, but yet the migrant workers came to work the fields amidst the squalid conditions of the camps.

During the realignment of Route 33, many of the barracks that were in the way of the improved road had to be removed. They were sold to the local people to use for homes. Marie's father purchased a long empty hull of a building that later became her ranch home on Millstone Road. Marie remembers watching the house as they moved it down the road to her property. Her heart was in her throat when twice she recalls the house getting stuck around sharp bends. Emma also has one of the smaller barracks on her property and uses it as a shed. There are other ranch homes in town that were once used as barracks back in the forties. Marie showed us pictures of her home lifted onto a truck and ready to go.

As far as other entertainment in town, there was the Farber farm where vacationers could rent horses to ride. The Farbers also rented rooms in the summer. There was Nollars Swim Club, which was a private swim club on the property that is now Frogbridge Day Camp. "That was an elite swim club," Marie stated. "You had to pay to use the lake. The Perrineville Lake was just fine for us. They even had a snack shack adjacent to the lake. We used to get ice cream and candy in the summer. We had fun ice skating in the winter and when we were done, we would go sit by a big bonfire and get warm over by where the First Aid building is now." Both women recall going square dancing at the Jewish synagogue, participating in 4H events, and occasionally going into Freehold to go bowling or see a movie at the movie theatre, which was located just after the railroad tracks near Throckmorton Street in Freehold. There was also a Boy Scout camp on Prospertown Lake on route 537 just past Great Adventure. Marie's sons attended the camp.

Very important to both women was the United Presbyterian Church, where many members of the Bahm and Palmer families were baptized and married. "The church was and still is a large part of our lives," Marie stated. "We went to Sunday school here, participated in the church choir, the youth group, and everything else that took place here, as did our children. The church was not only our spiritual outlet but also our social outlet. We grew up together and shared good times and bad times with other church members."

"Coming from a family of nine siblings, we grew up dirt poor," Emma stated, "but none of us ever realized it. We made do with what we had and never felt like we missed out on anything." Both women still enjoy calling Millstone Township their home. They have seen the landscape change over the past few decades, but are happy that Millstone still holds on to its country charm.

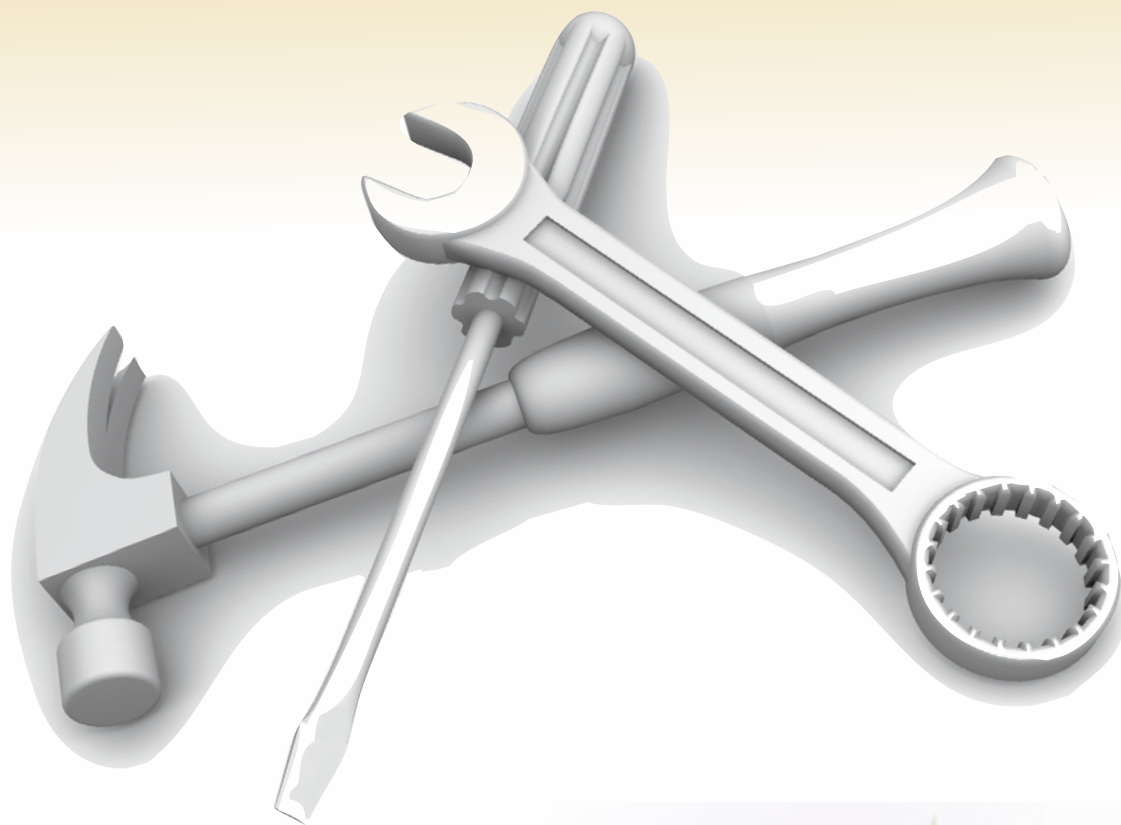
Thank you Emma and Marie for taking the time to share your past memories with us fellow Millstoners! Millstone, Allentown, Creamridge readers, do you have some old history of your town that you would like to share with the rest of us? Please email me at: crescent671@yahoo.com.



Toland Home- Perrineville Lake circa 1940.

PHOTOS COURTESY OF JOANN KELTY, MILLSTONE TOWNSHIP HISTORIAN.

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Basic Plumbing

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Clean Air in Your Home

As the American population has been made more aware of the dangers of greenhouse gases, one area that doesn't get as much attention is poor indoor air quality. The quality of air can be two to five times more polluted than the worst outside air. This is because of the many indoor pollutants floating around our homes from sources such as gas, oil, kerosene, building materials and chemical products.

PLANTS TO THE RESCUE

In the 1980s, NASA and the Associated Landscape Contractors of America carried out an in-depth study on which house plants were the most effective in purifying the air in space. Several of the tested plants were proven to filter out common volatile organic compounds that can negatively impact our health and well-being. Here are three of the most effective house plants for cleaning your air: Aloe: The study found that aloe helps clear both formaldehyde and benzene, which are generally byproducts of chemical-based cleaners. Spider Plants: Also safe for the pets in your home, spider plants are quick to battle benzene, formaldehyde and carbon monoxide. Their unique stringy foliage makes them perfect for hanging baskets. Azaleas: These budding beauties are best grown in cooler temperatures, making them perfect for improving an indoor area such as a basement.

DIRTY SOCK SYNDROME

Even though it may not have a very scientific-sounding name, dirty sock syndrome can have a serious impact on the overall smell of your home. The problem most commonly occurs when bacteria that has built up from the moisture in your air ducts and system during cooling season are dried up and killed when you begin using heat. This can result in a "dirty sock" smell being emitted from your ducts that is both annoying and overwhelming. Call your local heating and cooling professional, who for a fee can resolve the issue by spraying an antibacterial solution on your unit's coils. Hopefully you'll be back to odorless air in no time.

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Basic Plumbing Tips

For the beginner DIY-er, plumbing can seem like a monumental skill to acquire. But fixing leaky fixtures and slow-running toilets require only the proper tools and basic knowledge of how plumbing works. The most important course of action you can take regarding your home's plumbing is to continually pay attention to its performance and systems. The quicker you are able to identify a leak or drain issue, the more likely you are to avoid major damage to your home and wallet. By understanding the common plumbing issues that all homeowners deal with at one time or another, you will be able to take on basic challenges before they become full-blown emergencies.

COMMON ISSUES

Faucets leak, toilets clog and pipes break. Any homeowner can tell you that. It is what you choose to do about these problems that can mean the difference between a quick fix or a pricey call to the plumber.

Educate yourself on your home's basic plumbing systems – both the water service and the drain. Know where your shut-off valves are for your main service, washer, sinks, toilets and ice-makers for quick access during emergency situations.

THE RIGHT TOOLS

If you're spending more time lately tending to your home's plumbing needs, then you have probably become quite familiar with the pipe wrench.

This tool is vital in your ability to loosen and tighten pipes of all sizes, and troubleshoot issues. Plumbers' putty also comes in handy when replacing sink fixtures and drain coverings, as does Teflon tape for effectively wrapping threads of shower heads and pipes.

PLUMBING EMERGENCIES

Of course, some homeowners will unfortunately experience major plumbing emergencies that require professional help. Always have the number of a reputable, certified plumber handy in case of such a situation. Be prepared to pay a pretty penny for comprehensive repairs, but also take comfort in the fact that the job will be correctly executed and often guaranteed for the life of any new parts.



Commercial Kitchens

The rise in popularity of television cooking shows is not due solely to the food, but also the contemporary-looking kitchens, stainless appliances and the "I want that" gadgets. Many Americans are replicating what they see on TV, which means big business for contractors, builders and designers. Consulting with professionals is definitely recommended, especially considering the amount of research, design expertise and regulatory codes that need to be followed when installing professional-style equipment and appliances. Larger stoves require more comprehensive ventilation systems, while the combination of an all-new suite of high-powered appliances may require a little more power from your home's electrical infrastructure.

The Look

Spacious and usually shining with stainless accents, a well-executed commercial-style kitchen is a thing of beauty. The professional equipment within them provide near-restaurant-level power that helps execute large meals for get-togethers. Built in refrigerators have also become trendy, as many kitchen masters prefer the extra floor space that this affords them.

Stainless Steel

Costs can add up in a hurry, but the up-front investment usually ends up paying off in the end. A major kitchen remodel can net a nearly 60-percent return on investment. That is of course, if you ever plan on selling your home. For most people, the addition of a commercial

kitchen is not just for resale purposes, but to provide a daily dose of cooking excellence. Stainless appliances, found their way into many of our kitchens, and for good reason. Their sleek appearance and simple elegance help "commercialize" any kitchen atmosphere and can quickly transform blah to brilliant.



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This space is designed for views. Views to the outside, views from the loft, views through the house so the family is connected with each other and nature.



Knowing the limitation of your material is important. A seamless granite island can only be as large as the slab allows. Richie from Falco Marble and Granite in Freehold says, "Having an architect at your side for your next building project can be the most cost effective move you'll make."



When designing your bathroom, know your glass. The seamless shower door could have been crystal clear, or slightly tinted.

Building a new home or renovating your home, kitchen or bathroom for most people is a once in a lifetime endeavor. Doing it on your own can be overwhelming; which is why so many people seek out home store designers or builders for advice. Unfortunately, that in itself is not enough. More often than not, after these companies have "redone" a kitchen or master bathroom, the same functional problems that existed before are still apparent, just with a face lift.

Hiring an architect opens up unlimited possibilities. An understanding of structure and design often leads to a layout which is not evident at first glance.

Architects ask critical questions regarding the home or space they are designing and how it is used. For example, a kitchen designed for a person who bakes will differ from a kitchen where entertaining large crowds is the norm. Knowing this upfront will yield a better design, and without asking, a homeowner may not know to share this information. Through questions and observations architects learn how their clients really live. They then incorporate that into the design resulting in the ultimate layout.

The benefits of hiring an architect do not stop there. As with all renovation projects, there are many construction disciplines involved. The coordination of trim work, lighting, flooring, stone counter tops, as well as electrical locations are just the highlights. An architect brings all of these details together so that when the actual installation begins, it is a flawless process.

Finally, architects know when and who to consult when a design presents interesting conditions. It is critical to share plans with hands-on craftsmen and seek out their advice regarding details. For those who have the time, discipline and talent, designing their home or addition, or renovating the kitchen or bathroom can be extremely rewarding. For those who think design is a trip to the "big box store," it can end in costly overages, missed opportunities and considerable delays. Ultimately, nothing should be left to chance. Architects are your one stop shopping for planning, designing and making your project seamless.

Bigger isn't always better. The difference between a well-designed space and an outstanding space is all in the details not in the square footage. Your home is an intimate part of your life, work with a professional that really cares about your life and how you live.

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Quick Tips To Prevent Bed Bugs

It can be hard to get rid of bed bugs once they are in your home. Follow these simple steps to help prevent them.

Learn the basics about bed bugs.

- Bed bugs are small, reddish-brown bugs that bite people to eat blood. They can grow up to the size of an apple seed.
- Bed bugs travel from place to place in luggage, clothes, boxes, and used furniture. They can also move between apartments through small cracks.
- Bed bugs only come out at night – but leaving the light on won't stop them from biting.
- Bites from bed bugs can cause large, itchy bumps on some people, but other people don't have any reaction at all.
- Bed bugs can live for a long time without feeding.

Use a flashlight to check for bed bugs.

- Check for bed bugs hiding in the mattress, box spring, and bed frame.
- Be sure to look under the mattress and along the seams (edges) of the mattress.
- Look for small, reddish spots on the mattress. These spots could be a sign of bed bugs.
- Search other furniture near the bed, like night stands.

Check for bed bugs when you travel.

- Put your luggage on a luggage rack (away from the wall) or in a dry bathtub. Don't put it on the bed.
- Follow the steps above to check for bugs where you are staying.
- If you see signs of bed bugs, call the hotel desk or tell your host right away.

Take extra care with your luggage when you get home from a trip.

- Keep your travel clothes separate from other laundry. Wash them in warm water right away.
- Vacuum your luggage to get rid of any bed bugs that may have hitched a ride. Take the vacuum outside and empty the contents into a plastic bag that you can seal tightly. Throw this bag away in an outside garbage bin.

Act right away if you see a bed bug in your home.

- Tell your landlord or call a pest control company as soon as you find bed bugs in your home.
- Use clear tape to attach the bug to a white piece of paper. Show it to a pest control expert to make sure it's a bed bug.
- Don't try to get rid of the bugs yourself. You could make the problem worse by spreading the bugs to other rooms in your home.

For more information on bed bugs, visit: <http://www.epa.gov/bedbugs>

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The Breakfast Nook

We all need that jolt of caffeine or punch of protein in the mornings.

But too many times we find ourselves inhaling our breakfast, coffee or juice before rushing out the door.

Incorporating a breakfast nook into your kitchen area may persuade you to slow things down in the morning. And by adding some elegant, contemporary design elements, you may even find yourself starting your breakfast earlier and earlier in the morning just so you can enjoy this new part of your kitchen.

PLANNING YOUR NOOK

An effective coffee nook is both functional and fashionable. You want to be able to soak in all of its aesthetically pleasing nuances without being inconvenienced to scuttle back and forth to the kitchen for food, linens and silverware. Storage is key to achieving this, as a few cabinets will allow you to hide away coffee grinders, forks, spoons and serving trays. Generally, a nook is not a space for entertaining a large number of guests. A small café-style gives an ample amount of seating, depending on how you plan to use the nook. If you choose to add a higher-style serving shelf in the nook, you can find stools or high-rise chairs for your seating options.

STOCKING YOUR NOOK

Depending on your caffeinated pleasure, you can stock your nook full of your favorite grounds, single-serving cups or fresh beans. And don't forget the coffee cups. Your nook can be an all-inclusive spot that doesn't require you to make several trips back and forth to the kitchen. Many nook lovers also stock their areas with cereals, fruits, bowls and silverware to add to the convenience factor.

DESIGNING YOUR NOOK

Your nook does not need to be a direct extension of your kitchen. In fact, choosing a color or wallpaper that is in stark contrast to your kitchen will help in creating a unique, distinct area. If you're seeking to convey a cozy, country feel, find antique frames made from old barn wood to display your artwork. A more contemporary look may involve accentuating the area with stainless steel pieces and clean, modern lines.



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When Good Chemicals Go Bad

Herbicides are chemicals, which are used to eliminate weeds. Lawn herbicides are available in pre-emergent types that prevent weeds from sprouting, and post-emergent types, which kill them after they have sprouted. Homeowners should research carefully before using weed killers. Some products can cause severe damage to grass and landscape plants when used improperly.

Signs of Injury

You may see signs of herbicide damage shortly after applying the product to your lawn areas. The grass may become yellowed, a condition called chlorosis, or it may appear striped with colorless areas.

Grass plants may brown and die. Wilting and curling of leaves can also occur. Herbicides should not be used on newly planted grass, which can brown and die in large patches.

The Right Herbicide

Weed killers come in a variety of types. Some of these are "selective" in that they only kill some types of weed plants. Homeowners should identify the type of turf-grass used in their lawns so they can choose the right herbicide product. St. Augustine, a grass used in warm climates, cannot tolerate many herbicide compounds. Always read labels carefully to determine if the herbicide is safe for your type of grass. When in doubt, contact your local agricultural extension service for advice.

Weed and Feed

Weed-and-feed combination products that combine an herbicide with fertilizer can be damaging to turf grass and landscape plants. The main problem with these products is that fertilizer generally needs to be watered into the soil, but herbicides need to be left on the leaves in order to work properly. Also, if you need to re-apply weed-killer, you will also be re-applying fertilizer, which is unnecessary and can find its way into local waterways. It's generally best to weed and feed in separate operations.

Repairing Damage

If you see damage on your lawn soon after applying an herbicide, you may be able to save the grass by employing a few techniques. First, water the lawn liberally to wash the herbicide off the grass plants. This method will not help herbicides that are soil active. It will merely wash the compound further into the soil. You can, however, dig a slight trench around damaged areas to cut the roots of the grass plants to prevent the weed killer from being taken up into plant cells. If damage is severe, you may have to re-seed or re-sod areas of your lawn with the most injury. After repairing your lawn, do not use herbicides for at least six weeks after re-seeding or re-sodding to allow the new grass to develop a strong root system.

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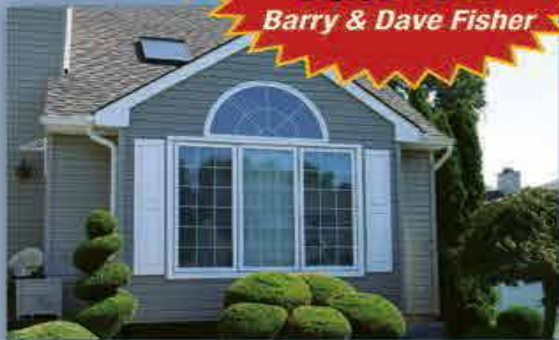


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LAMBERTVILLE, NJ

A Quaint Town down by the Delaware River

By Pam Teel

Last month we visited Frenchtown on the NJ side of the Delaware River. As we travel fifteen miles south from Frenchtown via Race Street, to Route 12, to Route 29, we come into the quaint town of Lambertville.



The Lambertville Station Restaurant and Inn

Founded in 1705, the town went through a series of different name changes; names that reflected various ferry boat operators working on the Delaware River at different times. In 1814, the community finally settled on a permanent name. The town was named after resident, John Lambert, who at one time served as a U.S. Senator and Acting Governor of New Jersey.

Lambertville was once a boisterous factory town where such products as lace, underwear, rubber bands, and other products were made and ferried via the Delaware River to other larger cities. When the automobile came into the picture, the ferry's and railways died out and most of the factories in Lambertville closed its doors.

Separated by its twin city of New Hope, Pennsylvania, by the Lambertville-New Hope Bridge, New Hope is just a stone's throw away. The bridge acts as both a vehicle and a pedestrian bridge taking you from one shopping Mecca to another across the Delaware River. Both towns are equally precious for its well-preserved federal and Victorian homes, quaint shops and restaurants, and cultural things to do. Like New Hope, Lambertville has its own share of antique shops, eclectic galleries, wineries, and quaint restaurants such as the Lambertville Station and Inn; a popular restaurant right by the riverside in a restored 19th century train depot. Other fine dining restaurants are Andiamo's, which serves Italian, French, and American cuisine, Bells Tavern, which serves Contemporary cuisine, Anton's at the Swan, which serves American cuisine, and taste what's brewing at the River Horse Brewery. Feel like walking; take a walk on the canal towpath or across the pedestrian bridge over to New Hope.

Be sure to visit the Golden Nugget flea market located just outside of the town on route 29. It's open three days a week, which include two weekend

days. Visit the people's store at 28 North Union Street with over forty antique dealers spread out on three floors or shop more vintage wares on Bridge and Main Street.

You can visit the 1816 James Wilson Marshall house museum on 60 Bridge Street. It's the childhood home of the man who first discovered gold at Sutters Mill during the 1848 California Gold rush. Visit the Holcombe- Jimison Museum, which is dedicated to the preservation of Hunterdon County's agricultural heritage. The property features a carriage shed, 1711 homestead, blacksmith shop, general store, post office, print shop, pole barn, and more.

There is also the Riverside Symphonia on Union Street, which houses a professional and a community orchestra. Created and supported by the Delaware River Valley community and its river towns, the Symphonia consistently presents concerts of the highest artistic level.

Enjoy one of the many old Inns, B & B's, and English pubs in the area. The Inn of the Hawke features new American fare, along with an extensive selection of draught beers. Plan on spending a night in one of the charming rooms of this 19th Century Italian reveal that was once a Riverfront mansion. The Inn at Lambertville Station has fine dining and exquisite accommodations and is located right on the river's edge.

There's plenty of kayaking and tubing on the Delaware River as well as a replica steamboat floating classroom, which seasonally takes classes or groups of people on a two mile educational tour of the river. Take a boat ride or cool off tubing down the river in the summer months, frequent the many shops and restaurants, or come for the special events happening throughout the year such as the Winter Festival, springtime Shad Fest, summertime Friday Night Fireworks and the Autumn House Tour, to name a few. Lambertville, NJ has something for everyone and you don't have to travel very far to get there.



Quaint shops line the main streets of the town.



2015 *Bridal Guide*



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The Perfect Shower

By Krusha Vaidya

While some brides like to be involved in all aspects of their wedding and related celebrations, tradition leaves it up to the bridesmaids to throw the bridal shower.

These events can range from informal get-togethers at a local restaurant to a fancy shindig at an upscale resort.

If your friends will be planning your shower, be sure to offer up a few ideas if asked. If you give them some general direction of how you would like the party to play out, then they will be more likely to plan the perfect party.

LOOK YOUR BEST

Don't forget to wear your shiny new engagement ring to your shower, as well as any party dress or accessories that will help you stick out from the crowd.

You will naturally be the center of attention at your bridal shower, so it is a good idea to be stylish and sleek. You want parting guests to be talking about your outfit and natural glow.

IT'S YOUR PARTY... BUT NO CRYING

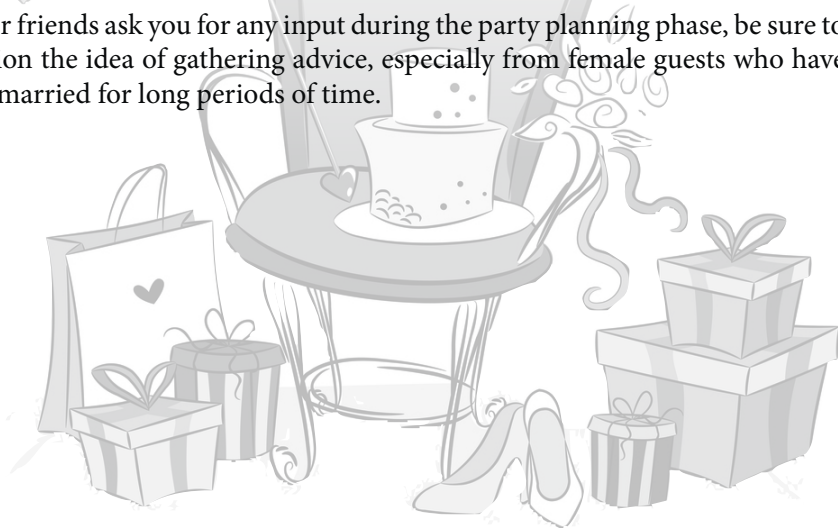
Nothing will rack up "bridezilla" points quicker than someone throwing a fit over the shower her friends planned for her.

If you give your friends the green light, then you should be ready for anything. This means being willing to go with the flow if they have a few surprises to throw your way.

Even if you are less than impressed with certain aspects of your party – or who makes it onto the invite list – just remember how much work your friends put into planning a special night for your big celebration.

ASK FOR ADVICE

If your friends ask you for any input during the party planning phase, be sure to mention the idea of gathering advice, especially from female guests who have been married for long periods of time.



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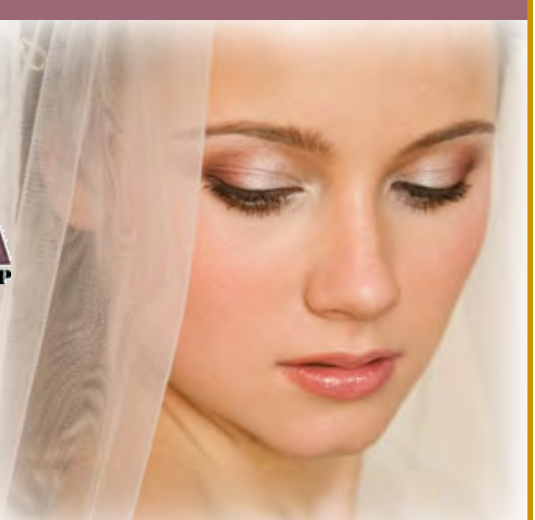
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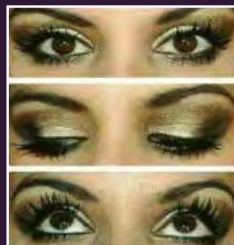
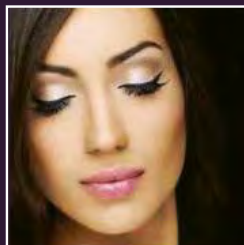
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The Gown

Ah, the wedding dress.

So many hours of research, fitting and re-fitting for only a few hours of glory. But once your special day comes and goes, deciding what to do with the gown can be a difficult choice for many brides. Should you keep it stored away as a memento of your wedding day or let it go?

KEEP IT

When deciding to keep your gown, it's important to determine why. Are you hoping to one day hand over your dress to your daughter? If so, keeping the gown in a basement, attic or back of the closet may not be an ideal storage option. Garment professionals recommend you properly clean and store your gown for optimal life span. Simply shutting it away and forgetting about it can lead to a ragged, faded garment after even a short period of time.

DONATE IT

If you have no future plans to give away your dress to a family member or friend, why not donate it to charity? Organizations such as Brides Against Breast Cancer use donated dresses to put on their Nationwide Tour of Gowns effort, which raises funds to contribute to programs for cancer patients and their families. Check in with your local charitable organizations or consignment shops to see if there is a need for donated dresses in your area.

SELL IT

Another option for your gown after your wedding is selling it to make back some of your own costs. This may be a great option if the dress is very valuable and if the company you bought it from has a flexible buy-back program.

There are also a variety of online options for selling your gown. Many companies buy and sell pre-owned wedding dresses. Just don't expect to get top-dollar out of these bargain services.

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Paying off Wedding Debt

The cake was delicious, the music was lively, and the photographs turned out great. Now hopefully your wallet isn't crying.

One of the worst ways to start your marriage is in the red. But if you and your spouse ended up footing the bill for your special day, then you may not have a choice. The Knot.com reports that the median wedding cost over the past two years hovered around the \$20,000 mark.

Fortunately, there are ways to tighten your belt and pay off that wedding debt. Smart financial planning means you will have a plan in place even before the wedding and honeymoon. Sticking to the plan will require discipline and commitment, helping you strengthen your new marriage against one of your first tough tests together.

CUT CORNERS

Before you say, "I Do" you should take some vows dedicated to a more affordable wedding. There are certain aspects of your special day you may be able to scale back on, including:

- **Venue Size:** As long as your guest list isn't out of control, opt for a smaller venue. Not only will it save you money, but it will also give your ceremony a more intimate feel.
- **Ask for Help:** Instead of registering at a store for gifts, you can ask friends and family members to help you with planning. Do you have an aunt with a flair for the kitchen? Maybe she can help bake cupcakes or put together a candy buffet. Know a skilled photographer? They may be willing to donate their services as your gift.

CREDIT CARDS

You may have had no choice but to put large wedding expenses on your credit cards. If so, sit down with your spouse and determine a feasible monthly payment that is larger than the minimum required by your credit card company. Credit cards are the best place to start when trying to save yourself money in the long run. By taking on more than the monthly payment, you can eliminate interest that would otherwise be piling up on your account.



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Extreme Weddings

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If you are nodding your head, why would you plan an ordinary wedding?

Extreme weddings have become the norm for adventurous couples everywhere as they ditch the traditional for the thrilling. Why walk when you can dirt bike down the aisle? Why arrive to your reception in a limousine when you can amaze your guests with a hot-air balloon entrance? The options are endless for the truly audacious.



UNDERWATER CEREMONIES

Many aquariums, professional diving services and even zoos offer underwater wedding experiences. If you don't feel comfortable asking your wedding party to head underwater with you, they can watch from the land while you and your spouse officially tie the knot sporting scuba gear and snorkels.

Sharing your first kiss as a legally married couple among the fish and sea creatures will be a memory that lasts forever.



CLIFF-TOP VIEWS

Many extreme couples prefer to go up instead of down under for their wedding ceremonies. They are taking to the cliff-tops, mountainsides and even hot-air balloons to celebrate their special days.

Some venues offer skiing and snowboarding ceremonies, as well, to really showcase your extreme side. Coordinate with your local national park officials or wedding planner. They will be able to provide you details on cost, options and potential liability issues.



ZERO-G WEDDINGS

Ever since the first zero-gravity wedding was celebrated in 2009, more and more couples have opted for this high-flying, sky-falling option. Couples and their wedding parties take a ride on an airplane that climbs to high altitudes and then falls intermittently to produce periods of weightlessness. If the idea of floating through your vows sounds exciting to you – and you don't generally suffer from motion sickness – then the zero-gravity wedding may be for you.

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Prenuptial Agreements

By Krusha Vaidya

So prenuptial agreements may not be the happiest of topics to consider when planning your wedding. But more than one third of single adults say they would ask a significant other to sign a pre-nup, according to a recent survey by Harris Interactive.

At with the country's divorce rate hovering around the 50-percent mark according to the Centers for Disease Control and Prevention, more people are starting to explore the option of a pre-nup.

Proponents say a pre-nup doesn't necessarily signal a lack of faith in marriage, but more so a protection against an unlikely and unforeseen circumstance.

Traditionalists are generally against the thought of pre-nups, deciding instead to trust that their marriage is built to last.

WHAT IS A PRE-NUP?

No matter what side you fall on, it is important for you to understand the basics of what a pre-nup is and how using one could affect your marriage.

Prenuptial agreements are fluid and flexible, but more often than not are implemented to protect financial security in case of a divorce.

Most laws say that married people share assets, property and debts equally, regardless of whose name is on the titles or deeds. In a divorce this means that a spouse who didn't contribute as much as the other monetarily could still receive all joint items and finances. Pre-nups can also be comprised of a plan for protecting family heirlooms, as well as distinguishing the differences between marital and separate property.

WHO SIGNS PRE-NUPS?

Divorce mediators often urge pre-nups for people getting married for the second time and for ones with children or wealthy parents. Divorcees may come into their next marriage skeptical and afraid of going through the same process once more. Creating a pre-nup can help them feel more secure that their financial futures won't be negatively harmed again. If you are considering initiating a pre-nup, consult with a board-certified family law attorney to draft and discuss all aspects of a potential document.



Multi-Functional Venues For Your Wedding

Come to think of it, the spring can be a downright perplexing season to throw a seamless wedding celebration. Fortunately, you're smart enough to be prepared for any climate curve balls that may be thrown your way.

The temperamental inconsistencies of Mother Nature come springtime make multi-functional venues the perfect choice for a bride-to-be. Especially in colder regions, it may be best to find a venue that offers both indoor and outdoor entertaining spaces.

WEATHER BENEFITS

The obvious benefit of having both indoor and outdoor options is in the case of a forecasted rain or snow storm. By keeping an eye on the weather starting a couple of weeks before your big day, you can make an informed decision on which portion of the venue you will decorate and for what purpose. Many wedding planners suggest starting your plans with an outdoor ceremony before moving inside for the reception. Your guests will be happy to sit through chilled temperatures or a light drizzle to watch you get married but may not stick around in such conditions for a late-night party.

COST

While the benefits are many for choosing a multi-functional venue for your wedding day, cost may not be one of them. Renting out both a facility and an outdoor area can, in some cases, double your venue price tag. Be sure to compare all options when making your venue list. You may be able to find a company or organization that offers discounted costs for renting multiple parts of its facilities. If the more expensive venue still tops your list after some research, you may be able to find other areas of your budget that are more flexible.



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Choosing a Caterer

Even though their methods for catering may be pretty similar, every restaurant is not the same when it comes to handling your wedding.

There are numerous factors that come into play, ranging from cooking specialties to availability of resources.

Before deciding on your final choice for a caterer, make sure to ask the questions below — along with any others specific to your wedding — to make sure you find the one most aligned with your nuptial needs.

- Do you have a license? Get this one out of the way quickly, because some venues will not allow an unlicensed food operation on their sites.
- What is your price range, and can I get a quote on paper? Making sure you have a written quote will help resolve any confusion come payment time.
- How many weddings have you catered for in the past couple of years? This answer may be one of the most important, as you want to make sure the company is experienced and up to the challenge.
- Are you specialized in a certain cooking style or methodology? This is crucial if you're looking for a specific type of food for your reception, such as French cuisine or seafood.
- Will you be providing chairs, silverware, linens and equipment? A "no" answer to any of these questions could lead to higher costs for you and more stress in trying to coordinate different vendors to fulfill these needs.
- Do you only cater one event per day? You want to make sure you have the full attention of the organization and its staff during your wedding.
- Are you easy to get in touch with if I have questions throughout the meal-planning process? Every caterer will surely answer 'yes.' A good follow-up question is for a list of references, just to make sure you can conduct your own research.
- Do you also do wedding cakes? Having the same company handle snacks, dinner and the cake means one less vendor for you to find during the planning stages.



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Preserve Those Memories

By Krusha Vaidya

Your wedding ceremony and reception will go by in a flash. You spend countless hours planning the perfect event and when the day finally arrives it seems to move in a fast-forward pace. Preserving the memories from your special day can help you hold on to the feelings of love, support and excitement that accompany it. So whether you opt for video, photography or another method to record the day's events, be sure to have a plan ahead of time so you're not scrambling for ideas at the last minute.

PHOTOGRAPHER

While quality photographic equipment is becoming more widely available, it may not be such a good idea to ask your wannabe-photographer to take the photos of your wedding with their SLR camera. A camera takes great pictures just like a kitchen makes delicious food. You need an expert operator to get great results. Shopping carefully for a professional photographer can be one of the best decisions you make. They'll not only be able to get spectacular images from your big day, but they'll also add an air of professionalism and sophistication to your event by following proper etiquette.

VIDEOGRAPHER

Video is a powerful option for preserving your wedding memories, as it affords you the opportunity to watch yourself walk down the aisle over and over again. A professional videographer can set up multiple cameras to capture your wedding and reception from every angle, even in crisp HD format. Be ready to shell out a big portion of your wedding budget for this option, though. Quality video technicians don't come cheap.

WEDDING JOURNAL

From the day of your engagement to the day of your wedding – and even for years to come – a wedding journal is a great way to record your thoughts and emotions related to your marriage. Initially you can use it to jot down ideas for the wedding and reception while also writing about your happiness, excitement and expectations for married life. Writing in a journal can also serve as a type of release from the stress of planning a wedding.

DISPOSABLE CAMERAS

Want a fun way to capture memories and make your guests a part of the story? Consider using disposable cameras. They are an affordable option for capturing your wedding through the eyes of your guests. Lay two or three cameras on each table and let your friends and family members play photographer for a night. They are likely to offer you snapshots into the parts of the party that you weren't able to see for yourself, supplementing the traditional images from your professional photographer.

honor yoga Comes to Millstone

By Susan Heckler

Millstone Township welcomes Honor Yoga to the community. Owner Melody Appel, a Jersey girl, recently moved her family to Millstone this past summer and has just opened a hometown studio. The Millstone studio joins those in Hamilton, Manalapan, Mansfield, Pennington and the soon-to-be-opened Jackson location. Honor Yoga started in 2012, so it is an impressive expansion of the business.

Imagine a tranquil setting of a natural, light-filled studio with a fireplace and lots of windows, which is surrounded by 6 wooded acres. Located at 490 Route 33 in the Gedi Corporate Park, Honor Yoga is an eco-friendly business. While building their studios, they made the choice of bamboo or cork flooring rather than hard wood because bamboo regrows in 3 years whereas hardwood trees take decades to re-grow. They discourage the use of disposable products like water bottles and paper towels to honor and respect the environment.

Honor blends Vinyasa and Restorative styles of yoga. They are approachable and beginner friendly so, if you are like me, you won't be intimidated by the veteran yoga students. According to Melody, "Our students come to us at all stages of their practice—from those who have never been on a mat to those who have been practicing for years. And although all of our instructors are experienced with working with brand new students, we also have offerings specifically tailored to new students. Wonderful classes that open your body and your life to this amazing practice...with no intimidation." They offer classes for families, seniors, tweens as well as a class geared to 7-10 year olds. Honor partners with other yoga instructors and offers teacher training sessions.

Give them a call 609.414.7171 or check out their website for more information www.honoryoga.com.

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Millstone Students Read All About It

By Susan Heckler

*The Millstone kids are very busy
The schools have gotten them in a tizzy.
The love of reading is the goal
To make their educations whole!*



All of the schools have their spring book fairs in February and March. All students may shop for books online and in the schools during the book fair. The schools all participate in the All for Books Campaign to raise money for children without access to books, during the book fair. Donations are accepted and given to Scholastic, who makes it possible to get books into children's hands through their All for Books program.

The Millstone Middle School will be running a Read-a-thon until February 17 to kick off reading for fun while raising money to support the Middle School in building book-rooms, collections and adding new and exciting titles for our students to enjoy.

In the elementary school, the students and teachers came to the primary school on February 20 to read with buddies and take part in a cross grade level literacy activity. These activities are based on Dr. Seuss books in celebration of Dr. Seuss month. They used themes and incorporated math, art, music, technology and literacy. The students read and work with students of different ages; the older students pairing with younger students in each homeroom to read and collaborate on various activities. This is the 9th year of doing this event.

The week of February 23 through 27 was Elementary Read Across America Week. This year they hosted an author, Michael Dooling, who is a New Jersey native. He came to share his love of writing and his work, as well as many classroom activities that support the love of reading and writing.

Coming up in the week of March 2 through 6, the Primary School celebrates Read Across America Week. They will be participating in school wide, classroom celebrations and community celebrations as part of Read Across America week. This is a national event each year. In addition to the school wide activities, many of our teachers will use Dr. Seuss books to teach a variety of literacy skills throughout the week such as rhyme, alliteration, analyzing and critiquing as well! There will be guest readers from the community. Some local firefighters come every year to read to our students. According to teacher Stephanie Dunk, "The kids love having them in and our firefighters enjoy being a part of the event. In addition to our firefighters, the superintendent, Scott Feder, Director of Curriculum, Karen Barry and Principal Trish Bogusz, and Assistant Principal Scott Hobson all read to students in various classrooms throughout the week. Each class has a special guest reader - at least one!"

March 5 will be the annual Family Reading Night. The idea of the evening is to get families together to celebrate literacy as well as provide parents with fun easy ways to support our readers and writers at home. Come down and join in the fun and promote reading and literacy in your family!




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PARCC Testing

By Susan Heckler

There is a lot of buzz amongst parents and educators about the PARCC Assessment tests. The PARCC tests are computer-based K–12 assessments in Math and English Language Arts/Literacy. Their purpose is to give teachers, schools, students, and parents better and more useful information on how the students are prepared for their futures. The PARCC assessments will be ready for states to administer during the 2014-15 school year.

All public school districts in the State of New Jersey are required to administer the state mandated standardized assessment, which is now PARCC. This replaces the prior test known as NJASK. There was anxiousness when the state switched from ESPA to NJASK.

One parental concern is that this new test is computer based. This may seem to be a concern, but our children are extremely comfortable with the computers and should not find the technology overwhelming.

Can a parent refuse to allow their child to be tested? According to Superintendent Scott Feder, “I am in no position to tell a parent how to parent or tell a parent what is good and right for their child. That is just not my job. What is my job and my responsibility as Superintendent is to educate children. Part of educating children is assessing our program, student achievement levels and the entire effectiveness of our district. Will PARCC provide me information to better do that? I certainly hope so and expect it do so. Will it be the end all be all of information that informs me of everything I need to know about teacher and student performance. NOT EVEN CLOSE. But when thinking about the reason to refuse the test, that one is a hard one for me to understand and here is why.” He goes on to say that the results of this year’s testing will not be used to make placement or program decisions.

Many parents are concerned about data mining. New Jersey uses a program called NJSMART, which is the keeper of information about students. Each student has a Student ID number called a SID. This is linked to information about a child. Test scores and basic demographics are all that has ever been shared in this manner and this is done through the student ID number. Nothing personal or information about a child’s family or Social Security numbers are ever shared or included. Switching from one standardized test to another will not change this.

The PARCC testing will also allow the school districts to examine their own curriculum and to better determine whether or not their teaching methods are effective and if improvement is needed to better prepare the students.

For more information about this new testing your children will be taking, contact the school district and find out when meetings are scheduled for discussion.



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How to Bathe a Horse

By Susan Heckler

Bathing a dog is easy. If you don't want to take them to a groomer, you have the option of doing it yourself, especially if your pup is shower friendly. You put on a bathing suit and take Fido into the shower with you. You wet him down, soap him up, rinse, condition, rinse again and towel dry. The tough part is cleaning the bathroom of all dog hair and water sprayed when they shake themselves off.

The question now is how do you bathe a horse? Horses don't need to bathe frequently, a good brushing and currying keeps them looking pretty good. Bathing too often can dry out their skin and coat. A good Bath can eliminate a buildup of salts on the skin that result from sweating and become a source of irritation.

Of course, you'll want to try to bathe your horse only when temperatures are warm enough. You need to assemble a toiletry kit just for them. It should contain sponges of varying sizes to wash different body parts. A sweat scraper is a great tool for removing excess water from your wet horse. Use a mitt or scrubbing cloth for gentle scrubbing on exceptionally dirty areas. Choose a shampoo that takes into account your horse's skin sensitivity and coat condition. A medicated shampoo may be needed. Never share toiletry kits between horses to prevent spreading germs. You also want to use different brushes and cloths for different body parts to not spread contamination. Three buckets of water are needed - one for rinsing water, one for mixing shampoo for body washing, one for mixing shampoo for head washing. As the owner, you know if your horse will cooperate or if you will need an assistant or to tie him. It is essential that you bathe your horse on a non-skid surface. Prior to wetting him down, clean out his hoofs to avoid mud and coat his hoofs with oil so they don't soften. You will need to wet your horse's coat thoroughly before applying shampoo. Get him accustomed to the water temperature first and then start wetting at the front hooves. Most horses do not like their faces sprayed, it may spook them. Work your way up the front legs to the shoulder, from the shoulder move up the neck, and then over the back, to the flank area, and then toward the hind legs, groin and belly. Gently wet under and around the tail, and soak the tail hair itself while standing to the side of your horse's buttock.

Fill a wash bucket with warm water and add the manufacturer's recommended amount of shampoo. Too much shampoo is not good. Use your various sponges and cloths to transfer the soapy water to the different areas. Be careful not to let the shampoo dry on the horse, rinse the suds as you go along. After rinsing, you can use the sweat scraper to squeegee the water off the coat. If the horse seems chilled, cover him with a blanket.

Don't forget to clean all of your toiletry tools so they are clean and ready for the next use.



EQUINE CALENDAR OF EVENTS MARCH 2015

March 1	CJL at Baymar Farm 38 Harbor Road, Morganville, NJ Contact: (917) 371-4551	Monmouth
March 7	Horse Park Barrel Racing 626 Route 524, Allentown, NJ Contact: (908) 963-1989	Monmouth
March 7-8	Baymar Farms 38 Harbor Road, Morganville, NJ Contact: (732) 591-9600	Monmouth
March 8	Autumn Riders Horse Park of NJ 626 Route 524, Allentown, NJ Contact: (732) 703-5465	Monmouth
March 8	West Milford Equestrian Center Hunter Horse Show 367 Union Valley Road, Newfoundland, NJ Contact: (908) 832-7402	Passaic
March 14	Dressage Schooling Show Horse Park of NJ 626 Route 524, Allentown, NJ Contact: (609) 203-6142	Monmouth
March 15	Youth Paint Horse Association Clinic Gloucester County Dream Park 400 Route 130 South, Logan Twp., NJ	Gloucester
March 15	CJL at Baymar Farm 38 Harbor Road, Morganville, NJ Contact: (732) 591-9600	Monmouth
March 21	Horse Park Barrel Racing 626 Route 524, Allentown, NJ Contact: (908) 963-1989	Monmouth
March 21-22	Tewksbury Farms Stable At Hidden River Farm 745 Amwell Road, Neshanic Station, NJ Contact: (908) 832-7402	Somerset
March 27-29	CJL at Duncraven 1300 Trenton Harbourton Rd, Titusville, NJ Contact: (732) 591-9600	Mercer
March 27-29	EPRHA No Foolin Slide Show Gloucester County Dream Park 400 Route 130 South, Logan Twp., NJ	Gloucester
March 29	Dressage Schooling Show Horse Park of NJ 626 Route 524, Allentown, NJ Contact: (609) 203-6142	Monmouth

*To have your event listed in the Calendar of Events for April 2015
please e-mail, call, or write by the 1st of March 2015*

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Millstone Township Hospital Auxiliary Celebrates Its 50 Years of Service to the Community

By Pam Teel

The Millstone Township Hospital Auxiliary first began in 1965 when the ground where CentraState Hospital now stands was still a potato farm. There were a total of twenty members that joined and the first sixty dollars was collected to start off the Hospital Auxiliary.

The Hospital Auxiliary functions under the guidance of the Hospital Foundation both independently and in association with four other auxiliary organizations. They are the Freehold Borough and Freehold Township Hospital Auxiliary, the Manalapan-Englishtown-Marlboro (MEM) Hospital Auxiliary, the Covered Bridge and the Village Hospital Auxiliary. These associated auxiliaries act together and continue to assist the CentraState Healthcare System in enhancing the health and well being of the community. They accomplish this task by planning projects together, by fundraising, and setting their sights on the same goals. Over the past fifty years, as a whole, they have managed to raise over three million dollars for the Hospital. The money raised goes to various hospital departments for cancer care, special equipment, etc. The individual township auxiliary members act as a liaison between their community and the Hospital.



Charter members of the Millstone Township Hospital Auxiliary:
Paula Markowski(L) Madeline Jacobus(R)

On March 5th, the Associated Auxiliaries will hold their annual dinner at the Applewood Estates Performing Art Center in Freehold. The dinner, given by the Hospital Foundation, is a way to thank all the auxiliary members who have worked hard throughout the year raising funds for the hospital. Millstone Township charter members still active from inception include Paula Markowski, who serves as corresponding secretary for both the Millstone Township Hospital Auxiliary and the CentraState Association Auxiliary, and Madeline Jacobus, who serves as treasurer for both organizations. If you would like to attend the dinner, please contact Valerie Mc Phee at vamph1@verizon.net.

There are two CentraState Associated Events coming up. Monday, April 20th, "A Culinary Affair to Remember" will be held from 6:30- 9:30 at the Radisson Hotel in Freehold. Tickets are \$75 per person and include food tasting from various restaurant vendors as well as wine and spirits, dessert, and plenty of entertainers to serenade you throughout the night. There will also be three raffle prizes. Call 732-221-7125 for more information about the Culinary Affair. On May 3rd, there will be an Associated Vendor Show held at the Star and Barry Tobias Health Awareness

Center where over 30 vendors will be selling their wares. There will also be an antique dealer on site Sunday at 2:00 appraising antiques for six dollars an item, two for ten.

The Millstone Township Hospital Auxiliary is in the process of selling Easter Candy as part of their fundraising. If interested in purchasing candy for Easter, please call 732-462-6766 as soon as possible.

There are still twenty Millstone Township historical blankets available for sale. Each cost \$55.00. Email Valerie at vamph1@verizon.net if you are interested in purchasing a piece of Millstone history. Cancer awareness bracelets are also still available at \$20.00 a bracelet. All proceeds will be going to the various life saving programs at CentraState.

Today the Millstone Hospital Auxiliary is thirty-members strong, leading the way in their fundraising efforts. They also make scholarships available to high school seniors who are pursuing careers in the health field and who have volunteered their time for their community, and to adults going back to school pursuing a career in the health field. For more information on how to apply for a scholarship, go to www.centrastatefoundation.org. Click on the Auxiliaries link.

The Hospital Auxiliary would like to thank the community for their continuous support. For anyone who would like more information about the Auxiliary or anyone who would like to do a fundraising event for the hospital, contact Valerie at 609 259-1248 or Louise at 609 259-2684.

Actually, it's the community that needs to thank all of the Associated Hospital Auxiliary Members for all of their time and devotion in helping to aid CentraState Hospital provide us with the best care possible!





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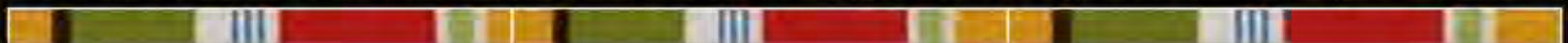
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