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The Historic Baird House

Story on Page 6

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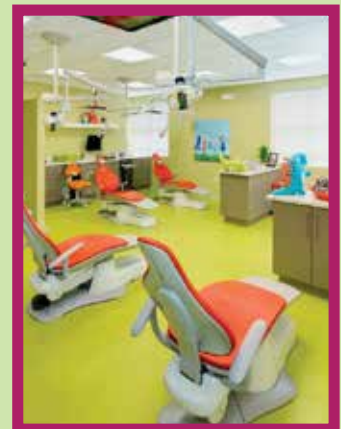
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## The Millstone Times STUDENT OF THE MONTH **Kylie Cointot**

*By Pam Teel*

Seventeen-year-old Kylie Cointot is a junior at New Jersey United Christian Academy in Cream Ridge, NJ. She loves the fact that her school allows her to grow as a leader in a safe non/judgmental environment. The school offers an awesome S.W.A.T. (spiritual worship and teaching), which is a student-led spiritual leadership group that gets a chance to work with their fellow students. Kylie was an encouragement officer in the club last year in charge of teaching the students how to creatively use their gifts to encourage their fellow classmates as well as faculty and staff. This year she leads the schools worship team, which performs once a week in chapel and at other special events. Kylie also likes the International Student Body at her school. Throughout her three years there, she has been able to develop strong friendships with people from all different parts of the world; friendships that she feels will last a lifetime.

Kylies favorite subjects are English because it helps her express her ideas more clearly through what she writes and she also loves theology because it teaches he more about the Savior. She is also involved in the year book club and hopes to join a community volleyball league in the spring.

Kylie likes to read historical fiction like Midnight Rider and A.D. Chronicles series by Bodie and Brook Theone. She also loves the *Hunger Games* and *My Side of the Mountain*. Her favorite two songs are 'Run Wild' by For King and Country and 'Sound' by Taylor Swift.

Her hobbies include: reading, writing, poetry, short stories, singing, making cards, playing exotic wooden flutes, pan flute, Kiowa Indian flute, Irish penny whistle, and photography.

Kylie loves to visit upstate New York and loves going on hikes in the mountains as well as going to a small Indian reservation in Cameron, Arizona. (This was a place she went to during a school mission trip).

Kylie lives with her two parents and her little sister Ashley. Kylie has a sheltie named Cinnamon. Her favorite holiday is Thanksgiving. Her favorite sport is basketball, (being five foot eleven and a half inches, one can see why), but she also loves volleyball.

Kylie likes to eat Hispanic food. She has a dream of one day going to Costa Rica.

If she had but one wish it would be to have the love of her faith impact the life of every person she meets. Kylie also enjoys writing letters to those who are either sick in the hospital or bedridden.

A career choice for her could be a physical therapist, nurse, counselor, writer, or even a missionary.

You already have Jesus in you Kylie and there is no doubt that sometime in the near future you are going to find your calling, shine your light, and help a lot of people. We wish you all the best!



**Attention Millstone, Creamridge and Allentown Parents**

If you know of a student, son, daughter, neighbor, who works hard in school and you feel is deserving of being student of the month, please email me at crescent671@gmail.com



## The Millstone Times PHOTO OF THE MONTH

By Pam Teel



Enjoying the view of Old Town Hall Tower through my Trdelnik in Praha (Prague). Yasman Afzal of Creamridge backpacked across 16 countries in four months through Europe and Asia this past winter. The big themes of her trip were seeing things and eating. Yasmeen kept a journal of her adventures.



Ben Ahern sent this photo in of a beautiful Florida sunset this past summer while away on vacation.

Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: [crescent671@gmail.com](mailto:crescent671@gmail.com) 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 photos more than one time. (If you prefer to send anonymously, we will leave your name out.) Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.



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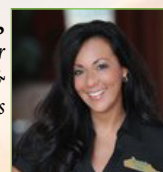
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# Annual Weekend in Old Monmouth

## Tour to Include the Historic Baird House

By Pam Teel

The annual two-day event, "Weekend in Old Monmouth" returns with a list of historic sites throughout the County that will be opening their doors to the public and to people interested in the local history of the county. The tour dates for this year will be Saturday, April 30th and Sunday, May 1st. The time of the tours will be Saturday 10-5 and Sunday 12-5.

Freeholder, Lillian G. Burry, liaison to the County's Historical Commission, is the coordinator for the weekend event. "It's a wonderful event for anyone interested in our rich history and unique architecture," Ms. Burry stated.

All of last year's tour sites will be on the list so if you want to get a head start in previewing the tour sites, go to the County's website at [www.visitmonmouth.com](http://www.visitmonmouth.com). Sometime during mid April new information and details of the touring sites will be posted and available on the County's website at the above email address. Each stop will also have maps and booklets available.

The tour includes 46 sites, all of which illustrates a piece of local history. It also represents several historic themes. Here are a few of the sites you can visit on tour.

Shore- The tour includes sites on the north

(Sandy Hook), central (Ocean Grove) and southern shores (National Guard Militia Museum).

Faith- 18th century Christ church in Shrewsbury, 19th century All Saints Memorial in Middletown, and a 20th century St. Catharine's Church in Spring Lake, Old Tennent Church in Manalapan, Friends Meeting House in Shrewsbury, and Yellow Meeting House Church in Upper Freehold.

Revolutionary War- Monmouth Battlefield in Manalapan, Burrowes Mansion in Matawan, Marlpit Hall and Murray Farm in Middletown.

Military- Fort Hancock at Sandy Hook, National Historic Landmark Monmouth Battlefield in Manalapan, New Jersey National Guard Militia in Sea Girt, which has museum exhibits and fighter aircraft and tanks.

Other aspects of the tour include lighthouses, Victorian homes, agriculture, industry, education and science.

Sites closer to our area include: The Covenhoven House in Freehold, The Jewish Heritage Museum in Freehold Township, The Monmouth County Historical Association Museum in Freehold, The Oakley Farmhouse in Freehold Township, Old Yellow Meeting House in Upper Freehold, Roosevelt Borough, the Old Tennent Church in Manalapan, The Village Inn, Englishtown,

Historic Walnford in Upper Freehold, The West Freehold School Museum in Freehold Township and newly added, the Historic Thomas Baird Homestead, which will include a tour of the Baird home, the barn and blacksmith shop. The Thomas Baird Home is located at 24 Baird Road, Millstone Township, NJ.

The Baird family was a prominent family that can date its roots back to the 1700's in the township. The Baird Home was built in the 1830's by Thomas Baird. It was built on over a 500-acre tract of land owned by the family with the original Baird Homestead a mile or so down the road. The family can trace its roots back to Scotland to John Baird. John Baird had a son David, who had a son, David Baird, who fought in the Revolutionary War. He was enlisted as Captain of the Militia in 1777. Captain Baird had eighteen children. He was married three times. His son, Thomas Baird, built the current Baird House. To read more about the Baird history go to: The "Friends" of Millstone Township Historic Registered Properties (MTHRP) <http://www.mtfriendsofhistory.org/>

Make sure you save some time to visit the Historic Baird House!



### From Cover Photos

starting on the left side photo

- Photo #1 Getting ready to play with his toy, a cast iron fire truck and horse on the floor
- Photo #2 Keeping his suspenders fastened is more difficult than you'd think
- Photo #3 Looks like he's checking out some goings on in the farm yard
- Photo #4 Heading up the stairs to his room
- Photo #5 He's having a little quiet time with his stuffed bear
- Photo #6 Reading Peter Rabbit book while sitting on top of the blanket chest

All cover photos were taken by Melissa Stissi  
Photography-917-755-7275  
Model: five year old Shane Stissi

The Baird House will hold 2 Activities on both days: • Architectural Blacksmith Demonstration • Weather permitting, a Sheep Shearing Demonstration



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## Come One, Come All; Everyone is Welcome at The Roost

By Susan Heckler

As you are driving down scenic Route 539 in Cream Ridge, you pass the famed Cream Ridge Golf Course and note what a lovely place. Oh wait...they have a restaurant... too bad it is a private club...NOT. The restaurant is open to the public and they should all know what they are missing!! What type of person should go dine at The Roost? Adults, kids, singles, golfers, outdoor lovers, foodies, music lovers, sports fans; there is literally something to make everyone thrilled.

The restaurant was formerly Sunsets but has undergone a total renovation last year, both inside and out. There is a great new menu and the response has been overwhelming.

What I love about it is the friendly, welcoming atmosphere. The service was great but the attitude even better. These people really like what they are doing and are truly happy to see you. They have a Scratch Kitchen, which means everything is made from scratch on the premises. So many restaurants assemble their food (a pet peeve of mine); it is refreshing to know they actually cook from scratch.

Their food menu ranges from the basics of bisques, burgers, and bar pies to some really interesting bumped up versions of your favorite dishes. Two of my favorites from the menu are "sgniw sdawkcab"! (dare you to pronounce it) which is Deep fried wings tossed in blue cheese dressing with your choice of our sauces on the side (better known as backwards wings) and Tuna "Two Ways" which is Sushi grade yellowfin tuna, first coated in white and black sesame seeds then seared "blue rare" and drizzled with Ponzu sauce. Served side-by-side with "angry" tuna tartare, chopped and tossed with Sriracha mayo, avocado and diced red onion accompanied by a touch of Wakame salad.

Now the bar menu.....wow! Delicious signature cocktails, chillers, huge draft, craft & bottled beer selection, wines and reserves. Happy hour is from 4pm-6pm seven days where they offer ½ price draft beer, well drinks, and house wines with too many bar food deals to mention. They are family friendly and have 12 televisions around the place to choose your passion to watch. Private party coming up? They can accommodate private parties of up to 60.

The Roost has live entertainment on weekends so you can Rock the Roost with your friends. They will begin expanding their outdoor dining area with an outdoor bar and are going to be having outdoor concerts as well. Check their website for upcoming special events in the works.

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# Cub Scouts hold Annual Pinewood Derby

By Pam Teel

On Saturday January 30, the Millstone Township Cub Scout Pack 116, held its annual Pinewood Derby. There were 48 cub scouts in attendance along with their families and friends. The Pinewood Derby was first held in 1953 by Cub Scout Pack 280C of Manhattan Beach, California, and was the brainchild of Cub Master, Donald Murphy. The event quickly caught on and is one of the most popular events in cub scouting today. The boys are all provided with a “kit” consisting of a block of pinewood, 4 nails and 4 wheels. The boys, with assistance as needed by an adult, fashion a car from the pinewood, with certain restrictions on height, width and weight, and the cars then race down a track to find the fastest car. Due to a suitable enrollment of boys in the Millstone Township Cub Scout Pack, the leaders are able to offer races for each of the 5 levels of cub scouts. Listed below are the winners of this year’s Pinewood Derby:

Tiger (1st Grade)	Ryder Semenchick - car time - 4.0010 avg speed mph 255.6
Wolf (2nd Grade)	Ryan Bailey - car time 3.6230 avg speed mph 282.3
Bear (3rd Grade)	Jason Jedel - car time - 3.6360 avg speed mph 281.3
Webelos I (4th Grade)	Nicolas Randazzo - car time - 3.5510 avg speed mph 288.0
Webelos II (5th Grade)	Damian Soumbeniotis - car time - 3.6190 avg speed mph 282.6

The overall fastest car in the Pack was Nicolas Randazzo.



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## For Your Creative Kid: Benefits Of Arts & Music Summer Camp

By Joely Phenes

Going to camp is a great way for a child to spend their summer. It allows them to stay active, make new friends, and try out many different activities and games. Specialized arts and music camps can be very beneficial experiences for children who are especially skilled in these areas or who just want to explore their passions.

Experience with the arts has often been linked with academic success. For example, the reading of dramatic plays improves a child's reading skills, especially when introduced at a young age. Research also shows that children with this type of experience do better on standardized tests such as the SATs.

Because art is a form of expression, it helps to develop children's communication skills. It also helps them work better in groups, as many of the projects are collaborative.

Art is a therapeutic form of self-expression. It allows you to express yourself, use your imagination, have fun, and feel accomplished. Unfortunately, school can be quite demanding and many children do not get to take the time to focus on artistic endeavors. Arts and music summer camps give children that time.

Arts and music camps are not for every child. Some children simply do not take an interest in the arts—and that's okay. But for children who love to write, paint, play the piano, and act, arts and music summer camp is the perfect way to spend the summer!

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# Everything You Need To Know About Technology Camps

By Joely Phenés

## What are technology camps?

Summer camps have been around forever. But have you ever heard of a technology camp? In this digital day and age, technology camps were created to give tech-savvy kids the summer of their dreams!

The first ever technology camp, National Computer Camps, was created in the late 1970s by Michael Zabinski. Since then, technology camps have popped up all across the country, and all over the globe.

Technology camps center around computers and video games, and they offer tons of technologically based activities. Some of the most popular activities at these camps are...

- Designing video games, webpages, and applications
- Robotics
- Graphic design
- 3D animation
- Film

## Are there any technology camps in my area?

iD Tech Camps are America's number one technology camps, and can be found in 150 locations across the country. This coming summer, they will be held at a variety of local New Jersey colleges: Fairleigh Dickinson University (Madison, NJ), Ramapo College (Mahwah, NJ), Rider University (Lawrenceville, NJ), Kean University (Union, NJ), Princeton University (Princeton, NJ), and Monmouth University (Long Branch, NJ)

These camps focus on enhancing your child's STEM skills. STEM stands for Science, Technology, Engineering, and Math. These skills will be useful not only in the classroom but all throughout life.

iD Tech Camps are for children ages 7-17, offer overnight or day sessions, and are available to all genders.



## What Is Sportika and What Should I Know About It?

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When completed, it is comprised of 170,000 square feet of astounding sports and non-sports elements that cater to both parents and children. Traditional facilities are geared to the athlete, with little concern for the chauffeur or spectators. Each field or court will provide comfortable seating so you can remain in your seats for the duration of each event. No more bored, whiny siblings with nothing to do; they will be able to enjoy the state of the art arcade while their siblings are playing in games or participating in practice. Parents will have the option of training in the personal training center or conducting business in our Wi-Fi lounge or meeting rooms.

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This facility is one of those 'see it to believe it' places. Check out their website [www.SportikaSports.com](http://www.SportikaSports.com) or call 732-577-1745







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**U10 Boys & Girls 9am**

**U12 Boys & Girls 10am**

**U14 Boys & Girls 11am**

**U9 Boys & Girls 8am**

**U11 Boys & Girls 9am**

**U13 Boys & Girls 10am**

**High School (U15 & above) 12pm**

**Cost  
\$499**

**Practice Locations** Taylor Mills School, Manalapan Recreation Center and other local facilities

### COACHING STAFF

**Wayne Price** DoC FC SPORTIKA and NSCAA Premier Licensed Coach

**Daniel Lawson** Asst. DoC FC SPORTIKA and NSCAA Advanced National Licensed Coach

**Rodrigo Castro** Director of Training Sportika Soccer and NSCAA National Licensed Coach

**Roni Villatoro** Staff Coach FC SPORTIKA and NSCAA National Licensed Coach

**For more information and to pre-register for tryouts contact**

**Wayne Price** Director of Soccer Operations | [wprice@sportikasports.com](mailto:wprice@sportikasports.com) | office: 732-577-1745, ext. 3

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All Sportika Soccer programs are designed with NSCAA Standards and directed by Wayne Price, NSCAA Premier Licensed Coach.

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or call 609-944-7570



# BEST OF NETFLIX THIS SPRING

By Joely Phenés

Spring is a time when you want to be outside appreciating the beauty of nature. However, you'll need something to do while you're stuck inside during springtime showers. To pass the time, try watching one of these excellent Netflix features:

## A Father Horse (2015)

New to Netflix, this TV-PG documentary celebrates the classic Ford Mustang in honor of its 50th anniversary. It is directed by David Gelb, who also directed the popular documentary Jiro Dreams of Sushi. Featuring interviews with designers, Mustang lovers, and collectors, as well as tons of footage from the last 50 years, this documentary is perfect for car-lovers or anyone interested in learning a little something new.

## Moonrise Kingdom (2012)

*Moonrise Kingdom* is an innocent and nostalgic coming-of-age drama/comedy set in the New England town of New Penzance in the year 1965. It tells the story of two 12-year-olds who fall in love and run away to a secluded part of the island to go camping together. The movie is eccentric and weird and has beautiful cinematography. It is rated PG-13 for some sexually suggestive material, smoking, drinking, and sparse swear-words.

## The Wonder Years

*The Wonder Years* is a wholesome comedy series that has been beloved since its release in 1988. Set in the late 1960s, the series follows Kevin Arnold as he navigates through teenage life and comes of age. Whether you've never seen it before or you know every word from every episode, you'll definitely want to watch *The Wonder Years* while it's still available on Netflix!

# NETFLIX



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# Brain Training 101

*Neuroplasticity. Brain training. Cognitive skills. Are you already in a mental fog? No worries – here’s the lowdown on brain training: A revolutionary system that is clearing minds and changing lives all across the nation. Despite the vocabulary.*

*By Michael Ginsberg*

What exactly is brain training? If you’re thinking electrodes, hypnotic trances and brain scans, think again. Brain training is basically a system of exercises and challenges that strengthens mental abilities. Simply put: brain exercises that make you smarter.

The idea of brain training is relatively new, because until recently, scientists believed IQ and intelligence were fixed at birth. However, modern brain science revealed the brain’s *neuroplasticity* — its ability to build new pathways, memory, and reasoning “power centers.” This plasticity means the brain can be strengthened, IQ can be increased, and quite often learning disabilities can be eliminated.

That revelation has led to a booming business of brain training tools: online exercises, computer programs, video games, and pocket gizmos. According to market-research firm SharpBrains, sales of “neurobics” (workouts for the brain) are estimated to jump from \$265 million to \$5 billion by the year 2016. Some focus on specific skills, some target seniors’ age-related cognitive decline, and others aim specifically at enhancing sports performance. Do they work? The jury’s still out on many of them, but some brain training methods are proven to bring profound improvement, and the best results come from one-one-one personalized brain training with immediate human feedback.

During a one-on-one brain training session, personal brain trainers focus on strengthening the weakest cognitive skills. Cognitive skills are the underlying mental skills that allow us all to think, learn, reason, remember and pay attention. They include skills such as memory, attention, processing speed, logic and reasoning, and visual and auditory processing. After testing to determine which skills

are weak, personalized brain trainers will target those weak areas with brain-building exercises. They quickly push their student onto faster, harder, more intense exercises, with lots of quick corrections, immediate feedback, and extensive distractions. For the students, it’s a heavy mental workout, but since they’re not learning academic material, it’s more invigorating than a homework load or tutoring session.

Brain training differs from tutoring in another way. Tutoring is a short-term fix. It addresses the symptoms of learning struggles by simply re-teaching academic information that the child should have already learned. Brain training is a *lifetime* fix. It attacks the source of learning problems by strengthening core learning skills, and eliminating the problem.

For example, consider a student diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). Cognitive skill testing will likely determine that student has deficits in several areas, including the three types of attention. Brain trainers will target the cognitive weaknesses and focus on building up the three different types of attention to strengthen them to the point where there is no longer a deficit of attention skills. When attention skills are strong, quite often the symptoms go away, the need for medication is eliminated, and the label no longer fits.

Reading struggles are another example of how brain training can revolutionize learning. Studies show that more than 80% of reading problems are caused by weak auditory processing skills, more specifically phonemic awareness. That’s the ability to analyze, blend and dissect sounds. Once that skill is successfully trained, reading and learning become much easier and faster.

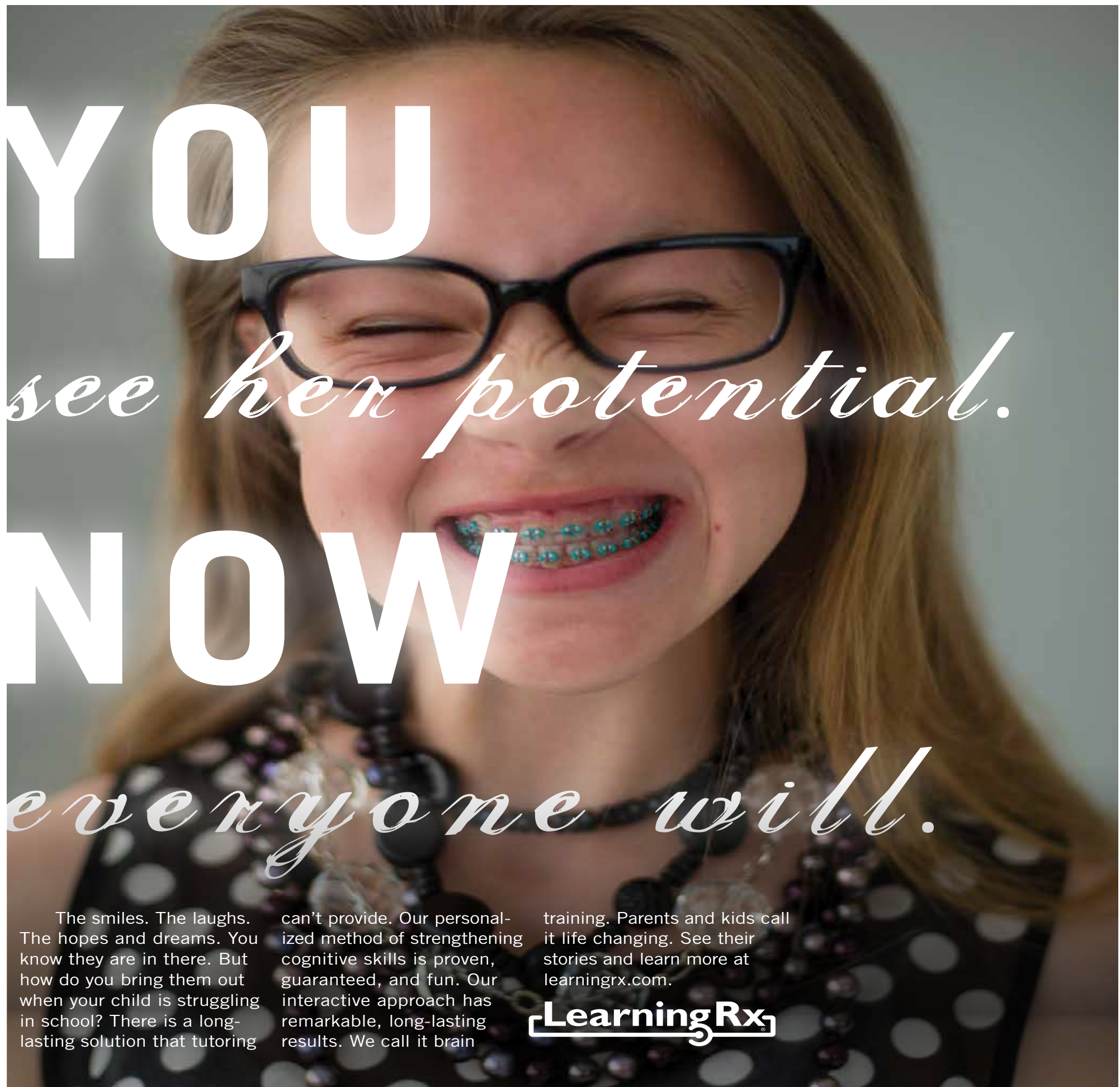
But brain training isn’t just for struggling learners. Across the country, people are hiring professional brain trainers to slow age-related cognitive decline, get a mental edge at school or at work, and reverse the effects of stroke. In many areas, U.S. soldiers enroll in brain training programs to help recover from traumatic brain injury. And they’re seeing amazing success.

The 2014 Report of LearningRx Training Results shows impressive gains for students of all ages and levels of academic abilities, including adults and “gifted” children, and those diagnosed with TBI, dyslexia, ADHD, speech and language disorders, autism spectrum disorders, and general learning disabilities. That study of more than 6,000 students showed LearningRx brain training programs resulted in an average IQ increase of 14.9 points.

If that’s the type of impressive results you’re looking for, you’re not going to get it from a \$10 pocket gizmo or Sunday morning crossword puzzle. Look for a brain training program with a proven record of value and effectiveness. And before you spend money on any brain training product, ask for referrals, results, and testimonials – sort of a no brainer.

*Michael Ginsberg is the executive director of LearningRx in Marlboro and Red Bank, NJ. LearningRx brain training specializes in addressing the cause—not the symptoms—of learning struggles. In 2015, LearningRx celebrated its 90,000th student completing the cognitive skills training program. [www.learningrx.com](http://www.learningrx.com)*





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# Quick & Accurate Filing

*Those who come prepared leave with few surprises. That could be a motto of tax professionals, who urge clients to keep track of vital financial information throughout the year.*

**B**efore you head into your local Certified Public Accountant or start filling out your tax forms at home, be sure to compile all of the necessary information to properly complete your return on time.

### What You Will Need to File

Before visiting your local tax firm or sitting down to complete your forms on your own, be sure these materials are available and ready to reference:

- Photo identification
- Social Security cards for the taxpayer, spouse and dependents
- Birth dates for primary and secondary earners and dependents on the tax return
- Wage and earning statements (W-2, W-2G, and 1099-R forms) from all employers
- Interest and dividend statements from banks (1099 forms)
- A copy of last year's federal and state returns, if available
- Bank routing numbers and account numbers for direct deposit
- Other relevant information about income and expenses (such as total amount paid for day care, day care provider identifying number or tax ID).

### Prepare Your Documents

If you're a business owner, you should consider preparing monthly financial statements if you're not already. This will help you better understand how your business is doing, financially speaking. There are plenty of professionals available to help you with the process, and planning throughout the year will make the year-end tax processes much easier.

Individuals should take the same approach, especially if they do freelance or contract work to supplement their regular income. Compile all of your invoices and payments to make sure you're keeping accurate books.

Everyone's home filing cabinet or online storage cloud should have copies of previous years' tax returns. This will help you maintain consistent filing information from year to year and can keep you on track if you're handling the filing of your own tax return.





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## A LETTER

*From One of Our Readers...*

### **Gun Ownership....Responsibility and Accountability**

To obtain a NJ driver's license, one must provide four pieces of documentation, pass written, driving and vision tests, and make notification of any name change. One must drive under the supervision of a licensed driver for three months, and after driving safely for one year, pass a road test which is valid for four years.

A car title must serve as proof of ownership and the VIN number must be checked against a national database. Liability, personal injury protection and uninsured motorist coverage is required by the State of New Jersey. First time registration is mandatory within ten days, whether purchased through a dealership, private sale, or gift. An annual registration is issued through fees and proof of insurance.

If this lengthy process is necessary to ensure that responsible drivers keep our roads as safe as possible, why then can anyone purchase firearms and ammunition, legally through dealers, barbers, and gifts, and more so illegally, without any safety measures that protect our citizens?

Yes, everyone has the right to bear arms—for hunting, target practice, and gun collection enthusiasts. To this end, let's utilize a similar model to ensure that both gun and non-gun owners are protected. Let's insist on domestic Homeland Security, not by instilling irrational fear regarding infringement of Second Amendment Rights, but by guaranteeing that school children and adults can go about their daily business without fear of being in the wrong place at the wrong time in this present-day unrealistic culture of gun violence.

Rosalind Ressler  
*Millstone Township*



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# Putting Your Herb Garden to Work

By Susan Heckler

Whether you grow your own or hit the spice aisle in the supermarket, herbs are a wonderful addition to your kitchen. Can using herbs spice up your life?

Herbs and spices are both from plants. Herbs are obtained from the leaves of herbaceous (non-woody) plants that die down at the end of a growing season. Used for savory purposes in cooking, they do have some medicinal value. Some examples of herbs would be thyme, dill, mint, sage and oregano. Spices are obtained from roots, flowers, fruits, seeds or bark. Spices are often more potent and stronger flavored than herbs so you would use a bit less. Ginger, nutmeg, cinnamon and clove are spices. Some plants give you an herb and a spice like cilantro or coriander. There are over 400 common herbs, so a trip to the World Wide Web may be in order.

In addition to putting pizzazz on your plate, herbs and spices have some great health benefits. Here are some of your edible favorites and how they can help:

Basil or Sweet Basil has the Botanical Name of *Ocimum basilicum* and had 64 varieties. Delicious in cooking. In herbal remedies basil tea is used to ease nervousness and stress and can have a positive effect in controlling diabetes as well as asthma.

Ginger Root has the Botanical Name *Zingiber officinale* and is used in many of recipes in Chinese and Indian cooking. Ginger has been used for many centuries to treat digestive problems in Asia, recommended to be consumed to stimulate your appetite, helps the blood flow more freely, and is well known as an anti-nausea aid.

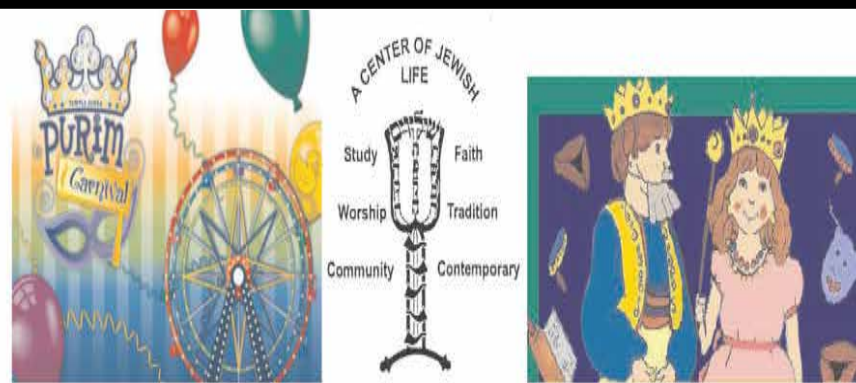
Cayenne Pepper, Capsicum, African Pepper, Chillies, or Bird Pepper has the botanical name *Capsicum Minimum*. This plant is hot stuff; it contains capsaicin, Beta Carotene, Manganese, Potassium, Vitamin A, B6, C, and E. It is the capsaicin which causes the burning sensation. Cayenne pepper actually contains more Vitamin C per unit than citrus fruits. Cayenne pepper is known for its qualities to stop both internal and external bleeding, is widely known as a heart remedy as it will open up clogged arteries, help prevent blood clots and strokes, will assist the body to burn calories faster, has shown positive results in helping to cure stomach ulcers, lowers cholesterol and brings down blood sugar levels, is used to treat colic and relieve gas and even helps prevent damage to the lungs and assists in clearing chest infections.

There are over 300 different Thyme herb species; the most common is *Thymus Vulgaris* or garden thyme. It goes well in soups, chicken, cheese and meat dishes.

Thyme tea has traditionally been used to treat fight respiratory infections, treat dry coughs, bronchitis and laryngitis, is an antifungal, is an antiseptic, and is also used to cleanse the kidneys because of its antiseptic qualities.

Sage (*Salvia Officinalis*) is one of the best known herbs. There are about nine hundred different varieties. The sage herb tastes great with fatty food dishes like duck, turkey, red meat and pork. And what is the Sage Wisdom of sage as a medicinal herb? Sage is used as a mouthwash to fight sore throats and gum infections, helps people with extensive sweating, has positive effects on the mind by improving memory and concentration, has antioxidants, can be used to rub on stings and insect bites to ease itching and pain, will help defeat dandruff, and improves liver function and digestion.

Herb history is full of contradictions, superstition and dangerous mistakes. Some herbs have deadly side effects and have been used to do harm. Herbs have religious significance to many cultures and were credited with providing protection from evil spirits, ghosts, and even the devil and are even mentioned in the Bible. But that, my readers, is herbaceous reading for another day.



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# Tender Smiles for Kids has Tender Hearts

By Susan Heckler

**N**ot all dentists are equal; there is a difference in training. For example, a Pediatric Dentist is a specialist dedicated to the oral health of children. In addition to the traditional dental school training, Pediatric Dentists complete two to three years of additional specialized training.

But the difference doesn't stop there with Tender Smiles for Kids. In a recent conversation with Dr. Max Sulla, he explained he is a member of multiple accredited organizations. Dr. Max is the President of NJ Academy of Pediatric Dentistry & AAPD Council member. He oversees the continuing education of New Jersey dentists. Additionally, Dr. Max and his associates were recognized among the "Top Dentists" in New Jersey Monthly magazines for multiple years.

Their practice has seen patients as young as 3 days old, a newborn having difficulty nursing who they were able to help through dentistry. Patients stay through college age as they

specialize in special needs and disabilities. In many cases, arrangements are made through privileges in local hospitals for cases that require a hospital environment. They have sedation and dental techniques for patients of varying difficulties.

Tender Smiles for Kids offers orthodontics for children and adults alike.

Being a part of the community and giving back is very back with their practice. They recently participated in GKAS, New Jersey's largest, single-day program in the state providing free dental care to children ages 12 and younger. GKAS is meant to provide services to children who could not otherwise afford dental treatment and do not have a "dental home."

They have also worked with Stomp the Monster, (provides financial and other support to cancer patients, their families, and caregivers when they need it most – during their fight with the disease), Autism New Jersey, and other charities and events.

**For more information, check out their website at [www.tendersmiles4kids.com](http://www.tendersmiles4kids.com) or call their offices:**

122 Professional View Drive Bldg 100, 2nd floor in Freehold Phone: (732) 625-8080

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*"Advertising here works for me. It has a readership and distribution that targets the families who use and benefit from our one-on-one brain training services."*

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# There's History in Haddonfield

By Pam Teel

Did you ever find yourself without a thing to do on a lazy Sunday afternoon? Now that gas is cheaper, many people are taking to the roads on mini excursions to places not too far from their homes. They are getting out and exploring towns and sights in their own state that they probably knew little about. Haddonfield is one of those towns, rich not only in history but a shoppers and diner's paradise with its quaint tree lined streets that boasts over 200 restaurants and shops in its downtown area. On the main streets of the downtown you will find six gourmet coffee shops, cafes, arts and entertainment, Chinese, Vietnamese, Indian, and Italian restaurants, to name a few, and in the summer time the restaurants spill out onto the sidewalks as outdoor cafes. There are many specialty shops located in the historic shops along the main avenues of the town. It is there you will find one of New Jersey's most historic buildings, the Famed Indian King Tavern Museum. It was built in 1750 and named for the local Lenape Indians who lived among the farmers closer to the Delaware. The tavern is a fine example of eighteenth century colonial tavern architecture as well as the site where New Jersey was legally created. In 1777, as clashing armies devastated Trenton, the Assembly reconvened in the Indian King to pass legislation officially creating an independent state and adopting its Great Seal. The tavern has been a Haddonfield central landmark for 255 years Haddonfield also has paleontological relevance: this was where the first full dinosaur skeleton was found in North America.

Every year Haddonfield has one of the largest Fourth of July parades in New Jersey with as many as ten thousand people lined up on its streets and in the fall it plays hosts to a large antique car show, which draws thousands of people from all over. Want to catch a play while you're there? Haddonfield Plays and Players Theatre is located at 957 E. Atlantic Avenue, bringing you quality Community Theater since 1934. For more info and to see what's coming, call: 856-429-8139.

Haddonfield evolved over three centuries as a mercantile hub. It also has an unusual number of historically significant homes. One of the finest is the Greenfield Hall, a two and a half story 1841 Georgian Mansion. It now houses the Haddonfield Historical Society. The large stately Borough Hall was built in 1928. Next to the Borough Hall is the home of Civil War era physician Napoleon Bonaparte Jennings. The home is rich in gingerbread trim and dates back to 1857. One of the oldest residences is the Hip Roof House, which dates back to the early 1700's. It was built closer to the Delaware. To view other historic homes and tour go to: <http://www.haddonfieldnj.org/parking.php>

At one time Haddonfield was a vast farm operated by the Redman family whose Victorian mansion resembled a New England sea captains home, complete with widows walk and other Victorian features. The town was officially founded by Elizabeth Haddon (1680-1762) when her Quaker father purchased a 500-acre tract of land in the colony of West Jersey to escape religious

persecution. Other historic homes include the Birdwood Tenant House- 1811, the Pre-Victorian Haddonfield Inn, which is an operating bed and breakfast, some typical small houses of the federal period in the historic district, the historic library, The Reeves- Glover house, which is a gigantic brick structure, quaint old shops, old churches, and more.

Long before Haddonfield itself was founded, these lands were home to the Lenape Indians, who settled along the banks of the Delaware and lived amongst the farmers who settled there. Haddonfield also has paleontological relevance: this was where the first full dinosaur skeleton was found in North America.

In the summer of 1858 a Victorian gentleman and fossil hobbyist heard about a dinosaur bone found some 20 years prior in a marl pit in the town. William Parker Foulke went on a dinosaur expedition and eventually uncovered the bones of an animal larger than an elephant with structural features of both a lizard and a bird. He discovered the nearly complete skeleton of a dinosaur, which was later, named Hadrosaurus Foulkii. There is a small marker depicting the area of the find.

Haddonfield was named the top-ranking town in the South Jersey Magazine and also named for the best shopping and dining in south Jersey by the New York Post. You can obtain more information about the town and upcoming events at [www.downtownhaddonfield.com](http://www.downtownhaddonfield.com). From this area you are just within an hour's drive.



*The William Githen House- circa 1821 was used as a general store in the mid 19th century. It is one of many historic homes to view in Haddonfield.*



*This is a sample of the small federal style homes you'll find in the historic district of Haddonfield.*



*This house is known as the Reeves-Glover House and is a gigantic brick house set against the south side of Kings Highway East. The house is one hundred ninety-five years old and is a great example of the Late Federal style of architecture.*



# 2016 Bridal Guide



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## Preserve Those Memories

*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.*

**P**reserving 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 cousin 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, and 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

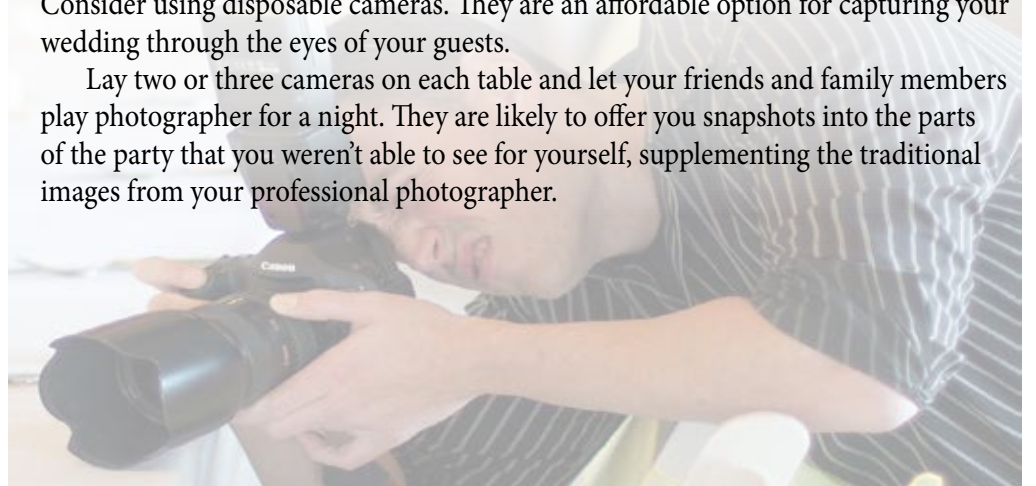
From the day of your engagement to the day of your wedding – and even for years to come – a wedding journal is a great way to record your thoughts and emotions related to your marriage.

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.





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## Reception Dress

*Kick up your heels with a simpler, more dance-friendly ensemble*

One trend that shows no signs of slowing down is the use of a separate reception dress that is simpler and easier to dance in than a traditional wedding gown.

And that makes perfect sense. If a bride is going to spend time and money to create a spectacular reception, she should at least be able to wear a dress that lets her enjoy it.

### Shorter Skirts

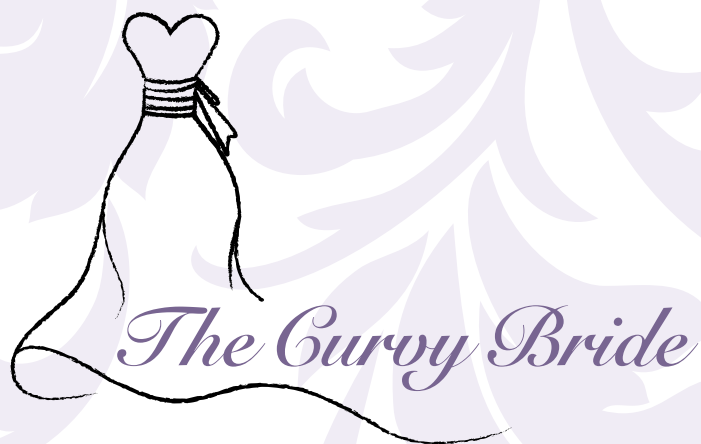
One of the most obvious differences in a wedding gown and a reception dress is the length of the skirt. Wedding gowns usually have full-length skirts that can drag on the floor, which is not exactly conducive to kicking up your feet on the dance floor.

Reception dresses are designed to allow more freedom of motion and be more comfortable while looking beautiful at the same time.

### Convertible dresses

If you don't want to go to the expense and hassle of picking a separate dress for the reception, some bridal gowns are actually two dresses in one.

Convertible dresses let you dress down between the wedding and the reception, giving you one dress with two functions.



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## Give Your Wedding Personality

*Five ideas for an event as unique as you are*

**1. LOCATION:** Weddings don't have to be held in churches, so get creative with the site of your ceremony or reception. Look for a location that matches the couple — the park where you had your first kiss, a quaint cabin in the woods for nature lovers, or even at a stadium for big-time sports fans. You're only limited by your imagination.

**2. MUSIC:** Let's face it. "Here Comes the Bride" just isn't for everybody. If you want your ceremony to have a non-traditional twist, there's no reason you can't walk down the aisle to Rhianna or Coldplay. The soundtrack of your wedding ought to reflect your unique personality.

**3. PHOTOGRAPHY:** Today's wedding photographs are about a lot more than posed pictures with family. If you find the right photographer, you'll have all kinds of options to reflect who you are, from creative, artistic portraits to photojournalism that documents the entire day in beautiful images. The key is finding a photographer who clearly understands what you want and has the skills to make it happen.

**4. STATIONERY:** Bland-looking cream or white wedding invitations are out, and personalized invites are in. Use the invitations you send as a chance to reflect your personality and set the tone for what guests can expect at your wedding.



**5. ENTRANCE:** If you want to make a real splash, come up with a creative way to make your big entrance at the wedding. Whether you arrive on a white horse, Napoleon Dynamite style, or show up in a stretched Hummer with bass blasting from the stereo, your first impression can be one guests never forget.

**6. CAKE:** Your wedding cake doesn't have to be frilly and tiered. Watch "Cake Boss" or "Ace of Cakes" to get inspiration for just how creative your cake can be. And if you really want to surprise people, forego the wedding cake in favor of the wedding donuts — or whatever dessert you want.





# Make a Bold Statement with the Right Wedding Invitations

*There are many important decisions you must make when planning a wedding, but choosing the right wedding invitations is an essential one. The right invitations are key to so much of the wedding planning, and it is important to get those important pieces of paper out with plenty of time to spare.*

If you doubt the importance of wedding invitations, just consider all the things that hinge on them. Until the wedding planner has a good idea just how many people will be attending the festivities it will be all but impossible to rent a reception hall, order the food, choose a cake or plan an accurate wedding budget.

Sending those wedding invitations out with plenty of time to spare will allow the invited guests to get their RSVPs back in time for the rest of the wedding pieces to fall into place.

## Take Your Time

Even though it is important to get those wedding invitations out well ahead of the big date, it is important not to rush this important part of wedding planning. The wedding invitations you choose should be a reflection of your taste and your style, and it is important to choose them with care.

There are of course plenty of places to turn in the search for the perfect invitations, and this makes it a snap to shop around for the best deal. From office

supply stores and department stores to specialty internet sites there are lots of places to find the latest and greatest wedding invitations. In fact there are so many wedding invitations to choose from it can be quite overwhelming.

If you're looking for the very best quality and selection, often bridal specialty stores are the place to turn. Even if they don't carry your specific style of invitations in stock, they will know where to order it.

Local printing companies also typically offer a good selection of invitation options. Compare styles and prices, and try to feel the invitations in your hand rather than simply relying on a picture or description. You need to know exactly how it will look and feel to make sure it leaves the right impression.

It is also important for both bride and groom to agree on the wedding invitations, and that in itself can take quite a bit of time and care.

## Customize Them

Once the perfect wedding invitations have been

chosen, there are a number of ways to dress them up and make them even more special. From adding photographs and poems to including directions to the ceremony and reception, there are many ways to customize the wedding invitations you have chosen.

Of course choosing the wedding invitations is only the beginning of the process. It is also important to include an easy way for guests to RSVP. Many wedding invitations will include a tear-off card that guests can simply mail back, while others will include a return envelope.

It is important to look for wedding invitations that will make it easy for guest to reply. Making it easier for guests to RSVP will make it that much easier to get the accurate guest count that will be so critical as the months and weeks to the wedding day tick ever closer.

If you allow yourself enough time and look at a variety of options to suit your needs, you're sure to find the perfect invitations that will set the tone for your big day.

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## Party Hearty, A Look at Five Trends in Bachelorette Parties

*Bachelorette parties are not the same as they used to be. Gone are the days of heading to the maid of honor's house for drinks and party games, because modern brides are looking for more sophisticated ways to celebrate before their weddings.*

Here is a look at some of the hottest trends in bachelorette parties.

### *The Weekend Getaway*

More and more women are opting for a weekend out of town for their bachelorette parties. A trip to an exciting location like Las Vegas or New York means that the bride-to-be can have more than one night out on the town.

The party can go shopping and sightseeing together during the daytime, and enjoy dinner and drinks in the evenings. This is a great option for a bride who is inviting guests from different parts of the country.

Everyone can meet in a central location, and no one guest will have to spend more than the rest on hotel rooms and car rental.

### *The Champagne Brunch*

Older brides and women celebrating a second marriage are opting for the less raucous champagne brunch. It is a more sophisticated and elegant way of celebrating an upcoming wedding.

This should not be confused with a wedding shower; it is meant for the bride's closest friends and not her entire family.

Typically, this party takes place at an upscale restaurant, and all of the guests dress for a semi-formal event.

### *A Day at the Spa*

Many modern brides see a day at the spa as a great way to celebrate and unwind just before the wedding.

The entire bridal party can get their nails done together, so everyone has

a uniform look for the big day. Many upscale salons offer drinks and light snacks, creating an atmosphere that is perfect for a relaxing day for the bride and her party.

Brides should steer clear of facials, chemical peels, or any new treatments immediately before the wedding to avoid any irritation that might affect wedding photos.

### *The Party Bus*

Pub-crawls are not new for bachelorette parties, but many brides are opting for a bus, trolley, or stretch SUV to carry the party from one location to the next.

Drinks can be served on board the party bus, meaning that the party doesn't have to stop just because everyone has left the first bar.

It is also a responsible way to have fun, as no one in the party has to worry about driving.

### *Combined Bachelor/Bachelorette Parties*

Some couples are opting to combine their bachelor and bachelorette parties. Instead of separating the guys and the girls, everyone enjoys a pre-wedding celebration together.

This is ideal when the bride or groom has opposite-sex friends who would otherwise not be able to attend.

Couples who choose this option should make sure that they are in absolute agreement before planning this party to avoid any resentment or regrets later.



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## Realtor Agency Relationships

*The relationship with your real estate professional is crucial to you meeting your goals.*

You want to build a positive bond with your agent and agency in order to feel confident about your potential sale or purchase.

Achieving this goal isn't possible until you understand who you're dealing with and how you can best work together throughout the process. Different types of agents may have varying legal responsibilities when it comes to you and other parties in a transaction, so it's important that buyers and sellers ask upfront what type of partnership they are entering into when hiring an agent.

### Realtors

Realtors can serve either as a seller's representative or a buyer's representative. A seller's agent is hired by and represents the seller, a relationship that is usually made official through the creation of a listing contract.

On the other side, a buyer's agent is hired by prospective buyers to represent a n d guide them in a real estate transaction.

The buyer's representative owes what the industry refers to as fiduciary duties to the buyer, meaning that the buyer's best interests must be considered at all times.

### Disclosed Dual Agent

Dual agency is a relationship requiring the brokerage firm to represent both the buyer and the seller in the same real estate transaction. As opposed to the aforementioned representative engagement, dual agents owe limited fiduciary duties.

All parties must give their informed consent of such a relationship because of the potential for conflicts of interest in a dual-agency relationship. In many states, this consent must be in written form.

### Non-Agency Professionals

Some states permit a licensed real estate professional to hold a non-agency relationship with a consumer. The legal requirements of these relationships vary considerably from state to state, so be sure to check the duties owed to the consumer in such situations in your state.

No matter what relationship you enter into with your real estate professional, make sure you are protected and that any agreements are documented on paper. Request copies of all documentation to protect both yourself and the agent.



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# Save for Your Down Payment

*Overwhelmed at the thought of scrounging together 20 percent for a down payment on your dream home? Don't be.*

Saving for a down payment is serious business, but is not an insurmountable task. It takes dedication and discipline, and can be achieved with the help of the following tips.

### Consider Your Options

A down payment is traditionally 20 percent of the final price of the home, but buyers can actually pay as little as five percent or less in some cases.

Most lenders will allow buyers to pay a smaller down payment, but it comes at the cost of extra non-principle payment on their monthly mortgage payments.

Private mortgage insurance is what banks use to protect themselves from buyer default, and it will typically add a chunk to your monthly payments until 20 percent of the home is paid down.

Your lender can educate you on the different rates and options that are available when it comes to private mortgage insurance.

### Ask for Help

Some lenders participate in down payment assistance programs that can help buyers expedite the process of moving into their dream home.

Acceptance into programs can be dependent upon your past payment history and credit reports. Qualification requirements vary by lender and state, so be sure to explore your options. You never know unless you ask.

### Invest Your Money

Experts urge savers to keep their down payment stockpile separate from their other accounts. This helps refrain them from dipping into the house savings for unexpected expenditures that can crop up at any time.

Savers are also urged to invest their home savings into low-risk options like money market accounts or certificates of deposit.

### Tighten Up

You may be surprised by how much you are spending on fast food, movies, and rounds of golf.

Create a spreadsheet and document your spending over the course of a couple of months, and find out exactly where your money is going. The results may change your spending habits and might convince you to cut out or reduce some of your monthly bills.

Every penny counts when you're saving for your new home's down payment.



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"I am thrilled to announce that I have made a move and joined forces with Gloria Nilson & Co. Real Estate after 11+ years in the Real Estate business! Throughout these years, I have been very fortunate to help hundreds of individuals, couples, and families accomplish their dreams of buying or selling Real Estate. My clients come first and are most important to me, and that is what made it an easy decision to make a career move to Gloria Nilson & Co. Real Estate. Their "customer first" mindset is complimented with their top of the line marketing, technology, and management. I am excited and ready to pass those features and benefits on to my clients. One other important benefit of being with Gloria Nilson is I'm now being backed by the #1 Real Estate Company in Monmouth, Ocean and Mercer Counties for combined closed volume in 2015\*."

Below are some of the properties I participated in that sold prior to my joining Gloria Nilson & Co. Real Estate.

\*Based on closed sales volume reported through Trendgraphix for the year 2015 for the combined Mercer, Monmouth and Ocean Counties.



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3 Lewis Ln. Millstone Twp  
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**SOLD**  
8 Mountain View Ct. Millstone Twp  
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**SOLD**  
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**SOLD**  
12 Timmons Hill Rd. Millstone Twp  
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**SOLD**  
30 Steeple Chase Rd. Millstone Twp  
\$520,000



**SOLD**  
93 Agress Rd. Millstone Twp  
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**SOLD**  
14 Saddle Brook Rd. Millstone Twp  
\$610,000



**SOLD**  
15 Robbins Rd. Millstone Twp  
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52 Church St., East Windsor, NJ 08561  
\$275,000 Agent: Kim Olzewski

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MLS#6590040

2 Michael Dr., Cream Ridge, NJ 08514  
\$769,900 Agent: JoAnn Stewart

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MLS#6687505

20 North St., Robbinsville, NJ 08691  
\$615,000 Agent: Anthony Rosica

Carriage home offers 4-5br (5th bed currently sitting room), 3 full 2 half ba Lakeside living in resort-style community. With almost 3000sqft of living space. Unique Studio w/almost 500sqft over Two car garage & over 150K of exceptional upgrades.



MLS#6697669

1253 Park St., Robbinsville, NJ 08691  
\$630,000 Agent: Jennifer Kubick

Luxurious 4br, 3.5ba 3400+ sf Brick front Colonial with a 1st fl master suite & office, as well as a second fl master suite & loft entertainment center! You will be ready to drop your furniture and start living the fabulous life in the beautiful home.



MLS#6637780

301 Fieldcrest Dr., New Egypt, NJ 08533  
\$375,000 Agent: Matthew Green

One of a kind 4br, 3.5ba Tomasville single fam home in Rolling Acres w/tons of upgrades. Extremely lrg trex deck, upgraded landscaping. Upgraded 2.5 gar, full bsmt & beauty covered porch.



MLS#6682695

18 Sven Drive, Robbinsville, NJ 08691  
\$750,000 Agent: Jessica Leale

4br, 2.5ba beautiful Colonial at the end of a cul-de-sac. Welcomes you with a large front yard & wide wrap around front porch. Brazilian teak hardwood floors & extravagant molding. Finished basement complete with full wet bar, built-in fish tank, home theater more.



MLS#6638223

9 Drexel Dr., Jackson, NJ 08527  
\$294,000 Agent: Donna Moskowitz

Spacious home awaits you here! 4br, 2ba has upgraded kit cab & is neutral throughout. Great location. Full bsmt complete with walk out. In-ground pool, yard complete with gazebo. Come visit today!



MLS#6649879

82 Arnetown Hornerstown Rd., Cream Ridge, NJ 08514  
\$509,900 Agent: JoAnn Stewart

Come Home to a 3br 2.5ba custom built ranch strategically situated on 2 acres unbelievable sanctuary of soothing views, a complete privacy!



MLS#6680391

52 Tree Swallow Dr., Princeton, NJ 08540  
\$640,000 Agent: Kathleen Goodwine

3br, 2.5ba, 2 car gar, full basement, Cherry kit w/granite & SS appliances, upgraded baths, hardwood floors, deco stone FP in FR, scenic pond view.



MLS#6663223

11 Galileo Dr., East Windsor, NJ 08512  
\$339,000 Agent: Donna Moskowitz

Move in Stamford model in desirable Riviera Development. Two bedroom, two full bathroom home has a third room that can be a den/office or a bedroom.

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\*\* Source: Trendgraphix 1/1/2015-12/31/2015

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## It's All in the Price

*That's my price and I'm sticking to it. If you possess a similar mindset, you may be watching potential buyers walk right past your home for months.*

**H**ome sellers make the common mistake of choosing how much they think their home is worth without giving any consideration to negotiating.

Ultimately, it is the market that will determine the final selling price, not the seller's intuitions or hopes.

Trust your local realtors to conduct a comparable market analysis of the homes in your area that fall into your same square footage and lot size. Seeing what other houses are selling for will help guide you in your pricing strategy.

### Start Correctly

Some sellers are tempted to start with a high price and then lower it if they don't get much interest from buyers. But this can be a big mistake.

Your home will get the most interest in the first few weeks it's on the market. When shoppers see your home first show up in the listings, or neighbors see the "for sale" sign in your yard, that's when people are going to be talking the most about your home.

If you start with a sales price that's too high — even slightly so — some potential buyers are going to lose interest when they think you're asking too much for the house. It's better to start with a realistic, fair market price for the house rather than keeping your fingers crossed for an early, rich offer.

### Think of Online

Occasionally it makes sense to price your house in a way that will get the most views when buyers are searching for real estate online.

If you're thinking of asking \$255,000, for example, that would put it slightly out of range for people who see "up to \$250,000" as a search option on a website or mobile app. With so many of today's real estate buyers using online search tools, it makes sense to consider how they search when pricing your home.

### Full Price

Sellers should not expect to receive full listing price for their home, according to the National Association of Realtors.

The group found that of the homes that took four or more months to sell in the past year, almost half of their owners accepted less than 90 percent of their asking price.

In fact, some real estate agents working for buyers advise their clients to start with an offer that is 85 to 90 percent of what the seller is asking.

### Save Time

By pricing your home correctly from the get-go, you can save yourself some major headaches — and time.

Realtors will let you, the seller, make the final decision on your listing price, even if they think you are thousands of dollars off from what buyers will offer.

But heed their advice. They know the market and are focused on sharing their knowledge with you to guide your decision.

An overpriced home can waste loads of time for both you and your agent if you are forced to drop your asking price every month.







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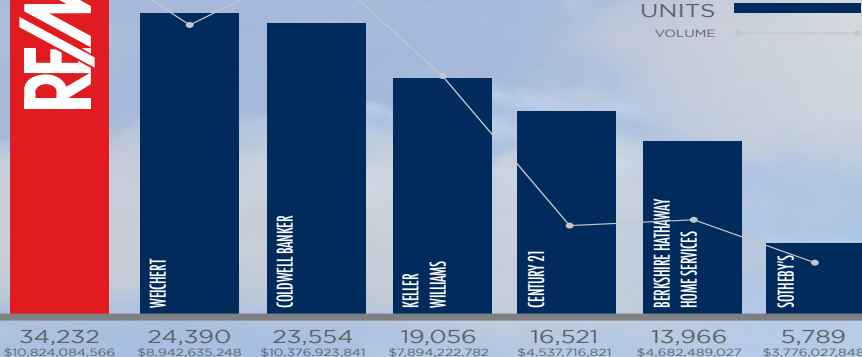
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This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/15 - 12/31/15. It includes which listings were sold by such organization itself, or with the aid of a cooperating broker for the state of NJ and time period indicated, according to the data by the following Multiple Listings Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data Maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.



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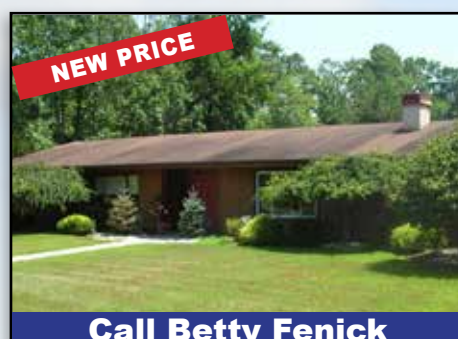
**\$549,900 Jackson Twp.**  
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*To leave potential home buyers with a lasting impression, there are a few simple tricks you can do to enhance the feel of your open house.*

Here is a list of creative and inexpensive ways you can entice all five of a buyer's senses and make them feel right at home.

**Sense of Taste:** Upon entering, visitors should be greeted with a sweet snack such as a cookie or brownies. You can accompany these treats with fresh squeezed lemonade or milk. Be sure and ask visitors about any possible allergies, because the last thing you want is a potential buyer having a reaction to an ingredient in your handouts.

**Sense of Smell:** Light a scented candle in each room a few hours before the open house. Choose only one scent such as fresh apple pie or French vanilla and create a home filled with a welcoming aroma. If you don't have candles you can buy scented plug-in air fresheners and strategically place them throughout the house.

**Sense of Hearing:** Some instrumental music or light jazz playing in the background can create a delightful atmosphere throughout the rooms of your open house. Be sure and keep the volume low enough as not to interfere with conversations between your real estate agent and prospective buyers.

**Sense of Touch:** Make sure the countertops, appliances and railings are all clean and dust free. It's a good idea to hire a maid service or cleaning crew to clean the interior of the home a day or two prior to your open house.

**Sense of Sight:** If your home has amenities such as a fireplace or pool, be sure and have a fire burning and the pool clean. If the pool has a Jacuzzi or waterfalls – have them running during the hours of your open house. You'll want visitors to envision themselves sitting by the fire or relaxing in their hot tub.



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## Smelly Situations: Best Bets For Eliminating Household Odors

*By Joely Phenes*

### Cooking odor

Although spicy or fried dishes may be delicious, the smells they leave behind can be far from it. To prevent lingering odors, close your closet and bedroom doors before you begin cooking so the smell will not stick to the fabric of your clothes and sheets. You should also be sure to ventilate properly by using the vent above your stove or opening up the windows while cooking. Afterwards, you can get rid of the smell by simmering cinnamon sticks or citrus peels in some water on the stove. Another method is to leave a bowl of coffee grounds, baking soda or vinegar out overnight.

### Carpet odor

Sometimes Fido can't wait until his walk to go number one, and uses the carpet instead. Luckily, there's an easy fix. Sprinkle the affected area with a healthy amount of baking soda and let it set for a day or two. Then, sweep up as much baking soda as possible before vacuuming whatever remains. If this doesn't do the job, blot the area with vinegar and let it set for about 15 minutes. Then, blot the area with a clean cloth, and rinse it thoroughly with water.

### A few more quick fixes

- To clean out the smell in your garbage disposal, turn it on and throw lemon or lime rinds in followed by a lot of cold water
- To deodorize your freezer, put in a clean sock filled with coffee grounds and leave it until it has absorbed the stench
- To freshen up the litter box, mix some dried tea leaves in with the kitty litter

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*By Susan Heckler*

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# OVER 65?

## It's time to fall proof your home

By Joely Phenes

One in three Americans over the age of 65 fall each year. Falls can have very serious consequences and should be avoided at all costs. If you are over 65, there are a number of precautions you should take in your home to avoid falling:

- **Arrange your furniture strategically:** Arrange your furniture in a way that gives you the most space possible to move around. Tight spaces can be difficult to maneuver and can lead to accidents.
- **Avoid clutter:** If your floor is cluttered, it can be very easy to trip over an item you forgot was there. Put away all your shoes, dog or cat toys, cords, or anything else you could trip over.
- **Make sure your shower is safe:** Falling in the shower is very common and can result in fatal injuries. To prevent slipping, stick non-slip strips or a rubber mat on the floor, and have grab bars installed. If you do not feel safe standing in the shower, you should purchase a shower chair.

- **Be wary in the winter:** The winter is a dangerous time of year because of all the ice that freezes on the ground. In the winter, have someone shovel your driveway and outdoor walkways, making sure to salt the ground. Also, purchase a pair of winter boots with traction for anytime you may have to go outside in the icy weather.



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# Did You Know...

Did you know that some gray owls could reach a wingspan of up to five feet? The gray owl is one of the largest owl species in the world. Overall, adult great horned owls range in length from 43 to 64 cm (17 to 25 in) and possess a wingspan of 91 to 153 cm (3 ft 0 in to 5 ft 0 in). Females are invariably somewhat larger than males.

Owls are not only fascinating raptors, but they are mysterious in nature. There are more than 150 species of owls in the world. Only about nineteen species are found in North America. Owls are found everywhere. Barn owls have even been spotted in Antarctica. Because of this nocturnal



*Wide wing span*

(nighttime) existence, they are little known and often misunderstood, even though some owls live their entire lives in close proximity to man.

Owls have upright posture and forward facing eyes that give them binocular vision like humans. Many species have asymmetrical ears that are different sizes and different heights on their heads. The bird has superior hearing and the ability to pinpoint where prey is even though they can't see it. Several species have ear tufts on their head but these aren't ears at all. These feather tufts may indicate the bird's mood and help keep it camouflaged. The flattened facial disk of an owl funnels sound to the bird's ears and magnifies it as much as ten times to help the bird hear noises that humans can't.

Owls' eyes are supported by bony sockets. They cannot turn their eyes; instead they rotate their heads up to 270 degrees. An owl has three eyelids. One is for blinking, one for sleeping, and one is for keeping the eye clean.

Owls are carnivorous and will eat rodents, small or medium mammals, nocturnal insects, fish and other birds. After digesting their food, they regurgitate hard pellets of compressed bones, fur, teeth, feathers and other materials they can't digest.

They have zygodactyls feet with two toes pointing forward and two toes pointing backward. All of their toes have sharp talons giving them a strong powerful grip. They also have specialized feathers with fringes of different softness that help muffle the sound when they fly. They are nearly silent when they fly. For most of the species, the females are larger, heavier, and more aggressive.

Not all owls hoot. Owls can make a wide range of other sounds like screeching, whistling, growls and hisses. During nesting, owl calls can be heard up to a mile away, with the female having the louder voice.

Not all owl species are nocturnal. Most Owls don't migrate but they can be known to move around looking for a better food source. A group of owls is called a parliament, wisdom, or study. Baby owls are called owlets.

Owls' fossils have been found dating back to 58 million years ago. The largest recorded owl fossil stood about three feet tall. The biggest threats to owls are habitat loss, pesticides, and in some countries they are considered bad luck and stealers of souls and are killed for these negative beliefs.

Some of the owls you might see in your backyard that are native to North America



*Great Horned Owl*

include: Spectacled Owl, Eurasian Eagle Owl, Barn Owl, Northern Hawk Owl, Burrowing Owl, Long Eared Owl, Barred Owl or Hoot Owl, Northern Saw-whet Owl, Elf Owl, Short Eared Owl, Western Screech Owl, Great Horned Owl, Spotted Owl, Snowy Owl, and Great Gray Owl. If you would like to read up more about these owls and see pictures go to: <http://birdsflight.com/types-owls-facts-about-owls-types/>

All owls are protected by state and federal regulations. It is illegal to kill or capture an owl; it is also illegal to possess an owl, living or dead, without the proper permits from both the U.S. Fish and Wildlife Service and the State of New Jersey.

## The Millstone Times-Growing Stronger Every Day

*By Susan Heckler*

The Millstone Times turns 6 years old this month. It seems like only yesterday, but the newspaper began March 2010. Have you noticed our change? We are growing in so many different ways!

In those 6 years, The Millstone Times has become a voice in the community. We have reached into the school districts to get up to the minute information on changes that affect our children. We honor the children who put forth their best efforts, whether it is in academics, athletics or community service. We highlight local landmarks and delve into the history of our hometowns. You get to meet your neighbors, up-close and personal. We keep your family busy!

Gunther Publications has formed a partnership with the business community, going the extra mile to promote small, local businesses. We want to keep the dollars in your hometown and in your neighbor's wallet instead of corporate dividends. We write articles highlighting brick and mortar, Mom & Pop stores to keep that small town feel. It is nice going in to a local establishment where everyone knows your name!

Our paper loves to help your community. Have a worthy cause? We want to hear about it and spread the good word!

You may have noticed that we have changed our sending area to Monroe, Hightstown, East Windsor and Twin Rivers; neighboring towns that we can all benefit from getting to know.

Thank you Millstone Times readers for a great and growing six years. We look forward to informing, enlightening and entertaining you for many more to come!







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# MOVIES TO CATCH IN MARCH

By Joely Phenes

As spring finally arrives this March, so do countless new movies. Many of the movies being released are new takes on stories you know and love; others are stories you've never heard but are sure to enjoy!

## Batman v. Superman: Dawn of Justice (PG-13)

*Release date: March 25, 2016*

Superhero fans everywhere are patiently awaiting Marvel's star-studded new movie Batman v. Superman: Dawn of Justice. The movie's storyline is a continuation of that of Man of Steel. When it begins, there is a rivalry between Batman (Ben Affleck) and Superman (Henry Cavill), but soon the two must unite as an evil, outside threat forms. The movie also features Gal Gadot as Wonder Woman, Jesse Eisenberg as Lex Luther, Amy Adams as Lois Lane, and Jason Mamoia as Aquaman.

## The Little Prince

*Release date: March 18, 2016*

From Mark Osbourne, the creator of Kung Fu Panda, comes a creative take on Antoine de Saint-Exupéry's famous 1943 novella The Little Prince. This animated film begins with an original storyline: a little girl's mother is putting too much pressure on her, when she is befriended by her neighbor, a kind, old man called The Aviator. The story of The a Little Prince is then told to The Little Girl by The Aviator. This beloved tale is the most translated book in the world, and is sure to be a hit with audiences on the big screen.

## Zootopia (G)

*Release date: March 4, 2016*

This animated film takes place in the animal-run city of Zootopia. Here you can find animals of every kind interacting with one another. Officer Judy Hopps, the new bunny in town, joins the police force and finds that she isn't quite intimidating enough to compete with the other, tougher animals. The movie follows Hopps on her exciting, first case as she tries to solve a mystery and prove herself!







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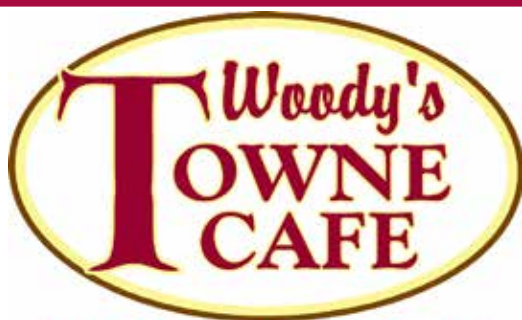
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## Woody's Towne Café- Yum Done Right

*By Susan Heckler*

Woody's Towne Café has been a fixture in Allentown for over 30 years. This was the 'go to' place when you wanted that hometown feel for a feel-good, taste-good breakfast or lunch. For the Allentown and surrounding area gang, this is Cheers where everyone knows your name and you are surrounded by familiar faces. For the rest of us, WE WANT IN!

That old saying "Don't mess with perfection" just couldn't apply when new(ish) residents, the Macaluso Family, purchased it two years ago from the Wood family. New Jersey born Ricky has spent his lifetime in the restaurant businesses, bussing tables as a kid and eventually owning multiple restaurants in other states. His wife Debbie and three children work with him, side by side, to keep Woody's up to its former reputation and surpassing all expectations of the patrons. Meet daughter Chelsea who is full time, and the other daughter Jessea is a college student and works on the weekends. Christian, who is 9, has been known to help make Woody rolls and wash some dishes. The proud Allentown residents walk to work every day! Woody's is still a family affair, just a different family now.

Customers come in expecting their old favorite menu items and are so happy to see that familiar plate come out of the kitchen. Your basic menu items like burgers, salads, and sandwiches are done well with fresh ingredients and are just sooooo right. With the new menu items added on, diners are hard pressed to choose between that familiar taste and the tantalizing new offerings. New items are Pulled Pork, Fish and Chips, and Breakfast Burrito!

Things I am personally obsessing over and can't wait to try:

**GLAZED DOUGHNUT BURGER:** Topped with bacon and cheese and served on a split glazed doughnut instead of a bun!

**FRIED ICE CREAM:** French Vanilla Ice Cream rolled in Cinnamon, Sugar, crushed Corn Flakes lightly fried and topped with Honey, Whipped Cream and a Cherry.

The sad news is that Woody's is only open for breakfast and lunch, as always. BUT, you can have your Woody's for dinner for private parties by reservation only. Speak to Ricky about catering and special events too. Maybe they will succumb to the pressure of opening for dinner if we all ask nicely?

## JOIN US FOR THE 9<sup>TH</sup> ANNUAL ALLENTOWN FFA ALUMNI GIFT AUCTION

The Allentown FFA Alumni will be hosting the 9th Annual Gift Auction and Spaghetti Dinner on March 19th, 2016 at 6:00PM at the Hope Fire House, 82 County Road 526 in Allentown, NJ. The Allentown FFA Alumni provides support to the Allentown FFA Chapter of Allentown High School throughout the year.

Proceeds from the Allentown FFA Alumni Gift Auction will provide students with opportunities to pursue careers in veterinary science, agricultural technology and mechanical systems, earth sciences, environmental science, horticulture, aquaculture, and many other essential fields of work. Students are given the opportunity to apply what they have learned in the classroom through FFA activities, such as competitive events and leadership trainings.

This event provides the Allentown FFA Alumni with necessary funds to assist with chapter activities. This includes travel to the National FFA Convention in Indianapolis, Indiana, the New Jersey FFA Convention, and various Career Development Events (CDEs) throughout the year. These are tremendous opportunities for members to grow personally and professionally. Through fundraising events, such as the Annual Gift Auction, all students have the opportunity to participate in any of the Chapter, State, and/or National activities, regardless of their financial situation.

Admittance for the 9th Annual Gift Auction is \$15. The admittance ticket includes one sheet of tickets for the Tricky Tray auction and an All-You-Can-Eat Spaghetti Dinner. Donations are also being accepted.

Join the Allentown FFA at this special event and support this very worthy cause!

For further information, please contact the Allentown FFA at (609) 259-7292 x1440 or x1443. To learn more about the National FFA Organization, please visit [ffa.org](http://ffa.org).



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## SHOP LOCAL: Profit in the Community

*There are plenty of reasons to shop at stores in your hometown — the personal service, the unique selection, the charm of family owned shops — but one reason is even more important.*

When you shop locally, your money stays in the community where it can have a big impact.

### HELPING CHARITIES

Local mom-and-pop type stores do so much for the community. Small business owners give to local organizations and charities such as the school sports teams and booster clubs.

Typically, if a large chain store is approached about donating for a local cause, they need to get approval from the corporate headquarters, which can be a time-consuming process. Some studies have shown that companies with out-of-town headquarters are less likely to donate to local charities.

Because small business owners work in their shops on a daily basis, they get to know their customers and the people in the community on a more personal level — and that can make a big difference.

Shopping locally builds a stronger local economy, too. Locally owned businesses are less likely to leave town and have more invested in making sure your town remains vibrant over the long haul. Because they are not at the mercy of stockholders or company accountants, they will ride out the tough times instead of closing shop and moving on to the next town.

### KEEP PROFITS IN TOWN

Also, if a company is headquartered out of town, that's where the profit is sent. You want to keep that profit in town. If the business owner makes a profit, they're more likely to spend it in town, too.

If that profit leaves town — goes to shareholders or out-of-town executives, for example — then that money won't likely find its way back into your own neighborhood. Instead, it is reinvested into the large conglomerates to build more stores in other communities across the nation or world. That is why so many downtown areas across the country are suffering.

Patronizing small mom-and-pop shops is a great way to keep the money that is spent by customers and made by business owners in a community. This is because money is recycled through the community in several ways: buying products and services from local vendors, hiring local people, etc.

The money you spend locally is probably going to be re-spent right here in the community, which provides an even bigger boost than your dollars alone. When everyone in a town is gainfully employed, everyone benefits. Families purchase groceries in the local supermarkets, conduct their financial business in the local banks and they eat in the local restaurants.

The positive effects of shopping at neighborhood businesses have multiple benefits for everyone in the area.

### TOURISM DRAW

Unique mom-and-pop stores can even draw people from neighboring communities into the town. This is because they often carry one-of-a-kind items that are made by local artisans.

Birthdays and anniversaries are an especially nice time to shop local stores. There is no reason to leave town for yet another boring gift when there is a plethora of exclusive items right here in your own community.

Another benefit is that local shopping is less stressful. Fighting for a parking spot at an overcrowded chain store, dealing with the mob of people and the pushy clerks is enough to drain anyone's enthusiasm.

Instead, shop local and keep the money in the community where it belongs.



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## Family and Community Effort

*The act of shopping local is not one to be enjoyed by a select few. In other words, the more the merrier.*

Local business owners are ready to welcome you with open arms. You should do the same for them by bringing along your friends, family members and neighbors on your next local shopping trip.

### *Like Father, Like Son*

It's never too early to pass on the values that drive you to shop local and support your neighbors. The children in your life are impressionable. Make a good impression by explaining the importance of shopping locally.

They may be future entrepreneurs, and it's never too early to plant that business acumen. Teach them the basics of starting a business, and introduce them to shop owners. Prompt them to ask questions about being a business owner and then keep discussions going even after you've left the store.

### *Give Businesses Ideas*

Do you have a business degree or some kind of training in marketing? Why not lend your expertise to a small business in need of some brand improvement.

Small business owners are busy and can run out of time at the end of the day to launch an email marketing campaign or create clever social media content.

Helping small businesses with activities like this is not only a sign of solidarity from a veteran businessman or woman, but also a great way to gain free, intern-like experience for college students.

Build your clips now by offering to handle all social media accounts for

a local business owner who agrees to put you in charge. You'll be gaining valuable hands-on experience that will look strong on a resume.

### *Make it a Contest*

This year, make shopping a contest with your closest friends. Start now by tallying up how much money you spend in local businesses. You can even start a blog or spreadsheet to track spending.

At the end of the year, see who spent more locally. The winner gets treated to a \$20 gift card to her favorite small business.



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## Allentown Public Library

*Will Sponsor A Digital Preservation Event To Help  
Patrons Maintain Personal Collections Of Print, Photos  
And Other Media Materials.*

The Allentown Public Library announced today that they will sponsor a digital preservation event on Saturday, March 12, 2016 to help library patrons preserve personal collections of print, photographs, slides and audio-visual material including VHS videos, 8mm and 16mm movies. Allentown Library has partnered with Digital Memory Media, a Division of Innovative Document Imaging LLP), a leading provider of digital imaging services to provide digital preservation services to patrons. Once exclusive to industry, Digital Memory Media brings secure, professional preservation services to individuals at an affordable price. Twenty percent of all proceeds from the program will be credited to the library.

Digital Memory Media advisors will be on hand on March 12 from 12:00 pm until 2:00 pm to counsel patrons on the best way to digitally preserve their collections. Materials can be brought to the library the day of the session. Once scanned and digitized, patrons will be notified of a date and time to retrieve their material from the Library. "As librarians we understand just how difficult and expensive it can be to keep vital records and family photographs intact. Aging, humidity, not to mention accidental damage can ruin a lifetime of memories. That's why we are delighted to be working with Digital Memory Media to help patrons preserve their personal collections."



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## Winter Safety

*Humans aren't the only ones affected by the bone-chilling temperatures and heavy snowfall that often accompanies winter.  
Our pets are equally impacted and require some special preventive care in the wintertime.*

Frostbite, falls and hypothermia should all be real concerns for pet owners, especially for those living in colder parts of the country. Fortunately, with a little common sense and attention to detail, you will be able to protect your pets from the dangers of winter.

### Give Them Shelter

It's obviously best to keep pets inside during the winter months. Just because pets have fur doesn't mean they're not cold when the temperatures drop. No pets should be left outside for long periods of time in below-freezing weather.

If you are unable to keep your dog inside during cold weather, provide warm, solid shelter that protects against biting winds. Also provide plenty of fresh, non-frozen water to keep your pet hydrated. Use thick, dry bedding for a comfortable area for your pet to sleep.

### Check the Paws

Your pet's paws can become cracked or bloody if exposed to frigid winter conditions. Check your dog's paws frequently for signs of injury. Watch how he or she walks and look for any sudden lameness or painful strides.

If you take your dog on a walk in conditions that have recently been snowy or icy, you may be exposing your pet's paws to deicers, antifreeze or other chemicals that could be toxic at high levels. After your walk, always wash or wipe down your pet's feet, belly and legs to remove these types of fluids.

### Collar and Chip

Many pets get lost in the wintertime because snow and ice can make it harder for them to find their way home. That's because these conditions can mask recognizable scents that a pet uses to navigate around your land or neighborhood.

This underscores the importance of always using a well-fitting collar that contains updated identification and contact information. Your veterinarian likely offers microchip services that provides a permanent form of identification if you keep the registration up to date. Check with your veterinarian to discuss your options.

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# A LOVING FAMILY WANTED

By Pam Teel

**T**hank you to those people who reached out to us in our efforts to help the eleven homeless cats in Millstone. With generous donations, we were able to acquire four insulated cathouses that will provide some kind of shelter for them from the bitter cold. We also received cat food and some money to start taking some of the cats to the vets so that we could get ready to work on getting them adopted. One lucky orange cat will be going to a nice warm forever home within the next two weeks. Our intent is to eventually get all of the cats to the vet and try to find homes for them all. Any future donations will be greatly appreciated to help cover vet costs. You can email me at [crescent671@gmail.com](mailto:crescent671@gmail.com) for information. Again, thank you to the community for all of your help, even to those people who left messages about vets in the area who could possibly help out. (More to come on the Millstone eleven.)

Animals Assistance in East Brunswick has a great record placing strays in loving homes. We will be working with them in the near future to place two of the strays at their facility for adoption.

Please take a look at their website and all of the other animals up for adoption. You can give these animals a chance at living a long and loving life. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding good homes for them. The facility is located in East Brunswick. This 501c3 Organization is a perpetual lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case to case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. Go to: [animalassistance.org](http://animalassistance.org). To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html>

Please call 732-251-3210 between the hours of 7-10am Monday through Thursday, Friday 7-10am, or Sunday 8:30-10:30am. Adoption application available online <http://animalassistance.org/adoptionapp.html> All animals are spayed/neutered and up to date on their shots.

Sierra is an unbelievably smart dog. She is a pretty girl. She needs an active person; a hiker would be nice. She's very clean, so she could do a work schedule. She's friendly and lovable. She is 5-7 months old.

Tucker was found as a stray, dumped as a young pup from a failed owner. Tucker needs an athletic person, someone with German Shepherd experience, Classes are available for training as part of the adoption.

Pixel is about 6 weeks young. Came to the shelter very sick and has now recovered, looking for a very quiet home.

Noodles is about 6 months old. She is so loving. She came to us as a stray. Looking for a permanent someone to snuggle with.

Check out website for more info  
[animalassistance.org](http://animalassistance.org)



5-7 month old Sierra



Orange and white kitten- Noodles



12 week old Pixel



Tucker German Shepherd



Gloria found by Animal control. She is lovable and friendly.





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Mace & Nikki



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Sam



Shea



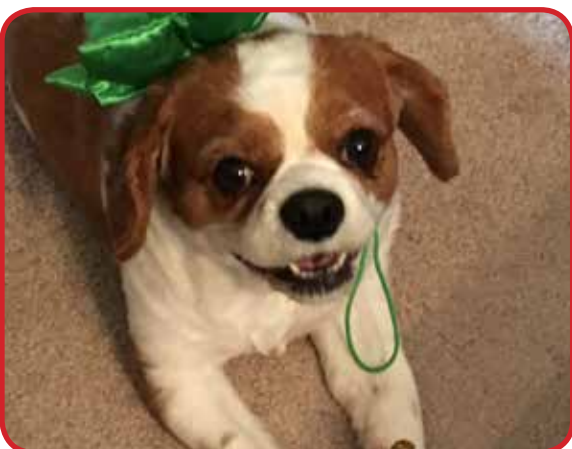
Sojo



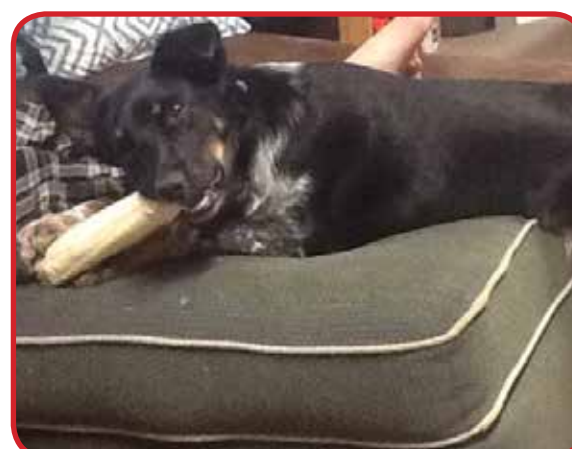
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## The Millstone Township PTSA and PTO Sponsor a Scholarship Program

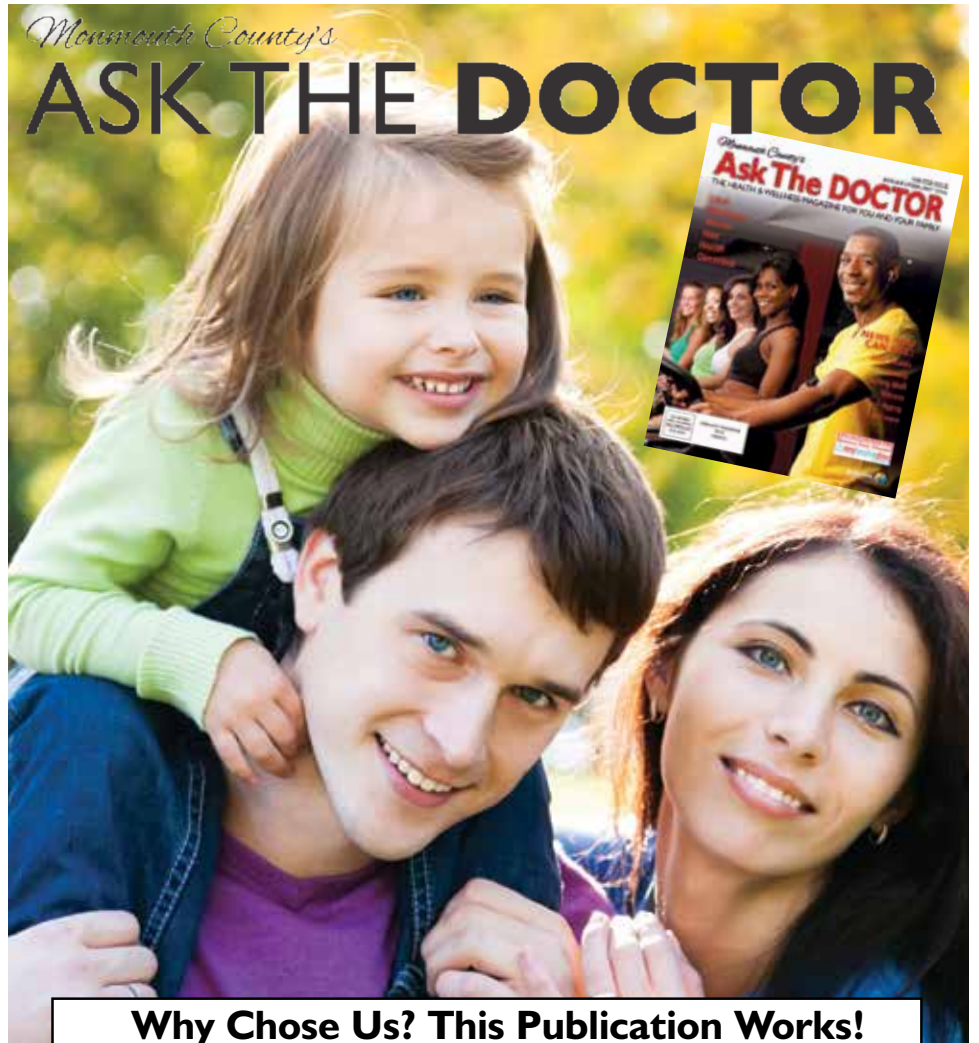
The Millstone Township PTSA and PTO, two non-profit groups of parents, students, educators and community members who work together to support the schools and offer educational opportunities for our students, will once again be sponsoring a scholarship program. The PTSA and PTO will be providing a \$1,000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

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

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

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

Applications should be completed and mailed to Millstone Township PTSA Scholarship, 5 Dawson Court, Millstone Township, New Jersey 08535, by April 1, 2016. Qualifying applicants will be notified of an interview date and time. Any questions, please contact the Scholarship Chairpersons, Jody Dona or Julie Maltese at [MillstonePTSA@optimum.net](mailto:MillstonePTSA@optimum.net).



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— Melissa M.

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# Texting While Driving

*Since text messaging is a relatively new issue in the world of driving laws, the ramifications of doing so are not yet universal.*

Texting while driving is banned for all drivers in 45 states and the District of Columbia, according to the Insurance Institute for Highway Safety. Additionally, novice drivers are banned from the activity in Missouri, Oklahoma and Texas.

Some drivers are still legally allowed to text while driving according to their state law, under specific circumstances.

In Texas, for example, drivers in school crossing zones and on public school property during the time reduced speed limit applies are banned from texting while driving. Drivers over 18 not in these areas, however, are allowed to text while driving. But many localities within Texas have enacted their own bans on using cell phones to text while driving.

You can see how this non-uniform approach could be confusing.

Check out the IIHS color-coded map on the organization's website ([www.iihs.org](http://www.iihs.org)) to find out where your state stands. Contact your local Secretary of State to find out how any related laws impact your city or county.

## A Dangerous Activity

Even though we can't all seem to agree on the legality of texting while driving, we all should pay attention to the statistics.

According to the National Highway Traffic Safety Administration and its "Stop the Texts, Stop the Wrecks" advertising campaign:

- You are three times more likely to crash your vehicle if you text while driving;

- 49 percent of adults say they have been passengers in a car when the driver was sending or reading text messages on their cell phone;

- 68 percent of teens and young adults disagreed that it is easy to text while driving and still pay attention to the road; and

- 78 percent of teens and young adults say they have read a text message while driving, while 71 percent say they have composed and sent one.





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# LEGAL PREPARATION FOR THE SALE OF YOUR HOME

By John Bazzurro

As the warmer weather arrives, I often see an increase in the number of residential real estate transactions that come into my office. Accordingly, I am writing this article to provide an overview of what actually occurs in a residential real estate transaction in the State of New Jersey from both the buyer's and the seller's perspective.

In New Jersey, typically the contract is prepared by one of the real estate agents. This is a little different than New York real estate practice and, as such, there is often confusion amongst New York residents purchasing real estate in New Jersey. They should understand this distinction. Importantly, however, the contract allows for a three-day "attorney review" period within which both the buyer's and seller's attorney's confer with their clients and make appropriate changes to the contract as they see fit. Although the attorney review period is only three days, it is automatically extended so long as one of the parties to the contract reject the contract's terms within the three day timeframe. Thereafter, the attorneys are free to negotiate on behalf of their clients for as long as it takes to obtain agreed upon contract terms.

The remainder of this article will relate only to the seller's side of the transaction as many individuals prepare for the springtime sale of their homes. Next month, I will address issues related to the buyer's side.

As a seller, there are number of things to do to prepare for the sale of your home even prior to entering into a contract. First and foremost is to ensure that your house is listed for a fair price that will be supported by the market and, more importantly, will support an appraisal by the buyer's mortgage company. I have seen a number of transactions fail or, alternatively, sellers having to reduce the contract price after the buyer's mortgage appraisal comes in significantly less than the agreed-upon contract price.

Another potential issue that sellers can address pre-sale is the home inspection. In this regard, I typically advise people who are selling their homes to obtain a home inspection by a reputable home inspection company prior to placing the house on the market. In this regard, many small items may be repaired prior to the buyer's home inspection so they do not become an issue or a "bargaining chip" in an attempt to renegotiate the price. Similarly, and perhaps more importantly, sellers will also know if there are any issues with larger items such as the roof, water infiltration, termites, water heaters, furnaces, air conditioners, etc. If there are issues with these larger items, it may be advisable to inform the buyers of these issues prior to entering into contract and agreeing on an adjusted price based on any deficiencies.

As the transaction progresses, other issues that the sellers should be aware of relate to potential title issues. Such title issues may relate to old mortgages on the property (where the mortgage discharge documents were not properly recorded), liens or judgments against the sellers personally, tax liens or municipal liens against the property and known boundary line issues with neighbors. Oftentimes, attorneys do not find out about these issues until very close to the anticipated date of closing. Providing your attorney with any such information early on in the process will make the transaction run smoother.

Finally, sellers need to understand that there are certain taxes associated with the sale of their home. The first is New Jersey's Real Estate Transfer Tax. This tax is typically paid by all sellers of real estate in a State of New Jersey. A reduced rate is given to those individuals over the age of 65 or those suffering from disabilities. Additionally, I have often been asked about an "exit tax." In reality, there is no such thing. What actually occurs for those individuals that are moving out of the State of New Jersey is that New Jersey's Division of Taxation will actually hold money back out of the closing for purposes of satisfying any taxes that may be due on the capital gains related to the sale of your home. The principle is similar to income tax withholding. However, once you file a tax return in the State of New Jersey for the year in which you have sold your home, any portion of this withholding that is not needed to pay taxes will be returned. Typically, there is no capital gain tax due on the sale of a principal residence.

As we move closer to "selling" season, please feel free to contact my office with any questions you may have concerning legal issues related to the sale of your home.

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“Pain is a symptom,” says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. “In order to manage pain effectively, it is essential to pinpoint its cause.” Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

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PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

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Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrations to erase years from your face and body.

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### FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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Thick crust pan pizza topped with caciocavallo cheese, sautéed onions, fresh tomato sauce, a hint of anchovies and topped with pecorino romano cheese, aromatic bread crumbs and oregano. Two hours advanced notice required.

## PIZZA

Personal 10" ..... 8.95

Large 16" ..... 13.95

Sicilian Square 16" ..... 17.95

## TOPPINGS

**Personal 1.00 • Large 2.00 • Sicilian 3.00**

Pepperoni, Italian Sausage, Mushrooms, Peppers, Onions, Garlic, Broccoli, Black Olives, Eggplant, Ricotta, Hot Peppers, Anchovies, Meatballs, Extra Cheese, Sliced Tomatoes

## GOURMET TOPPINGS

**Personal 2.00 • Large 3.00 • Sicilian 4.00**

Grilled Chicken, Roasted Peppers, Sun-Dried Tomatoes, Artichoke Hearts, Prosciutto, Broccoli Rabe, Chicken Cutlet



# Thankful to be Alive Grateful to the Community!

By Pam Teel

Luis Fallas and his family always dreamed about living in the country surrounded by picturesque horse farms and plenty of open space around them. After living in Matawan for a while, the couple found the perfect property in Cream Ridge to relocate and live their dream. With Gamblers Ridge Golf Course behind them, they found themselves living in a park like setting. Moving in August 2014, they were able to enroll their three children into the local schools just in time for September.

What happened next was something that was totally unexpected. Six months into their move, on a wintery January morning in 2015, Elizabeth Fallas was driving her then eight year old son Luis- Anthony to school at Newell Elementary when she noticed a large Chevrolet Silverado crossing over into her lane on route 539. With the roads already snow covered, there was no room for her to pull over to the side. She slowed down and honked profusely but to no avail. She was hit head on by a young woman who was said to have fallen asleep at the wheel.

Elizabeth took the brunt of the hit. She broke eleven ribs. The broken ribs injured her liver. Her stomach was injured causing her internal bleeding. Her lungs were smashed, making it difficult for her to breathe. Her left clavicle was broken, as were both of her arms. Her left wrist and hand were fractured. She had a blood clot in her brain. Her neck was fractured. She broke both hips. Her pelvic bone was fractured, as was her right femur and both knees were broken. One was so bad that the doctor couldn't fix it with surgery. Putting together the smashed patella, he decided to leave the kneecap as it was, thinking to make a knee patella replacement in the near future. The bones in her right ankle and whole foot were also shattered. Her left eye was also severely damaged. Elizabeth remained in a coma for two weeks. Her son broke his left arm and had a big dent on the left side of his forehead as a result of a piece of his skull being smashed in.

A miracle just to have survived the horrendous accident; it was a long tedious journey ahead for Elizabeth. In the beginning, she couldn't even move from side to side. Eventually she began to move and had to learn how to walk again. It was very hard to function and she required a lot of help. She had to use a wheelchair to move to different places. It took several months of therapy and seventeen surgeries later that she is now able to start to function normally

to some degree. She still has not recovered all of her eyesight and she still has a lot of pain in her right foot and left knee. Amazing the doctors, who told her that she would be at least nine months to a year in a rehab facility before she could return home, Elizabeth miraculously, came home shortly after three months. She still has therapy treatments daily and is still working hard to on healing her body.

Grateful to God for giving Elizabeth a second chance at life, the Fallas family also found out just how wonderful the area was that they moved into when the whole Upper Freehold Community came forward and reached out to help them in some sort of way. Not just for all of their unconditional support and prayers but for the countless times people brought over food for them throughout their ordeal. They are also thankful to all the different churches in the area, whether they were a member or not, who offered their prayers and support. They are also beholden to the Upper Freehold School District, starting with Dr. Fitzpatrick, the Superintendent, young Luis's second grade teacher Mrs. Gaul, the Principal, Mrs. Huggins, and to all of the staff for their help and support. Also to their daughter Arielle's teachers at the Stone Bridge Middle School, Mrs. Smith, and Mrs. Schappell, and the rest of the school staff. They would also like to thank the Principal at Allentown High School, Mrs. Embley, and all the teachers and staff that helped and supported their older daughter Emily through all of rough times.

Grateful to be alive, the Fallas's hold no remorse

against the young woman who hit Mrs. Fallas and her son. "Accidents happen," Mr. Fallas stated. "We don't know what is going to happen from day to day. Just enjoy life. Don't waste a lot of time on the small stuff. Love your family, love your friends and love your community. Be there to help others in need, just as this community has come to our aid, even though we were strangers to them."

Through this near tragedy, the family got to experience firsthand the love and support of their community. "We are so convinced that we moved into a community with a great big heart and a great commitment to help people in need," Mrs. Fallas stated. Both Mr. and Mrs. Fallas feel that this accident has brought them closer together as a family, as friends, and as a community. They believe that difficult things do not happen because they have to or because of bad luck, but to teach us something we need to learn for our development.

God has listened to all of their prayers. Their strength in God is what gave them the confidence that everything will work out fine regardless of the circumstances. Mrs. Fallas has found that anyone can overcome any situation as long as there is a big reason to live and the hand and protection of the Lord is upon you.

So roughly one year after the accident, The Fallas family has something to celebrate, LIFE!

We wish you well with your recovery Elizabeth and Luis-Anthony. We wish nothing but good times ahead for your wonderful family!





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