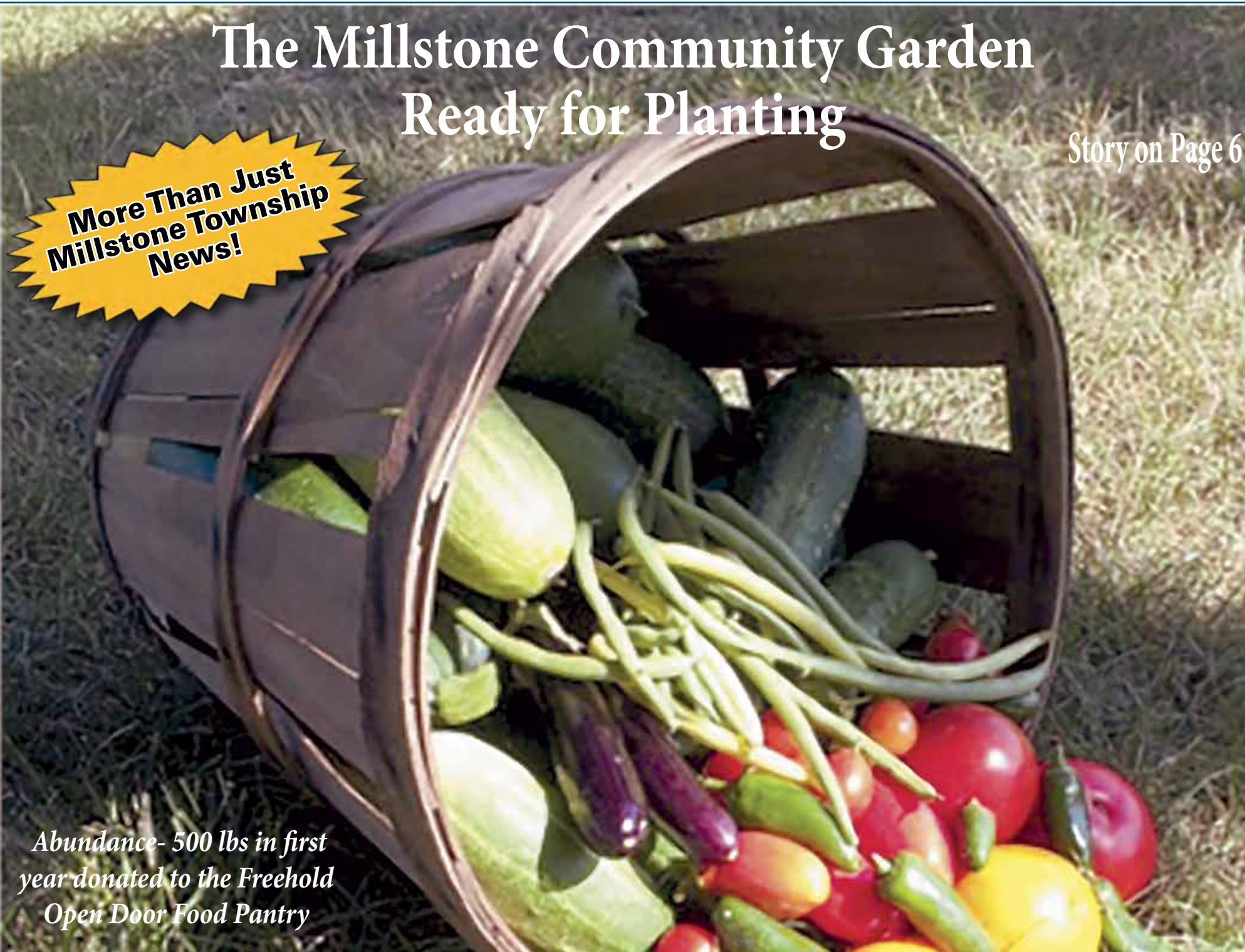


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## The Millstone Community Garden Ready for Planting

Story on Page 6

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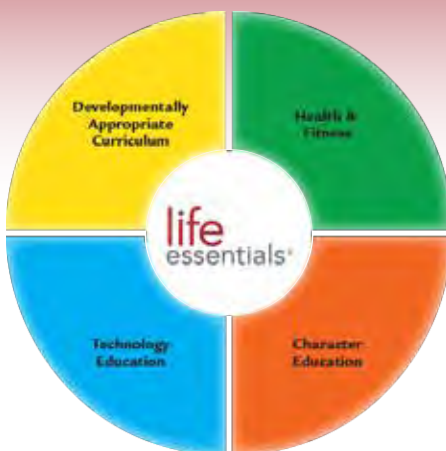
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# Tender Smiles for Kids has Tender Hearts

By Susan Heckler

Not 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.

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# The Millstone Community Garden Ready for Planting

By Pam Teel

**T**he Millstone Community Garden, located on the grounds of the United Presbyterian Church in Millstone, is alive again with the coming of spring. With a productive first year behind them, gardeners are beginning to get their plots ready for planting.

Located at 211 Millstone Road, the garden is on the left-hand side of the church and is open to everyone, not just church members. You are also welcome whether you're a Millstone resident or not. If you're a first time gardener or a seasoned one, come and mingle with the other gardeners. Located in an ideal sunny location, the garden is completely surrounded by a deer fence. Water is also available on the premises.

Plant whatever vegetables or flowers you want too. Even if you have little experience gardening, you can be paired up with an experienced gardener who will guide you along. The cost is \$25.00 for the season. You get a 10 1/2 by 10 1/2 garden plot to plant in.

There will also be three demonstration plots planted by the Master Gardeners of Monmouth County showing you different techniques of gardening such as mulching, using trellises, and the companion planting of different crops.

There are also eight PAR (plant a row for the hungry) rows. Last year the garden yielded over 500 lbs of produce that went to the Freehold Open Door Food Pantry to help feed the needy.

The master gardeners are on hand to answer any questions you might have. Go to [www.millstonegarden.org](http://www.millstonegarden.org) for more information about the garden. You can also call Anne Haines at 732-299-7827 to reserve a spot. There are still a few plots open.

## *In other church related news:*

*(Please note you don't have to be a church member to join any of the events below.)*

There will be a clothing drive on May 15th from 9am to 12 pm. You may drop off items at the church.

May 17th is family game night at the Ministry center. Children from Preschool through High School are welcome to join in the fun on the third Tuesday of each month from 6:30 pm to 8:00 pm in the ministry center for a night of games and fun. All children are welcome. Parents are welcomed to stay or drop their kids off for pick up at 8:00pm.

Vacation Bible school 2016 will be held on June 27th- to July 1st from 9:00 to 12:00 every day. The cost is \$25.00 per child. Programs are available from pre-K- 4 years old through the fifth grade. Click on the link to register now at [UPCM.org](http://UPCM.org).

Adult Bible study- every Sunday at 9:00 am and Tuesday at 11:00 am at the Ministry Center next to the church.

9:00 am every Thursday come and join the ladies in the Breakfast club at Gus's Diner – 135, Route 33, Manalapan.

Sewing club meets Wed. nights at 5:30 at the church. Call Anne Haines for more information 732-299-1827

Book club meets occasionally on Monday evenings at 7:00 pm. If you would like read and discuss books with others, come and join in at the ministry center. Contact Patti Keeley for more information at 609 259- 0769.

Private AA Meetings are held every Monday night at 7:00 pm 2nd floor of church.

## SOME GARDENING ADVICE

Grow peas of mind;

Lettuce be thankful;

Squash selfishness;

Turnip to help others;

And always make thyme for loved ones!

~Author unknown

**Millstone Community Garden 2nd year coming!**



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# The Millstone Times

## STUDENT OF THE MONTH Gabriella Scotto

By Pam Teel

Gabriella Scotto is in the 5th grade at the Millstone Elementary School. She lives in Clarksburg. This eleven year old is a social butterfly. She is very outgoing and loves to meet new people. She is very sincere, caring and likes to make everyone feel welcome. She likes her 5th grade teacher, Miss Kuntz, because she is always inspiring her and encouraging her in her language arts class to do the best she could in her reading and writing.

Her favorite subjects are Gym and Language Arts. Her favorite to read are the "I Survived" series.

Her favorite TV shows are Girl Meets World and Shark Tank.

Her favorite song is "Sit still/Look pretty" by Daya.

Her hobbies include gymnastics, cheer, soccer, swimming, bike riding, riding her quad, riding her skywalker, making music videos and instagramming. She also loves to write and do arts and crafts.

Her favorite place to visit is Wildwood and Disney. She also likes the beach and the boardwalk and going to the mall.

Her mom and dad were both born and raised in Millstone and so were both of her grandfathers. Gabriella has 2 sisters, Katarina age 3, and Angelina age 12. She also has 1 brother, Dominic, age 9. She has one dog named Kane and one cat named Creamside.

Her favorite holidays are Easter and Christmas.

Gabriella plays the trumpet in school. She also plays on the travel soccer team in Jackson called "Explosion." She loves to play the position of "Striker." She loves winning trophies with the team.

Her favorite foods to eat are Mac and Cheese and pineapples. She also loves Hibachi.

She would love to be a Criminal Lawyer or an FBI agent when she grows up.

If she were to have one wish, other than winning the lottery, she wishes that her family will always stay close together and be safe and healthy.

Gabrielle is a busy girl with many interests! Keep studying and doing well in school! Most importantly, keep up your love for reading and writing. We wish you the best of things to come!



# 2016 Princeton Festival Offers Three Weeks Of Musical Comedy, Opera, Jazz, Film, Dance, Free Lectures

*Eleven Events, Twenty-Two Performances: Britten's Opera "Peter Grimes," Grammy-winning Jazz Singer, Contemporary Dance, A Cappella Jazz, Chamber Music, Sondheim's "A Little Night Music," Silent Film/Oratorio, Choral Concert, Baroque Orchestra, Organ Recital; also Nine Free Lectures plus Previews and Special Events*

The Princeton Festival ([www.princetonfestival.org](http://www.princetonfestival.org)) has announced its 2016 season, featuring 22 music and stage performances in 11 different genres plus lectures and other events. Now in its twelfth season, the Festival will run from June 4 to June 26 in venues throughout the Princeton area.

The events range from Benjamin Britten's masterful opera *Peter Grimes* to Grammy Award-winning jazz vocalist Cécile McLoren Salvant. Stephen Sondheim's musical *A Little Night Music* runs for 10 performances. There is a special presentation of the silent film masterpiece *The Passion of Joan of Arc*, accompanied by a live performance of Richard Einhorn's oratorio *Voices of Light*, written especially for the film. Also featured: the sizzling dance group Complexions Contemporary Ballet, the Concordia Chamber Players, a baroque orchestra and choral concerts, an organ recital by Kristiaan Seynhave, and more.

"This is our twelfth season and we've been proud of them all, but 2016 promises to be a new high point," said Richard Tang Yuk, the Festival's artistic director and general manager. "Audiences will have a lot to cheer about. These are wonderful artists, doing wonderful work."

Mr. Tang Yuk noted that the Festival's program of diverse musical and staged offerings is enriched with free lectures, previews, workshops, a conducting master class, and a piano competition for young artists.

Full descriptions of all offerings are available on the Festival website, with instructions for ordering tickets by phone, email, or online.

## Performance Overview

Twenty-two performances by outstanding artists and ensembles begin on June 4.

**A cappella vocal jazz:** featuring the ensembles The Fonic and Break from Blue Collar, Saturday, June 4, Taplin Auditorium in Fine Hall, Princeton University.

**Voices of Light:** a live performance of an oratorio accompanying *The Passion of Joan of Arc*, the film for which it was written, with The Princeton Symphony Orchestra, The Princeton Festival Chorus, and soprano soloist Jessica Beebe, Thursday, June 9, Princeton University Chapel.

**Concordia Chamber Players** perform music by Britten, Pärt, and Brahms Friday, June 10, Miller

Chapel, Princeton Theological Seminary.

**Musical Comedy: A Little Night Music,** June 11, 12, 16, 17, 18, 19, 23, 24, 25, 26, Matthews Acting Studio, Lewis Center for the Arts, Princeton University, 185 Nassau Street.

**Piano Competition for Young Artists,** Finals: Sunday, June 12, Clark Music Center, The Lawrenceville School.

**Opera: Britten's Peter Grimes,** Saturday, June 18, Thursday, June 23, Sunday, June 26, Matthews Theatre, McCarter Theatre Center, Princeton.

**Organ Concert:** Symphonic works by Franck and Widor, performed by Kristiaan Seynhave, Sunday, June 19, Princeton University Chapel.

**Jazz: Cécile McLorin Salvant,** Sunday, June 19, Berlind Theatre, McCarter Theatre Center, Princeton.

**Baroque Music: Princeton Festival Baroque Orchestra,** Wednesday, June 22, Miller Chapel, Princeton Theological Seminary.

**Choral Concert:** Bach cantatas with Dr. Jan Harrington's conducting masterclass participants leading the Princeton Festival Baroque Orchestra and Chorus, Saturday, June 25, Miller Chapel, Princeton Theological Seminary.

**Dance: Complexions Contemporary Ballet,** Saturday, June 25, Berlind Theatre, McCarter Theatre Center, Princeton.

For more information and a link to ticket sales (handled by McCarter Theatre), visit [www.princetonfestival.org](http://www.princetonfestival.org). To purchase tickets by phone, call McCarter Theatre at 609-258-2787.

## Program Details

The Princeton Festival's award-winning opera series continues with a production of Benjamin Britten's *Peter Grimes*, one of the rare 20th century operas that has become part of the standard repertory. It tells the story of an outsider in a small fishing village on the English coast. *Grimes* is a masterpiece, combining high drama, sweeping music, and human insight. The people in the village are recognizable and believable: the lawyer, the landlady of the local pub, a widowed schoolmistress, the town drunk and the town busybody, a respected retiree, and *Peter Grimes* himself. Britten's famous orchestral *Sea Interludes* frame each scene.

Enjoyment of the opera will be enhanced by the Festival's free Education and Community Engagement Events, including an Artists Roundtable and a series of lectures by Scott Burnham, Stephen Arthur Allen, Marianne Grey, and Timothy Urban.

A cappella jazz kicks off the Festival season on June 4 with two all-male groups, The Fonic, a five-man vocal band based in New York City that specializes in rock, and Break from Blue Collar, doing barbershop classics and rock & roll. They are followed on June 9 by a Festival first, a collaboration with The Princeton Symphony Orchestra and the Garden Theatre presenting *Voices of Light/The Passion of Joan of Arc*, a multimedia experience with the legendary silent film of 1928 and a score by Richard Einhorn for orchestra, chorus and soloist, performed in the Princeton University Chapel.

Concordia Chamber Players, an annual highlight of the Festival, return on June 10 with a program of Britten, Arvo Pärt, and Brahms. The next evening is the opening performance of Sondheim's *A Little Night Music*, Best Musical of 1973 and a favorite ever since. Filled with enchanting music (including "Send in the Clowns"), *Night Music* will have a run of ten performances, June 11, 12, 16, 17, 18, 19, 23, 24, 25, 26

Sunday, June 19 showcases the scope of The Princeton Festival. The acclaimed Belgian organist Kristiaan Seynhave plays Romantic 19th century music on the Mandor organ in the Princeton University Chapel in the afternoon, and Grammy Award-winning jazz vocalist Cécile McLorin Salvant brings down the house in McCarter's Berlind Theatre in the evening.

The 2016 Princeton Festival winds up with four performances in different genres. There is a concert by the Festival Baroque Orchestra on June 22. The orchestra also accompanies a concert of Bach cantatas performed by The Princeton Festival Chorus on Saturday, June 25, led by participants in the Festival's week-long conducting class. The choral concert will be followed that evening by Complexions Contemporary Ballet, a group which *Dance Magazine* said makes it "sensationally, jaw-droppingly clear that we live in an age of the super dancer."

The Festival ends Sunday, June 26 with the final performance of *Peter Grimes* and *A Little Night Music*.



# MAY 2016

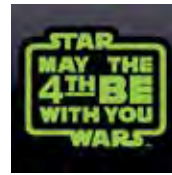
## KEEP YOUR PARENTS BUSY

**1** March For Babies- Middlesex County is today, at Johnson Park in Piscataway, NJ!

**2** Happy National Brothers and Sisters Day!

**3** Go on an Early Bird Walk at Mercer County Meadows! 8:00 am until 10:00 am

**4** Happy Star Wars Day!



**5** The Sky Show: Come see this planetarium show for families with children on the autism spectrum or with other developmental disabilities, at Raritan Valley Community College.

**6** Opening night of The Little Mermaid at the Count Basie Theater in Red Bank, NJ!

**7** Youth Nature Photography Workshop, 10:00 AM, Tulpehacking Nature Center in Hamilton, NJ.

**8** Happy Mother's Day! Make your mom breakfast in bed.



**9** Today is the National Lost Sock Memorial Day, to honor all those pairs of socks that were washed and never reunited.

**10** See rockstar Alice Cooper live in concert! Tonight at 8 at the State Theater in New Brunswick, NJ.

**11** National Eat What You Want Day! You know what to do.

**12** Happy International Nurses Day!



**13** Campfire Night at the Plainsboro Reserve in Cranbury, NJ, from 7:30 to 8:30 pm.

**14** WILD CHILD BEACH RUN: For kids 12 and under, 12:00 PM until 02:00 PM at Morey's Pier in Wildwood, NJ.

**15** Geocaching with LL Bean at the Plainsboro Preserve, 2:00 to 3:00.

**16** National Love a Tree Day.



**17** MOVIE: Neighbors 2: Sorority Rising comes out today!



**18** RINGLING BROS. AND BARNUM & BAILEY: CIRCUS XTREME: Sun National Bank Center in Trenton, NJ!

**19** Enjoy \$0.65 Wings at Buffalo Wild Wings! Every Thursday, in North Brunswick, NJ.

**20** iPlay After Dark tonight for teens at iPlay America in Freehold, NJ!

**21** Family Day at the Princeton Art Museum, a day filled with art projects, stories, games, scavenger hunts, performances, and refreshments!

**22** The Jersey Shore Festival is today! A free admission music and arts festival that kicks off the summer, at Seaside Heights Beach.

**23** National Lucky Penny Day!



**24** The State Museum's newest exhibition, Silver Shell Glass, examines the way beads were made, at the State Museum in Trenton, NJ!

**25** Happy National Tap Dance Day!

**26** Six Flags Great Adventure is open in May! Visit today.

**27** MOVIE: Alice Through the Looking Glass is released today.



**28** Memorial Day BBQ at Sesame Place!!



**29** National Learn About Compositing Day!

**30** Happy Memorial Day!

**31** It's the 31st of the month: Get a \$1.31 ice cream cone at Baskin Robbins today!

# Did You Know that...

By Pam Teel

**O**ur body is an incredible creation constantly giving us clues about our internal health. For instance, if you look at your nails and see you have **large moons** on your fingers, this represents a strong healthy digestive system capable of breaking down and absorbing nutrients from food and keeping toxins at bay. No moons or small ones is a sign of weak digestion and poor circulation. It can also mean a low immune system and a buildup of toxins in your body.

**White Spots** are common but usually mean a deficiency in minerals such as zinc and magnesium. They can be caused by poor diet, stress, low stomach acid, inflammation in the GI tract, or toxins in your colon. A natural cure: drinking celery juice in the morning on an empty stomach can help.

**Vertical line ridges** may be an early sign of psoriasis or inflammatory arthritis. It also indicates malabsorption of nutrients in the body. This happens a lot with aging because efficiency of blood circulation decreases with age meaning nails get less and less nutrition. The lines indicate that something is preventing the vitamins from reaching the nails. It could also be thyroid, virus or toxin related. Eating ginger and drinking ginger tea can help improve the absorption and assimilation of essential nutrients in the body, and help improve gut health and balance gut bacteria needed to break down the food.

**Nail bed inflammation** meaning noticeable red cuticles and puffy borders around nails could be a sign of a viral infection such as mono or Epstein's Barr or could even be a sign of parasites in the body. It could also be a result of lupus or another connective tissue disorder. Best way to treat it is through diet. Eat more thoroughly washed fresh raw fruit, use anti viral herbs such as cats claw, lemon balm, colloidal silver, licorice root and zinc. Cut out food like animal fats, gluten, cheeses, refined sugar and processed foods.

**Pale nails** typically show signs of anemia in your body due to excessive blood loss, injury, or iron deficiency. Could also be a sign for ulcers, viral and parasitic infections, certain medications, or chronic diseases such as cancer or autoimmune conditions.

**Horizontal lines or transverse grooves** are one or more a deep lines running horizontal to the nail. This indicates a strong illness, infection, or depletion that occurred during the time that specific nail was growing. It is common after a viral infection, heart attack, or severe fever. If more than one horizontal line this indicates a reoccurring issue and most likely is related to a chronic condition.

**Nail clubbing**- Nail clubbing occurs when the tips of the fingers enlarge and the nails curve around the fingertips, usually over the course of years. Nail clubbing is sometimes the result of low oxygen in the blood and could be a sign of various types of lung disease. Nail clubbing is also associated with inflammatory bowel disease, cardiovascular disease, liver disease and AIDS.

## Some tips:

Drinking ginger tea and adding ginger to your diet can help break down toxins and help improve absorptions of essential vitamins needed in your body. Drink beverages at room temperature, never with a lot of ice. Add more soups to your diet and use more spices like turmeric, garlic, ginger, cayenne, and lemon juice before or in a meal to help aid in breaking down foods in your body.



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## “Y is a Crooked Letter”

**M**ore than a dozen states support bills that strip gun rights from those convicted of domestic violence-related crimes. Between 2006-14, over 6,000 Americans have been killed with guns by known abusers whose hostile relationships often turn deadly when guns are present. Most of these victims are women. (Children and bystanders are not included in these statistics).

Incomprehensibly, our elected officials continue to turn a blind eye and a deaf ear to those who suffer a lifetime of sadness and loss when a loved one is gunned down in cold blood. So we continue to ask...

Why does our governor want to shorten the waiting period required to purchase a firearm, relaxing one of the strongest gun laws in the nation? Why do our assemblymen repeatedly vote against removing firearms from domestic abusers?

When asking these questions, we are summarily dismissed with “Y is a crooked letter”! Only when we demand real solutions from unresponsive representatives, or more drastically, by electing representatives who will take steps to protect us on this critical issue, can we change the status quo. The reintroduction of Bill A1211 will help to keep firearms out of the hands of domestic abusers. It is urgent that we engage the support of Governor Christie, Congressman Smith and D12 Assemblymen Dancer and Clifton to help stem the daily slaughter of innocent women and children.

*Submitted by Roz Ressler, Millstone Township Resident*

### ANNUAL CAMPAIGN APPEAL

Yes, I would like to make a donation to the Friends of Millstone Township Historic Registered Properties, 501c3, in the following amount:

\_\_\_\$10,000 \_\_\_\$5,000 \_\_\_\$2,500 \_\_\_\$1,500 \_\_\_\$1,000  
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#### ANNUAL CAMPAIGN

The Annual Campaign provides unrestricted operating support, over and above the income generated by admission fees, outside funding and special events.

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#### Send to:

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#### Visit Us At:

MTFRIENDSOFHISTORY.ORG



# Friends of Millstone Township Historic Registered Properties

## ANNUAL APPEAL

By Pam Teel

Not so long ago, October 2012, to be exact, community members with the same interests came together and formed The Friends of Millstone Township Historical Registered Properties (MTHRP). After just closing on the Baird property, the Friends group went into action and stepped up their efforts to work on and improve the newly acquired property and make it into what it is today: an Agricultural Museum and an Educational Center now known as the Thomas Baird Homestead. A lot of time went into the transformation of the old homestead with many volunteers coming forward to help do whatever it took to get the job done.

The Cultural Resource Center now includes: An Agricultural Museum, focusing on the 18th Century to the Present, Historic Circa 1830's home with Library Room, Allen Barn and Blacksmith shop, an educational classroom, a large greenhouse, museum pieces, and more. The Friends have in the past and will continue to host community events that help them bring in money to pay for the livelihood of the Baird Homestead. Events such as the Projects, Master Gardener's program, Community classes, and Girl and Boy Scout Award projects all have brought the community together in a positive way.

Although this is a township owned property, the historically dedicated Friends group is responsible for utility bills, maintenance and all program costs. Through much hard work, the Friends have written grants in order to preserve this site. They have to date, dismantled the historic Allen barn and Wainright shop, (which sat on Stagecoach Road at the present site of the new Senior Housing Center), and they have secured a matching grant on behalf of the



*Historic Allen Barn and Blacksmith Shop on the Baird Property*

township to develop the site with the addition of an ADA bathroom, a classroom, and an office. They were able to restore a 1900's windmill and the Allen barn and Blacksmith shop. Along with donated funds from the Agricultural Advisory Council, the Open Space Farmland Preservation Council and the Monmouth County Board of Agriculture, and other funding money, they were able to hire the NJ Barn Company to come and tag and take down the two barn structures and rebuild them on the Baird property.

Please keep in mind, The Baird Homestead is an early 19th century property supported solely through fundraising, grants, and generous donations. It is not funded through taxpayers' dollars. In order to keep offering educational programs and other events, the Friends are asking for your help with their Annual Appeal Drive. Since they rely on the generosity of individuals as well as business donations, they ask that you consider making a contribution so that they can continue to plan more future educational programs and events for the community. No matter what size, any amount is greatly appreciated. Help support their efforts to make the Baird Homestead a place for the whole community to share! You can donate on line and visit their website to see what they are all about at: [mtfriendsofhistory.com](http://mtfriendsofhistory.com) or email them at: [tfriendsofhistory@gmail.com](mailto:tfriendsofhistory@gmail.com), or you can fill out the enclosed form and send your donation in by mail.

Since 2012, with the help of a notable Developmental Grant, the ADA bathroom, office and classroom have been built. Electric services and water lines were placed underground, beams were repaired and foundations poured for Allen barn and Blacksmith shop. With a \$5,000 matching grant the Friends were able to complete the replacement of the slate roof over the shed, kitchen, and back door entrance. The first floor of the historic house was painted, staged and ready for show. The landscape around the house has been planned and partially planted and the greenhouse has a new cover.

October 2015 - the Friends held their first large event, The Harvest Fest. More than 300 people came out to enjoy the pig roast, games and activities, house tour, hayrides, and more.

Fall 2014 through February 2015 - The Friends partnered with the Millstone Schools to collaborate and present curriculum based, relevant hands on lessons. The first activity was Fall Art with the third, fourth, and fifth graders. The next activity was the eighth grade Edgar Allen

Poe performance and the student's interview with Poe himself afterwards.

Continuing into 2016 - The Friends Group is actively seeking grants and pursuing the completion of several projects which include:

The Raised Allen Barn and Blacksmith shop

Setting up museums in the pole barn, Allen Hay Barn, and Blacksmith shop

Hosting historic house events such as a Colonial Christmas open house

Educational programs for every grade level, pre-k through 8th, to date 6th grade civil war and science-based activities are scheduled.

Setting up the greenhouse with automatic and temperature control

Completed way finding signs around town to the Homestead with a \$5,000 grant

Have received a matching grant to replace the front half of the house slate roof.

A lot has been done in just 3 ½ years. The Friends are working hard preserving history and finding ways to share it with the community. Won't you help the Friends by sharing in their mission and helping with their visions for the Thomas Baird Homestead? **Please donate today!**

Upcoming event: YARD SALE FUNDRAISER

Saturday May 21st 9-3pm/ rain -date May22nd, 24 Baird Road

**Looking for donations** of toys, furniture, bikes, Kitchen and housewares, Home décor, knick knacks, tools,



*Fall Art- students' artwork hung up all over the greenhouse- One of many collaborations between the Millstone Schools and the Baird Homestead*

accessories, luggage Books, seasonal/holiday, camping equipment, outdoor gear, sports equipment, etc. (No TV's, mattresses, appliance, clothing, or shoes, please.) For more information on the yard sale email: [randierU@gmail.com](mailto:randierU@gmail.com)

Drop off dates for items at the Baird House are- Tuesday May 17th from 10-5. /Thursday May19th from 12-3/ Wednesday May 18th from 12-3/ Friday May 20th from 10-5.

All proceeds support the Thomas Baird Homestead Cultural Resource Center and Agricultural Museum

Next up on the Friends' agenda: the repairing of the roof at the Clarksburg United Methodist Church on Stagecoach Road.



*Poe comes to visit the Middle School and Baird Homestead*



# JOANN PARKS AND MAX THE CRYSTAL SKULL To Make A Brief Appearance in Bordentown

By Pam Teel



On May 13th and 14th Joann Parks, guardian of one of the 13 known Crystal skulls in existence, will present Max the Skull to the audience in both private sessions and through a public lecture to be held at 7:00 pm on Saturday May 14th. Max, the largest of the 13 skulls, weighing 18 pounds and made of clear quartz, is considered to be one of the rarest artifacts ever found on the planet. Estimated to be anywhere from six to thirty six thousand years old, Max was found buried in a tomb in St. Augustine, Guatemala in 1924. Once used by Mayan priest for healing and prayer, it was passed on to a powerful healer named Norbu Chen. After studying in India under Mayan priests, Norbu of the Tibetan sect of Red Hat Lamas was given the skull as a gift when he left to aid in his healing.

Joann Parks met the Lama through their own Medical Doctor when her 12 year old daughter was dying of bone cancer. She ended up working for the Lama for many years afterwards and was very surprised when he left her the skull after his passing with no explanation but that someday she would know what the crystal skull was all about. Parks, who lives in Texas, took the skull home and put it in a box in her closet for ten years. The skull haunted her dreams, so she pushed it further back into her shelf and covered it, but her dreams kept coming. It was when she saw a documentary on TV by F. R. Nick Nocerino, the foremost expert on the ancient skulls, did she learn of several other skulls that were in museums in France and England. She packed Max and headed to England.

Ironically the Houston museum got wind of the skull and wanted to put it on display but Joann, being leary of the skull, told them no. She patted the skull on the head and said, "Back to the closet you go skull," when telepathically it began to speak to her. When he told her his name was not skull, but Max, Joann nearly jumped out of her skin. Max went on to tell her that he was there as a tool for her, that he was a teacher who will serve mankind in a unique and special way. Since that time, Joann has traveled all over the world with Max. She is recognized as a peace elder offering healing and consciousness-raising sessions. Her prices are affordable so everyone who wants to spend time with the skull can.

Max is a celebrity in itself; well known both nationally and internationally. He's been featured in documentaries by A & E and the Discovery Channel and was once researched by the British Museum, who couldn't figure out how the skull was made. After television producers came to one of Joann's lectures, Max was the inspiration for the movie Indiana Jones and the Kingdom of the Crystal Skulls. Ancient legend says that one day all of the 13 skulls will be united and their collective wisdom shared. The legend also states that it will only happen if the human race has sufficiently evolved. I guess we still have a long way to go for that! Many people who come in contact with Max claim to have visions, healing, and psychic experiences. Max is not about religion. He's here to help guide each individual who comes in contact with him. Max is used as a tool for awakening conscienceless and accelerating healing and growth on all levels.

Presenting the event are psychic medium Filomena DeBronzo, from Bordentown, and psychic medium and Vedic Palmist, Karen Schlachter, from Southern Jersey. Both women hosts events all over New Jersey and bring in many different talented guests to their events such as Joann Parks. For more information about the event and others to follow, you can visit them on facebook at Filomena and Karen, by phone -Filomena (609 954-2435) - Karen (609 560- 8300) or you can reach them at (tabletalk.services.org). They are available for private and group readings, parties and events. Their specialties include communication with the other side, table tipping, rune reading, palmistry, card readings, working with crystals, healing, and more.

This event will sell out fast as there is only limited time on Friday and Saturday and it is on a first come, first serve basis. For booking a session go to: spiritualiststogether@gmail.com or paypal www.lodtf.org. These sites should be up and running the beginning of April. If not, please call Filomena at the phone number above or go to (tabletalk.services) Filomena will give you the address of where to send a check. All Tickets must be prepaid. No entry fee at door.

Private session with Max - \$50 for half hour session.

2-4 people sharing the session- \$35.00 each

Open lecture Saturday evening at 7:00 to 9:00- \$25 each- All people will get a chance to personally meet Max after the lecture.

Where: Friday May13th and Saturday May14th- Ramada Inn- 1083 US Highway 206 Bordentown, NJ.



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And this is no recent fad. Aloe dates back 5,000 years to ancient Egypt when it was known as a powerful herbal medicine. Here are some of the ways aloe can help your skin remain beautiful and healthy:

*Burns and Acne*

A 2009 study found that applying aloe cream to the skin might help heal burns as serious as the second-degree variety. Thirty patients who applied aloe cream saw healing in areas with minor wounds in about two weeks, according to "The New York Times" report.

Similar research has found that aloe can heal present acne and scars because of its antimicrobial properties, the same ones reproduced in many acne medications on the market. Regular application can lead to clearer, more moisturized skin.

*High Cholesterol*

Taking 10 to 20 milliliters of aloe orally daily for 12 weeks can reduce total cholesterol by about 15 percent, according to the National Institutes of Health. This type of cholesterol reduction can lead to more energy, better medical checkups and overall healthier living.

*Weight Loss and Diabetes*

The NIH also reports that aloe may reduce blood sugar in people with diabetes. It contains several vitamins, including A, C, E, folic acid, B1, B2, B3 and B6, the NIH says. It is one of the few plants that contains Vitamin B12, which can help improve your brain and nervous system functions.

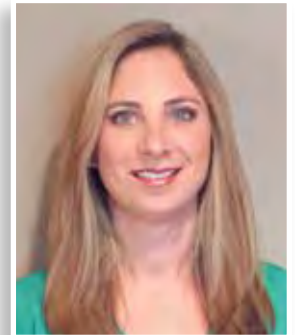
Known as a super food, aloe can also help with digestion and clearing your skin from the inside.



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

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

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

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

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

**DOES IT HURT?**

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

**WILL MY INSURANCE COVER HYALGAN?**

This procedure is covered by most major insurance companies including Medicare. Our insurance department pre-verifies every patient.

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

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

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

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

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

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# NATURAL SUNSCREENS

By Brianna Siciliano

**S**kin care is not something to mess around with. The sun is constantly shining down on us with its powerful rays, and when the weather is hot and the sun is beating down on us, our skin is exposed to rays that can leave harmful affects on our bodies: sun burns and yes, sun tans. Protect your skin this summer and wear natural sunscreens.

True Natural products most definitely fit the definition of 'natural sunscreens.' The company's top rated products are unscented, vegan friendly, cruelty free, and gluten free. True Natural's sun care lotions are created for a wide range of audiences, including those who are prone to skin allergies and those who have sensitive skin. These sun care products are mineral based, containing titanium dioxide, zinc oxide, coconut oil, green tea extract, Vitamin-E, etcetera. The lotion products come in SPF 50, SPF 30 (for baby and family), and SPF 15 (for the face). True Natural also sells a sports stick--which is SPF 30--and antioxidant sunscreens: active 30, zinc 30 (for baby and family), and ultra protect SPF 50. Products prices range from \$14.49 to \$27.50, and can be found online through [www.truenatural.com](http://www.truenatural.com) or at certain Whole Foods Markets.

Sunology is another fabulous natural sunscreen brand. Sunology has products designed for face care, body care, and children care. The products are free of chemical preservatives, Oxybenzone, Avobenzone, PABA, Menthyl Anthranilate, and many other chemical ingredients that are present in other sunscreen formulations. Sunology's Broad-spectrum sunscreens for face, body, and children are all products that have SPF's of 50. These products moisturize the skin, provide strong protection from the sun, are water-resistant for up to 80 minutes, and are great for all skin types. The products are \$14.99 each and can be purchased online through [www.sunology.com](http://www.sunology.com) or at certain Target and Walgreens stores.

By wearing natural sunscreens every time you expose yourself to the sun, you can feel confident in knowing that your skin is being protected from harmful rays. Be safe and remember to reapply when necessary!



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- DATE:** Saturday June 4, 2016
- TIME:** 9a - 4p; every hour on the hour  
(sessions approx. 40 min)
- PLACE:** Manalapan Township Community Center  
114 Route 33 West (between Peking Pavilion & Andee Plaza)
- CALL:** [Pre-registration Required](#)  
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Sudden Cardiac Arrest (SCA) is a leading killer in the US with nearly 400,000 deaths per year. Unlike other deadly diseases, with SCA - YOU can be the hero! Nearly one in three victims survives when the arrest is witnessed by a bystander and the AED is used. That is hope, and it is in your hands. The truth is, the victim you save with CPR is most likely going to be someone you know - a child, spouse, parent or friend - as 70% of SCA's happen in the home.

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# FAMILY FIRST

*What do senior citizens rank as their highest priority as they age? Financial Security? Health? Family is actually the most important factor in maintaining a high quality of life in Americans' senior years, according to a recent survey.*

Conducted by the National Council on Aging (NCOA), UnitedHealthcare and USA Today, the survey measured responses from 4,000 U.S. adults, including a nationally representative sample of seniors ages 60 and older.

It found that four out of 10 seniors rank connectivity to friends and family as their top priority, ahead of financial security (30 percent). Read the survey's other key findings to see what else seniors are concerned about as they age.



## Health

- 65 percent of seniors report having at least two chronic health conditions.
- 60 percent of seniors expect their health to stay the same over the next 5-10 years.
- 84 percent say it is not very or not at all difficult to perform regular activities.

## Community Services

- 71 percent of seniors say their community is responsive to the needs of seniors.
- 49 percent believe their community is doing enough to prepare for the growing senior population.

## Financial Security

- 53 percent are very or somewhat concerned about their savings and income to last the rest of their life.
- 41 percent of working seniors indicate that social security will be their primary source of retirement income.

## Technology

- 34 percent stated 'I don't understand how to use it' as a barrier preventing them from using more technology.
- 47 percent say cost prevents their use of technology.

## Overall Outlook

- 57 percent of seniors state that overall, the past year of their life has been normal.
- 21 percent of seniors expect their lives to get much or somewhat better over the next 5-10 years.

# Alzheimer's Can Steal Ability to Know Loved Ones' Faces

*Loss of visual perception may occur early in course of disease, researchers say.*



## Alzheimer's Can Steal Ability to Know Loved Ones' Faces

According to Healthday news and Healthfinder.gov, a new study sheds light on what is often called one of the cruelest effects of Alzheimer's disease -- the patient's inability to recognize loved ones.

Researchers report that along with causing memory loss, Alzheimer's also seems to affect people's visual perception -- specifically their ability to recognize faces.

The investigators tested a group of seniors with Alzheimer's, and a "control" group without the brain disease, to see how well they could perceive faces and cars in photos. The pictures were shown either upright or upside down.

"The results for people with Alzheimer's were similar to those in the control group in terms of answer accuracy and the time to process the upside-down faces and cars," study author Sven Joubert, from the University of Montreal, said in a school news release.

"To perform these tasks, the brain must perform a local analysis of the various image components perceived by the eye. However, with the upright faces, people with Alzheimer's were much slower and made more mistakes than the healthy individuals," Joubert explained.

These findings suggest "that Alzheimer's leads to visual perception problems specifically with faces," Joubert said.

The researchers were also surprised to find that this visual impairment occurs in the early stages of the disease.

The study could help family members of Alzheimer's patients better understand their loved one's inability to recognize them and may lead to new ways to delay this problem, the study authors said.

For example, because impaired facial recognition may be due to a visual perception problem -- and not a general memory problem -- strategies such as voice recognition might help Alzheimer's patients recognize loved ones for a longer time period, the researchers said.

The findings were published April 12 in the Journal of Alzheimer's Disease.

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# Be Aware of Phishing and Vishing Scams

*Beware of fraudulent emails and fraudulent telephone calls asking for personal info.*

Phishing is a scam in which you receive a fraudulent e-mail designed to steal your identity or personal information, such as credit card numbers, bank account numbers, debit card PINs, and account passwords. The e-mail may state that your account has been compromised or that one of your accounts was charged incorrectly. The email will instruct you to click on a link in the e-mail or reply with your bank account number to confirm your identity or verify your account. The e-mail may even threaten to disable your account, if you don't reply, but don't believe it.

Legitimate companies never ask for your password or account number via e-mail. If you receive a phishing e-mail there are several actions you should take:

Don't click on any links in the e-mail. They can contain a virus that can harm your computer. Even if links in the e-mail say the name of the company, don't trust them. They may redirect to a fraudulent website.

Don't reply to the e-mail itself. Instead forward the e-mail to the Federal Trade Commission at [spam@uce.gov](mailto:spam@uce.gov).

If you believe that the e-mail is valid, contact the company using the phone numbers listed on your statements, on the company's website, or in the phone book. Tell the customer service representative about the e-mail and ask if your account has been compromised. You can also contact the company online by typing the company's web address directly into the address bar; never use the links to provided in the e-mail.

If you clicked on any links in the phishing e-mail or replied with the requested personal information, Contact the company directly to let them know about the email and ask to have fraud alerts placed on your accounts, have new credit cards issued, or set new passwords.

Similar to phishing, vishing scammers also seek to get you to provide your personal information. However, vishing scams use the phone to make their requests, instead of e-mail. You may be directed to call a phone number to verify an account or to reactivate a debit or credit card. If you have received one of these calls, report it to the Internet Crime Complaint Center.

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# The Millstone Times PHOTO OF THE MONTH *By Pam Teel*

- Jim S. lives over near Collier Lake in the Creamridge, New Egypt area. Betsy the raccoon has been a constant neighbor for the past two years knocking on his back porch door to let him know she is ready for dinner. Her favorite food is bread with peanut butter on it, so Jim likes to make her an occasional peanut butter and jelly sandwich. Betsy eats right out of his hand. Her name used to be Rocky but last summer Jim found out he was a she when she brought up her two babies for some fine dining. The babies are shy and usually stay down on the grass waiting for Jim to retreat back inside the house.



These Bandit Masked Raccoons are a familiar sight just about everywhere and will usually eat just about everything. Raccoons in the wild snare a lot of food from the water such as crawfish, frogs, etc. On land they eat mice, insects, and raid bird nests. They also eat fruits and plants and love to dine in your open garbage cans. They live in trees, fallen logs, or can even get into your attic or down an uncovered chimney. Females have from one to seven cubs in early summer. Raccoons in the northern parts gorge themselves in the spring and summer to store up for the long winter months. Remember these animals cannot be domesticated. It is not advisable to have one as a pet.



Joan Kozzi sent in this beautiful picture of the sunset in Key West, Florida.

*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, please send that along 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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# A HOLISTIC GUIDE To help Children Cope with Stress and Anxiety

By Pam Teel



**M**illstone resident Kelly McMahon Brown is a certified Student Assistant Counselor and President of the New Jersey Association of Student Assistant Professionals. She also earned a Masters of Arts Degree from Georgian Court University in Holistic Health Studies. As a certified child/adolescent life coach, she helps students cope with anxiety, depression, school avoidance, substance abuse, bullying, school motivation, relationship and confidence problems, and many other issues. She uses a holistic approach, focusing on the mind, body, and spirit, to help these children work out their issues.

Arlene Curcio Armbrecht is a registered nurse who works at the same High School as Ms. Brown. Ms. Armbrecht also has a Masters Degree in Holistic Health. She has been a certified school nurse for the past sixteen years using her holistic health knowledge in workshops incorporating art, wellness, and healing, in the school setting. She also works with grief groups and addiction recovery.

When the two of these women got together, they always had a lot to talk about. It was easy to see how they combined their knowledge and experience and put forth their first book in a series of books geared not just for children, but for adults as well; a book that explains and shows ways of coping and dealing with stress and anxiety. The book starts out with a story about James and how he looks like a regular boy on the outside, but on the inside he has butterflies in his stomach, his heart beats way to fast, and his brain won't sleep because he can't stop worrying; with a note on the opposite page to adults explaining the symptoms that James is feeling.

The book is an easy reader for children and can offer ways for parents and adults to help identify the problems and use the different techniques offered to help alleviate anxiety. For example, the book goes on to talk about ways to help calm anxiety through breathing exercises, which can help bring the nervous system back in balance causing a relaxing response. It also talks about how simple yoga poses can help alleviate anxiety. Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress, lower blood pressure and lower your heart rate. It then goes on addressing anxiety by eating right; drinking plenty of water, and avoiding packaged foods, empty calorie drinks or snacks loaded with sugar. There are many others techniques explained in the book to help your child cope with their anxiety and stress. Some include, art therapy, guided imagery, being one with nature, tension release, and more.

Ms. Brown emphasizes the fact that there are many students who have major anxiety problems, some to the point where they fear to be in school. These homebound students are taught on a one to one basis, usually by teachers after school hours. The costs could be forty dollars or more an hour for their tutoring services. This also can lead to more social isolation, thus compounding the problem.

Most importantly, students should know that there are people that you can approach, both in school and out of school, who could help you when you are feeling stressed and anxious. Talk to your teacher, your school nurse, your school counselor, or even your principal. They are there to help you. Tell your parents, a friend, a sibling, or your doctor what's bothering you. Don't keep it bottled up. You don't need to go through this alone.

This book is geared more towards elementary to young adults and should be a staple in every elementary and middle school library. The stress relieving techniques are easily demonstrated. It's both a children's story and a guide for adults concerning a boy's journey coping with anxiety; created by two Professionals with an obvious love and devotion for helping children. You can find, *I Can't Stop Worrying! A Holistic guide to helping children cope with stress and anxiety*, at Amazon.com. Visit online at [Twohealthychickspublishing.com/](http://Twohealthychickspublishing.com/) Illustrations by Adam c. Armbrecht.

Coming soon - *My Name is Violet and I'm Roaring Mad as a Rhino*



Kelly McMahon Brown (l), Arlene Curcio Armbrecht (r)

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German Shepard, Henry, who is the Driven by Heroes mascot.  
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# Driven By Heroes “Salute to Our Veterans”

By Pam Teel

Rides are provided statewide from northern New Jersey through Ocean and Burlington Counties with the help of volunteers. All volunteers are carefully screened beforehand. If you have the time and would like to volunteer to drive a veteran to a medical appointment, please visit the website at: [www.drivenbyheroes.org](http://www.drivenbyheroes.org) and request a volunteer application. Without volunteers, veterans have no other way to make these appointments.

Through their Pets and Vets program called “Ruff Matter,” they work in conjunction with animal rescue organizations and canine trainers to help match up the right dog with veterans in need of a canine companion.

The organization is funded by donations, fundraising, sponsorships, and grants that allow them to reach out and provide support in necessary areas of a veteran’s life. Please think about helping out someone who was willing to give his life to protect all Americans everywhere and know that your donation will go to helping enhance the quality of life to Veterans and Military Personnel. If you would like to donate to Driven by Heroes, please contact: Diana St. John – [info@drivenbyheroes.org](mailto:info@drivenbyheroes.org) 888-507- 8979. To read up more about the organization and all of the good that they have done for veterans and their families go to: [www.drivenbyheroes.org](http://www.drivenbyheroes.org).

Of course, the most important thing is having the money to provide the resources to the veterans. Only with your support can the organization address important issues that veterans face, such as transportation to and from appointments, which can mean the difference between life and death for those involved. Imagine if you were in their shoes, desperately needing medical attention and having no way to get to an appointment.

Come and join the fundraiser Golf Outing on June 27th at

the Bella Vista Country Club and Golf Course in Marlboro N.J. and help to support The Driven by Heroes Organization. Register online at [www.drivenbyheroes.org](http://www.drivenbyheroes.org). The price is \$250.00 per golfer, which includes an 11am barbeque lunch, 12 pm shotgun start, golf, an awards cocktail reception and buffet dinner afterwards followed by a concert at 7:00 pm. The concert is included in the package. Not a golfer but want to help to contribute, tickets are available for the concert only for \$35.00. Sponsorship packages are also available. Your contribution is tax- deductible.

Won’t you help a Veteran today? They were there when you needed them!

Special guests include NFL player Fred Baxter, Nicole and Teresa of the Real Housewives of NJ, and a night concert with Brian Kirk and the Jirks.



Photo of Veteran from the Nov 22nd Appreciation luncheon held at the Bella Vista Country Club in Marlboro, same location as the upcoming fundraiser golf outing.

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# Garden State Wine Growers Association Puts Mom in the Spotlight with Annual “Mother’s Day Wine Trail Weekend” May 7-8

The Garden State Wine Growers Association’s annual “Mother’s Day Wine Trail” will return on Saturday and Sunday May 7-8 from noon to 5 pm at participating wineries throughout the state. Each winery participating will pay tribute to the special women in our lives through special wine tastings and food pairings, live music, fresh flowers and other special treats.

With over 50 wineries now open in the state, there will plenty of opportunities to take that special woman in your life out for an event-filled weekend at one of our wineries located from Sussex County all the way to the tip of Cape May.

Winery events include free tastings for moms at Terhune Orchards and Winery in Princeton and a complimentary treat for moms at the state’s newest winery, Iron Plow Vineyards in Columbus, where wine tastings will be accompanied with sweet treats by local chocolatier, The Farmer’s Daughter. Four Sisters Winery in Belvidere will offer a Mother’s Day Italian Feast and Tomasello Winery in Hammonton has scheduled a Mother’s Day brunch. 4JGs in Colts Neck has planned a Mother’s Day Made in Monmouth Event on May 7 from 1 to 3 pm where they will showcase Monmouth County businesses so that special lady can sip wine and enjoy a little shopping with local vendors. Hopewell Valley Winery in Pennington will also have vendors on-site for moms to pick out a present while doing a wine tasting and will host a Mother’s Day brunch as well.

At Working Dog Winery in East Windsor, guests will enjoy award winning, estate bottled wine while listening to the music of Vic Della Pello. A tasty continental breakfast and other assorted treats can be enjoyed there with your mother, family, and friends from 11:00 AM – 1:30 PM. The Oink and Moo food truck will also be on-site from 12-5 offering a variety of delicious BBQ.

Le Qualite chocolates, specialty platters and sangria will all be available for the entire weekend at Bellview Winery in Landisville. And, at Old York Cellars in Ringoes, guests will receive an exclusive, guided tasting including 8 pre-selected wines, artisan chocolates, made by Laurie’s Chocolates, and a souvenir glass, plus an extra chocolate treat for mom. And, for those ladies that love baseball, the Garden State Wine Growers Association is also sponsoring a wine glass giveaway on Mother’s Day at the Trenton Thunder game.

The Garden State Wine Growers Association’s Mother’s Day Wine Trail Weekend is one of four annual trail weekends that is funded through grants from the NJ Department of Tourism and the NJ Department of Agriculture which affords guests a terrific opportunity to visit multiple wineries over the course of a day or the entire weekend. The Association produces a passport program, which allows for visitors to collect stamps at each NJ winery. When all winery stamps are collected, the passport can be mailed back to the association and is then entered into a drawing for an annual renowned wine trip giveaway! The trip prize this year is a trip to Willamette Valley in Oregon and will be awarded on the Sunday of the Wine & BBQ Festival on May 28th at Schooley’s Mountain Park in Long Valley, NJ. The Association also has a mobile app version of the passport available.

From only a dozen wineries open in 2000 to the 50 open today, the New Jersey wine industry is growing across the state with many more wineries due to open in the next couple of years. For a full list of participating wineries and details of the special offerings at each location, visit [www.newjerseywines.com](http://www.newjerseywines.com).

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## Former Allentown Soccer Player- Student-Athletes added to Mansfield University's 2016 Women's Soccer Team

Head coach Tim Dempsey and the Mansfield University women's soccer program have announced the addition of 14 student-athletes for the upcoming 2016 season.

"I am excited about this group because they are not only good soccer players, but good people," explained Dempsey. "I know they will all represent Mansfield University both on the field and in the classroom with hard work and dedication."

The class, which is Dempsey's largest in his tenure at Mansfield, includes highly decorated student-athletes from Pennsylvania, New York and New Jersey.

"I am really looking forward to combining them with our outstanding group of returning student-athletes and seeing what we can accomplish next fall and into the future. We should have depth at every position and competition for playing time – which I know will make us a better program going forward."

Over 14 seasons guiding the Mountaineer women's soccer program, Dempsey has coached 14 All-PSAC selections as well as four All-Atlantic Region honorees. Last season, Mansfield forward Delaney Meadows was named PSAC Rookie of the Year and garnered 2nd Team All-Conference honors while goal keeper Rachel Fox was named to 1st Team All-PSAC accolades and 3rd Team All-Region.

**The Mountaineers open the 2016 season on Sept. 3 at California (Pa.)**

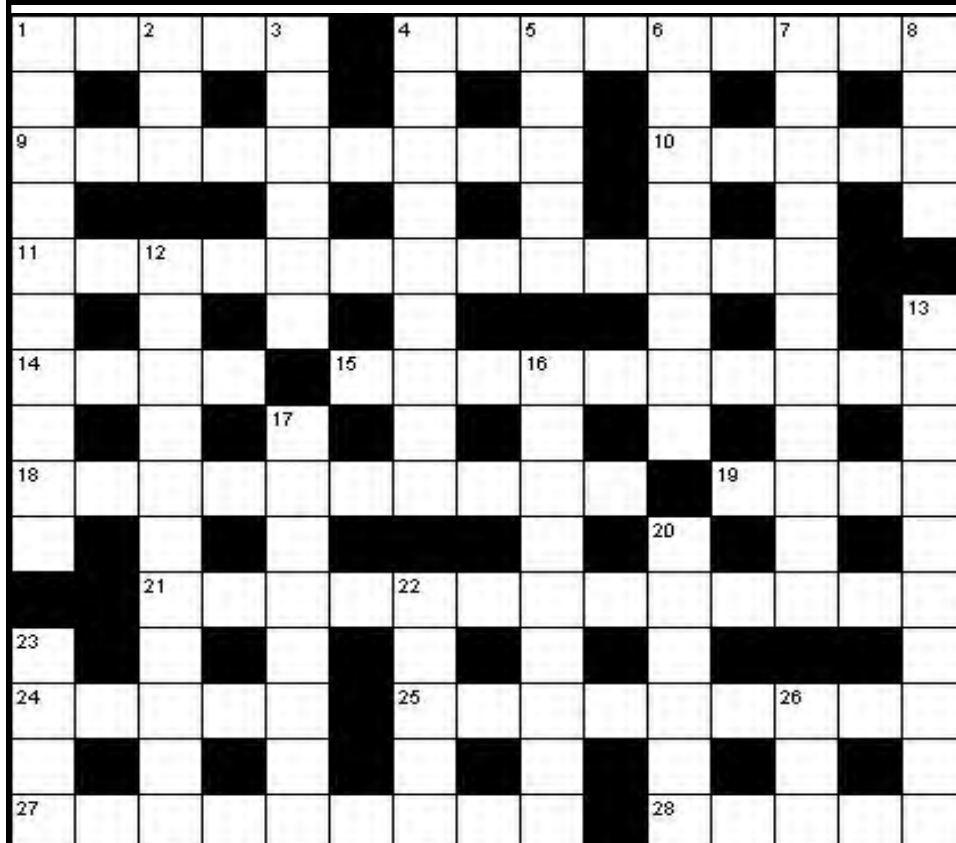
**Ali DeSalvatore (Millstone, N.J./Allentown) Goal Keeper**

Four-year member of the Allentown soccer team playing goal keeper ... member of National Honor Society ... plans to major in sports nutrition.

**Nikki DeSalvatore (Millstone, N.J./Allentown) Midfield/Forward**

Four-year member of the Allentown soccer team playing midfield and forward positions ... member of National Honor Society ... plans to major in biology.

## EVERYONE ENJOYS A GREAT CROSSWORD PUZZLE



### ACROSS

- 1 Like 'Danny Boy' (dated that is) (5)
- 4 Warmed stylograph tip and used inks in an unconventional fashion (3-6)
- 9 Octet pens composition for Whitsunday (9)
- 10 Dream I share (5)
- 11 Complacent character is persuaded (4-9)
- 14 Anxious race to gather gold (4)
- 15 Opposite, like north and south? (5,5)
- 18 Sweet, presently unknown female to remain outside (10)
- 19 Partial match (4)
- 21 Be tempted - and risk getting hooked (4,2,3,4)
- 24 Spooner's become fed up? The solution is to relax! (3,2)
- 25 I rant and rave about sequence of events (9)
- 27 Basic component the French sent back (9)
- 28 Composer's unhappy return involving this country (5)

### DOWN

- 1 I spelt 'yoop' oddly, in a completely different way (10)
- 2 Study amongst learned enthusiasts (3)
- 3 Nevertheless quits serving oriental starters (4,2)
- 4 Sprout feathers, and so disprove theory (5,4)
- 5 Set about following North American ass (5)
- 6 Showing hostility in claim I broadcast (8)
- 7 If you rush, it might snap! (5,6)
- 8 Inebriated old tenor's a laughing stock (4)
- 12 You'll need coins here - loads too! (11)
- 13 Cisterns removed by good man, showing precision (10)
- 16 Reallocate haphazardly without a kind of register (9)
- 17 Horse? At sea? (8)
- 20 Aussie cricketer chap's said to be in debt (6)
- 22 Either way, it's a conviction (5)
- 23 Novice with an expression of surprise over triumph (4)
- 26 Breed dislike regularly (3)

Answers on Page 84



# Smart Ways to Spend the Summer: Keep Kids off the “The Summer Slide”

By Michael Ginsberg

Third grade teacher Alyssa Call got a bit of a shock when she returned to her classroom in the fall and saw the test scores of her students. She had taught several of the children the year before, as a second grade teacher, and she knew their scores had fallen considerably after taking nearly three months off for summer vacation. It's a phenomenon so well known that teachers across the nation refer to it as the “Summer Slide.”

“It's just kind of accepted in the teaching world,” says Call. “Most of us know the students are going to come back in the fall, and they're not going to be at the level they were when they left in the spring, but it's still sometimes shocking when you look at their test scores and see just how far they've fallen. The first month of school is usually spent refreshing what they should have remembered.”

Studies confirm what Call and other teachers see in millions of American school kids each fall:

- The average student loses approximately 2.6 months of grade-level equivalency in mathematical computation skills over the summer months. (Research compiled for an Association for Public Policy Analysis and Management Conference report.)
- Teachers typically spend four weeks reteaching or reviewing material that students have forgotten over summer break, according to John Hopkins Center for Summer Learning.
- Research shows ALL young people experience learning losses when they don't engage in educational activities during the summer.

“It doesn't have to be that way,” says Dr. Ken Gibson, author of *Unlock the Einstein Inside: Applying New Brain Science to Wake up the Smart in Your Child* ([www.unlocktheeinsteininside.com](http://www.unlocktheeinsteininside.com)). “Think of it like this: The brain is like the body. If you exercise it, you improve it, but if you let it sit idle, it's going to lose ability.” To avoid the Summer Slide, Gibson recommends brain games and exercises that target cognitive skills, the underlying skills needed to learn.

Thirteen-year-old Tyler Walner knows the power of building those cognitive skills. He was labeled “special needs” and tried more than a dozen reading programs before he took an intensive brain training course at LearningRx ([www.learningrx.com](http://www.learningrx.com)). His family says they saw life-changing improvements.

“Before the training, I would sit right beside him for at least three hours a night making sure he did his homework,” says his mom, Marti Walner. “Now, he does it all on his own!”

One way to target weak mental skills quickly and effectively is through an intensive LearningRx brain training program, says Tanya Mitchell, Vice President of Research & Development for LearningRx. “With our intense game-like exercises we work on brain skills like logic & reasoning, attention, memory, processing speed, and visual and auditory processing. But, to help prevent the summer slide, parents and kids can use free, fun games and exercises at home, in the car, and even online.”

## *Here are just a few of the free and fun brain training games Mitchell recommends:*

- **Mental Tic Tac Toe:** Similar to traditional Tic Tac Toe, this game uses a “mental” grid numbered 1 to 9. Players remember where their opponent has already been and call out an unoccupied space. The player who calls an occupied space loses.  
**What it helps:** Attention, logic & reasoning, and working memory
- **Needle in a Haystack:** Take a page from a newspaper and time your child as she circles all occurrences of a specific letter. Focus on increasing both accuracy and speed.  
**What it helps:** Visual processing speed
- **20 Questions:** Think of a person or object and give your child 20 chances to narrow down what you're thinking of by asking yes or no questions. To help them improve their logic & reasoning, teach them to strategize by using questions that will significantly narrow down the categories, such as “Are they alive?” or “Is it bigger than you?”  
**What it helps:** Logic, reasoning, memory
- **Poetry:** Have your child choose four words that rhyme and then ask them to use those words to create a poem or a rhyming song. Or say a word, then have them come up with another that rhymes. Keep this pattern going as long as possible, then start with a new word.  
**What it helps:** Auditory analysis, verbal rhythm, memory

Simply getting your child to read every day is another powerful way to slow the Summer Slide. According to Scholastic Parents Online, research shows that reading just six books during the summer can keep a struggling reader from regressing. When choosing the six, make sure they're the right level—not too hard and not too easy.

Call says she'll stress the importance of summer reading to her students before they head out for vacation. She also says that any reading or learning program that rewards or excites the kids will be beneficial.

*Michael Ginsberg is the executive director of LearningRx centers 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. To learn more or to schedule a cognitive skills learning profile test you can call 732-444-8579.*



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# Sportika's Special Needs Soccer Program Levels the Playing Field Further

By Susan Heckler

Parents and their kids have been enjoying team sports, especially soccer, for years. Parents love to watch their children learn, grow and achieve while having fun with peers and it is also a lot of fun and social to be a parent on the sidelines.

Special needs parents and children have a hard time finding a like experience. Their children typically do not meet the requirements or just feel like they won't fit in. Whether it's Autism, Asperger's, Down Syndrome or physical handicap, there is a need and a place for your child. It is for this reason that Sportika is reaching out to the community and forming a Special Needs Soccer Program. They feel that every single child, teen and adult has the right to enjoy the fun of playing sports.

The program is open to 8-21 year olds. They have set up a buddy system where your special needs athlete-in-training is paired with one of their players to provide a unique social environment with peer interaction. They will learn skills, develop self-confidence, coordination, flexibility, muscle strength, body awareness and build relationships. This program is a much a plus for the non-special needs children who will also benefit from helping their peers, and building relationships and understanding of those who have challenges.

Sportika is hoping to inspire these children that they can participate in all sports as well, and our ultimate goal is to host a Special Olympics in our facility. Sportika now and in the future will provide engagement of different sports to these special children while making sure they are part of the community.

Location: Sportika 323 Fairfield Rd. Unit 10 Freehold, NJ 07728

Saturday May 7 1:00pm-2:30pm - meet your team and learn the game of soccer. Socialize and get everyone all enthused and educated on the game.

Sunday May 8 1:00pm-2:30pm - 3v3 tournament with their buddies on the field. 3 special needs kids partnered with 3 soccer players challenging a like team. 15 minute games to get the feel of soccer.

Pre-registration is needed. For information, contact Jenny at (732)577-1745 ext 5 or JSarf@sportikasports.com.



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**Sunday, MAY 8, 2016 1:00pm - 2:30pm**

Soccer Tournament 3v3 Match with Buddies

*Every child, teen and adult has the right to enjoy the FUN of playing sports!*

**SPORTIKA** provides children and adults a new opportunity to play, learn, grow and succeed in life.

The **SPORTIKA Special Needs Soccer Program** will provide support (Buddy System) and interaction in the sport of soccer within a unique social environment featuring peer interaction.

The program will help instill a sense of self-confidence and improve skills in relationship building and working as part of a team.

The program will provide a sense of satisfaction and achievement in scoring a goal, making a pass in the game to a team player and catching a ball in the net for the first time.

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**SPORTIKA** [sportikasports.com](http://sportikasports.com)



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# The GI condition commonly known as “leaky gut syndrome” has been gaining a lot of attention lately

By Mia Ingui

"Leaky gut syndrome" is said to have symptoms including bloating, gas, cramps, food sensitivities, and aches and pains. But it's something of a medical mystery.

According to WEBMD, "From a MD's standpoint, it's a very gray area," says gastroenterologist Donald Kirby, MD, director of the Center for Human Nutrition at the Cleveland Clinic. "Physicians don't know enough about the gut, which is our biggest immune system organ."

Little is known about other causes of leaky gut that aren't linked to certain types of drugs, radiation therapy, or food allergies.

Leaky gut symptoms aren't unique. They're shared by other problems, too. And tests often fail to uncover a definite cause of the problem. That can leave people without a diagnosis and, therefore, untreated.

It's crucial, Kirby says, to find a doctor who will take time with you and take your concerns seriously.

According to a study published in a Norwegian medical journal this process "is implicated in the onset of disease include several acute and chronic pediatric conditions that are likely to have their origin during infancy" and has been linked to:

Allergies

Asthma

Autism

Autoimmune disease

Eczema and psoriasis

Inflammatory bowel disease

Rheumatoid arthritis

Systemic inflammatory response syndrome (SIRS)

Type 1 diabetes

So how do you know if you have a leaky gut? Keep a watch out for these 7 leaky gut symptoms.

## The 7 Signs You Have Leaky Gut

1. Food Sensitivities – People affected by food sensitivities oftentimes find that leaky gut is to blame.
2. Inflammatory Bowel Disease – Researchers from Hungary have recently uncovered that elevated gut permeability is oftentimes localized to the colon in people suffering from irritable bowel syndrome and ulcerative colitis.
3. Autoimmune Disease – The key to understanding how leaky gut can cause an autoimmune disease is through the research done on a protein known as “zonulin.” According to a 2011 article published in the journal *Physiologic Reviews*, "Zonulin is the only physiological modulator of intercellular tight junctions described so far that is involved in trafficking of macromolecules and, therefore, in tolerance/immune response balance. When the finely tuned zonulin pathway is deregulated in genetically susceptible individuals, both intestinal and extra-intestinal autoimmune, inflammatory, and neoplastic disorders can occur."

Eating gluten can oftentimes trigger this dangerous cascade. University of Maryland, School of Medicine researchers have uncovered that gluten “activates zonulin signaling irrespective of the genetic expression of autoimmunity, leading to increased intestinal permeability to macromolecules.”

4. Thyroid Problems – One of the autoimmune diseases that leaky gut syndrome may directly affect is Hashimoto's disease. Also known as “chronic thyroiditis,” this disorder can lead to hypothyroidism, impaired metabolism, fatigue, depression, weight gain, and a host of other concerns.
5. Malabsorption – Various nutritional deficiencies result from leaky gut include vitamin B12, magnesium and key enzymes that help digest food.
6. Inflammatory Skin Conditions – First described over 70 years ago, the gut-skin connection theory has described how intestinal hyper-permeability can cause a slew of skin conditions; particularly acne and psoriasis. Generally, dangerous creams and drugs are prescribed for these skin disorders, yet they can oftentimes be fixed by healing the gut!
7. Mood Issues and Autism – According to a study published in the journal *Neuro Endocrinology Letters*, leaky gut has been shown to cause various neurocognitive disorders.

Regarding autism, a recent study was just published in the journal *Nutritional Neuroscience* describing the “vicious circle between immune system impairment and increasing dysbiosis that leads to leaky gut and neurochemical compounds and/or neurotoxic xenobiotics production and absorption.” The idea is that the “metabolic pathways impaired in autistic children can be affected by genetic alterations or by environment-xenobiotics interference.”

If you suspect you have symptoms of leaky gut, you would do well to see a gastroenterologist who is also trained in nutrition.

You would be surprised at how many health conditions are a result of having leaky gut. The father of modern medicine Hippocrates said, “All disease begins in the Gut” and research is now proven he was absolutely right.






Gary Gellman/Gellman Images

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## Ways to Corral Your Cords and Wires

*By Joely Phenes*

**I**n this technological age, it is not uncommon to become overwhelmed with all your cords and wires. Fortunately, there are a few simple tricks that will help you to organize and simplify your technology:

### *Label the plugs:*

Nothing's worse than having to untangle a mess of wires each time you need to use one. Using a label maker or a sharpie and masking tape, label each of the blocks of your chargers. This can be useful for your computer chargers, phone chargers, or any other electronic devices you need to plug in. This takes almost no time at all and will make your life a lot easier.

### *Make a charging station:*

A charging station is a great tool for organization. To make one, all you need is a storage box or shoebox and a power strip that fits inside. Carve out as many holes along the side of the box as there are outlets in the power strip, and you have your charging station! This can be especially useful for charging more than one cell phone at a time.

### *Store them with toilet paper rolls*

Don't let your cords and wires get tangled in storage. Roll up your wires and put them in a paper towel or toilet paper roll, and write what it is in sharpie. This free and simple trick will save you tons of time!

## The Historic Baird House 3<sup>rd</sup> Annual Wine and Spirits Event Calling all Ghosts!



*Special guest- Laura Hladik Hoffman - author, paranormal investigator, lecturer.*

*By Pam Teel*

**O**n April 21<sup>st</sup>, the Friends of Millstone Township Historical Registered Properties presented Author, paranormal investigator, and founder of the New Jersey Ghost Hunters Society, Laura Hladik Hoffman. Ms. Hoffman presented a slide show presentation of some of her most memorable ghosts hunting expeditions throughout New Jersey and New York City to an audience of approximately forty people. The event was held at the Baird House in Millstone Township.

Before the event, people socialized in the long front hall of the homestead while enjoying trays of diverse finger foods and sipping wine. Some first timers to the place got to tour the homestead before the event began.

This event is one of many fundraisers that the Friends will be hosting in the near future as a means of helping to maintain the upkeep of the Baird Homestead. Although the Baird Home is township owned, the Friends of Millstone are responsible for paying all of the bills and for the upkeep of the homestead. They do not rely on municipal tax money to pay the bills. These fundraisers are vital to keeping the Thomas Baird Homestead up and running so that they can provide a Cultural Resource Center for all Millstone Township residents to enjoy.

As for their special guest, Ms. Hoffman started her ghost hunting adventure in 1993 and founded the Ghost Hunters society in 1998, which presently has 862 members. She focused her presentation on some of her ghost adventures in one of her books, "Ghost hunting New Jersey and New York City. Some of her New Jersey sights she discussed were an old home, which once housed a Charle Brown Restaurant, The Hotel Belvidere, The Propriety House, Snug Harbor, the Van Cortlandt Mansion, the Burlington County Prison, the Clarendon House, and the Palace Theatre in NYC. She discussed, in some detail, her findings at each location and the local folklore that went with it. Ms. Hoffman's presentation took about one hour as she narrated through pictures and EVP's that she had collected over the years. To find out more about Ms. Hoffman and other ghost hunting books that she has written, go to: [www.NJGHS.net](http://www.NJGHS.net) or [www.americashauntedroadtrip.com](http://www.americashauntedroadtrip.com).

If you would like to help the Friends with a monetary donation, please visit their website at [mtfriendsofhistory.org](http://mtfriendsofhistory.org). It's not too late to order a 4" x 8" paver brick with your name on it- (up to three lines for fifty dollars) or an 8" x 8" paver - (up to six lines for \$100.00.) There is still room on the walkway.

You might have already heard about the wonderful events that have already taken place at the Baird house, like the Fall Home Harvest event, and the events held for the students at the Millstone schools. There is so much ahead in the planning, but the Friends need donations from the community to keep all the events coming. All donations are tax deductible. You can donate online. Visit the Friends on their website. See why the history and preservation of our old buildings are so important to the community. You can email them at: [mtfriendsofhistory@gmail.com](mailto:mtfriendsofhistory@gmail.com)



*Guests gather in the long hallway of the Thomas Baird Homestead feasting on finger foods and wine before the main event begins.*

History comes alive when someone is able to not only read about the past, but is also able to visit the places, examine the artifacts, appreciate the images, and study the actual words. For most people, history starts with simply learning about their family or their community. A concerted effort to preserve our heritage is a vital link to our cultural, educational, aesthetic, inspirational, and economic legacies — all of the things that quite literally make us who we are. (From NY Times Columnist Steve Berry.)





# This Old House



By Pam Teel

When Frank and Denise Costagliola decided that it was time to find a larger home for their growing family, Denise knew exactly what she wanted. She wasn't interested in a newer home. Her mind was set on something with some old-world charm and with hints of the past still evident. After six months of futile searching, Denise found something on the Internet that sparked her interest. What made it even better was that the house was located in the town where Frank was born and raised.



*This Old House - 64 Roberts Road*

The pictures of the home and the description looked like everything that Denise was looking for, so she called her mother-in-law and the two went to look at it. Her mother-in-law, Mary, a retired teacher, who worked in the Millstone School System, knew of the house and some of the history. Needless to say, Denise fell in love with the place at first sight. Sure it needed some work, but all things aside, it was just what they were looking for. After a bidding war, the owners felt Frank and Denise's family would be a better fit for their home.

The home is located on Roberts Road in Millstone Township and was once part of a large estate owned by the Forman family, dating back to the 1850's. According to the 1851 census, there was only one home shown on the tax map at this location at this time, so it is unclear which structure was there first, the home at 64 Roberts Road or the home at 66 Roberts Road.

There is some evidence that could justify the fact that Frank's house could have been the original home on the 1851 tax map due to the hewed beams in the basement, among other details, when comparing the structure of the two buildings. It is hard to say as the County records for the two properties are intertwined. More extensive research needs to be done to determine which was the original home on this site.

What is known is that the first resident on this property was William P. Forman, who lived from 1807-1886. He was a lifelong resident of Millstone Township. William Forman was a land surveyor, teacher, member of the State Legislature, and a Judge of the Monmouth Court on Commons Pleas for twenty years. He married Evelina Baird, daughter of David

Baird. The original property, all 176 acres, were sold to Milton and Luella Roberts in 1917, who purchased it from heirs of Sidney Sickles, who purchased it from Margaret Forman, widow of Peter Forman, who was William P. Forman's son.

The Roberts had two children. Luella was a choir director at the Millstone Presbyterian Church and Milton drove a school bus for the township. They originally lived at 66 Roberts Road, while fixing up the house next door, where Frank now lives. They also built an addition on to Frank's present home before moving in. At some time in the sixty's, Mr. Roberts started selling off some of his land to Halka's Tree Farm. After they moved into the other home, the old Forman home lay empty for quite a while. The Halka family eventually ended up purchasing it and renovating it. They still own it to this day.

According to Lee Murray, the former owner of Frank's house, when he purchased the house in 1968, all three barns



*Original planking on dining-room floor*

were still standing in between the homes. One of the barns, at that time, was the largest barn in the county. Mr. Murray used to climb up the massive beams of the barn all the time. Mr. Murray stated that Mr. Roberts tried his hands at all kinds of agricultural farming, but was not that successful. He did plant peach trees everywhere and those peach trees turned out the best and biggest peaches he ever tasted. Come the day the Murrys were to move in, with all their luggage and furniture in tow, the Roberts were still in the house. Mr. Murray made a deal with the Roberts that the deliverymen would dump all of his belongings out on the grass and then they would fill the delivery truck with all of the Roberts possessions. He then paid the delivery drivers to take the Robert's belongings to Florida as the Roberts followed behind in their car. As the delivery truck pulled out of the driveway, Mr. Murray noticed

a man crying hysterically and a dog by his side. He called to the Roberts, "Hey you forgot someone," and Mr. Roberts yelled back, "They come with the house." Evidently, Mr. Roberts had picked up a hitchhiker some twenty years before while passing through South Carolina and took him home with him. The man lived in a small room in the Roberts house, took care of the property, and even watched their children as they grew up. There was no room in the home anymore for the man to live, so Mr. Murray gave him a lot of money to get by with and asked a friend and local business owner if he could find work for him. The business owner put him up in one of his small cottages and the man called Cliff, worked around town for the next eight years as a handy man before heading back to South Carolina. As for the dog, the Murrys kept him around.

Bringing us back to the present, Frank and Denise love the old features in their home. It's what attracted them to it. The living room is open with old beams used to separate it from the dining room, there is the original plank floor in the dining room, there is an old brick wall and a large mantle beam across the fireplace, there is the intrigue of the two bricks on the steps with the initials W.F.F., and original old closet doors. There is an old ceiling hatch leading up to the attic. There are rough hand hewn beams in the cellar and an old well outside. There was another open well sitting under the Costagliola's present day kitchen that Mr. Murray had covered up. Frank would love to one day restore the old porch that stretched out in front of his entire home.

The home is now part of the Costagliola heritage. Frank grew up in Millstone and he's happy to be able to raise his young family here. He works at his family's restaurant, Vesuvio's, right here in town. He loves talking to people, young and old, about Millstone's past. His family also has a history here that dates back pretty far. He loves the fact that he gets to raise his two children in a dreamlike environment surrounded by Halka's Nursery. "It's like having a park in my own backyard," he stated. "I am enchanted with Millstone. I wouldn't want to live anywhere else!" Frank and his family don't have to go far to enjoy paradise.

If you have an older home with some history to it, please email me at [crescent671@gmail.com](mailto:crescent671@gmail.com). We would love to be able to feature it in our paper.



*Hand-hewn beams down in cellar- you can see the axe cuts and rough shape of the beams*



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[www.energy.gov/savings](http://www.energy.gov/savings)

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## Owning A Home Gives You Freedom

No matter what your lifestyle or what you do for a living, your life ultimately revolves around your home. It's the place you wake up in the morning and the place you go to bed at night. It's where you make memories, have fun with your hobbies, eat meals, relax with friends and can simply be yourself.

That's why it's so important to make your home a reflection of yourself, both in function and style. There are as many homes as there are people, and finding the right home — then customizing it to meet your own personal needs — is one of the best ways to improve the way you live.

### FIND YOUR STYLE

A home isn't just a few walls and a ceiling. It's a unique reflection of who you are as a human. It can vary from wild and ostentatious to humble and cozy, and decorating your house to fit your personality is a great way to let yourself shine. It tells people who you are and how you like to live, from simple to extravagant.

When you own a home, you have a lot more flexibility with how it looks. You don't have to ask a landlord for permission to change the wall color, for example. You just pick up a paintbrush and paint your dining room red. Or orange. Or beige.

Or, really, whatever the heck you want. It's your house, and it can be designed to match who you are.

### ON YOUR TERMS

Not only does buying a house give you more control over the decorations and style, but it also lets you find the perfect size, location and layout to meet your lifestyle.

Have a big family? You can buy a home with lots of bedrooms and a big back yard. Love big-city living? You can find a modern loft close to the city center, near all the action. Like quiet and solitude? You can find a country cottage at the end of a gravel road.

However you like to live, you can buy a house that fits your needs. And with more houses on the market at better prices today, you can be sure to find the place that makes spending time at home more enjoyable than ever before.

## Sick Building Syndrome

By Joely Phenex

Sick building syndrome occurs when workers or occupants experience negative side effects due to spending an extended length of time in a building. Illness can be linked to one room, a specific area, or an outbreak can be caused from contaminants linked to an entire building. Often illness strikes due to improper use of the original building design, indoor air problems or human activity.

People who experience sick building syndrome will often have headaches, dry skin, nausea or a dry cough. Sometimes people who are affected will start to experience extreme throat, nose or eye irritations. Some people may also develop a sensitivity to smells and have difficulty concentrating. If the contaminated building happens to be a place of business, workers may notice an increase in sick time and a decrease in their productivity.

Exposure to outside and indoor contaminants are contributing factors linked to sick building syndrome. Outdoor pollutants like car exhaust from a nearby garage can seep through windows, vents and other openings. Indoor contaminants can come from chemicals associated with upholstery, copy machines, un-vented space heaters or cleaning agents.

Biological contaminants like bacteria and mold can spread in stagnant water. When the mold and bacteria spread, it can contaminate ceiling tiles, drain pans and carpets. People who have sick building syndrome due to biological contamination will often have a fever, muscle aches and chest tightness.

Inspect the building for possible sources of contamination before occupying it. Check the wood furniture, cleaning products, tiles, vents and rugs. Before placing any items in a room or building, check to see if they have an odor. Often products, furniture or office machines will have an odor if it contains harmful contaminants. Once you figure out what is creating the illness, replace the items or cleaning products with healthier options.

After painting, cleaning or decorating a room, air out the area or building before moving in. Open windows, doors or any opening to get fresh air into the building or room as soon as possible. To get the most effective results, use a professional air cleaner to freshen the stale air in the contaminated rooms or building.

Keep the carpets in the building clean. Carpets are a magnet for toxic particles like mold and dust mites. Make sure to vacuum as often as possible. Also, make sure your vacuum has a HEPA filter, which will offer the best results for getting any rugs contaminant free.

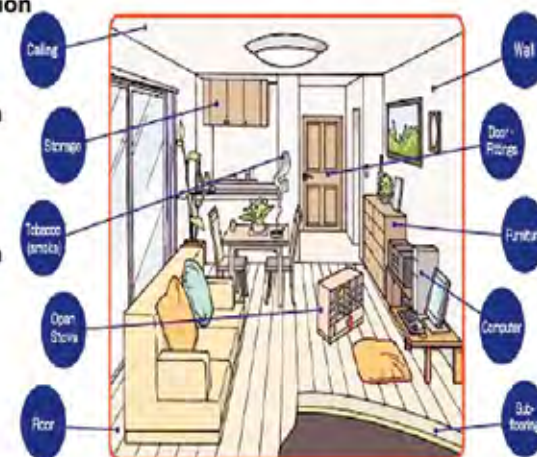
### Sick Building Syndrome – Primary Causes

#### • Inadequate Ventilation

#### • Chemical Contamination from Indoor sources

#### • Chemical Contamination from Outdoor sources

#### • Biological Contaminants





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## PUTTING DOWN ROOTS

### Owning a home provides a sense of stability

*Renting can work for some people, like those who move around frequently from place to place.*

But when you're ready to settle down, whether to raise a family or just have a nice place you can call home, nothing beats owning a house.

There's a sense of permanence you get when you own a home, one you just can't find in an apartment or duplex, where moving trucks mark the coming and going of neighbors on a regular basis.

#### RAISING A FAMILY

It's important for children to have a place of their own — complete with room to explore as they learn and grow — and the best way to provide that kind of long-term stability is to purchase a home that meets your family's wants and needs.

A home isn't just a place to keep you warm and dry. It's the place your children will make most of their memories as they grow up, enjoying the holidays and spending time together as a family. It's a place they'll always remember.

And because today's real estate market offers more homes at lower prices, now is the perfect time for young families to buy their piece of the American dream.

#### KNOWING YOUR NEIGHBORS

Hosting a neighborhood barbecue is a right of passage for many American families. The sound of laughter, the smoky smell of meat on the grill, and the warm smile of a longtime friend can make your backyard feel like heaven.

But how can you develop those neighborhood bonds when your neighbors are always moving?

If you own a house in a safe, stable neighborhood, you develop close bonds with the people who live around you, the folks who share your interests and are always happy to help you out when needed.

Putting down roots is a great way to forge friendships that last a lifetime. It would be heartbreaking to lose those close connections if you're forced to move at the whim of a landlord, or your rent is raised so much that your home is no longer affordable over the long term.

It's another reason that finding the right house in the perfect neighborhood is a smart idea right now.







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**\$589,500 Millstone Twp.**  
**4 Bedroom 3 bath With Inground Pool**



**\$925,000 Monroe Twp.**  
**6 Bedroom 5.5 Bath**  
**With 5,758 Sq Ft Of Living**

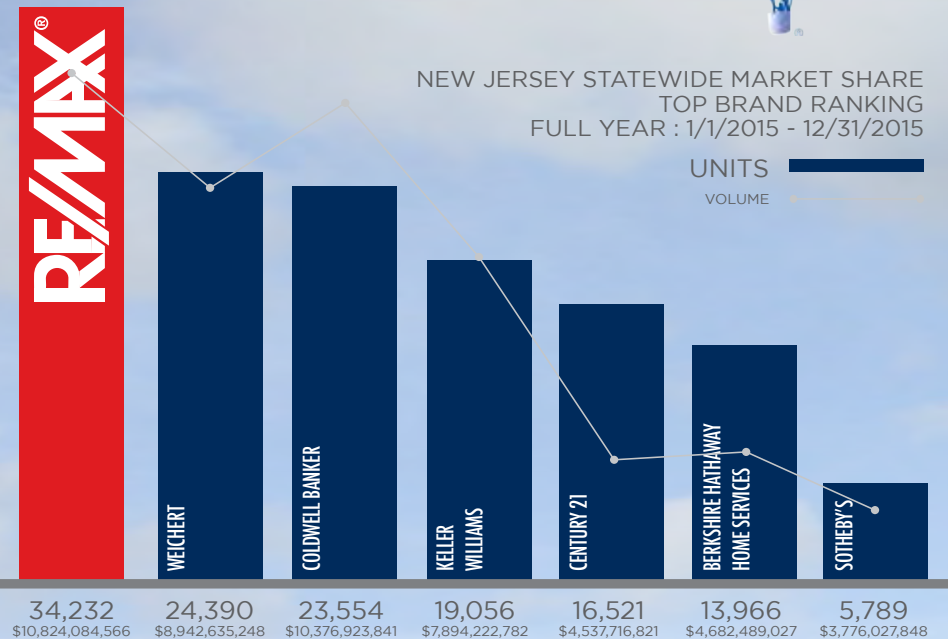


**\$534,000 Jackson Twp.**  
**5 Bedroom 2.5 Bath With 3 Car Garage**



**\$369,900 Plumsted Twp.**  
**4 Bedroom 2.5 Bath**  
**On 1 Acre - Private Rear Yard**

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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.



**\$519,900 Upper Freehold Twp.**  
**4 Bedroom 2.5 Bath On 1.95 Acres**



**\$529,900 Plumsted Twp.**  
**4 Bedroom 2 Full & 2 Half Bath**  
**On 1.24 Acres**



**\$399,900 Robbinsville**  
**16.5 Acres With Small Home**  
**Great For Horse Farm**



**\$835,000 North Hanover Twp.**  
**Serenity Meets Tranquility**  
**7 Acre Horse Farm**



**\$815,000 Millstone Twp.**  
**4 Bedroom 5.5 Bath**  
**On 2.72 Acres**



**\$549,000 Millstone Twp.**  
**4 Bedroom 2.5 Bath**  
**Custom Colonial**

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**12 Deer Run Dr. Millstone Twp**  
**\$474,950**

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**9 Cheryl Ln. Millstone Twp**  
**\$749,950**

AVAILABLE

**5 Dryden Dr. Burlington Twp**  
**\$224,950****5 REASONS TO SELL THIS SPRING** As the temperature rises, buyers are coming out ready to purchase their dream homes. The spring is a great time to list your home for sale. Here are the reasons why:**1. Demand Is Strong**

The latest *Buyer Traffic* Report from the *National Association of Realtors* shows that buyer demand remains very strong throughout the vast majority of the country. These buyers are ready, willing and able to purchase... and are in the market right now!

Take advantage of the buyer activity currently in the market.

**2. There Is Less Competition Now**

Housing supply is still under the 6-month supply that is needed for a normal housing market. This means, in most areas, there are not enough homes for sale to satisfy the number of buyers in that market. This is good news for home prices. However, additional inventory is about to come to market.

There is a pent-up desire for many homeowners to move, as they were unable to sell over the last few years because of a negative equity situation. Homeowners are now seeing a return to positive equity as real estate values have increased over the last two years. Many of these homes will be coming to the market this spring.

Also, new construction of single-family homes is projected to continue to increase over the next two years, reaching historic levels by 2017, as builders regain confidence in the market.

The choices buyers have will continue to increase. Don't wait until all this other inventory of homes comes to market before you sell.

**3. The Process Will Be Quicker**

One of the biggest challenges facing the housing market in recent times has been the length of time it takes from contract to closing. Banks are requiring more and more paperwork before approving a mortgage. As the market heats up, banks will be inundated with loan inquiries causing closing time lines to lengthen. Selling now will make the process quicker & simpler.

**4. There Will Never Be a Better Time to Move Up**

If you are moving up to a larger, more expensive home, consider doing it now. Prices are projected to appreciate by 5.5% over the next year, according to *CoreLogic*. If you are moving to a higher priced home, it will wind up costing you more in raw dollars (both in down payment and mortgage payment) if you wait.

You can also lock-in your 30-year housing expense with an interest rate near 4% right now. Rates are projected to increase by almost three-quarters of a percent in the next 12 months.

**5. It's Time to Move On with Your Life**

Look at the reason you decided to sell in the first place and determine whether it is worth waiting. Is money more important than being with family? Is money more important than your health? Is money more important than having the freedom to go on with your life the way you think you should?

Only you know the answers to the questions above. You have the power to take control of the situation by putting your home on the market. Perhaps the time has come for you and your family to move on and start living the life you desire.

Source: KeepingCurrentMatters.com/Spring2016

**Exclusive Affiliate of Christie's International Real Estate**

Mercer, Monmouth, Ocean, Southern Hunterdon and Southern Middlesex Counties

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





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MLS#6739054

110 George St., Robbinsville, NJ 08691  
\$549,000 Agent: Jessica Leale

5 br, 2 full 2 half bath "Picture Perfect" Carriage II model in Robbinsville Town Center. North facing home with fin bsmt. Doors down from the gazebo for town concerts.



MLS#6739472

11 Babbitt Way, Allentown, NJ 08501  
\$799,000 Agent: Patricia Hogan

Sophisticated and tranquil, with amenities for the members of your family. 4br, 3.5ba. With magnificent 2 story entry way with circular staircase, wrought iron detail on hrwd.



MLS#6763291

18 Sven Drive, Robbinsville, NJ 08691  
\$739,900 Agent: Jessica Leale

4br, 2.5ba beaut Col in the heart of Robbinsville, at the end of a cul-de-sac. Welcomes you w/lrge frnt yd & wide wrap around frnt porch. Fin bsmt complete w/full wet bar, and so much more!



MLS#6677126

92 Holmes Mill Rd., Cream Ridge, NJ 08514  
\$999,000 Agent: JoAnn Stewart

Replace with this Ad copy. Old World charm tells it all 5br, 3ba on 11.03 acres w/updated kit 6 ppc's 4 stalls barn w/paddocks. Located within min.to NJTP, I95. + award winning UF schl sys.



MLS#6751197

1 Sienna Ct., Robbinsville, NJ 08691  
\$749,900 - \$1,099,900 Agent: Anthony "Tony" Rosica

Introducing Bear Creek Estates- 16 lot SFR subdivision in Robbinsville w/lots ranging from 1.2 - 2.1 acres. Homes range from 3200 - 4700sqft. Model home pictured, Sherborne "D" offers 4/5 br, 4 full & 1 half ba, 3 car side entry gar & full bsmt. \$919,000



MLS#6752834

9 Hidden Springs Ln, East Windsor, NJ 08520  
\$559,900 Agent: Donna Moskowitz

4br, 3.5ba quiet country setting on a lot size of almost 2.5 acres, custom built contemporary home is unlike any other. Air conditioning system is a 2 zone, hot water heater approx. 5 years. This is a must see, don't pass this one by!



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#6757847

4 Malsbury St, Robbinsville, NJ 08691  
\$540,000 Agent: Anna Coriasco

Town Center Carriage VI 4br, 2.5ba home. Two story foyer w/mororized chandelier, recessed lighting, 2 walk-in closets in Master bedroom, Bose wired Entertainment System.



MLS#6762361

10 Harvest Bend Rd., Robbinsville, NJ 08691  
\$949,900 Agent: Iris Rodriguez

Beautiful 4br, 3 full and 2 half ba home, eat-in-kit, Walkout Fin Bsmnt complete w/Full Ba, 3 Car gar, Backing Woods on 2+ Acr & convenient to Train. 2 Gas FP Deck and Patio overlooks the pvt backyard w/beautiful in-ground pool.



MLS#6748999

29 Einstein Way, East Windsor, NJ 08512  
\$434,900 Agent: Donna Moskowitz

3br, 3ba Linwood Provincial model has upgrades throughout with desirable open floor plan. Upper Loft area w/add'l storage. Full attic w/ steps for add'l storage. Great location!



MLS#6687505

20 North St., Robbinsville, NJ 08691  
\$595,000 Agent: Anthony "Tony" Rosica

Carriage home offers 4-5br (5th br currently sitting room), 3 full 2 half ba Lakeside living in resort-style community. With almost 3000 sqft of living space. Unique Studio w/almost 1500 sqft over 2 car garage & over 150K of exceptional upgrades.

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in volume in  
Monmouth County\*\**

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

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# Who **LISTS** and **SELLS** the **MOST** in Millstone Township?\*

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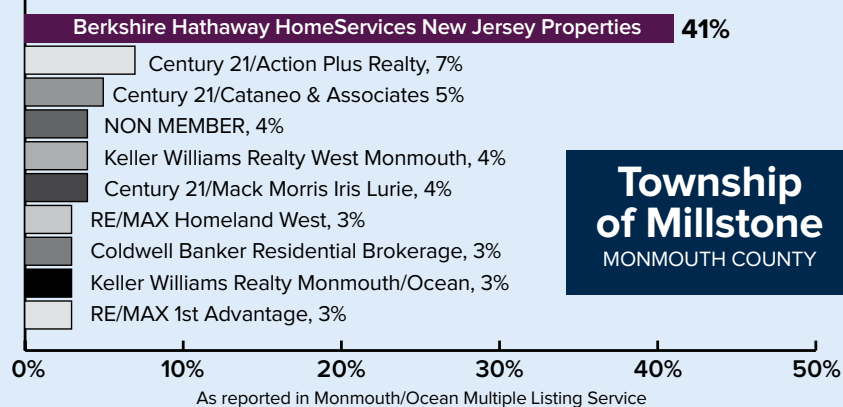
### NEW LISTINGS TAKEN

JANUARY 1 – APRIL 14, 2016



### LISTINGS SOLD

JANUARY 1 – APRIL 14, 2016



\* Property types include residential, land/lots, multi-family, commercial, residential rental

OPEN HOUSE 5/15/2015 1PM-4PM



2 Babbitt Way

**\$945,000** UPPER FREEHOLD  
[www.2-Babbitt-Way.com](http://www.2-Babbitt-Way.com)

OPEN HOUSE 5/15/2015 1PM-4PM



16 Fillmore Road

**\$929,000** MILLSTONE TWP.  
[www.16FillmoreRoadClarksburgNJ.com](http://www.16FillmoreRoadClarksburgNJ.com)

OPEN HOUSE 5/15/2015 1PM-4PM



13 Crest Circle Drive

**\$850,000** MILLSTONE TWP.  
[www.13CrestCircleDrive.com](http://www.13CrestCircleDrive.com)

OPEN HOUSE 5/15/2015 1PM-4PM



10 Laurel Court

**\$840,000** MILLSTONE TWP.  
[www.10LaurelCourtClarksburg.com](http://www.10LaurelCourtClarksburg.com)

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5 Rue Court

**\$799,000** MILLSTONE TWP.  
[www.5RueCourt.com](http://www.5RueCourt.com)

OPEN HOUSE 5/15/2015 1PM-4PM



8 Stone Tavern Drive

**\$829,900** MILLSTONE TWP.  
[www.8StoneTavernDriveMillstoneNJ.com](http://www.8StoneTavernDriveMillstoneNJ.com)

OPEN HOUSE 5/15/2015 1PM-4PM



105 Agress Road

**\$619,900** MILLSTONE TWP.  
[www.105AgressRoadClarksburg.com](http://www.105AgressRoadClarksburg.com)

OPEN HOUSE 5/15/2015 1PM-4PM



9 Camelot Drive

**\$588,888** MONROE  
[www.9CamelotDr.com](http://www.9CamelotDr.com)

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18A Benjamin Franklin Dr, Monroe  
Agent: Leonard Goldsmith

Bright & airy Fairborne model in move in condition. All newer appliances, new garage door, new hot water heater.

Monroe Office 609-395-6600

**CALL FOR DETAILS**



12A Canterbury Dr, Monroe  
Agent: Dorothy Redding

This lovely Hampton II model has plenty of living space. Open floor plan with cathedral ceilings, fireplace, sliding doors, patio, a large eat-in kitchen with new appliances and much more.

Monroe Office 609-395-6600

**CALL FOR DETAILS**



114 Prusakowski Blvd, Sayerville  
Agent: Michelle Pearson

Beautiful adult community with amazing view of the marina. Impeccably kept with H/W floors, 9 ft. ceilings, crown moldings, modern open space and much more.

Monroe Office 609-395-6600

**CALL FOR DETAILS**



26 F James Buchanan Dr, Monroe  
Agent: Kerryann Holster

Light, bright & meticulously maintained. Lovely view from balcony off living room. Large master with walk in closet and private bath. Concordia offers indoor/outdoor pools, clubs, golf course and much more.

Monroe Office 609-395-6600

**CALL FOR DETAILS**



29A Ethan Allen Dr, Monroe  
Agent: Rhonda Rothschild

Beautiful golf course location surrounded by trees offering great privacy. Fireplace, recessed lighting throughout, white ceramic tile kitchen floor continues from foyer to hallway and much more.

Monroe Office 609-395-6600

**CALL FOR DETAILS**



81 Ashmall Ave, Monroe  
Agent: Michelle Pearson

Amazing opportunity for Monroe schools, 4BR/2b, charming well kept home, eat in kitchen, formal dining room, LR, new AC unit, new stove/oven. Fenced in yard. One car detached garage.

Monroe Office 609-395-6600

**CALL FOR DETAILS**



7 Clayton Court, Milltown  
Agent: John Delgardo

Spectacular home located on a cul-de-sac! Beautiful great room, jacuzzi, hardwood floors, finished basement, outdoor entertainment center. The list goes on....a must see!

South Brunswick Office 732-398-2600

**CALL FOR DETAILS**



178 Poe Place, Piscataway  
Agent: Maryanne Stout

Charming 3 bedroom with upgrades and finished basement. Low taxes, lots of storage and fenced in yard. Just minutes to Route 287 and close to Rutgers.

South Brunswick Office 732-398-2600

**CALL FOR DETAILS**



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6 Brookview Circle, Jamesburg  
Agent: Linda Schwarz

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Agent: Susan Pomerantz

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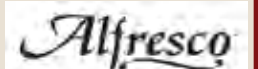
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By Susan Heckler

*If you are one of those homeowners who are looking for experienced people to work on your home and are very skeptical about hiring a startup company, have I got news for you!*

Turf Guys NJ was incorporated almost 30 years ago. According to owner Jay, his father started the company and they still work with some of their original clients. That is amazing customer loyalty as well as a kudo for a business.

They service most of New Jersey, primarily in Monmouth, Mercer, Middlesex, Somerset, and Ocean. Thanks to smartphones, they are always reachable. They do so much; it can't be put into a paragraph!

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Any questions? You can email them at [TurfGuysNJ@aol.com](mailto:TurfGuysNJ@aol.com) or give Jay a call at (732)274-9202.  
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## The Healthy Hammock

By James Keys

It feels absolutely wonderful to lie suspended in a hammock, nearly weightless, swinging or swaying in the cool breeze. The draw that we feel to the hammock is that it is the simplistic ultimate resting device has to do with our body over our mind. The fact is that our bodies know exactly what they need and want when they feel it. If you haven't tried resting in a hammock, you don't know what you're missing. If you have tried resting in a hammock you know how wonderful it is, but there are also health benefits of a hammock, which is another reason why you should try one.

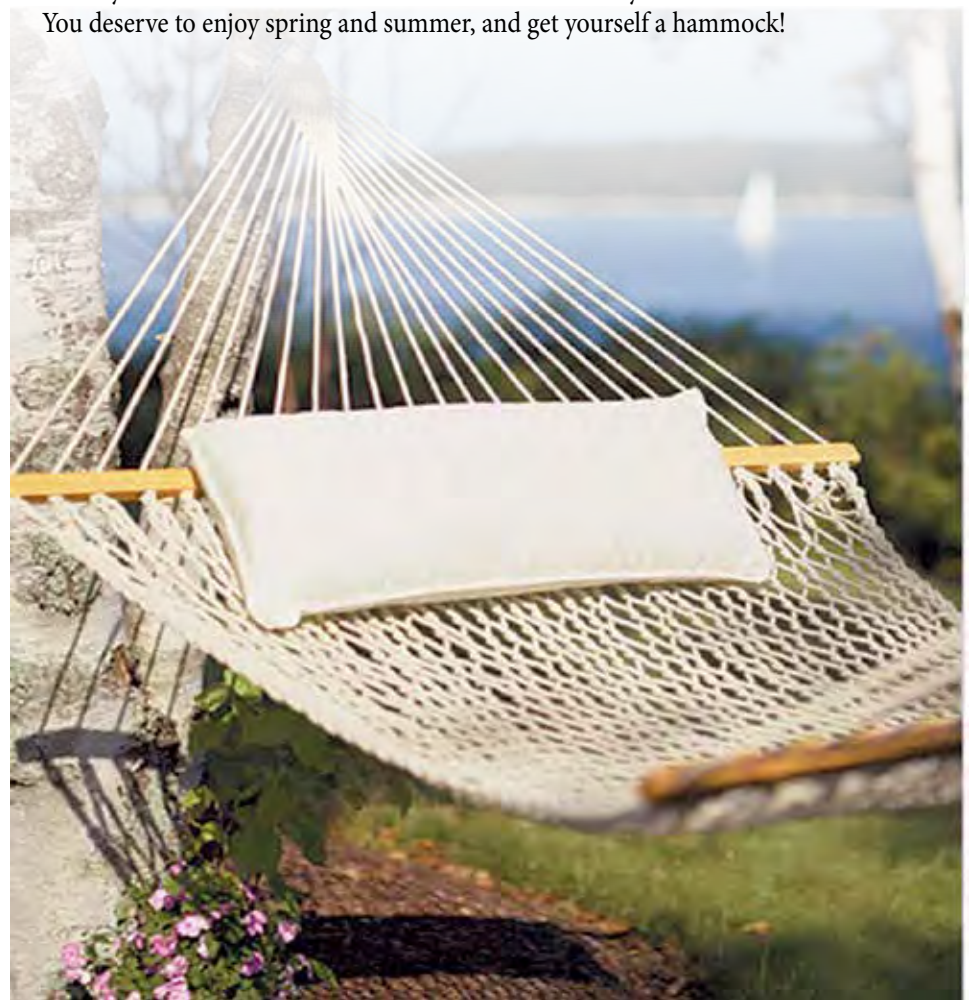
A hammock is absolutely the best way to rest your whole body from head to toe. It is a simple matter of ergonomics. Regardless of your age or weight, everyone can improve their quality of life by using a hammock. Mexican people have installed hammock hooks all through their homes, and they use them for sleepers and daybeds for their babies, which are perfectly safe when used with continuous supervision. A primary health benefit of a hammock is that the tilting, swaying, action which they offer stimulates the brain's cerebral activity.

This means that swinging in a hammock with a stand combo improves a person's ability to concentrate and focus and at the same time it relaxes the brain's overall activity. This has been scientifically proven to be true and is an invaluable therapy for those who suffer from autism, or even just those who have trouble with comprehension and reading. The hammock is being sold by medical suppliers as therapy devices that are prescribed by psychologists and physicians. This is only the beginning of the health benefits of hammocks.

Use of a hammock reduces brain activity, which helps to reduce stress. When activity in the brain slows, the stress throughout the body releases, and, as a result, the blood pressure drops significantly. Therefore, while your inner body rejuvenates and relaxes, the health benefits of the hammock also start to work on your physical body.

When you are resting in a hammock, your body weight is evenly distributed throughout, something like floating in water only you don't have to kick or paddle. Your vertebrae will stretch and go back into their natural positions, the tail and neck bones align, and you are effortlessly entranced into full meditation of mind and body.

You deserve to enjoy spring and summer, and get yourself a hammock!





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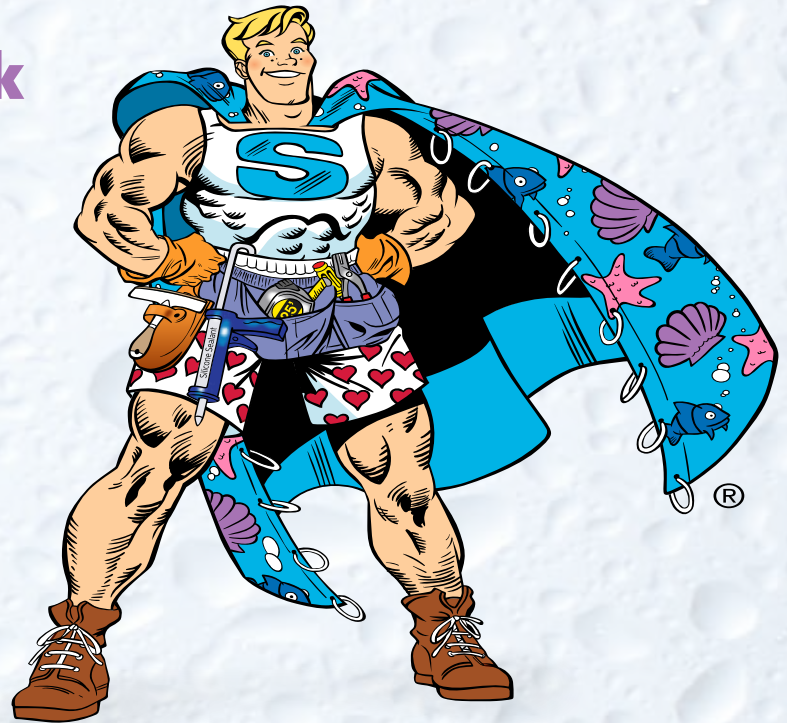


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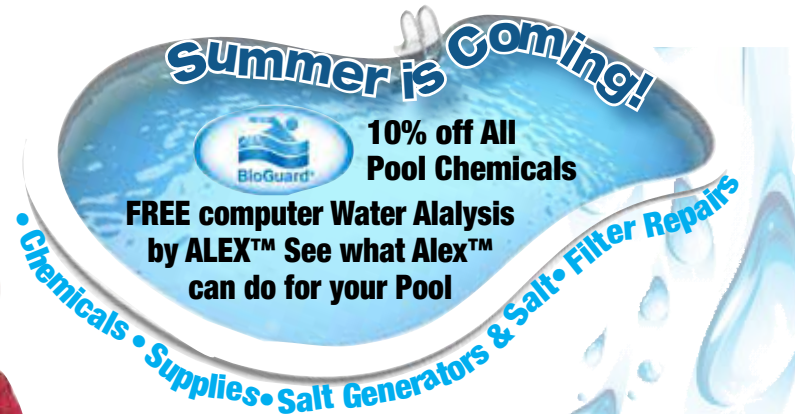
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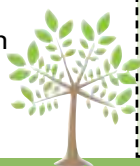


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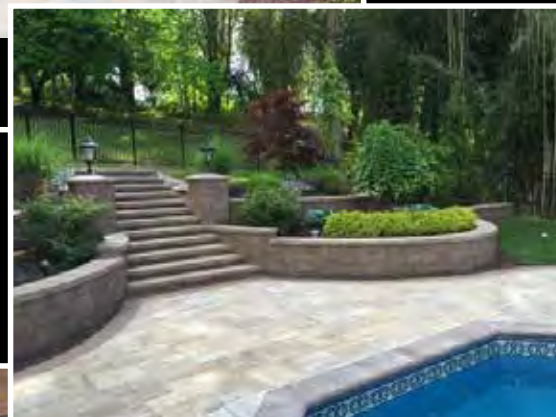
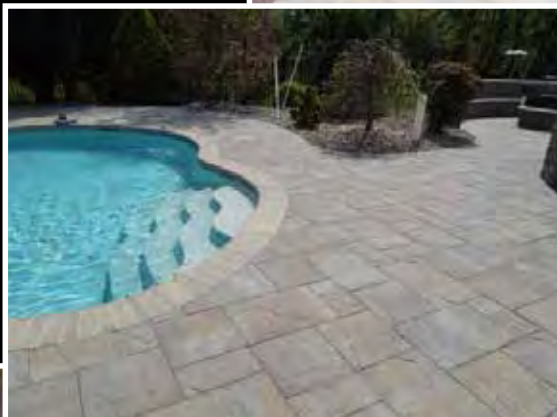
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# Gardening Trends For 2016

Fads and styles come and go in the garden each year. Here's what growers, garden centers, and other gardening trend-watchers foresee being eight popular trends as the 2016 season unfolds:

**“Naturalistic” landscapes.** Apparently tiring of all of the mulching, trimming, and lawn-mowing in the traditional “neat” a.k.a. “manicured” landscape, people are turning to a more relaxed planting style that features densely planted swoops of low-care shrubs, grasses, perennials, and groundcovers. It's not exactly letting nature do whatever it wants, but is rather a gardening/nature blend that some describe as “evoking nature.” The style also features smaller, if any lawns, a blend of native and low-care, non-invasive, non-native (exotic) plants, and beds planted in layers with plants arranged in intermingling colonies as opposed to neat rows.

## Pollinator

**gardens.** This trend caught on last year and looks to grow further in 2016 as word spreads about the dwindling fate of bees and other beneficial pollinators. Popular shrubs for pollinators include various species of viburnums, spring blooming crabapples and spicebush (*Lindera* sp.), buttonbush (*Cephalanthus*

*occidentalis*) great for rain gardens, and late summer blooming summersweet (*Clethra* sp.). Gardeners are getting the message that they can help by reducing pesticides and adding pollinator-friendly perennials to their yards. Not only milkweeds (*Asclepias* sp.), and goldenrods (*Solidago* sp.), but other native perennials such as purple coneflower (*Echinacea* sp.), beebalms (*Monarda* sp.), and sneezeweed (*Helenium* sp.) are now much in demand, spurring breeders to bring superior cultivars to market. This trend is helping to fuel the fashion toward naturalistic landscapes.

**Container gardening.** Growing in containers is holding its own in popularity for two reasons. Yards are smaller than in years past, and nowadays more people (including renters) are doing much of their gardening on decks, patios, and balconies. Also, older gardeners are trying to cut down on heavy work, and find that growing in pots or other containers can provide plenty of interest and color without the labor of planting in-ground beds. Two new twists have emerged for 2016: growing low-care, drought tolerant succulents (cactus, sedums, echeverias, etc.), and the use of tropicals as eye-grabbers (elephant ears (*Alocasia* sp.), cannas, caladiums, and even dwarf bananas for instance).

## Back-yard berry

**growing.** Fueled by health



*More people are turning to containers for their plant and flower displays. Low-care succulent gardens like these are trendy and much admired. © George Weigel*



*Try your hand at growing berries at home.*

benefits and the arrival of more compact varieties of blueberries, raspberries, strawberries, and other berry plants, more gardeners are trying their hand at growing their own bush fruits at home. These not only take up much less room than tree fruits such as apples and pears, but they're easier to grow and require much less pruning and spraying (if any). Some of the more adventuresome are trying less common home-grown fruits, including figs, goji berries, gooseberries, and honeyberries. It is now common to see berry plants growing in pots as opposed to the ground.

**Home-grown herbs.** The other “hot” edible for 2016 is the whole category of herbs – popular because of health benefits, but also because they're attractive and so useful in cooking. Home-grown herbs are far less expensive and more flavorful than fresh ones bought in the supermarket. Herbs that make caffeine-free teas (mints, chamomile, lemon balm, etc.) are especially popular, but gardener/ cooks and chefs are growing more of their own sage, oregano, rosemary, coriander, thyme, and basil as well as parsley. Many chefs across the country have their own herb gardens just to satisfy their needs in the kitchen. There are two other benefits: when you grow your own, you can select flavor variations that are not commercially available, and you know what sprays (if any) go on the plants.

**Technology in the garden.** With tablets, cell phones, apps, and other wireless technology so ingrained in our culture these days, it's no surprise that some of it is showing up in the plant world. Wireless weather-monitoring units that beam real-time rain, wind, and temperature to your inside device are widely available already; apps that identify unknown plants, send water-reminder texts, and analyze the soil for nutrition and acidity levels are showing up as well.



*Gnome figurines are poised to take over more shelf space in garden centers this spring, elbowing into fairy territory in the miniature garden. © George Weigel*

**Gnomes.** Fairies and fairy gardens have been a hot gardening style for the past 3 years or so, but now it looks like gnomes might be elbowing their way to the forefront of the garden-magic world. Expect to see more gnome-mad figurines, including brownies and elves, showing up at garden centers this spring, to adorn those miniature gardens alongside “conventional” fairies. Gnomes' shtick is that they're adept at guarding buried treasures.

**Garden “makers.”** This refers not to making a garden, as in digging up a chunk of lawn. It refers to the increasing number of gardener/crafters who like to make and do as opposed to or in addition to just grow. This trend is being fueled largely by so-called young, urban cultural or “yuccies” – the offspring of yuppies and hipsters. Reportedly they are as much into the experience as they are in the results. Besides making all sorts of crafts, decorations, and arrangements out of plant parts, some are growing plants as components and ingredients for their hands-on hobbies. “Drink gardens” for example are not uncommon. Young gardeners especially are trying hops (*Humulus lupulus*, a rather big and fast-spreading vine) to brew their own beer, while others are growing grapes for homemade wine, apples for home-made hard cider, and peaches, cherries, and other fruits as beer, wine flavorings, and ice cream toppings.



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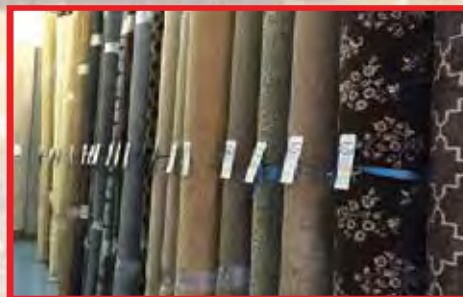
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## Allentown Garden Club Has Special Speaker On May 12th

Michael Strengari, staff horticulturist at Grounds for Sculpture in Hamilton Township, will be the featured speaker at the May 12 meeting of the Allentown Garden Club. A graduate of the Longwood Garden Professional Gardener Program, he worked for 5 years under international award-winning Philadelphia garden artist and designer Michael Petric. This included installation and design for multiple exhibits at the Philadelphia Flower Show, urban terrace and rooftop gardens and country estates. He is an avid naturalist, and his talk will focus on the living art and garden interest that isn't fully described by the word "Grounds" in Grounds for Sculpture. The meeting will begin at 7 pm at the Allentown Methodist Church on Church St. (next to LaPiazza), and all are welcome to attend. For further details, go to [www.AllentownGardenClub.org](http://www.AllentownGardenClub.org).



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# A Millstone Times Reader Shares Family Pet Story

I have two rescue dogs. The brown one is our girl, Chiquita, who we adopted from a kill shelter five years ago, and she was skin and bones and severely depressed for months after we got her. You would never know it these days. She is the happiest, silliest, and most loving dog you will ever meet. Coco is the white one (looks like Petey from Little Rascals). We just adopted her from a shelter in NY on December 28, 2015. This picture was taken the day we found out that the lumps we just had removed from her were not cancerous. The two of them are now best buddies. Rescue dogs may be more work but totally worth it!



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# A Guide To Treatment And Prevention For Your Dog's Skin Allergies

By Mia Ingui

Your dog's body has a remarkable immune system of antibodies, which are protein substances produced by cells called lymphocytes. They destroy antigens that invade the body such as viruses and bacteria.

This system can become supersensitive to such foreign particles as flea saliva, pollen, house dust, and wool. This super sensitivity can produce chemicals that cause an allergy, a severe inflammatory reaction. Allergic inhalant dermatitis has been well documented in dogs. It is caused by a super sensitivity to certain particles in the air, such as pollen from trees, ragweed, grass, and other plants, house dust, feathers, and wool.

The allergy follows a predictable history:

1. It is inherited, so if the parents had it, the offspring probably will too.
2. It is seasonal - the signs appear about the same time every year.
3. The signs begin between six months and three years of age.
4. The signs include severe biting and scratching, licking the paws, sneezing, rubbing the face, and generalized redness of the skin.

Home treatment is directed toward symptomatic relief and avoiding the foreign particle, or allergen. Bathing your dog with a mild shampoo, (such as baby shampoo) will soothe any skin inflammation and remove any allergens on the hair coat. Calamine lotion can be applied to the irritated skin, and hydrogen peroxide (3 percent), and antibiotic ointments are also helpful.

Your veterinarian will take time to get a good history. He or she may be able to identify the allergen in your pet's environment. If allergic inhalant dermatitis is the problem, most veterinarians at this time use a low dose of steroids to relieve the signs. However, steroids, even in low dose, should not be given for long-term treatment because they have some very serious side effects.

As always, if you have any questions or concerns do not be afraid to contact your veterinarian.

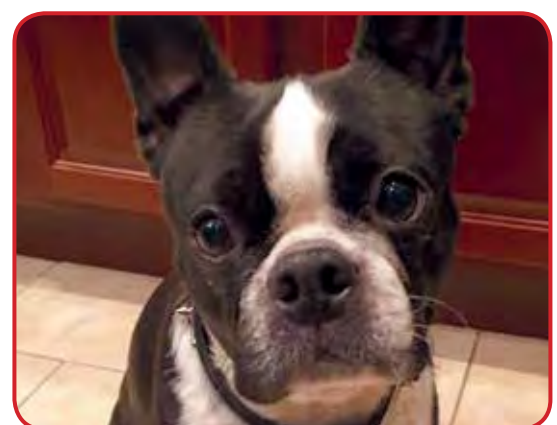




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## RUDY

3 -1/2 year old Green Cheek Conure  
Has become a pretty good flyer of late. Seems to like interaction with different types of people but might prefer men over women for his primary care giver. Should probably be with adults and not small children. He is looking for his forever home, could it be with you?

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14 year old Male Eclectus Parrot  
ONLY prefers men in his life. Needs to be in a men only household without small children. Has some plucking issues, but is stress related. He doesn't fly, but prefers to walk around on the floor, so not ideal for home with cats and dogs. He has a special diet, and will need daily interaction. He talks, but can also get loud at times.



## SKY & DAVEY

Pair of young male Parakeets Will come out and sit on top of their cage. Love to be out and about, and are very good flyers. Will let you hold them, but only after they are tired out. Little chatter boxes, would love to find their forever home.





# A LOVING FAMILY **WANTED**

**S**pring is here; a new beginning, trees blooming, flowers growing, and the earth turning green with life once again here in New Jersey. It could also be a new beginning for some of these homeless and abandoned pets looking for someone to include them into their everyday activities. If you're looking for a new addition into your family, please check out the wonderful animals waiting to be adopted at the Animal Assistance facility.

The orange domestic cat, Comet, is declawed and was abandoned in Monroe. He is very clean and appears to be five to six years of age. He is super friendly and looking for someone to love him forever.

Magnet is a small tri-colored Shetland sheepdog/ sheltie mix about 2 to 3 years old, neutered and has all his shots. He's smart and a good little watchdog.

The black mother cat and her and kittens are up for adoption. The kittens are just three weeks old.

Romper, the grey and white domestic cat is about one year old, declawed and neutered. He's a very active cat and loves to play. He loves to chase after toys. Kids were chasing him and hitting him with sticks before he was caught. Romper is loving and looking for a forever companion.

Zucchini is a neutered adult black male found by animal control. He is smart, playful, energetic, and very clean. He is pocket sized and very alert and likes to travel. He is adventurous. He also gets along with other dogs and cats. He is house broken.

Animal Assistance, located in East Brunswick, a 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 years experience. They are all about the animals. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. Animal Assistance is also there for you once you leave with your pet. If you need help with trainers and To read up more about Animals Assistance and their policies for adoption, 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>**

If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Our phones are answered during open doors hours or email us at [linda@animalassistance.org](mailto:linda@animalassistance.org). Phone conversations are preferred to email. Should you wish to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, Friday 7-10am, or Sunday 8:30-10:30am to make arrangements.

Facility hours are 7-10am Monday through Thursday, Friday from 7am-3pm, and Sunday 8:30am-10:30am. You do not need an appointment, just drop in. they accept donations during those hours also. A tax receipt can be provided. **All proceeds are for the animal's medical fund; animal assistance does not take salaries.**

They are also looking for a used SUV or small pickup truck that can be modified to transport their search and rescue dogs and the animals going to the hospital. KMR Kitten Replacer, dry adult dog and cat food, Purina kitten chow, canned dog food, canned cat food, dog toys, cat toys, catnip, pig ear chews, bleach, laundry detergent, Pine-Sol, shampoo, paper towels, trash bags, blankets, towels, sheets, (new or used) and pet items, new or used, are appreciated. Can you help?



*Mother cat with kittens*



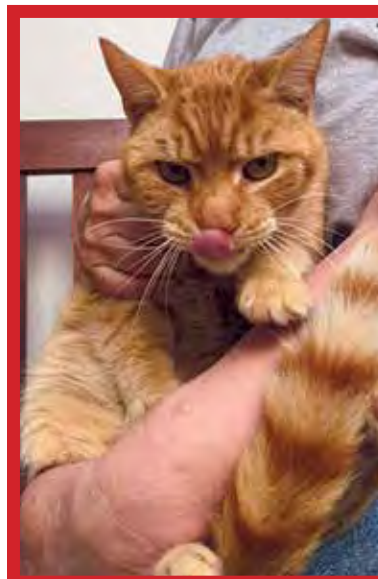
*Small black cat- super friendly- about one year old. neutered and shots*



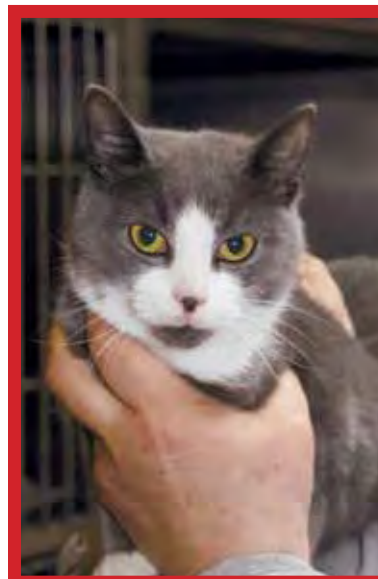
*Magnet -Shetland mix*



*One of the kittens from black cat mother*



*Orange Cat- Comet*



*Romper- grey and white domestic cat*



*zucchini- chihuahua mix*



# Animal Rescue Adopt A Thon at the Park

On Sunday, June 5<sup>th</sup> 2016 the Horse Park of New Jersey in Allentown will be hosting the very first Animal Rescue Adopt A Thon! From the hours of 9am to 4pm over 50 animal rescues and 501c3 groups as well as over 35 vendors from the community will gather together for an amazing event. "Our Mission is to help local businesses, animal rescues and the community as a whole to come together for a successful animal adoption and networking event" stated Gina Schneller-Rand, event coordinator. The event is sharing the park that day with the NJ Pony Club Horse Trials which will bring in animal lovers from the community. In addition to rescues, there will be over 30 vendors of all kinds. Local businesses and artists will be showing off and selling their items as well as promoting their company.

Of the 50 rescues there will be dogs, cats, birds, reptiles, horses, rabbits and small critters for adoption. Imagine meeting all the amazing pets and rescue groups that work so hard to rehome and treat animals in need. As you are walking through the park you will meet over 16 horse rescues from NY, NJ and PA, 34 cat and dog rescues as well as bird, reptile, rabbit and small critter rescues. Joining the event will be Danielle Montgomery, Program Administrator from Turning for Home Racehorse Retirement Program. "TFH is pleased to have a few of its Partner Farms participating in this Adopt A Thon and appreciates the opportunity to showcase some of the horses they have available for adoption."

Perhaps you are looking for a new best friend of the canine or feline variety. Ralph Pellecchia from , It's a Dog's Life Rescue of New Jersey will be there with some awesome dogs and cute kittens that would love to join your family! "We are so excited about attending the Adopt A Thon and bringing our adoptable pets. This is a great opportunity for the community to come together for a wonderful cause." Besides adopting, Laura Juliano explains her rescue, "Sugar Skull Pittie Rescue

strives to make the most out of each special event we are invited to attend. Whether we are advocating for foster homes, educating people about the misconceptions of bully breeds, stressing the importance of positive training or just receiving donations. It's not always about monetary donations. Volunteers and foster homes are the backbone of what we do. Every bit of that contributes to successfully running a rescue." If you prefer a winged pet, For the Love of Birds avian rescue will also be part of the day's attendees. Volunteer Patty hopes to teach the community that "Domesticated birds, especially larger species, live long lives when cared for properly, and will end up having to be placed in at least 2-3 homes throughout their lifespan, so someone needs to be there and help them transition as easily and as stress-free as possible. That's where we come in!"

Throughout the day there will be demonstrations by In the Company of Horses EAGALA, FBI/Police dog Training, Dog Agility, Cold Blooded Encounters as well as a very special and entertaining doggy adoption parade! There will be a petting zoo, pony rides and other activities for children as well as local food vendors including Vesuvios and American Way Catering.

For a full list of rescues and vendors attending or for additional information please visit and like the event on [www.facebook.com/AdoptAThonHorseParkofNJ](http://www.facebook.com/AdoptAThonHorseParkofNJ) or you can obtain a vendor registration form at [www.horseparkofnewjersey.com/calendar](http://www.horseparkofnewjersey.com/calendar). Since each rescue has different guidelines for the adoption process, please take a look at each rescue's website to see their adoptable pets as well checking on the adoption requirements.



## RABIES: What is the risk for my pet?

Any animal bitten or scratched by either a wild, carnivorous mammal or a bat that is not available for testing should be regarded as having been exposed to rabies.

Unvaccinated dogs, cats, and ferrets exposed to a rabid animal should be euthanized immediately. If the owner is unwilling to have this done, the animal should be placed in strict isolation for 6 months and vaccinated 1 month before being released.

Animals with expired vaccinations need to be evaluated on a case-by-case basis. Dogs and cats that are currently vaccinated are kept under observation for 45 days.

Small mammals such as squirrels, rats, mice, hamsters, guinea pigs, gerbils, chipmunks, rabbits, and hares are almost never found to be infected with rabies and have not been known to cause rabies among humans in the United States. Bites by these animals are usually not considered a risk of rabies unless the animal was sick or behaving in any unusual manner and rabies is widespread in your area.

However, from 1985 through 1994, woodchucks accounted for 86% of the 368 cases of rabies among rodents reported to CDC. Woodchucks or groundhogs (*Marmota monax*) are the only rodents that may be frequently submitted to state health department because of a suspicion of rabies. In all cases involving rodents, the state or local health department should be consulted before a decision is made to initiate postexposure prophylaxis (PEP).

Each state collects specific information about rabies, and is the best source for information on rabies in your area. In addition, the CDC publishes rabies surveillance data every year for the United States. The report, entitled Rabies Surveillance in the United States, contains information about the number of cases of rabies reported to CDC during the year, the animals reported rabid, maps showing where cases were reported for wild and domestic animals, and distribution maps showing outbreaks of rabies associated with specific animals. For more info visit [www.cdc.com/rabies](http://www.cdc.com/rabies).

Kind Heart Rescue will be attending the adoption event at the Horse Park of NJ, bringing with them a few bunnies that will display the different sizes and types of bunnies available for adoption. (No adoptions will be held the day of the event, unless potential adopters have been screened prior to event.) We will have info on rabbit care, housing, and behavior. Visitors will have the opportunity to see the bunnies up close and pet and snuggle them!

Many people don't realize that bunnies are awesome house pets and litter train just like a cat.

For the bunny lovers out there, we will have lots of bunny items for sale that benefit the critters at Kind Heart!

Kind Heart Rescue ([www.kindheartrescue.com](http://www.kindheartrescue.com)) is a NJ Non-Profit corporation, and all donations are tax-deductible.

We have been doing quality rescue for over 35 years! When you visit the show, please ask "Where is Kind Heart Rescue?" as we will be tucked away in a quiet place away from the dogs and cats, so as not to scare the bunnies. But we WILL be there - so stop by to see us!





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## Tricks Are For Dogs

### Dog Tricks: Where To Start

By Mia Ingui

**W**hen it comes to teaching your dog new tricks, this can be great fun for all involved. You can start off by doing something simple like fetching some article by name or teaching your dog to give a paw.

Dogs love learning and especially being appreciated, By learning to do something new it will cover both of these needs. Whatever you are going to teach your dog, both of you will benefit from the experience and it will be a time that you will learn more about each other.

Some favorite and common tricks are:

- Close the door
- Roll over
- Catch
- Give a paw
- Open a box
- Find members of your family or toy by name
- Bark on command
- Weave through your legs
- Jump over objects
- Crawl under a low object or a chair



With any trick, split it into small sequences and teach each one a step at a time. If the task is complicated start with the last sequence first and then add the previous element to the beginning and build up from there. This method is called reverse chaining. It is excellent as it helps the dog learn as he always ends with the familiar part. Rather than waiting until the whole sequence is learned, reward every step for getting closer and closer to your goal. Each step you are asking a little more of your dog.

The use of clickers can work extremely well as you are able to reward your dog at the correct time even if he is still some distance away from his goal. While tricks can be fun, they can also be a benefit to anyone that is disabled and are not able to pick something up off the ground. The dog can fetch an item to aid the disabled person.

There are many people that are sight impaired that use seeing eye dogs. These dogs began their training with simple to learn tricks and then graduated to more advanced training. The whole process should be imaginative; think of what your dog enjoys and develop this to include a whole collection of tricks.

The dog will enjoy learning something different and will certainly enjoy all of the praise in getting something right. All that is needed is a dose of persistence and time invested in her training, and by doing this you will be rewarded.



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# Home Remedies for Dog Hair Loss

By Joely Phenes

1. One of the best ways to reduce excessive shedding in dogs is to start with a healthy diet. Feed your dog with a homemade mix of fully-cooked rice, cooked vegetables and boiled chicken. This home food remedy may reduce the allergies caused by food to your dog and helps in reducing the hair fall.

2. Goldenseal is an excellent natural treatment for dog hair loss as long as it is not overdone. Make a weak mixture of goldenseal tea and apply it to the affected area. Goldenseal is powerful, so be sure not to make the tea too strong.

3. Another home remedy for hair shedding in dogs is to mix a small amount of flaxseed oil in your dog's food. Flaxseed oil contains high amounts of Omega 3, an excellent natural treatment for dog hair loss. After a few weeks you would see the change in your dog's hair fall. It is good for other health benefits too.

4. Olive oil is a good home remedy to apply on dog's coat and skin. It will help moisturize as well as pacify any pain caused by severe itching. Another benefit of olive oil is that it will choke mites, if those fleas are the cause of dog's hair loss. Olive oil is said to give the dog a fine and healthy coat with an amazing shine.

5. Lemon juice has natural antibacterial properties that can be used to treat excessive hair shedding in dogs. Introduce a slice of lemon in warm water and leave for five hours. Strain afterward and apply the lemon juice mixture as a rinse or as a spot treatment.

6. An additional home remedy to follow is to pat your dog in the backyard after the bath and then brush him down. By this way, all the unwanted hair on the dog's coat is removed. Regular baths encourage loose hair to fall out in the tub (or outside) instead of on your furniture. However over-bathing can cause dry skin, which causes fur to fall out.

For more information, ask your Veterinarian.



# What are some pets that produce less allergens and animal dander?

By Mia Ingui

Hypoallergenic dogs can be a great option for dog lovers who suffer from allergies or asthma. They shed little to no hair, and thus shed less dander than typical dogs. Dogs without hair or with continuously growing hair tend to be the most hypoallergenic. However, many people are allergic to dog saliva, and there are no breeds of dogs that have hypoallergenic saliva. Pet dander is the protein in skin flakes, urine, feces, saliva, and hair, and it can trigger asthma symptoms. These proteins are tiny, and they travel through the air and can land on a body part. They can then easily be transferred to the nose or the mouth and thus inhaled. Symptoms may occur immediately, or they may not develop until 8 to 12 hours later.

*The following are some hypoallergenic breeds of dogs:*

Basenji  
Bedlington Terrier  
Bichon Frise  
Border Terrier  
Chinese Crested  
Coton de Tulear  
Havanese  
Irish Water Spaniel  
Maltese  
Poodle  
Portuguese Water Dog  
Puli  
Schnauzer  
Shih Tzu  
Soft Coated Wheaten Terrier  
Yorkshire Terrier

*What are some of the symptoms of asthma from pet dander?*

Wheezing  
Long term shortness of breath with episodes of increased shortness of breath  
Coughing  
Chest Pain  
Nasal Flaring  
Tightness in the Chest  
Eczema or rashes  
Congestion  
Itchy Eyes  
Runny Nose  
Scratchy Throat

# C.A.T. Team Assemble! Millstone Middle School Students are Heading to Michigan!

By Michelle Falanga

In early March, a group of seventeen sixth graders at Millstone Middle School participated in the New Jersey State Bowl Competition for Future Problem Solvers International (FPSPI). This group worked throughout the year as Cyber Awareness Representatives promoting Chromebook responsibility throughout the Middle School, which recently implemented a one-to-one Chromebook initiative. In Community Problem Solving, teams of students or an individual apply their problem solving skills to a current problem, then develop and implement their plan of action. The C.A.T. Team (Cyber Assistance Team) worked together to develop a comprehensive awareness campaign including informational meme posters, hilarious tips and announcements, a Google Classroom with research and information, PSAs, and more! Their hard work helped to increase the awareness of responsible Chromebook usage across the student body. Millstone Middle School C.A.T. members include: Emma Bogusz, Nicholas Castracane, Laura DePinho, Evan DeRose, Brandon Diaz, Jillian Guttridge, Zak Kheder, Evan Levy, Lana Maizel, Jacob Minch, Diego Ortiz-Miskimin, Drew Paglia, Zoe Pruthi,

Tessa Sain, Josie Shapiro, Andrew Somers and Misha Verma.

"I feel that our project has been really successful. Since we started, we've made a large impact on Chromebook responsibility. Students have misused them less and we have the data to prove it. I really believe if we keep working together and working hard to do our best, we have a chance at winning at internationals!" – Andrew Somers, C.A.T. Member

FPSPI stimulates critical and creative thinking skills and encourages students to develop a vision for the future. When they participate in FPSPI, students experience the excitement of creative thinking and the thrill of resolving complex problems with unique solution ideas. These dedicated sixth graders submitted their work to the New Jersey Future Problem Solvers State Bowl Competition and won first place for their dynamic project, making them the first team from Millstone to qualify for the International Competition! The International Conference features four days of stimulating competitive problem solving, cooperative educational seminars, and social activities. Each year approximately 2,200 students and coaches

attend the FPS International Conference. The 2016 Future Problem Solving Program International Conference is 1- 5 June at Michigan State University.

"I think these dedicated individuals have honestly gained the two most important things you can teach an impressionable young person: to have apathy and understand that the world does not just involve you, but also the people around you. Through the practice of working together collaboratively and hearing opinions, thoughts, and perspectives from others, you can help make a positive change in our world." – Mr. Norris, CmPS Co-Advisor

Millstone C.A.T. is relying heavily on fundraising to help them get to Michigan to compete. Please consider supporting this hardworking group of sixth graders as Millstone moves on to the International Competition. They are excited to meet with students from across the globe that share their dedication and passion for problem solving and making our world a better place. You can assist the team in their fundraising efforts by visiting their GoFundMe page at: [www.gofundme.com/MillstoneCAT](http://www.gofundme.com/MillstoneCAT)



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### *Make a Family Pledge*

Use the pledge form below and have every member of your family commit to distraction-free driving. Set a positive example for your kids by putting your cell phone in the glove compartment every time you drive.



## TAKE THE PLEDGE

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today.

Distracted driving kills and injures thousands of people each year. I pledge to:

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_







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## Millstone Resident And Student Makes Deans List

### *Congratulations to Ryan Lennox!*

Ryan Lennox, son of Jill and Tom Lennox (Millstone Township) has made the Dean's List for the fall semester 2015 at the University of South Carolina school of Journalism and Mass Communications.



# Weekend Getaways Not Far from Home

## Historic Smithville and Greene Village, Galloway Township, NJ

By Pam Teel

Now that the weather is getting nicer, people are getting antsy to get out of the house more, and with the price of gas still down, more people seem to be on the road on the weekends just driving somewhere to get away for some down time. If you like shopping and driving through the Pine Barrens, Historic Smithville Village is the place to go, with over sixty specialty shops and seven eateries all within walking distance; it's easy to spend a day walking the brick paths from one store to the other. Each shop is different with an array of unique items so don't forget to bring your money because, guaranteed, you won't go home empty-handed. Shops like Cooks Corner, Country Folks, The Herb Co, The Candle Shop, Home and Pet, the Crafting Cellar, Magnifico's Gourmet Food, Sweet Things Homemade Candy, The Organic Peanut Butter Shop, Tomasello's wine tasting room, and many more shops, will quickly draw you in.

Plan the day shopping and dining at one of the seven different places to eat along the brick walkways. For a more elegant dining, visit the Historic Smithville Inn at the end of the village, Fred and Ethel's Lantern Light Restaurant, or Greek Bites, which specializes in homemade traditional Greek food. AJ's on the lake is a family restaurant offering traditional American cuisine. Costello's Italian Restaurant, Smithville Bakery, and Scoops Ice Cream shop are all situated around the small, but scenic, Lake Meone. Plan to stay overnight at the Colonial Inn and the Barn Inn right in the village or schedule a winery tour

at the Renault Winery just a few miles away.

Historic Smithville is a great place for children as they try their hand at antique arcades, or the remote control Smithville speedway and remote control boats, or take a paddleboat out on the lake. There's a shooting gallery and a carousel on the boardwalk and also a kiddie train. The ducks and roosters there have free range and are used to people, so don't be surprised if one or two of them cross your path. The next big event at the Village is on May 14th and 15th with over 100 crafters joining in. There will be children's rides and children's entertainment scheduled.

To find out more about Historic Smithville and all of the yearly activities, go to: <http://www.historicsmithvillenj.com>. You can take the Garden State Parkway or Route 539 through the Pine Barrens all the way down to either route 9 or GSP and then follow the GPS from there. On GPS- route 9 and Moss Mill Road, Smithville NJ or GPS- 1 North New York Road., Galloway Township. It's about an hour and 10 minutes from this area.

The Smithville Inn has a long rich history itself. Fred and Ethel Noyes founded the Inn and developed the village throughout their lifetime. Both coming from money, it all started with a walk in the woods one day in 1951 where they came across the old stone crumbled ruins of the original Smithville Inn. This led them to the idea of rebuilding the Inn and creating a village around it, so they purchased the property and rebuilt

the Smithville Inn. Fred Noyes had an inborn talent for art and design. One of his paintings hangs in the Museum of modern art in NY City. The Noyes also built the Noyes Museum of Art in Oceanville, Galloway Township. Some 200 paintings of his can be seen at the Noyes Museum. Ethel's specialty was collecting primitive American folk Art. (More about the museum in the next issue) In 1964, the village became a National Registered Historic Site.

Over the years the Noyes collected old buildings from all over South Jersey; most slated to be torn down. They had the buildings moved near their new Inn and thus began the beginning of a new enterprise for them. What makes this village so unique is that the stores are located inside the old restored buildings. As you walk past the shops, make sure you read the plaques on the walls of where the buildings came from and what they were used for. There are old farmhouses, post offices, school buildings, barbershops, and more. The Noyes also built the Ram's Head inn in Absecon.

There is not much else to see in the town itself. The history of the town states that at one time it was a stagecoach stop. The town can date itself back to the 16th century when sea captains from the Dutch to the Portuguese explored this area. It was also a great place for pirates to hide their stolen loot, as the Mullica River is not far from here. They would meander up the winding river from the ocean. (More about this area of Southern Jersey and things to do in the next issue!)



*A part of Historic Smithville village*



*Paddle boating on Lake Meone*



*Kiddie train takes you around village*



*Carousel on boardwalk in the village*



# MOVIES TO CATCH IN MAY

By Joely Phenes

*The weather in May is beautiful and you're probably going to want to be outside most of the time. But on a rainy day or on a day you just need to relax indoors, take a trip to the movies! We know a few that you won't want to miss:*

## Alice Through the Looking Glass

Release date: Friday, May 27, 2016

This sequel to Tim Burton's amazing "Alice in Wonderland" is about Alice's second trip to Underland through a magical looking glass. Upon her arrival, she finds that the Mad Hatter has been upset because he lost his Muchness, and she is sent on a quest to help him. The movie features Mia Wasikowski as Alice, Sacha Baron Cohen as the villainous Time, Johnny Depp as the Mad Hatter, and many more of your favorite actors!

## The Angry Birds Movie

Release date: Friday, May 20, 2016

In this family-oriented animated comedy, the characters from the beloved game Flappy Bird appear on the big screen! On an island of flightless birds, there is a group of outsiders named Red (Jason Sudeikis), Chuck (Josh Gad), and Bomb (Danny McBryde) who must save the island from a force of mysterious green piggies.

## Captain America: Civil War

Release date: Friday May 6, 2016

The third installment of the Captain America series is coming out in 2D, 3D, and IMAX! In the film, the Avengers team splits into two groups after they start getting monitored by the government. One side, led by Steve Rogers, wants the team to remain free, while the other side, led by Tony Stark, supports the government's supervision.





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# WHAT IS CONSUMER FRAUD?

As we swing into the springtime, many people have work performed on their homes. Fortunately, under New Jersey state law there is protection for homeowners who enter into contracts with home improvement contractors. New Jersey has promulgated the Consumer Fraud Act for the protection of consumers in various types of transactions. One type of transaction to which consumers are entitled to protection under this Act is home improvement contracts.

“Home-improvement contracts” are any type of contract in which improvements are made to the home of a consumer. When such a contract is entered into between a consumer homeowner and a “home improvement contractor,” certain information and language must be contained within the form of the contract to ensure that consumers within the State of New Jersey are adequately protected from potentially fraudulent and/or “fly-by-night” companies.

The most important aspect of the Consumer Fraud regulations as they apply to home improvement contracts is the necessity for the contract to be in writing and for the written contract to include various pieces of information. The contract shall contain the contractor’s legal name, address and registration number; a copy of the contractor’s certificate of insurance; the total price of the contract including any finance charges; the right to cancel within a three day period; and a full and complete detailed description of the work with part numbers and manufacturers’ names if any equipment is to be installed. If the work under the contract requires permits from the local municipality, it is the obligation of the home improvement contractor to obtain same and insure that any such permit applications are closed out at the completion of the job. Importantly, the regulations prevent any home improvement contractor from demanding final payment of the contract unless and until any such permit applications are closed out to the satisfaction of the local municipality. Basically, all of these requirements are to prevent any confusion as to the terms and nature of the contract between the homeowner and the contractor.

The good news for homeowners is that, in the event a home improvement contractor violates any of the terms of these regulations and such violation causes monetary damages to the homeowner, the homeowner may be entitled to triple the amount of damages together with counsel fees in the event the homeowner is required to bring a lawsuit against the contractor. Unfortunately, as I have seen many times in my practice, despite the fact that regulations are in place to protect the homeowner, oftentimes the contractor does not have sufficient assets to pay to the homeowner even if the homeowner wins their case in court.

Importantly, based on all the above, I recommend to my clients that they utilize a home improvement contractor who has been in business for a number of years and has a long-lasting reputation in the community. First and foremost, if the contractor has such a reputation, the chances are that the work will be satisfactory. Second, in the event something does go wrong with the job, the contractor will have the assets to make the homeowner whole.

If you believe you have been the victim of some type of consumer fraud, please do not hesitate to contact my office to discuss this matter with an attorney.

JOHN T. BAZZURRO, Esq.  
Board Certified Civil Trial Attorney  
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*Register with the National Do Not Call Registry*

The federal government's DO NOT CALL REGISTRY allows you to limit the telemarketing calls you receive by registering your phone number. Stop unwanted sales calls by registering your phone number:

- Online: Visit DoNotCall.gov
- By phone: Call 1-888-382-1222 or TTY: 1-866-290-4236

If you register online, you will receive an e-mail to complete your request. You must click on the link in that e-mail within 72 hours in order for your registration to take effect.

Placing your number on this national registry will stop most telemarketing calls, but not all of them. Calls that are still permitted include those from:

- Political organizations
- Charities
- Telephone surveyors
- Some organizations with which you have a relationship

You may also verify the status of, or unsubscribe, your phone number on the registry. Visit DoNotCall.gov or call 1-888-382-1222.

Contact your state consumer protection office to find out if your state has it's own Do Not Call (DNC) list and how you can add yourself to it.

## File a Complaint

If you receive telemarketing calls after your phone number has been in the national registry for 31 days, you can file a complaint using the same website and phone numbers. To file a complaint, provide the date of the telemarketing call, phone number, and name of the company that called you. The Federal Trade Commission advises that it is not necessary to register cell phone numbers on the DNC registry despite e-mail claims circulating on the Internet telling you to do so. You may also file a complaint if you receive a call that used a recorded message instead of a live person, even if your phone number is not on the registry.

## For Businesses

If you represent a telemarketing company and would like information on compliance issues, or to subscribe to the Do Not Call Registry, visit the telemarketer website.





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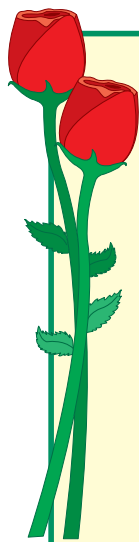
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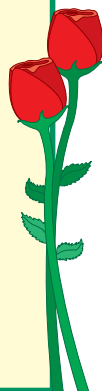
Saturday, May 1<sup>st</sup>

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# Millstone Township Elementary School Students Advance to Destination Imagination's Global Finals, the Largest Celebration of Creativity in the World

After achieving top honors for creativity, teamwork and innovation in the New Jersey Destination Imagination state tournament on March 12th, The Rainbow Unicorns of Millstone Elementary School have earned the right to compete in Destination Imagination's Global Finals, the world's largest celebration of student creativity, to be held May 25-28 in Knoxville, Tennessee. This group of dedicated girls has worked throughout the year and overcame many obstacles on their journey to success. Team members include Millstone Elementary School students: Rachel Glantzberg, Julia Grau, Isabella Ionescu, Mia Mamotyuk, Gabriella Menar-Nohilly, Francesca Scibilia, and Maggie Wiedau.

These girls will compete with other teams in the Scientific Challenge (In Plain Sight) – one of seven, open-ended challenges that fosters creativity, courage, and curiosity and requires students to apply science, technology, engineering and math (STEM) skills, in addition to their talents in improvisation, theater arts, writing, project management, communication, innovation, teamwork, community service and social entrepreneurship.

"I have had so much fun in DI this year. I love Destination Imagination because it is a place where I can escape reality and walk into the world of imagination and creativity," said Rachel, a student on The Rainbow Unicorns.

The Rainbow Unicorns are the first team to represent Millstone at the Destination Imagination Global Finals. As a Title 1 school, The Rainbow Unicorns are relying heavily on fundraising to get them to Tennessee. The girls have been hard at work hosting bake sales and developing other types of fundraisers to help raise money to pay the fees associated with this competition. Please consider supporting them as Millstone moves on to the Destination Imagination Global Finals in Tennessee for the first time. Participating in an international competition like this is an experience our girls will never forget! They are so excited to compete while they meet with other creative minds and make new friends from across the globe!

"We are so excited for The Rainbow Unicorns. These young ladies have worked throughout the year and were able to overcome many obstacles including multiple script revisions and last minute costuming changes. They are an incredible group full of enthusiasm and creative prowess, always thinking on their feet and looking forward to the next challenge," said Michelle Falanga, one of the team managers of The Rainbow Unicorns.

You can assist the team in their fundraising efforts by visiting their GoFundMe page at: [www.gofundme.com/rainbowunicorns](http://www.gofundme.com/rainbowunicorns)



### 1. mSpy

mSpy is the top used cell phone tracking app worldwide, according to TopTrackingApps. Its main selling point is that you can monitor multiple things with it — who they call, what they text, which apps they use, the number of contacts, GPS location, etc. And according to SpyParent's founder Sedgrid Lewis, "it works." While the field of spying apps isn't limited, simplicity of use and reliability are factors to be considered. The average American teen spends up to seven hours a day in contact with others on electronic devices, and a recent survey by online security firm AVG found that by the time they are 16, one in three has regretted something they did online.



### 2. The Spy Bubble

The Spy Bubble is another jack-of-all-spying-trades, also suitable for monitoring the phone of your suspected cheating spouse. Its site does offer some cautionary, if frightening, state-of-the-world information you might find useful. We are still reeling from this one about online photos and Photoshop: "Never let your kids share their photos online on an open forum. Why? They will ask. Everyone does that. Yes, everyone does that and about eight percent of those experience harassment due to photoshop effects on their photos. The worst bullying of this sort is seen by the girls, especially because female reputation is one of the most fragile things in the world."



## GOT TEENS? Top 5 Spyware Apps on the market.

### 3. The Phone Sheriff

One nice feature of the Phone Sheriff is that it allows you to set time limits on your teen's device. Want "OK, you can play with your phone for an hour" to really mean just 60 minutes? This app will shut down and lock the phone when you tell it to.



### 4. Mobicip

Mobicip isn't so much a tracker app as one that restores a bit of control over your teen's online life. The middle school level blocks online shopping, gambling, dating, liquor, and chat sites. The high school level blocks content that is adult, sexual, or involves weapons and violence. Good luck with your kid not using a friend's phone.



### 5. MamaBear

For parents of new drivers and parents of teens with friends who have had their licenses for 20 minutes, MamaBear will let you know the speed of the vehicle your teen is traveling in. Just don't text them to slow down, OK?



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# recipe of the month

## ASPARAGUS & SHRIMP SALAD RECIPE

**Everyone will love this fabulous and divine dish. Not only is this simple, quick and healthy but you can also serve this as a side dish, appetizer or salad. You can also enjoy this warm or cold!**

### INGREDIENTS:

- 1 pound asparagus, stem ends removed
- 1/2 pound large shrimp, cooked, shelled
- 1/4 cup extra-virgin olive oil
- 1 garlic clove, minced
- 1 Tbsp lemon juice (more to taste)
- 1 Tbsp minced fresh parsley
- Salt and black pepper to taste

### DIRECTIONS:

- 1) Bring a medium pot of water to a boil and salt it well. Add the asparagus to the boiling water and boil for 3 minutes. Use a slotted spoon to remove the asparagus to a bowl to cool.
- 2) Slice the asparagus spears thinly on the diagonal until you get close to the tip. Cut the asparagus tips off in one piece. (They look prettier that way.) Put the asparagus in the bowl with the shrimp. Add the remaining ingredients and toss to combine. Add salt and black pepper to taste. Add more lemon juice if desired, to taste.



## The Jewish Heritage Museum Is Proud to Present “The Jewish Art of Adar Darnov” Slide Show Talk

The Jewish Heritage Museum of Monmouth County is proud to present “The Jewish Art of Adar Darnov,” a PowerPoint program and discussion on Sunday, May 22, 2016 at 2PM. Admission is \$8 members, \$10 non-members. At this event, digital artist Adar Darnov will share slides and talk about the work process behind the creation of his images. There will be examples from the early stages of different paintings, as well as the models and photographs that he uses to translate reality into his art. Digital paintings make up the majority of his portfolio. This form of art has gained increased popularity particularly with young artists. He will discuss the differences between digital and traditional media. Attendees are welcome to ask questions and express opinions during the presentation, especially younger artists eager to enhance their craft.

Adar Darnov is a Jewish American artist working and living in Marlboro, New Jersey. He is a recent graduate of School of Visual Arts in New York City. His work includes the self-published Rededication: The Art of Hanukkah, the achievement of a successful kickstarter.com campaign. Darnov currently has a solo exhibition at New York University Hillel. He continues to pursue freelance projects that focus on producing independent, creator-owned content.

For more information or to make a paid reservation (non-refundable), call the Museum at 732-252-6990, or visit [www.jhmmomc.org](http://www.jhmmomc.org). The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive Freehold, NJ, at the corner of Route 537 and Wemrock Road (between the CentraState Medical Center and Freehold Raceway Mall). It is on the second floor of the historic Levi Solomon Barn. The JHMMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code and is handicapped accessible.

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