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HAPPY FATHER'S DAY

Millstone Township Hospital Auxiliary's Labor of Love

Historic Blanket Throw – A Piece of Millstone History

Over the past several years, the Millstone Township Hospital Auxiliary has been working on a labor of love in the form of a blanket throw that represents some of the historic buildings in Millstone Township. Initiated by member Joanne Tourine, who sketched out drawings of the buildings from photos taken, the blanket throw is now ready for sale. Sadly Ms. Tourine passed away before the throws were completed, but her artwork is proudly displayed on these historic keepsake throws.

The buildings portrayed on the blankets include the Presbyterian Church of Millstone, Elks Lodge, Senior Citizen Hall, Methodist Church, Scooter Corner, the original Clarksburg Inn, original Clarksburg School, Jewish Synagogue, First Aid Building, Clarksburg Firehouse, and the original St. Joseph Roman Catholic Church. The Millstone Township Seal lays dead center.



Ella and Chris Skelton of Millstone Township hold up one of the five blanket throws their mother bought for each member of her family.

The blankets are presented by the Millstone Branch of the CentraState Medical Center Auxiliary. They come in cranberry, black, dark green, and Williamsburg blue and

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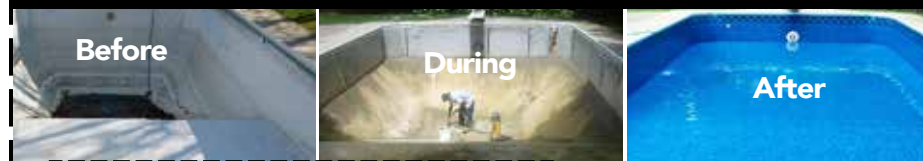
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Monmouth County Has Something for Everyone!

If you are looking for something fun to do, we picked out some of our favorite events happening around the county this June.

Spring Lake Historical Society House Tour

June 5, 10am-3pm

732-449-4375

Sponsored by the Spring Lake Historical Society
Tickets available at Kate & Co and Camel's Eye

Glo-in-the Park Fun Run

June 7, 7:30-10:30am

732-542-1642

Racers are invited to wear their own glow in the dark accessories as they race around a 3K course.

(Pre-registration due by May 30.)

Dorbook Recreation Area,
209 County Road 537 E, Colts Neck

American Idol Live! 2014 Tour

July 8, Check for time

732-571-3483

Get up close & personal with Season 13 finalists.

Pollak Theatre in Monmouth University
400 Cedar Ave, Long Branch



44th Annual Irish Festival

June 8, 12-6pm

732-222-5100

Live entertainment, pipe & drum band competition,
food, crafts, raffles and more!

Monmouth Park Racetrack, 175 Oceanport Ave, Oceanport

Revolutionary Monmouth

June 8, 1pm

732-431-7220

Enjoy an afternoon of history and music.

Manalapan Headquarters, 125 Symmes Drive

Freehold Idol

June 11, 7:30pm

732-333-0094

Talented singers ages 10 and older are given the spotlight to show off their vocal abilities in this very popular 4th annual singing contest.

Every Wednesday through August 20

in front of Hall of Records, 1 E. Main St., Freehold

Butler

June 12-July 13, Call for time

It's the start of the Civil War and lawyer Benjamin Butler has just been promoted to the rank of Major General at Fort Monroe.

NJ Repertory Company,
179 Broadway, Long Branch



Freehold Summer Concert Series – Thursdays Rock

June 12, 7:30-9:30pm

732-333-0094

Presented by 33 East Car Wash

Every Thursday through August

Hall of Records, 1 E. Main Street, Freehold

28th Annual New Jersey Seafood Festival

June 13, 4-8pm; June 14, 11am-8pm;

June 15, 11am-6pm

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Silver Lake Park, Fifth and Ocean Ave, Belmar

Air Supply

June 13, 8pm

732-842-9000

Their 1980 single, "Lost in Love" became the fastest selling single in the world.

Count Basie Theatre, 99 Monmouth Street, Red Bank

Spring Lake "Art in the Park"

June 14, Call for time

732-449-9287, Rain date - 6/15

Sponsored by the Manasquan River Group of Artists.
Divine Park, Spring Lake

6th Annual Car Show in Atlantic Highlands

June 14, Call for time

732-872-8711

First Ave, Atlantic Highlands

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IS TECHNOLOGY HURTING YOU?

**The use of tablets, phones and hand held devices are increasing every year.
With the use of these devices, there is an increased risk for neck and upper back pain.**

The major problem with using tablets and smart phones is that most people look down and slouch while searching these devices.

This posture stresses the neck and upper back. This excess stress on the spine can cause: neck and upper back pain, degenerative disc disease, numbness and tingling in the arms, hands or fingers and headaches.

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

As poor posture continues to be linked to digital device usage, many tech and health professionals are coining the syndrome as "iPosture."

If you believe you or a family member are experiencing "iPosture," or back and neck pain,
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There's No Place Like Home – For Growing Old

“The stairs are getting so hard to climb.”

“Since my wife died, I just open a can of soup for dinner.”

“I’ve lived here 40 years. No other place will seem like home.”

These are common issues for older people. And, you may share the often-heard wish—“I want to stay in my own home!” The good news is that with the right help you might be able to do just that.

What kinds of help can I get?

You can get almost any type of help you want in your home. The following list includes some common things people need. You can get more information on many of these services from your local Area Agency on Aging, local and state offices on aging or social services, tribal organization, or nearby senior center.

Personal care. Is bathing, washing your hair, or dressing getting harder to do? Maybe a relative or friend could help. Or, you could hire a trained aide for a short time each day.

Homemaking. Do you need help with chores like housecleaning, yard work, grocery shopping, or laundry? Some grocery stores and drug stores will take your order over the phone and bring the items to your home. There are cleaning services you can hire, or maybe someone you know has a housekeeper to suggest. Some housekeepers will help with laundry. Some dry-cleaners will pick up and deliver your clothes.

Meals. Worried that you might not be eating nutritious meals or tired of eating alone? Sometimes you could share cooking with a friend or have a potluck dinner with a group of friends. Find out if meals are served at a nearby senior center, church, or synagogue. Eating out may give you a chance to visit with others. Is it hard for you to get out? Ask someone to bring you a healthy meal a few times a week. Also, meal delivery programs bring hot meals into your home.



As part of the Federal Government's National Institutes of Health, the National Institute on Aging (NIA) funds and conducts research related to aging, including how older people can remain independent in their own home. For more info visit www.nia.nih.gov/print/health/publication/theres-no-place-home-growing-old. ■

Parenting the Parent: Balancing Senior Care for Parents

It is a significant reversal of roles for many people, and when it comes time to parent the parent it can be a big change in your relationship. According to many senior care experts, watching our parents lose their independence is one of the most challenging realities for children to face as our parents age. Finding the right balance is important—and it can be difficult.

At Adult Care Advisors, we understand the intricacies involved in senior care for parents. If our parents have never had to rely on others before, they may be struggling with their own sense of loss of independence as well. It can be hard for children who want desperately to help, to be their parent's advocate in their time of need, to get the right balance.

When we have witnessed our parents' decision making skills our entire lives, making important decisions about their children, their careers, their homes, starting to make those decisions for them isn't so simple. Learning about their desires and what they want is better when done early. It helps the family be more prepared. With time and patience, you and your senior parent will find the way.

When you need answers about senior care for parents in the tri-state area, it is important to work with a team who can help you sort through the range of options available to you. At Adult Care Advisors, our team will ask about your needs and clear up the confusion around assisted living and other senior care options.

This article was written by the content team at Adult Care Advisors. Adult Care Advisors will provide free personalized senior care advice to you or your loved one.

Carol Katz,
Advisor

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As Seen On TV: Buyer Beware

By Pam Teel

You've probably seen the advertising on TV, especially right before Christmas when the networks are full of infomercials advertising cheap affordable products that can probably work well when you need a quick gift for someone and you don't know what to get. A lot of times, it's well advised to not waste your money, but every now and then a product does come out that is all that it's said to be.

First let's start with the Cat's Meow. The cats loved it; at least they did for the few hours that it worked. They pounced on it and chased the red wire around all night until they were tired. When I went to put it on the next day it made a grinding noise. If not for my son who took it apart and oiled it, it would have been thrown right into the garbage since I lost the receipt for it. Now it works at half the speed. It runs on two C batteries and you need a small Phillips head screwdriver to open the back battery compartment up. You have to press the button on top to open and close. There have been many complaints about grinding gears, shredded yellow covering and poor quality of the design. I have to give this a definite thumbs down and tell you to save your twenty dollars. It should come with a warranty. It's cheaply made and breaks easy. I would advise you to save your receipt and return it if fails on you after a few days. My recommendation to you, get your cat "Da Bird." If you have a little time to invest in playing with them, they will love it. It's basically two feathers at the end of a string that are set up to simulate a bird flying. You can order one at Fosters and Smith Pet Supply on the internet for just \$6.99. Make sure you order the

one that comes with the extra set of feathers for \$ 8.99, you'll need it. They're easy to replace on the string and your cat will love it!

As Seen on TV-Perfect Fries One Step French Fry Cutter. I actually bought a few of these as gifts for relatives after I picked one up for myself to try. The plastic housing is strong and durable. The fries come out in only one size after you press the potato through. It's easy and quick to prepare. First cut off the ends of a medium sized potato so they are flat. Make sure it will fit in the plastic mold. If the potato is hard or cold, it will not slice as easy. To soften the potato, put the potato in the microwave for about 40 seconds to get it more to room temperature and then continue. Don't peel the potato, just wash, slice off both ends, place on grate, cover with plastic cover and press down. It's that easy. I give this product a definite thumbs up! They sell for about \$9-10 dollars on Amazon or you can pick them up at Walmart in their "As Seen on TV section." No fuss or big mess to clean up after!

Stay tuned for more As Seen on TV reviews to come! ■



Photos: Above: The Cat's Meow, good while it lasted! Right: French Fry Cutter, easy and no mess!

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Increase Your Home's Value Without Draining Your Bank Account

Have you ever wondered why two similar properties can produce such different results when it comes to selling a home?

For example, let's consider that two similar properties in the same neighborhood at the same time. Both properties are listed for the same price, and both boast the same layout. Yet one property flies off the market in record time, while the other one sits without a single offer.

You may ask yourself: how could that be?

It must be understood that the price and value of a home are two entirely different entities. The price of a home may be based on its features, amenities, location and square footage, while the value of a home is something is based on the home's overall impression. It is the feeling that buyers get the moment they walk through the door of a home.

A home that was sold very quickly probably had an excellent, perceived value. This may mean that the home may feel larger or more spacious. It may mean that the rooms seem more bright and airy; that they look fresh, updated and attractive.

With that said, consider your home's overall look for a moment. Does it have what it takes to wow buyers when they walk through the door?

The following tips can help you increase your home's value without breaking the bank!

- Spaces automatically look larger when there is limited furniture and clutter. Consider clearing out all unnecessary furniture before you list your home for sale. If buyers feel like the rooms of your home are larger—even if they're not—your home

will instantly have more value than a similar home down the street. Rent a storage unit or have a garage sale to cut down on all of the excess in your home.

- Allow buyers to imagine themselves in your home. You can accomplish this by de-personalizing your home; remove personal trinkets, family photographs and taste-specific decorative items. Create a clean slate that will allow buyers to focus their attention on your home's details; not your high school diploma hanging on the wall.

- You can instantly increase your home's value simply by paying attention to cosmetics. In other words, scrub your carpets, thoroughly clean all your appliances, inside and out, and clean off your kitchen countertops. You don't always have to make purchases; often times, you can achieve greater value by simply making what you already have sparkle.

- The value of your home can instantly plummet if you fail to tend to broken or unsightly household items. In other words, buyers don't want to see a leaky bathroom faucet, dirty and nail-hole ridden walls, and stains on the carpet. All of these things may not decrease the price of your home, but they will certainly decrease your home's perceived value. In other words, don't ever underestimate the power of tending to the small details. After all, the smallest details often make the biggest difference!

- Take care of your home's landscape. An unkempt landscape can turn potential buyers off, even before they walk through the door. So grab your gardening gloves and make sure the outside of your home looks as good as the inside. ■



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Home Values in 20% of U.S. Housing Markets Headed for Record Highs

Home values in almost 20 percent of all U.S. metros will surpass their housing boom peaks over the next year, and affordability problems that have begun to affect a fraction of markets may spread to others over the next few years, Zillow reported.

"The lows of the housing recession are becoming an increasingly distant memory as home values reach new highs and homes become more expensive than ever in many areas," said Zillow Chief Economist Stan Humphries in a statement. "This is a remarkable milestone coming only two and a half years after the end of the worst housing recession since the Great Depression."

Home values nationwide were up 0.5 percent from the fourth quarter of 2013 to the first quarter of 2014, and were up 5.7 percent from the same time a year ago, according to the latest Zillow Real Estate Market Report.

Over the next year, Zillow forecasts that national home prices will appreciate by an additional 3.3 percent.

Price gains have already pushed values close to or above their housing boom peak in about 12 percent of the 8,700 markets tracked by Zillow.

Among the more than 300 metros tracked by Zillow, home values in nearly 20 percent of them have already passed or are expected to pass their pre-recession peaks over the next year.

In local suburbs, like Central New Jersey, homes will remain affordable even as prices continue to climb, according to Zillow. ■

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A Message from the Tax Assessor's Office



As part of the new Monmouth County Assessment Program, Millstone Township is required to inspect the exterior and interior of 20% of the properties each year (over a five year span the whole Township will be inspected). The field inspector will have a Township Photo ID and attire from Millstone Township.

Also, the program requires that 100% of the properties in the Township be reassessed annually. Assessment Postcard notices will be mailed out on or about November 15th.

If you have any question about the inspectors or the process please call their office at 732-446-2022. ■

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*Study Source: 2013 Ad Tracking Study. Published by Millward Brown, a leading global market research organization during the following time periods: Wave 1: Feb. 4-18 2013 / Wave 2: Sept. 30-Oct. 14, 2013

**Information obtained from Monmouth MLS for dates 01/01/2009-05/9/14- Pull Date 5/9/14- Sold Volume for Jackson, Freehold Boro, Freehold Twp., Howell & Millstone for single family, condominiums, land/lots, multi-family, commercial/ind./bus, adult communities.

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Genetic Link Found in Search for



If you've ever bitten into a strawberry and wondered why it doesn't taste as sweet or as good as others, you could blame the fruit's genetics.

Two studies, published in a recent medical research study, found that the distinct flavor of strawberry has been linked to a specific gene, present in some varieties of the fruit—but not in others.

The gene FaFAD1 controls a key flavor volatile compound in strawberries called gamma-decalactone, which is described as "fruity," "sweet" or "peachy" and contributes to fruit aroma.

Andalusian Institute of Agricultural Research and Training (IFAPA) researcher Iraida Amaya said it was significant that the two studies arrived at the same conclusion using very diverse cultivars, because it suggests "that a marker in this gene would likely predict the presence/absence of the gene in breeding programs worldwide."

NOT ALL STRAWBERRIES ARE CREATED EQUAL

Fruit flavor and aroma are determined by a combination of sugars, acids and volatile compounds. Strawberries have a complex volatile profile, made up of more than 360 volatile compounds, of which around 20 are considered to impact strawberry flavor.

The first BMC Genomics paper, by the IFAPA in Malaga, Spain, studied 20 breeding lines of strawberries, mostly originating from California, and the second paper, from the University of Florida, took an aromatic French strawberry variety.

Both showed that FaFAD1 was not present in fruits that did not produce gamma-decalactone.

FaFAD1 encodes an enzyme—fatty-acid desaturase—which initiates production of the compound gamma-decalactone, activating in fruits (including peaches, plums, apricots, pineapples and strawberries) as they ripen.

While the studies found that gamma-decalactone was undetectable in some lines of strawberry, its accumulation varied greatly within and between harvest seasons in others.

Using genomics-based strategies to identify genes controlling flavor, scientists will be able to design molecular markers to follow these genes in breeding populations.

Senior lecturer in agriculture Daniel Tan, from the University of Sydney, said: "The development of molecular markers are significant as these markers can be used to improve the understanding of the genetics of flavor in strawberry."

This allows researchers to pinpoint strawberry varieties with a high likelihood of sweeter flavors.

STRAWBERRY FARMING INTO THE FUTURE

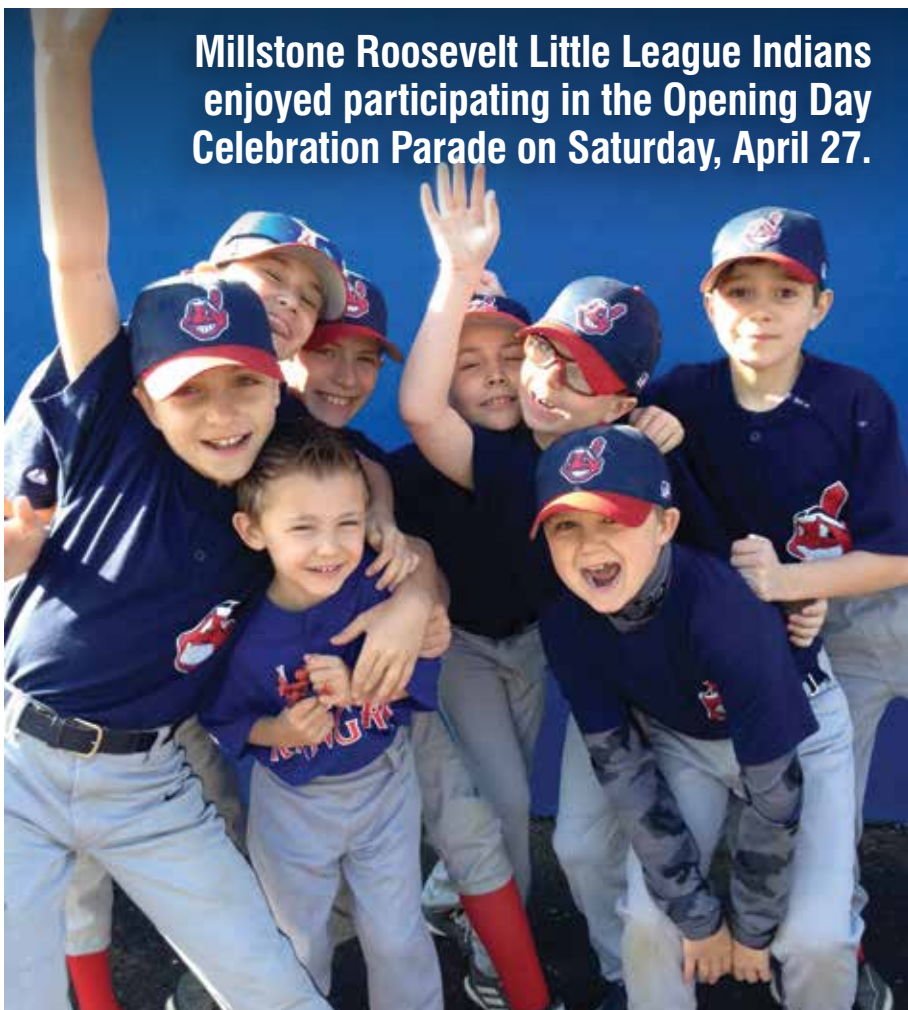
Strawberries are a valuable crop worldwide, yet modern farmers have often bred fruit for its size and yield, but not for taste.

The findings of these studies could finally merge these features, helping to marry different flavors in our fruits.

Professor of molecular biology, Merlin Crossley, from the University of New South Wales, said an understanding of abstract qualities such as taste at a molecular and digital genetic level could help breeders select and develop these characteristics, combining chemistry—to measure key flavor chemicals—and genomics to find the genes responsible for producing these chemicals.

"Plant breeding has been carried out for centuries but subjective taste evaluations and competing factors, like the look of the fruit, can sometimes confound efforts to improve quality," he said. "These studies provide new tools for traditional selective breeding or even genetic modification." ■

Millstone Roosevelt Little League Indians enjoyed participating in the Opening Day Celebration Parade on Saturday, April 27.



Got Water?

Experts Say Kids Need Just as Much as Adults!

Their bodies may be smaller, but that doesn't mean they can skimp on drinking water. In fact, it's more important than ever, experts say, to make sure children are properly hydrated.

"The standard recommendations are for children to get six to eight glasses of water per day," says Dr. Melina Jampolis, CNNHealth's Diet and Fitness expert. "Mild dehydration can affect learning as well as mental and physical performance."

Supporting Jampolis' contention is a recent Tufts University study that found that children who are even mildly thirsty can become cranky. For older, school-age children, dehydration—even at low levels—can mean impaired cognitive function, says lead researcher Kristen D'Anci, PhD.

In reality, however, many parents can commiserate on the difficulty of getting kids to drink any water, never mind enough.

To that point, the following tips may give concerned parents ideas on how to help kids guzzle more of what's good for them.



MAKE WATER EASILY ACCESSIBLE

Place a pitcher in the refrigerator, have water bottles out, waiting, and ready to be filled, or have bottled water handy. That way, there'll be no excuses. Additionally, you may want to consider offering water that has mildly alkaline properties such as Alkame Water. Ionized water has smaller molecule clusters that are able to permeate a body's cells faster, while hydrating more fully and effectively. In turn, this allows little bodies to absorb water and minerals better, and flush out toxins. Another added benefit? Alkame is the only water patented for high levels of stabilized dissolved oxygen.

TAKE IT TO GO

Kids model what they see, so whenever you and your wee ones are on the go, make sure you take water for yourself and your child. If you're taking sips of water throughout the day, chances are, they will too. And don't stop at car rides, take water on family picnics and walks and to the park and other outings.

SERVE WATER-RICH FOODS

Many good-for-you-foods, such as soup, fruit and milk, contain 80 to 90 percent water. Watermelon, for instance, is usually a kid-friendly favorite and a great water-logged fruit. ■

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- ☐ Metallic taste in water.
- ☐ That "Rotten Egg" smell.
- ☐ Spending too much money on pool chemicals.
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- ☐ Black mold on our softener tanks.
- ☐ Our salt level doesn't go down, or our salt tank is overflowing.
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- ☐ Can my water softener handle my sprinkling system?
- ☐ We're spending too much money on bottled water.
- ☐ "Wet dog" smell in our water.
- ☐ Wet floor near our water treatment equipment.
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- ☐ I understand that all salts are not the same. Can the "orange bags" be bad for my softener?
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Support Special Olympics USA Games in New Jersey June 14-21

By Susan Heckler

New Jersey will be the host for this year's Special Olympics USA Games. From June 14-21, nearly 3,500 athletes will compete in 16 Olympic-style team and individual sports. According to their website, "The Special Olympics USA Games will celebrate the Special Olympics movement, promote the ideals of acceptance and inclusion through sport and showcase athletes from throughout the U.S. and the abilities of people with intellectual disabilities." In addition to the athletes, the event will have the support of 1,000 coaches, 10,000 volunteers and 70,000 family, friends and spectators.

There are 270 athletes who were chosen to represent Team New Jersey. Millstone's own Zachary Stroik, 24 years old and a student at the Keep Achieving at Brookdale (KACH) program at Brookdale Community College, will be competing for his 16th year. Zach says "The 2014 USA Games will be held in New Jersey, my home state. This makes me very proud. I'm looking forward to



showing athletes from all over the country how nice we are in New Jersey. But we still want to win all the gold medals, so not too nice."

Zach's mother Joan stated, "As a parent, I have seen that Special Olympics has given my son a community in which to shine. He has grown up with pride in his athletic skills, joy in his friendships and a feeling of expectation of learning something new every day. Special Olympics has helped him to become a young man confident in his ability to participate fully in all aspects of life instead of just watching others from the sidelines."

The games are being held in different venues: Sun National Bank Center, Princeton University, Rider University, The College of New Jersey, Mercer County Park, The Lawrenceville School, The Hun School of Princeton, Peddie School, and Brunswick Zone-Carolier Lanes.

An event of this size really needs the help and support of the community. Volunteers are needed for various roles, donations are always welcome and an audience to cheer them on would be terrific. If you are interested in helping in any capacity, you can contact Team New Jersey at www.sonj.org or Special Olympics through their website www.2014specialolympics.org. ■

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Get to Know the Garden State's Wine Trails



New Jersey is home to more than 40 wineries located throughout the Garden State. These vineyards and wineries offer a chance to savor award-winning vintages and enjoy the journey along the way.

Six wine trails help visitors create day trips around their winery visits, clustering those closest to each other. Some play host to varied events throughout the year, including festivals celebrating food, wine, music, crafts and their own fascinating history.

Atlantic County Wine Trail

- Amalthea Cellars, Atco
- Balic Winery, Mays Landing
- Bellview Winery, Landisville
- Coda Rossa, Franklinville
- DiMatteo Vineyards, Hammonton
- Plagido's Winery, Hammonton
- Renault Winery, Egg Harbor City
- Sharrott Winery, Winslow
- Tomasello Winery, Hammonton
- Valenzano Winery, Shamong

Cape May Wine Trail

- Cape May Winery & Vineyard, Cape May
- Hawk Haven Vineyard & Winery, Rio Grande
- Jessie Creek Winery, Cape May Court House
- Natali Vineyards, Cape May Court House
- Willow Creek Winery, Cape May

Gloucester-Salem Wine Trail

- Auburn Road Vineyards, Pilesgrove
- Cedarvale Winery, Logan Township
- DiBella Winery, Woolwich Township
- Heritage Vineyards, Mullica Hill
- Monroeville Vineyard & Winery, Monroeville
- Southwind Vineyard & Winery, Millville
- Wagonhouse Winery, Swedesboro

Shore Wine Trail

- 4JG's Orchards & Vineyards, Colts Neck
- Cream Ridge Winery, Cream Ridge
- Laurita Winery, New Egypt
- Working Dog Winery, Robbinsville

Sussex Wine Trail

- Cava Winery & Vineyard, Hamburg
- Ventimiglia Vineyards, Wantage
- Westfall Winery, Montague

Warren-Hunterdon Wine Trail

- Beneduce Winery, Pittstown

- Brook Hollow Winery, Columbia
- Four Sisters Winery at Matarazzo Farms, Belvidere
- Hopewell Valley Vineyards, Pennington
- Mount Salem Vineyards, Pittstown
- Old York Cellars, Ringoes
- Terhune Orchards Vineyard & Winery, Princeton
- Unionville Vineyards, Ringoes
- Villa Milagro Vineyard, Finesville

Other Wineries

- Swansea Vineyards, Shiloh
- Turdo Vineyards & Winery, Cape May

Passport Program

An annual Walk in the Vineyard Wine Trail Weekend takes place each summer throughout the state. Visitors can pick up a Garden State Wine Growers Association Passport at any participating winery and have it stamped at each winery they visit. It can be activated online at www.newjersey-wines.com. Visit wineries throughout the year, and when it is completed, mail it back to the Garden State Wine Growers Association for a complimentary set of crystal wine glasses if received by Memorial Day.

The Passport is also entered into a drawing to win a Grand Prize trip for two. The destinations change each year, but past locations have included German and French wine countries.

There are more than 30 wineries that are members of the Garden State Wine Growers Association. For a listing of members, contact information and offerings, as well as a map that shows their exact locations visit www.visitnj.org/new-jersey-wine. Then let the exploring begin! ■





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** Proceeds from table rentals to benefit participating animal
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Manalapan Welcomes the Andee Plaza Pharmacy

By Susan Heckler

On April 27, Manalapan celebrated the grand opening of Andee Plaza Pharmacy in the Andee Plaza Shopping Center on 130 Route 33 West and Sweetmans Lane. This family owned and operated business is a welcome addition for Manalapan and its neighbors.

The pharmacist, Sailaja Nalam, has her Doctorate in pharmacy and is also an owner of the business. When you have your prescription filled, it is by the pharmacist and not a technician as with many of the big chain stores. She is also available to discuss any related issues and questions. Many of you understand the difference between speaking with an owner versus an employee.

While the store is already conveniently located to many neighborhoods in Manalapan and the surrounding towns, they also offer home delivery services. This is a wonderful plus for those stuck in, at home with an illness or as a caregiver of someone. Sometimes you just can't leave the house to run an errand for various reasons.

The Nalam's are very thankful for the assistance given by Manalapan Township and their agencies that have shown such support for their new business. They said from start to finish, it was a pleasure. Many members of the government were there to celebrate the grand opening.

Manalapan Mayor Jordan Maskowitz said "We are very excited and pleased that the owners of the Andee Plaza Pharmacy have chosen Manalapan to open their business. The Route 33 corridor is an area that is in need of and should have quality businesses such as this one. It is one of the targeted zones by our Economic Development Commission. The friendly and personal service you receive at the Andee Plaza Pharmacy not only adds to the much needed goods and services on the south side of the Township, but helps insure the quality of life they deserve and proves why Manalapan is a "Great Place to Live!" ■





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Central Jersey Horseman's Association Show Is June 8th



The Variety Show begins at 8am at East Freehold Park showgrounds on Kozloski Road in Freehold, highlighting a variety of competitive classes, hunters, jumpers, dressage and more.

Whether you are a seasoned expert, or are just starting out in the show circuit, the Central Jersey Horseman's Association invites all horse enthusiasts to join their association and attend their horse shows. The organization holds a series of six NJPHA/APHA PAC/TIP recognized schooling shows, culminating in a not to be missed year-end awards banquet. The shows are designed to accommodate exhibitors of all levels in a variety of divisions for English, Western and Standardbred disciplines. Also ECRDA/NJWDA recognized dressage, and new this year, they will be offering a very small equine division at all shows and driving at the May, June and September shows.

The year-end awards program is a fun and well-attended event that recognizes individual achievements based on points exhibitors have accumulated at CJHA shows throughout the season. At this banquet, members may receive awards for the 2014 Grand and Reserve Division Championship, as well as trophies and ribbons through 10th place in each division, plus special year end awards for Marshall & Sterling classes. There are several perpetual trophies awarded for various achievements as well as Trainer of the Year award. Member trainers who meet minimum show attendance criteria will receive special recognition and a gift.

For those of you who are looking for a schooling show to brush up or you just want to give them a try before joining, they now offer a 1-day guest membership (\$15).

The Association holds regular meetings throughout the year. All members are invited to attend and voice their recommendations and any concerns they may have.

Take some time to explore the website. If you have any questions you can contact us at 732-531-8245 or email: info@cjhs.org

Becoming a member of CJHA provides an opportunity for friendly and meaningful competition, meeting new people, testing riding skills, learning sportsmanship and enjoying horses. They welcome new members and visitors, and look forward to seeing you all in the coming show season. ■

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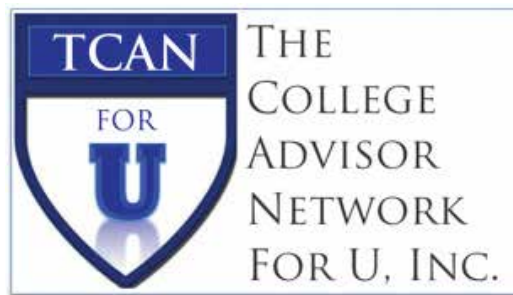
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PRESENTS...

THE MILLSTONE TIMES' STUDENT OF THE MONTH

ERIKA CITRIN

By Pam Teel



Twelfth grader, Erika Citrin, is looking forward to her graduation in June from Allentown High School as she prepares to attend the Joffrey Ballet School in NYC. This 17 year old from Millstone Township held honors and AP courses throughout high school. She found it to be a bit challenging juggling studying with dancing lessons four to five hours every night.

Erika's favorite subjects in school are Spanish and English. She loves being able to learn another lan-

guage and believes that it will be the most useful skill she will take with her once she graduates. As for English, Erika loves to read. She enjoyed reading *King Lear* in English II Honors. She also liked reading *Beowulf* and *A Tale of Two Cities* along with teen fantasy novels, but Mao's *Last Dancer* is one her all time favorite books.

Erika doesn't get to watch a lot of TV but does like the fantasy shows such as *Once Upon a Time*. Erika likes all different genres of music as long

as it doesn't sound like screaming. "As a dancer, I think it's important to be open to all types of music. I have to be able to appreciate and interpret all styles of dance and music," she stated. Erika also enjoys bowling with her friends. She is a party host at a bowling alley where she puts her earnings to good use, taking extra dance classes in the city.

Erika's favorite place to visit is Australia. Her family went there one summer for five weeks and it was one of the most amazing experiences of her life. She also loves going to Cape Cod where she and her two sisters like to collect hermit crabs on the beach. She is very lucky to have two parents who are so supportive of her dreams.

Erika loves animals. Besides having a fish tank, Erika also has two dogs. She believes in adopting from shelters and from pet rescue groups. Her favorite holiday is Christmas. Pasta with tomato sauce is her favorite food to eat along with fruit.

With her academic standing so high, many of her teachers didn't understand why she chose her passion to dance as a future career instead of doing something along the academic line, but Erika must follow what is in her heart. She has been dancing for five years at the Step by Step Studio in Millstone Township. "Without the studio, I wouldn't be the person or the dancer that I am today," she stated. Along with the dancing, she is looking forward to becoming a Pilates Instructor.

Erika is very much into fundraising. She thinks that people should get involved more and perform acts of kindness even if they don't know the person who is ill. It's great to see someone so young, who is focused on pursuing what she loves to do the most. Erika, may all of your dancing dreams come true! ■

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MONMOUTH COUNTY EVENTS

Continued from page 6

Eco-Elephant Family Flea Market

June 21, 9am-1pm
732-542-1642, ext. 31
Dorbrook Recreation Area
209 County Road 537, Colts Neck

Battle of Monmouth Re-Enactment

June 21 & 22, 10am-5pm
732-780-5782
Observers are encouraged to arrive early for seating and various activities before the beginning of the re-enactment each day.
Monmouth Battlefield State Park.
347 Freehold-Englishtown Rd., Manalapan

Win & Wine Weekend at Monmouth Park

June 21 & 22, 12-6pm
732-222-5100
Sample the Garden State's finest wines.
Monmouth Park Racetrack, 175 Oceanport Avenue, Oceanport

Blues by the Beach in Long Branch

June 22, 7-8:30pm
732-923-2044
A Sunday night music series featuring local bands.
West End Park, Brighton Avenue, Long Branch

Bill Maher

June 22, 7:30pm
732-842-9000
Count Basie Theatre
99 Monmouth Street,
Red Bank



Move Live on Tour

June 24, 8:00pm
732-842-9000
Julianne & Derek Hough perform all styles of dance from ballroom and tap to salsa and hip-hop & everything in between.
Count Basie Theatre, 99 Monmouth St., Red Bank

Spring Lake Garden Tour

June 25, Call for times
732-449-0577
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Sandy Hook 2014 Free Summer Concert Series

June 25, 6pm
732-291-7733
Each Wednesday during the summer come enjoy live entertainment at Sandy Hook's beach.
Beach Area E, Gateway National Recreation Area, Sandy Hook

Chazz Palminteri: A Bronx Tale

June 26, 8:00pm
732-842-9000
Academy Award actor Chazz Palminteri returns for an unforgettable performance mirroring his successful run on Broadway.
Count Basie Theatre, 99 Monmouth St., Red Bank



Craft Market at Allaire Village

June 28, 10am-4pm
732-919-3500
Historic Allaire Village
Allaire State Park,
Rt. 524/4265 Atlantic Ave., Wall

Annual Asbury Park Jazz Festival

June 28 & 29, 12-7pm
732-502-5749
Jazz on Saturday, blues on Sunday. Art show, beer and wine garden, 20+ local food vendors, crafts, local and national acts, childrens activities including rides, face painting and sand art.
Sunset Park, Sunset Avenue & Main Street, Asbury Park

Red Bank Rockin' Country

June 28, 12-9pm & June 29, 12-7pm
732-842-4244
Enjoy great food and country music.
Marine Park, Red Bank

Taste of Highlands Restaurant Tour

June 28, 12-6pm
732-291-4713
Check in locations at Huddy Park or Veterans Park to pick up a map of participating venues and a complimentary backpack.
Party limo will escort visitors on the tour.

Doo Wop Extravaganza!

June 28, 7:30pm
800-590-4064
Ocean Grove brings back the "Golden Era" of Doo-Wop with four chart-topping groups who created such memorable hits.
Great Auditorium, 22 Pilgrim Pathway, Ocean Grove

Happy Together Tour 2014

June 28, 8:00pm
732-842-9000
Come and enjoy the great songs recorded during the 60s and 70s by the original artists, live.
Count Basie Theatre, 99 Monmouth St., Red Bank ■

Millstone Writer Has Her First Book Published

By Pam Teel

Jolene Hart graduated from Allentown High School in 1999. From there she attended Bucknell University where she majored in English and Spanish. Hart enjoyed writing for the school newspaper and interning at a publishing house in London where she contributed her articles to several magazines.

She credits her love for writing as an extension of her love for reading. Being on the quiet side when she was younger, she found that she could

better express herself through the written word. She recalls her first paying jobs writing for local newspapers, and after moving to New York City she became an online editor and red carpet reporter for the celebrity magazine called *Inside TV* where she interviewed famous stars like Angelina Jolie and Madonna. This was just a stepping-stone on her journey as a journalist and a beauty editor writing for such international publications such as *People*, *InStyle*, *Allure*, *Organic Spa*, and *Prevention*. Based on her years as a beauty editor and on her own experiences, Ms. Hart decided it was time to share her knowledge

about the nutritional values of certain foods and their contribution to a healthier looking you. The book, *Eat Pretty—Nutrition for Beauty, Inside and Out*, includes 85 everyday foods that help aid the body in one way or another. For instance, did you know that garlic has a high anti-inflammatory value, aiding in preventing diseases such as cancer, and helping those with acne issues and skin sensitivity? Did you know that dandelion greens also help aid acne and aid in brighter clearer skin, and that a handful of dandelions have over 100 percent of your daily vitamin A needs?

Ms. Hart breaks down food sources as far as nutrients and beauty benefits. She also lists anti-aging herbs and spices. Did you know that oregano has antioxidants; antimicrobial properties that make it a popular cold fighter? Did you know that rosemary boosts mood and memory? You can find these tidbits and so much more, plus dozens of recipes to choose from throughout this informative book.

The transformation in the way you look, according to Ms. Hart, actually starts with a makeover for your pantry, your fridge and your kitchen cabinets. You'll learn what the most important ingredients to stock in your beauty kitchen are as Ms. Hart coaches you along to a healthier Eat Pretty Lifestyle. As you nourish your body with these Eat Pretty Foods you'll see the potential to bring beauty into every choice you make. What is your next bite going to do for your hair? How about your mood or your skin? This book is a must have for those wishing to change their lifestyle habits to that of a healthier one.

Ms. Hart is a certified beauty and health coach. In 2010 she founded Beauty Is Wellness (www.beautyiswellness.com). On her site she presents expert advice on looking and feeling your best from the inside out. She currently resides in Philadelphia with her husband and newborn son and continues to write for many international magazines. You can find Ms. Hart's book, published by Chronicle Books, at Amazon.com. ■



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Millstone Resident Swam with the Sharks

By Susan Heckler

Anyone meeting Millstone resident Anthony Caputo for the first time, up until recently, asked the same three questions: why didn't I think of that, you mean it doesn't already exist, and when are you going on "Shark Tank?"

Anthony and two close friends from his childhood came up with a great invention. Sal DePaola and Cousin John DePaola grew up in Staten Island with Anthony. All of them painted homes from a living at one time or another. If you have ever done painting, you will know one of the most frustrating and a tedious part of the task is what to do with the wet paint brushes. Good brushes are expensive, so if not cleaned or stored properly, will need to be replaced.

Voila, The Paint Brush Cover (www.thepaintbrush-cover.com)! The men came up with a storage container for paint brushes which will save time and money. It provides an airtight seal that will allow

storage of a wet brush (with paint) for future use. They started by sketching the design three years ago in a garage in Jackson and were one of the lucky 50,000 applicants a year who applied to "Shark Tank" and got the chance to promote their invention.

The trio requested \$50,000 with 10 percent equity in the company.

On the show, which aired on April 4, Lori Grenier became their partner in paint brushes with a

deal of \$200,000 at 20 percent equity, including funds for first-purchase orders and plenty of connections in chain stores. They can't discuss much about it, but said their business changed overnight.

Anthony practices Wealth Management with Calton & Associates in Matawan. His friend and partner, Sal, is a firefighter, and John is a painter and general contractor who worked on the new Freedom Tower. Their great idea has painted a wonderful future for the three of them! ■



Their great idea has painted a wonderful future for the three of them!

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What's New in Your Schools

By Susan Heckler

Dr. Karen Jones, Superintendent for the New Egypt School District has advised that over the course of the 2013-2014 school year, they have been working closely with staff to implement the new teacher evaluation system using the Danielson Model. They have been preparing for the Partnership for Assessment of Readiness for College and Careers, utilizing prototypes within district assessments that will be used in the coming school year. In preparation, they have upgraded their wireless systems and purchased multiple Chromebook carts for the schools.

They are in their third year of professional development training in our Writer's Workshop initiative and year one

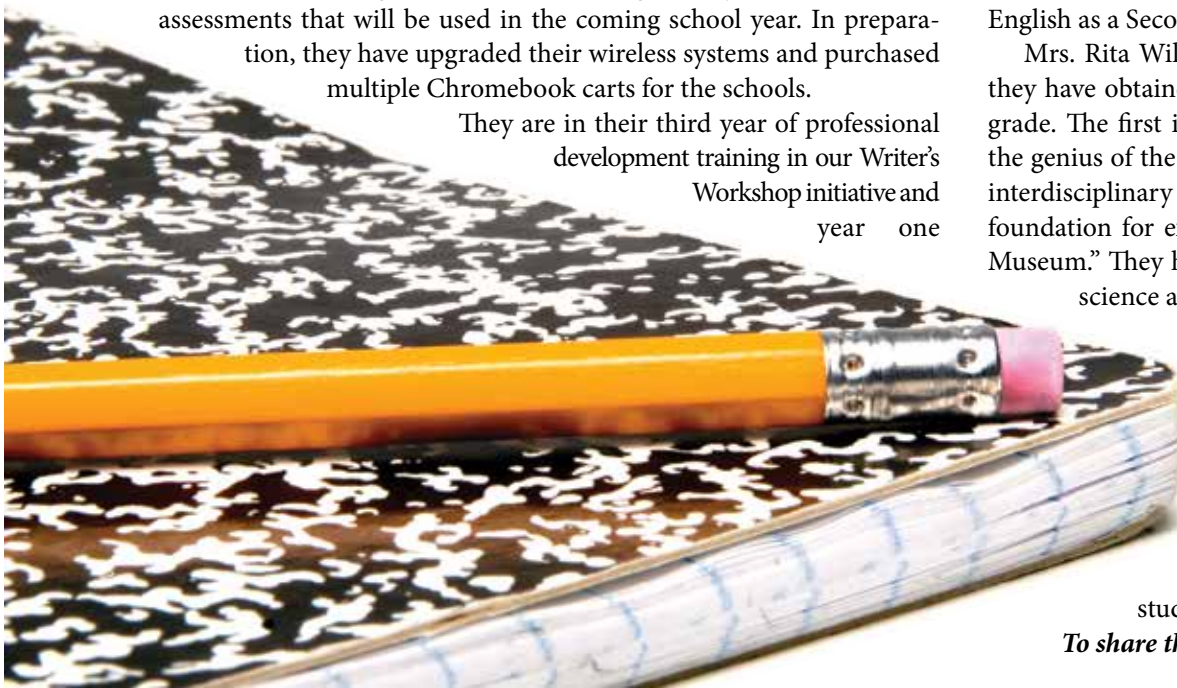
of Reading Workshop Training. Additionally, they adopted the Reading Wonders program in grades 2-5 this year. A new K-12 mathematics series is planned and budgeted for the 2014-2015 school year.

They have conducted SIOP (Sheltered Instruction Observation Protocol) professional development sessions for teachers over the last two years to support (ESL) English as a Second Language students.

Mrs. Rita Williams, art teacher for Plumsted Township Pre K-5 school, reports they have obtained two grants for art for our students in grades pre-K, K and first grade. The first is a national Crayola grant entitled "Leonardo Learners," infusing the genius of the artist Leonardo da Vinci into their art curriculum and celebrating interdisciplinary learning. They also won a grant from the NJEA/Frederick L. Hipp foundation for excellence in Education award for a project they call "Our School Museum." They have created an in-school museum that highlights art with history, science and literacy.

On March 4th, they held a Make a Book Night and over 70 families attended, making original books starting with a real blank book. On March 26th, they had Classroom Closeup. A film crew came to film the students in action! They came to see the school museum and stayed to film the March 26th "make a masterpiece night." Their school garden is something they are very proud of. They planted bulbs in the fall which were donated by Mrs. Colleen Gravel. The garden is now an outdoor classroom and students all spend time there learning about our environment.

To share the news in your school, contact tmft@optonline.net. ■



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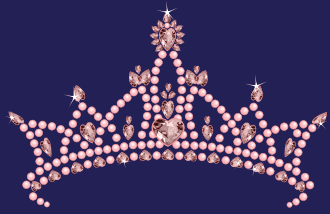
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Miss New Jersey Jr. National Teenager

On April 27, 2014, Mackenzie VanDenBogart from Cream Ridge, NJ was crowned Miss New Jersey Jr. National Teenager. The pageant was held at the Ocean City Music Pier, Ocean City, NJ April 25-27. Phases of competition included Interview, School Activities, Community Service, Expression in Jeans, On Stage Question and Evening Gown. Mackenzie, daughter of Joe and Cindy, is 15 years old and attends Notre Dame High School in Lawrenceville, NJ.

In addition to capturing the overall title, Mackenzie received the Community Service award for the many hours she devotes to various community service projects, in particular, her work with the Smile Train. This organization provides surgeries to children in under-developed countries who were born with a cleft lip and/or palate. To date, Mackenzie has raised funds for over 28 life-changing surgeries. She also developed a website and Facebook page—Mackenzie Makes A Difference—where she spotlights various ways others can get involved in their own communities. Additionally, she shares her experiences from various events she organizes and attends.

Mackenzie will represent New Jersey when she travels to Nashville, TN July 22-28 to compete for the National title. "America's National Teenager Scholarship Organization was founded in 1970 upon the principles of celebrating a young woman's smarts and big heart. Therefore, while the world around us has changed, our company has not. We still focus on the female's academic potential, contribution to community, and the ideals and power that women have, at any age, to make a difference," states CEO and Owner, Jenny Telwar. The 2014 National event in Nashville, TN will consist of several days in competition, and fun city events like a Celebration Party at the famous General Jackson, a Nashville photo shoot, and family fun game nights. Winners will walk away with more than \$40,000 in scholarships for college along with various other prizes. ■



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Monmouth County Opens \$23.2 Million 911 Call Center

The doors to Monmouth County's \$23.2 million public safety center, which will consolidate the county sheriff's and emergency management staff under one roof and house a 911 call and dispatching center for most of the county's municipalities has opened.



The 45,000-square-foot building at 2500 Kozloski Road, located behind the county's police academy, replaces an adjacent 911 communications center in use since 1986 that was one-tenth the size of the new space, officials said.

The new building is equipped with giant GPS screens and state-of-the-art

technology that will provide all county and local first responders with the capability to communicate with each other during large-scale incidents, according to Sheriff Shaun Golden.

It also will enable the sheriff's office to move other staff from the sheriff's administrative offices on Main Street to the new building, as well as house the county's emergency management staff who are now located in a building on Halls Mills Road, Golden said.

Lt. Gov. Kim Guadagno said the new facility provides an opportunity to save lives. ■

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Barrel Racing in New Jersey

By Susan Heckler

Barrel racing originally developed as a women's event for rodeos. It is generally believed that this competitive sport/hobby became formalized in Texas.

Boys and girls compete at the youth level and men compete in some of the amateur venues. It is primarily a rodeo event for women in collegiate and professional ranks. Barrel racing combines the horse's athletic ability and the skilled horsemanship of a rider, with the goal of safely and successfully maneuvering a horse through a clover leaf pattern around three barrels. These are typically three 55 gallon metal or plastic drums placed in a triangle in the center of an arena.



On the local level, many horse farms give lessons and train riders to compete in barrel racing. There are also farms that will train your own horse for these events. As with much of the racing industry, the winners can go home with a sizable prize. This is a sport that people of any age and any skill level will enjoy as a participant or spectator.

The WPRA (Women's Professional Rodeo Association) was developed in 1948 by a group of women from Texas. Up until this point, rodeo events were dominated by men. Now, there are several events where women compete, although barrel racing remains the most popular.

The NBHA (National Barrel Horse Association) which is headquartered in Augusta, Georgia is the largest barrel racing organization in the world. They revolutionized the barrel racing industry in 1992 by pioneering the divisional format, which allows riders of all skill levels a chance compete. The NBHA has over 23,000 members of all ages across the United States and affiliates in twelve countries: Australia, Brazil, Canada, China, France, Hungary, Italy, Mexico, Panama, Spain, Switzerland and the Netherlands. NBHA Members compete at District, State, National and World Championship levels. Each state is divided into competition Districts where members compete for money and prizes at a local level. New Jersey joined the Colonial District along with Connecticut, Maine, Maryland, Massachusetts, New Hampshire, New York, Pennsylvania, Rhode Island and Virginia.

Monmouth County is part of NJ District 1 of the NBHA. Our very own Horse Park of New Jersey in Allentown hosts a barrel racing series with upcoming events as below. For information on the event, contact Erica Friedman (908) 963-1989. The Horse Park of New Jersey at Stone Tavern is located at 626 Route #524, Stagecoach Road, Allentown, NJ 08501, phone: 609-259-0170.

Check out family-friendly barrel racing with your barrel of monkeys. Events will take place on May 26, July 13, September 14, October 19 and November 16, 2014. It's something fun to do in beautiful Monmouth County and may turn out to be a barrel of laughs! ■

Let Me Shake Your Hand (with a Paw), Buddy Amato

By Susan Heckler



Buddy Amato has been in the news for many years and for many great things. Aside from being a 10th degree black belt with his own martial arts school in Hazlet, he is also Chief of Police for Monmouth County SPCA. We all know a man's best friend is his dog, but Buddy Amato is every animal's best friend.

Buddy keeps a full time position with MCSPCA where he answers calls of abuse and neglect 24/7. He personally performs at least 100 investigations a month and has extensive training in Title IV law pertaining to domestic and agricultural animals, educating the public, identifying animal cruelty, prosecuting animal cruelty cases and court room.

As much as Buddy is himself an animal lover, as a law enforcement officer and animal rights activist, he needs to have proper perspective. He carefully combines his job with his love of animals. Joining his mission is his staff of 10 at the Monmouth County SPCA. His salary is paid by the Monmouth County SPCA and by licks and looks of love from the animals he helps.

He states that of all of the investigations he does; only about 10% are cruelty cases. The rest are in need of education or just a warning. According to Buddy, "Animal cruelty isn't going away, people do stupid things. If they can't manage the animals they have, they should reach out for help before bad happens. As a citizen, you should report animal cruelty to local law enforcement."

Just this past winter, Buddy worked with the owners of the Millstone Koi Farm where the owner failed to properly care for hundreds of goats, sheep, chickens and horses.

The animals of Monmouth County join their owners and friends in thanking Buddy Amato for a job done well and with his heart. ■

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Stopping the Demolition of Greystone

By Pam Teel

The sprawling Greystone Psychiatric Hospital sits on top of a hill in Morris Plains. Opened in the year 1876 and at the time of its completion, it was the largest singular building in the country until 1943 when the Pentagon was built. Named after a plan developed by Thomas Story Kirkbride, it featured long wings that stretched out from a center point housing thousands of people at one time. Today the grand old hospital is abandoned, having shut its doors for good in 2008.

The State of New Jersey has recently announced the plans to demolish the old majestic building to create open space, costing the taxpayers over 50 million dollars in demolition, despite the fact that several different groups have come forward presenting plans to preserve the old buildings in an effort to keep them all from being torn down. Their plans include preserving and reusing all of the buildings on the property and they claim to have the backing to take on such a project. These groups have received nothing but a cold shoulder from the state, which has already begun razing some of the old structures on the grounds.



Top, The Kirkbride Building; right, Greystone Psychiatric Hospital, built according to a plan by Thomas Story Kirkbride

A group of concerned citizens have formed "Preserve Greystone." They are one hundred percent opposed to the state's decision to demolish the majestic old Kirkbride Building and the other buildings on the grounds. John Huebner, President of Preserve Greystone expressed, "These buildings were made to last. It would be a terrible blow to national history, architectural preservation, and environmental accountability, and a great disservice to future generations who will never be allowed to experience this monument to architectural engineering and psychiatric medicine if they are torn down. We have backers who have the money and strong interests in saving these old buildings and in preserving the history behind it." The institution was built with the best intentions of the patients. The stretched out narrow wings provided many sunlit rooms and many windows so patients didn't feel like they were in prison. Even though some of the history might not be all good, we must be reminded that the mistreatment of people here in the hospital was not the fault of the building but of those hired to help treat the patients.

For more information: PreserveGreystone.org site. ■

Teens Make a Difference for Individuals at Special Strides



More than 500 teens from Monmouth, Ocean and Middlesex counties along with many Special Strides families participated in the 2nd Annual Special Strides Teen Color Fun-Run at Congress Hill Farm in Monroe, NJ. A non-profit organization, Special Strides is a Therapeutic Riding Center dedicated to improving the lives of individuals with physical and developmental challenges. Over \$100,000 was raised to benefit Special Strides and the Steven Werthan Memorial Fund. Teens from the Special Strides Club in Manalapan High School, Monroe High School NHS, St. Thomas More Youth Group, and Red Bank Catholic were among many of the groups involved in raising funds and making a difference for those individuals with special needs.

If you would like to learn more about Special Strides or the Special Strides Junior Committee of Young Leaders email Karen Goldberg at Kgoldberg@specialstrides.com or visit the Special Strides website at www.specialstrides.com. ■

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The Babysitting Files

Tips and Advice from "Sitter Jamie"

FOR PARENTS:

It is a competitive market when it comes to getting and keeping a good sitter these days. You'll need to make your home a comfortable place for them to be.



Pay Rate: In Central New Jersey, the starting rate for a babysitter is \$10.50 an hour, and it goes up from there. Obviously, the better you like your babysitter, the more you'll want to pay her, within reason. After all, if you are paying \$10.00 an hour and the people down the street offer her \$12.50, it's quite possible that she will move on and work for them. Loyalty is a wonderful thing, but keep in mind that babysitting a quiet ten-year-old is different than babysitting a set of 18-month-old twins, so set your rates accordingly.

Be Nice & Follow These Standards: This should be standard practice, but all too often it isn't. Simply being kind, generous, and respectful of your babysitter will go a long way to ensure the loyalty that you are looking for.

- If you have to cancel at the last minute, pay her anyway. She gave up some of her time to be committed to your needs.
- Keep some of her favorite snacks and sodas in stock. Make sure she knows that she is welcome to them.
- Send her cards of appreciation once in a while.
- Round up when the pay isn't a whole dollar. Turn \$26.50 into \$30.
- Remember her birthday.
- Give her a bonus at Christmas.
- Give her tips once in a while.
- Come home on time every time.
- If you do have to be out past the time you said you would, call her and let her know. Then pay a higher rate for the extra time.
- Teach your children to respect her.
- Have a meal prepared, or leave her money to order pizza.
- When there is a problem don't automatically take your child's side. Listen carefully and then take time to think about what you have heard.
- Give her good references. If she's that good she'll get the other jobs anyway.
- Common courtesy is important at all times.

FOR BABYSITTERS:

Babysitting is a great way to earn some extra money and be entrepreneurial, as well as gain responsibility and maturity. I started babysitting around the age of 9 as a mother's helper and had a lot of fun caring for children. But often times the job is not as easy as it sounds. You have to find families who need help, transportation to your babysitting jobs, and of course you must have all the characteristics people look for in a caregiver for their children.

- Get consent from your parents. Babysitting is a great way to earn money and have fun with children, but you need to deliberate with your parents first. Some mothers or fathers will come down on this idea with an iron fist, so how do you persuade them that you are responsible enough to take on this job? Read on to find out how.
- Select a name for your business. Be professional and make some business cards to hand out to prospective clients.

Continued on page 52

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Monmouth County Historical Association Invites Classrooms for a Visit

Monmouth County Historical Association collects, preserves, and interprets its extensive museum, library, and archival collections that relate to Monmouth County's history and culture and makes these resources available to the widest possible audience.



The Association promotes the study and appreciation of regional and national history through educational programming, publications, special exhibits, and research services. The Association also preserves and interprets five significant historic sites which represent the County's vanishing architectural heritage.

Through its pursuit of these objectives, the Association enriches the quality of life in Monmouth County by preserving and passing on knowledge of its diverse heritage for future generations.

Our school programs are designed to make the past come alive for students. Experienced educators present interactive programs designed to meet many of New Jersey's Core Curriculum Standards, particularly in Social Studies and Language Arts Literacy. Programs are available at the historic houses, at the Museum, or brought to your classroom. They are especially appropriate for grades 3 through 5, but can be adapted to accommodate any age group.

Museum Programs at the Main Building in Freehold

Available Tuesday through Friday

Program Length: 60 minutes

Battle of Monmouth

The tour of the museum's permanent exhibition of the "Battle of Monmouth" illustrated by paintings and objects used on the battlefield.

The Discovery Room

The Discovery Room offers children a rich experience in a hands-on interactive gallery designed just for them. Reproduction items allow children to learn first-hand about life in the past by carding wool, playing with old fashion toys, and trying on Colonial and Victorian costumes and discovering toys of the past. In addition, a fully equipped camp tent, like those used by Revolutionary War soldiers, is set up for children to climb in.

Traveling Trunk Programs

Battle of Monmouth

Costumed interpreters bring clothing, canteens, maps, prints, and other artifacts, to give students a sense of what life was like for soldiers and camp followers at the Battle of Monmouth in June 1778. Program length: 90 minutes

From Fiber to Fabric

See the tools of textile production in action! Costumed interpreters show students how to card, spin and weave wool. Students will learn who in the family had to help and why fabric was so valuable in the 18th century.

Program length: 60 minutes

Reading an Artifact

By using inquiry-based learning techniques to examine various artifacts, students will find clues in everyday objects from the past to help learn about

Continued on page 50


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Millstone Twp. Hospital Auxiliary

Continued from page 1

cost \$55.00 per blanket. To order please contact: Madeline Jacobus at 732-513-3682, Louise Taylor at 609-259-2684, or Valerie Mac Phee at vamph1@verizon.net. All funds and donations from the Historic Blankets go to the Advancement of the Cancer Care Center at CentraState Hospital.

The Hospital Auxiliary is now in its 49th year fundraising for the CentraState Medical Hospital. With about twenty members, the Hospital Auxiliary is always looking for more volunteers to help them in their fundraising efforts. If you would

like to find out more information about joining the Hospital Auxiliary, you can attend one of the meetings at 7:30pm the first Thursday of the month at the old Municipal building, 215 Millstone Road, Perrineville, or you can call Louise Taylor at 609-259-2684.

Why not purchase one today while supplies last and preserve a piece of Millstone's History for your family and for generations to come! ■

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Millstone Township: Preserving Open Space and Keeping It Clean

We have been very successful over recent years in acquiring and preserving open space in our community. Just drive by one of the "Welcome to Millstone" signs upon which you will notice that we proudly promote that we have preserved 6008 acres. But just as important as acquiring the open space is preserving the cleanliness of all of the Township's properties. Litter throughout the Township is a detriment to our efforts to maintain our rural splendor.

The Millstone Township Environmental Commission, in conjunction with the Stony Brook- Millstone Watershed Association, sponsors an annual stream cleanup where litter is collected from the roads adjacent to the waterways in our township. Every year, approximately 1500 pounds of litter are retrieved from the streams and roadways within the Township. In addition, the Millstone Township Scout Troops perform a street cleanup on some of our most heavily traveled roads. But these isolated events are not enough to stem the tide.

The Millstone Township Environmental Commission asks all of you in our community to do what you can to help. Always put your trash in a garbage receptacle. Pick up any litter as you come across it when you can and if you witness any dumping in our community; report it to our Township Code Enforcement Officer at 732-917-2955.

In the coming months, we anticipate kicking off an "Adopt A Road" program where we will be seeking volunteer organizations or individuals to adopt sections of road, upon which litter cleanups will be performed periodically throughout the year. We welcome your feedback, ideas, and any help you can provide, to assist us in implementing this program. Please contact us via e-mail at Mariannehy@gmail.com. ■

COUNTY HISTORICAL ASSOCIATION

Continued from page 48

the people who used them, as well as the world in which they lived. Program Length: 60 minutes

Lenape Life

The life of the Lenape is presented using maps, artifacts and reproductions. Interpreters help students understand the early culture of our local Native Americans. Program Length: 60 minutes.

School Days

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The Blue or The Gray

Discover how the Civil War forced an entire country to divide and an entire population to choose sides. By handling reproduction uniforms and artifacts that a soldier might have used in daily activities, students will get a sense of what life was like in the Confederate and Union armies of the 1860s. Songs of the period will be taught that tell of the struggle of division. Program Length: 60 minutes. Recommended for grades 5-8.

To schedule a program or just to take a visit with your family, call Glenn May in the Education Department, 732-462-1466, ext. 23. ■

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Is Your Twitter Noticeable? By Jackie Berman

The #1 thing you need is an inviting Twitter account. Here's how:

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Avoid using too many hash tags, but you should know what hash tags are popular for your industry.

Are you re-tweeting any of your followers' tweets? Be active in re-tweeting, but be selective. When someone re-tweets your tweets, be sure to say thank you!

Has someone asked you a question and you ignored it? Answer all queries!

Create meaningful conversations. Respond to negative comments.

Your brain transfers so much information daily, but visual gets the message across so much better; include photos and video whenever possible with your tweets. A study by Buffer has shown that the power of visual increases Twitter engagement by 150%.

Keep your tweets short and sweet. Twitter's Best Practices Guide cites a report by Buddy Media that it's best for tweets to have 100 or fewer characters.

To get the most out of your tweets add some of the following most re-tweetable words to your tweets: please, free, check out, how to, you, twitter, please, re-tweet, help, please re-tweet, top or 10 to your tweets.

Get people talking by asking questions that are relevant to you. Twitter users love to share their opinion.

Share interesting content from other sites with your original content.

At last, don't forget to ask "what do you think?" Get your audience's advice and here's to happy twitter conversations! ■

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IN THE BURBS

New Egypt Speedway

By Susan Heckler

Looking for something different to do with the family? Take a scenic drive through the beautiful country roads with the destination of New Egypt Speedway!

New Egypt Speedway, aka Fort Dix Speedway, was built as a dirt track in the 1950's. Stock car racing dates back to the 1930's. They race on different tracks than race cars.

It is now a ½-mile of baked clay in a D shape, featuring side by side racing in all divisions. It has been in continuous operation since 1998. They offer theme nights and playgrounds for children. They have great concessions and allow food to be brought in from the outside. Kids 11 and under are always free.

Their motto is "Where Action is the Attraction!" and they do not fail to deliver. The New Egypt Speedway races Modifieds, Sportsman, Crate 1 Sportsman, Outlaw Stocks, Fastrak Late Models, and Rookie Sportsman. For those of us who don't speak "Speedway," Modified is modified stock car racing, one of the oldest types of racing in the United States, dating back to the days of the post-World War II coupes.

Many well-known drivers have competed over the years and are always happy to greet the fans.



June Schedule:

June 5 – USAC Wingless Spirits & ARDC Midgits	June 14 – Father's Day
June 7 – Scout Night	June 17 – Dirty Jersey 60
June 8 – Mud Hop	June 21 – Mechanics Night
	June 28 – Graduation Night

For more information on a family-friendly, little-bit-of-NASCAR fun time, contact New Egypt Speedway, 720 Route 539, New Egypt, 609-758-1900. ■

THE BABYSITTING FILES

Continued from page 47

- Pursue training. Before embarking on the journey of this fun business, I would recommend taking a babysitting class.
- Promote yourself. Post flyers and hand out your business cards. Use bright colors to get the parents' attention. Be sure to include ages you will babysit, your phone number, and days or hours you would be available. Do not give out your address or full name yet! Some people may be looking for you for the wrong reasons! Once you have printed these items, it's time to start advertising. Post your flyers in the neighborhood or at your school, library and so on or hand them out to neighbors. Consider creative ways to get your name known. Use blogs, cards, flyers, your logo on Halloween chocolate, etc. Don't over-advertise; pestering clients and potential clients is not professional.
- Determine what you will charge for babysitting. Depending on your area and expertise, it may be a good idea to find what others in your area with the same level of experience are charging so you can charge the same or a similar price as them.
- Be nice to the kids. Make them feel you are someone they can have fun with too! ■



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Millstone Friends to Sponsor 50-50 Raffle

The Millstone Friends are pleased to announce that they are sponsoring a 50-50 raffle to support their mission of historic preservation and cultural enrichment. The drawing will be held on July 1 at 4pm at the Thomas Baird Homestead, 24 Baird Road, Millstone Twp. The ticket price is \$10. Anyone who wishes to purchase a ticket may send a check payable to "MTFHRP," P.O. Box 216, Perrineville NJ 08535. Please include name, address, phone and email, and the ticket will be mailed to the purchaser. Winners need not be present at the drawing, and absentee winners will be notified.

Christie Administration Announces \$755,000 in Trail Grants

*Federal Funding Will Be Used to Improve
Recreational Opportunities Across NJ*

The Christie Administration has approved 39 applications totaling \$755,054 for recreational trails projects in 15 counties across New Jersey, plus a host of projects that cross many other county and municipal lines, Department of Environmental Protection Commissioner Bob Martin announced today.

The funds come from the Federal Highway Administration's (FHA) 2013 Recreational Trails Program and are administered by the DEP's Green Acres Program.

The goal of the Recreational Trails Program is to improve access to open space, enhance environmental resources, create urban and suburban corridors, and provide additional hiking, biking and horseback riding opportunities in all areas of the state, to be enjoyed by persons of all abilities, ages and means.



"Preserving and enhancing natural resources and open spaces, and providing affordable recreational opportunities for our residents are priorities for the Christie Administration," said Commissioner Martin. "The quality of life in New Jersey cities and towns is enhanced by our broad network of trails, which connect our communities to a vast array of green spaces. It is especially appropriate to announce the latest round of funding for our trails network during Earth Week."

The grants are awarded, through a competitive process, to groups that maintain, develop and operate trails. Recipients are required to provide a 20 percent matching share for each project.

"These funds are key to the continuing development and maintenance of our statewide network of

trails in New Jersey, providing for greater access to the state's many open spaces and enhancing the state's natural, wild and historic resources," said DEP Assistant Commissioner of Natural and Historic Resources Rich Boornazian.

The announcement of this round of grants was delayed for six months because much of the State Green Acres Program staff has been focused on post-Super storm Sandy buyouts of storm-damaged homes to help families impacted by the storm, through the Blue Acres Program.

The 39 grant recipients were recommended for funding by the New Jersey Trails Council and approved by the FHA. The Trails Council is comprised of representatives from hiking, mountain biking, motorized trail use, canoeing/kayaking and horseback riding interest groups, as well as several general trail advocates and state government representatives.

For more information on recreational trails in New Jersey, visit: http://www.state.nj.us/dep/parksandforests/natural/trail_grants.htm

The FHA provides financial assistance to states for developing and maintaining trails and trail facilities. The funds come from the Federal Highway Trust Fund, and represent a portion of the motor fuel excise tax collected from non-highway recreational fuel use. Since the program's inception in 1993, New Jersey has awarded more than \$17 million to federal, state, county and local governments, and non-profit agencies. ■

Open House at Fair Winds Farm in Cream Ridge to Celebrate the “Month of the Horse”



On Sunday, June 29, 2014 (rain or shine) from 1 to 4 p.m. there will be an Open House at Fair Winds Farm in Cream Ridge. Dr. Patricia Hogan, whose equine surgical clinic is located at Fair Winds, will be among those featured as part of the educational program being prepared for children and young adults. There will also be kids' activities.

The events of the day are free and will include, pending availability, a chance to see a rare white Standardbred, a 2-year-old colt named White Bliss, who was born at Fair Winds in May 2012. White Bliss, whose birth was a one-in-200,000 occurrence, is now in training and may race this season, but he will return “home” for the day if there is no racing conflict.

The farm is located at 74 Red Valley Road in Cream Ridge. ■

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Perfect Picnics in New Jersey

By Susan Heckler

There are so many times in our lives where less is more. Less stress, less technology and less distractions help us have more focus on family, friends and having fun. When you have family dinners or entertain at home; the television is blasting, phones ringing, kids hole up in their rooms with their tablets and phones and the day turns into dysfunctional togetherness. Not what you intended?

Simplify and try a picnic. Picnics have evolved from greasy fried chicken and overstuffed sandwiches. There are some great packable healthy alternatives and some wonderful destinations to enjoy them in. The standard picnic fare tends to be heavy foods like mayonnaise-based salads, alcoholic beverages, fried chicken, hamburgers and hot dogs, brownies, cookies, and other desserts. Aim for a picnic basket that contains lean meat, fish or chicken; and a whole-grain salad or two. Take advantage of the New Jersey grown local produce and have a kaleidoscope of fresh fruits and vegetables.

Any scenic spot is great, although I strongly recommend finding a place with bathroom facilities so when nature calls or hands need washing, you are prepared.

Here are a few suggestions for a great picnic location:

Holmdel Park in Holmdel has picnic pavilions (which can be reserved for large groups), open fields, 2 playgrounds, hiking trails, and an arboretum. Check out Historic Longstreet Farm to see what life on a farm was like in 1890.

Allaire State Park in Farmingdale has its historic 19th-century iron making town, Allaire Village, and antique steam trains on the Pine Creek Railroad. The Manasquan River winds through the park for canoeing and fishing. There are over 200 species of wildflowers, trees and plants as well as wildlife. Hikers, mountain bikers and horseback riders enjoy the many trails in the park as well as a picnic area.

Bayshore Waterfront Park in Port Monmouth is located next to Monmouth Cove Marina. There is a fishing pier, boating, swimming, playgrounds, entrance to Raritan Bay, and a backdrop of stunning views of the NY skyline. This park is home to the historic Seabrook-Wilson House dating back to the 17th century.

The Manasquan Reservoir in Howell offers things to do for everyone. They have picnic areas, trails for biking/hiking/equestrian, a boat launch, a nature center, and nesting bald eagles, and playgrounds.

Wells Mills County Park in Waretown is the largest park in the Ocean County park system with over 900 acres of Pine Barrens. Miles of hiking trails with varying degrees of difficulty can be found along with boating, fishing and grills for barbecuing. ■

Pack a Healthy Basket:

Looking for a healthy alternative to oversized sandwiches and buckets of fried chicken? There are many dairy-free and gluten-free recipes that are refreshing, gourmet and easy to prepare. Find your favorite recipe on the web, pack it in the cooler with some low calorie snacks and a couple handfuls of baby carrots and grapes. Pack bottled water and your family and friends will love the day you planned.

Don't forget your picnic essentials!

Napkins	or table cloth	Cooking & serving utensils	First aid kit
Wet wipes	2-3 bottles of water	Pots and pans	Insect repellent
Paper cups	Salt, pepper	Cutting board	Hats
Paper plates	Ketchup & Mustard	Sharp knife	Lanterns
Trash bags	Can opener	Bottle opener	Flash light
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LAMINATE, VINYL & TILE

INCLUDES **INSTALLATION!**

SHOP AT HOME & SAVE! HUGE SELECTION!



Carpet and flooring
for your best friends.

Smart Carpet offers a wide variety of affordable pet-friendly flooring options that look great and provide a durable surface for you and your best friends.

HARDWOOD

WE DELIVER! WE INSTALL!
WE WARRANTY YOUR INSTALLATION!

SHOP AT HOME & SAVE! HUGE SELECTION!



Need Hardwood
Flooring? Installed?
No problem.

The first step is choosing the right flooring from our huge selection. The next step is having it installed by a professional. Our prices include consultation, delivery and installation. We will even move the furniture!*



smartSTRAND
Exceptional Durability
Lifetime Warranty

282
sq. ft.
Reg. \$3.22 sq. ft.



Quality Designer Berbers
Includes Premium Padding
5 Year Warranty

from **237**
sq. ft.
Reg. \$2.77 sq. ft.



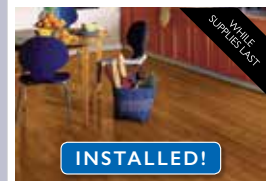
18x18" Luxury Vinyl Tile by Mohawk®

299
sq. ft.
Floor prep may be additional.



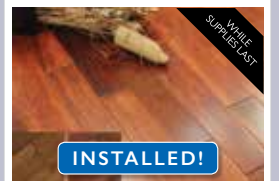
Quick Step® Select Birch Laminate Flooring
• Lifetime Warranty

459
sq. ft.
Floor prep may be additional.
Reg. \$4.86 sq. ft.



Bruce® Ascot Chestnut
2 1/4" Solid Oak Flooring
25 Year Warranty

653
sq. ft.
Floor prep may be additional.
Cannot be combined with any other offers.



Exotic Taun
3 1/2" Solid Hardwood Flooring
Available in 3 colors

739
sq. ft.
Floor prep may be additional.
Cannot be combined with any other offers.

GREAT VALUES - VARIOUS STYLES -

SUPER STAIN RESISTANT LEVEL LOOP

10 YEAR WARRANTY!
Reg. \$2.71/sq ft.....SALE **\$2.37/sq ft**

PLUSH SAXONY
10 YEAR WARRANTY!
Reg. \$3.28/sq ft.....SALE **\$2.87/sq ft**

SALT AND PEPPER TRENDY COLORS

BABBER POLE TWIST
Reg. \$3.73/sq ft.....SALE **\$3.19/sq ft**

MUCH, MUCH MORE! HUGE SELECTION!

BERBERS - OVER 500 STYLES -

QUALITY MULTI-TONES

10 YEAR WARRANTY!
Reg. \$2.98/sq ft.....SALE **\$2.61/sq ft**

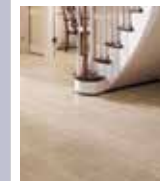
TRADITIONAL STRAIGHT STITCH

10 YEAR WARRANTY!
Reg. \$3.13/sq ft.....SALE **\$2.73/sq ft**

QUALITY DESIGNER BERBERS

10 YEAR WARRANTY!
Reg. \$3.26/sq ft.....SALE **\$2.85/sq ft**

MUCH, MUCH MORE! HUGE SELECTION!



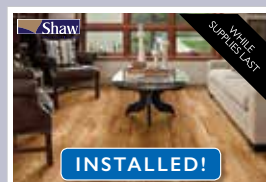
Mannington® Vinyl Flooring
Multiple patterns to choose from

from **333**
sq. ft.
Floor prep may be additional.
Reg. \$3.61 sq. ft.



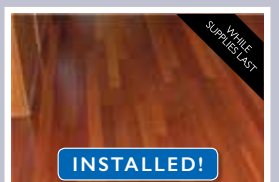
Congoleum® AirStep Plus Vinyl Flooring
with Scotchgard

429
sq. ft.
Floor prep may be additional.
Reg. \$4.66 sq. ft.



Shaw® Golden Opportunity
2 1/4" Solid Oak Flooring
Available in 6 colors

699
sq. ft.
Floor prep may be additional.
Cannot be combined with any other offers.



Brazilian Cherry
2 1/4" Wide Solid Wood Flooring

739
sq. ft.
Floor prep may be additional.
Cannot be combined with any other offers.



SMART Carpet
And Flooring!

\$250 OFF

ANY CARPET PURCHASE
600 SQ. FT. - 1,499 SQ. FT.

Coupon not to be combined with any other coupons, offers or third party discounts. Minimum square footage must be of the same carpet quality. Colors may vary. Coupon must be presented at time of the sale. Cannot be presented at time of installation. Excludes all prior sales & contracts. Expires 6/30/14.

Flooring for how you live. That's shopping **smart**. Call today for a **FREE** Estimate.



12 MONTHS Special Financing Available*
On purchases made with your **SMART Carpet Credit Card!** **APPLY TODAY!**



©Copyright 2014 Smart Carpet Inc. Sale ends one week from publication date. Excludes prior sales. *On approved credit. 25% down and minimum purchase of \$500 on financed orders only. Financing provided by GE Capital. Finance charges accrue on the purchase from the date of installation. IF THE SALES PRICE IS PAID IN FULL BY PROMOTION EXPIRATION DATE, NO FINANCE CHARGES WILL BE OWED ON THE PURCHASE. Otherwise, all accrued finance charges will be owed. Minimum monthly payment required. Within the United States: Standard APR 29.99, minimum monthly finance charge \$2.00. See SMART Carpet Representative for details. Excludes prior sales & current contracts. Not to be combined with any other coupons, offers or third party discounts. **G.D. is for glued down applications. Floor prep additional (if needed). Free furniture moving does not include pool tables, pianos, electronics or furniture requiring disassembly. Small fee for service available. *Your savings may vary.

NYCHIC#1442735 • NJHIC#13VH01833100 • PAHIC# PA087742

SMART Carpet
And Flooring!

\$200 OFF

ANY INSTALLED Bruce® hardwood floors
HARDWOOD FLOORING 250 UP TO 449 SQ FT

Coupon not to be combined with any other coupons, offers or third party discounts. Minimum square footage must be of the same hardwood quality. Colors may vary. Coupon must be presented at time of the sale. Cannot be presented at time of installation. Excludes all prior sales & contracts. Expires 6/30/14.

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