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MARTY'S PLACE

Senior Dog Sanctuary

By Pam Teel

Surrounded by tranquility, Marty's Place Senior Dog Sanctuary in Upper Freehold, NJ, is a facility with the sole purpose of giving senior dogs a place to call home in the last years of their life. The sanctuary is large enough to house forty senior dogs. For the past six months that it has been open, eight senior dogs get to share the facility, staff, and wonderful volunteers who are there to make them feel like they are home.

Owner, Doreen Jacubcak, sees the sanctuary number growing over the next few years. In order for that to happen, they will need the help of the public by means of people volunteering to come and spend some time with the dogs, monetary and item donations, and a general love for animals.

After retiring from a professional career, Doreen met Marty, a senior dog, and the source of inspiration that convinced her to one day follow her dreams. Marty spent six months in a shelter showing no enthusiasm to live any longer. The day before he was scheduled to be euthanized, the shelter found a rescue organization willing to take him. He lived in foster homes and doggie day care facilities for the next 18 months before he found a forever home with Doreen and her partner. After battling back from bacterial pneumonia, Marty eventually lost the ability to walk, but he still loved

sitting by the lake near their home, interacting with other dogs, and barking at bicyclers who went by. In the short time that he had left, Marty, probably for the first time in a long while, enjoyed his life.

Marty's Senior Dog Sanctuary is a 501© 3 non-profit organization dedicated to enhancing the lives of senior dogs and ensuring that older dogs whose owners can no longer care for them will have a loving home for life. Senior dogs seven years and older receive physical comfort, and emotional care and enrichment, in a safe, loving, and protected environment.

The resident dogs have ample opportunity for exercise, indoor and outdoor play, leashed walks, swimming and more. They are regularly groomed, nutritional needs monitored, and health issues addressed. The facility has individual dog rooms, indoor lounges, outdoor activity areas and 25 plus acres of wooded walking trails. In the building adjacent to it is an enclosed in ground salt water pool for resident dogs to exercise.

The pool is also available to nonresident dogs. Sessions are available four days a week. If your dog likes to swim and could use a little exercise, this is the place to take him. All dogs wear a life jacket and are supervised by a staff member.

The Sanctuary relies heavily on their volunteers.

They are the backbone of life at the Sanctuary. The more volunteers, the more dogs they could bring in and help out. If you love dogs, all you're asked is to spend some time with them. Pet them and play with them; sit on the couch with them, take the dogs for a walk, etc. They need socialization and they love it when people come to visit. Adults over 18 can find a volunteer application on the website. Youth (14-18) or groups wanting to volunteer together, contact: info@martysplace.org or call 609 259-1278.

The Sanctuary could also use help with fundraising, office work, general cleaning, and other areas of operation. You can find full details on their website.

Right now there is a strong need for mini milk bones, poop bags, pill pockets, and Clorox and Lysol wipes. The Sanctuary is located at 118- Route 526 in Upper Freehold. Items can be dropped off during hours of operation. Financial contributions can be made by check to Marty's Place Senior Dog Sanctuary or online through their website using PayPal or a credit card. Donations are tax deductible. Sponsorships are also available. See the website for details: www.martysplace.org.

Your generosity and kindness will help Marty's Place enrich the lives of all of the senior dogs that get to call the Sanctuary their home.



Staff member, Meghan Keefe, spends time with Morgan. Both have developed a strong bond for each other.



The Sanctuary is located off the road- access through a long driveway at 118 Route 526.



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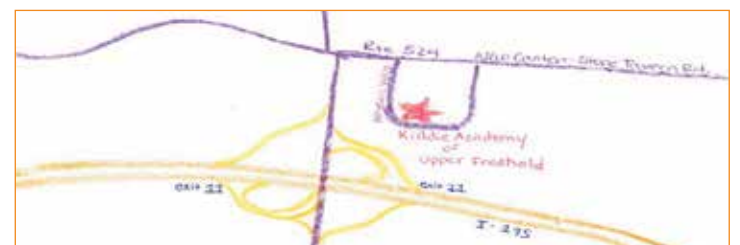
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Monroe Township Chorus

Remembers its Armed Forces and Veterans With a Musical Salute

By Pam Teel



For the past three years the Senior Adults of Monroe Township have been entertaining audiences, both young and old, with their free concerts. They perform two benefit concerts a year. This past November they held a show titled, "Broadway Magic." With each concert they perform, the crowd seems to grow larger. This year they held the performance at the Monroe Township Middle School where they were able to seat 1,200 people. When they first started out three years ago, there were sixteen members. Today they are proud to share the stage with 63 other senior members, all from different senior complexes throughout Monroe Township.

This past May, in association with the Veterans of Renaissance at Monroe, and Monroe Township, the Chorus honored all veterans and especially those who served in the Vietnam War. As the 50th Anniversary of the Vietnam War approached, all those that served in the Vietnam War were honored by Mayor Gerald W. Tamburro, who spoke briefly and introduced John P. Rose, PHD- Brigadier General (Ret) Department of Defense who honored Vietnam Veterans specifically along with all other Veterans. Through choral performances and sing along songs the chorus expressed their reverence, respect and gratitude to the Veterans and to all branches of the armed forces. Veterans attending showed their pride by wearing military decorations, uniforms, caps or jackets.

Proceeds from the concert went to homeless veterans, continuing education for veterans, hospital needs, and other veteran related needs.

The Monroe Township Chorus would like to thank the Veterans for their sacrifices and they would like to thank those who still guard us and our way of life.



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KEEP YOUR PARENTS BUSY

National Dare Day!

The St. Michael School's Italian Festival begins today, free admission, Waterloo Concert Field in Stanhope, NJ.

Junie B's Essential School Survival Guide today at the Kesley Theater in Mercer County College in West Windsor, NJ. Two performances: 9:45 and 11:30 am.

4th Annual Helmetta Strawberry Festival, St. George's Anglican Church, Helmetta, NJ

Bond and Beyond with the NJSO, 3:00 pm, at The State Theater in New Brunswick, NJ.

Happy Ramadan!



The Feast of St. Anthony Festival begins today in South Plainfield, NJ. Free admission!

National Best Friends Day!



Family Frogging Day at Kateri Environmental Center, in Wickatunk, NJ!

MOVIE RELEASE: Independence Day: Resurgence



Lighthouse International Film Festival in Long Beach Island this weekend!

The PAL Pet Show is today, at Summit's Village Green in Summit, NJ.

Night Moves: Visit the Turtle Back Zoo and discover the creatures of the night! In West Orange, NJ.

Happy Flag Day!



National Lobster day!



National Fudge Day!



MOVIE: FINDING DORY COMES OUT TODAY!!!



Disney Channel Star Jake Short is doing a meet and greet today at iPlay America in Freehold NJ.

Happy Father's Day!



The Summer Solstice- or rather, it's finally summer day!!



Terhune Orchard: Read and Pick Cherries! At Terhune Orchards in Princeton, NJ.

National Onion Ring Day!



National Pink Day!

Head to iPlay After Dark tonight!

11th Annual Long Beach Island Open Gallery and Studio Tour in LBI.

Firefly Festival at Terhune Orchards! Free admission.

Harry Potter Week-Full Day Camp: Hogwarts-related science, engineering math and reading! Heroes Academy in New Brunswick, NJ

National Insurance Awareness Day.

National Hug Day!



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Did You Know that...

By Pam Teel

Did you know that crows are highly intelligent beings? They have the same brain/body size ratio as chimpanzees (also not far off from humans). They also have an excellent memory and can remember your face.

Crows are members of the Corvidae family, which also includes ravens, magpies, and blue jays. Loud and very intelligent, crows are most often associated with a history of fear. They have long symbolized death because they are carrion birds that feed on dead animals. Many people believe that when a crow appears it means death is near or it can be a warning. Others believe it is a symbol of change. When the crow comes cawing it is to tell us that the time of change is here and now and to let go of the old self and the things that are holding us back.

Crows pay attention to how the human world works and use it often to their advantage. They have adaptive behavior. They can think and plan ahead. For example, some have been observed cracking walnuts by dropping them at the exact height needed to bust them open and others will drop the nuts in front of a moving vehicle, letting the vehicle do the work for them. Crows have strong sharp beaks. These crows also memorize the pattern of traffic lights to optimize the exact moment they drop the nuts, but also to make sure they only retrieve them when the light is red, so they don't get run over. They memorize what days and times the garbage men come. How many times have you put your garbage out the night before only to find it torn open in the morning, probably by a crow? They remember the days and memorize the cycle of the garbage truck.

They are great problem solvers and have been put through many levels of testing by scientists as to their ability to think and find solutions in a given situation. Crows also make and use tools. They can be trained to do many things. When scientists attached small cameras to New Caledonian crows, they discovered that the crows used small sticks to get bugs out of trees. The crows also used stiff leaves and grass to manufacture knives, and then use those knives to manufacture other tools.

Crows have been known to change their entire migration pattern to avoid farms where even one single crow has been killed or shot at for ruining crops. Generations later, they still remember specific houses to avoid. Crows have an unforgiving memory. They never forget. If you harm them, they can remember what you look like. Their memory is able to store the facial features of a person. They will immediately exchange information to other birds to warn them about you. They can also retaliate by dive-bombing the individual that tried to inflict the harm on them when they see them. All of the cawing isn't just noise. They talk to one another. They are not only capable of identifying threats within their visual range and relaying that information to others, they are capable of passing the info on from one generation to the next. There can be as many as fifteen or more members in a family at the same time. The young mostly stay with their parents for years.

Crows have a social life and recognize extended family groups. They can fight off other crows that threaten their family or their territory. Some mate for life unless their partner is killed. Both the male and female crow builds the nest along with other helping crows. The female is the one who usually finishes off the interior making it nice and comfortable for her. Crows roost in single groups together. You might have heard or seen them all resting together in a tree on their way somewhere. For many, this is a time for reuniting with old friends and family and also serves as a source of protection when in that many numbers.

Crows eat fruit, vegetables, small toads, bugs, fish, garbage, dead animals and anything else they can find that is edible. They have been known to take on and scare away larger birds such as ravens and eagles that threaten their family and food supply. Crows have iridescent colors that range from blackish green to purplish and blue tones.

They partially migrate. Most leave when it gets to cold but some stay around. A whole lot of crows are called a murder of crows. They have one successful brood a year. Crows can live a long life. The oldest recorded in the U.S. lived 29 years. The second oldest recorded lived to be fourteen. Crows can also talk and say a few words. They have been known to mimic people and other animals.

You can check out intelligent experiments with crows on Youtube. Also visit Joe the talking crow. There is also a short documentary worth watching on crows by Lesley the bird nerd and for a real laugh check out the crow boarding surfer- (the crow that was caught on camera entertaining himself by sliding down a snowy roof on a bottle cap over and over again).

So next time you come face to face with a crow, smile and be nice. Remember he'll be watching you!



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Cream Ridge Orthodontics Now is a Good Time for an Appointment

By Susan Heckler

Do you think your child may need braces? At what age should you start? The American Association of Orthodontists recommends that kids should have their first orthodontic consultation no later than age 7. Why so young? Pre-screening will allow the orthodontist the opportunity to spot problems with jaw growth and developing permanent teeth while the baby teeth are still present. If a problem is detected, then interceptive treatment can correct situations that may lead to more difficult orthodontic treatment in the future. If treatment isn't necessary then parents can be informed of future orthodontic needs. Think of the initial orthodontic evaluation as a "Well Visit" for your child's bite.

Your child's smile should light up their face and the faces of all who see it!

Dr. Yana Newman of Cream Ridge Orthodontics says "Now is a great time to schedule your initial evaluation appointment. If treatment is necessary, then summer is a great time to get started. School will be out soon and your schedules are a bit more flexible." Dr. Newman opened this second location two years ago due to her growing popularity in the area; making it more convenient for Dr. Newman's existing Bordentown Braces patients. Her patients appreciate her 15 years of experience and wonderful way of treating them.

Dr. Newman uses the latest techniques and equipment; her office is all digital. You get personalized treatment; the same doctor sees you each time. She and her experienced team pride themselves on excellence and love making you smile.

Adults seeking orthodontic treatment may consult with us at any time, since it is never too late to consider correcting your teeth. Dr. Newman offers many esthetic options for her adult and teen patients, including Invisalign and clear braces.

Conveniently located at 211 West Millstream Road, Suite 2 in Cream Ridge, you can call 609-286-7500 for information or check out the website <http://www.CreamRidgeOrtho.com> to learn more about Dr. Newman and schedule your complimentary initial consultation.

Shark Safety While Swimming At The Beach This Summer

By Joely Phenes

You may have seen news reports about increased shark attacks this past summer. If you're taking a family vacation to the beach in the coming weeks, and you're worried about letting your children swim in the ocean, check this advice from Florida's Fish and Wildlife Service before you go. This organization has a lot of important facts and tips. Don't go alone in the water. People swimming by themselves are more at risk.

Sharks feed during the pre-dawn and twilight hours. Stay out of the water then so you aren't mistaken for food.

Check for scrapes and cuts before entering the water. Sharks can detect the scent of blood from far away.

Take off the bling. Sharks perceive shiny jewelry and clothes the same way they perceive fish scales that glisten in the water. You don't want to look like a shark's main source of food.

Visit designated beaches - not every shore is appropriate for swimming. If you see diving seabirds or bait fishes there is most likely feeding activity in that area.

Don't let your pets in the water. Their erratic movements can be mistaken for bait fish.

Be careful around sandbars and steep drop-offs. These are popular spots for sharks.

Swim when lifeguards are present- they are trained to deal with water related emergencies.

Do not enter the water if sharks have been spotted - just don't.

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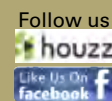


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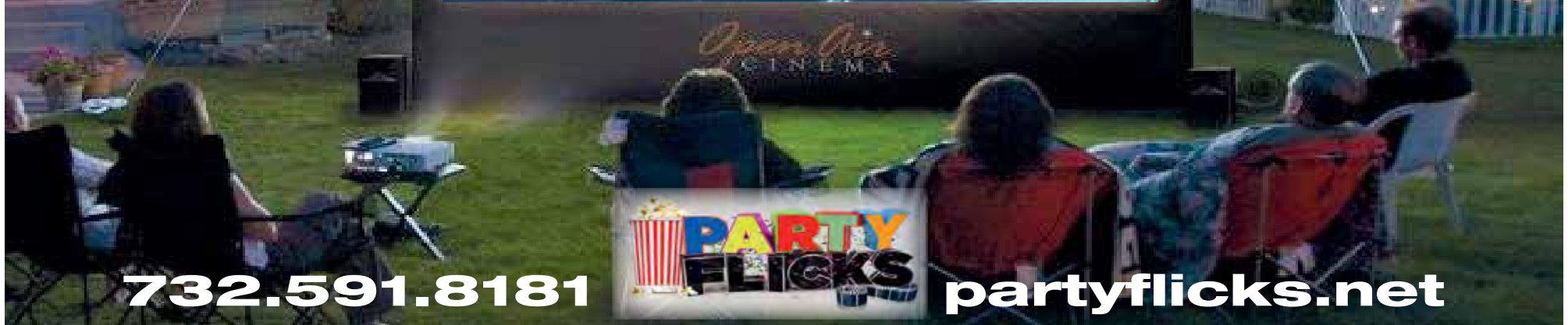
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WEEKEND GETAWAYS

More things to do this summer around Egg Harbor City

By Pam Teel

In the last issue we spoke about Historic Smithville Village located in Egg Harbor City. Not far from the Village is the Renault Winery, approximately 8 ½ miles away. The winery is recognized as one of the oldest continuously operating wineries in the United States. It offers the Tuscany House Hotel on the premises, an 18 hole championship layout golf course and two gourmet Restaurants. The winery was established in 1864 by Master Vintner, Louis Nicholas Renault, who came from France and settled in Egg Harbor City. The facility hosts weddings, events, wine tours, golfing, outings, and more. The Tuscany House Hotel is of old world charm and has a lot of ambiance. It's a great place to spend the night. For more info about the winery, go to: www.renaultwinery.com. Here are some other places to visit all within a fair range of the winery.

Storybook land in Egg Harbor Township is a great place to take the kids. It's also approximately 8 ½ miles from the winery off of the Black Horse Turnpike. For over 50 years, Storybook Land has been keeping the spirit of childhood alive in an entertaining and educational atmosphere. The timelessness of childhood will ring true as your family literally walks through its all-time favorite stories and nursery rhymes at Storybook Land. Children's classics are interspersed with exciting new family rides and attractions in a remarkably clean and enjoyable park setting.

Silver Fox Farm Alpaca's is just 2.2 miles from the winery. It's a wonderful experience learning about alpaca's. The animals are so gentle and friendly. Ralph, the owner, makes this a learning experience worth your time. You're able to walk right in the pen and feed and touch the animals. Each one has a name. There is a small shop to purchase handmade goods. For more info call 609 992- 3303. 714 W. Herchel St. Egg Harbor city.

Shooters Sporting Center. This is a large indoor gun range and store. It has hunting, fishing, archery, outdoor supplies, firearms, and more. Great place to browse around in. Located

at 1535, Route 539, Egg Harbor Township.

Lenox Factory Outlet- Ten miles from the winery and off the beaten track at 2606 Fire Road Egg Harbor Township. It is a large warehouse with a lot of inventory. The huge showroom also has other brands of home goods at reduced prices. It is an easy drive from Atlantic City and many other area attractions.

Days of Olde Antique Center is just two or three miles from Smithville Village. You enter a world filled with fascinating antiques, hard to find collectibles, gorgeous & unique vintage jewelry, handcrafted antique furniture of incredible beauty and so much more. This large building is filled with vendor's goods that will bring back memories from your childhood. 110 South New York Road (Route 9)Galloway, New Jersey 609- 652- 7011 daysofoldeantiquecenter@daysofoldeantiques.com

Batsto Village is just 7 miles from the winery. This is a historical, informative beautiful old village full of things to do. You can fish at the lake, picnic, hike through the trails, explore the restored worker's houses, tour the mansion, and visit the nature center for free. (You do have to pay four dollars for the tour of the mansion. You get to see almost the entire mansion inside) Enter the main exhibit building for a very informative history of the New Jersey Pine Barrens, and particularly Batsto Village, an 18th - 19th century village that was first an ironworks and later a glassworks. The buildings that survived are kept in traditional condition, and well maintained. There is a mansion, the original Post Office, and a number of support buildings from both the iron-making and farming history of the area. The origins of the Village date back to 1766, when Charles Read built the Batsto Iron Works. The building, which was erected along the Batsto River, was situated conveniently near natural resources used to produce iron; in fact, the Batsto River proved to be a goldmine of resources: wood from the forests became fuel and water from the river became power for manufacturing. By 1773, Batsto Iron Works had changed hands. John Cox, the Philadelphia businessman who now laid

claim to the Iron Works, began manufacturing supplies for the Continental Army. While the endeavors proved successful, manager Joseph Ball took ownership of the business in 1779. For more info go to: Batstovillage.org.

The Noyes Museum of Art

Building upon the core of the Fred and Ethel Noyes Collection, The Noyes Museum of Art of Stockton University provides the southern New Jersey region an opportunity to learn about, explore, and experience the arts. Visit their many sites throughout the county. For more info go to: noyesmuseum.org/about.html

If you happen to travel down route 9 in the vicinity of Little Egg Harbor, New Gretna, you might see some bizarre sites popping up along the roadside. Dragons, religious icons, dinosaurs, yes, even the Statue of Liberty. There's a 7 foot tall transformer and spear toting Roman centurion knights on stallions all along the large colored stucco wall. Behind this is the estate of Byung Taek Kim who purchased the property in 2010 to use as a summer house, shore retreat for his family. Behind the wall is just as bizarre with horse barns and riding paths, ponds filled with koi, a large swimming pool with a footbridge over it, fountains, waterfalls, lighted tennis courts, a large 400 year old statue of Buddha, a 20 foot tall giraffe sculpture, a bright red winged dragon and more. Written across the long wall are the phrases, "We are responsible for our own children and God Bless America." Some site seers are lucky enough to get the grand tour by Mr. Kim himself if he happens to be out and about. This intense scene has brought a lot of controversy to the township with some people hating all of the statues and others loving it. It has certainly drawn a lot of curious onlookers from out of town.

Others points of interest include Atlantic City, which is less than ten miles away, the Atlantic City Aquarium, the Absecon lighthouse, Lucy the Elephant in Margate, and the Edwin B. Forsythe National Wildlife refuge.



Bizarre statues line the long wall of this New Gretna home on Route 9. Definitely worth a drive by!!!!!!

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What is BMI?

Your body mass index is a tool that many physicians and weight-loss specialists use to assess your physical condition.

The indicator is a numerical value of your weight in relation to your height and can help identify unhealthy weights for men of all body-frame sizes.

High BMIs are dangerous because of their effect on blood pressure and cholesterol, according to the American Heart Association. The organization's website has a body mass index calculator that will give you your BMI in a confidential manner.

Make a Plan

So your BMI is not where it should be. What do you do now?

Research is a good place to start. Find a weight-loss consultant or sit down with your physician to discuss your options.

A healthier diet and more exercise will be at the center of all weight-related advice, but work with these experts to create a specific strategy that will work for you.

Online research can also be an effective place to start, as many weight-loss specialists and organizations have taken to the internet, mobile apps or digital diaries that can provide you with high-level information, positive words of encouragement and easy ways to track your exercise and dieting plans.

Don't Do it Alone

Losing weight can be a challenging mission to take on by yourself.

Many people find exercise to be boring and monotonous. That's why workout experts often urge you to find a friend or family member who may want to lose weight, and invite them to join you on your journey for better health.

Having a partner can break up those long jogging sessions while also upping your energy level and desire to finish tough workouts.





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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.

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PRN-036

Tommy's Inn in Millstone; Something For Everyone at Any Time of Day

By Susan Heckler

People are always asking me for recommendations for where to go in the area. Since I lived here for 29 years and write for a local paper, I seem to be a 'go to' person, especially where food is concerned. My reputation as a Foodie has gotten around.

If you have ever shopped at The Jackson Outlets, you must have passed Tommy's Inn at Millstone. It is set back from Route 537 (Monmouth Road) and is a sprawling log cabin. They just completed a major renovation.

Owned for the last 16 years by Tommy and his wife Tracey, they have been in the restaurant business for 35 years. They know what you want and how you want it before you get out of your car. This is one of those establishments you can go to any time of day and find just what you are in the mood for. They open for lunch at 11, seven days a week and stay open until 11...later on Saturday nights.

Thursday Night is their Poker Night; Friday Night is Karaoke Night, which was great fun until past midnight. I have been in a few times at odd hours. Saturday nights are a lot of fun. It is a laid back setting, so it was pure relaxation and enjoyment. Hit the bar, have some great food, dessert or coffee. I have popped in with the girls on happy hour, which is Monday through Friday from 4-6pm where they have \$2 Coors Lite pints and a great assortment of appetizers.


They recently added a beautiful banquet room, which can accommodate up to 120 of your friends and family for any occasion. You can sit down with Tommy or Tracey and have the menu your way that reflects you and your party. They will even do outside catering so they will bring Tommy's flavors to you.

Everything is fresh and quality ingredients. Their burgers are 90% lean Angus on Brooklyn bakery buns. The soups are homemade. Eggplant Parmigiana is actually Tommy's mother's secret recipe or 'Bella Momma'. One of the dishes that I judge a restaurant on is their onion rings. A great onion ring is an art; so many restaurants try to pass off the frozen-in-the-bag warehouse store variety as their own. Let me tell you...I haven't tasted better.

And don't forget the dessert. My family has a dessert rating system. Tommy's scored a double lip-lick, which is our highest.

To check it out, view their website www.restaurantinmillstonenj.com or just stop on in at 560 Monmouth Rd in Millstone. (732) 928-6600

Just for fun, tell Tommy that Susan from the Millstone Times will be right in!



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Scamming Grandma

By Susan Heckler

It seems there is news daily about another scam targeted to the Senior Citizens. Why them in particular?

Senior citizens are most likely to have some savings, own their home, and have excellent credit, which makes them very attractive to con-artists. This generation tends to be more polite than the younger ones and won't just hang up, rather will listen to a convincing con. Elderly victims may not report crimes, whether they are embarrassed, don't know who to call or because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

Unfortunately, the effects of age on memory make them bad witnesses. The victims may not realize they have been swindled for weeks or months. Senior citizens are more interested in and susceptible to products promising health benefits. Seniors are prey to evil-doers no matter what their financial situation is.

I was recently speaking with a young man, Jack, in his late 20's who was relaying a story about his grandmother, an educated woman on Long Island. Grandma got a call from a young man, Robbie, claiming to be Jack's friend. Robbie said he was on vacation with Jack and that Jack was in jail and in some trouble. She needed to wire \$2,000 immediately for legal and bail. The scammers had scoured Jack's Facebook page and was able to learn the details of his life...employment, friends, family and every innocent detail he ever posted. Grandma new Robbie was one of Jack's good friends and they traveled together. Grandma kissed those 2,000 dollar bills goodbye and got a hard lesson. This is just one of the many brilliant schemes targeting the elderly.

Health Care Fraud or Health Insurance Fraud can involve Medical Equipment offered for free, paid for and never needed or not delivered. "Rolling Lab" Schemes are frequent with unnecessary and sometimes fake tests given to individuals at health clubs, retirement homes, or shopping malls and billed to insurance companies or Medicare.

Counterfeit Prescription Drugs, most commonly on the internet, are prevalent with lots of money paid out without the needed benefit of the medication and potential harmful effects of other elements being introduced.

Funeral and Cemetery Fraud is rampant for the uninformed consumer, especially one who is emotionally charged after a death in the family.

Telemarketing scams often involve offers of free prizes, low-cost vitamins and health care products, and inexpensive vacations. If it is too good to be true... it is false. If you never entered a contest, you can't win it. A free prize is free, never pay for it.

Never send money or give out personal information such as credit card numbers and expiration dates, bank account numbers, dates of birth, or social security numbers to unfamiliar companies or unknown persons.

Investment schemes may include advance fee schemes, prime bank note schemes, pyramid schemes, and Nigerian letter fraud schemes.

Reverse mortgages, also known as home equity conversion mortgages (HECM); have increased more than 1,300 percent between 1999 and 2008, creating significant opportunities for fraud perpetrators. In many of the reported scams, victim seniors are offered free homes, investment opportunities, and foreclosure or refinance assistance.

After a lifetime of hard work, it is a sin to see your savings lost in a scam. Speak to your senior family and friends; warn them of these scams. If you suspect they have been scammed, call your local police or advise your local Department of Consumer Affairs.



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The History of Father's Day

By Joely Phenes

On the third Sunday of June, which is June 19 this year, we celebrate our fathers. Father's Day was created after Mother's Day, because many people felt that there should also be a day to honor fathers, rather than just having a holiday for mothers.

The first official event that honored fathers was in 1908, which was sponsored by a West Virginia church. The next year, a woman named Samara Smart Dodd from Spokane, Washington began a campaign to make the celebration a national holiday. Dodd was one of six children, and was raised by her father, a widower. She rallied support for her campaign from local churches, YMCAs, shops, and government officials.

This campaign was successful; the first Washington statewide Father's Day was held on July 19, 1910. In 1924, President Calvin Coolidge starting urging other state governments to observe the holiday as well.

Like Mother's Day, many opposed Father's Day due to its commercialization by companies looking to profit off its popularity. During the Great Depression, retailers promoted goods such as ties, hats, pipes, and greeting cards in desperate attempts to gain customers. During World War II, advertisers played up the holiday by saying it was to honor American troops.

Father's Day finally became a federal holiday in 1972 under Richard Nixon's approval.

Don't forget to honor your fathers and show them how much you appreciate them this Father's Day!

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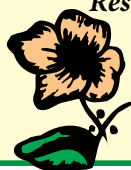
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recipe of the month

SQUASH THE GLUTEN MAC & CHEESE

**This recipe takes only 20 minutes of prep! It is
carb-free and can make a great dinner or side
dish to any summer BBQ**

Makes 5 servings

INGREDIENTS:

- 1 pound gluten free pasta or brown rice pasta macaroni
(Suggest a elbow or penne)
Salt to taste
- 1 tablespoon extra-virgin olive oil, 1 turn of the pan
- 2 tablespoons butter
- 1/2 medium onion
- 2 tablespoons chopped fresh thyme leaves, plus a few sprigs for garnish
- 3 tablespoons all-purpose flour
- 2 cups chicken stock
- 1 (10 ounce) box frozen cooked butter nut squash, defrosted
- 1 cup cream
- 2 cups (8 ounces) sharp Cheddar, grated
- 1/2 cup grated Parmigiano-Reggiano, a couple of handfuls
- 1/4 teaspoon ground nutmeg, eyeball it
Black pepper to taste

DIRECTIONS:

Heat a pot of water to boil for the pasta.

Salt the water then add the pasta and cook to al dente.

While pasta cooks, heat a medium heavy bottomed pot over medium heat.

Add the extra-virgin olive oil and butter.

When the butter melts into the oil add the thyme and grate the onion
directly into the pot.

Cook the grated onion in butter and oil 1 to 2 minutes,

Add flour and cook together 1 to 2 more minutes.

Whisk in stock and then combine with
butternut squash until warmed through and
smooth.

Stir in cream and bring sauce to a bubble.

Stir in cheeses in a figure 8 motion and
season the completed sauce with salt,
nutmeg and pepper.

Drain cooked pasta well and combine with
sauce.



Cell Phone Tower Proposal Threatens Way of Life

By Pam Teel

Arlene Fitzpatrick Yarbrough worked hard for her dream, having grown up in the historical Woodsville section of Manalapan all of her life. In 2003, she and her husband purchased the property across the street from her childhood home with the intention of building their new home and living happily ever after on it. The new property was located on the Millstone side of Woodsville. Unfortunately her husband got sick and passed away in 2010 leaving Arlene to vow to him that she would finish their house, not matter what it took. Slowly but surely, and with the help of one of her sons, she completed her home and now shares it with some of her children and grandchildren.

Arlene stands on her front porch and looks around at paradise. Woods and trees to the left of her, a nursery in the back of her, relatives and cousins to the right of her long driveway, and a historic church just across the street that dates back to the year 1836.

Arlene and the surrounding neighbors are feeling threatened by a proposal to lease adjacent township land to a company to build a 150 foot cell phone tower on the wooded property to the left of her front lawn. If this happens, Arlene will have a front seat view of the tower from her porch, which she says is a mere five hundred or so feet away, her relative's homes being even closer in proximity to the proposed tower. The pristine woods to her left would be destroyed, making way for the unsightly tower. The ambiance of the quiet historical neighborhood would be gone and along with it, Arlene's dreams to one day pass her home along to her children.

Arlene knows that if the tower did become a reality, she would have a hard time selling her home and property. She wouldn't want to live there or raise her family next to the tower. There is too much documented research that backs up the fact that microwaves from the cell phone towers can interfere with ones body's own EMF's, causing a variety of potential health problems including, headaches, memory loss, Cardiovascular stress, low sperm count, birth defects and cancer. Who in their right mind would purchase a home so close to the tower?

In one study, independent researchers have studied the case histories of 1,000 patients between the years 1994 and 2004. The participants were then classified into groups: those living 100, 200, 300 and 400 meters from the cell phone base station and a control group living beyond 400 meters. The peer-reviewed study found significant relationships between exposure levels and symptoms. The study concluded that "the proportion of newly developing cancer cases was significantly higher among those patients who had lived during the past 10 years at a distance of up to 400 meters (1,300 feet) from the cellular transmitter site, which has been in operation since 1993, compared to those patients living further away, and that the patients fell ill on average eight years earlier." The study went on to conclude that between 1999-2004, after five years' operation of the transmitter, residents inside the 400-meter radius of a cell tower were three times more likely to develop cancer than those that lived outside of the evaluated transmission area.

Another study by J.J. Santini and others with the INSA De Lyon Engineering Institute in Lyon, France, offered other evidence of the link between cell tower transmissions and health problems. The study theorized that chronic exposure to high frequency electric and magnetic

field (EMF) radiation and microwaves can cause adverse health risks, including headaches, fatigue and memory loss. It gives credence to the fact that the "non specific health symptoms" (NSHS) reported by people close to cell phone towers are real. The study also gives credence to a Spanish preliminary study from the University of València which showed that people living within 500 feet of cellular phone base stations experienced symptoms of irritability, headaches, nausea and sleep disturbances as compared to those that lived at a distance greater than 800 feet.

The area of Woodsville holds a lot of historic significance. Once known as Bairdsville, the land was owned by Thomas Baird or his father Captain David Baird and some other landowners in the area prior to 1840. They were responsible for the settling of a sizeable number of slaves, runaways, and freed slaves in this area. It was once referred to as "Little Africa." (Located at the intersection of Baird Road and Woodsville- Smithburg Road.) David Baird started a nursery business and employed many of the freed slaves and their offspring who already lived in the area. He also was thought to have invited many other emancipated slaves to come and work for him, at which time he furnished housing for them in Little Africa.

Diagonally across from where the proposed cell tower would be is the St. James Church. Its roots go back to before 1836. The Methodist Episcopal Church is still in use today. Its cemetery holds black civil war veterans. The earliest readable tombstone in the cemetery is that of George Conover who died in 1830.

Arlene's mother, Elizabeth, lived across the street in Arlene's childhood home on the Manalapan side of the Woodsville Area. She passed away ten months ago at the age of 102. She was a lifelong member of the St. James A.M.E. Church where she served as a missionary and trustee. Her maiden name, Conover, was probably taken from one of the prominent landowners at the time. Other landowners in the area at that time included the Fitzpatricks, Tylers, Richardsons, and Sanfords. (Many slaves and later freed slaves took on the last names of the families they worked for).

As for the history of the church, it was said that Catherine (Conover) was abducted in Africa in the early 1800's, brought to Philadelphia and then eventually taken to Hightstown where she was bought by a Hightstown farmer. She gained her freedom and some money after his death and used the money to buy the land the church is built on. According to church history, a wealthy Englishwomen, Mrs. Charles Sanford, donated money every year to run the Sunday school. This was said to have angered the slave owners who debated over whether to educate and baptize slaves.

Arlene, who also works for the township, hopes that the next meeting at the end of May on the cell phone tower proposal brings good news for her and her neighbors. Arlene argues that the fact that the tower is so close in proximity to their homes should be weighed heavily along with the history of the area, a history that includes her very own ancestors. Arlene feels that there are other more suitable sites that should be looked at that aren't so close to people's homes.



Arlene Yarbrough stands on her front porch. The woods, to the left, just behind her is the site of the proposed cell tower.



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How to Love The Job That You Have

By Mia Ingui

A common goal among most adults is to land a job that you love to do while making a decent living. Whether you attended college or jumped straight into the job market, it is possible to love the job that you have, even if the job is not ideal. Here are ways to love where you are working.

1. Focus on what you like about your work! This will give you the strength to tackle the tough parts. Consider things like your coworkers that you get along with. The stimulating assignments you receive, etc.
2. Make a change — even if it's a small one. Boredom is often at the root of unhappiness at work, so take a step toward modifying what's getting you down.
3. De-clutter your office. De-cluttering is liberating and empowering, and can bring you a new perspective.
4. Volunteer yourself! Commit to new responsibilities. You may get a feeling of progress, and you will refresh your focus. Say, "yes" to new assignments!
5. Find your joy in unexpected places. Laugh more, talk to your coworkers, and try adopting hobbies outside of work to find joy in.

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Talley's Folly is a 1979 play by American playwright Lanford Wilson. Set in an old boathouse near rural Lebanon, Missouri in 1944, it is a romantic comedy following the characters Matt

Friedman and Sally Talley as they once and for all settle their feelings for each other. Wilson received the 1980 Pulitzer Prize for Drama for the work. The play is unique for Wilson in that it takes place in one act, with no intermission, set in ninety-seven minutes of real time and has no set change.

Sunday, June 5, 2016 2 PM

\$18 members, \$20 non-members

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The Jewish Heritage Museum of Monmouth County

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For more information or to make a paid reservation
please call the Museum at 732-252-6990, or visit www.jhmomc.org

Maximum capacity is 100, so paid reservations are recommended.

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



John Gardner from East Windsor sent this photo in of the Cape May Lighthouse. He took it two years ago while on vacation down in south Jersey. It is still one of his favorite photos.

The Lighthouse is one of three documented lighthouses at the southern tip of New Jersey. Built in 1859, it has always been an aid to navigation to mariners.

Adjacent to the community of Cape May, it draws nearly 80,000 visitors a year. John says the view on top is well worth the climb, but for those not wanting to get a rigorous work out, the oil house on the grounds contains a fully assessable Visitors Orientation Center and Museum Shop with souvenirs, books, paintings, and maritime items for sale.

Admission is \$8.00 adults, \$5.00 children (3-12). You can purchase tickets at the lighthouse during operations.

John also enjoyed the Cape May Whale Watch and Research Center at Utsch's Marina. They didn't see any whales that day, but were thrilled when a trail of dolphins followed the boat for miles.

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 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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Why “Free Play” Is Great For Your Kid’s Brain

Lots of activities are good for your kid's brain: music lessons, board games, learning a second language, puzzles, and personal brain training.

But unstructured play has taken a back seat in our ever-busy, high-tech world. Remember hide-and-seek, dress-up, restaurant, bike rides, roller skating, building snowmen and making up dance routines? That's “unstructured.” (And fun!)

And here's some good news: several studies have shown that this type of activity is beneficial not only for physical health and emotional maturity (think sharing, compromise, dealing with disappointment), but also cognitive skills.

In one recent study from the University of Colorado, psychologists studied the play habits of 70 six-year-olds. They kept track of how much time the kids spent doing spontaneous activities (in other words, not structured or organized by an adult), like imaginative play and self-selected reading. They also kept track of how much time the kids spent in “structured” activities (organized and supervised by adults), such as homework, community service, sports practice or music lessons. The results?

- The kids who spent more time in “free play” had more highly developed self-directed executive function.
- The kids who engaged in more structured activities had less self-directed control.

Why is this important? For starters, when asked to rank the most vital skill for school readiness, kindergarten teachers said “self-regulation.” Early self-regulation levels are also linked to academic achievement later. This high level of executive function helps kids stay focused and independent in the classroom and when doing homework.

When kids get to make their own decisions about what they'll play, who they'll be, where they'll stand in the hierarchy of bullies, bosses and shy kids, they build self-confidence. They learn other important skills, like problem-solving, making decisions based on consequences, calculating risk, creative thinking, visual processing (reading treasure maps) and auditory processing (“Simon Says”), among others.

This isn't to say you're doing your child a disservice by enrolling them in soccer camp or an art workshop. Just don't aim to fill every moment of every day with a planned activity. They'll have plenty of structure when school starts up in the fall. For now, let summer be about fun. Don't try to dictate the play time, but if you happen to be invited to join in on the roller skating dance routine, lace up!

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KICKIN' IT KIDS LEARNING ACADEMY

Recognized by Manalapan Mayor

By Pam Teel

Kickin' It Kids Learning Academy Antibullying & Leadership Center was recently recognized by Manalapan Mayor, Mary Ann Musich. The Center was honored for bringing the first and only antibullying and leadership center in the country to the community. The Center is a 5013c nonprofit that educates and supports children throughout their entire school and social journey.

The program begins at age two. In addition to academics, children are taught character education, respectful social behaviors, positive intervention, youth empowerment, tolerance, acceptance, accountability, cultural and diversity



Student, Alexio Digiovanni (4 years old), holds up certificate given by Mayor Musich to Learning Center

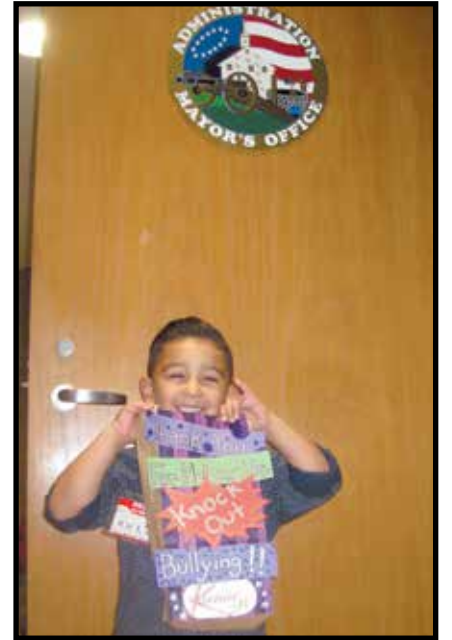
appreciation, positive outlet programs and life skills, ensuring that all children can develop into responsible, respectful, independent members of society. Kickin' It Kids provides youth with the tools to develop self-confidence, self-control, self-awareness and teaching each student to take responsibility for their own actions.

Owner, Gina Marie, has been named a New Jersey Hero by Mary Pat Christie. Her school offers pre-school programs, home school alternatives, after school workshops, summer camps, guardian workshops, and more. The Center combats negativity by also supporting public schools with programs to create peaceful classrooms and also provide educators of all grade levels with seminars and certificate workshops that allow them to meet the requirements of the NJ state anti-bullying laws.

Stephanie Digiovanni's son, Alexio, has been attending the center since he was two and a half. She has seen such a big difference in him. He's well mannered and shares everything and is very polite. His mom is always getting complements on how well behaved he is. She is constantly recommending the school to others. She likes how the focus is on the child and how they are preparing him for kindergarten. Alexio loves his teachers and comes home daily telling his mom all the new

things he learned. She will continue doing afterschool care after he is in kindergarten.

According to Gina Marie, "Our learning process will improve overall school and social climate by providing a myriad of services that help reduce bullying behavior. This unique model will effectively reduce bullying at its core and the detrimental effects it is having on our youth." For more information about the program, go to: kickinit.org or call 732-446-3636.



Alexio Digiovanni holding up sign, "Thank You for helping us knock out Bullying"



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Hats Off to the Graduating Class of 2016!

By Susan Heckler

It is the season, once again. Every year, in June, we have the Transition Season. What is the Transition Season you ask?

The Transition Season is when our youth take the next step toward adulthood. Your Grade-Schooler has earned the move to Middle School. Your Middle-Schooler has worked hard and been given the thumbs up to take their place in High School. Your High School child will take their walk down memory lane and be handed a diploma. In many cases, your child is about to graduate college, and joins the ranks of the gainfully employed.

This is a very exciting yet scary time for most. Change doesn't come easy, and it comes with a price. Maybe the loss of the innocence of childhood, the loss of some free time, the loss of living rent free?

Parents may worry about the next step in their child's life but be at ease, all of our towns have great schools filled with wonderful educators. In addition, each school has amazing parents that supervise, fundraise and cheer their children's accomplishments at every step along the way.

Put yourself back into your child's shoes for a moment. What were your thoughts when you shifted from elementary school to middle school? Maybe a little intimidated by the older, taller kids? A little lost trying to find the bathrooms or gym? Did your friends transfer into the same school? Pretty tough stuff when you are a pre-teen.

Many students have great anxiety going from a middle school setting into high school. High school population often filters in from one or more middle school so lots of new faces. The kids go from being the older kids in school to the newbies. In high school, four years makes a big physical and mental change.

High School graduation is a huge milestone for our kids. It essentially marks the time to grow up and start planning your adult future. Your decision on college, choice of college, and choice of major will impact them for the rest of their lives.

According to one of our local high schools, the class of 2015 had 62% going off to a four year college, 24% opted for a two year school, and 3% went to a technical or trade school.

Whatever choices you make, wherever life takes you, be bold, be happy and be your best you possible.

Since we live in such a culturally diverse area, mazel tov, chúc mừng, bravo, felicitades, pozdravlaui, gratulacje, chook-hah-hahm-nee-dah, congratulazioni, felicitations, kung hei lei, omedetô, subhkamma (to name a few) and congratulations on a job well done and best of luck for an amazing future.



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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 June 25 1:00pm-3:00pm - meet your team and learn the game of soccer. Socialize and get everyone all enthused and educated on the game.

Sunday June 26 1:00pm-3:00pm - 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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Special Needs Soccer Program

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

By Susan Heckler

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Join Us! June 25 + 26, 2016 1pm to 3pm

Saturday, June 25 Meet your team and learn the game of soccer. Socialize and get everyone all enthused and educated on the game.

Sunday, June 26 3v3 tournament with their buddies on the field. Three special needs kids partnered with three soccer players challenging a similar team. Fifteen minute games to get the feel of soccer.

\$20.00 for both days! Includes tee shirt and snacks

For more information, contact Jenny at 732-577-1745
or email jsarf@sportikasports.com

Register online at www.sportikasports.com/info-form/

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Consider an Incentive When Listing Your Home

By Joely Phenex

Is there something extra that you could throw in to entice potential buyers looking at your home?

Sellers who are open to negotiate beyond just price may find more success in hooking a buyer. A large percentage of all sellers offered some type of an incentive last year. When it comes to actually enticing someone to buy a home, "it's the more practical perks that count," real-estate professionals say.

Think of some creative ways to sell your home. If you have a nice Grand Piano, perhaps throw it in with the sale of the home. Offer some furniture or a new appliance with the sale. Offers like a warranty or home upgrade have shown success too. There are many different incentives that a home seller can use as a bargaining tool. Other perks will appeal to buyers, too, ranging from the common to the unique. Payment of homeowner association fees for the first year -- typically associated with condo developments -- are sometimes offered. Look around your home and see what you can add to the deal. Real Estate agents recommend anything that will make the move either easier or less costly is a sure bet for a quicker sale. Recently I heard about a seller that added a gift card to a local moving company that covered the cost to move as an incentive. Be aware that most seller concessions need to be disclosed. Everything should be in writing and attached to the contract.

Ready To Buy

What Can You Afford?

Before applying for a home loan, it's helpful to know how much financing you may need.

Determine the features you're looking for and browse listings in your area to get an idea about home prices. You can also contact your local appraisal entity or a real estate agent to get a history of appraisal values for any particular homes you're interested in.

Expect the Unexpected

If you make it through the financing process and find or build a new home without running into any complications, you're well ahead of the curve. Ultimately though, unexpected events can wreak havoc on homeowners.

When you have a landlord, you don't have to worry about the cost of home repairs and maintenance. Getting financed for a home loan with a payment you can afford is great, but ask yourself if you'll have the additional resources to address issues such as broken water lines, electrical shorts or other problems.

How much will you pay for insurance to protect your home against theft or natural disasters? Also, keep in mind that homeowners are responsible for paying taxes to various city and county entities.

You can contact your local tax office to get an estimate of the yearly taxes for an area, or a specific home. Furthermore, most utility companies will provide the same service to help you determine a monthly utility estimate.

It's Not Just About the House

New homeowners face many incidental expenses that may not be factored into their initial purchasing budget.

Will you need to hire a moving service? What about new furniture and appliances, or renovations to the house? Will there be activation fees for utilities or amenities such as telephone, Internet and television service? If your new home has a lawn, will you buy the equipment to manage it yourself, or pay for a lawn service?

Also, many neighborhoods may have mandatory homeowner associations with yearly dues. Talk to friends or family members about their experiences with moving into a new home. This will help you determine what other expenses you might need to plan for.

Ultimately, you need to go into the home buying process with your eyes wide open. A local real estate agent can be a great place to start if you think you're ready to make the jump to home ownership.



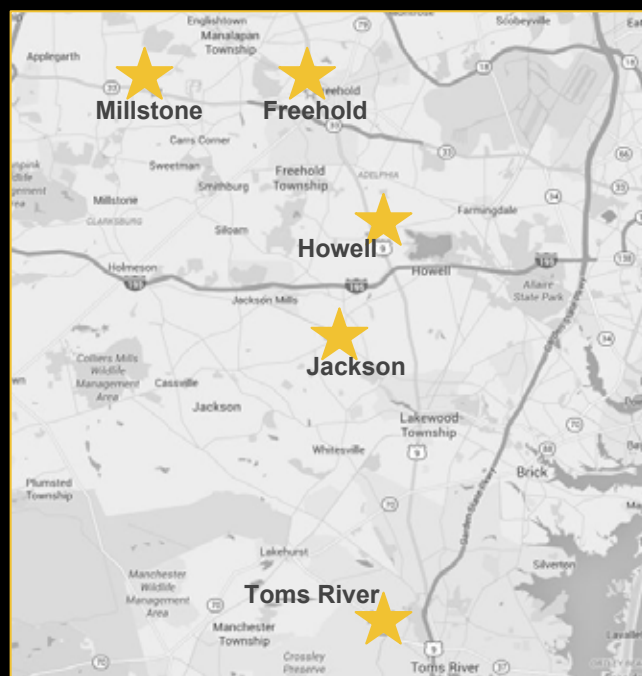
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31B Rutland, Monroe
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Monroe Office 609-395-6600

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81 Ashmall, Monroe
Agent: Michelle Pearson

Amazing opportunity for Monroe schools, 4 BR, 2 BA, well kept home, eat in kitchen, formal LR/DR, new AC unit, new stove/oven, fenced in yard and much more.

Monroe Office 609-395-6600

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1 Camelot, Monroe
Agent: Dorothy Redding

Custom built home, 5 BR, 3.5 BA, freshly painted in neutral tone, new kitchen, granite, plenty of closets, storage, full basement and much more.

Monroe Office 609-395-6600

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26 Rothwell, Monroe
Agent: Rhonda Rothschild

Not too big, not too small, just the right size for buyers seeking detached home in an adult community, 2 BR, 2 BA, spacious LR with fireplace and much more on a large quiet corner.

Monroe Office 609-395-6600

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114 Prusakowski, Parlin
Agent: Michelle Pearson

Beautiful adult community home with amazing view of the marina, impeccably kept, 3BR, 2BA, HW floors, 9 ft ceilings and much more.

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94 Duchess, Freehold
Agent: Kerryann Holster

Great location, 4 BR, 2.5 BA, offers H/W floors, fireplace, library/office, above ground pool, fish pond, oversized driveway, 3 car garage and much more.

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12A Canterbury Drive, Monroe
Agent: Dorothy Redding

Lovely Hampton II model in a adult community has plenty of living space, 2 BR, 2.5 BA, open floor plan, cathedral ceilings, fireplace, loft and much more.

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32 Sturgis Road, Kendall Park
Agent: John Delgado

Well maintained 3/4 bedroom ranch. 2 updated bathrooms. Updated kitchen w/ 42" cabinets, ceramic backslash and granite countertops. Large park like yard. Blue Ribbon Schools.

South Brunswick Office 732-398-2600

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25 Clark Court, East Brunswick
Agent: Susan Pomerantz

Move in ready. Well maintained/updated 3 bedroom 3 bath townhome. Great backyard view. Plenty of parking, storage, front and back patio. New dishwasher, stove and microwave.

South Brunswick Office 732-398-2600

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117 John E Busch, Franklin
Agent: Alfred E Horne

Well cared for 3 bedroom 2 bath colonial split. Woodburning fireplace. Oak cabinets in kitchen. Walk in closet in bedroom. Wood floors. Lower level large family room.

South Brunswick Office 732-398-2600

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297 Washington Place, North Brunswick
Agent: Linda Schwarz

You'll love entertaining family and friends in this beautiful 4 bedroom 2 bath home in prestigious Farrington Lake. Updated kitchen with granite countertops and ss appliances. Lower level living with bedroom and full bath.

South Brunswick Office 732-398-2600

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US Highway 130 Road, North Brunswick
Agent: Maryanne Stout

Spacious 3 bedroom 3 bath ranch. Walk out basement with full bath. Great floor plan and large rooms. Many updates including kitchen and baths. A+ location near all major highways, bus/train to NYC, New Brunswick.

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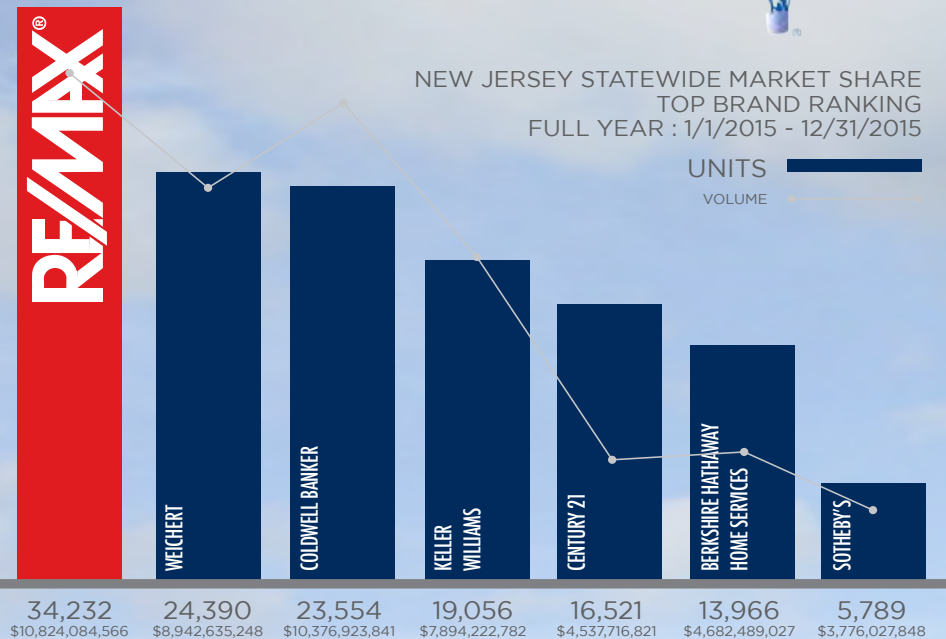


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This chart combines "total units sold" and "total volume sold" for residential listings for all office locations of each organization identified from 1/1/15 - 12/31/15. It includes which listings were sold by such organization itself, or with the aid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



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14 Belmont Dr, Robbinsville
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15 Mundy Ave., Spotswood
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JUST LISTED



512 Ely Harmony Rd., Millstone Twp
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MLS#6739054

110 George St., Robbinsville, NJ 08691
\$539,999 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#6785685

256 Trenton Ave., Hamilton Square, NJ 08619
\$489,900 Agent: Matthew Green

Spectacular 4 br 2.5 ba w/fin bsmt. Featuring a luxurious in-ground pl w/stamped concrete patio. Features a designer kit, under counter lighting, 2 sided see-through gas frplc, 8 zone sprinkler sys, Steinert district.



MLS#6769888

33 Cottage Place Dr., Robbinsville, NJ 08691
\$549,999 Agent: Robert Angelini

4br, 2.5ba "Saxony" model in Washington Hunt offers 2900 sq. ft of luxurious living space on a .72 acre home site. Professionally landscaped and a paver walkway to the patio in the rear. Beautiful come see for yourself!



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 fplc'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
\$620,000 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
\$527,000 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
\$919,900 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
\$590,000 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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** Source: Trendgraphix 1/1/2015-12/31/2015

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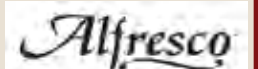
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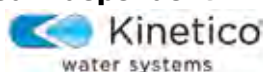
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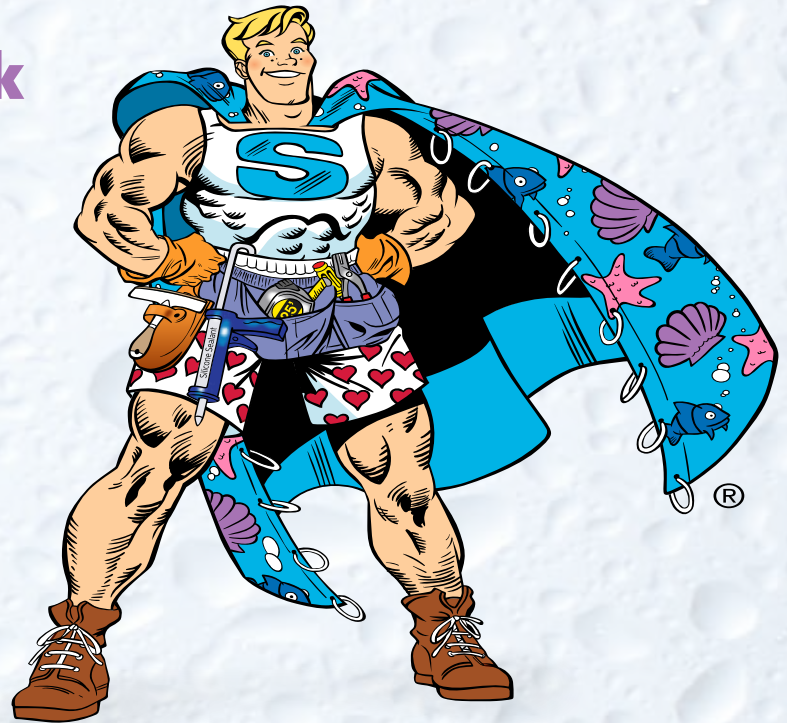
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Avoid Grilling Mistakes

The smell of the barbecue grill is one of the hallmarks of the springtime. The sizzle of the hot grate and the crackling of the charcoal let you know the winter season has officially ended.

As you being inviting friends over for a spring and summer filled with great food and better company, now is a good time to refresh your common grilling practices.

By now you probably have a grilling routine that you follow with every cooking session. True grilling experts are meticulous about the cleanliness of their grills, as well as the quality of their tools.

But there are several common grilling mistakes that even the most grizzled grilling professionals commit from time to time. Check out our list below to see if you've ever been guilty.

Low-Quality Tools

You can't grill effectively without the right tools — plain and simple. Are your spatulas rusty and warped? Is your grill brush caked in residue? If so, it's time for an equipment overhaul. Choose spatulas, tongs and grill cleaning tools that are made of durable materials, such as stainless steel.

Choose durable, heavy-duty tools with long handles for maximum safety when you're reaching across the coals. Find tools that are dishwasher-safe to make cleaning up a breeze.



Dirty Grill

When was the last time you cranked your burners to high after a cook to burn off some of the grill residue? This is good practice to maintain your grill and enhance the taste of your food. Make sure you clean your grill before and after each cook.

Scrape out any excess ash or grease under the grate. This will keep your flames flowing strongly instead of being snuffed out by blockages. Consider deep-cleaning your grill a couple of times per year. This entails scrubbing the stainless steel and scraping all food scraps off the sides and bottom of the grill.

Forgetting to Preheat

A common grilling mistake is not being patient enough before adding food to the grill. Just like an oven, you must give your grill about 15 minutes to warm up. Use the temperature gauge to decide when to put on the meat. Experts recommend most foods be cooked in the 300- to 400-degree range.

Depending on what you're cooking, it's generally a good idea to immediately turn your burners down to low after you add the meat. This low-and-slow approach will result in juicier meats.

HOME GARDENING: What Is Vermicomposting?

By Joely Phenex

Vermicomposting is the practice of using worms to break down food scraps. The resulting material is a mix of worm castings and decomposed food scraps. The word "vermi" is Latin for worm. Worms like to feed on slowly decomposing organic materials like fruit and vegetable scraps. Worms produce castings that are full of beneficial microbes and nutrients, which makes a great plant fertilizer. Worms are very efficient at breaking down food scraps and can eat over half their body weight in organic matter every day.

Homeowners can prevent waste and manage their own organic discards by grasscycling and composting at home. These practices help keep organic materials out of landfills, and offer many benefits to home gardeners. Grasscycling saves time (no more bagging) and money (because less fertilizer is needed) and encourages a healthier lawn (grass clippings contain valuable nitrogen). Backyard composting yields a rich soil amendment, which can be used in gardens and landscaping, while saving homeowners money spent on purchasing soil conditioners and fertilizers.

Best Websites for Home Decorating Ideas

By Mia Ingui

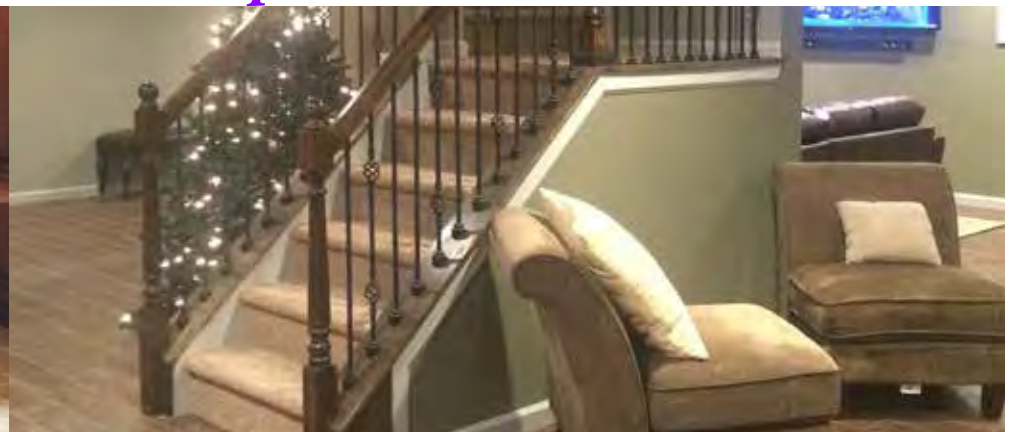
The digital world is now a vast place for humans to acquire all the information they need. Anyone could gain information through the Internet, whether they need medical questions answered or inspiration for their next dinner party. If you're looking for home decoration inspiration or diy's, look no further than these websites.

1. **Pinterest:** Technically, this is an iPhone app, but one of the most useful for creative dreamers looking to create the home of their dreams. Simply type a category into the search bar and watch all kinds of inspiration flood out before you.
2. **houzz.com:** Also an app, Houzz allows you to discover design ideas, shop for decor, and find home professionals who are willing to make your home dreams a reality.
3. **housebeautiful.com:** This website is exactly what it's title is: all sorts of ways to make your home beautiful. Design inspiration, room and renovation ideas, even gardening tips!
4. **urbanoutfitters.com/home:** Urban Outfitter's home decor is to die for. It is trendy, beautiful decor for bed, bath, and more. And it's surprisingly pretty affordable!
5. **MoMA Store:** A no-brainer for interesting and artful gifts crafted by notable design stars.
6. **Joss & Main:** This flash sale site often hooks up with current celebs and style gurus to create gorgeous housewares.

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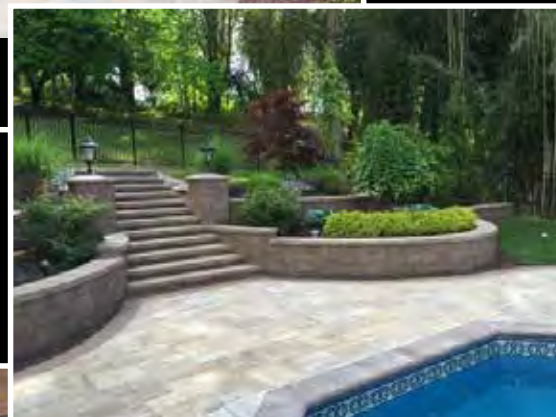
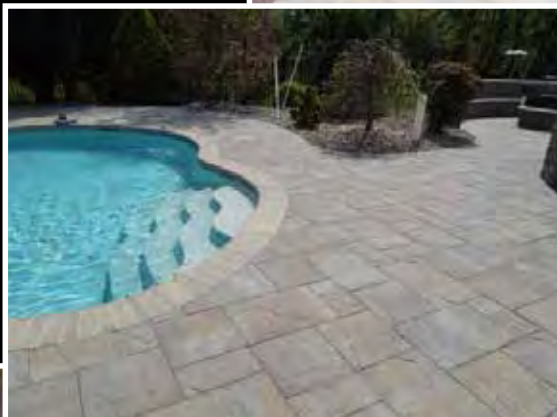
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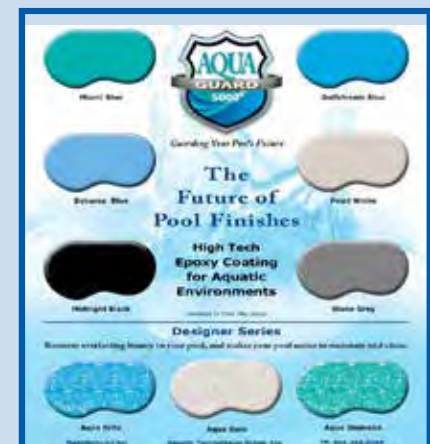
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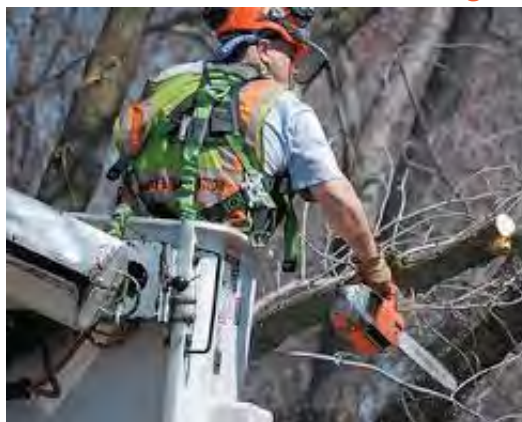
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Having Empathy is the Last Way To Help Someone

By Brianna Siciliano

When we see someone we love suffering, whether it be emotionally or physically, we feel the urge to help them in any way possible. We try to mend them back to better health and help them find happiness once again. During this time, we feel sorry and empathetic for our loved ones, but as it turns out, feeling sorry for our loved ones is not what we need to do.

While being empathetic for struggling and suffering loved ones, we are treating ourselves like the struggling soul. We put ourselves in our loved one's shoes and imagine what their life is currently like. If our loved one is drowning in their sorrow, we jump into the same sorrow and drown ourselves. Is that healthy for anyone? Not at all. Instead of helping the person you intend to help, you end up hurting him or her, as well as hurting yourself.

If you truly want to help someone, do not focus on how horrible their current situation is. Do not feel sorry for him or her, because when you do, you do not envision him or her as an equal. Instead, you envision him or her as someone who is less than you are. Instead of putting yourself in their situation, briefly acknowledge their pain and situation. Do not do this for too long—just long enough to discover what you would like for your loved one to feel. For example, if your sister is going through a terrible break up, you want her to find happiness and strength. Picture your loved one at his or her best. Look at him/her as a healthy, happy, confident,

powerful person and think of how you can help your loved one get to that successful point.

Do not let yourself get sucked into a complaining conversation with them. Do not complain about the situation that is at hand; instead, stay happy and light. If your loved one must complain, you can listen and allow that, but do not join in. By complaining, you spend a lot of energy on the grieving process and less energy on the healing process. Next, acknowledge that your loved one has the right to feel how he/she feels. When people are in pain, they want others to validate that their pain is real. To acknowledge your loved one's pain in a safe way, say something along the lines of "_____ is a natural reaction to a situation like this," or "it is okay to be _____." It is important for you and your loved one to acknowledge the pain that he or she is suffering because once their feelings are acknowledged, they can begin the process of feeling better.

Help your loved one remember who he/she is. Help your loved one find his or her happiness once again. If your brother is struggling, and he used to love painting or boxing, reintroduce him to his passion. If your best friend falls ill, and misses the times where she was able to cook and watch her favorite movies, find a way to incorporate cooking and her favorite films back into her life. Empathy is not going to solve anything, but taking action will.



MOVIES TO CATCH IN JUNE

By Joely Phenes

On a rainy day this summer, in between trips to the beach, take a family trip to the movies! There are a bunch of great, family-friendly movies coming out this June that the whole group is sure to enjoy.

Teenage Mutant Ninja Turtles: Out of the Shadows

Release date: Friday, June 3, 2016

Donatello, Michaelangelo, Leonardo, and Raphael, or the Teenage Mutant Ninja Turtles, are characters that kids of all ages love. In this modern-version of the classic cartoon, turtles fight crime like never before! This sequel to the box-office hit Teenage Mutant Ninja Turtles of 2014 is bound to be a blast!

Finding Dory

Release date: Friday, June 17, 2016

This long-awaited sequel to the beloved Pixar classic Finding Nemo, follows the hilarious Dory (voiced by the hilarious Ellen Degeneres), in an adventure across the sea to find her family. Dory, Marlin, and Nemo travel to California's Marine Life Institute to find her mom and dad. If you loved Finding Nemo, you're sure to love Finding Dory!

Independence Day Resurgence

Release date: Friday, June 24, 2016

Alien's return to Earth in the sequel to Will Smith's hit sci-fi film, Independence Day. The next generation of heroes, including Captain Steven Hiller's stepson, fight back against strong intergalactic forces and try to save our planet once again!



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Get to Know Hightstown, New Jersey

By Joely Phenex

Hightstown, New Jersey is a small town by East Windsor that is home to some of the area's best, most unique restaurants. Because we love Hightstown's eateries so much, we decided to provide you with a guide to their most popular restaurants:

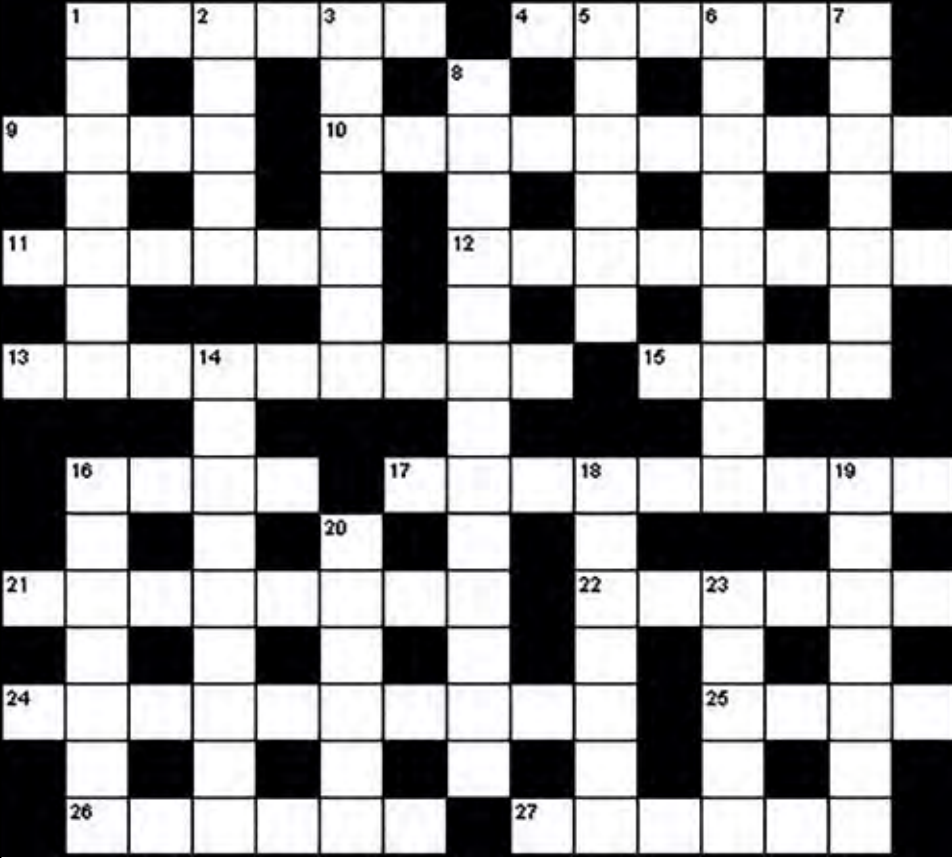


Morgan's Island Grill
 Morgan's Island Grill is the place to get the best Caribbean cuisine. This restaurant was voted #1 restaurant in Hightstown by TripAdvisor.com because of its extensive menu full of delicious island dishes. Their entrees include seafood dishes like Sweet Tilapia and Red Snapper as well as classic meat dishes like Ribs and Curry Chicken. Morgan's Island Grill is located at 110 Mercer Street, Hightstown, NJ, and is open from 11 a.m.-11 p.m.



12 Farms Restaurant
 12 Farms is not your typical Italian-American restaurant; they pride themselves on their simple menu made from fresh, local, and organic ingredients. Their menu always fluctuates based on the best food from each season. Not only is their food delicious, but they also feature live music, art displays, and meet-the-farmer events, so you know exactly where your meals are coming from!

EVERYONE ENOYS A GREAT CROSSWORD PUZZLE



ACROSS

1 Martial art: kendo usually no good for unqualified beginners (4,2)
 4 Like the whole point - take it for granted (6)
 9 Ancient city held by party reject (4)
 10 Annoy old Cleopatra's killer with English tariff (10)
 11 Fired Steiger without purpose (6)
 12 No Lancastrians kiss Tory bum (8)
 13 Don't worry: Kelly keeps a higher breed than Bevan's Tory Party! (5,4)
 15 First class of French assistant (4)
 16 See 24
 17 Holbein eats in for convenience (9)
 21 Concern Home ruler during trial (8)
 22 Open tin lid to get a penny for a pound (6)
 24, 16 Dotty and her charades: such money doesn't grow on trees (4-6, 4)
 25 Head off Vietnamese capital in return for Scottish island (4)
 26 Standard article on Wisdom (6)
 27 T he legendary King Henry wants primitive art in the first place (6)

DOWN

1 Opener's opening (7)
 2 Wants pressmen on Tyneside (5)
 3 Liberty cap off reformed revolutionary (7)
 5 Smashing up public transport with traveller aboard (6)
 6 Air in UK affected an inhabitant of Lviv, perhaps (9)
 7 Allow in French championship (7)
 8 Royal 15 from Wigan in t'daily press (4-2-7)
 14 Cockney character: 'e 'as to look after 'er! (4,5)
 16 Hold on: time to crack Abel's assassin (7)
 18 Ablaze then frozen over? The result depends on it (7)
 19 ...and he would get his pound of flesh from the Beast of Bolsover? (7)
 20 Tebaldi out of turn: what a nerve! (6)
 23 Sounds like no sound of a horse (5)

Answers on Page 74

A Great Big Thank You to Our Interns

By Pam Teel



Gunther Publishing would like to thank two of its high school interns who did an incredible job this year not only writing articles but also learning about the publishing industry before they head off to college in the fall. The Internship Program provides hands on experience to high school seniors who might be thinking about a journalism /communications career sometime in the future.

This year our two interns, Mia Ingui and Joely Phenex, came from Monroe High School under the direction of the Structured Learning Experience Coordinator from the school's Internship Program, Susan Stasi. Thank you Susan for all of your support in bringing us wonderful motivated interns to work with.

We encourage other high schools or any students wanting to get some experience in the publishing field to get involved in our Internship Program. Call or email Jolene Conoscenti, Director of Recruitment for Gunther Publishing, at (917-697-3377) or email: jolenechr@verizon.net. Any student looking to benefit from an internship in order to gain valuable hands on experience in a field you might be interested in pursuing in college, please

see your career placement department in your school. Jolene would be happy to set something up for you.

Mia will be attending TCNJ in the fall and majoring in Professional Writing and Journalism. "The experience that I received writing for Gunther Publishing gave me an edge going into college, for I already have been exposed to the reality of working as a writer," Mia stated. "This is something that I am extremely thankful for. I feel a hundred times more prepared now as I head off to college. Also, seeing my byline in the paper was surreal. I hope, in the future, I can have that same feeling wherever I am employed."

Joely will be attending Marymount Manhattan College. She is thinking about majoring in English or Communications. Joely has always loved writing. She also loves to write poetry. She became interested in Journalism when she took an elective last year in school that eventually led her to sign up for an internship at the paper. "It's been a great experience for me because it has given me an idea of what a journalist is like. I will carry this experience with me in college as I continue to pursue my writing career," stated Joely.

We are sad to see our two interns leaving us. Cami Gunther, our Publisher, and Jolene Conoscenti, Director of Recruitment, and our entire team wish our interns all the best in their future endeavors.



Camp Invention is returning to Millstone Township!

Camp Invention takes summer fun and transforms it from ordinary to extraordinary!

In partnership with the National Inventors Hall of Fame, Millstone Township is pleased to offer the nationally-acclaimed Camp Invention program to children entering grades 1st through 6th. It's an exciting, weeklong summer adventure with lessons that explore connections between science, technology, engineering and innovation. Children will work together to seek solutions to real-world problems and sharpen critical 21st century learning skills while rotating through several fascinating modules. The week begins on August 1st with Michelle Falanga serving as Director of the Epic™ program!

Here is how young innovators will be spending their time:

- Brainstorming product ideas and building original prototypes using real tools and components found in everyday devices
 - Exploring the lives of giant insects, colorful animals and their environments
 - Constructing and personalizing a DIY solar-powered cricket with a unique habitat
 - Discovering the science of slime, demolition, electronic sound, giant squid and coding
- All activities give participants the opportunity to be a part of something big while having fun! Local educators will facilitate program modules and enthusiastic high school students will serve as Leadership Interns ensuring that one staff member is in place for every eight children.

Registration is only \$155 (regular price \$255), due to a generous donation provided by the Nordson Corporation Foundation. Every registration includes a complimentary Camp Invention t-shirt. Availability is limited, so visit www.campinvention.org or call 800.968.4332 to secure your child's spot today!

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State Board Unanimously Approves MRESC Name Change Request To The Educational Services Commission of New Jersey

When the New Jersey State Board of Education voted on March 2nd to unanimously support the Middlesex Regional Educational Services Commission's (MRESC) request to change its name to the Educational Services Commission of New Jersey, longtime Board President Dale Caldwell said the primary feeling he experienced was one of gratefulness. "The unanimous vote was a clear sign that the State Board recognized and appreciated our statewide support of New Jersey's most vulnerable students," he said. Mr. Caldwell, who is also Head of School/Chief Executive Officer of the Village Charter School in Trenton, and named New Jersey Charter School "Executive of the Year 2014-2015, also noted the acronym ESCNJ could stand for Every Student Counts in New Jersey, "the motto our organization lives by every day." The MRESC Board's motivation for requesting the name change was the need to have a name reflective of the statewide service provider it has evolved to since its inception in 1977, said MRESC Superintendent of Schools Mark J. Finkelstein. "Our organization made a conscious decision to embrace the New Jersey Legislature's and State Board's recommendation to concentrate on forming Shared Services relationships to maintain quality education for students in a cost-effective manner," said Mr. Finkelstein. "As a result, we are the only service provider that has worked to broaden its support to school districts to the point where we truly are a statewide entity," Mr. Finkelstein said. "This is a milestone for everyone associated with our Commission, one which should be looked upon with enormous pride. Our family has earned this special recognition. We thank Commissioner Hespe and the members of the New Jersey State Board of Education for affirming our statewide status." Academy Learning Center • Bright Beginnings Learning Center • Center

for Lifelong Learning • Middlesex County Academy • NuView Academy NuView Academy Annex • Piscataway Regional Day School • Interim Alternative Educational Program Child Study Team & Related Services • Collaborative Educational Services • Cooperative Pricing – Lease Purchase Bidding • Cooperative Transportation Home Instruction • Nonpublic School Services • Children's Specialized Hospital • Itinerant Services for Children with Hearing Loss • Professional Development Academy The MRESC's diligence to become a statewide service provider was first illustrated in 2003, when the U.S. Department of Education and the New Jersey Department of Education reemphasized the need for school districts to adhere to the mandate of working with special education students in the Least Restrictive Environment (LRE), Mr. Finkelstein said. "The MRESC responded by establishing our current Collaborative Educational Services (CES) program. The goal of CES was and is to help school districts maintain quality special education programs, and reduce tuition and transportation costs by supporting districts in their effort to comply with the LRE mandate within their home district, rather than sending students to costly, out of district private special education schools," he said. This effort resulted in many school districts saving as much as 30 percent in tuition charges, additional savings in transportation costs, and provided a way for more students to remain in their neighborhood schools, said Mr. Finkelstein. "By 2005, we had already established productive Shared Services relationships with 75 school districts in 11 counties," Mr. Finkelstein said, prompting the Board at that time to request and receive unanimous State Board approval to change its name from the Middlesex County Educational Services Commission, to the Middlesex Regional Educational Services Commission.

5 Free Attractions in New Jersey

Save money on your next New Jersey vacation with these free things to do.

By Joely Phenes

It's undeniable: one of the easiest ways to save money on your New Jersey vacation is to take advantage of free attractions. From wooded parks and hiking trails to sunny beaches and boardwalks, there are plenty of free outdoor things to do in New Jersey, but there are also notable museums and indoor attractions that won't cost a penny. The next time you visit New Jersey, try this roundup of free attractions.

Cape May County Park & Zoo

707 Route 9 N., Cape May Court House, NJ

Explore more than 85 acres of lush country gardens at this county park, or bring the whole family to the Cape May County Zoo, a free attraction featuring more than 550 animals, representing more than 250 species. You can find lions, tigers and bears (plus much more!) at this exciting kid-friendly destination.

Princeton University Art Museum

Princeton University, Princeton, NJ

Admission is always free at Princeton University Art Museum, where 92,000 works of art showcase an array of styles, from ancient to contemporary. The Princeton University campus also is home to one of the country's most significant collections of 20th and 21st century sculpture, presented as public artwork dispersed throughout the walkways and green spaces.

Atlantic City Historical Museum

Garden Pier, S. New Jersey Ave. and Boardwalk, Atlantic City, NJ

Presented by the Atlantic City Free Public Library, the Atlantic City Historical Museum is the perfect place to learn about the rich history and fascinating stories behind this one-of-a-kind seaside resort town. The museum is located on Garden Pier at the south New Jersey Avenue and Boardwalk, so after you visit to this free museum, walk along the boardwalk to see the iconic sights.

Heritage Glass Museum

25 E. High St., Glassboro, NJ

From antique glassworker tools and hand-blown glass to vintage bottles and paperweights, the Heritage Glass Museum in Glassboro features more than 200 years of South Jersey glass, and it won't cost you anything to visit. The museum is located in the stately Hollybush Mansion, built in 1847.

Howell's Living History Farm

70 Wooden's Lane, Lambertville, NJ

Visit this early 1900s horse-powered farm for a glimpse into a bygone era. Admission is free to the Howell Living History Farm in Lambertville and activities such as summer camp, corn maze trips and hayrides require an additional cost.

The Trick of Ticks

By Susan Heckler

Ticks are common throughout the United States. They live outdoors in grass, trees, shrubs, and leaf piles...which essentially describes our part of New Jersey. Sadly for us, they're attracted to objects with two and four legs and can easily move between the two.

Many tick bites are harmless and will show no symptoms. There are others that are dangerous and can even be deadly. The eight legged blood suckers range in size from as small as a pin head to as large as a pencil eraser. As they take in more blood, ticks become larger and larger. When engorged, ticks can be about the size of a marble. They may stay on your skin and feed for days and even weeks. These members of the arachnid family range in color from shades of brown to reddish brown and black.

When bitten, some people experience pain or swelling at the bite site, a rash, burning sensation, blisters, or even difficulty breathing if they have sensitivity. We all know about Lyme disease but they may also carry Colorado tick fever, Rocky Mountain spotted fever, tularemia and ehrlichiosis.

Signs of a tick-born disease require medical attention; red spot or rash near the bite site, neck stiffness, headache or nausea, weakness, muscle or joint pain or achiness, fever or chills, or swollen lymph nodes.

Remove the tick as soon as possible, being very careful not to bend or twist the tick. You do not want to have any parts of the tick remaining on you as they may cause infection.

To avoid tick bites:

Avoid grassy areas and shrubs where tick populations may be high.

Wear light-colored clothing so ticks can be easily seen, and brush them off.

Tuck pants into boots or socks to avoid ticks crawling up loose pant legs.

Apply insect repellant and use the brands designed to repel ticks.

Promptly check yourself, others, and pets if exposed to areas where ticks are likely to be located.

Be sure to treat pets with flea and tick repellents.

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Happy Birthday La Rouge 23... and What a Year it has been!

By Susan Heckler

It was just one year ago that I did my happy wandering in Allentown for the first time. My curious nose led me in to an unmarked storefront to see what it was. A young couple had literally just opened a new restaurant at 4 South Main Street on March 24, 2015 and it has been such a pleasure, watching this new business grow.

Opening a restaurant is a dangerous risk, 90% fail within the first year. Why has La Rouge 23, with young, first time business owners have flourished and done what so many others could not? After sipping coffee and sampling their new Chocolate Beignets with Toasted Marshmallow Cream Dip with them, I came up with some pretty compelling reasons:

- Their loyal customers are amazing; the intimate atmosphere breeds friendly exchanges with patrons at other tables. I was there a few months ago on a Saturday night and ended up pushing tables together with total strangers to share wine and taste test!
- You can't beat their fresh farm to table quality.
- The menu is innovative, out of the box thinking. Yes, they have fish, but it is prepared in a refreshingly new recipe you never had elsewhere. This is why these artisans call themselves a Modern American Restaurant.
- Your meal is cooked to order and created. None of this previously assembled, just heat and serve dishes that you get in other restaurants. It may take a little longer but it is worth each bite.
- Their beignets are to die for...seriously folks. And just when you think it can't get any better, they change it up for the next season.
- They have a 'welcome home' atmosphere. This eatery is family owned and operated. You don't get served; you get hosted and treated like family.

So Happy Birthday, and I am hoping to celebrate your great food for many years to come.

Boost Your Economy

It's simple economics. As much as \$75 out of every \$100 that you spend at locally owned businesses remain in your area, according to recent studies.

Compare that to \$40 at non-locally owned establishments and zero dollars when you buy online, and your shopping priorities should be crystal clear.

Local Impact

More money staying put in your area means more funding for your schools, roads and hospitals. Tax revenue created from local purchases goes back into community improvements and new development opportunities.

In short, your money plays a major role in enhancing your daily life and the lives of those around you – depending on where you spend it.

Additionally, small-business owners are more likely to make social investments in the community by volunteering at their child's school, donating to local charities and hosting fundraising events, according to The American Small Business Coalition. Doing so allows these entrepreneurs to ingrain themselves into their communities and make it known that they are sensitive to the needs of those around them.

From local music groups to youth sports teams, small-business owners are quick to offer their sponsorship and money to help support community groups. This helps create customer buy-in for business owners, as well as a reputation for genuinely caring about their communities.

Hiring Local

And since local business owners hire local workers – about half of all private sector workers are employed in small businesses, according to the Bureau of Labor – money for taxes and wages stays in the community, too.

Unemployment statistics are linked very closely to the success or failure of small businesses, which means that your infusion of shopping money can also make a positive impact on a national level. This creates a strong connection between workers and customers alike.

You're more than just another number in the customer count when you visit a local business. Without your business, your local small-business owner would not be able to hire or retain as many local workers. From the owner down to the seasonal part-timer, all employees of small businesses depend on your support.



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Allentown High School Graduate Kirsten Littlefield Named IWLCA Second Team All-American

University of Mary Washington sophomore defender Kirsten Littlefield has been named as a second team All-America selection by the Intercollegiate Women's Lacrosse Association, as released on Wednesday. Littlefield becomes the 44th player in program history to gain All-America status.

Littlefield has been one of the dominant transition players in the nation this year, collecting 37 ground balls, 54 draw controls, and 28 caused turnovers. Her speed has led to many of UMW's successful clears during the campaign. In addition, she has scored a pair of goals and assisted on another.

The IWLCA will honor these student-athletes at the IWLCA All-American Banquet on Saturday June 4, 2016 at the Radisson Hotel Valley Forge in King of Prussia, PA.



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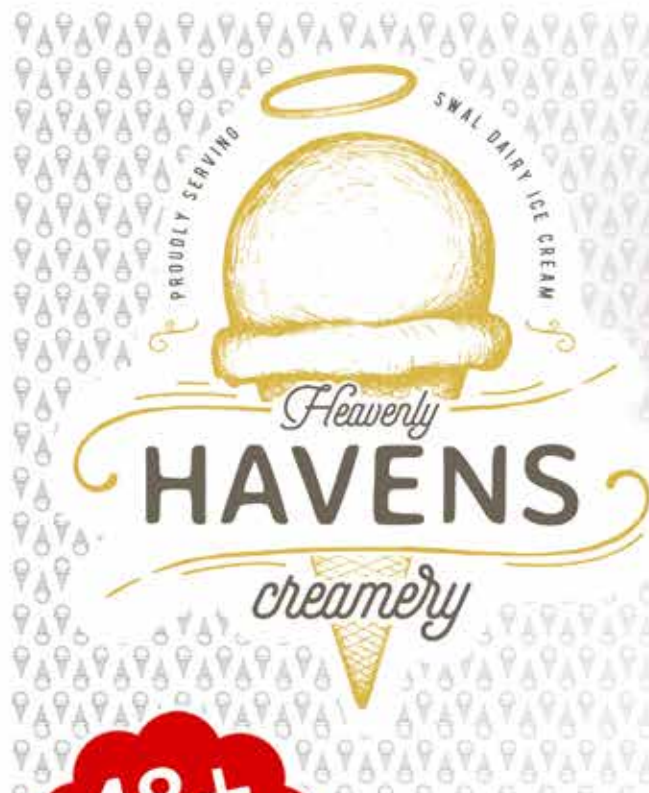
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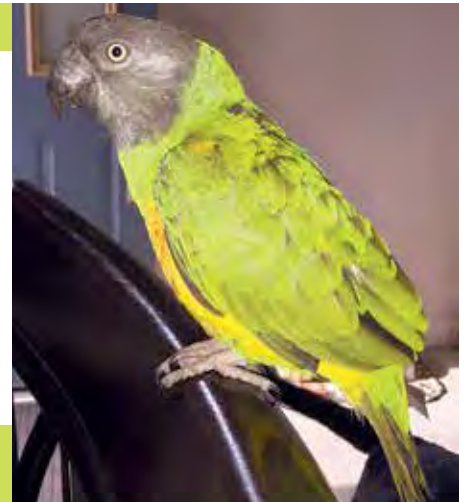


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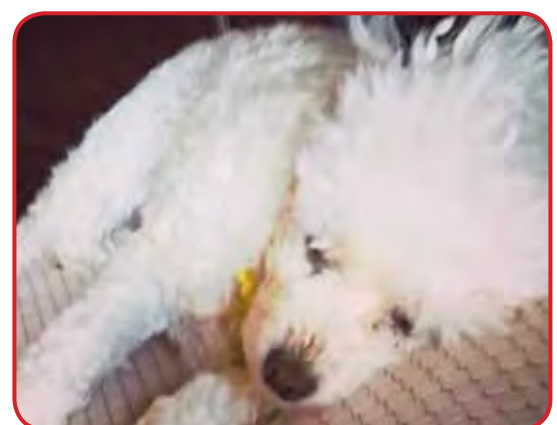




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Jackson



Lily



Max



Pepper



Rowen



Tig



Yankee

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A LOVING FAMILY **WANTED**

If you're looking for an addition to your family, why not adopt a homeless pet first. Each month we will showcase one or more pets for adoption from Animals Assistance in East Brunswick and other nearby shelters. Please take a look at their website and the animals up for adoption and give these animals a chance at living a long and loving life as part of your household. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding a good home for them. Animal Assistance does a great job of finding the right home for these animals. Please consider looking here first. You never know. You just might find your forever pet at Animal Assistance.

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 year's 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 vet care, they will provide someone for you.

We are also asking for **donations of food** for the cat colony that is cared for in Millstone. If you wish to donate canned food or dry bags of food, you can contact me at crescent671@gmail.com. I can come and pick up any donations. Also needed- more flea and tick medication.

- Zucchini needs a home. He craves someone's attention. He is a pocket-sized Chihuahua who loves going for rides in a car. He is adventurous and just loves hanging out with someone. He is friendly, very clean, and housebroken.
- Abandoned male boxer- very friendly. He loves to play. He is a very polite dog. He's tame. He must have been in a home before. Calm personality. He will listen to instructions.
- White Pit-bull- very sweet- 60 lbs. Extremely friendly.
- Tabby mother cat and kittens. Kittens are mixed. Mother cat - 2 years old. Kittens -eight weeks old and ready to go to their forever home.
- 2 year old orange tabby. Super friendly. Just wants to be around people. Very clean and litter trained.

Note -All Animal Assistance animals are spayed/ neutered and all medication updated.



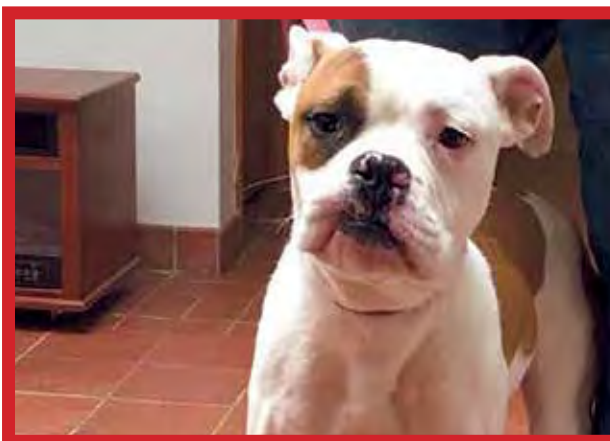
Loving and cuddling - Orange Tabby, 2 years old



White Pit-bull - friendly and smart



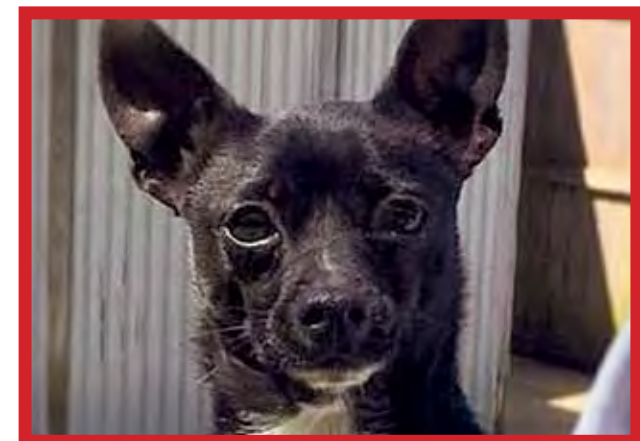
Adorable 8 week old kittens ready to go to a new home



Male Boxer- super friendly and so well mannered



Mother Tabby cat- precious and loving, 2 years old looking for a forever home



Zucchini- friendly and adventurous- pocket sized Chihuahua

The Millstone Times STUDENT OF THE MONTH

Marianna LeCompte

By Pam Teel

Eight-year-old Marianna Rose LeCompte attends the Roosevelt Public School in Roosevelt, NJ, where she lives. She is in Mrs. Gazanni's third grade class. Her favorite subject is science. She loves school and works hard to keep up her good grades.

Mariana really loves working in the garden at her school and can't wait for all of the flowers to bloom, especially the strawberries. She says that gardening is hard work but well worth the reward.

Marianna wants to be a veterinarian when she grows up because she really loves all animals. She wants to help them stay healthy and pain free.

Marianna loves to read the Magic Tree House books, Judy Moody, and the Geronimo Stilton series.

She loves watching Cupcake Wars and Junior Chopped. One day she would love to be on that show competing. Until then, she loves to help her mom and dad cook in the kitchen. Marianna can make salmon pea wiggle all by herself. She knows how to make a rue, and then add salmon and peas to make the dish.

Her favorite place to travel is Florida because of Disney and because of the warm weather. Her family camps at Fort Wilderness in Florida and she really loves traveling through the different states to get there. She especially loves traveling through Savanna, Georgia.

Marianna has two sisters, Helena (7), Kendall (4), and one brother Blake (22 months old).

She loves going to the park and going on hikes in the woods behind her house. She also loves going to the beach.

She loves to play soccer and kickball. She loves to run. She is also learning piano from Ms. Pam Teel and she loves it. Her favorite song to play right now is "Here Comes the Bride," probably because she will be a bridesmaid in October.

Her favorite foods are pizza and strawberries. Her new favorite dish is Mac and cheese mixed with lentils.

Her grandmother's name was Marianne and Marianna was named after her.

If Marianna had but one wish, she would love to have her grandmother back because she died before she met her. Her mom tells her about her grandmother all the time and she feels as though she knows her in her heart.

According to Marianna, "I am a very happy girl and am lucky to have everything that I have. One day I am going to do more for kids who don't have as much as I do."

Stay the sweet girl that you are Marianna. Keep up your good grades and your love for the piano. With your love and compassion for all animals, I have no doubt that one day you will become a very good veterinarian!



8 year old Marianna LeCompte

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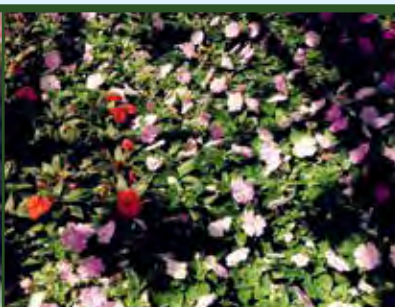
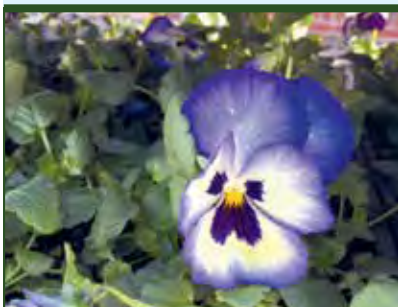
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- ☐ Salt Tank Overflows
- ☐ Salt Tank Level Does Not Go Down
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LIABILITY FOR ALCOHOL SERVED IN YOUR HOME?

Summer is typically the time for barbecues, get-togethers and parties. Around this time, a lot of my clients ask me whether or not they can be responsible for serving alcohol to their guests. The short answer in the State of New Jersey is "yes." New Jersey has a "social host" liability statute (N.J.S.A. 2A: 15-5.6) which allows people to sue for property damage or personal injury caused by an intoxicated individual who was served alcohol at your home. Accordingly, we all must be aware of this law, its parameters and when to stop serving alcohol to our friends, relatives and guests.

Pursuant to the above referenced statute, a "social host" will be responsible for injuries or property damage caused by an intoxicated person's operation of a vehicle after the intoxicated person was served alcohol by the "social host." However, a "social host" will only be responsible for that intoxicated person's actions if it can be proven that the "social host" served alcohol to that intoxicated person at a time when that person was "visibly intoxicated." Thus, if, at one of your parties, you serve alcohol or allow the consumption of alcohol by a person who is "visibly intoxicated," you will be responsible for any injuries and/or property damage caused by that intoxicated person resulting from their operation of a motor vehicle. Accordingly, it is important to try to more readily define "visible intoxication."

Unfortunately, the term "visible intoxication" is somewhat subjective in nature and may differ from person to person. However, some signs of visible intoxication that may be offered as proof at the time of a lawsuit will include, but are not limited to, the slurring of speech, staggering, loud boisterous behavior, bloodshot eyes, inappropriate behavior, strong odor of alcohol, etc. Therefore, it is suggested that, in the event one of your guests begin exhibiting one or all of these signs at your home, you immediately stop serving them alcohol. Further, to protect yourself from liability and for the safety of the public in general, it is also recommended that any such individuals exhibiting these signs not be allowed to drive.

It should be pointed out that, although "visible intoxication" is rather subjective, the statute provides some guidance. If it is determined that an individual's blood alcohol content was less than .10% at the time you served them their last alcoholic beverage, you cannot be responsible for their behavior. Further, the statute indicates that if an individual's blood alcohol content was between .10% and .15%, there is a presumption that the "social host" did serve that person at a time that they were visibly intoxicated. However, this presumption may be overcome by the "social host" by competent evidence (i.e.-witnesses, etc.).

Please note, however, that the analysis set forth above is with respect to the service of alcohol to adults (individuals over the age of 21 years old) and does not apply to the service of alcohol to minors. The service of alcohol to minors should never be undertaken in a social setting due to the fact that it could give rise to criminal liability as well as civil liability for instances where that minor may injure someone else regardless of whether or not the use of a motor vehicle is involved.

The bottom line is that we all must pay attention to our guests when we are serving alcohol at a social event to ensure that alcohol is not provided to those who may fit one of the above referenced criteria.

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Board Certified Civil Trial Attorney
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Phone (732) 410-5350 Fax (732) 810-0006

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I am proud to announce that
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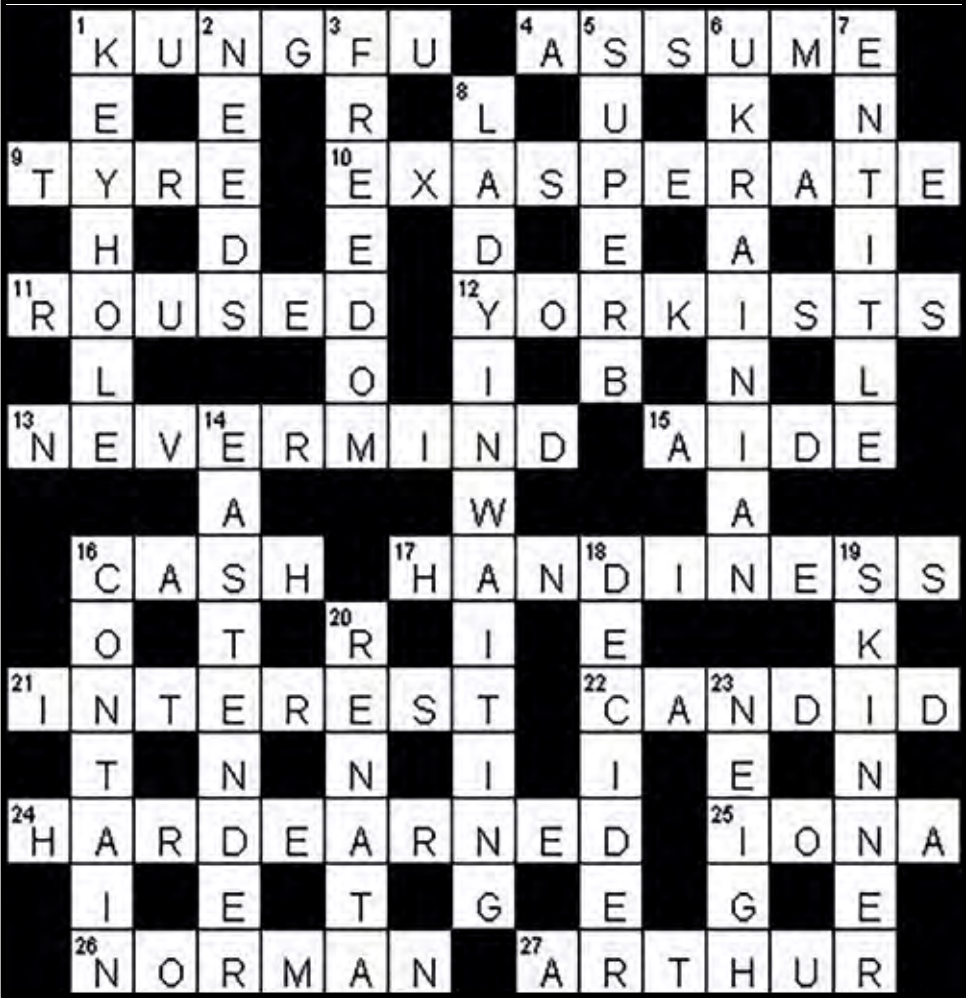
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Rise - A Community Service Partnership

Hoping to Fill Six Hundred Backpacks by the Fall

By Pam Teel

Rise - A Community Service Partnership is dedicated to working with local families and people who have a hard time making ends meet. In operation for fifty years, Rise provides many programs, which include a food pantry and soup kitchen, Thanksgiving program, Summer camp, Holiday program, and The Greater Goods Thrift Stores. They also provide case management and run various youth programs.

Rise now has an office at 116 Main Street in Hightstown. You can also find their thrift shop close by at 114 Rogers Avenue, on the corner of Main Street. It's open seven days a week from 10-7. The greater Goods Kids Outlet is located at 122 Main Street. The Greater Goods Resale Furniture Outlet is located at 133 Broad Street and the Rise Food pantry is at 225 Franklin Street. Donations of money, clothes, food for the pantry, are always welcomed. (See the website for more information on who to call to donate)

In partnership with FEMA and the Salvation Army, Rise also provides funds for short-term emergency shelter, utility payments, medical assistance, and more, to families and individuals in need. Their Hightstown Food Pantry is run in partnership with St. Anthony of Padua, Mercer Street Friends Food Bank, Panera Bread, and Whole foods. They also provide free dinners on various nights at the local churches.

Millstone Township resident, Maria Cunningham, is working with Rise and organizing a backpack and supplies collection in hopes of giving needy children a great start to the September

school year. Their goal is to collect six hundred backpacks and enough supplies to fill each one. They are asking for new backpacks and also for supplies to fill the backpacks. Hopefully they will reach their goal and start handing out the backpacks to needy families the end of August. Rise is also looking for volunteers to sort and organize donations. Anyone interested can register to volunteer at www.rise-community-services-org.



Rise follows local schools' supply lists for donations. Younger grades need things like crayons, children's scissors, pencils, etc. and older children might need scientific calculators, highlighters and pens. Rise also helps out with students who come to school unprepared and reaches out to nearby communities other than Hightstown with their backpack program, where needed.

Rise has created the Summer Academic Enrichment Program for students and thrives to make it affordable to families in need. They usually get over 100 students attending the six-week program. Students take such subjects as math, writing, art, music, and science classes.

Rise also offers a summer camp and at the end of camp, each child is provided with a backpack filled with school supplies so that they are ready for school. Last year Rise distributed 578 backpacks. Rise is currently looking for counselors and lifeguards for their summer camp. You can obtain more information about employment on their website.

Rise depends on the generosity of local families, churches, and businesses in the community to be able to provide these needed services. If you would like to donate your time or make a small donation, please don't hesitate to call (609) 443-4464. Backpacks and/or supplies can be dropped off at Rise's Main Office in Hightstown at 116 Main Street. See the website for hours of operation. To send a donation: mail to P.O. Box 88 Hightstown, NJ. 08520

10 Roller Coaster Rides in New Jersey that you must Experience

Whether you're visiting a Jersey Shore boardwalk or the mountains this summer, we've got a roller coaster you've got to ride. Check out our lineup of the best rides at amusement parks throughout the state, and get ready for a thrill you'll never forget!

The Joker

Six Flags Great Adventure & Safari, Jackson

New in 2016, The Joker might be known to DC Comics fans as one of the most devious Super Villains of all time, but now, this scream-machine of the same name will be spreading its own version of total mayhem. This 4-D, free-fly roller coaster features special wing vehicles that give riders the sensation of flying, as there is no conventional track above or below, making those drops, falls and turns all the more thrilling.

GaleForce!

Playland's Castaway Cove, Ocean City

Another new addition in 2016, this thrilling roller coaster will blow you away with its impressive features. Get launched upward at 64 miles per hour as you fly 125 feet into the sky, and feel the excitement as you plummet during the in the beyond-90-degree drop.

Shore Shot

Casino Pier & Breakwater Beach Waterpark, Seaside Heights

Shoot straight up into the air at thrilling speeds when you ride the Shore Shot, a vertical ride that propels you 125 feet up at 45 miles per hour, then dropping you back down for that signature positive and negative G-force experience.

Runaway Train Coaster

Gillian's Wonderland Pier, Ocean City

Riding a locomotive has never been this exhilarating. Hop aboard this train and ride around winding loops, then all the way to the top of the hill for a fun drop down.

Looping Star

Keansburg Amusement Park & Runaway Rapids Water Park, Keansburg

Fast turns, thrilling drops and scream-inducing loops—it's all on this exciting roller coaster at Keansburg Amusement Park.

Fly – The Great Nor'Easter

Morey's Piers & Beachfront Waterparks, Wildwood

Make your way to one of the largest amusement piers in the world to fly through the air at 50 miles per hour on this twisting, winding, looping roller coaster that takes you high above the Ocean Oasis waterpark.

Crazy Mouse

Steel Pier, Atlantic City

Overlooking the ocean and Jersey Shore beaches, this classic roller coaster offers dramatic views with its winding turns and sloping drops—but the biggest surprise is that the cars spin, adding a whole new dimension of dizzying fun to this rolling ride. .

Flitzer

Jenkinson's Boardwalk, Point Pleasant Beach

With a long track, steep dips and winding turns, this roller coaster offers plenty of action for thrill-seekers on the Jersey Shore.

Bubbles the Coaster

Storybook Land, Egg Harbor Township

Little ones don't have to miss out on all the fun. Bring young ones (36 inches and taller) to Storybook Land to ride on this dragon roller coaster as he flies through the air on kid-friendly adventure.

Alpine Mountain Coaster

Action Park, Vernon

Somewhere between a scenic alpine slide and a twisting roller coaster is the Alpine Mountain Coaster, the newest ride at historic Action Park: a rural attraction offering outdoor adventures like mountain top ziplines and sky rides to the top of Mount Vernon. Opening back up this summer!



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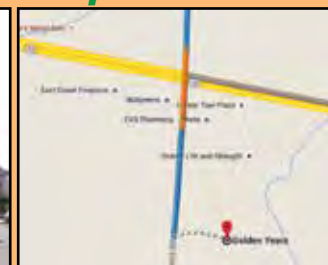
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