FREE JULY 2014

# The Millstone Times

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#### Millstone Township Foundation for Educational Excellence Awards Over \$48K in Grants to Local Schools

illstone Township Foundation for Educational Excellence (MTFEE) awarded three grants totaling \$26,670 to Millstone Township Schools. In January, MTFEE awarded five grants totaling \$22,215.60. Between its two grant cycles this school year, MTFEE awarded a total of \$48,885.60. Since 2002, MTFEE has awarded more than \$486,670 to its schools. There are currently more than 60 MTFEE-funded grant programs running in the Millstone Township School district. Every child that matriculates through the school district will in some way benefit from an MTFEE funded grant.

This grant cycle awards included Chromebooks™ to enhance the Writer's Workshop curriculum; MakerBot Replicator®2

3D printers and SketchUp\* 3D modeling software to support the rapid prototyping program; and a "Dinosaurs Rock: A Journey Through Earth's Prehistoric History" assembly.

Following is a listing of the grants and recipients:

Crafting with Chromebooks™ (\$18,950 to Edward A. Bittner, Seventh Grade Language Arts Teacher and Rachael Moriarty, Seventh Grade Language Arts Teacher). The grant consists of 50 Chromebooks™ (25 each class) that will enable all seventh grade students to have access, on a daily basis, to the Internet—where they can access upto-date materials, interactive planning tools and Google Docs™—to enhance the Writer's Workshop curriculum. Google Docs™ will improve the students' ability to draft, revise, edit, share, create and store













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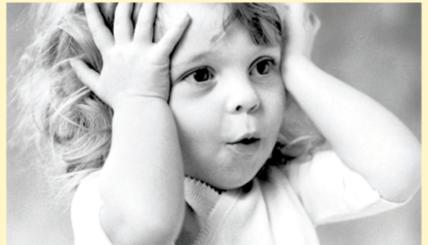
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7/18 Psycho Misfits

7/25 Drew's Farm

#### SATURDAY 9:30 PM-1 AM

7/5 Something Shiny

7/12 That Acoustic 80's Band

7/19 Shore Blue

7/26 El Kabong





#### **Allentown Middle School Student Wins Award**

The Monmouth County Historical Commission has announced the winners of the annual fifth-grade essay contest and the County's 2014 Preservation Awards.

"It is a pleasure to salute our young residents who have developed a keen awareness of history and the importance it plays in their lives," said Freeholder Director Lillian G. Burry, liaison to the Monmouth County Historical Commission. "Monmouth County is rich in history and I am glad to know that our youth are growing up with the desire to visit and to know more about local history."

The 2014 first-place essay winner was Allie Van Pelt, of Stone Bridge Middle School in Allentown, who wrote about Monmouth Battlefield State Park

in Manalapan and received a \$100 book store gift card.

Second-place winner Matthew Desiderio, of Holy Innocents School in Neptune, wrote about the Arlington Cemetery where his great-grandmother was buried and received a \$75 book store gift card.

In addition to the essays, preservation awards were given to the individuals and groups who have engaged in successful preservation and restoration projects on their own. The winning projects reflect the preservation movement and restoration of historic sites in Monmouth County.

Douglas Jemal, Cathy Zukerman of CDZ Architects and Douglas Kitchell were recognized for the preservation and restoration of two Life Saving Stations in Long Branch. Beth Woolley of Deal nominated the project.

In Ocean Grove, Amira Yunis and Dudley Hancox wanted to restore their Victorian home to its original character. They found a photo of their home from 1875 and worked with home design consultant Jay Cortese to complete the historically authentic restoration of their home.

Gloria Saker was lauded for commissioning Jim LaPointe for the restoration of the 1801 Stone Smokehouse in Freehold. The project was nominated by Cheryl Cook and Michael Berman of the Freehold Township Historic Preservation Commission.

The Township of Ocean Historical Museum received recognition for their successful establishment of a historic museum in the Eden Woolley House in Ocean Township.

"We speak regularly of Monmouth County as a historic county," Burry said. "Monmouth County is historic not only for what happened here, but for the efforts of those who preserve its buildings to ensure that they will be here for future generations. Preserving these sentinels of the past takes more than interest in history; it takes personal dedication, hard work and financial commitment by these current guardians of our shared heritage."

Preservation awards are given out annually to recognize people who have preserved a piece of Monmouth County history.

"Monmouth County has an amazing collection of historic buildings," said John Fabiano, executive director of the Historical Commission. "These include places to live, places to worship and places of public accommodation. The owners of these properties, and community organizations, work tirelessly to maintain these properties not for the awards, but because they care about preserving our heritage for the next generation."



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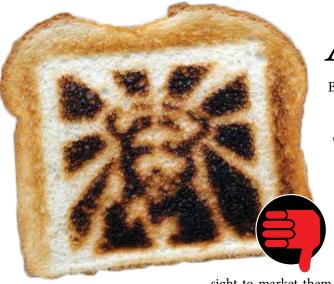
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### As Seen On TV: Buyer Beware

By Pam Teel

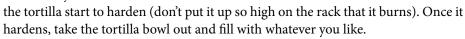
ome fifteen years ago, I remember ordering a taco bowl at a Mexican restaurant in another state. I remember telling my husband what a great idea these were as you can really put whatever you want in them. A decade later someone had the in-

sight to market them to the general public. Too

bad it wasn't me, as Walmart employees tell me that this product just flies off the shelf. For anyone wanting to try something new that is not so time consuming, the Taco Bowl or Tortilla Bowl, as they are both referred to, is a must have. The non-

stick fluted bowls come in two sizes, and pricing ranges between \$7.99 to \$15.99 depending on whether you are buying a set of two or a set of four.

It's so easy to use. First preheat your broiler, and press a tortilla into the fluted taco bowl to shape. Put the broiler on high and place the taco bowl, with just the tortilla in it, into the oven. Let



For example, I like to fill mine with chicken chili. I first put a layer of rice on

the bottom of the taco bowl and then pour some chili on top. I then add a layer of salsa and guacamole and top with lettuce and shredded cheese. After I fill the bowl, it goes back in the oven on broil until the cheese melts. Take it out and let it cool a minute or so. Then tip the pan, using a narrow flat spatula to help you ease out one side of the hardened tortilla from the non stick bowl and slide it right onto a dinner plate. It's a whole meal in one. The tortilla is baked and not fried, making it healthier. You can buy a Tortilla Bowl at Walmart, on Amazon.com or through the Miles Kimball catalog. *DEFINITE THUMBS UP!* 

**Novelty Toasters:** These toasters claim to burn impressions into your bread as it's toasting. There are a few different novelty toaster companies out there that you can find on Amazon. There are many different images you can order such as Mickey Mouse, a smiley face, flowers, a peace sign, sports logos, and yes, even President Obama's face. They can even customize initials for you, and they claim to be able to use photos.

I ordered the face of Jesus, though I never did get to see it, even after trying all different kinds of breads. I would say you need a very good imagination to make out the face. To make it even more appealing for me to purchase, the company offered to further personalize the product for me. If you sent a photo in, then they would personalize your toaster with that photo. That came in the form of a tiny sticker of the photo placed on one side of the toaster. Somehow, it wasn't what I had envisioned it would look like. Perhaps I should have kept it simple and just stuck to the Smiley face. You don't need much imagination for that. Someone out there might have one that delivers what it promises and not just burnt toast! I give the novelty toast *A DEFINITE THUMBS DOWN*. Save your money.

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





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#### REAL ESTATE

#### **Types of Agency Listing Contracts**

By Anjana Appanna

When you are looking to sell your home it is essential that you are familiar with the different types of listing contracts you may have with your agent. Know your options before you approach a real estate agent to sell your home. There are primarily four types of real estate listing contracts, and each has its pros and cons. Through a brief study of the types of contracts, you can arrive on the one that is most suitable to you and your property.

#### **OPEN LISTING**

As the name suggests this type of listing with the agent is completely non - exclusive. Open listing is best suited when the seller does not want to be committed to one agent, or when you want the option of selling the home on your own. With this type of listing contract the agent is entitled to a full commission if his potential buyer's deal goes through. This being a non - exclusive type of listing has its disadvantages. The agent may not take such a keen interest in marketing your home as is the case with an exclusive contract because here any agent can find you a buyer. However the large advantage of the open listing contract is that you can find a buyer on your own, and hence save on the cost of the agent's commission .

#### **ONE-TIME SHOW**

This type of listing contract is very similar to an Open Listing and is most often used by real estate agents to show an FSBO (For Sale By owner) home to their client.

The home owner signs an agreement, which identifies the potential buyer and guarantees the agent a full commission should that particular buyer purchase the home .

#### **EXCLUSIVE AGENCY LISTING**

The third type of contract is the Exclusive Agency Listing contract. This contract ensures that whichever agent or agency you sign with is entitled to the commission even if the final buyer is brought in by another agent. However if you sell the property on your own then the agent does not earn a commission. The Exclusive Agency Listing is not very popular with most real estate agents because of its scope for unethical behavior by the seller.

#### **EXCLUSIVE RIGHT TO SELL**

Exclusive Right to Sell entrusts your real estate agent with full responsibility and the exclusive right to sell your home. Despite the active interest you may take to sell your own home and its success, your listing agent is entitled to his full commission. This kind of listing acts as an incentive to the agent to take keen interest in the marketing and eventual selling of your property.

Before you sign the final contract with your chosen agency, make sure you are fully aware of all the types of contracts available to you. Pick the listing contract that is most convenient to you, enabling you to make a better sale.

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#### REAL ESTATE

#### **Mortgage Shopping Tips**

When shopping for a home mortgage make sure you obtain all the relevant information:

- Research current interest rates. Check the real estate section of your local newspaper, use the Internet, or call at least six lenders for information.
- Check the rates for 30-year, 20-year and 15-year mortgages. You may be able to save thousands of dollars in interest charges by getting the shortest-term mortgage you can afford.
- Ask for details on the same loan amount, loan term, and type of loan from multiple lenders so that you can compare the information. Be sure to get the Annual Percentage Rate (APR), which takes into account not only the interest rate but also points, broker fees, and other credit charges expressed as a yearly rate.
- Ask whether the rate is fixed or adjustable. The interest rate on adjustable rate
  mortgage loans (ARMs) can vary a great deal over the lifetime of the mortgage.
  An increase of several percentage points might raise payments by hundreds of
  dollars per month.
- If a loan has an adjustable rate, ask when and how the rate and loan payment could change.
- Find out how much down payment is required. Some lenders require 20% of the home's purchase price as a down payment. But many lenders now offer loans that require less. In these cases, you may be required to purchase private mortgage insurance (PMI) to protect the lender if you fall behind on payments.

- If PMI is required, ask what the total cost of the insurance will be. How much will the monthly mortgage payment be when the PMI premium is added and how long you will be required to carry PMI?
- Ask if you can pay off the loan early and if there is a penalty for doing so.

There is a long list of sources for mortgages loans: mortgage banks, mortgage brokers, banks, thrifts and credit unions, home builders, real estate agencies and Internet lenders.

If you're working with a broker, the National Consumer Law Center recommends you demand to know how much the broker is making from the lender as well as from any fees you might be paying. It's best to get this information upfront and in writing. Avoid a broker who is double-dipping-getting a fat premium from the lender, as well as fees from you.

The Real Estate Settlement Procedures Act (RESPA) requires lenders to give you information on all closing costs and escrow account practices. Any business relationships between the lender and closing service providers or other parties to the transaction must also be disclosed. Many of the fees are negotiable. More information is available from the Federal Trade Commission, the Federal Reserve Board, and the Department of Housing and Urban Development.

For more information on home buying and mortgages, visit Fannie Mae's website or call 202-752-7000.

Info provided by www.usa.gov/topics/family/homeowners/buyingselling/mortgages/shopping



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#### **Get to Know Move For Hunger**

By Genna Geller

 ${f M}$  ove For Hunger is a national hunger relief non-profit organization that works with relocation companies to fight hunger in their local communities. When people move, they throw away a lot of "stuff." Unfortunately, some of this "stuff"

is food that could be given to a family in need rather than be thrown away. Move For Hunger teams up with relocation professionals to raise awareness about local hunger issues and ensure that these unopened, non-perishable food items don't go to waste when people move.

"Joining the Move For Hunger team as an intern has intro-

duced me to the harsh realities of individuals struggling with hunger both locally and around the United States; by creating these events I know I am helping others in need and making an impact. I am looking forward to working with more local Realtors in the future to aid our local community," says Genna Geller, Move For Hunger Intern.

The Move For Hunger Real Estate Program is a network of socially responsible real estate professionals dedicated to ending hunger in the communities they serve. Move For Hunger provides Realtors with educational marketing materials for them to include in listing presentations, open houses and emails. These materials are customized to each office and include the local hunger statistic for that offices specific area. Move For Hunger also provides support for hunger relief events an office may want to hold (i.e. food drives, fundraisers).

"The opportunity for impact is incredible," says Max Lowy, Real Estate Pro-

gram Director. "Imagine if our industry truly put its full support behind this! We are creating real community partnerships to address hunger in every city across North America. There are a ton of fun ways the real estate community can engage, educate, fundraise, and volunteer with us to help those less fortunate."

With 1 in 6 Americans struggling with hunger, there has

never been a more important time to get involved. With a small team and amazing interns, Move For Hunger has mobilized over 4,000 realtors and 600 moving companies across the nation. Together, they have delivered over 3.5 million pounds of food to local food banks enough to provide over 3 million meals to individuals

Genna Geller's donation site is www.crowdrise.com/ GennasMoveForHungerChallenge. Upcoming events include the Crave Yogurt Old Bridge Food Drive, July 1-8, and the Corn Hole Tournament at The Stone Pony on August 30.





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# From left to right: Rich Favara, Pete Capuana, Anthony Ciricillo, Mike Campizzi, President Michael Arato, Rob DeSalvatore, Dave Senatore, and Vice President Anthony Grassi Jr.

### Italian American Cultural Society of New Jersey Come Grow with Us!

By Pam Teel

The Italian American Cultural Society of New Jersey is nine months strong with approximately sixty members and plenty of room for more to join. Come and grow with the organization as they find more ways to embrace and honor their Italian heritage and give back to their communities. With a mix of people from many different surrounding communities, the Society is dedicated to developing a continuum of Italian culture both old world and new.

The members meet once a month, usually at different local restaurants, where they mingle and get acquainted with each other and discuss their ancestral origins. Whether it be talking about their diverse regional cuisines, wines, or different dialects, one can see how proud they are to be Italian.

June's event was held at the Wine Room on Route 33 in Manalapan, where owner and member, Mike Campizzi, generously donated the use of his facility as well as all of the wine. Mr. Campizzi also donates the wine when the members dine out at local BYOB restaurants (If you're interested in making your own barrel of wine, you can visit the wine room at www.atthewineroom.com). There was plenty of Italian food on hand as each family member brought a covered dish with them. There was even food donated from local businesses. With desserts ranging from cannolis to tiramisu, it was clearly evident that no one left hungry. After dinner, there was a guest speaker who discussed the topic of Social Security. To add to the night, local talent, Jimmy Nicoletti, belted out some old style songs as members danced along to the music.

May's event brought cultural guest speaker Giulia, who shared her knowledge about the history of Italy and the many diverse regions as members dined at the San Marzano Trattoria Restaurant in Freehold.

If you are looking to join in with a lively bunch, this is the club to join. You don't need to be Italian. The members embrace all cultures and look forward to sharing and growing along with the newcomers. The organization strives hard to bring cultural and guest speakers to their many events along with local talent. They welcome new member's ideas and input. Come on out and meet new people who share the common love of their heritage. The members also have a business directory for networking within the society. In the near future, they look forward to working with local charities as they find ways of giving back to their communities.

There are many more events planned for the rest of the year. In July, a member's only family picnic is planned at Turkey Swamp Park. Other upcoming events include a Christmas party in December, a gathering at the wine room once again in February, and some fun nights out as the members wine and dine at local restaurants.

For membership information and upcoming events go to: www.ItalianAmericansnj.com. Bring your family and come and support this new growing organization that takes pride in its rich Italian history and heritage!





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#### Millstone Roosevelt Little League Ends Season

On June 16, the Millstone Roosevelt Little League wrapped up their regular season with some exciting playoff and championship baseball. We also had the raffles tickets drawing, so it was a very exciting evening!

Congratulations to 50/70 Millstone Yankees on their victory in the championship game, a close but very exciting game. They worked hard and played well together. This caps off a great season enjoyed by every player on the team.

The Minors Championship Game came down to the Yankees vs Indians and the

Yankees showed up ready to play. 11 of the 12 Yankees tallied hits that led to 11 runs over 5 innings. Nick Blotto and Michael Doran pitched a combined 5 innings and held the Indians to just 1 run. Regardless of the final score, the Indians played with a ton of heart and had an overall solid playoff performance.

Much appreciation to all our 2014 MRLL Board Members for their dedication, managers, assistants and team parents for our 20 plus teams and continued support from our MRLL families through sponsoring and volunteering.





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Return form to: Maria Dellasala, Clerk/Administrator

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#### Welcome to Millstone



Millstone Township welcomes a new business to add to our already fine collection of local businesses. His new practice opening at the end of June will be Law Offices of John T. Bazzurro, LLC on 200 Meco Drive. Mr. Bazzurro comes to us with 20 years of experience in personal injury, employment law, insurance litigation, real estate transactions, civil rights defense and general litigation matters.

Most recently, he was a partner in the law firm of Cham-

lin, Rosen, Uliano & Witherington in West Long Branch. His practice included the representation of individuals primarily in personal injury matters including motor vehicle accidents, slips and falls, construction accidents, medical malpractice, pharmaceutical malpractice, nursing home malpractice and abuse and other general negligence type claims.

Prior to joining that firm, Mr. Bazzurro spent several years at another local Monmouth County law firm that was primarily hired by insurance companies to represent defendants in personal injury cases and other civil litigation. His practice had an emphasis on general negligence cases, motor vehicle cases, landowner liability claims, construction claims, employment discrimination claims, civil rights violation claims and CERCLA claims.

He is licensed to practice law in both the State and Federal Courts in New Jersey and New York. He received his Juris Doctorate degree cum laude from Seton Hall University School of Law after receiving his Bachelor's Degree from Wagner College.

Having lived in Freehold for many years with his wife and two daughters, John is familiar with Millstone Township. His wife currently owns and operates an emergency lighting business located in the same building his new practice will be in.

Best of luck in your new law practice! ■

#### Pet Stores to Stop Selling Dog and Cat Treats Made in China

#### Announcement Follows the Deaths of 1,000 Dogs.

The safety of Chinese products—including processed chicken, pet treats and other foods—which are shipped to the United States was the topic of a bipartisan congressional hearing Tuesday by U.S. Sen. Sherrod Brown (D-OH) and U.S. Rep. Chris Smith (R-NJ-04), of the Commission on China.

"The safety of food, feed, and drugs from China are a cause for real concern. American consumers are rightly anxious," said Smith. "We have pet treats that may have sickened and/or killed pets, a virus may decimate 10 percent of American pigs—possibly from vitamins or feed from China—and we have food products, in-

cluding processed chicken—that does not have to be labeled as being "Made in China." In fact, some may even be labeled "Made in America."

Major U.S. pet stores have announced they would stop selling dog and cat treats made in China following the deaths of 1,000 dogs which may be linked to pet treats from China. Chickens raised in the United States may now be shipped to China for processing before being sold in the United States. And researchers are exploring the connection between China and the serious outbreak of Porcine Epidemic Diarrhea virus in U.S. pigs. These developments have highlighted concerns over the effectiveness of China's food safety regulation, the effectiveness of U.S. government

regulation of imported foods from China, and the overall safety of such foods. They also raise questions about whether current labels are adequate in helping American consumers determine when foods or their components come from China.

"Transparency is absolutely necessary for any government to protect the health of its citizens and to effectively manage problems related to food and drug safety," Smith said. "Free speech, a free press, and freedom of association would allow crusading journalists and civil society to expose health scandals and work toward open solutions. Those who try to skirt the law for profit would be exposed and citizens

could work together, with their government, to ensure better and healthier food and water. A free press—and "muckraking" journalists—certainly helped to bring better food safety in the United States."

The congressional hearing entitled "Pet Treats and Processed Chicken from China: Concerns for American Consumers and Pets" and featured opening testimony by Dr. Daniel L. Engeljohn, Assistant Administrator and in charge of the Food Safety and Inspection Service at the U.S. Department of Agriculture (USDA), and Tracey Forfa, Deputy Director of the Center for Veterinary Medicine of the U.S. Food and Drug Administration (FDA).

Continued on page 26



#### ELDER CARE HELP AND ADVICE

#### Arthritis in Our Elders

By Susan Heckler



Arthritis is actually an umbrella term as there are many different kinds of arthritis; each with different symptoms and treatments. Most types of arthritis are chronic. Half of all people age 65 and older are troubled by this disease.

The warning signs that you might have some form of arthritis if you have lasting joint pain, joint swelling or stiffness, tenderness or

pain when touching a joint, problems using or moving a joint normally, or warmth and redness in a joint. If any one of these symptoms lasts longer than two weeks, it is time to see your doctor.

Each kind of arthritis is handled a little differently. There are some shared treatment choices such as rest, exercise, and eating a healthy and well-balanced diet. Patients need to learn the right way to use and protect their joints. Wearing the right shoes and a cane can help with pain in the feet, knees, and hips when walking to avoiding injuries and maintaining comfort. Nowadays you can find great gizmos and gadgets to help in your day to day activities; they can help pull zippers, others help to button a shirt, and still others can help open jars or extend a person's reach, thereby putting less stress on joints. Doctors can recommend medications to relieve pain and stiffness.

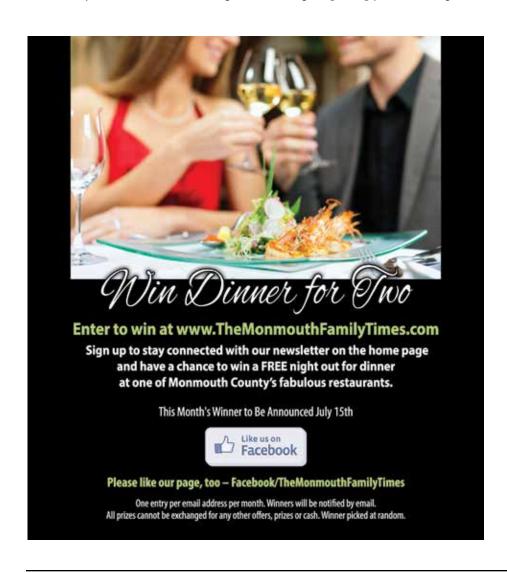
Exercise is a good way to stay fit, keep muscles strong, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, lessens

pain, and makes muscles around the joints stronger. Range-of-motion exercises, strengthening exercises, Aerobic or endurance exercises should be considered with medical supervision. Your doctor will let you know which is the best type of exercise to pursue for your condition. The National Institute on Aging (NIA) has a free 80-page booklet on how to start and stick with a safe exercise program as well as a 48-minute companion video.

Some symptoms of arthritis can be manufactured or exasperated by certain foods. When this occurs the person is said to have food sensitivity. When identified, the food can be removed from the patient's diet after which time the symptoms will most likely either be diminished or eliminated. Saturated fats can also have an adverse effect on arthritis symptoms. Lowering the saturated fat content in their diet can radically diminish the inflammation that they have in their joints. Reducing weight will alleviate some of the stress on joints too.

Many sufferers find relief in applying either heat or cold, or both, sequentially. Heat can be applied with a warm pack, a warm bath, electric heating pad or blanket, warm lamp, or hydro collator pack; all of which help relax the muscles. Other ways of making things warm and soothing are to use flannel sheets, raise the thermostat, or heat up clothes in the dryer for a minute or two before putting them on.

Communication is key; be aware of their symptoms and treatment and alert their medical professional to any changes to be sure your loved one is getting the best possible care.









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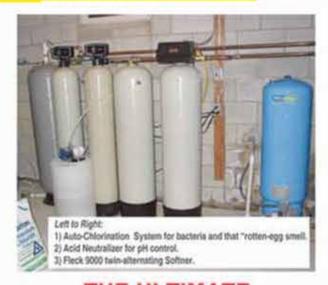
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#### The Accessibility of Fun

By Susan Heckler

On a recent visit to Six Flags Great Adventure with my family, it occurred to me that with all of the different levels and types of disabilities, it must be very difficult for a theme park to accommodate every visitor. It must be pretty challenging to design a ride so people who are visually or hearing impaired, wheelchair bound, in a leg cast on crutches, larger or smaller in stature than average, and various temporary or permanent disabilities can enjoy the rides yet allow all guests to equally enjoy without compromising the fun factor or liability.

I contacted Six Flags and they sent me their 24 page Safety and Accessibility Guide Being that they are in the business of fun, they take your enjoyment of their facility very seriously. It appears they work closely with the manufacturer of each of their rides and their policies incorporate the manufacturers' guidelines as well as the requirements of the Americans with Disabilities Act. The guide thoroughly describes the rides and what the physical demands are with each. The rides also have a rating system so people with different health problems know which to avoid (pregnancy, back problems, cardiac etc.).

According to the guide "Many amusement park rides incorporate safety systems designed by the manufacturer to accommodate people of average physical stature and body proportion. These safety systems may place restrictions on the ability of a Guest to safely be contained within the ride restraint. Extremely large or small individuals, Guests who have heart, back or neck trouble or conditions, pregnant women, people who have had recent surgery or an illness, people with casts, braces, restrictive devices or certain disabilities may not be safely accommodated by certain ride systems."

The guide goes on to state "In order to ride, all Guests must be able to maintain the proper riding position, meet the ride requirements and appropriately utilize the restraint systems, including lap bars, shoulder harnesses and seatbelts as indicated. All Guests must also be able to demonstrate a willingness and ability to comply with verbal and written rider requirements."

Their parking lot has plenty of handicapped spots and their buildings and grounds

have ramps and rails. One would think that this company, specializing in fun and family, has done its job in serving the entire community, including the handicapped theme park lovers

Local Millstone teen Joseph Masci, 16, has filed suit against Six Flags claiming that since 2012, they have changed their restrictions on the rides and he is unable to enjoy all but two. Although Joseph was born without feet and with his right arm ending at the elbow and his left arm ending in a malformed hand, he had been able to ride on all rides without incident.

Apparently an unrelated theme park in upstate New York had a fatality of a disabled Iraqi war veteran in 2011,

prompting the change. According to the company, the change was in response to thrill ride manufacturers suggestions that a person without one or both feet should be permitted to ride provided they have two functional hands and anyone with a single functional hand should ride as long as they have two functional legs. The park has also barred prosthetics in fear they should come loose and cause injury.

In a conversation with his mother, Joanna, she said, "We actually aren't "against" Great Adventure; we really like Great Adventure and want to go there! We just need them to make reasonable accommodations for Joseph, like they used to."



Continued from page 22

Also testifying were Shaun Kennedy, Director of the Food System Institute; Adjunct Associate Prof., Dept. of Veterinary Population Medicine, College of Veterinary Medicine, Univ. of Minn., Patty Lovera, Assistant Director, Food & Water Watch, and Christopher D'Urso, Student and Consumer Advocate of Colts Neck, N.J.

D'Urso, 17, and a recent Monmouth County high school graduate, said he learned about country of origin labeling (COOL) laws after an incident in Christmas 2011. After eating pignoli cookies, he contracted "pine mouth," a condition marked by bitter metallic taste for several days. He discovered this was caused by a cheaper, inedible species of pine nuts commonly substituted by Chinese companies. Upon examining the bag of pine nuts, discovered it did not have COOL and consequently began his own investigation.

"Consumers have the fundamental right to know information about products in order to make educated purchasing decisions," said D'Urso. "Increasing imports from countries such as China may pose significant safety concerns. The Congressional Research Service estimates that only 11% of pork, 30% of beef, 39% of chicken, and 40% of fruits and vegetables may be required to have COOL."

"I want to thank Mr. Chris D'Urso for bringing this last issue to my attention," Smith said. "Last year he met with me and my staff and shared his research and findings regarding country of origin labeling laws for the United States. The thoroughness and level of understanding of such a complex and international issue was impressive. Chinese imports are increasing, and many U.S. companies will purchase materials or products in China and assemble them here. Americans may not know what they are getting, and this poses significant health risks especially with food products, dietary supplements, or generic drugs. Having researched this issue since 2012, Chris rightly pointed to the inadequacies of current laws and the fact that consumers have the right

to know the country of origin of products, especially when ingested. I believe his future contribution to his community, country, and even beyond will be significant."

Forfa said that as of May 1, 2014, FDA has received approximately 4,800 such reports of involving illnesses in more than 5,600 dogs, 24 cats, and more than 1,000 canine deaths. FDA uses a system called the Pet Event Tracking Network (PETNet) to share information about emerging pet-food-related illnesses and product defects. PETNet is a secure network launched in August 2011 that allows the exchange of information between FDA and other Federal and state regulatory agencies.

"China is the source of a large and growing volume of imported foods, drugs, and ingredients," Forfa said. "Every product imported from abroad must meet the same standards as those produced here in the United States. Firms always have the primary responsibility to produce safe products, but it is important that governments provide meaningful and robust regulation to ensure public safety. FDA is continuing its work with Chinese officials to help them improve their regulatory system and educate them on the new standards that are being implemented in our regulatory system."

Engeljohn, Assistant Administrator of USDA's Food Safety and Inspection Service's (FSIS) testified about the current state of U.S. regulatory oversight of poultry exported from the People's Republic of China (PRC) for human food.

"United States is not importing any chicken that was slaughtered in China," Engeljohn said. "A March 2013 audit found China's poultry slaughter system not equivalent to that in the United States."

However, he said a FSIS reaffirmed in August 2013 that the PRC's poultry processing inspection system is equivalent to that of the United States. FSIS will conduct annual on-site audits of the PRC's inspection system for processed poultry for at least the next 3 years.



### How Parks Make Life Better ne of the best compliments the Monmouth County Park Sy

ne of the best compliments the Monmouth County Park System hears from visitors is how "lucky" they feel to live in Monmouth County because of the great parks. Since the mission of the Park System is to improve the quality of the life for residents of Monmouth County by providing exceptional park and recreation facilities and services, we are pleased to learn we are getting the job done.

Having quality parks for residents to enjoy is just one benefit of protecting open space. Parks also conserve land and water resources; preserve forests, fields and other important habitats, supporting species that may someday cure disease; and can even buffer the impact of storms. Parks improve local property values and add to the local economy; protect historic landscapes and buildings, and improve the likelihood that people living nearby will be more physically active. Recreation

programs, special events and fitness/sports facilities round out the advantages of having a park nearby.

These quality of life benefits help create a sense of well-being for Monmouth County's residents, which is perhaps why they choose the word "lucky" to describe how they feel about the parks. That's a very powerful outcome from preserving open space, and a very good indicator as to why parks matter.

In 2013, 1,222 volunteers contributed 25,392 hours of service to the Park System. In addition to working

on projects that keep the park trails, gardens and landscapes beautiful, they helped staff

many of our special events and activities. The Grand Opening of the Fort Monmmouth Recreation Center, open houses at Sunny-side Equestrian Center and other sites, and all the classic park events were made possible with the assistance of our volunteers. For more info visit: info@monmouthcountyparks.com

Top, the beautifully preserved Longstreet Farm is the perfect backdrop for summer camps and old-fashioned games and activities at events held throughout the year; bottom, park races welcome single entrants as well as teams of family members; right, historic buildings and landscapes help us feel what it was like to live in a quieter time from the past.



#### NEW! Fort Monmouth Recreation Center

The Park System completed initial steps to acquire the first county park facility of its kind, a recreation center built from the ground up for its intended use. Formerly part of the Fort Monmouth Military Base, the Fort Visitors to the Fort Monmouth Monmouth Recreation Center opened in August. Recreation Center Open House sampled indoor and outdoor activities.





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#### **MTFEE GRANTS**

Continued from page 1

information. With Google Docs™ immediate feedback in real time will be provided to students, without interrupting their writing process, for truly responsive teaching. Students will also have the opportunity to create multimedia products with the Chromebooks™ using apps such as Prezi™ and GoAnimate™.

Rapid Prototyping: Bringing Our Ideas to Life! (\$6,600 to Thomas Semko, Middle School Assistant Principal and Ellen Osborne, Middle School Technology Teacher). The grant consists of two MakerBot Replicator\*2 3D printers and SketchUp\* 3D modeling software, for Applied Technology students, to enhance STEM education and provide those students with real-world design applications. Teaching 3D modeling and providing exposure to fabrication equipment will allow technology education classes to take a crucial step towards becoming the home for student creativity and scientific exploration. 3D printing is a rapidly developing technology that allows users, with no fabrication experience, to easily produce computer-designed parts, which would be impossible to make with conventional tools. Through the use of 3D modeling software, SketchUp\*, students will gain a deeper understanding of spatial relationships as they are challenged to create new products. Students will be given design challenges, which will promote the use of skills acquired throughout their academic day, in mathematics, science and even language arts.



Dinosaurs Rock, A Journey Through the Earth's Prehistoric History Assembly (\$1,120 to Valerie Gunsalus, Second Grade Teacher). The grant consists of an interactive assembly to all second grade students where a "Dinosaurs Rock" instructor will bring an exhibit of museum quality pieces, including genuine fossils. During the assembly, students will engage in a hands-on fossil dig, which will enable them to increase their knowledge about dinosaur extinction theory, different types of dinosaurs, how fossils formed, as well as scientific clues. By viewing actual fossils, students will gain an understanding of the size of dinosaurs and increase their knowledge about prehistoric life. Students will also learn about how museums build exhibits of dinosaurs and their fossils.

For more information about donating to MTFEE, becoming a trustee or its fundraising programs and events, please e-mail info@mtfee.org, visit www.mtfee. org and like us on Facebook.

#### **A Fitting Tribute to Musician Brother**

By Pam Teel

ou Papaterpos from Millstone Township lost his brother Mell suddenly and unexpectedly in 2006. Both brothers grew up around music, not only playing

but also writing songs in their younger days with many different bands. They got very close to signing a deal with Swan Song record label, the same label that signed Led Zeppelin, but due to Led Zeppelin's drummer's untimely death, the label went under.

After that unfortunate circumstance, they added new band member Richie Sambora, who eventually left them to join Bon Jovi's band. For whatever reasons, the band members made a choice to split up and Lou and his brother decided to go out on their own. Calling themselves "Orphan," the band consisted of a singer, Lou on the bass guitar, and his brother as lead guitarist. It was during that time that Mell composed some songs that deeply reflected how he was feeling about the band's break up and about where he was in his life. Unfortunately those songs, recorded some thirty years ago in Lou's Queens apartment, never were heard.

It was towards the end of 2011 when Lou, now a local veterinarian, decided to dig out the old tapes and do something with them. He loved the music his brother composed so many years ago and felt deeply that his brother's voice still needed to be heard, even after all that time. Lou spent the next two and a half years hiring muscicians, orchestrating, arranging, and enhancing his brother's songs until he felt satisfied enough with the outcome. Lou would describe the music as a cross

between classic 70s rock music and Pink Floyd. With a little instrumental help from his two sons and a lot of patience from his wife, he was able to finish the CD, his final

tribute to his brother. The CD is called, "Borneo: To Mell and Back."

Aside from continuing with his music, Mell went on to become a Luthier for many famous guitar players. He was a guitar technician who would travel along with the bands during their concerts and tend to their instruments. Mell was well known in the music industry. He not only worked on famous musicians' guitars but also became great friends with many of them. He continued to work with Jimmy Paige, Eric Clapton, Jeff Beck, Ron Wood, Keith Richards, Carly Simon, Paul Simon, G.E. Smith and many others well-known musicians throughout his life. He and his brother got to jam with many celebrity friends, whether it was at Mell's house in Westchester, at local gigs, or at the S.I.R. Studios in Manhattan.

Sadly, Mell died of a heart attack in his sleep after just coming back from a tour with Whitney Houston. Lou

agonized over the fact that the public never really got to hear just how great a musician his brother was. Thanks to Lou's labor of love for his brother, Mell's music will finally be heard!

"Borneo: To Mell and Back," is now available for purchase at Amazon.com, iTunes. com, and CDBaby.com. ■









his is truly a special place. It's classified as a United States Biosphere Reserve and in 1978 was established by Congress as the country's first National Reserve. It includes portions of seven southern New Jersey counties, and encompasses over one-million acres of farms, forests and wetlands. It contains 56 communities, from hamlets to suburbs, with over 700,000 permanent residents.

The Pinelands National Reserve (PNR) was created by Congress under the National Parks and Recreation Act of 1978. The PNR encompasses approximately 1.1 million acres covering portions of seven counties and all or parts of 56 municipalities.

This internationally important ecological region is the largest body of open space on the Mid-Atlantic seaboard between Richmond and Boston and is underlain by aquifers containing 17 trillion gallons of some of the purest water in the land.

The Pinelands is a patchwork of pine oak forests, tea-colored streams and rivers, spacious farms, cross-road hamlets, and small towns stretched across southern New Jersey. In the country's early years it had been a place where fortunes were made from lumber, iron and glass. But the early industries died out, and as the state's major roads bypassed the area, the "Pine Barrens" gradually became known as a remote part of New Jersey abounding in local legends like the "Jersey Devil".

About 25 years ago, as the full weight of postwar urban sprawl came to bear on other parts of New Jersey, the path of Pinelands history forked again. Would the Pinelands become the locale of grandiose development projects, such as a jetport and a city of a quarter million, or would the region's value come to be based on its open spaces, natural features, and traditional lifestyles, which uncontrolled development would damage or obliterate?

It took years of study and debate before the choice was made. But gradually the realization set in that the Pinelands was an environmental asset of national and international importance, deserving safeguards to divert the flow of growth from metropolitan Philadelphia, northern New Jersey, and New York. Nearby Atlantic City's casino gambling boom crystallized awareness of the need for Pinelands development controls.

#### It's History

When human beings first occupied the Pinelands over 10,000 years ago, it was a cold and far less hospitable, tundra-like place. Quickly adapting to the harsh conditions, however, the first Americans hunted species now long extinct and settled near small ponds where traces of their culture can still be found. Gradually, though, the climate warmed, sea levels rose and, by about 5000 B.C., the region assumed the same general appearance it has today. Through the ensuing millennia, the Natives reaped the natural harvest of the Pines, using an evolving tool kit of stone and bone implements by which archaeologists can track their progress.

Europeans first began to come to the Pinelands in numbers in the seventeenth century, particularly after the English seized New Jersey from the Dutch in 1664. Whaling and shipbuilding were two of the major early enterprises, but these were pursued mainly on the coastal periphery of the Pines. It was only in 1765, when the first furnaces were built to exploit the region's bog iron deposits, that settlement in the interior of the Pinelands developed on any real scale. Soon after, glass production began, taking advantage of the high quality sands of the region, and other rural industries were founded. As these faded in the mid-nineteenth century, railroads began to be built, forever changing the pattern of settlements in the area. At this time also, the berry industry of the Pinelands had its beginnings, as did the development of resorts at the shore, both aided by the ready access provided by the railroads.

Today, the locomotives have mostly disappeared, replaced by the ubiquitous automobile. The cultural face of the Pinelands continues to change, as it always has. ■

#### Pinelands Timeline

170 to 200	
million years ago	Atlantic Coastal Plain begins to form.
100 million years ago	Start of sequence in which the Atlantic Ocean repeatedly covered the coastal plain and then withdrew, depositing layers of geologic material now beneath the Pinelands.
12,000-15,000 years ago	End of the last ice age. Many present plant and animal populations begin to develop.
About 10,000 BC	First human inhabitants appear in the Pinelands: These are the predecessors of the Lenape Indians that would inhabit the region until about 1800, when most migrate to other States.
1609	Henry Hudson sails into Raritan and Del- aware Bays; Exploration of coastal inlets and bays by Europeans begins.
1650	Whaling industry precipitates earliest settlement of southern New Jersey coast.
1688	Earliest shipbuilding operations begin on the periphery of the Pinelands. The Pinelands yield prized material such as Cedar, Oak, pitch, tar and turpentine. Construction of wooden ships flourishes throughout the Pinelands, particularly on the Great Egg and Maurice Rivers, into the 20th century.
About 1700	Some of the earliest settlements in the Pinelands begin to emerge around sawmills and grist mills.
1740	Earliest charcoaling operations begin in the Pinelands.
1758	Brotherton, the first Indian reservation in America is established at present day Indian Mills, Shamong Township.
1765	First iron furnaces are built in the Pinelands.
1778	Battle of Chestnut Neck fought near Port Republic during failed campaign by the British to destroy the ironworks at Batsto. The British force destroy a privateering center on the Great Bay, capturing a fort burning and pillaging the Village of Chestnut Neck.
1799	First Glasshouse in the Pinelands is established at Port Elizabeth.
About 1800	Whaling era in southern New Jersey comes to an end.
1810	First cotton mill in the Pinelands is established at Retreat.
1812	James Still, the "Black Doctor of the Pines," is born in Indian Mills. Dr. Still, a Harvard Graduate and self-taught healer, traveled the Pine Barrens during the mid-to-late-1800s treating the sick with remedies largely developed using the medicinal properties of native South Jersey plants.

Continued on page 40

#### **Millstone Teen Earns Black Belt**

By Pam Teel

Hanshi Mark Caravaglio has nothing but high praise for fourteen year-old Keely Allen who was awarded her black belt in the art of Seikei Ryu Jiu Jitsu this past June. Keely has been with the Caravaglio Self Defense and Fitness Training Center for ten years. "We don't just give out black belts," Hanshi Mark stated. "The students have to earn them. Keely is one of the most diligent students we have ever had. She has an impeccable attendance record and has an unbelievable work ethnic

both on and off the mat. She is such an exceptional young woman who goes out of her way to help other students learn the Martial Arts."

Keely has also won the Silver and Bronze Award for Girls Scouts, Presidential Fitness Awards from the Middle School and she takes Gifted and Talented classes in advanced Math and Language Arts. She was recently accepted into the Allied Health and Science High



Sensei Glenn Cohen, Grandmaster Carl Pluchino, Keely Allen, Hanshi Mark Caravaglio, Sensei Dan Pluchino

School program. Her aspiration is to one day become an Emergency Room Doctor. Keely also participated in the Girl Scouts project, "Sewed up," where she and her friends made pillows for cancer patients to use during their chemo treatments. After ten years of consistent training, Keely was promoted to Black Belt on June 7. Her accomplishment is a testimony to the seven virtues of Seikei Ryu Jiu Jitsu, which include: Courtesy, Loyalty, Benevolence, Truthfulness, Courage, Honor and Justice both in Martial Arts and Life.

Caravaglio Self Defense Training Center is located on Route 33 in Monroe Township. You can visit them on Facebook. ■



#### Thank You, Luchento's, for a Wonderful Confirmation Party!

We have had many parties in local restaurants over the years. However, our recent party at Luchento's in Millstone Twp. was just amazing. The food was so delicious. It is always so hard to please my father-in-law who was born in Italy, and he was so pleased. Each dish was so unique in taste. We were overwhelmed with the special treatment we received that it felt like we were "back home" in Brooklyn, especially when we realized we all came from the same neighborhood! The food, the owners, the staff, the cleanliness of the restaurant and service were exceptional. My nephew just made reservations for his birthday next week. Thank you for making our family so happy!

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#### Habits of Successful Tweeters

By Jackie Berman

Whether your goal is to launch a new product, connect with your local community or just gain more exposure in your industry, these habits of great tweeters will help get your tweeting to the next level.

In the Twitter world, you don't have to name-drop to be recognized as a reputable company. Engaging in constructive conversation is great. Shouting out a list of names in a row to the Twitter universe is not. Remember, content is key.

- 1. Consistency: Followers sign on for something specific when they follow you, and if you change up your main topic of conversation regularly, you'll scare them all away. The best tweeters typically stick to one or two topics for 80% of their tweets, and sprinkle in their other interests in the other 20% or so.
- 2. Variety: This might sound like the opposite habit from consistency. The best tweeters tweet photos, links from a large number of sources, their own thoughts and opinions, re-tweets, have conversations, share podcasts, inform people of good deals, endorse the brands they love, ask questions. They tweet a variety of content, which keeps their followers interested.
- 3. Being helpful: By helping others, you'll help yourself.
- **4. Endorsing others:** By promoting a friend's new book, sharing a colleague's tweet or blog post you'll gain two benefits: one, if your endorsement is well thought out, you'll be seen as a thought-leader and potential influencer by your followers; and two, you'll land yourself on that person's radar and they might return the favor.
- **5. Constantly checking @mentions:** Some of the best social media conversations happen on Twitter. But they can only happen if users

- check their @mentions regularly. Checking in to see who is mentioning you will show you who wants to start a conversation. So start one!
- **6. Being ready:** The best tweets are those who don't set aside 10 minutes to come up with tweets at their computer and then forget about the network: They have smartphones and the ability to tweet when the inspiration (or a particularly beautiful picture of a flower) strikes.
- 7. Refreshing their lists regularly: Lists are a powerful way to build a network on Twitter, but they require maintenance. It's a good idea to get into the habit of checking your lists every few weeks to clear out the dormant accounts and add

ew ones.

- **8.** #Hashtag sparingly: You may notice a handful of celebrity tweeters sticking 8 hashtags into a single tweet, but that's really not a good habit. You should only use a hashtag when it's relevant to the content of your tweet.
- **9. Size does matter:** Don't believe it when people tell you that its just the quality and not the size of your following on Twitter that matters. That's false! Both are important. A large Twitter following provides leverage to market your business, blog or website.

If you want to build and endure presence on Twitter and on social media, including blogs, then link to content that is useful and helpful not just this week but also next week and in one years time.

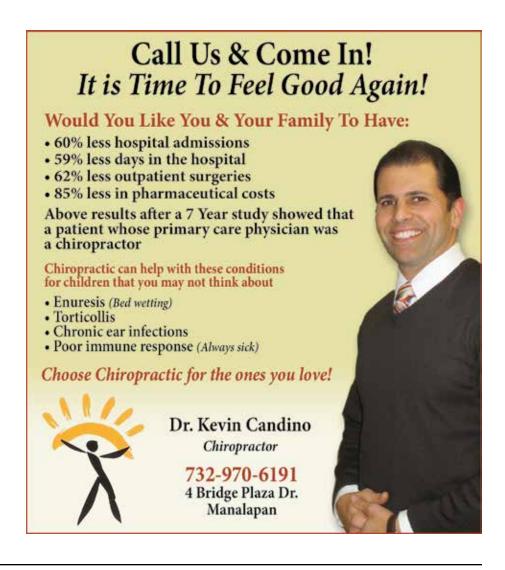
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#### July 2-6 Princeton Show Jumping

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#### July 5-6 Dressage at the Park

Horse Park of NJ 626 Route 524, Allentown (609) 259-0170

#### July 5 Autumn Riders Horse Show

East Freehold Park Showground, Freehold (732) 703-5465

#### July 6 Monmouth County Horse Show

Hunter Show East Freehold Park, Freehold (732) 842-4118

#### July 8 Briarwood Farm (Derby Day)

Hunter / Jumper Horse Show at Black River (908) 534-8833

#### July 9-11 Hunterdon County I at Duncraven Hunter/Jumper Horse Show

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#### July 12-14 Hunterdon County II At Duncraven Hunter/Jumper Horse Show

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Continued on page 41

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## Fact or Fiction? Advice for Fending Off Mosquitoes

Summer is almost here, but mosquitoes are already out in full force in many parts of the country. Precaution is the name of the game this summer.

To help the public safeguard themselves from the bites of mosquitoes, the National Pest Management Association (NPMA) offers the following "Mosquitoes: Fact or Fiction? guide:

#### Scented and citronella candles will protect me from mosquitoes: FICTION.

Some types of candles will reduce mosquito populations in the immediate vicinity but will not prevent mosquitoes from biting. Accordingly, when outdoors, it is important to always use an effective insect repellent.



#### All insect sprays are the same: FICTION.

The CDC recommends using an insect repellent that contains DEET, picaridin or IR3535, and notes that "some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection." To ensure safe and effective use, always use products in accordance with label directions.

#### Water in birdbaths, containers and toys should be emptied regularly: FACT.

Mosquitoes need only a half inch of standing water to reproduce. After rainfall, empty water that has collected in flower pots, recycling bins, children's toys, etc. Water in birdbaths should be changed two to three times per week to keep the water from becoming stagnant.

#### Mosquitoes are more attracted to women than men: FACT.

Research has shown that mosquitoes appear to bite women more frequently than men due to their different hormonal make-up. Interestingly, women with blonde hair are often more frequent targets for mosquitoes.

#### Mosquitoes only bite at dawn and dusk: FICTION.

Most mosquitoes are generally more active at dawn and dusk, but they can bite at any time of day. Certain kinds of mosquitoes, especially Asian tiger mosquitoes, are notorious for biting throughout the day.

Mosquitoes are more than just a nuisance pest. Their bites can cause harm to your family and your pets. To learn more about how to protect against mosquitoes this summer, visit pestworld.org.

## **Jersey Fresh Strawberries in Season**

Spring Fruit Harvest in Full Swing

Jersey Fresh strawberries are here and the plump, juicy and delicious fruit is available now at community farmers markets, local farm markets and pick-your-own farms in the state. Harvesting of the popular spring crop began in mid-May and should continue through early lung.

should continue through early June.

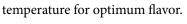
Strawberries are a part of a healthy diet, providing a good source of vitamin C. Strawberries should not be washed until ready to eat because their high water content, on top of the additional water, will result in a mushy berry. Once the caps are removed, an enzyme is released that destroys the vitamin C. Be certain to remove the caps after rinsing to prevent the strawberry from becoming waterlogged and from losing vitamin C content.

Look for strawberries that are plump and firm with a bright red color and natural shine. The size of the berry is not important; the color of the berry and the fragrance are the best indicators of flavor. Caps should be fresh, green and intact. Avoid strawberries with green or white color, or those that appear mushy, shriveled or leaky. Strawberries do not ripen after harvest, so they should be immediately stored in the refrigerator and picked as close to consumption time as possible.

When purchasing, check the carton for stains,

which indicate over-ripeness. Remove the strawberries from the market or store container. Store in a shallow container on a paper towel in the refrigerator for up to three days. If a shallow container is not feasible, put paper towels between the layers.

Remove from the refrigerator and serve at room





While delicious in baked goods, strawberries are tasty raw, especially when served with a liqueur or when dipped in chocolate. Preserve as a jam, or easily freeze by coating in a water and lemon juice mix.

To find Jersey Fresh strawberries and other Jersey Fresh products at farm markets or pick-your-own farms, visit the Jersey Fresh website at www.jerseyfresh.nj.gov.

Search for Jersey Fresh strawberry recipes at www.jerseyfresh.nj.gov/recipes. ■



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By Pam Teel

n a 128-acre forest in Upper Black Eddy, PA lays an eight-acre field of large boulders with very unusual properties. When hit with a hammer or another smaller rock, the rocks ring out. Not all of them, but that is the fun of it, trying to find the ones that do. The rocks sound as if they are made of metal and are hollow as you strike them; almost like a metal pipe being struck. The boulders are large and solid and I would suggest wearing sensible shoes like sneakers to climb on them. There are no paths in between so you will be doing a lot of climbing from rock to rock to get to the middle of the field. The park draws a lot of curious people who bring their children and their hammers all in pursuit of that one singing rock.

It's strange to see the field of boulders, some ten feet high, just lying out there in the middle of the woods, since most boulder fields are a result of an avalanche from a mountainside collapsing. This field holds no evidence of the sort, since it is already nearly at the top of the hillside, it rules out the possibility of a rockslide. There is also no evidence to suggest that a glacier movement formed it either.

The boulders are made of a substance called diabase, which is volcanic in nature. This is one of the largest diabase boulder fields in the U.S. on the eastern coast. The rocks possess a high content of aluminum and iron and theory has it that they were thought to have broken apart during the Pleistocene epoch approximately 12,000 years ago.

The boulder field sits on top of solid bedrock and although only a fraction of the rocks ring, the fun is in finding ones that do. When you do strike a good one, the story is that you call out to the angels and let them know that you found their fallen trumpet and later that night they will come to retrieve it. The rocks that ring are known as live rocks and the others as dead rocks.

In 1890, a leading geologist of the day collected rocks with different pitches and used them to play alongside a local band—an event that locals claim as the first ever rock concert. More recently, local musicians have put together "jam" sessions on

the rocks, striking them with various implements, including other rocks, sticks, hammers and railroad spikes.

Also, adjacent to the boulder field is a short trail that leads to Bucks County's largest waterfall. It's best to go in the springtime after the snow thaws if you want to see the full effect. There is still a small stream trickling down the sides now and it's



It's a short hike to the Ringing Rocks Waterfall from the Boulder Field. The main waterfall is dry now, allowing visitors to walk on top of it.

dry enough to climb over the boulders and walk on top of the waterfall. Close by is Ringing Rocks Campground, which offers cabin and trailer rentals, swimming, hiking, outdoor games and more (www.ringingrocksfamilycampground.com).

The Ringing Rocks Park is approximately seven miles past Frenchtown, NJ. The park is open until dusk. Don't forget your hammers! ■









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#### New Jersey Pinelands

Continued from page 30

1830-1840	Earliest cultivated cranberry bogs appear at Burrs Mill, Cassville, and elsewhere.
1832	First paper mill in the Pinelands at McCartyville (Harrisville).
1854	Camden and Atlantic Railroad is founded; crossing the Pinelands from Camden to Atlantic City, opening Atlantic City as a seashore resort. Other rail lines, such as the Raritan and Delaware Bay Railroad, soon follow, linking communities such as Toms River, Waretown, Atsion, Atco, and Vineland.
1864	L.N. Renault Winery is founded in Galloway Township, establishing Pinelands viticulture industry.
1869	Smelting and forging of bog iron in the Pinelands ends.
1878	Joseph Wharton, a Philadelphia financier, proposes exporting Pinelands water to Philadelphia. The New Jersey Legislature blocks his efforts.
1905	Bass River State Forest, one of the State's first, is acquired by the State of New Jersey for public recreation, water conservation and wildlife and timber management.
1916	Elizabeth White and Dr. F.V. Coville develop first cultivated blueberry at Whitesbog, establishing the Blueberry industry in the Pinelands and elsewhere.
1917	Fort Dix is established as a training and staging ground for World War I US Army troops. Present-day Lakehurst Naval Air Station is acquired by the US Army as an ammunition proving ground and poison gas warfare testing ground. Prior to government acquisition, the Lakehurst property briefly served as an ammunition testing ground for the Russian Imperial Government.
1926	The State of New Jersey establishes its first forest tree nursery at Jackson Township.
1928	Legendary Mexican aviator Emilo Carranza perishes in a crash in Tabernacle Township during the return leg of a goodwill flight between New York City and Mexico City.
1937	The German Zeppelin airship Hindenburg is destroyed by fire while attempting to moor at Lakehurst Naval Air Station.
1948	A program of prescribed burning, a forest management and wildfire safety practice that is continued today in the Pinelands, is established in New Jersey.
1949	After serving as a base for military aircraft for more than a decade, part of Fort Dix is officially designated as McGuire Air Force Base.
1955	State of New Jersey acquires 100,000-acre Wharton Tract as a state forest.
1963	The largest wildfire in the region's recorded history burns nearly 190,000 acres of Pinelands, destroying 185 homes and killing seven people.
1964	Pinelands Regional Planning Board proposes supersonic jetport and city of 250,000 people.
1967	Publication of John McPhee's national best-selling book, <i>The Pine Barrens</i> , spurs tremendous public outcry to protect the Pinelands natural and cultural resources.
1971	Pinelands Environmental Council created and assigned to prepare master plan for 320,000 acres.
1977	Governor Brendan T. Byrne appoints Pinelands Review Committee to define Pinelands boundaries.
1977	Casino gambling begins in Atlantic City, increasing development pressure on nearby Pinelands.
Nov. 10, 1978	National Parks and Recreation Act establishes Pinelands National Reserve: calls for preparation of Pinelands Comprehensive Management Plan.
Feb. 8, 1979	Pinelands Commission established. Our state formed a partnership with the federal government to preserve, protect and enhance the natural and cultural resources of this special place.
Aug. 8, 1980	Pinelands Commission adopts management plan for 368,000-acre Preservation Area.
Nov.21, 1980	Commission adopts plan for 556,000-acre Protection Area and balance of the Pinelands National Reserve.
Jan. 14, 1981	Governor Byrne approves the Pinelands Comprehensive Management Plan.
Jan. 16, 1981	US Secretary of the Interior Cecil D. Andrus approves the Plan.
1983	The area was designated a U.S. Biosphere Reserve by UNESCO an agency of the United Nations and in 1988 it was recognized as a International Biosphere Reserve.



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#### LOCAL EQUINE EVENTS

Continued from page 35

July 17-20 Woodedge at the Park Hunter/Jumper Horse Show

Horse Park of NJ 626 Route 524, Allentown (856) 235-5623

#### July 22 Summer Fun at the Park

Horse Park of NJ 626 Route 524, Allentown epicsdream@aol.com

#### July 26 CJL Farm Hunter Horse Show

Baymar Farm 38 Harbor Rd, Morganville (917) 371-4551

#### July 26-27 HPNJ Horse Trials

Horse Park of NJ 626 Route 524, Allentown (609) 259-0170

## July 27 Baymar Farms Horse Show

38 Harbor Road, Morganville (732) 591-9600

### July 29 ESDCTA Cross-Country Schooling

Horse Park of NJ 626 Route 524, Allentown (215) 489-1557

#### July 29 Summer Fun at the Park

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## Is Farmed Fish Really the Answer?

By Pam Teel

In the first time ever, farmed fish production topped beef production in the United States. In 2013, more people ate farm raised fish than fresh caught. Luckily, for those concerned about farm raised fish being fed GMO's, most fish in the supermarket are labeled wild caught or farm raised. You will find that over sixty percent of the fish products displayed for consumption are now farm raised. You might think that you are getting a fair deal compared to the price of what you have to pay nowadays for wild caught fish and shrimp, but after doing some basic research into to what the fish are being fed and the conditions of the holding area's they are breed in, you might want to spend the extra money on fish straight from the sea.

Farm raised fish are raised commercially in tanks, enclosures and controlled pens across the country in lakes, rivers and oceans. Due to their compact living situations and feed, they tend to have more disease, toxins, artificial dyes, antibiotics, and they contain more fat than compared to wild caught fish.

Wild caught fish tend to be higher in omega 3 fatty acids, protein, and contain low levels of disease as well as being free from pesticides, antibiotics and free of being fed GMO pellets made of soy and corn. (Wild caught fish are obviously free to roam around the ocean finding their own food sources, while farm raised are forced to eat an unnatural diet).

While fish farming's main purpose was to meet the increase in

demand, keeping costs low, and decreasing the level of mercury, the added GMO's, artificial dyes, antibiotics, pesticides, etc., seem to outweigh all the good. If you don't know what Genetically Modified Organisms are, then it's time to do some research on what exactly is being put into the foods that we eat.

Keep in mind; you are what your farmed fish eat! Many farmed fish are carnivorous, which means they are fed wild fish, fish meal, or fish oil, but non-carnivorous fish are fed mainly GMO corn and soy pellets. According to studies, it takes more than five pounds of wild fish to grow one pound of farmed salmon. Is it really worth it?

Overcrowding of fish in aquaculture results in a higher rate of disease and infestation, leads to increased use of antibiotics. Over 80% of all antibiotic use in the U.S. goes to feeding livestock, and it's estimated that farmed salmon are fed more antibiotics per pound than any other livestock in North America. That alone should be enough to get you to thinking.

Left, some fish that are bred in captivity hardly have room to swim—they rub against each other causing their scales to bleed which can lead to infections and disease; right, farmed fish in a pen on a lake.

The nutritional value in farm raised fish has greatly diminished. Farm raised salmon tend to have an unhealthy high fat content and higher levels of PCB's. Farm fishing also hurts the environment. Off shore aquaculture runs the risk of fish escaping and spreading diseases into the ocean. Wild forage fish feed on natural krill, zooplankton and algae and help keep the ocean in balance. Farm raised fish eat pellets similar to what you feed your

Continued on page 45





## Shore Region Calendar

By Liz Milio, Regional President

I am honored to be the new Shore Region president of NJAWBO, the oldest woman business owners' organization in New Jersey. We (NJAWBO) were born 36 years ago, at a time when a woman had a difficult time borrowing money, purchasing cars or homes without a man's signature on the documents with hers. Women were not recognized as business leaders. NJAWBO was, and still is, the answer to this problem.

NJAWBO is dedicated to the success of New Jersey women business owners. We help them grow by providing the best learning and collaborative environment through all stages of business development.

NJAWBO is THE professional organization providing skills and solutions to all stages of women-owned businesses in New Jersey, through educational workshops, executive roundtables, and local meetings. If you have never attended one of our meetings before, I invite you to attend one or more of the following events.

#### July 18 • 5:15-7:15pm

#### Co-Sponsoring Happy Hour with Lawyers for Charity

FREE food. Happy Hour 6-7pm with \$1. Donation of cans for St. James Food Bank Hands of Hope. Find out more at www.njawboshore.org

#### July 22 • 5-8pm

#### **Hispanic Business Expo**

NJAWBO will have a table at this FREE event. This is largest Hispanic showcase in NJ to both Hispanic and Non Hispanic business leaders. Grow your list of clients through networking while enjoying live music, entertainment and the Latin American Food Festival.

#### July 24 • 6-9pm

#### Networking/Dinner Meeting - BBQ at ABL

Location: Appliance Brokers Ltd., Manalapan

Join us for a fun networking evening with NJAWBO Shore Region members and friends and the Greater Monmouth Chamber Women in Business Group Only \$10 to members and non-members. Register at www.njawboshore.org.

#### August 22 • 11:30am-4:30pm

#### Day at the Races

Location: Monmouth Race Track, Oceanport

Join NJAWBO members from all six regions for an exciting day of networking and fun with a relaxing lunch in the Grove region at Monmouth Race Track. A full buffet lunch is included. Cash bar will be available. Event will take place rain or shine. Register atwww.njawbo.org or click through www.njawboshore.org.

#### October 14 • 6-9pm

#### **Cream Ridge Winery Tri-Region Event**

Network with NJAWBO members and guests from the South, Central and Shore regions. This time, we will have Italian food. ■



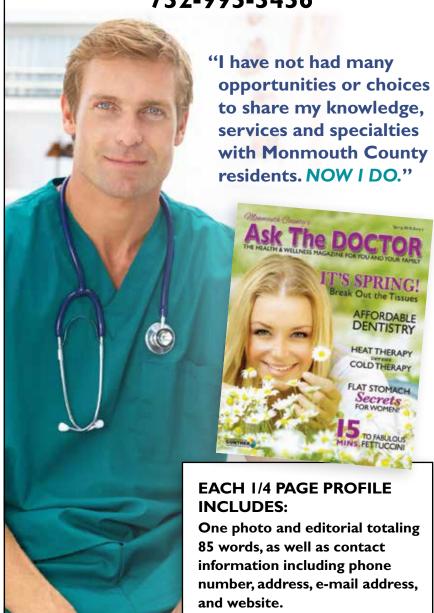
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#### **Attention Good Drivers!**

### Allstate Insurance Offers Discounts When You Install a Telematics Device to Your Car

If you're a responsible driver, using a telematics device provided by your insurance company could be a great way to save since some companies offer a discount on your insurance for safe driving habits. If you're not sure what a telematics device is or what it does, read on for some handy information.

#### What is a telematics device, and what does it measure?

A telematics device is generally a system that you install in your car that records information about your driving habits, such as the number of miles you drive, your speed, and how quickly you brake. These systems sometimes analyze the time of day when you drive, as well. If you use a telematics device from your insurer, you

agree to allow the device to send this information to your insurance company. In some cases, if the data show you practice safe driving, you may become eligible for car insurance discounts. (If, however, the device shows that your driving habits are not as safe, typically, you are not penalized with higher premiums.)



#### Where is it installed?

Telematics devices, such as Allstate's Drivewise®, are usually small enough to fit in the palm of your hand, and installation is fairly straightforward. In most cases, you plug the device into your vehicle's onboard diagnostic port (OBD-II port), which is usually located near the steering column, under your dashboard. Vehicles produced since the mid-1990s typically have this port and can be fitted with a telematics device.

#### How does it work?

After you've hooked up a telematics device, it will start recording information about your driving behavior, which it usually sends to your insurance provider over wireless phone networks. As you drive, the device records the data, which can help lead to savings if you're a safe driver.

#### What are the benefits?

Telematics devices can help your insurance company reward you for being a safe driver. Installing a telematics device in your car, truck or SUV can help you qualify for car insurance discounts, which will help you keep some hard-earned cash in your pocket. Safe drivers avoid driving habits such as hard stops, traveling late at night—which can be more dangerous than daylight driving—and moving at high speeds. Drivers who put fewer miles on their vehicles per day may also qualify for discounts.

An additional perk of adding a telematics device to your vehicle is that it might make you more cognizant of your driving behavior. Many insurers' programs allow you to go online to track the data your telematics device collects about your driving habits, which can help you learn what you need to do to become a better driver.

Better driving habits can lead to even more benefits, in addition to increased safety behind the wheel. If you adjust your driving behaviors so that you avoid quick bursts of acceleration and hard stops, for example, you may also get better fuel economy, which could work out to a few extra miles between fill-ups.

We'd all like to lower our monthly expenses, and if you have safe driving habits, a telematics device may be one way to help you earn savings—and become a better driver.

If you're already an Allstate customer and are interested in signing up, enrolling is easy—call your local Allstate agent, Sharer & Associates Inc at 732-446-4919 to get signed up today.

#### Farmed Fish

Continued from page 42

cats and dogs. The simple truth is that farm raised fish is a 60 billion dollar a year business. The faster they can grow a fish and get it out there for human consumption the better for their purse.

Plans by the Monsanto Corporation are unfolding now to have genetically modified soybeans as a main staple to a massive amount of aquaculture fish raised in open pens and in federal waters. If this happens on a larger scale, it could mean devastating consequences for the world's ocean and for consumer health. Soy is not a natural diet for fish in any circumstance. Unnatural diets can lead to chronic diseases, allergies, infections, birth defects and other risk factors. Most tilapia fish are farm raised. Yes, it's cheap but it comes with a price. Tilapia breeds easily and tastes bland. It eats GMO pellets of corn and soy and gains weight rapidly. Eating tilapia doesn't give you the omega 3s.

Chose wild caught salmon over GMO salmon. Don't be afraid to ask what the fish are fed when you purchase fresh fish. Don't be surprised if your local grocers

don't even know the truth. Perhaps if we all start to ask more, someone will listen. Be prepared to spend more money for fresh caught, but know that what you are eating is God's gift to the world, not a chemically induced product from a corporation that cares little about your health and more about their purse.

There are many small independent fisheries around who refrain from using chemicals, pesticides and GMO products, and they should be commended for their efforts for not only producing healthy fish for human consumption but also keeping the environment free of pollutants that are harmful to other aquatic life and to humans.

Remember, you are what you eat! Think about that the next time you pick up packaged fish in the market. If you don't see a label on it, ask if the fish are GMO fed. As long as we keep buying it, large corporations will continue to supply it, pesticides and all.

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## HOLY BIRTHDAY, BATMAN!

## Sizing Up the Caped Crusader at 75

his year the world's most popular superhero, Batman, celebrates his 75th birthday. From inauspicious beginnings in a six-page comic to the transmedia anchor of one of the world's largest media conglomerates, Time Warner, the hero has cast his shadow across many forms and entertainments.

#### **COMIC BOOKS**

When Superman lifted a carload of criminals above his head on the cover of Action Comics #1 in 1938, the nascent American comic book industry found its defining genre. Young artist Bob Kane hoped to create the next soaring star—with the red unitard and domino mask-wearing Bird-Man.

Fortunately Kane collaborated with writer Bill Finger. The character's color scheme shifted to black and his domino mask morphed into a cowl with pointed ears. "Bat-Man" debuted in Detective Comics #27 in May 1939 and he has enjoyed monthly adventures ever since.

But consistent publication does not mean consistent quality. To compete with new comic book genres following the second world war, Batman comics became an increasingly surreal mix of sensational covers, sci-fi cliché and imaginary tales. There were lurid story-lines, such as The Rainbow Batman (Detective Comics #241, March 1953), in which the once Dark Knight donned a series of multi-color costumes.

Nonetheless, Batman enjoyed more creative peaks than other long-standing comic characters, with some of the best standalone stories reflecting on the character's rich legacy.

In "The Batman Nobody Knows!" (Batman #250, July 1973) Bruce Wayne takes some "ghetto hardened kids" on a camping trip. While swapping campfire stories each child offers their own interpretation of the "real" Batman, ranging from a tenfoot monster to a "down to Earth hip-dude." Despite its dated dialogue, "The Batman Nobody Knows!" is one of the first stories to recognize that this mythic hero defies any fixed identity, and is always open to reinterpretation.

#### **TELEVISION**

This year will see the launch of *Gotham*, a new television series in which Bruce Wayne is a recently orphaned teen.

It remains to be seen if *Gotham* can match the success of similar young superhero series *Smallville* and *Arrow*, but should it survive the competitive primetime TV schedule it will still be measured against the two most successful Dark Knight series: the camp classic starring Adam West, and the noir-fueled triumph of *Batman: The Animated Series*.

With high production values, committed leads and A-list villains, Batman, the television series, was a sensation when it premiered in 1966.

#### CINEM!

In creating Batman, Bob Kane and his collaborators borrowed heavily from cinema, with the hero's style indebted to the 1930 mystery film *The Bat Whispers*, while *Gotham* is modeled on pre-code gangster films such as "The Public Enemy."

Given the debt Batman owes to cinema, it is appropriate that the hero has been the basis of a number of big-screen adaptations.

The first effort was a wartime serial that promised Batman would be "a hundred times more thrilling on the screen!" But, with its paltry budget, ill-fitting costumes, and stodgy

sets, the serial unsurprisingly failed to live up to its source.

In the 1960s, pop art aficionados began hosting ironic screenings of this early adaptation, inspiring the development of the Batman television series. While the show enjoyed a spin-off feature, Batman was curiously absent from cinema screens until 1989, when *Beetlejuice* director Tim Burton brought his gothic sensibility to Batman and its superior sequel Batman Returns.

These blockbusters ushered in a wave of Batmania, and a darker knight managed to banish memories of Adam West's Technicolor pratfalls. But this work was undone with director Joel Schumacher's follow-ups. In particular the pun-laden dialogue and day-glo aesthetic of *Batman & Robin* (1997) was seen by many as a return to the camp crusader, and fans, recently empowered by the web, vilified the film and its director.

It took director Christopher Nolan's realist approach to wake Batman from a eight-year cinematic hibernation.

Batman Begins (2005) inaugurated a blockbusting trilogy that closed with the satisfying *The Dark Knight Rises* in 2012. But the crowning achievement of this series and Batman's cinematic career is undoubtedly *The Dark Knight*.

Brimming with post-9/11 anxiety the film reintroduces the Joker as a scarred anarchist played to baroque perfection by Heath Ledger in his last major role. More restrained, but no less impressive, is Christian Bale's compromised Batman who frequently questions the morality of his actions. Filled with now iconic moments, the film raised the bar for the entire comic-book movie genre.

#### **MERCHANDISE**

With their recognizable imagery and built-in fanbase, superheroes have long been used to distinguish consumer products, and Batman, with his logo/brand emblazoned across his chest, is no exception.



### **Vitamin D: Here Comes the Sun**

By Laura M. Turner, M.Sc. CNHP

ere comes the sun," the Beatles chorused. And as children most of us heeded the call enjoying long lazy days in the sun, laughing and cherishing time with friends. As we grew older, however, we were told the sun's rays were destructive; the ozone layer was near depletion. Soon many asked:

"Why leave the house in the first place?"

Is it any wonder researchers are finding us vitamin D deficient (Ref. Harvard Health Letter 2006)? To understand why this is significant it is first important to inquire: What exactly does Vitamin D do? Yes, Vitamin D is necessary for strong bones and teeth, but what most don't know is it is key in reducing the risk of many types of cancer including breast, colon, prostate and ovarian (Ref. The American Journal Of Public Health).

Studies now conclude that 15 minutes in diffused sunlight can set off the metabolic process in skin which creates vitamin D. Yet before tanning yourself beyond recognition: use your head. This is not permission to stay in the sun for long

periods as its aging qualities are still applicable. Limit yourself to 15 minutes and choose parts of the day when you are not in direct sunlight. You know, even on a cloudy day you are absorbing the suns rays and it can also penetrate through clothing. Therefore, if you do choose to increase your exposure, use common sense.

> If the sun or outdoor activities are not for you, there are other options to stock up on vitamin D as well. Salmon is rich with vitamin D, for example, as is milk. Or you could opt for cod-fish based supplements with vitamin D added. These additions to your diet are well worth your time and research. As always, do your homework and consult with your healthcare provider to choose a vitamin D option for you. Perhaps a healthy dose of fun in the sun will be just what the doctor ordered. Laura M. Turner, M.Sc., CNHP is an author, journalist and wellness mentor specializing in natural anti-aging practices and nutritional medicine. Visit her online at www. beauty-and-body.com

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**DeBows United Methodist Church** July 7- 11, 2014 Theme: The Wonders of God

The School is for children who are three years old to Youth entering the eighth grade in the fall. It is open to the community at no cost.

To register call the church office at 732-928-4475. The Church is located at the intersection of Route #571 and Route #537 across from the side entrance to the Outlet Mall.

Contact Pastor Betty Gibbons, 732-728-1352.



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# CRS and The Dan Marino Foundation Mix Business with Pleasure in Marlboro

By Susan Heckler

Mixing business with pleasure is never a bad thing when it is for a good cause. On June 11th, the beautiful Bella Vista Country Club in Marlboro welcomed CRS (Corporate Resource Services) and the Dan Marino Foundation for a great golf outing and a post golf feast. The drizzle and chill could not dampen the beautiful grounds and the enthusiasm of the attendees. Bella Vista Country Club owner Anthony Beshara rolled out the red carpet for a perfect event.

The second Annual Client Appreciation Golf Tournament drew 140 participants. Their expectation was to raise \$40,000 for The Dan Marino Foundation, whose mission is "empowering individuals with autism and other developmental disabilities." They exceeded their expectations and raised \$60,000! Marino has an adult autistic son. He established the foundation with his wife Claire in 1992. The

non-profit organization has raised more than \$47 million to help support programs that provide integrated intervention services for children with special needs.

Corporate Resource Services (CRS) is one of the leading recruiting and staffing providers whose clients range from large corporations





to small businesses. While they are a New York City-based staffing firm with approx-

imately 235 offices in 35 states nationwide, they operate 20 in New Jersey alone.

A recent addition to their corporation is football Hall of Famer Dan Marino, who was brought in as a business advisor. He said he joined their team because he is committed to putting paychecks back in the hands of Americans.

Regarding the day's festivities, Dan Marino said, "Once again we're looking forward to partnering with Corporate Resource Services, Inc. and their customers to make this year's event another success. Last year we really enjoyed meeting all the customers of CRS and this year is poised to be better than our last outing."

## Senior Citizen Celebration

Sunday, July 20 • 1-3pm

Allentown United Methodist Church, 23 Church St., Allentown

Bob Orlowski – Sinatra and Easy Listening FREE meal, live entertainment and fellowship

AARP considers those 50 years young to be Seniors and we do too. Ample parking and handicapped accessible. For more information please contact the church office at 609-259-7392, 8:30am-12pm, Mon-Thurs.



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## The History of the New Jersey State House

Lalive. Our State House is the second oldest still in use (Maryland has the oldest). For more than 200 years, New Jersey Senators, Assemblymen, and Governors have been making the laws of the state in this building.

In 1999, the restoration of the State House dome was completed. The project began in October, 1996. The dome is covered with 48,000 pieces of gold leaf. Each piece of gold leaf cost \$1.00 and was paid for with money raised by New Jersey school kids through the "Dimes for the Dome" program. As a thank you for their contributions, the dome stands in honor of New Jersey children.

While the recent dome restoration cost more than \$9 million, the original State House cost only \$400 to construct. Architect Jonathan Doane designed the building, and it was completed in 1792. The building originally had a bell tower instead of a dome. The Senate and Assembly met on the first floor, and the Governor's office was on the second floor.



The dome is covered with 48,000 pieces of gold leaf...and was paid for with money raised by NJ school kids through the "Dimes for the Dome" program.

As New Jersey got more legislators, it needed a bigger State House. In 1845, famous architect John Notman began the project of enlarging and improving the building. Notman designed a rotunda with an 80-foot dome to connect the old building to a new structure. He also added a porch with eight pillars and modernized the Senate chamber. In 1872 the Capitol was further renovated as new Senate and Assembly chambers were constructed. Architect Samuel Sloan oversaw the project.

Unfortunately, on March 21, 1885, most of the State House was destroyed in a devastating fire. The building blazed for hours. Luckily, no one was hurt, and the Governor's Office, Senate and Assembly chambers, and the courts remained standing. Most of the historical documents were saved as well, thanks to Notman's fireproofing of the building 40 years earlier. However, the walls and roof were weakened, and the rotunda and dome were destroyed.

In 1889, Lewis Broome began planning the repair of the State House. The rotunda and a new 145-foot dome were built, bigger and better than before. The dome is made of cast iron covered with copper and gold leaf. It weighs 205,640 pounds. The Latin phrase "Fiat Justitia Ruat Coelum" is written on the rotunda. It means, "There must be justice even though the heavens fall."

Broome further expanded the State House in American Renaissance style with a three-story wing on State Street and a redesigned Assembly wing. Occasional expansions were made through 1912.

The main corridor was updated in the 1950s, but no major structural changes have been made since then.

Today the State House continues to serve New Jersey as both a historical monument and a place of work. ■

## SUMMER CEVICHE

This is a great recipe all round! It is great for entertaining because it can be prepared and refrigerated for up to 8 hours before serving. It is so tasty, healthy, low in calories and simple to make.



#### **Ingredients**

1 cup fresh baby lima beans or other shelling bean

1 teaspoon finely grated lime zest

1/3 cup fresh lime juice

¼ cup extra-virgin olive oil

1 scallion, thinly sliced

1 jalapeño, seeded and thinly sliced

1 small shallot, thinly sliced

1 pinch Sea salt

1½ cups fresh corn kernels (raw, from 2 ears)

2 nectarines, cut into thin wedges

1 Hass avocado, cut into 1/2-inch cubes

1 large orange bell pepper, finely julienned

1 pint heirloom cherry tomatoes, halved

½ cup coarsely chopped cilantro

#### Directions

In a small saucepan of slightly salted boiling water, cook the lima beans until tender, about 10 minutes. Drain the beans and rinse under cold water.

In a large bowl, whisk the lime zest and juice with the olive oil, scallion, jalapeño and shallot; season the dressing with salt. Gently fold in the lima beans, corn, nectarines, avocado, orange pepper and tomatoes. Refrigerate for at least 2 hours. Fold in the cilantro just before serving and serve chilled.

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# The ABCs of Fruits and Vegetables

#### Part Two

By Pam Teel

ating fruits and vegetables provide many different health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body. Just be aware of the amount of toxins, if any, being sprayed on them before you purchase them. Buying organic will most likely yield the best results for your healthy lifestyle.

Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients. It increases the production on new blood and muscle cells. It helps with weight loss. Drinking at least 16 ounces of chilled water can boost your metabolism by 24 % in the morning. It helps to purge toxins from the blood, which keep the skin glowing and clear. It balances your lymph system, balances your body fluids and helps fight infection. Adding lemon to the water helps to relieve tooth pain. Lemon is a natural energizer that hydrates and oxygenates the body. It also helps to flush out unwanted materials, reduces fever and is a blood purifier.



**Eggplant** helps lower bad cholesterol absorption. It protects the heart and arteries, assists with stomach ulcers and nerve conditions, and helps to prevent infections. It has a high fiber content and aids in preventing cancer. It's low in calories, protects the brain and cleans the blood.

**Figs** help to lower blood pressure. They are full of potassium and minerals that can help to control hypertension. They are full of dietary fibers, helping to slow down digestion and helps cut down hunger. They

help guard against post-menopausal breast cancer by approximately 34 percent. They have an anti-diabetic property helping lower blood sugar levels.

Daily use of figs can lower triglyceride (ugly fat cells) levels within the blood. Growing fig trees in our area is becoming more common. It is essential that you take precautions in the winter



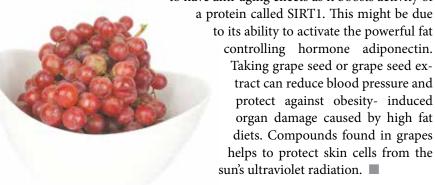
months with younger trees by wrapping them in burlap and covering the base with straw or thick mulch.

Garlic is a natural antibiotic. The active component in garlic is allicin, which is quite a powerful antibiotic. 1 milligram of allicin has a potency of 15 standard units of penicillin. Garlic protects the heart from heart disease and helps to thin the blood. It helps regulate the body's blood pressure and lowers blood cholesterol levels. It's packed with vitamins and nutrients such as Vitamins A, B, B2, C calcium and zinc. Allicin powder was found to reduce the common cold by fifty percent.

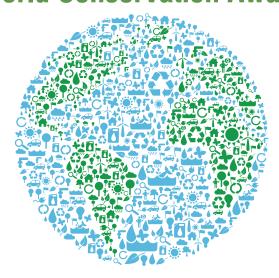
Ginger contains anti-viral and anti-fungal properties. It is effective against the common cold. It has strong anti-inflammatory properties that can be helpful in arthritis and bursitis. It's great for nausea including morning sickness and sea- sickness. It works great for flu prevention and can help prevent diabetic nephropathy. It can provide heartburn relief and can soothe sore throats. You can juice it with carrots and apples, add to lemon and tea, or shred it and add it to raw salads.

**Grapes** have an anti-fungal agent that helps protect against cancer. Consuming grapes protects us against high blood pressure, ultraviolet radiation, heart disease, cancer, diabetes and Alzheimer's. The grape powerhouse, Resveratrol, is believed

to have anti-aging effects as it boosts activity of



## **Cub Scouts of Den 11 Earn Their World Conservation Award**



embers of Den 11 in Millstone Twp. Pack 116 completed all the requirements to earn the Cub Scout World Conservation Award. The bear scouts were required to do various tasks throughout the year which included a den conservation project of weeding and planting flowers at the Millstone Twp Elementary School, among other things. The scouts that earned the award are Raymond Corneau, Luke Cox, Logan Cummings, Bryce Griggs, Colin Hyer, Declan Pratt, Damian Soumbeniotis and Tassos Soumbeniotis. The scouts celebrated the completion of a successful year with a party and graduating on to their next rank, Webelos. Congratulations to all of the scouts!





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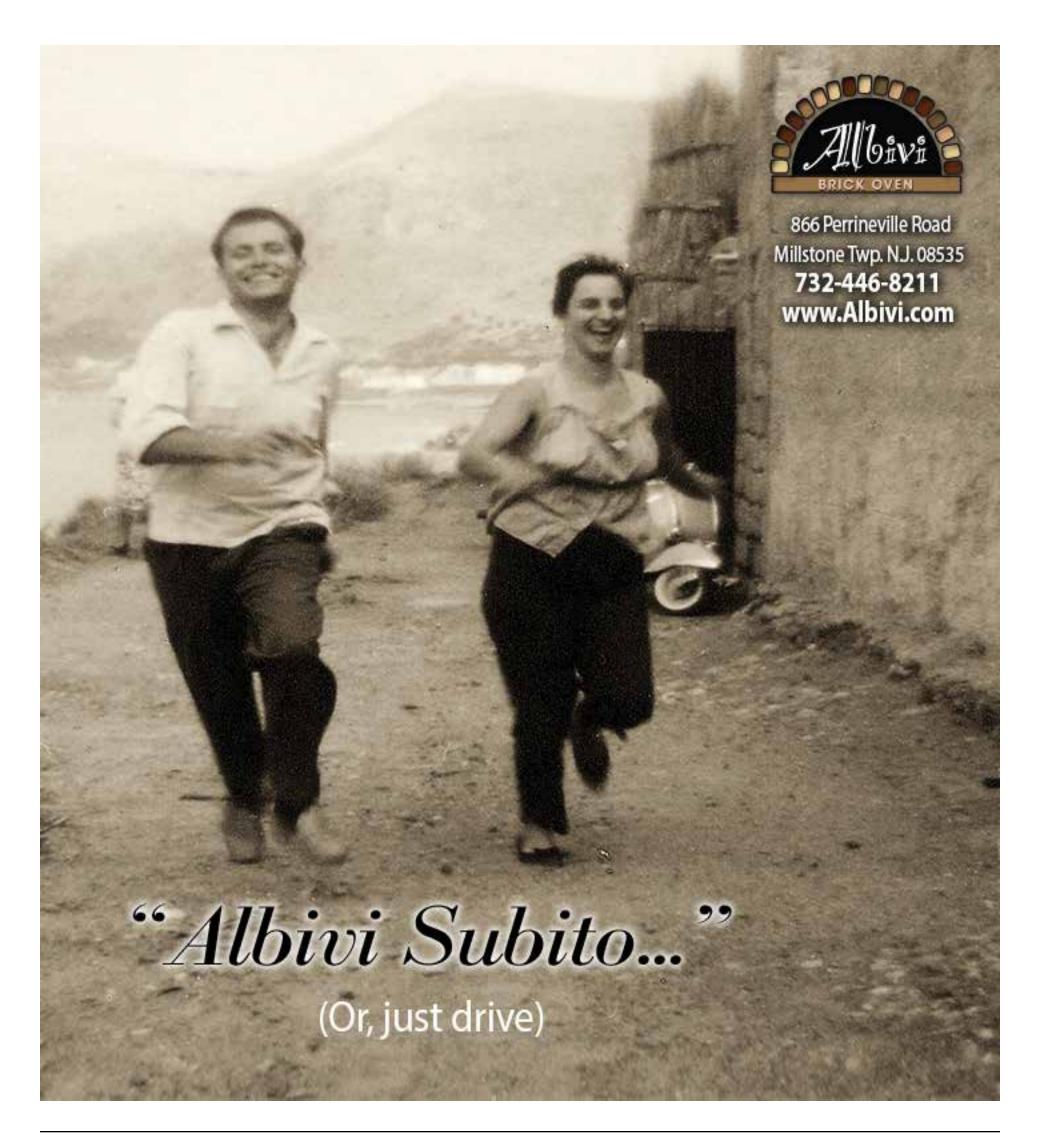
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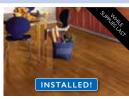
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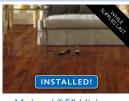


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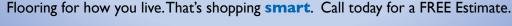




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